

premier orthopaedics and sports medicine

premier orthopaedics and sports medicine represents the forefront of specialized medical care focused on musculoskeletal health and athletic performance. This field encompasses comprehensive diagnosis, treatment, and rehabilitation strategies for injuries and conditions affecting bones, joints, muscles, and connective tissues. With advancements in medical technology and evidence-based practices, premier orthopaedics and sports medicine provide tailored solutions to both athletes and non-athletes seeking optimal recovery and enhanced physical function. This article explores the scope of services offered, common conditions treated, innovative treatment methods, and rehabilitation protocols central to this specialty. Understanding the role of premier orthopaedics and sports medicine is essential for individuals aiming to maintain active lifestyles, prevent injury, and achieve peak performance. The following sections delve into the core aspects of this medical discipline, highlighting its significance in modern healthcare.

- Overview of Premier Orthopaedics and Sports Medicine
- Common Conditions Treated
- Diagnostic Techniques and Evaluation
- Advanced Treatment Options
- Rehabilitation and Recovery
- Preventative Strategies and Patient Education

Overview of Premier Orthopaedics and Sports Medicine

Premier orthopaedics and sports medicine refers to a specialized branch of medicine dedicated to the comprehensive care of musculoskeletal injuries and disorders. This specialty integrates orthopaedic surgery, sports injury management, physical therapy, and rehabilitation to optimize patient outcomes. Practitioners in this field are highly trained in diagnosing and treating a wide range of conditions affecting the bones, joints, ligaments, tendons, and muscles. The goal is not only to alleviate pain and restore function but also to enable patients to return to their desired level of activity safely and efficiently.

Facilities offering premier orthopaedics and sports medicine typically employ multidisciplinary teams, including orthopaedic surgeons, sports medicine physicians, physical therapists, and athletic trainers. These teams work collaboratively to develop individualized treatment plans that incorporate the latest research and technology. From acute injury management to chronic condition care, the scope of services is broad and designed to meet the needs of diverse patient populations.

Scope of Services

The scope of premier orthopaedics and sports medicine covers a variety of interventions ranging from non-invasive therapies to complex surgical procedures. Services include injury prevention programs, diagnostic imaging, minimally invasive surgeries, joint replacement, ligament reconstruction, and post-operative rehabilitation. These comprehensive offerings ensure that patients receive holistic care tailored to their specific conditions and goals.

Importance in Healthcare

Musculoskeletal conditions are among the leading causes of disability worldwide. Premier orthopaedics and sports medicine play a crucial role in reducing this burden by providing effective treatment and promoting long-term musculoskeletal health. Early intervention and specialized care contribute to faster recovery times and improved quality of life for patients of all ages.

Common Conditions Treated

Premier orthopaedics and sports medicine address a wide range of musculoskeletal issues, from acute sports injuries to degenerative diseases. The patient population includes athletes, active individuals, and those experiencing chronic joint or bone conditions.

Sports Injuries

Sports-related injuries are a primary focus within this specialty. Common injuries include:

- Anterior cruciate ligament (ACL) tears
- Rotator cuff injuries
- Meniscus tears
- Fractures and dislocations
- Sprains and strains
- Tendinitis and bursitis

These injuries often result from overuse, trauma, or improper training techniques and require prompt and precise management to prevent long-term disability.

Degenerative Conditions

Chronic conditions such as osteoarthritis, rheumatoid arthritis, and degenerative disc disease are also commonly treated. Premier orthopaedics and sports medicine provide interventions aimed at managing pain, improving joint function, and slowing disease progression.

Pediatric and Geriatric Orthopaedics

Specialized care is offered for pediatric patients with growth-related musculoskeletal issues and geriatric patients facing age-related degenerative changes. Tailored approaches ensure age-appropriate treatment and rehabilitation.

Diagnostic Techniques and Evaluation

Accurate diagnosis is fundamental to effective treatment in premier orthopaedics and sports medicine. A combination of clinical evaluation and advanced diagnostic technologies is utilized to assess the extent and nature of musculoskeletal conditions.

Physical Examination

Detailed physical assessments evaluate range of motion, strength, stability, and pain localization. This hands-on examination helps identify the specific structures involved and guides further diagnostic testing.

