

## What is Gymnastics Medicine?

Gymnastics Medicine is a new field in Sports Medicine/Orthopedics that provides gymnastics-specific care, treatment, and prevention of gymnastics injuries, as well as medical event coverage, education, and research on gymnastics and injuries.



## Sports Medicine at St. Elizabeth's Medical Center

The Gymnastics Medicine Clinic is one of the many Sports Medicine Clinics offered at St. Elizabeth's. Each offers non-surgical therapy for orthopedic injuries and illnesses related to sports or chronic overuse. Caring for children, adolescents, and adults, our Sports Medicine Clinics operate as part of the multidisciplinary Bone and Joint Center, providing new and established therapies to help restore our patients to their best quality of life.

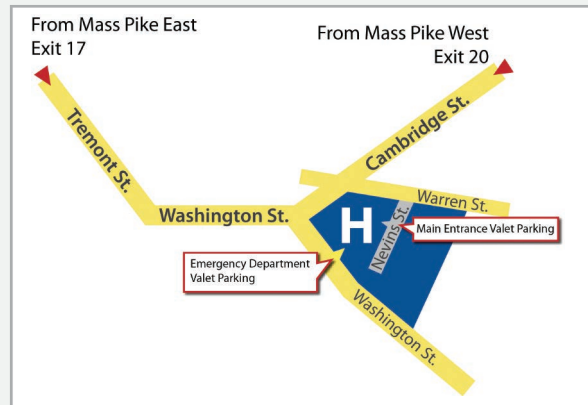
## Directions

### From the West:

- Take the Massachusetts Turnpike (I-90) East to Exit 17 (Newton-Watertown).
- Go straight and take a second right onto Park Street.
- Take the first left onto Tremont Street and follow for approximately one mile until it connects to the right with Washington Street.
- Continue on Washington Street for approximately one mile to the medical center.

### From the North, South and Downtown Boston:

- Take I-93 to the Massachusetts Turnpike (I-90) West.
- Follow the Mass Pike to Exit 20 (Brighton-Cambridge)
- Bear left towards Allston/Brighton (Cambridge Street)
- Follow "H" signs for approximately 1.5 miles to the medical center.



For garage and valet parking, turn onto Warren Street from Cambridge Street and take a right onto Nevins Street. Valet parking is available at the Seton Main Entrance, a right off Nevins Street. Valet parking is available for Emergency Department patients off Washington Street.

Garage B, to the left at the top of Nevins Street, offers low-cost parking for patients and visitors.

## Public Transportation

**Green Line:** Take a B, C or D Green Line Train to Kenmore Square Station and take the #57 Watertown Square bus

**Boston College B Train on the Green Line:** Take the B Train to Warren Street stop, and walk north on Warren Street

**Red Line:** From Harvard Square on the Red Line, take the #86 Cleveland Circle bus to Washington and Market streets in Brighton Center and walk two blocks east on Washington Street

**Express Bus:** The Express Bus from the Financial District runs to St. Elizabeth's Monday - Friday. To confirm schedules, please contact the MBTA at 517-722-3200 or at [www.mbta.com](http://www.mbta.com)

# Gymnastics Medicine at St. Elizabeth's Medical Center

*The only clinic in the US created exclusively for the care of gymnasts*



## St. Elizabeth's Bone and Joint Center Gymnastics Medicine Clinic

736 Cambridge St.

Brighton, MA 02135

617-779-6521 or 617-779-6500

[Elsbeth.Hart@Steward.org](mailto:Elsbeth.Hart@Steward.org)

[www.semc.org/orthopedics](http://www.semc.org/orthopedics)

St. Elizabeth's  
Medical Center

A STEWARD FAMILY HOSPITAL



## What We Treat

The Gymnastics Medicine Clinic treats all common and unique gymnastics injuries, including, but not limited to:

- Back Injuries:
  - » Spondylosis, Spondylolisthesis
  - » Disc injuries
  - » Muscle strains
- Hip Injuries:
  - » FAI
  - » Labral tears
  - » Ischial tuberosity apophysitis
- Knee Injuries:
  - » Knee Internal derangement
    - Meniscus tears
    - ACL tears and sprains
    - MCL and LCL tears and sprains
  - » Osgood Schlatter Disease
  - » Patellar tendonitis
  - » Patellofemoral syndrome
  - » Knee osteochondritis dissecans (OCD)
  - » ITB friction syndrome
- Ankle/Foot Injuries:
  - » Ankle Sprains and fractures
  - » Talar OCD
  - » Sever's Disease/ Calcaneal apophysitis
  - » Shin splints
  - » Muscle strains
- Shoulder Injuries:
  - » Rotator cuff tears and strains
  - » Labral tears
  - » AC Sprains
- Wrist Injuries:
  - » Gymnast Wrist/ Distal Radial Physeal Stress Syndrome
- Elbow Injuries:
  - » Elbow OCD
  - » Olecranon apophysitis
  - » Tennis/golfer's elbow

## Gymnastics Medicine Clinic Visits

The Gymnastics Medicine Clinic welcomes all new and returning patients. We work with gymnasts, parents, and coaches to get gymnasts back to the sport they love as quickly and as safely as possible.

This unique space offers an AirTrack, balance beam, uneven bar, floor bar, panel mats, and other gymnastics-specific equipment necessary for the thorough evaluation and treatment of gymnasts.

### • Sports Medicine Gymnastics Clinical Assessment/Visit

During a visit to the clinic, our skilled staff will evaluate gymnasts to diagnosis and treat any gymnastics- or sports-related injury. The visit may include a discussion of medical history, a physical exam, and a diagnostic work-up, which may include x-rays, MRI, and other tests, along with the creation of a diagnostic or treatment plan specific to the gymnast.

### • Return to Gymnastics Assessments

At this visit, we determine what the athlete may need to work on to prevent the injury from reoccurring and to prevent other injuries in the future. Gymnasts are put through a series of flexibility, strength, and gymnastics-specific skills based on the gymnast's specific injury. After the assessment is complete, the gymnast is given specific injury prevention exercises and return-to-gymnastics guidelines.

### • Other Services Available Through the Clinic

Lectures on gymnastics injuries, injury prevention, and safety for athletes, parents, and coaches

Medical coverage for gymnastics competitions and camps

## Gymnastics Medicine Director Elly Hart, PA-C, MPAS, ATC

The Gymnastics Medicine program at St. Elizabeth's Medical Center was created by Elspeth "Elly" Hart, PA-C, MPAS, ATC. Hart drew on her extensive background as a competitive gymnast and medical professional to build a clinic that addresses the unique needs of gymnasts, their parents, and their coaches.



A PA-C in the Orthopedic/ Sports Medicine Division at St. Elizabeth's, Elly was a Region VI Level 10 Junior Olympic competitor and gymnast in Massachusetts and was recruited for Division I gymnastics at James Madison University in Virginia. At James Madison, she graduated with a BS in Athletic Training and Sports Medicine, and then went on to pass her boards as a Certified

Athletic Trainer. She worked as an ATC at New England Sports Academy (NESAs) and attended Massachusetts College of Pharmacy and Health Science in Boston, where she received her master's degree in Physician Assistant Studies.

Before coming to St. Elizabeth's, Hart worked at Boston Children's Hospital as a Physician Assistant in Sports Medicine in the operating room and clinic. There, she started the first ever injured gymnast clinic. After leading the clinic, she gained more insight and knowledge on gymnastics injuries and treatment and caught the eye of USA Gymnastics, who selected her as a volunteer medical staff.

“*Our clinic focuses on nothing but gymnastics. We want to help gymnasts get the best possible treatment for their injuries and help coaches, parents, and clinicians learn more about gymnastics injuries, care and injury prevention.*”

## Schedule an Appointment/More Information

Call the St. Elizabeth's Medical Center Gymnastics Medicine Clinic at **617-779-6521** or **617-779-6500** or email **Elspeth.Hart@Steward.org**. To learn more about gymnastics medicine at St. Elizabeth's Medical Center, visit **www.semc.org/orthopedics**