Sports Health Services

- Acupuncture
- Aquatic therapy
- Arthritis treatment
- Back and neck pain care
- Chiropractic care
- Exercise prescriptions and training programs
- Foot and ankle care
- Knee and hip disorders care
- Management of sports-related concussions
- Occupational therapy
- Orthotic and prosthetic devices
- Presurgical evaluations
- Primary sports healthcare
- Second opinions
- Sports and exercise-related injuries
- Sports cardiology
- Sports nutrition
- Sports ophthalmology
- Sports orthopaedic physical therapy
- Sports psychology
- Special needs for athletes
- Substance abuse (drug and alcohol) counseling and rehabilitation
- Upper extremity disorders care

Performance Training Systems

Sports Performance Programs

Whether you are an aspiring pro, a weekend enthusiast or something in between, we'll help you take your athletic performance to the next level.

Our Performance Training Systems program is dedicated to helping athletes achieve excellence. Our training philosophy and methods are holistic, incorporating evidence-based techniques, technology and sports medicine oversight.

We offer sport-specific programs designed to enhance performance and help prevent injuries for athletes involved in running, cycling, swimming, figure skating, golf, basketball, volleyball, soccer and baseball.

Each training program is as unique as each athlete, addressing all components of performance and well-being. Our Performance Training Systems staff includes exercise physiologists, athletic trainers, dietitians and personal trainers specific to each sport. Together, we will provide ongoing support through in-person sessions and online interaction via your personalized training dashboard.

Call 877.440.TEAM (8326) to schedule an appointment.

877.440.TEAM

Visit sports-health.org for additional information.
To schedule an appointment with a sports health physician, call 877.440.TEAM (8326) toll-free from 7 a.m. to 11 p.m., every day. Same-day appointments are available for urgent sports injuries.

Convenient Locations to Serve You

Sports Health and Rehabilitation services are offered at the Cleveland Clinic Sports Health Center off I-480 at Transportation Boulevard, at Cleveland Clinic’s main campus and Euclid Hospital, and at family health centers and sports health facilities in Beachwood, Broadview Heights, Brunswick, Independence, Mentor, Middleburg Heights, Solon, Strongsville, Westlake and Willoughby Hills.
# Primary Care Sports Physicians

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Location(s)</th>
<th>Specialty Interests</th>
</tr>
</thead>
<tbody>
<tr>
<td>A.J. Cianflocco, MD</td>
<td>Director, Primary Care Sports Medicine Fellowship</td>
<td>Cleveland Clinic Sports Health Center, Euclid Hospital</td>
<td>Neck and back problems, sports medicine, nonoperative orthopaedics</td>
</tr>
<tr>
<td>Richard Figler, MD</td>
<td></td>
<td>Cleveland Clinic Sports Health Center, Beachwood, Solon</td>
<td>Acute and chronic sports-related injuries, pediatric and adolescent sports-related injuries, medical problems in athletes</td>
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<tr>
<td>Laura Goldberg, MD</td>
<td></td>
<td>Avon Lake, Westlake</td>
<td>General orthopaedics for all ages, including sports-related and overuse injuries; fracture care (including stress fractures); pediatric orthopaedics</td>
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<tr>
<td>Paul Gubanich, MD</td>
<td>Director, Primary Care Sports Medicine Research</td>
<td>Cleveland Clinic Sports Health Center, Brunswick, Strongsville</td>
<td>Medical problems in athletes, concussions, outcomes research, childhood wellness</td>
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<tr>
<td>Vernon Patterson, DO</td>
<td></td>
<td>Avon, Middleburg Heights</td>
<td>Sports medicine and overuse injuries in endurance athletes</td>
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<tr>
<td>Anne Rex-Torzok, DO</td>
<td></td>
<td>Willoughby Hills</td>
<td>All sports-related injuries, returning athletes safely to play, adolescent low back pain, spondylolysis</td>
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<tr>
<td>Kelly Richter, MD</td>
<td></td>
<td>Strongsville</td>
<td>Sports medicine</td>
</tr>
<tr>
<td>Susan M. Joy, MD</td>
<td>Director, Women’s Sports Health</td>
<td>Cleveland Clinic Sports Health Center, Independence</td>
<td>Comprehensive stress fracture management, medical problems in athletes, pediatric/adolescent athletic injuries, knee osteoarthritis</td>
</tr>
<tr>
<td>Zenos Vangelos, DO</td>
<td></td>
<td>Main campus, Lorain</td>
<td>Sports medicine, musculoskeletal health</td>
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</tbody>
</table>
Sports Health and Orthopaedic Surgeons

Richard D. Parker, MD  
*Chairman, Department of Orthopaedic Surgery*

**Location(s):** Main Campus  
**Specialty Interests:** Sports medicine, arthroscopy, knee and shoulder surgery

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Anthony Miniacci, MD

**Location(s):** Cleveland Clinic Sports Health Center  
**Specialty Interests:** Injuries related to sports, shoulder and knee arthroscopy and reconstruction, cartilage and implant-joint resurfacing