Imaging Modalities

Several imaging techniques are employed, including:

- X-rays – to assess bone fractures and joint alignment
- MRI (Magnetic Resonance Imaging) – for soft tissue evaluation such as ligaments, tendons, and cartilage
- CT scans – providing detailed cross-sectional images of complex fractures
- Ultrasound – useful for dynamic assessment of soft tissue injuries and guided injections

Functional Testing

Functional assessments and biomechanical analyses are often used to evaluate movement patterns and identify underlying causes of injury or dysfunction, particularly in athletes.

Advanced Treatment Options

Premier orthopaedics and sports medicine offer a spectrum of treatment modalities ranging from conservative management to cutting-edge surgical interventions. Treatment plans are individualized based on the diagnosis, patient goals, and overall health status.

Non-Surgical Treatments

Conservative care often represents the first line of treatment and may include:

- Physical therapy and rehabilitation exercises
- Anti-inflammatory medications and pain management
- Orthotic devices and bracing
- Injections such as corticosteroids or platelet-rich plasma (PRP)
- Activity modification and education

These approaches aim to reduce symptoms, improve function, and prevent further injury without the need for surgery.

Surgical Interventions

When conservative treatments are insufficient, surgical options may be recommended. Common procedures include:

- Arthroscopic surgery for joint repair and debridement
- Ligament reconstruction, such as ACL repair
- Joint replacement surgeries for severe arthritis
- Fracture fixation using plates, screws, or rods
- Spinal surgeries for disc herniation or instability

Minimally invasive techniques are preferred to reduce recovery time and improve outcomes.

Rehabilitation and Recovery

Rehabilitation is a critical component of premier orthopaedics and sports medicine, facilitating optimal recovery and return to activity. Customized rehabilitation programs are designed to address the specific needs of each patient.

Physical Therapy

Physical therapy focuses on restoring strength, flexibility, balance, and endurance. Therapists employ manual therapy, therapeutic exercises, and modalities such as ultrasound or electrical stimulation to enhance healing.

Return-to-Play Protocols

For athletes, carefully structured return-to-play protocols ensure that individuals regain full function and reduce the risk of reinjury. These protocols assess physical readiness and psychological confidence before resuming competitive activities.

Long-Term Maintenance

Ongoing care includes strategies for injury prevention, conditioning, and lifestyle modifications to sustain musculoskeletal health and prevent recurrence of injury.

Preventative Strategies and Patient Education

Preventing injuries and promoting musculoskeletal wellness are integral to premier orthopaedics and sports medicine. Education empowers patients with knowledge and skills to protect their bodies and optimize performance.

Injury Prevention Programs

Structured programs focus on enhancing strength, flexibility, and neuromuscular control. These programs are tailored for various populations, including youth athletes, professional sports teams, and active adults.

Ergonomics and Lifestyle Counseling

Guidance on proper ergonomics, posture, and daily activity modifications help reduce strain and prevent overuse injuries. Nutritional advice and weight management also contribute to overall musculoskeletal health.

Patient Empowerment

Educational resources and counseling encourage patients to actively participate in their care, adhere to treatment plans, and maintain healthy habits that support long-term joint and muscle function.

Frequently Asked Questions

What services does Premier Orthopaedics and Sports Medicine offer?

Premier Orthopaedics and Sports Medicine offers comprehensive care including diagnosis,

treatment, and rehabilitation for musculoskeletal injuries, joint pain, sports injuries, and arthritis management.

Who are the specialists at Premier Orthopaedics and Sports Medicine?

The team includes board-certified orthopaedic surgeons, sports medicine physicians, physical therapists, and rehabilitation specialists dedicated to personalized patient care.

Does Premier Orthopaedics and Sports Medicine provide minimally invasive surgical options?

Yes, Premier Orthopaedics and Sports Medicine offers minimally invasive procedures such as arthroscopy to reduce recovery time and improve patient outcomes.

Can Premier Orthopaedics and Sports Medicine help with sports injury prevention?

Absolutely, they provide injury prevention programs that include conditioning, education, and physical therapy to help athletes avoid common sports-related injuries.

How can I schedule an appointment with Premier Orthopaedics and Sports Medicine?

