

Orthopedic Sports Enhancement Center

Enhancing Services Through New Partnerships and Programs

By: Becky Wiese

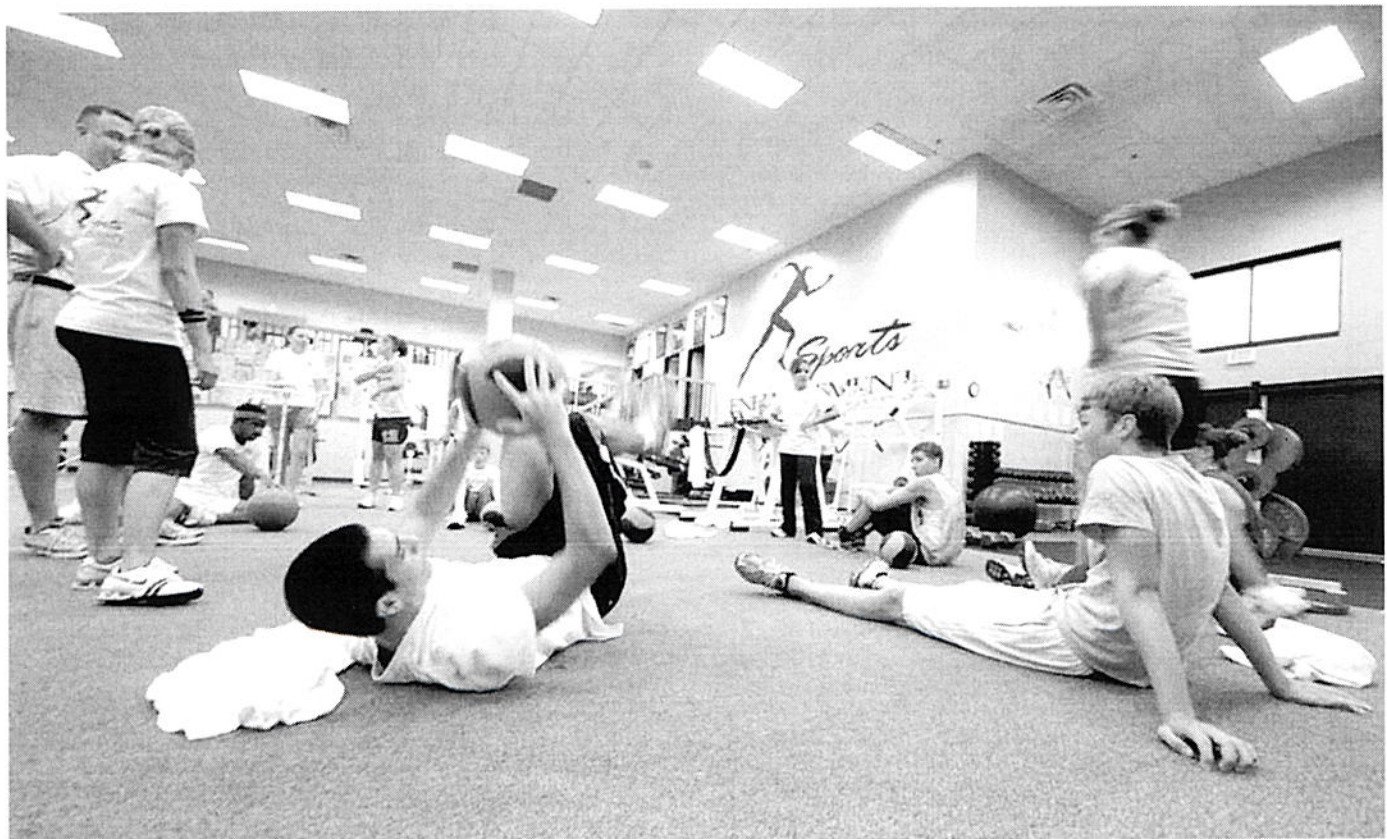
In 1980, Dr. Anthony Dustman saw a need in the community for a newly developing area of medicine and treatment that served athletes and their unique needs for treatment and rehabilitation. He began offering a walk-in sports clinic two afternoons a week at the McLean County Orthopedics facility; that was the birth of sports medicine in Bloomington-Normal. He served not only athletes in the community, but also was the team doctor for both Illinois State and Illinois Wesleyan universities.

Dr. Robert Seidl completed his orthopedic residency at The Mayo Clinic and a Fellowship in Sports Medicine with the Orthopaedic Institute. He and Dr. Dustman created the Sports Enhancement Center in 1998 as a way to serve the community in the rapidly growing field of sports medicine, allowing them to expand and improve their ability to help local athletes and teams. The SEC facility allowed them not only to treat and rehabilitate patients, but also to train and teach them how to perform at a higher level. Both physicians treated patients at the SEC facility while continuing to see patients for all

orthopedic needs full-time at their respective practices—Dr. Seidl at Carle Clinic and Dr. Dustman at McLean County Orthopedics.

