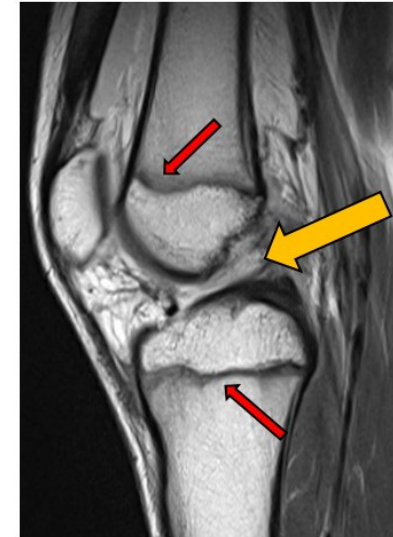


Paving the Way for Young Athletes Dreams Novel Procedures by Dr. Chudik

It is not unusual for young children involved in sports to dream of becoming a professional athlete when they grow up. Despite the odds of becoming a professional athlete, sports participation provides children many benefits such as staying active, being part of a team, discipline, focus, practice and being a good sport—win or lose—and most important, having fun.

One negative to playing sports is the potential for injuries. They happen at every age and in every sport. In his 20 years as an orthopaedic surgeon and sports medicine specialist, Dr. Steven Chudik has treated thousands of injuries—minor and serious, common and uncommon—and each with its own unique need. As Dr. Chudik explains, every person is different which makes every injury different. In his quest to provide the best treatment for his patients Dr. Chudik has developed new instruments, surgical procedures, post-surgery rehabilitation and return-to-sport testing protocols. He has authored countless research papers and seven US patents.



MRI showing a torn ACL indicated by the gold arrow on a patient with open growth plates (red arrows).



“Just because it’s a common injury, like an anterior cruciate ligament (ACL) tear, doesn’t mean it should be treated just one way,” Dr. Chudik said. “Take a young child with an ACL tear and open growth plates, for example. Many used to tell the child his/her sports participation was over until the growth plates close because traditional surgical techniques for a torn ACL damages the growth plates and risk growth abnormalities,” he added.

Fortunately, Dr. Chudik developed a special surgical procedure that preserves the growth plates and reconstructs the ACL allowing numerous young children to resume normal activities, including sports. Many of his patients have gone on to become collegiate and professional athletes. Below is another example of Dr. Chudik’s commitment to advancing treatment—a football recruiting highlight video of an athlete who underwent his specialized ACL surgery during his pre-teen years.

Click the video below to see how Dr. Chudik’s innovative ACL procedure helped this athlete return to sports and pursue a successful football career: [Watch on Youtube](#)