

ATHLETES AND WEEKEND WARRIORS **COME TO US** **FOR THE BEST CARE**

UK HealthCare Sports Medicine is committed to providing the highest quality care to all active individuals in Kentucky. Our sports medicine physicians and certified athletic trainers have more experience and provide care to more athletes than any other group in this area.



Our team consists of:

- Six fellowship-trained and board-certified sports medicine orthopaedic surgeons.
- Three fellowship-trained and board-certified sports medicine primary care physicians.
- Eleven board-certified orthopaedic surgeons specializing in other orthopaedic sub-specialties, including:
 - o Foot and ankle care.
 - o Hand surgery.
 - o Hip and knee replacement.
 - o Musculoskeletal cancer.
 - o Pediatric orthopaedics and pediatric sports medicine.
 - o Spine care.

We offer the following services:

- Walk-in clinics on weekday mornings.
- 24/7 on-call sports medicine and orthopaedic coverage.
- 24/7 certified athletic training access.
- Imaging services, including MRI, X-ray and CT scans.
- Physical therapy.
- Access to all UK HealthCare physicians.
- Assistance with scheduling UK HealthCare appointments and follow-up care.

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OUR TEAM

LEXINGTON SURGEONS



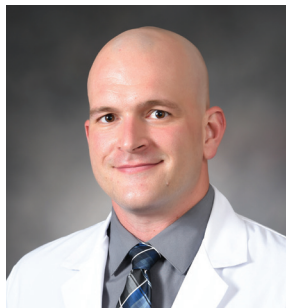
DARREN JOHNSON, MD

Dr. Darren Johnson is the Chief of Sports Medicine at UK HealthCare and head orthopaedic surgeon for UK Athletics. He is a nationally recognized physician in the field of sports medicine, particularly in complex knee surgery, and has spent the past

29 years caring for orthopaedic patients at UK HealthCare. The prevention and treatment of ACL injuries in athletes is one of Johnson's primary interests.

Education

- Degree: University of California, Los Angeles
- Residency: University of Southern California
- Fellowship: University of Pittsburgh Medical Center

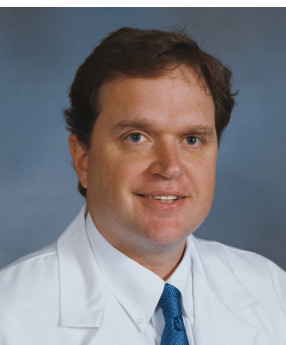


BENJAMIN WILSON, MD

Dr. Benjamin Wilson is a sports medicine physician who specializes in the treatment of bone, joint, and soft tissue injuries and utilizes both open and arthroscopic techniques.

Education

- Degree: Indiana University School of Medicine
- Residency: University of Kentucky
- Fellowship: Boston Children's Hospital



SCOTT MAIR, MD

Dr. Scott Mair is an orthopaedic surgeon and the Chief of Orthopaedic Surgery at the Lexington VA Medical Center. He is nationally known for his expertise in arthroscopic shoulder and knee surgery, with over 23 years of experience. He is the head team physician for the UK baseball and men's basketball teams. He also takes care of the UK women's basketball and volleyball teams.

Education

- Degree: Duke University, Durham, N.C.
- Residency: Duke University, Durham, N.C.
- Fellowship: Steadman-Hawkins Clinic, Vail, Colo.

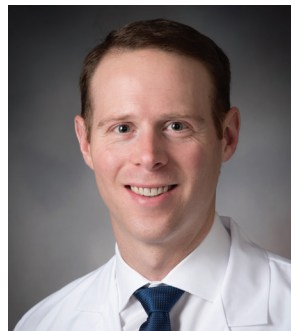


MARY LLOYD IRELAND, MD

Dr. Mary Lloyd Ireland has an orthopaedic surgeon. She served as team physician for Eastern Kentucky University for 18 years and team physician for UK Athletics for 11 years. She founded the Active Women's Health Initiative through the College of Health Sciences at the University of Kentucky in 2018.

