



Orthopedics

Focus

Surgical & non surgical care for bones, joints, muscles, ligaments, and spine.

Best For

Fractures, severe arthritis, structural problems, ligament/tendon tears requiring surgical evaluation, spine issues.

Common Treatments

Arthroscopy, fracture fixation, joint replacement, ligament reconstruction, spinal surgery.

Goal

Restore structure & function; provide surgical solutions when needed.



Sports Medicine

Non surgical injury care, rehab, performance, and prevention for active people of all ages.

Tendonitis, sprains/strains, stress fractures, shin splints, concussion, return to sport planning.

Rehab plans, bracing, ultrasound guided injections, PRP, concussion management, return to play.

Relieve pain, restore movement, prevent reinjury, optimize performance.



Foot & Ankle (Orthopedic)

Complex foot/ankle conditions, reconstructions, deformity correction, arthritis, instability.

Bunions, Achilles and peroneal tendon issues, ankle instability/arthritis, cartilage lesions, complex injuries requiring reconstruction or ankle replacement.

Bunion correction, ligament/tendon reconstruction, ankle arthroscopy, ankle replacement, deformity correction.

Restore pain free mobility and foot/ankle alignment in complex or surgical cases.



Podiatry (DPM)

Foot and ankle health including skin, nails, biomechanics, pain, and deformities. Some surgical care depending on training.

Bunions, hammertoes, toenail issues, plantar fasciitis, flat feet/high arches, diabetic foot care, routine foot pain, ingrown nails.

Callus/corn removal, toenail procedures, orthotics, diabetic foot care, minor foot surgeries; some DPMs also perform advanced foot/ankle surgeries depending on training.

Maintain healthy feet/ankles, improve comfort and mobility, manage chronic conditions (e.g., diabetic foot).