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Thomas E. Anderson, MD

**Location(s):** Cleveland Clinic Sports Health Center, Strongsville  
**Specialty Interests:** Upper extremity surgery, excluding the hand

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James Rosneck, MD

**Location(s):** Cleveland Clinic Sports Health Center, Beachwood; Solon  
**Specialty Interests:** Arthroscopic surgery of the hip, knee and shoulder

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Jack T. Andrish, MD

**Location(s):** Cleveland Clinic Sports Health Center, Beachwood JCC, Beachwood  
**Specialty Interests:** Athletic knee injuries, patellofemoral problems

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Paul Saluan, MD  
*Director, Sports Health Community Affairs*

**Location(s):** Cleveland Clinic Sports Health Center, Main Campus, Strongsville  
**Specialty Interests:** Pediatric and adolescent sports medicine, arthroscopy, pediatric orthopaedic surgery

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John A. Bergfeld, MD  
*Director, Cleveland Clinic Surgical Operations*

**Location(s):** Cleveland Clinic Sports Health Center, Strongsville  
**Specialty Interests:** Sports medicine, knee joint disorders, traumatic injuries related to sports activity

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Mark Schickendantz, MD  
*Director, Orthopaedic Sports Medicine Fellowship*

**Location(s):** Cleveland Clinic Sports Health Center, Lutheran Hospital, Strongsville  
**Specialty Interests:** Arthroscopic shoulder, elbow and knee surgery

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Alan W. Davis, MD

**Location(s):** Westlake, Fairview Hospital  
**Specialty Interests:** Sports medicine, hockey-related injuries, foot and ankle surgery

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James S. Williams Jr., MD

**Location(s):** Euclid Hospital  
**Specialty Interests:** Sports medicine, knee and shoulder arthroscopy, cartilage repair/ transplantation

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Morgan Jones, MD

**Location(s):** Cleveland Clinic Sports Health Center, Willoughby Hills  
**Specialty Interests:** Sports medicine surgery and arthroscopy of the shoulder, knee, foot and ankle

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Other Sports Health Practitioners

Thomas Torzok, DC
Location(s): Cleveland Clinic Sports Health Center, Willoughby Hills
Specialty Interests: Chiropractic sports medicine, acute and chronic sports-related injuries, sports-induced overuse injuries, shoulder pain and frozen shoulder, peripheral nerve entrapment syndromes

Frank Caruso, LAc
Location(s): Cleveland Clinic Sports Health Center, Lyndhurst
Specialty Interests: Acupuncture for chronic knee, foot, elbow and hand disorders

Katherine Mone, MEd, RD, LD
Location(s): Cleveland Clinic Sports Health Center, Main Campus
Specialty Interests: Sports nutrition, fueling for endurance athletes, nutrition for athletes with diabetes and cardiovascular disease

Cleveland Clinic Sports Health – Florida

Gregory J. Gilot, MD
Location(s): Cleveland Clinic in Florida (Weston)
Specialty Interests: Arthroscopic treatment of shoulder injuries, including rotator cuff tears; shoulder instability and fractures; arthritis of the shoulder; shoulder replacement, including reverse shoulder replacement; shoulder surgery revisions; biceps tendon tears; arthroscopic treatment of knee injuries, including meniscal tears; ACL reconstruction, including All-Inside ACL reconstruction

Daniel Grobman, DO
Location(s): Cleveland Clinic in Florida (Weston)
Specialty Interests: Nonsurgical sports medicine, including acute care of ankle and knee injuries and fracture management; rehabilitation for rotator cuff injuries; pain management; osteopathic manipulation; medical care for spine problems; osteoarthritis

Brian Leo, MD
Location(s): Cleveland Clinic in Florida (Weston)
Specialty Interests: Sports-related injuries and sports medicine surgery, including ACL and meniscal tears in the knee; rotator cuff tears and instability in the shoulder; pectoralis and distal biceps muscle tears; Tommy John surgery for elbow injuries and hamstring tears; hip arthroscopy

David Westerdahl, MD
Location(s): Cleveland Clinic in Florida (Weston)
Specialty Interests: Sports injuries, including exercise-related medical disorders and fractures; platelet-rich plasma (PRP) therapy; musculoskeletal ultrasound; nonsurgical orthopaedics; arthritis

Sports Health and Orthopaedic Rehabilitation

Gary Calabrese, PT
Director, Sports Health and Orthopaedic Rehabilitation
Location(s): Cleveland Clinic Sports Health Center, Main Campus, Beachwood JCC

sports-health.org
877.440.TEAM
The Team Approach

• We care for Cleveland's pro sports teams: Browns, Cavaliers and Indians
• We provide team physicians and athletic trainers for more than three dozen high schools and colleges throughout Northeast Ohio.
• We offer educational opportunities for athletes, athletic trainers, physicians and coaches.
• We provide medical care for both athletes and spectators at major sporting events in Cleveland (such as the U.S. Figure Skating Championships, the Gravity Games and the U.S. National Gymnastics Championships).