Appointments can be scheduled by calling their office directly or through their online booking system available on their official website.

Does Premier Orthopaedics and Sports Medicine accept insurance?

Yes, they accept a variety of insurance plans. It is recommended to contact their billing department or check their website for specific insurance information.

What rehabilitation services are available at Premier Orthopaedics and Sports Medicine?

They offer comprehensive rehabilitation services including physical therapy, occupational therapy, and post-surgical rehab tailored to each patient's recovery needs.

Additional Resources

1. Premier Orthopaedics: Advances in Diagnosis and Treatment

This comprehensive text covers the latest diagnostic techniques and treatment options in orthopaedics, focusing on innovative approaches to bone and joint disorders. It includes detailed chapters on minimally invasive surgery, regenerative medicine, and personalized patient care. Ideal

for both practicing orthopaedists and trainees, the book emphasizes evidence-based practice and clinical outcomes.

2. Sports Medicine Essentials: Injury Prevention and Management

Designed for sports medicine professionals, this book offers a thorough overview of injury prevention strategies, acute injury assessment, and rehabilitation protocols. It integrates the science of biomechanics with practical applications to enhance athletic performance and reduce injury risk. Case studies and expert tips provide real-world insights for clinicians working with athletes.

3. Orthopaedic Sports Medicine: Principles and Practice

This authoritative resource explores the intersection of orthopaedics and sports medicine, detailing surgical and non-surgical treatment methods for common sports-related injuries. Topics include ligament reconstruction, tendon repair, and cartilage restoration. The book also addresses the unique needs of athlete populations, from amateur to elite levels.

4. Regenerative Techniques in Orthopaedics and Sports Medicine

Focusing on cutting-edge regenerative therapies, this book discusses the use of stem cells, platelet-rich plasma, and tissue engineering in musculoskeletal care. It reviews clinical evidence supporting these treatments and provides protocols for integrating them into practice. The text is a valuable guide for clinicians aiming to enhance healing and recovery in sports injuries.

5. Comprehensive Guide to Knee Injuries in Sports Medicine

Dedicated to one of the most commonly injured joints in athletes, this book covers anatomy, injury mechanisms, diagnostic imaging, and treatment options for knee injuries. It includes detailed discussions on ACL reconstruction, meniscal repair, and cartilage preservation techniques. Rehabilitation strategies and return-to-sport criteria are also emphasized.

6. Advanced Imaging in Orthopaedics and Sports Medicine

This book presents the latest advancements in imaging modalities such as MRI, CT, and ultrasound for diagnosing musculoskeletal injuries. It highlights how these technologies improve accuracy in detecting subtle injuries and guide treatment planning. Practical tips on image interpretation and case examples make it a vital tool for orthopaedic and sports medicine specialists.

7. Biomechanics and Rehabilitation in Sports Medicine

Exploring the relationship between biomechanics and injury recovery, this text delves into movement analysis, muscle function, and joint mechanics. It offers evidence-based rehabilitation protocols designed to restore function and prevent re-injury. The book is particularly useful for physiotherapists, athletic trainers, and sports physicians.

8. Hand and Upper Extremity Injuries in Sports Medicine

This specialized book addresses the diagnosis and management of sports-related injuries to the hand, wrist, elbow, and shoulder. It covers common conditions such as fractures, tendonitis, and nerve entrapments with a focus on preserving function for athletes. Surgical techniques and postoperative care are thoroughly discussed to ensure optimal outcomes.

9. Nutrition and Performance in Orthopaedics and Sports Medicine

Highlighting the critical role of nutrition in musculoskeletal health and athletic performance, this book reviews dietary strategies to support injury prevention and recovery. It examines supplements, hydration, and metabolic considerations tailored for active individuals. Clinicians will find practical guidance for integrating nutritional counseling into comprehensive sports medicine care.