Education

- Degree: University of Tennessee Health Science Center, Memphis
- Residency: University of California, Irvine
- Fellowships: Boston Children's Hospital, Harvard Medical School and Hughston Orthopaedic Clinic



AUSTIN STONE, MD

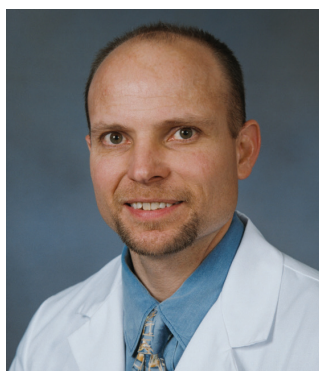
Dr. Austin Stone is an orthopaedic surgeon and sports medicine physician who specializes in orthopaedic surgery and sports medicine conditions of the shoulder, elbow and knee, in addition to cartilage injuries and the use of ortho-biologics. He is also a team physician for UK Athletics and

Eastern Kentucky University.

Education

- Degree: University of Cincinnati
- Residency: Wake Forest University, Winston-Salem, N.C.
- Fellowship: Rush University Medical Center, Chicago

LEXINGTON PRIMARY CARE SPORTS MEDICINE PHYSICIANS



ROBERT HOSEY, MD

Dr. Robert Hosey is a sports medicine physician and team physician for UK Athletics. His clinical and research interests include acute sports injuries and injury prevention, diagnosis and management of concussion, and infectious diseases in athletes.

Education

- Degree: State University of New York, Syracuse
- Residency: Medical University of South Carolina, Charleston
- Fellowship: University of California, Los Angeles

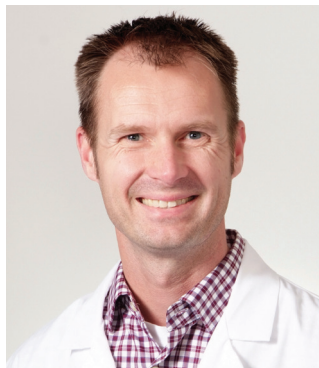


KIMBERLY KAISER, MD

Dr. Kimberly Kaiser is a sports medicine physician and a team physician for UK Athletics. Her clinical and research interests include acute sports injuries and injury prevention, ultrasound-guided musculoskeletal procedures, sports nutrition, stress injuries, concussions and wilderness medicine.

Education

- Degree: University of Missouri, Columbia
- Residency: University of Missouri, Columbia
- Fellowship: University of Kentucky



KYLE SMOOT, MD

Dr. Kyle Smoot is a sports medicine physician. He is interested in all aspects of sports medicine and has additional training in musculoskeletal ultrasound and ultrasound-guided procedures. He serves as the associate team physician for UK Athletics.

Education

- Degree: Wright State University, Dayton, Ohio
- Residency: University of Kentucky
- Fellowship: University of Kentucky

"UK Sports Medicine has been a longtime partner with the KHSAA, its staff and its member schools. Their first and primary interest has always been and continues to be the welfare of the student-athletes. Our students and all involved are better off because of these great partners!"

JULIAN TACKETT, COMMISSIONER, KHSAA

BOWLING GREEN SURGEON



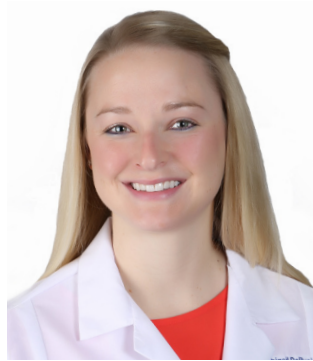
CHAITU MALEMPATI, DO

Dr. Chaitu Malempati is an orthopaedic surgeon who specializes in hand, elbow, shoulder, foot and ankle, hip and knee pain. He is also one of the team physicians at Western Kentucky University.

