

**SMART Member Profile**

**Robert Pedowitz, MD, PhD**



Dr. Robert Pedowitz is Professor and Chair of the Department of Orthopaedics & Sports Medicine. Prior to joining the University of South Florida, Dr. Pedowitz was Professor, Chief of

Sports Medicine, and Residency Director for the Department of Orthopaedic Surgery at the University of California San Diego. He also co-directed the San Diego Arthroscopy and Sports Medicine Fellowship. His clinical practice focuses upon minimally-invasive surgery of the knee and shoulder for athletes and patients of all ages. Dr. Pedowitz has extensive clinical experience in knee and shoulder reconstruction, ligament surgery, meniscus repair and allograft replacement, and arthroscopic shoulder surgery. He is also a well respected author, publishing on topics such as anterior cruciate ligament (ACL) injury risk, surgery and rehabilitation. All together Dr. Pedowitz has published over ninety peer reviewed research papers and several books in various focus areas. Dr. Pedowitz's knowledge and experience brings important assets to the Sports Medicine and Athletic Related Trauma (SMART) Institute and to the Department of Orthopaedics & Sports Medicine.

Dr. Pedowitz was named a San Diego Top Doctor in 2005 and 2006, which is an award bestowed by physician colleagues in the community.

*"SMART is all about working together to advance the field of sports medicine. Being on the cutting edge ultimately helps athletes and patients to avoid injury, optimize performance, and maximize enjoyment, in whatever activities they choose to pursue."*

Robert Pedowitz, MD, PhD

**ATC in High School Setting Profile**

Victoria Kean is the SMART Certified Athletic Trainer who is currently assigned to Gaither High School. At the school she provides medical care to all of Gaither's high school student athletes during practices and sporting events. Prior to coming to the Sports Medicine and Athletic Related Trauma (SMART) Institute, Victoria gained her experience in athletic training through work in an orthopedic physical therapy clinic. While at the University of South Florida she was awarded the 2004 Outstanding Athletic Training Student Award by the USF Sports Medicine Staff. Victoria is also a member of the National Athletic Trainers' Association, the Southeastern Athletic Trainers' Association, and the Athletic Trainers' Association of Florida.

Victoria's passion for working with athletes stems from her own love and enthusiasm for a wide variety of sports. Working with the SMART Institute allows her to provide injury prevention and medical care to student athletes in the community.



*"As the Head Athletic Trainer at Gaither High School, SMART allows me to be there on a daily basis to educate and guide the coaches and athletes with prevention, treatment, and rehabilitation of injuries. It's an excellent opportunity to make a difference in the lives of these athletes. We're helping to improve the athletic coverage for male and female sports throughout the Tampa area."*

Victoria Kean, ATC/L

**A SMART Tip**

In less than one hour of physical activity, an athlete may become dehydrated. Dehydration not only causes a decrease in performance, but increases the athlete's risk of heat illness. There are a few warning signs that an athlete may be dehydrated: thirst, headache, weakness, dizziness, cramps and nausea. To prevent dehydration from occurring, remind the athlete to drink 17-20 fluid ounces of water or sports drink 2-3 hours before practice, during practice encourage him to drink 7-10 fluid ounces every 10-20 minutes, and after practice he should drink 20-24 fluid ounces for every pound of weight loss. Thirst should never be a guideline, because once an athlete is thirsty, he is already in the early stages of dehydration!



## A SMART coach profile

Ladd Baldwin was recently awarded the 2006-2007 Hillsborough County Girls Coach of the Year by the *Tampa Tribune*. He is the head coach of girls cross country, and the girls and boys track and field at Gaither High School. Coach Baldwin was one of the first coaches to take the PREPARE sports safety course through USF Health. He notes that it builds his confidence knowing that the athletes at Gaither High School and others within Hillsborough County now have someone there to take care of them that is properly trained and nationally certified to do so.

*"A full time athletic trainer is an excellent addition to our athletics program. She's here to help the athletes stay healthy and this relieves the coach of that responsibility, allowing them to concentrate on coaching their sport."*

Ladd Baldwin  
Head Girls Cross Country Coach  
Head Boys and Girls Track and Field Coach  
Gaither High School

## Community Partner

Paul McLaughlin is the athletic director for the Florida High School Athletic Association. In his role, Mr. McLaughlin has supported SMART's efforts to educate coaches on the importance of sports safety. PREPARE, the nationally recognized sports safety course for coaches developed by the National Center for Sports Safety (NCSS), and offered by the University of South Florida, is now one of the statewide courses that all Florida coaches can choose from for professional development.

## A SMART parent profile

Henry Strapp is the father of two sons, with his youngest being a senior at Gaither this coming fall. Mr. Strapp is also currently the Athletic Director and Assistant Principal at Gaither High School and has held this combined position for the last five years while working in the Hillsborough County School district for a total of 30 years. When Mr. Strapp became aware of the USF SMART Institute he did everything he could to get Gaither High School on board with the program.

*"The most noticeable change that they have made is the improvement in coverage of athletics across the county. Since there is an athletic trainer at the high school on a daily basis, athletes with injuries are able to be seen and treated immediately. And our athletic trainer is also available to cover injury prevention as well and that is fantastic."*

Henry Strapp  
Parent, Athletic Director and Assistant Principal  
Gaither High School



## A SMART Accomplishment

With overwhelming support from the local community, and immense dedication from the members of the SMART Institute, eight certified athletic trainers significantly improved the lives of over 3,000 student athletes this past spring alone. Through the overall efforts of the Smart Institute, these high school student athletes were assessed for a sports-related injury nearly 1,500 times in the course of just 4 months!



## Research project profile

USF Sports Medicine continues research using the "Heat Pill" to monitor athletes for heat related illness as a result of exercising intensely in the heat and humidity of Florida during preseason football practices. Led by Dr. Eric Coris, and a grant funded from NFL charities, Inc. continued efforts are being made to study heat illness in the tough environment of two-a-day practices in Florida. Among U.S. high school athletes, heat illness is the third leading cause of death.



## USF Health Sports Medicine

### Mission of SMART

A comprehensive sports safety program that utilizes a multidisciplinary approach with a team of professionals through the use of education, research, and injury care and prevention thereby elevating the standard of care for the youth, recreational, high school, collegiate and professional athlete.

### Contact Information

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