

Making an appointment

Appointments with Dr. Joel Brenner, director of our running medicine program, are available at Children's Pavilion in Norfolk and the CHKD Health Center at Landstown or Oakbrooke..

Community involvement and education

Our running medicine team is actively involved with the local running community and has provided coverage for various local events including the RunWalk for the Kids, Girls on the Run and other local races.

We also provide educational seminars to local, state and national audiences.

If you would like to schedule an appointment with Dr. Brenner, get more information, or inquire about medical or educational assistance for your group, please contact us at 757-668-PLAY (7529).



Sports Medicine Locations

NORFOLK

Children's Pavilion
401 Gresham Drive

CHKD Sports Medicine in Ghent
702 W. 21st Street

CHKD Health Center at Kempsville
171 Kempsville Road

CHESAPEAKE

CHKD Health Center at Oakbrooke
500 Discovery Drive

NEWPORT NEWS

CHKD Health and Surgery Center at Oyster Point
11783 Rock Landing Drive

CHKD Health Center and Urgent Care at Tech Center
680 Oyster Point Road

SUFFOLK

CHKD Sports Medicine and Therapy Services at Harbour View
5832 Harbour View Boulevard

VIRGINIA BEACH

CHKD Health and Surgery Center at Concert Drive
2021 Concert Drive
(outpatient orthopedic surgery only)

CHKD Health Center and Urgent Care at Landstown
1924 Landstown Centre Way

CHKD Health Center and Urgent Care at Loehmann's Plaza
3960 Virginia Beach Blvd.

WILLIAMSBURG

CHKD Health Center at Lightfoot
6425 Richmond Road



Sports Medicine

757-668-PLAY (7529)

CHKD.org/SportsMed

Running Medicine

Evaluation and treatment for
the young running athlete



Sports Medicine

Running Medicine at CHKD



Running is one of the most popular types of exercise for people of all ages. Young athletes can experience running injuries at rates similar to those of adult runners; however, the types of injuries they sustain can be quite different. Issues such as Osgood-Schlatter and Sever's disease are exclusive to young athletes. That's why it's so important to have your athlete evaluated by pediatric and adolescent sports medicine physicians and sports medicine physical therapists who are trained to treat youth running injuries.

A program for runners, by runners

Effectively treating running injuries requires specialized expertise. At CHKD's running medicine program, our physician and physical therapists not only have extra training and experience in biomechanical assessment, evaluation procedures, and treatment techniques specifically for runners, but they are also experienced runners themselves -- giving them a special understanding of the challenges involved in the sport. In addition, they have years of experience working with thousands of runners of all skill levels.



Why do runners need a special running medicine program?

Most running-related injuries are a result of improper training, overuse or faulty biomechanics. Our team will evaluate these factors to create a comprehensive rehabilitation program. Research has shown that treatments not specific to running will likely have little impact on running mechanics, and may not reduce injuries. Our physical therapists will create a customized, running-specific program for optimal results.

Services include:

- Thorough evaluation by a sports medicine physician and physical therapist.
- Review of patient's current training program -- along with an extensive history of the onset of pain or injury, if applicable.
- Assessment of strength and flexibility.
- Biomechanical assessment of the feet, ankles, knees and hips.
- Customized running shoe prescription.
- Video running analysis to identify errors in running form.
- Individualized running-specific fitness program to address weaknesses and improve form.
- Custom orthotics to address biomechanical impairments of the feet, if necessary.
- Nutrition and hydration advice.
- Guidance for a safe transition to a more natural running pattern, if desired.

Video analysis

If your child is, or aspires to be, a competitive runner, CHKD sports medicine



physical therapy offers a video running analysis utilizing Dartfish™ movement analysis software and a high definition video camera. This analysis can help identify even the smallest technique errors that may be contributing to injury, pain or poor performance.

A DVD of the athlete's running technique is provided along with an analysis of technique errors and guidance on how to make beneficial adaptations to achieve better running form.

A referral is not required to schedule an appointment for running analysis. The cost for the service is \$100 and is typically not covered by insurance -- unless it is part of prescribed physical therapy program. Running analysis is offered at our Chesapeake, Norfolk, Newport News, Suffolk, Virginia Beach, and Williamsburg locations. Please call (757) 668-2733 to schedule a running analysis appointment.

