

Top orthopedic surgeons to offer tips in protecting young athletes from injuries

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Three of the nation's leading orthopedic surgeons will present a lecture series Dec. 16-17 at Tulane University about protecting young athletes from injuries. The event is free for parents, coaches and medical residents, but registration is required. (Photo by Paula Burch-Celentano)

Three of the nation's leading orthopedic surgeons will present a special lecture at Tulane University about how to keep young athletes playing safely.

[Dr. James Andrews](#), the team doctor for several professional sports franchises - including the Washington Redskins - along with Dr. Ben Kibler, the medical director for the Lexington Clinic in Kentucky and former vice president of the American College of Sports Medicine, will join Dr. Felix "Buddy" Savoie, the chairman of the department of orthopedics at Tulane and the team orthopedist for Tulane University athletics, in sharing valuable information on the prevention of throwing injuries in young athletes.

Nearly 45 million children participate in some form of sports, and youth sports are the leading

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cause of adolescent injuries in the United States – 3.5 million children under the age of 14 are treated for sports-related injuries annually.

The Tulane Institute of Sports Medicine, in conjunction with the Tulane University School of Medicine Department of Orthopaedics and Tulane University Center of Continuing Education, will host the Andrews Endowed Lectureship on Dec. 16 and 17 at the Lavin-Bernick Center for University Life.

The event begins at 9 a.m., Friday, Dec. 16, with a [lecture series](#) which includes Kibler discussing conditioning guidelines and injury prevention, Savoie addressing common adolescent shoulder and elbow injuries and Andrews explaining the incidence and prevention of throwing injuries in young baseball players. There will be time to ask the experts questions.

On Saturday, Dec. 17, Tulane athletic trainers and members of Tulane's baseball coaching staff will provide a skills lab on pitching mechanics and throwing safety.

The event is free for parents, coaches and medical residents, but registration is required due to limited space. Medical professionals seeking continuing education credits can attend for \$60.

To register, or for more information, visit the [Tulane University Center of Continuing Education](#) website [here](#).