Education

- Degree: Pikeville College
- Residency: Michigan State University
- Fellowship: University of Kentucky

BOWLING GREEN PRIMARY CARE SPORTS MEDICINE PHYSICIAN



ABIGAIL DEBUSK, DO, CAQSM

Dr. Abigail DeBusk is a primary care sports medicine physician and one of the team physicians at Western Kentucky University.

Education

- Degree: Lincoln Memorial University, Harrogate, Tenn.
- Residency: University of Kentucky
- Fellowship: University of Cincinnati



CERTIFIED ATHLETIC TRAINERS

We employ the region's largest certified athletic training staff. Our trainers are well versed in the prevention, assessment, treatment and rehabilitation of all types of sports-related or physically active injuries and illnesses.

They provide athletic training services at schools, clubs, tournaments, special sporting events and all Kentucky High School Athletics Association (KHSAA) state events.

Our trainers work with our sports medicine physicians and provide patients with education on injuries, treatment and rehabilitation protocols, pre- and post-operative care, return-to-play guidelines, and the fitting of braces. After the physician and trainer have explained the treatment plan to athletes and their parents, the trainer will call the player's coach to inform them of any restrictions or return-to-play guidelines.

SPORT REHABILITATION

UK Sports Rehabilitation partners with UK Sports Medicine to provide the most advanced patient care. Dedicated to the health and recovery of athletes, this team offers leading-edge services on par with the nation's best providers.



"The 26-year relationship between the UK HealthCare Sports Medicine staff and Fayette County Schools has created an extraordinary support system for our community, families, student athletes and coaches. The training our coaches obtain, the care our student athletes receive, and the positive relationships created are an essential part of the extra-curricular programming offered by Fayette County Schools."

ROB SAYRE, DIRECTOR OF ATHLETICS, FAYETTE COUNTY PUBLIC SCHOOLS

"Almost 30 years ago, long before most rural school districts utilized athletic trainers regularly, our district had the pleasure of establishing a connection with the UK HealthCare Sports Medicine. Over the years, what I love most about their service is that they genuinely care about our students. Their professionalism, level of care and access to more intensive treatment, extending from the playing field to their network of world-class physicians, is phenomenal."

