Northwestern Medicine Orthopaedics
Sports Medicine, Athletic Training, & Sports Performance
Sports Medicine Overview

Northwestern Medicine Regional Medical Group provides leading-edge orthopaedic care that meets the total needs of our patients including prevention, treatment and recovery.

• Program highlights include:
  – Nationally ranked orthopaedic program (30th in the 2017-2018 US News & World Report)
  – The highest number of lower extremity joint replacement surgeries in the State of Illinois performed at Northwestern Medicine Central DuPage Hospital
  – Highly and subspecialty trained and board certified specialists offering the latest advances in technology and care
  – Comprehensive, integrated orthopaedic services
  – An exceptional patient experience
Sports Medicine Team

**Brian Babka, MD**
Specialty: Non-Surgical, Sports Medicine  
Locations: Geneva, Warrenville, and soon DeKalb

**Aaron Bare, MD**
Specialty: Surgical, Shoulder, Knee and Hip  
Locations: Bartlett, Glen Ellyn, Geneva and Warrenville

**Brian Chilelli, MD**
Specialty: Surgical, Sports Focus: Hip, Knee and Sports Injuries  
Locations: Geneva and Warrenville

**Beth Froese, MD**
Specialty: Physical Medicine and Rehab Specialist  
Locations: Carol Stream, Geneva and Warrenville

**Matthew Gimre, MD**
Specialty: Non-Surgical, Sports Medicine  
Locations: Bartlett, Glen Ellyn, Warrenville

**Lenard LaBelle, MD**
Specialty: Surgical, Shoulder and Knee  
Locations: Carol Stream, Warrenville

**Steven Mayer, MD**
Specialty: Physical Medicine and Rehab Specialist  
Locations: Geneva, Glen Ellyn, Naperville and Warrenville

**William Sterba, MD**
Specialty: Surgical, Shoulder, Hip and Knee  
Locations: Geneva, Naperville, Warrenville

**David Watt, MD**
Specialty: Surgical, Shoulder, Hip and Knee  
Locations: Carol Stream and Warrenville
Recognition
Northwestern Medicine Central DuPage, Delnor, & Kishwaukee Hospitals Recognized for Quality & Safety:

Northwestern facilities, staff and programs have received numerous honors and recognition for clinical excellence, including these:

• Both CDH and Delnor Hospital achieve Magnet recognition from the American Nurses Credentialing Center.
• CDH is currently ranked #30 in Orthopaedics by US News & World Report.
• Kishwaukee, Delnor and CDH recognized in the spring 2017 and fall 2017 Leapfrog Hospital Safety Grades.
• Multiple Press Ganey National Awards for patient satisfaction.
• CDH and Delnor Hospital are BCBS Blue Distinction Center + for Knee and Hip Replacements.
Locations

HOSPITAL LOCATIONS

Northwestern Medicine
Central DuPage Hospital
25 North Winfield Road
Winfield, IL 60190

Northwestern Medicine
Delnor Hospital
300 Randall Road
Geneva, IL 60134

Northwestern Medicine
Kishwaukee Hospital
1 Kish Hospital Drive
DeKalb, IL 60115

PRACTICE LOCATIONS

Bartlett
820 Route 59, Suite 320

Carol Stream
515 Thornhill Drive

DeKalb/Sycamore
5 Kish Hospital Drive, Suite 203

Geneva
351 Delnor Drive, Suite 410

Glen Ellyn
885 Roosevelt Road, Suite 300

Naperville
101 East 75th Street, Suite 100

Warrenville
27650 Ferry Road
Sports Medicine: Program Overview

West Region

- 5 surgical Sports Medicine Physicians
- 4 non-Surgical Sports Medicine Physicians and Physiatrists
- 3 Podiatrists
- 1 Chiropractor
- 28 Certified Athletic Trainers
- 1 Massage Therapist
- 200+ Rehabilitation Professionals
- 20+ Office Locations
- 3 Private Athletic Clubs Contracted NM Affiliations
- 5 College Sport Contracted NM Affiliations
- 8 High School Sport Contracted NM Affiliations
- 1 Public Park District Affiliation
Sports Medicine: Program Overview
West Region

• Contracted Athletic Training Services

  - Clubs:
    • Endure IT! Triathlon Club
    • Chicago Sockers FC
    • DeKalb County United Soccer

  - Colleges:
    • Wheaton College
    • Wheaton College Club
    • Waubonsee Community College
    • Kishwaukee Community College
    • Northern Illinois University

  - High Schools:
    • Benet
    • Wheaton North
    • Wheaton-Warrenville South
    • St. Francis
    • DeKalb
    • Genoa
    • Sycamore
    • Somonauk

  - Park Districts:
    • Wheaton Park District – Wheaton Rams Football, Wheaton Wings Soccer, Warthog Rugby
Overview

Athletic Training Services

• On-site, dedicated, certified athletic trainers who collaborate with coaches and physicians to optimize activity and participation of student-athletes through the prevention, diagnosis and treatment of emergency, acute and chronic medical conditions resulting from athletic activity.

• Our athletic-training staff members have valuable experience in all areas of athletic performance and rehabilitation, and work closely with other athletic trainers, teams, or treating physicians and coaches to ensure the safe and optimal performance of the athletes.
Sports Medicine: Program Overview

West Region

- Physician Volunteer:
  - Colleges:
    - Wheaton College: Dr. Watt, Dr. Gimre (in office sports physicals: Babka)
    - College of DuPage: Dr. LaBelle, Dr. Mayer
    - Waubonsee: Dr. Babka
    - Kishwaukee: Dr. Babka
    - North Central College: Dr. Babka (concussion/ sports physicals), Dr. Mayer (women’s triathlon)
  - High Schools:
    - Wheaton-Warrenville South: Dr. LaBelle
    - Wheaton North: Dr. Watt
    - Benet: Dr. Sterba
    - St. Francis: Dr. Gimre
    - Glenbard North: Dr. Bare
    - Glenbard West: Dr. Bare
    - Glenbard East: Dr. Mayer
    - West Chicago: Dr. Gimre
    - Elgin: Dr. Babka
    - DeKalb: Dr. Babka
Sports Medicine: Program Overview

West Region

• Concussion Oversight Teams:
  – Wheaton School District 200
  – Benet
  – St: Francis
  – Batavia School District 204
  – St Charles East High School
  – Kaneland School District 302
  – DeKalb High School
  – Genoa Kingston High School
  – Somonauk High School
Program Overview

Quality Volunteer Physician Services

• As volunteer team physicians at area schools, our specialists provide the timeliest of care and attention to student-athletes who sustain sports-related injuries.

• Our physicians work collaboratively with athletic trainers, coaches and physical therapists, and are dedicated to helping injured athletes recover and prevention of recurrent injury.

• The sports medicine physicians provide comprehensive coverage, from 'on-the-field' injuries to 'return-to-the-field' for all levels of athletic performance.

• Our physicians have extensive medical training and experience in the care and management of sports-related injuries and conditions for all levels of athletic performance.
Northwestern
Athletic Training & Sports Performance

• One on One rehabilitation treatment for acute injuries or post-surgery
• One on One personal training
• Group/ club/ team sports training
• Dartfish video analysis
  – Running, throwing
• K-vest video analysis
  – Golf, throwing (pitching)
• Class offerings
  – HIIT class (high intensity interval training)
  – Anterior Cruciate Ligament (ACL) transition programs
  – ACL prevention programs
  – Total Knee & Hip Replacement transition programs
Northwestern Medicine
Orthopaedics

12th Annual Sports Medicine Conference
Saturday, June 16th, 2018
Sports Medicine: Program Overview

Thanks for coming!!