

Providing world class care to Olympic athletes

JUDO IS A discipline, a means of self-defense and a way of life. It is also an Olympic sport. Former world champion and Olympic bronze medalist, Jimmy Pedro fully understands the great benefits that Judo instills in students of all ages. This is especially true for the world-class athletes who come to his Wakefield studio to train for the 2012 Olympics in England.

But as in any contact sport, intense training for the highest levels of competition can occasionally bring broken bones or other orthopedic injuries.

“When injuries occur, top athletes don’t have time to waste. I want my students to see the world-class physicians at Hallmark Health quickly so they can get an accurate diagnosis, top-notch care and access to the latest technology so they can return safely to competition as quickly as possible,” explains Pedro, who is coach of the 2012 US Olympic Judo team.

For several years now, Hallmark Health orthopedic surgeons, Christian Andersen, MD, and Abraham Shurland, MD, have provided orthopedic care to these top national athletes who train with Pedro. Both are board-certified in orthopedic surgery, have had extensive training in sports medicine and practice in Hallmark Health’s high quality, comprehensive Bone & Joint Program.

Dr. Andersen, who is chief of orthopedic surgery at Lawrence Memorial Hospital of Medford (LMH) notes, “Hallmark Health

has been a leader in providing exceptional orthopedic care. Plus if surgery is indicated for these athletes, I perform it at LMH or Melrose-Wakefield Hospital where we can perform the most advanced procedures available today.”

Dr. Shurland adds, “Although safety is taught early in Judo, it is still an intense sport. We treat these young athletes with the same sophisticated orthopedic care you find at major teaching hospitals and work closely with them to ensure they safely return to the demands of training and competition.”

Dr. Andersen also has a distinct insight into martial arts since he holds a black belt in karate. Pedro states, “I believe that designation gives Dr. Andersen a special insight into our sport. He understands the Judo culture and what it means to be a top athlete competing at the highest levels. When they are injured, these athletes need the highest level of orthopedic care so they can heal quickly and get back to the mat.”

i For more information

For more information on Hallmark Health’s Bone & Joint Program visit www.hallmarkhealth.org and select “Medical Services.” or call (781) 979-3705.