DOUG BECHANAN, SUPERINTENDENT, NICHOLAS COUNTY SCHOOLS



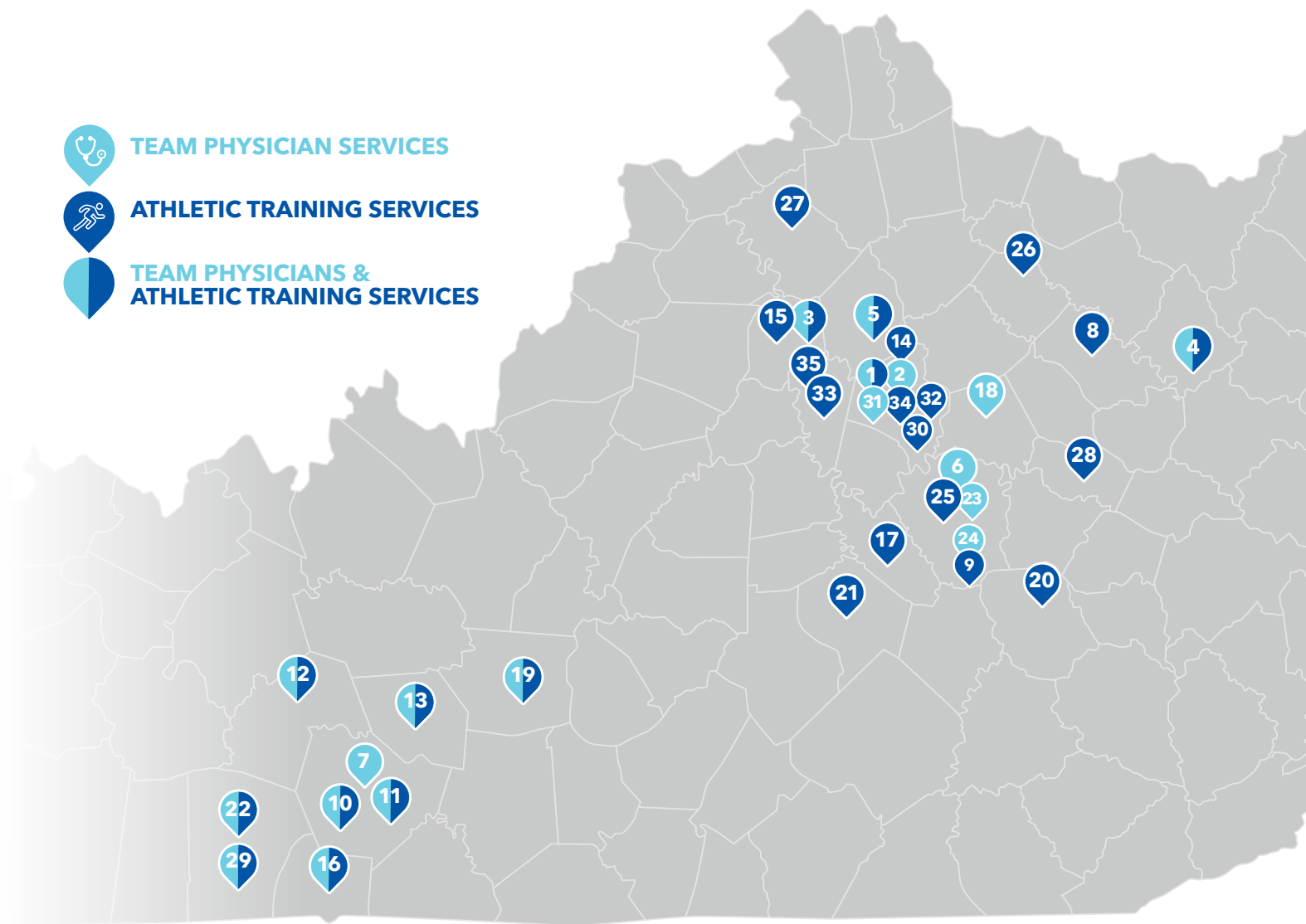
TEAM PHYSICIAN SERVICES



ATHLETIC TRAINING SERVICES



**TEAM PHYSICIANS &
ATHLETIC TRAINING SERVICES**



OUR PROVEN EXPERTISE

UK HealthCare Sports Medicine is the official healthcare provider for:

Professional leagues

- 1 Lexington Sporting Club

Colleges

- 2 University of Kentucky
- 3 Kentucky State University
- 4 Morehead State University
- 5 Georgetown University
- 6 Eastern Kentucky University
- 7 Western Kentucky University

Statewide organizations

Kentucky High School Athletic Association

High schools

- 8 Bath County
- 9 Berea Community
- 10 Bowling Green Christian Academy
- 11 Bowling Green High School
- 12 Butler County High School
- 13 Edmonson County High School
- 14 Fayette County Public Schools
- 15 Frankfort
- 16 Franklin-Simpson High School
- 17 Garrard County
- 18 George Rogers Clark
- 19 Hart County High School
- 20 Jackson County
- 21 Lincoln County
- 22 Logan County High School
- 23 Madison Central
- 24 Madison Southern
- 25 Model Laboratory School
- 26 Nicholas County
- 27 Owen County
- 28 Powell County
- 29 Russellville High School
- 30 Sayre
- 31 The Lexington School
- 32 Trinity Christian Academy
- 33 Woodford County
- 34 Fayette County Middle Schools
- 35 Woodford County Middle Schools