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premier orthopaedics and sports medicine: Musculoskeletal Physical Examination

E-Book Gerard A. Malanga, Kenneth Mautner, 2016-07-27 From an interdisciplinary author team now including orthopedic surgeons, PM&R specialists, and primary care and sports medicine experts, the second edition of Musculoskeletal Physical Examination: An Evidence-Based Approach educates physicians on how to give the most thorough physical examinations by understanding the why behind each type of exam. In-depth coverage of today's newest tests and techniques keeps you current in practice, and a new section titled Author's Preferred Approach guides you through difficult areas of examination. - Provides complete coverage of every musculoskeletal physical examination. - Easy-to-use tables summarize and compare the evidence for specificity and sensitivity of each test for each condition. - Utilizes over 200 illustrations to clearly depict each test. - Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, images, and references from the book on a variety of devices. You'll also have access to over 100 in-depth videos - many new to this edition - highlighting the latest exam techniques, such as the Thessaly test, Milking test, and Bear hug test. - Distinguished author team now includes orthopedic surgeons, PM&R specialists, and primary care sports medicine experts. - New section titled Author's Preferred Approach guides readers through difficult areas of examination. - Thorough updates and revisions made throughout each chapter keep you current in the field. - Full-color figures enhance visual clarity.

premier orthopaedics and sports medicine: Interventional Spine E-Book Curtis W.

Slipman, Richard Derby, Frederick A. Simeone, Tom G. Mayer, 2007-11-19 As many as 80% of patients will suffer from back pain at some point in their lifetime. It is the most common form of disability, and the second largest cause of work absenteeism. An early, proactive management approach offers the best route to minimizing these conditions. Renowned authority Curtis W. Slipman, MD and a team of multidisciplinary authorities present you with expert guidance on today's best non-surgical management methods, equipping you with the knowledge you need to offer your patients optimal pain relief. Refresh your knowledge of the basic principles that must be understood before patients with spinal pain can be properly treated. Know what to do when first-line tests and therapies fail, using practice-proven diagnostic and therapeutic algorithms. Offer your patients a full range of non-surgical treatment options, including pharmacology, physical therapy, injection techniques, ablative procedures, and percutaneous disc decompression. Make an informed surgical referral with guidance on indications, contraindications, methods, and postoperative rehabilitation. Better understand key techniques and procedures with visual guidance from more than 500 detailed illustrations.

premier orthopaedics and sports medicine: Operative Techniques in Sports Medicine

Surgery Mark D. Miller, Sam W. Wiesel, 2012-03-28 Operative Techniques in Sports Medicine Surgery provides full-color, step-by-step explanations of all operative procedures in sports medicine. It contains the sports-related chapters from Sam W. Wiesel's Operative Techniques in Orthopaedic Surgery. Written by experts from leading institutions around the world, this superbly illustrated volume focuses on mastery of operative techniques and also provides a thorough understanding of how to select the best procedure, how to avoid complications, and what outcomes to expect. The user-friendly format is ideal for quick preoperative review of the steps of a procedure. Each procedure is broken down step by step, with full-color intraoperative photographs and drawings that

demonstrate how to perform each technique. Extensive use of bulleted points and tables allows quick and easy reference. Each clinical problem is discussed in the same format: definition, anatomy, physical exams, pathogenesis, natural history, physical findings, imaging and diagnostic studies, differential diagnosis, non-operative management, surgical management, pearls and pitfalls, postoperative care, outcomes, and complications. To ensure that the material fully meets residents' needs, the text was reviewed by a Residency Advisory Board.