Now, after 12 years, they have taken additional steps to better serve the needs of athletes as well as other patients in need of orthopedic services. Among these changes are a new partnership with Advocate BroMenn, the addition of several physicians, and new programs and services for the present and future.

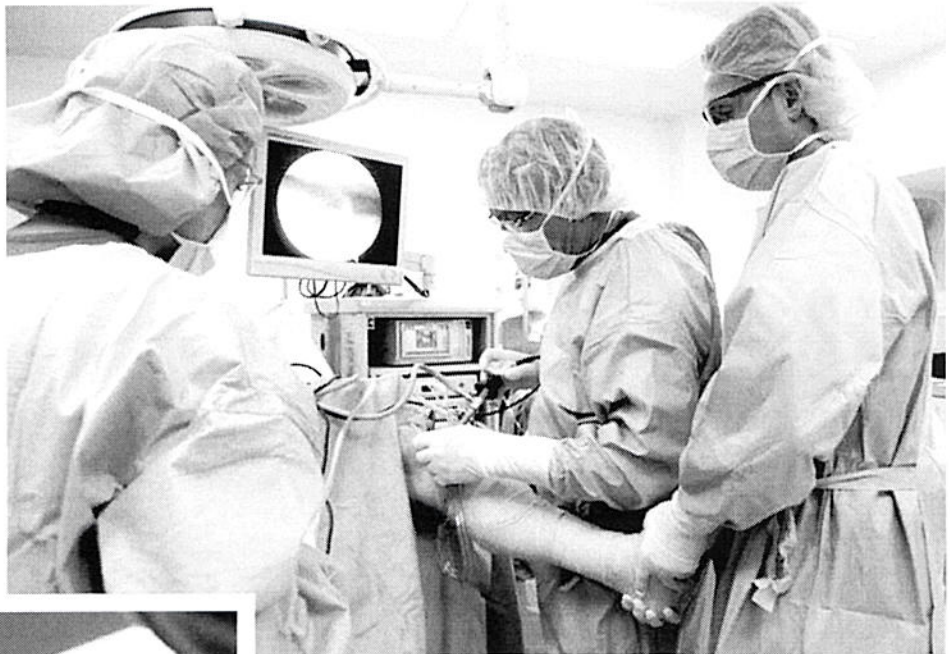
The affiliation with Advocate BroMenn has allowed the physicians to expand their focus to orthopedic care for the entire family and to treat everyone at the same facility. By physically moving their orthopedic practices to the same location, both physicians are able to improve their efficiency and quality of care. The partnership also provides resources and expertise to grow the programs and treatment available. From BroMenn's perspective, the affiliation provides an opportunity to partner with a well-established and highly regarded practice that serves the growing field of sports medicine as well as orthopedic treatment and rehabilitation.



As a result of the affiliation between the two groups, the name has been changed to reflect the greater spectrum of orthopedic care. It is now known as Orthopedic and Sports Enhancement Center, an Affiliate of BroMenn Healthcare.

New Physicians at OSEC

As the popularity of the programs provided by OSEC has increased, so too has the need for additional staff. In addition to Drs. Dustman and Seidl, the medical staff consists of Dr. Joseph Norris, who divides his time equally between OSEC and McLean County Orthopedics, and Dr. Chris Dangles and Dr. Thomas Duhig, who see patients full-time at the OSEC facility on East Empire Street in Bloomington. Another physician, podiatrist Dr. Gerald Paul, dedicates one day each week to seeing patients at OSEC. All the orthopedists



treat the full range of orthopedic needs that patients of various ages have. They perform all types of orthopedic surgeries, with the exception of back surgery.

Dr. Duhig is a sports medicine physician whose primary focus is the diagnosis, treatment, and prevention of injuries that occur during sports and other physical activity. He explains that his presence on-

staff broadens the scope of care to include "acute, chronic, or over-use musculoskeletal injuries as well as illness and medical conditions related to sports such as concussion care, exercise-induced asthma, and return-to-play issues" in addition to other non-surgical, rehabilitative, care management matters.