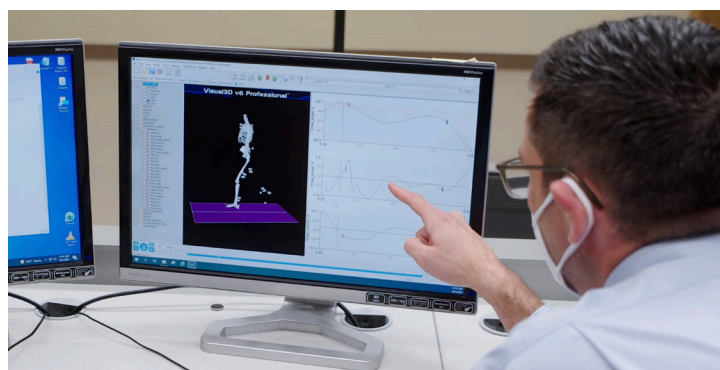


RESEARCH

Researchers in the UK Department of Orthopaedic Surgery & Sports Medicine have a shared mission to improve outcomes after musculoskeletal injury. Our clinicians and scientists have expertise in three key areas:

- Surgical techniques to reduce post-operative complication/re-injury and improve patient outcomes.
- Treatment options to potentially reduce recovery time while also decreasing the risk of re-injury.
- Mechanisms and treatment options for post-traumatic osteoarthritis to ensure long-term joint health after sports-related injury.

We collaborate with experts in rehabilitation science, advanced imaging, muscle physiology, nutrition and pharmacology, among others. This teamwork allows us to study musculoskeletal injury from molecular, joint and whole-person perspectives to improve health-related quality of life within the Commonwealth and beyond.



RESEARCH FACULTY

Caitlin Conley, PhD, ATC

Caitlin Conley is an assistant professor in the UK Department of Orthopaedic Surgery & Sports Medicine. She earned her PhD in Rehabilitation Sciences from UK. Her research area centers around outcomes after orthopaedic knee injuries with a concentration on post-traumatic osteoarthritis and orthopaedic treatments with an emphasis on patient perceptions.

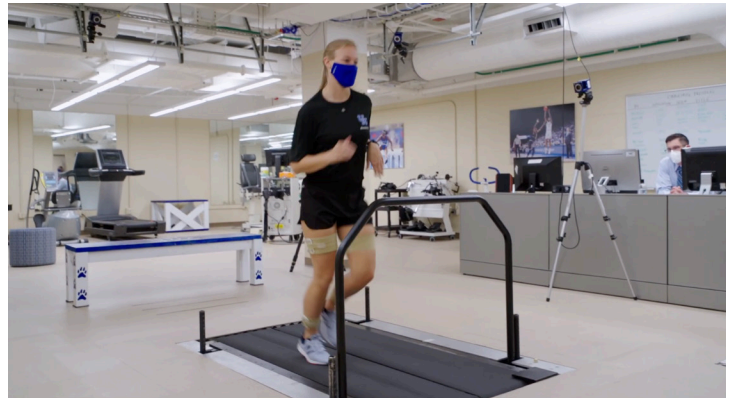


DEPARTMENT MISSION

Our group of highly trained sub-specialists provide comprehensive orthopaedic coverage for the state of Kentucky and the surrounding region. We offer complete musculoskeletal care to all age groups, educate future surgeons, research new techniques and provide community outreach.

We are committed to the following goals:

- Be a patient-driven Orthopaedic Center of Excellence.
- Provide state-of-the-art orthopaedic patient care.
- Provide timely, high-quality, cost-effective, comprehensive care.
- Be accessible to community physicians and patients.
- Provide the best possible environment to train future providers in orthopaedics.
- Enhance medical knowledge through research.
- Support and enhance the mission of UK HealthCare, the College of Medicine and the University of Kentucky.



SAVE MY KNEE & SAVE MY CAREER

RANDALL COBB



It wasn't an easy call.

Randall Cobb, Kentucky's superstar freshman, had injured his knee during the last game of the season. There were two paths forward: remove Randall's torn meniscus and get him back on the field in time for a bowl game...or repair it, and take him out of the game for months.

"We didn't know the extent of the injury, but we later found out because I don't think he wanted us to know how bad he was hurting, initially," said Coach Rich Brooks. "We knew that he had to have that fixed, and we wanted to make sure it was fixed right."