premier orthopaedics and sports medicine: 5-Minute Sports Medicine Consult Suraj Achar, 2019-03-25 Practical and highly organized, The 5-Minute Sports Medicine Consult, 3rd Edition, is a reliable, go-to resource for clinicians in primary care, sports medicine, nursing, pediatrics, athletic training and physical therapy. This popular title provides rapid access to guidance on diagnosis, acute treatment (including on-field management), long-term treatment (including rehabilitation and referrals), and commonly asked questions for common sports-related problems seen in adult and pediatric patients. The 5-Minute Sports Medicine Consult delivers maximum clinical confidence as efficiently as possible ... allowing you to focus your valuable time on giving your patients the best possible care. Get quick access to all-new content, including Ankle Impingement, Femero-acetabular Impingement, Myositis Ossificans, and Vocal Cord Dysfunction, in print and online. Find the answers you need quickly thanks to an intuitive, at-a-glance format, with concise, bulleted text; return-to-play and secondary prevention information; and much more. Make confident decisions aided by current evidence-based designations in each topic. Consult useful appendices for quick answers on musculoskeletal radiography and joint and soft tissue injection. Written by esteemed primary care and sports medicine practitioners and published by the leading publisher in medical content, The 5-Minute Sports Medicine Consult, 3rd Edition includes a 10-Day Free Trial to 5MinuteConsult.com. 5MinuteConsult.com is an evidence-based, online workflow tool easily integrated at the point of care. 5MinuteConsult.com provides online-exclusive content, including: A thoroughly updated and expanded appendix on Office Rehabilitation More than 1,500 additional topics, including the full contents of The 5-Minute Clinical Consult and The 5-Minute Pediatric Consult Differential diagnosis support from an extensive collection of algorithms Current evidence-based designations highlighted in each topic Thousands of images to help support visual diagnosis of all conditions A video library of procedures, treatment, and physical therapy techniques An A-to-Z Drug Database from Facts & Comparisons® Guidance on laboratory test interpretation from Wallach's Interpretation of Diagnostic Tests More than 3,000 patient handouts in English and Spanish Approximately 100 Diseases and Conditions in Spanish FREE point-of-care CME and CE: 0.5 credits each time you search the site to find the best treatment for your patients. This activity has been reviewed and is acceptable for up to 20 prescribed credits by the AAFP and the ANCC.

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encountered in daily practice Hands-on Practical Guidance: for all types of interventions and therapies Multi-Specialty Perspective: ensures that issues of relevance to all rehabilitation team members are addressed

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types of injuries to expect. Topics in the shoulder section include osteoarthritis, rotator cuff arthropathy and tears, instability, stiffness, SLAP tears and biceps tendinitis, and fractures of the clavicle and scapula. Topics in the elbow section include biceps and triceps rupture, lateral and medial epicondylitis, instability and stiffness, and elbow fractures - distal humerus, Monteggia, the terrible triad and more. Case material, key points and takeaways, and question-and-answer elements are included to enhance the text's overall utility. There is currently no textbook on the shoulder and elbow tailored specifically for orthopedic residents, fellows and senior medical students. The Resident's Guide to Shoulder and Elbow Surgery therefore provides a much-needed resource for early-career clinicians and surgeons.

premier orthopaedics and sports medicine: *Surgical Reconstruction of the Diabetic Foot and Ankle* Thomas Zgonis, 2017-11-01 Emphasizing a multidisciplinary team approach, *Surgical Reconstruction of the Diabetic Foot and Ankle*, 2nd Edition, is an easy-to-follow, well-illustrated guide to the latest surgical techniques in diabetic lower extremity reconstruction. Dr. Thomas Zgonis and an expert team of national and international authors share their extensive knowledge and experience in the surgical treatment of diabetic patients, including challenging clinical scenarios of severe infections, lower extremity deformities, peripheral arterial disease, and soft tissue compromise.

premier orthopaedics and sports medicine: *Evidence-Based Management of Complex Knee Injuries E-Book* Robert F. LaPrade, Jorge Chahla, 2020-10-04 The ultimate resource for sports medicine conditions involving the knee, *Evidence-Based Management of Complex Knee Injuries* is an up-to-date reference that provides practical tools to examine, understand, and comprehensively treat sports medicine conditions in this challenging area. Using a sound logic of anatomy, biomechanics, lab testing, human testing, and outcomes analysis, editors Robert F. LaPrade and Jorge Chahla offer a single, comprehensive resource for evidence-based guidance on knee pathology. This unique title compiles the knowledge and expertise of world-renowned surgeons and is ideal for sports medicine surgeons, primary care physicians, and anyone who manages and treats patients with sports-related knee injuries. - Uses a step-by-step, evidence-based approach to cover biomechanically validated surgical techniques and postoperative rehabilitation, enabling surgeons and physicians to more comprehensively treat sports medicine knee injuries. - Covers the basic anatomy and biomechanics of the knee alongside more advanced objective diagnostic approaches and easy-to-follow treatment algorithms. - Provides an easy-to-understand review of pathology with clear, concise text and high-quality illustrations. - Demonstrates the importance and function of the ligaments and meniscus with exquisite anatomical illustrations and numerous biomechanical videos.