A board certified diplomate of Family Medicine, Dr. Duhig is also a fellowship trained Primary Sports Medicine Physician with a Certificate of added Qualification. As part of his training, he studied Sports Medicine under Dr. Douglas MacKeag, one of the founders of primary sports medicine, at Indiana University. Before joining OSEC, he served as team physician for the Indianapolis Colts and Indiana University Purdue University and was active in the Indiana High School Athletic Association, covering various sports including wrestling, soccer, and football. Here in Bloomington-Normal, Dr. Duhig serves as a team physician for both Illinois State and Illinois Wesleyan universities, the Normal Cornbelters baseball team, the Bloomington Extreme football team, and multiple local area high school teams. Needless to say, Dr. Duhig is well acquainted with many types of stress and maladies caused by sports and other activities.

Dr. Joe Norris played varsity football for four years at Illinois Wesleyan University, originally planning to be a teacher and coach. After deciding to go into medicine, he graduated from Southern Illinois School of Medicine and completed his residency in orthopedic surgery through SIU and a Sports Medicine Fellowship at Union Memorial Hospital in Baltimore, Maryland. Dr. Norris became interested in sports medicine because it blended his love of sports and his desire to help athletes who have been injured get back to their game. "There's a lot of gratification in seeing a patient improve to the same level of function or playing ability after an injury," he says.

Dr. Norris works with all types of injuries with his patients at OSEC, and has a special interest in complex ligament injuries such as those that occur in shoulders and knees. "Patients no longer have to travel to Chicago or St. Louis to undergo a complicated arthroscopic surgery," he says. The staff of physicians, surgeons, trainers, and equipment available at OSEC allows them to use cutting

Feature Story continued

edge technology and procedures to do surgeries as well as the follow-up therapy. "Having it all under one roof helps us diagnose and treat injuries more effectively," Dr. Norris explains.

Dr. Dangles graduated from Illinois State University and Loyola Medical School. After completing an internship and residency in orthopedic surgery at Cook County Hospital in Chicago, he did a six month residency in orthopedic oncology at the Sloan-Kettering Institute in New York. Dr. Dangles specializes in hip and knee total joint revision—tweaking the joints that have already been surgically replaced or repaired. He also treats patients who have bone tumors.

Orthopedic Sports Enhancement Center prides itself on the extensive educational and professional background each of the physicians can draw upon to treat each patient. All the physicians have done research, presented papers, reviewed or written book chapters, and several have taught various courses as adjunct faculty. In addition, they provide internships for ISU students studying to be physical trainers, offering them practical experience both in the OSEC facility and as trainers at all the high schools in Bloomington-Normal and several surrounding towns. Education and ongoing research is very important to treating and rehabilitating patients—the more they learn, the better they can help patients recover and return to the activities they enjoy.

Programs at OSEC

In addition to the therapy and rehabilitation services provided by the doctors and physical trainers, the OSEC staff offers various services to the sports teams and individuals who want to be better, stronger, faster, more efficient, and less prone to injury in whatever sport they happen to participate. Nate Henry, Director of Sports Performance, explains that the Acceleration Program focuses on enhancing the speed, agility, strength, power, and neuromuscular coordination for athletes of all ages. "We specialize in tailoring a program that fits your needs and sporting demands," says Henry.

Athletes gain numerous physiological advantages by participating in one of the performance programs offered by OSEC. Increases in vertical and broad jump distances and decreases in 40-yard dash times are typical, along with strength and power gains in the major muscle groups. In addition, neuromuscular benefits include enhanced running form, and awareness of how to decelerate the body, land from a jump, and change direction explosively.

The psychological benefits associated with completing this kind of training are also important. "Athletes leave in better condition, better health, and ready to participate in whatever activity they are competing in. This leads to a great psychological boost and enhanced self-esteem," Henry states.

In addition to the Acceleration Program (which includes a Youth Performance Program designed for children age 7-10), OSEC offers other programs designed to hone skills and enhance training. The Sport Cord Program uses resistance cords in workouts to build more powerful motions for sprinting, jumping, kicking, throwing, hitting, or swinging. The Strength Training Program is an individualized weight training program that improves strength and power and focuses on injury prevention. Batting Cage Plus Strength Training and Performance Gait Analysis are two other sport-specific programs that benefit players by improving their performance and decreasing the likelihood of injury on and off the playing field.

Future Services at OSEC

In spite of the changes brought by the affiliation with Advocate BroMenn, the addition of new physicians, expanded orthopedic services to patients of all ages and needs, physical additions to the facility for administrative purposes, and expanded sports enhancement programs, OSEC does not intend to simply rest on its laurels. Tracy Silver, practice administrator, says they hope to add a sports psychologist, wellness programs, and nutrition services in the future. The opportunities seem to be endless with the ongoing interest in athletics and healthy life choices. The doctors, trainers, and staff at OSEC feel a deep commitment to this community and plan to serve patients and athletes with the best possible care and training facilities and practices possible.

For more information about the services and programs offered by OSEC, contact them at (309) 663-9300 or online www.sportenhancement.net.

