

CHISM Clinical Services

The Children's Hospital Institute of Sports Medicine offers an integrated approach to the care of children with sports-related problems. Services include sports injury clinics, an acute musculoskeletal clinical service, paediatric exercise testing facilities, exercise prescription, health promotion, clinical research and rehabilitation.



What type of clinical service is offered at CHISM?

CHISM offers the child who has an injury or illness that affects sports performance, or participation in exercise, the expertise of Paediatric Sports Medicine Specialists. In this way treatment can be tailored to meet the specific needs of the child.

What types of clinical conditions should be referred to CHISM?

Paediatric sports medicine specialists diagnose, treat, and manage musculoskeletal and medical problems in children including the following:

- Diagnosis and treatment of children with musculoskeletal injuries (acute and chronic) such as ligament sprains and avulsion injuries, dislocations, muscle and tendon injuries, stress fractures, tendinosis, overuse injuries and cartilage injuries
- Diagnosis and management of the osteochondroses eg. traction apophysitis, osteochondritis dissecans, Scheuermann's disease

- Diagnosis and treatment of medical conditions related to exercise such as: exercise-induced asthma, exercise-induced migraine and athletic amenorrhoea
- Exercise prescription for children with special needs such as obese children, diabetic children and children with chronic disease and/or disabilities
- Concussion
- Nutrition, hydration and supplement issues
- Stress fractures
- Prevention of heat-related illness in children
- Addressing hormonal concerns in young female athletes
- Prescription of exercise for overweight and obese children
- Investigation of fatigue or deteriorating performance in the young athlete
- General advice regarding training in children eg. appropriateness of training loads, injury prevention strategies, and dietary and hydration strategies

Where is CHISM located?

Level 2, Suite 13, Children's Hospital Medical Centre, Hainsworth St, Westmead. CHISM is uniquely placed within the campus of The Children's Hospital at Westmead.

Who should refer to CHISM?

A local medical officer, general practitioner, paediatrician or emergency department can refer children to CHISM. In addition referrals can occur through physiotherapists and other ancillary personnel.

How to get an appointment?

CHISM is run along the same lines other Hospital outpatient departments. Bookings can be made by calling (02) 9845 0761 between 9:00am and 4:30pm weekdays. Specific appointment times on Mondays have been reserved for acute injuries.

