



**Orthopedic &
Spine Centers**
OF WISCONSIN

Outcomes by HOPCo

Janesville Youth Hockey

Dr. Brian Keyes, DO

Orthopedic & Spine Centers of Wisconsin

- Independent- local orthopedic practice
- Multiple locations throughout Southern Wisconsin
- Quick access to fellowship-trained physicians
 - Each physician is subspecialty trained
 - Allowing them to be experts in their specific field



Team Physicians for Madison Capitols



Practice locations near Janesville



Madison- Arbor Gate Complex
2501 W Beltline Hwy, #601
Madison, WI 53713
[\(608\) 234-7436](tel:6082347436)



Edgerton Hospital
11101 N Sherman Rd
Edgerton, WI 53534
[\(608\) 561-6729](tel:6085616729)

Orthopedic & Spine Surgery Center

- Dedicated, state of the art operating rooms
- Same day surgery allows patients to recover at home
- Patient focused environment
- Coordinated care team from a dedicated surgical team



OrthoSTAT

- Weekday walk-in orthopedic clinic
- No appointment or referral needed
- For new or acute orthopedic injuries, including sprains, strains and suspected fractures
- Onsite imaging and bracing/DME available when appropriate

A promotional poster for OrthoSTAT Madison Location Only. The background shows a person's leg and foot being examined. The text is overlaid in white and yellow. The top section reads 'SAME DAY ORTHOPEDIC CARE' in large, bold, white letters, followed by 'No Appointment Necessary' in a smaller, italicized font. Below this, a dark grey box contains the location and hours: 'Madison Location Only', '2501 W Beltline Hwy, #601 Madison, WI 53713', and 'Mon-Fri: 8 am - 4 pm'. At the bottom, the OrthoSTAT logo is shown next to the text 'Same Day Walk-in Care from Orthopedic & Spine Centers of Wisconsin'. To the right of the logo is the 'Orthopedic & Spine Centers OF WISCONSIN' logo. At the very bottom, there are two small logos for 'Outcomes by HOPCo'.

Saturday Walk-In Clinic

- For in-season athletes, weekend warriors, and acute injuries at a convenient time and location
- X-Rays, Braces, and Assistive Devices Available On-Site

Madison-Arbor Gate Complex
2501 W Beltline Hwy, #601, Madison
53713
(608) 234-7436



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Walk-In Appointments Welcome

Saturday Sports Injury Clinic

Every Saturday: 9.12.26 - 11.14.26
8:30 am to 11:30 am

Staffed by board-certified, fellowship-trained physicians, our Saturday Sports Injury Clinic provides expert care for in-season athletes, weekend warriors, and acute injuries at a convenient time and location.

*X-Rays, Braces, and Assistive Devices,
Available On-Site.*



2501 W Beltline Hwy, #601
Madison, WI, 53713



(608) 234- 7436



Most Health Insurance Plans Accepted
Affordable Cash Pay Options Available

Common Injuries in Youth Hockey

Shoulder and Clavicle Injuries:

- Commonly occur from falls onto the shoulder, hard checks, & collisions on boards.
 - Most common injuries to the shoulder are fractures of the collarbone & AC separations.
 - Most AC injuries (types I–II, and many type III)
- Management: typically, nonoperative management using immobilization in a sling, ice, NSAIDs, and physical therapy.

Common Injuries in Youth Hockey

Elbow, Wrist, & Hand Injuries:

- Falls, sticks, pucks and contact with the boards can cause elbow, wrist, hand injuries.
 - Falls on an outstretched hand or collisions with a player or the boards often involve the radius or ulna.
 - Lacerations to wrist & hand are common as well.
- Management: wrist and forearm fractures are treated nonoperatively with a splint or cast.
 - Surgery is reserved for fractures that are grossly unstable or cannot be reduced.

Common Injuries in Youth Hockey

Knee Injuries:

- MCL injuries are common in youth hockey because of an ice collision causing an outside stress to the knee or from the knee position with the push off on the inside edge of the skate.
- ACL injuries occur less frequently than MCL but noted in higher frequency in females.
 - Often caused by non-contact twisting injuries when a skate catches the ice and the leg rotates awkwardly.
- Management: Depending on the severity-usually requires rest, a hinged knee brace and a course of physical therapy.
 - ACL tears requires surgery to return to sport.

Common Injuries in Youth Hockey

Hip Injuries:

- Result of repetitive skating and forceful push-offs can contribute to groin strains, hip flexor pulls, & sports hernias.
 - FAI is the most commonly diagnosed cause of hip and groin pain in ice hockey players b/c of skating mechanics.
 - ABD & ER during the initial push-off phase and flexion and internal rotation during the recovery phase at the end of the skating stride- places players at risk.
- Management: Rest followed by progressive flexibility, strengthening and sport-specific rehabilitation before returning to full play.

Common Injuries in Youth Hockey

Concussions:

- Common after collisions with another player, the boards or ice.
 - Watch for headache, dizziness, confusion, balance problems, nausea or sensitivity to light.
- Management: Remove the athlete from play immediately if a concussion is suspected.
 - Athletes should be evaluated and complete a gradual return-to-play progression before returning to hockey.

Prevention Strategies

- **Properly fitting equipment:** Helmets, mouthguards, shoulder pads, gloves, and properly fitted skates
- **Skill training:** Emphasize proper checking, falling, and skating mechanics
- **Strength and conditioning:** Focus on core strength, leg stability, and flexibility
- **Rest and recovery:** Avoid year-round single-sport specialization
- **Education:** Encourage kids to report pain early rather than “playing through it”

When to see us

- Severe pain or swelling
- Visible deformity
- Inability to bear weight or move a joint
- Persistent instability or repeated injuries- feels loose, unstable, or "gives out"
- No Improvement After 48 to 72 Hours



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 Outcomes by HOPCo

Thank You



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OF WISCONSIN

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OrthoSTAT
Same Day Walk-In Care from
Orthopedic & Spine Centers of Wisconsin

↗ Outcomes by HOPCo

Walk-in. Get Treated. Keep Moving.
Same-day Orthopedic Care.