Compounding the decision was the nature of Randall's injury: a complex tear of his lateral meniscus, the shock absorber of the knee. At the time, there were few other examples of successful repairs of injuries like his. Most surgeons would have taken it out completely—a more straightforward procedure, but one that would have repercussions for his career.

"The NFL is a big business," said Dr. Darren Johnson, Randall's surgeon and Director and Chief of Sports Medicine at UK HealthCare's Orthopaedic Surgery & Sports Medicine. "They have data that says, 'You take out a kid's lateral meniscus, he doesn't last 14 years.'"

"You have to be very careful and make sure you're taking the right course of action for the player's long-

term benefit," said Coach Brooks.

Randall's talent was undeniable. He clearly had a future in football, at Kentucky and beyond. With that in mind, his team decided to take a chance on the more complex repair—taking him out for the season, but potentially saving his career.

"The hardest part of my job is seeing a kid and having to tell him, 'You're out,'" said Dr. Johnson. "But you've got to have those difficult discussions, and you've got to have the buy-in of the athlete."

"I had heard meniscus surgeries are usually pretty quick," said Randall. "You recover in two to three weeks, no big deal. So, I didn't really think too much of it. And then Dr. Johnson told me that I needed to repair my meniscus, because I had torn it almost all the way through ... and it was going to be a two to three month recovery."

"He went from having a great season, looking forward to a bowl game, [being] at the top of the world," said Jim Madaleno, UK's Director of Sports Medicine and Head Football Athletic Trainer at the time. "And all of a sudden it's all been pulled out from underneath. We had to tell his parents and him the truth: that we don't know his future because this is a procedure that isn't done that often."

"We pushed the envelope a little bit," said Dr. Johnson,

"It was a very complex tear. And I would imagine a lot of surgeons wouldn't have done what I did. But sometimes you roll the dice. And I picked the right kid to do it to, because he's a good rule follower. You've got to do the rehab. You've got to use crutches for six weeks ... But for the longevity of his knee and the longevity of the athlete, it's a big deal."

Randall understood what was on the line, and threw himself into his recovery with the same dedication and drive he put into his play. Supported by his teammates, athletic trainers, coaches, doctors, and family, he began the long process of building his strength back up and learning to trust his knee again.

"Whenever you're questioning if you're ever going to be the same when you come back from these injuries...it's a dark place," said Randall. "If you can overcome the mental fatigue and the dark places and see the positivity and the daily progress that you make, it makes a huge difference in the overall success of your recovery."

Finally, Randall was ready to get back on the field again—putting his knee to the real test.

"I was cautiously excited, but I wanted the horn to blow at the end of the game to know he made it through the game," said Jim Madaleno. "And then I was still respectfully cautious because I wanted to see how his knee responded the week after

the game. And every day that evolved, you knew, 'Wow. This thing worked.'"

"Had I removed my meniscus, I would've had bone on bone," said Randall. "I would've been able to play, but I would've been in a lot of pain playing through it. So, with him being able to save most of my meniscus instead of taking out, removing the whole thing, that was a huge difference."

Randall stayed at UK for three more semesters after his injury, with gutsy, swiss-army-knife contributions across the offense and special teams. He was drafted in the second round by the Green Bay Packers and went on to a long, successful career in the NFL. He's never had issues with the knee he injured during his time at Kentucky.

"That was my freshman year of college," said Randall. "14 years later and we're talking about me still playing in the NFL. That's a huge difference that one man's made in my life—by helping save my knee, and my career."

See how we care for athletes like Randall at UK HealthCare's Orthopaedic Surgery & Sports Medicine.



BACK ON THE MAT

TRAVIS JOHNSON



Travis Johnson has been cheerleading since he was young, following in the footsteps of his older sister. After he joined UK's championship-level cheer team, he worked hard to keep his body in peak condition – until he dislocated his shoulder.

