



Dear Parents/Guardians,

We are pleased to announce that the Academy of St. Elizabeth has hired a new team physician. Dr. Dean Padavan is board-certified in both internal and sports medicine and practices at Atlantic Sports Health Morristown location. He has published and presented sports medicine topics/cases locally and nationally at conferences such as the American Medical Society of Sports Medicine and the NFL Combine. Dr. Padavan's skill sets and expertise led him to the role of lead sports medicine physician at Atlantic Sports Health, associate team internist for the New York Jets, team physician for the College of St. Elizabeth, and now team physician for the Academy of St. Elizabeth.

Dr. Padavan enjoys evaluating and treating athletes for sports related injuries, sports concussions, sports related medical conditions, and athletes who need a sports physical. The Atlantic Sports Health Morristown location is the home to Dr. Padavan's main office, a full-service radiology department, and physical therapy clinic. Dr. Padavan and his staff are happy to accommodate the Academy of St. Elizabeth athletes so they can receive evidence based effective treatment as quickly as possible. On Monday September 17<sup>th</sup> at 6pm, you will have the opportunity to meet Dr. Padavan and listen to him discuss common injuries in female athletes. More information will follow. Dr. Padavan and all the services at Atlantic Sports Health are great resources for our athletes.

Going forward all Academy of St. Elizabeth athletes will have the option of receiving their sports physicals by Dr. Dean Padavan and his team of healthcare professionals. A sports physical differs from an annual physical in a few ways. Specific history questions are asked that relate to athletes and the physical exam puts extra emphasis on the cardiac, pulmonary, and musculoskeletal systems. Any Academy of St. Elizabeth athlete that has an abnormal cardiac evaluation will receive an EKG for further information. At the completion of the physical the physicians will offer sports specific advice and injury prevention strategies.

We strongly encourage all Academy of St. Elizabeth athletes to take advantage of this great opportunity and get their physical through Dr. Padavan. The fee for the physical is \$50. There is no extra fee for an EKG if one is warranted.

We are very much looking forward to this relationship and welcome Atlantic Sports Health to the Academy of St. Elizabeth family!