

Pediatric Outpatient Sports Medicine Follow Up

Referrals can easily be made to Dr. Hoffman via MMP Orthopedics & Sports Medicine and specify Pediatrics in the comments (or her name). They also have physical therapy on site including vestibular therapy for concussions.

Sarah Hoffman, DO

Pediatric Sports Medicine

Maine Medical Partners – Orthopedics & Sports Medicine

119 Gannett Drive

South Portland, ME 04106

(207) 773-0040

What Dr. Hoffman is willing to see:

- Sports related issues as well as general musculoskeletal complaints (all pediatric ages)
- Concussion
- Knee pain (chronic or acute, patellofemoral pain, ACL and meniscal tears, cartilage injury, patellar dislocations, instability)
- Elbow pain (little league elbow, tennis elbow)
- Fracture care (non-operative fracture management)
- Stress fractures
- Female athlete triad (over-exercising, disordered eating, lab abnormalities, bone health concerns, menstrual abnormalities)
- Hypermobility (Ehlers-Danlos, benign hypermobility, frequent joint complaints/pains, family history of dislocations/instability)

- Spine (spondylolisthesis, spondylolysis, acute and chronic, muscle strains, non-operative scoliosis management, back pain in children and adolescents)
- Hip pain/injuries (dancers, ice hockey players)
- Shoulder (dislocations, impingement, little league shoulder, chronic pain)
- Ankle (sprains, strains, instability)
- Sports physical concerns
- Performance concerns (exercise-associated breathing problems, abdominal pain, chest pain, or other complaints)
- Injury prevention
- Overuse injuries
- Apophysitis (Sever's disease, Osgood-schlatters disease, etc), growth plate injuries, avulsion fractures
- Osteochondritis dissecans