

## MEET THE STAFF

**Carl W. Nissen, MD**  
*Orthopaedic Surgeon*

**Matthew Milewski, MD**  
*Orthopaedic Surgeon*

**Dave Wang, MD**  
*Sports Medicine Physician*

**Imran Hafeez, MD**  
*Sports Medicine Physician*

**AJ Ricciuti, PA, ATC**  
*Physician's Assistant*

**Kevin Fitzsimmons, MHS, PA-C**  
*Physician's Assistant*

**Regina Kostyun, ATC, MSEd**  
*Athletic Trainer,  
Concussion Program Coordinator*

**Kyle Kostyun, ATC, MS**  
*Athletic Trainer and Director of Transitional  
Therapy Program*

**Leanne Klepacki, PT**  
*Physical Therapist*

**Tricia Prokop, PT**  
*Physical Therapist*

**Danielle Suprenant, PT**  
*Physical Therapist*

**Nicholas Giampetruzzi, PT**  
*Physical Therapist*

**Arthur Fredericks, PT**  
*Physical Therapist*

**Catherine McManus, PT**  
*Physical Therapist*

**Matthew Weston, PT**  
*Physical Therapist*

**Pam Rosow, RD**  
*Sports Nutritionist*

*Our staff is here to help you.*

Please call **860.837.6284**  
to schedule an appointment.

**WWW.ELITESPORTSMEDICINE.ORG**

Connecticut Children's Medical Center is a nationally recognized, 187-bed not-for-profit children's hospital serving as the primary teaching hospital for the Department of Pediatrics at the University of Connecticut School of Medicine. Named among the best in the nation for two of its pediatric specialties in the annual *U.S. News & World Report* "Best Children's Hospitals" rankings, Connecticut Children's is the only free-standing children's hospital in Connecticut that offers comprehensive, world-class health care to children. Our pediatric services are available at Connecticut Children's Medical Center in Hartford and at Saint Mary's Hospital in Waterbury, with neonatal intensive care units at Hartford Hospital and the University of Connecticut Health Center, along with a state-of-the-art ambulatory surgery center, five specialty care centers and 11 other locations across the state. Connecticut Children's has a medical staff of nearly 1,100 practicing in more than 30 specialties.

For more information, visit

**WWW.CONNECTICUTCHILDRENS.ORG**

**ELITE<sup>+</sup> SPORTS MEDICINE**

Connecticut Children's Medical Center 

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## SPORTS NUTRITION

*Getting you back in the game!*



**ELITE<sup>+</sup> SPORTS MEDICINE**

Connecticut Children's Medical Center 

## ABOUT ELITE SPORTS MEDICINE

Elite Sports Medicine (ESM) is a comprehensive, multidisciplinary program geared to the student athlete ages 10 to 30. Athletes rarely have a single medical problem, yet the specialization of care often causes fragmented or incomplete medical care to occur. ESM works to reduce this risk by combining multiple disciplines in one location allowing for the treatment of the entire athlete.

## NUTRITION IS IMPORTANT IN ENHANCING ATHLETIC PERFORMANCE

*A comprehensive nutritional assessment and evaluation is done according to each athlete's individual needs and specific sport.*

- Hydration for athletes
- Fuel to build muscle
- Meal planning for high performance
- Weight management strategies
- Evaluating energy drinks and sports foods
- Pre, during and post fueling for optimal performance
- Essentials about vitamins and supplementation
- Eating on the road for athletes
- Optimal vegetarian guidelines
- Grocery shopping and cooking for busy athletes



## WE ARE COMMITTED TO YOU

### *Elite Sports Medicine*

Our providers specialize in sports medicine. Our team of professionals have experience in treating athletes of all levels, from recreational to college and pro athletes. Besides individualized operative and non-operative care, we currently provide care for:

- Youth organizations
- High Schools, *including: Famington, Southington and Westminister Schools*
- Colleges, *including: Trinity, Quinnipiac and University of Saint Joseph*
- National Organizations, *including: US Lacrosse, US Figure Skating, Major League Lacrosse*

Our physicians and medical providers have one goal in mind; to return the athlete to play safely, quickly and to the highest level of ability.

## FOR OUT PATIENT NUTRITION COUNSELING FOR SPORTS PERFORMANCE ENHANCEMENT

### *For Teams:*

- 1 hour at school / college sites.....\$150

### *For Individuals:*

- First visit.....\$75
- Follow-up visits.....\$50
- Nutrition analysis of the diet.....\$25
- Package - Initial nutrition assessment, nutrition analysis, goal setting and one follow-up visit.....\$125