Before the dislocation, Johnson had some shoulder pain from an injury in his first semester, but he wasn't concerned about it. Shoulder pain is common, especially with cheerleaders like Johnson who

serve as a sturdy base for the lightweight flyers. But during a 360-degree twist, Johnson felt his shoulder partially dislocate. He pushed through, but the pain got worse as the days went on.

At one practice, he over-rotated slightly during a maneuver. His shoulder dislocated and then popped right back in. That night, Johnson couldn't sleep because of his pain. The next day, he met with Dr. Kimberly Kaiser, one of the team physicians for UK Cheer.



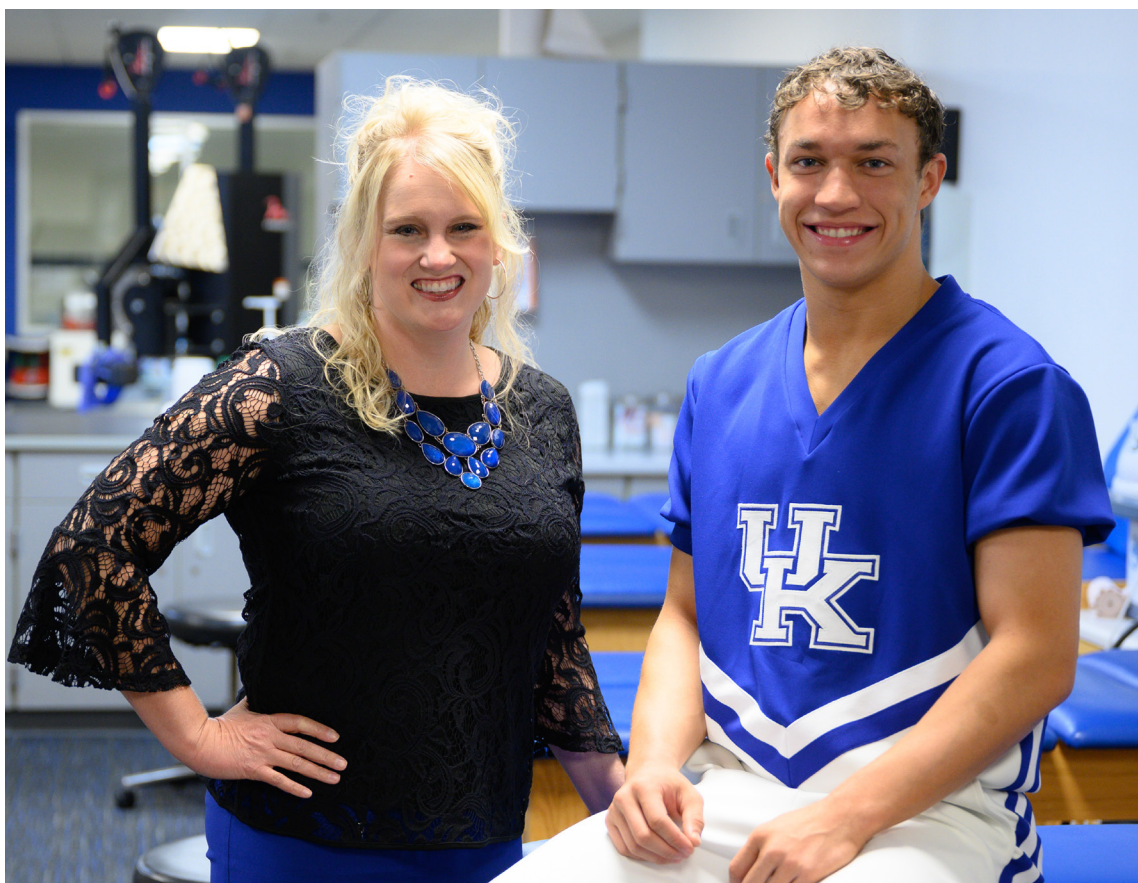
An MRI revealed the extent of the damage to Johnson's shoulder: a labral tear and fractured bones from the force of the shoulder dislocating and snapping back into place. He had two choices: he could undergo surgery and sit out the rest of the season and Nationals, or he could try to compete at Nationals and do the surgery after. As much as he wanted to be a part of the Nationals team, he knew it wasn't the right choice.

