Pediatric Outpatient Sports Medicine Follow Up

Referrals can easily be made to Dr. Hoffman via MMP Orthopedics & Sports Medicine and specify Pediatrics in the comments (or her name). They also have physical therapy on site including vestibular therapy for concussions.

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Pediatric Sports Medicine
Maine Medical Partners – Orthopedics & Sports Medicine
119 Gannett Drive
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What Dr. Hoffman is willing to see:

- Sports related issues as well as general musculoskeletal complaints (all pediatric ages)
- Concussion
- Knee pain (chronic or acute, patellofemoral pain, ACL and meniscal tears, cartilage injury, patellar dislocations, instability)
- Elbow pain (little league elbow, tennis elbow)
- Fracture care (non-operative fracture management)
- Stress fractures
- Female athlete triad (over-exercising, disordered eating, lab abnormalities, bone health concerns, menstrual abnormalities)
- Hypermobility (Ehlers-Danlos, benign hypermobility, frequent joint complaints/pains, family history of dislocations/instability)
- Spine (spondylolisthesis, spondylolysis, acute and chronic, muscle strains, non-operative scoliosis management, back pain in children and adolescents)
- Hip pain/injuries (dancers, ice hockey players)
- Shoulder (dislocations, impingement, little league shoulder, chronic pain)
- Ankle (sprains, strains, instability)
- Sports physical concerns
- Performance concerns (exercise-associated breathing problems, abdominal pain, chest pain, or other complaints)
- Injury prevention
- Overuse injuries
- Apophysitis (Sever’s disease, Osgood-schlatters disease, etc), growth plate injuries, avulsion fractures
- Osteochondritis dissecans