

Sports Medicine

FLORIDA
ORTHOPAEDIC
INSTITUTE®

Keeping you active.



Florida Orthopaedic Institute complies with applicable Federal civil rights laws and is committed to ensuring that persons with disabilities, including persons who have hearing, vision, or speech disabilities, as well as persons of Limited English Proficiency (LEP), have an equal opportunity to participate in any of our services.

Welcome

Orthopaedic **Urgent Care**

Our patients are the focus of all we do at Florida Orthopaedic Institute and our goal is to keep you active. We achieve this by providing you with the best orthopedic solutions for virtually every bone, joint, ligament and muscle in the body.

We are different from other orthopedic groups because our team of highly skilled, board certified physicians and surgeons has advanced training, which allows the highest standard of care. Our surgeons are also fellowship trained, which requires an additional year of study in the orthopedic subspecialties of hand, spine, joint replacement, shoulder and elbow, sports medicine, foot and ankle, and trauma. This expertise is invaluable for proper diagnosis and treatment, providing a level of care unattainable elsewhere in the Tampa Bay Area.

Our philosophy is to first try all appropriate nonsurgical methods to increase mobility and function. This may include medication, bracing, injections, physical and/or occupational therapy, or chiropractic services, all of which we provide. Then, and only then, do we suggest surgery.

We are also proud of our strong partnership with USF Health Morsani College of Medicine. In addition to my role as president and chief medical officer of Florida Orthopaedic Institute, I also chair USF's Department of Orthopedic Surgery. Together, we can capitalize on our combined strengths and advance academic orthopedics. This combination assures our patients the finest orthopedic treatment and brings a substantial benefit to our community, patients, residents, students and faculty.

As one of Florida's largest orthopedic groups, our mission is simple: to provide excellence in clinical outcomes and an exceptional patient experience, while in an environment that fosters growth through teaching, education and research in all aspects of musculoskeletal medicine.

Please let us know if there is anything we can do to further improve your experience. We look forward to serving you!

Sincerely,
Roy Sanders, M.D.
President and Chief Medical Officer

Accidents don't keep regular business hours, so if you experience an unexpected bone, joint or muscle injury, you can visit the only urgent care center in Tampa Bay specializing in orthopedics.

Our Orthopaedic **Urgent Care is open during both regular business hours and extended hours Monday through Saturday at our South Tampa location.**

For faster service and lower cost than an emergency room, come to Florida Orthopaedic Institute's Orthopaedic **Urgent Care.**

What We Treat:

- Broken bones
- Strains and sprains
- Sports injuries
- Foot or ankle injuries
- Shoulder injuries
- Knee injuries
- Hand or wrist injuries
- Back pain



For more information and FAQs, please visit our website at: FloridaOrtho.com

Urgent Care Hours
Monday-Thursday: 8am-8pm
Friday: 8am-4pm
Saturday: 8am-3pm

Call aheads are welcome.
(813) FL-ORTHO

Our Sports Medicine Program

Florida Orthopaedic Institute's team of highly skilled sports medicine physicians serves hundreds of Tampa Bay residents every week. We have the largest and most advanced sports medicine program in the region. In addition, our surgeons are all fellowship trained in advanced arthroscopic and reconstructive techniques, with years of experience.

Our sports medicine doctors have served as the team physicians for the Tampa Bay Buccaneers, Tampa Bay Lightning, Tampa Bay Mutiny, Tampa Bay Rowdies, Tampa Bay Storm, University of South Florida, University of Tampa, Saint Leo University and many high schools throughout Hillsborough County.

Our compassionate team of healthcare professionals uses a multidisciplinary approach to ensure the most advanced treatment for all your sports-related injuries. Just as every athlete focuses on his or her particular sport, our team is dedicated only to sports medicine, and this ensures the best possible care and outcome.

We understand your desire to get back into the game and will do everything we can to make that happen safely.

Our full range of services include:

- Advanced X-rays, MRI, CT and ultrasound diagnostic imaging
- Surgery-Minimally invasive techniques, advanced ligament and tendon reconstruction, cartilage repair and restoration, bone and soft tissue repair and reconstruction
- Regenerative medicine-including stem cells and platelet rich plasma
- Concussion evaluation and management
- Physical therapy and rehabilitation
- Injury prevention
- Injections
- Pre-screening athletic physicals
- Team physician and athletic trainer event coverage for professional, college and high school teams, triathlons, marathons and local sporting events
- Education and training for coaches, trainers and students
- Chiropractic treatment

Concussion Screenings

Concussions are the most common of all traumatic brain injuries and often result from sports injuries, car accidents or falls. Symptoms can range from a mild headache, difficulty concentrating, and amnesia, to complete loss of consciousness. At Florida Orthopaedic Institute, we offer the most scientifically validated computerized evaluation and specialized treatment for this type of injury. This helps ensure an appropriate time period prior to return to sports, and the lowest risk possible for repeated concussions or long-term problems.

Research and Prevention

We conduct research to find effective and practical ways to reduce sports-related injuries, improve current treatment options, develop new surgical techniques and instrumentation, and speed up the rehabilitation of injured athletes. As leaders in the field, our sports medicine physicians continuously train other orthopedic surgeons and health care providers in the latest and most advanced techniques for ligament reconstruction and cartilage repair.