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E-Book Mark D. Miller, Stephen R. Thompson, 2014-04-04 The revised, streamlined, and reorganized DeLee & Drez's Orthopaedic Sports Medicine continues to be your must-have orthopaedics reference, covering the surgical, medical, and rehabilitation/injury prevention topics related to athletic injuries and chronic conditions. It provides the most clinically focused, comprehensive guidance available in any single source, with contributions from the most respected authorities in the field. Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability. Be prepared to handle the full range of clinical challenges with coverage of both pediatric and aging athletes; important non-orthopaedic conditions involved in the management of the athlete; rapidly evolving techniques; and sports-related fractures. Understand rehabilitation and other therapeutic modalities in the context of return to play. Take advantage of in-depth coverage of arthroscopic techniques, including ACL reconstruction, allograft cartilage transplantation, rotator cuff repair, and complications in athletes, as well as injury prevention, nutrition, pharmacology, and psychology in sports. Equip yourself with the most current information surrounding hot topics such as hip pain in the athlete, hip arthroscopy, concussions, and medical management of the athlete. Remain at the forefront of the field with content that addresses the latest changes in orthopaedics, including advances in sports medicine community knowledge, evidence-based medicine, ultrasound-guided injections, biologic therapies, and principles of injury prevention. Enhance your understanding with fully updated figures throughout. Take a global view of orthopaedic sports medicine with the addition of two new international section editors and supplemental international content. Access even more expert content in new Author's Preferred Technique sections. Find the information you need more quickly with this completely reorganized text.

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premier orthopaedics and sports medicine: Reverse Shoulder Arthroplasty Mark Frankle, Scott Marberry, Derek Pupello, 2015-10-20 Focusing exclusively on reverse shoulder arthroplasty (RSA) techniques and devices, this plentifully illustrated text covers all aspects of this important and innovative treatment for shoulder pain and dysfunction. The book begins with a history of RSA followed by a thorough overview of the basic science and biomechanics of the shoulder. Indications for and clinical applications of RSA in a number of surgical interventions are then described,

including the revision of failed shoulder arthroplasty, setting in cases of glenoid and humeral bone loss and rotator cuff tears. A whole section is then dedicated to various commercial devices with descriptive expert analysis of the design and implementation of each. An examination of the current economic value of RSA, including cost effectiveness and expected cost outcomes, comprises the final section. Reverse Shoulder Arthroplasty can therefore be read either from start to finish, allowing orthopedic surgeons to appreciate the various perspectives offered, or by selecting specific topics of interest much like a “how-to manual” of either a particular device design or the treatment of a specific pathology.

premier orthopaedics and sports medicine: *Video Atlas of Arthroscopic Rotator Cuff Repair* Uma Srikumaran, 2020-12-16 Fundamentals in rotator cuff repair and reconstruction from world-renowned experts! Rotator cuff disorders are the most common cause of shoulder pain, accounting for up to 70% of cases. Tears are the most severe subtype, with a lifetime prevalence rate of more than 20%. The size, location, and severity of rotator cuff tears varies greatly, requiring equally diverse preoperative planning and surgical interventions. Video Atlas of Arthroscopic Rotator Cuff Repair by Uma Srikumaran and esteemed contributors provides a concise, well-rounded perspective on the surgical management of rotator cuff pathologies. Expert surgeons from across the globe describe and demonstrate numerous approaches, enabling clinicians to expand their armamentarium and achieve optimal outcomes. The opening chapters lay a solid foundation, covering basic techniques for arthroscopic repair of various rotator cuff tear patterns, patient positioning, portal placement, tips and tricks, complications, and pitfalls. Subsequent chapters succinctly discuss a comprehensive range of arthroscopic and transosseous techniques, biologic augmentation, grafting, tendon transfers, and superior capsular reconstruction. Key Features Easy-to-digest bulleted format and narrated step-by-step videos on diverse techniques Discussion of different core procedures to manage rotator cuff tears, biceps tendon pathology, as well as failed primary surgeries Videos on superior capsule reconstruction and lower trap tendon transfer narrated by the technique creators Varied perspectives on the controversial topic of how to manage massive and irreparable tears This is a must-have resource for orthopaedic surgery residents and fellows, especially shoulder and sports injury specialists.

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