After he broke the news to his team, Johnson met with Dr. Scott Mair, a surgeon at UK HealthCare Orthopaedic Surgery & Sports Medicine. They scheduled his surgery for the following week.

Mair and Kaiser both credit Johnson's commitment to rehab, and UK's athletic trainers and physical therapists, for getting him back to full strength for the fall 2021 cheer season.

"It's rewarding to see how hard these athletes work in rehab, and many of them end up stronger than before because they put in so much hard work," Kaiser said.

As a pre-med major, Johnson's relationship with his doctors opened the door to exploring the field of orthopaedics. Cheer has also connected him to Kentucky Children's Hospital and the opportunity to cheer with pediatric patients, one of his favorite experiences as a Kentucky cheerleader.



THE COMEBACK

ARIN GILLILAND WRIGHT

In the midst of Arin Gilliland Wright's soccer career at the University of Kentucky, she faced every athlete's worst nightmare. Right at the halftime kickoff against Tennessee, Wright tore her ACL, putting her lifelong dream of playing professional soccer in jeopardy.

An ACL tear is a setback for any professional athlete, and full recovery requires an uphill battle. Wright wasn't about to let that stop her. After her injury, she went to see Dr. Darren Johnson, a nationally recognized knee expert at UK HealthCare's Orthopaedic Surgery & Sports Medicine program. Her surgery was successful, and she began the next step to getting back on the field: six to nine months of intensive physical therapy.

Wright bonded with her physical therapist, John Jurjans, from day one.

"He was the best physical therapist that they could have ever possibly put me with," she said. "He was so patient and so understanding and I was a whirlwind of terror."



Getting back onto the field is tough, but getting back to the player you once were is tougher. Wright was determined to get her career back on track and live up to her childhood nickname – the “Energizer Bunny” – once again.

Wright made that comeback happen, returning to the field in fighting shape. Her career skyrocketed soon after. She was the first person to be drafted from UK to play for the National Women’s Soccer League – the eighth overall pick in the 2015 NWSL College Draft to the Chicago Red Stars. She later joined the Newcastle Jets on loan to play internationally.

“I wanted day in, day out, for my job to be going to soccer practice and playing in this league. And now that’s what I do for a living, and it’s every little soccer girl’s dream. I’m living that, and that’s because of Dr. Johnson and UK HealthCare.”



ATHLETES AND WEEKEND WARRIORS **COME TO US** **FOR THE BEST CARE**

SPORTS WALK-IN CLINICS

We offer two convenient walk-in clinics.

Locations

UK HealthCare – Turfland

2195 Harrodsburg Road
Lexington, KY 40504

Hours: 7 - 8 a.m. Mon. - Fri.

UK HealthCare - Georgetown

202 Bevins Lane
Georgetown KY 40324

Hours: 7:30 - 8 a.m., Mon. - Fri.
3 - 3:30 p.m., Mon., Tues., Thurs. & Fri.

OUR LOCATIONS

UK HealthCare Sports Medicine

UK HealthCare – Turfland

2195 Harrodsburg Road
Lexington, KY 40504

Hours: Monday – Friday, 8 a.m. – 5 p.m.

Appointments: 859-218-3131

Med Center Health Orthopaedics & Sports Medicine

825 Second Avenue East, Suite C2
Bowling Green, KY 42101

Hours: Monday – Friday, 8 a.m. – 5 p.m.

Appointments: 270-780-2750

UK HealthCare- Georgetown

202 Bevins Lane
Georgetown, KY 40324

Hours: Monday - Friday, 8 a.m. - 5 p.m.

Appointments: 859-323-9333

MORE INFORMATION



ukhealthcare.uky.edu/sports

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