Wolfson Children’s Rehabilitation Referrals

Call 904.202.1884 for additional information, or to schedule an appointment at any location.

Baptist Medical Centers

Baptist Medical Center Jacksonville
800 Prudential Drive, Jacksonville, FL 32207

Baptist Medical Center Beaches
1350 13th Avenue S, Jacksonville Beach, FL 32250
904.627.2900

Baptist Medical Center Nassau
1250 S 18th Street, Fernandina Beach, FL 32034
904.321.3500

Baptist Medical Center South
14550 Old St. Augustine Road, Jacksonville, FL 32258
904.821.6000

Wolfson Children’s Hospital
800 Prudential Drive, Jacksonville, FL 32207
904.202.8000

The Wolfson Rehabilitation Sports and Orthopedics program is supported in part through collaboration with Baptist Rehabilitation.

Wolfson Children’s Rehabilitation is part of Wolfson Children’s Hospital.
Orthopedic injuries affecting children and teenagers are often very different from those more commonly seen in adults. Wolfson Children’s Rehabilitation Sports and Orthopedics Program is designed for young bodies that are still growing, with individual treatment plans linked to stage of maturity and style of learning.

Pediatric physical therapists experienced and qualified in the practice of sports rehabilitation address the diverse needs of the pre-teen through young adult in an upbeat environment conducive to success. All clinic locations are equipped to meet the rehabilitation needs of individuals, regardless of level of athletic ability or choice of sport.

The goals of the program include:
- Safely returning young athletes to the sport or activity of their choice
- Educating the patient and family on his or her specific medical conditions
- Preventing further injury or re-injury
- Preventing or minimizing deformity
- Maximizing functional ability at home, at school and in the community

Wolfson Children’s Rehabilitation Sports and Orthopedics Program provides:
- Individualized physical therapy assessments
- Comprehensive therapy care plans that include functional strengthening and activities, neuromuscular techniques, gait training, soft-tissue mobilization, manual therapy, modalities, home exercise plans and ongoing patient and family instruction.

Assessment and treatment are provided for the following conditions and injuries:
- Post-surgical orthopedic conditions
- Patellar pain syndrome and subluxation
- Ligament strains and tears
- Meniscal tears
- Overuse injuries of shoulder, elbow and lower extremities
- Musculoskeletal conditions of upper and lower extremities
- Fractures
- Back pain and scoliosis
- Tendonitis
- Joint pain (ankle, knee, shoulder, back)

Additional special services and programs include:
- Orthotic fitting/recommendation
- Occupational therapy services

“Children’s bones, muscles, tendons and ligaments are still growing, making them more susceptible to injury. Older children are more likely to suffer from sports-related injuries than younger children.”

“It is estimated that up to 50 percent of injuries seen in pediatric sports medicine are related to overuse.”

“Most organized sports-related injuries (62 percent) occur during practice rather than games.”

Safekids.org