

Dr. Smith's Sports Medicine Statement

Many physicians consider themselves sports medicine providers. I'm not sure what makes someone a sports medicine doctor. I have a Certificate of Added Qualification in Sports Medicine from the American Board of Orthopedics Surgery to prove I am a sports medicine doctor, but I don't think it's the certificate that makes me a sports doc.

Since I began practicing in Austin in 1996, I have crafted my practice toward athletes and active individuals. I still practice general orthopedics and will see just about any ache or pain, but I have focused my advanced studies on athletic injuries of the knee, shoulder, and hip. Since I began practicing, I have performed more than 2000 arthroscopic surgeries. This experience is invaluable. Every case teaches me something that I can use in my next operation.

Experience cannot be learned from textbooks or classes. In addition to my operative experience, I spend a significant amount of time on the sidelines. In 2008, I attended more than 200 sporting events. I'm the team physician for the Austin Toros and the McNeil Mavericks. I coach select baseball and basketball and I attend many high school football, volleyball, basketball, and baseball games. I love athletes and sports at all levels.

My experiences on the field of play allow me to taper treatment to maximize recovery and return to sports. I know what a sore shoulder feels like, as I often throw 400 pitches for batting practice. I've run the Capital 10K seven times and the 2004 Motorola Half Marathon. I play recreational basketball, tennis and golf. I love to snow and water ski and have even been upright on a wakeboard (not for long).

In summary, I can't exactly define what makes a sports medicine healthcare provider. If understanding the "it" factor inherent in athletes and being in the action are factors, my practice and life experiences qualify.