Our Sports Medicine Facilities
Our Nemours Center for Sports Medicine in Wilmington, Del., is the region’s largest pediatric sports medicine facility featuring:

- more than 7,200 square feet of therapy space with a dedicated area for plyometrics and agility
- state-of-the-art concussion assessment technology
- 25-meter pool
- two 30-yard indoor track lanes

At the Nemours duPont Pediatrics, Bryn Mawr, Glen Mills and Deptford locations, our sports therapy gyms feature:

- more than 3,500 square feet of therapy space featuring a dedicated plyometric and agility area
- indoor running lane with low-impact flooring
- state-of-the-art concussion assessment technology
- therapy pool with underwater treadmill (at Deptford only)

Appointments
To schedule an appointment with a physician at any location or to speak with our concussion nurse navigator, please call (800) 416-4441.

To schedule an appointment with a physical therapist:
- in Wilmington, Del., at Nemours Center for Sports Medicine, (302) 298-7200.
- in Glen Mills, Pa., at Nemours duPont Pediatrics, (610) 542-3300.

To schedule Impact® or Comprehensive Baseline Concussion Testing, please call (302) 298-7200.

To schedule a sports nutrition consult, please call (800) 416-4441.

Expert care for Concussions and Sports Injuries
At Nemours Center for Sports Medicine, we care for active kids and young athletes with acute or chronic sports-related injuries. We believe in highly personalized care and offer a one-to-one ratio of physical therapist to patient. Our goal is to end the cycle of injury and help all athletes achieve their peak performance in the safest way possible.

Our multidisciplinary team of sports medicine physicians, physical therapists, athletic trainers and a certified sports nutritionist work together to restore function, build strength and achieve a fast recovery. As part of Nemours/Alfred I. duPont Hospital for Children, we can provide comprehensive care, ensuring active youth and athletes have access to all of the services and specialists they may need from consultation through rehabilitation.

If your child experiences a sports-related injury, we have the team that can help your young athlete recover and return to the activities that they love. After seeing the sports medicine physician and/or surgeon, a customized treatment plan will be developed. Physical therapy may be prescribed and completed at one of several Nemours locations or at a location closest to you.
Program Highlights

Medical and Surgical Physician Services: Our sports medicine specialists have received advanced training in pediatric sports medicine and are experienced experts in diagnosing and treating sports-related injuries in active teen athletes.

Concussion Management: Comprehensive evaluation and treatment is provided by a team of specialists in sports medicine, neurology, orthopedics and rehabilitation. Your first contact with the Concussion Management team will be with our nurse navigator who will schedule your appointment with a concussion specialist at a location that is most convenient for you and provide some initial education and information about concussion. The primary concussion specialist with whom you and your child are scheduled will direct you to other specialists and rehabilitative services if needed.

Concussion Preinjury Testing: Concussion changes the way a person thinks, acts, sees and functions. Determining preinjury baseline function allows for comparison to postconcussion scores and helps clinicians more accurately evaluate recovery of thinking processes.

ImPACT® Baseline Testing is available at all locations and costs $12. Comprehensive Baseline Concussion Testing is available for athletes ages 12-18 years. Each participant is able to complete these four screening tests in less than one hour. Cost is $55 and includes the following:

- ImPACT®: Immediate Postconcussion Assessment and Cognitive Testing is a computerized neuropsychological tool that measures cognitive functioning (the ability to concentrate, remember and process information).
- BESS (Balance Error Scoring System): assesses balance on a firm surface and foam surface with the eyes closed.
- Sensory Organization Test (SOT): provides an objective assessment of balance and stability. It is the Gold Standard for objectively assessing balance for ages 3-79.
- King-Devick Test: evaluates eye movements and tracking during reading.

Fitness Assessment: This comprehensive assessment is supervised by an athletic trainer and available for all active kids and athletes. It serves as the foundation for a customized plan to improve performance, while reducing injury risk.

Next Step Training: This is a customized, independent exercise program for athletes who have completed physical therapy following an injury, but want to continue an exercise regimen under the supervision of an athletic trainer.

Physical Therapy and Rehabilitation: Physical therapists and certified hand therapists provide personalized, one-on-one care, helping each athlete build their strength and recover from their injury.

Performance and Injury Prevention: Using an evidence-based approach, athletic trainers reinforce proper strength-building techniques and educate young athletes about strategies to remain injury-free.

Sports Nutrition Counseling: A certified sports nutritionist is available to assess each athlete’s specific nutritional needs and will customize a plan that best promotes health and performance.
Nemours Concussion and Sports Medicine Providers

Alfred Atanda Jr., MD
Surgical sports medicine
Practices in Deptford, N.J., and Wilmington, Del.

Mark F. Riederer, MD, FAAP, CAQSM
Concussion specialist and nonsurgical sports medicine
Practices in Glen Mills, Pa., and Bryn Mawr, Pa.

Angela D. Smith, MD
Nonsurgical sports medicine
Practices in Wilmington, Del.

William A. Emanuele, DO
Concussion specialist and nonsurgical sports medicine
Practices in Deptford and Voorhees, N.J.

Richard W. Kruse, DO
Surgical sports medicine
Practices in Glen Mills, Pa., and Wilmington, Del.

Jennifer M. Ty, MD
Hand and upper extremity surgeon
Practices in Glen Mills, Pa., and Wilmington, Del.

Rochelle E. Haas, MD
Concussion specialist

Nicole M. Marcantuono, MD
Concussion specialist
Practices in Glen Mills, Pa., and Wilmington, Del.

Laura L. Owens, MD
Concussion specialist
Practices in Wilmington, Del.

Jennette Firlein, APRN, RN
Nurse practitioner
Practices in Wilmington, Del., and Glen Mills, Pa.

Ashley Tucker, PA-C
Physician assistant
Practices in Wilmington, Del.

Christina Waddell, PA-C
Physician assistant
Practices in Voorhees, N.J.

Our team also includes:
- physical therapists
- sports nutritionist
- athletic trainers

For more information, visit nemours.org/sportsmedicine