

Sports Medicine Locations

NORFOLK

CHKD Sports Medicine in Ghent
702 W. 21st Street

CHKD Health Center at Kempsville
171 Kempsville Road

Children's Pavilion
401 Gresham Drive

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 & Therapy Services
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 Loehmann's Plaza
3960 Virginia Beach Boulevard

CHKD Health Center at Landstown
1924 Landstown Centre Way

WILLIAMSBURG

CHKD Health Center at Lightfoot
6425 Richmond Road



Sports Medicine

757-668-PLAY (7529)

[CHKD.org/SportsMed](https://www.chk.org/SportsMed)



Dance Medicine



Sports Medicine

Dance Medicine



Dancers are athletes who require a great deal of strength, flexibility and endurance. The goal of the CHKD dance medicine program is to treat and prevent injury, and to provide complete, multidisciplinary care to all of our dancers.

Services include:

- Comprehensive medical evaluations
- Injury prevention programs
- Physical therapy for dance injuries
- Pilates-based conditioning and rehabilitation
- Pointe readiness assessment
- Health and injury screenings at area dance schools
- Injury prevention and nutrition clinics

CHKD is also home to the region's only comprehensive pediatric sports medicine program offering:

- Sports medicine physicians
- Fellowship-trained sports medicine pediatric orthopedic surgeons
- Sports-certified physical therapists
- Certified athletic trainers
- Sports nutritionist



Dance Injuries

At CHKD, we understand that dancers have unique needs. Most injuries in dance are due to overuse, and more than 90 percent of these injuries can be successfully treated with conservative rehabilitation and a minimal amount of time away from training.

CHKD offers sports medicine physicians, surgeons and physical therapists with backgrounds in dance and experience treating dancers and performing artists.

We understand the range of motion, strength and stability required for a successful return to dance.

We take a team approach to treating dance-related injuries and have developed a program specifically designed for the demands placed on dancers' young bodies. Our goal is to get you back into the studio as quickly as possible.

A Specialized Team

Our dance team is led by Dr. Joel Brenner, medical director of the CHKD sports medicine program and a dancer himself. He is the official dance company physician for The Governor's School for the Arts, Todd Rosenlieb Dance and the Virginia Ballet Theatre. The CHKD sports medicine program is an official partner of these organizations, providing comprehensive care to their dancers.