

Center for Excellence in Sports Medicine

The Center for Excellence in Sports Medicine treats sports-related orthopedic conditions and concussions, specializing in young and growing athletes. Our team offers conservative and surgical care for these conditions. The center is actively involved in research regarding the etiology, treatment, and prevention of pediatric sports injuries and joint problems.



TSRHC patient Hayes, age 11, of Dallas



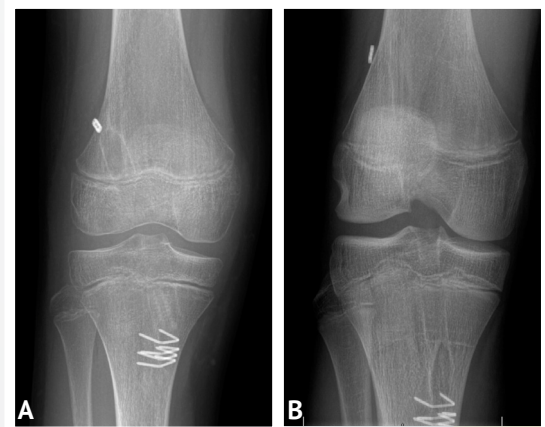
Philip Wilson, M.D. and TSRHC patient Heather, age 16, of Allen

“When treating injuries and conditions around a joint, we apply best principles for healing while remaining focused on future growth that may be affected by the current condition.”

— Philip Wilson, M.D.,
TSRHC Orthopedic Surgeon

Young and Growing Athletes

Growth plates are at high-risk for overuse and traumatic injuries, and are managed non-operatively and surgically by our experts in pediatric care. In cases of ligament injury or cartilage conditions, rest and conservative approaches may work well. But when needed, we perform complex reconstructive surgeries for growing athletes.



ACL Reconstruction technique in skeletally immature athlete allows normal growth to continue. Image A taken at post-operative visit, image B taken 2 years later.