



## Penn Sports Medicine Division

Brian Sennett, MD



### Sports Medicine Faculty



Brian Sennett, MD



James Carey, MD, MPH



John Kelly, MD



Miltiadis Zgonis, MD



Kevin McHale, MD

Like much of the world, the Sports Medicine Division at Penn Orthopaedics was challenged with the pandemic as youth, college, and professional sports moved to the sidelines for an extended period of time. However, as we have all learned to live with COVID, athletics have returned to the community and organized sports. The Broad Street Run returned in October 2021 and will return to its normal spot on the calendar on the first Sunday of May this year. Penn Sports Medicine has been and will continue to be the medical providers to this fantastic event. Drs. Alexis Tingan and John Vasudevan serve as the Medical Directors of the Broad Street Run. In addition, they are Co-Directors of the Running and Endurance Sports Program. This collaboration between Penn Sports Medicine and Good Shepherd Penn Partners is tailored to the specific needs of endurance athletes (runners, cyclists, swimmers, etc.) through a combination of medical care, physical therapy, surgical treatment, and connections throughout the Philadelphia community. In addition to the Broad Street Run, Drs. Tingan and Vasudevan have served as Medical Directors for the Penn Relays, Philadelphia Distance Run (formerly Rock 'n' Roll Half-Marathon), LOVE Run Half-Marathon, and Philadelphia Triathlon, and bring experience and expertise to help endurance athletes optimize performance and both treat and prevent injury. This program will expand the services offered by Penn Sports Medicine and aspires to be a unique clinical service in the region. In addition, Dr. Tingan has been selected to serve as the team physician for USA Track and Field at the World Junior Track and Field Championships in Cali, Colombia in August 2022.

In addition to the vast amount of running events, the Division of Sports Medicine has continued to provide medical coverage for Penn Athletics, Drexel University, the University of the Sciences, and many local high schools. In addition, Penn Medicine provides medical and orthopaedic care for the Philadelphia Flyers and medical care for the Philadelphia Eagles.

Medical and orthopaedic care for the Philadelphia Eagles

has been provided primarily by Drs. Gary Dorshimer, Brian Sennett, and James Carey. The medical care for the Philadelphia Eagles has continued to be delivered by Dr. Arsh Dhanota who serves as both the Head Team Physician and Chief Medical Officer of the Philadelphia Eagles.

A new addition to Penn Sports Medicine and Philadelphia has been US Squash. US Squash moved to a new home in Philadelphia, opening a new state of the art complex. Upon relocating, US Squash quickly engaged Penn Medicine to become its official health system to keep the organization's world-class players fit and healthy.

As the official health system of US Squash, Penn Medicine will also be the official health system of the United States' national team, the U.S. Open Squash Championships, and the newly opened Arlen Specter US Squash Center in Philadelphia – the world's largest community squash center.

Our organizations share values of excellence, integrity, diversity, teamwork, and also the City of Philadelphia. The combination of the two top-tier organizations won't just be mutually beneficial, but it will also hold great value for the surrounding communities.

The three-year agreement designates Penn Medicine as the official health system of US Squash. Penn Medicine personnel will also serve as the official team physicians – and official orthopaedic providers – of the United States' national squash team. Athletes from US Squash will also benefit from Penn Medicine's Sports Science Optimization services to both improve their play and keep them healthy. The next three U.S. Opens, the most prestigious professional championships in the country and all at the Specter Center, will also be sponsored by Penn Medicine.

In addition to the on-the-court and in-the-clinic benefits, Penn Medicine and US Squash will combine to strengthen the US Squash Community Initiative. This effort seeks to expand access to the sport across many different communities and bring new athletes to the sport who previously had been unable to experience it. This includes no-cost clinics for new

players, open court access to the public, and the creation of new public school squash teams in partnership with the Philadelphia School District. SquashSmarts, an intensive out-of-school academic and athletic mentoring program, will operate its West Philadelphia programs at the Specter Center's Lenfest Learning & Innovation Center. All of these programs are designed with the mission of positively impacting social determinants of health including opportunities for physical activity and educational access.

Education and research have always been cornerstones of the Division. Dr. James Carey continues to serve as Director

of the Penn Cartilage Center and serves as Associate Editor of the American Journal of Sports Medicine. In August 2021, Dr. Carey took over for Dr. Sennett as the Program Director for the Orthopaedic Sports Medicine Fellowship, which trains two fellows per year with faculty at Penn and at CHOP.

It has been an extremely busy time in the Division of Sports Medicine as the top athletic programs in town continue to reach out to Penn Medicine to provide the best medical care for their athletes.