Stem Cell Therapy & Platelet Rich Plasma

Through stem cell therapy, a patient can take advantage of the body's ability to heal itself by using healthy regenerative cells that are found naturally throughout the body. Laboratory and clinical research have shown that it is possible to use regenerative cells to restore and repair damaged or aging cells and effectively regenerate tissue. Stem cell therapy is showing promise in orthopedic medicine, burn treatment, nerve restoration and treatment of heart conditions, diabetes, multiple sclerosis and other diseases.

Platelet rich plasma therapy is an emerging technique used to treat patients with musculoskeletal problems. This includes osteoarthritis, tennis elbow, hamstring strains, rotator cuff tears, achilles tendon injuries, anterior cruciate ligament tears and ulnar collateral ligament sprains.

Our Sports Medicine Physicians



Christopher E. Baker, M.D.

Sports Medicine, Shoulder and Elbow

Dr. Baker is board certified by the American Board of Orthopaedic Surgery and is fellowship trained in sports medicine and shoulder reconstruction surgery. With additional training in ultrasound imaging, Dr. Baker cares for patients who have MRI contraindications due to pacemakers, foreign metal in their bodies or severe claustrophobia.



Seth I. Gasser, M.D.

Sports Medicine, Shoulder and Elbow, Hip and Knee, Regenerative Medicine

Dr. Gasser is board certified by the American Board of Orthopaedic Surgery and also holds a sub-specialty certification in the field of sports medicine. He also specializes in knees, shoulders, elbows and regenerative medicine, using stem cells and platelet rich plasma therapy. He is Vice President of Florida Orthopaedic Institute, Director of Sports Medicine, President/Medical Director of the Institute's Surgery Center, Clinical Assistant Professor at the University of South Florida and Adjunct Professor of Exercise Science at the University of Tampa.



Eddy L. Echols, Jr., M.D.

Sports Medicine, General Orthopedics, Shoulder and Elbow, Regenerative Medicine

Dr. Echols is board certified in orthopedic surgery by the American Board of Orthopaedic Surgery and has fellowship training in shoulder and elbow surgery. Prior to joining Florida Orthopaedic Institute, Dr. Echols served on active duty in the United States Navy, attaining the rank of commander. Dr. Echols has authored research publications and presentations in the areas of hand, elbow, and Achilles tendon ruptures. He continues to be actively involved in research.



Adam C. Morse, D.O.

Sports Medicine, Shoulder and Elbow, Hip and Knee

Dr. Morse is board certified by the American Orthopaedic Board of Osteopathic Surgery and is fellowship trained in sports medicine, knee, shoulder and elbow care. With a passion for assisting others, he serves as an annual examiner with the American Orthopaedic Board of Osteopathic Surgery (AOBOS), grading surgeons on surgical techniques, charting, running their practice and more for state recertification. He also offers orthopedics and sports medicine training to medical students, interns, residents and fellows. An advocate for sports medicine care, Dr. Morse has served as a team physician for the Tampa Bay Lightning and the Tampa Bay Storm.

Our Sports Medicine Physicians

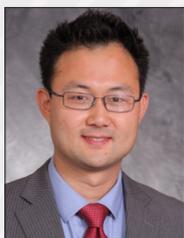
Locations



Jeff Sellman, M.D.

*Primary Care Sports Medicine,
Regenerative Medicine*

Dr. Sellman is board certified in family medicine by the American Board of Family Medicine and board certified in primary care sports medicine. As an advocate for concussion prevention, Dr. Sellman is a certified ImpACT consultant and specializes in general and primary care sports medicine. He currently holds a position at the University of Tampa with the athletic training department and is a past member of the American Medical Society for Sports Medicine and the American Academy of Family Physicians.



Seung Jin Yi, M.D.

*Sports Medicine, Shoulder and
Elbow, Hip and Knee, Regenerative
Medicine*

Dr. Yi is board eligible by the American Board of Orthopaedic Surgery and fellowship trained in sports medicine. He specializes in shoulder, hip and knee surgery with an emphasis on conservative nonsurgical treatment when possible. Prior to joining Florida Orthopedic Institute, Dr. Yi assisted and trained with team physicians for the NFL Chicago Bears, MLS Chicago Fire, Chinese Olympic Volleyball Team, University of Chicago, Kent State University and Akron University.

Bloomingtondale

(Therapy & Chiropractic Service Only)
1586 Bloomingtondale Avenue
Valrico, FL 33596

Brandon

305 East Brandon Boulevard
Brandon, FL 33511

Brooksville

(Clinic Only)
11373 Cortez Boulevard, Suite 303
Brooksville, FL 34613

Citrus Park

6117 Gunn Highway
Tampa, FL 33625

North Tampa - Main Office

13020 Telecom Parkway North
Tampa, FL 33637

Northdale

(Therapy & Chiropractic Service Only)
3618 Madaca Lane
Tampa, FL 33618

Palm Harbor

36413 US Hwy 19 North
Palm Harbor, FL 34684

South Tampa and Orthopaedic Urgent Care

909 N. Dale Mabry Highway
Tampa, FL 33609

Sun City Center

959 Del Webb Boulevard East
Sun City Center, FL 33573

Wesley Chapel

2653 Bruce B. Downs Boulevard, Suite 201
Wesley Chapel, FL 33544



FloridaOrtho.com (800) FL-ORTHO