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# Table of Contents

- **Sports Medicine** .......................................................................................................................... 1  
- **Index** ........................................................................................................................................ 10
Sports Medicine

Sports medicine is the branch of medicine concerned with the treatment of injuries or illnesses from athletic activities. Learn more about sports medicine at UC San Diego Health.

Reid Allen Abrams, MD
Orthopedic Surgeon
Chief of Hand and Microvascular Surgery
Chair of Orthopaedic Surgery

Specialties:
Orthopedics, Sports Medicine

Subspecialties:
Hand & Upper Extremity, Sports Medicine

Hillcrest - UC San Diego Medical Center
La Jolla - 4520 Executive Drive
La Jolla - Koman Family Outpatient Pavilion

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8200

Bio:
Reid Abrams, MD, is a board-certified orthopedic and hand surgeon. He is chief of Hand and Microvascular Surgery and chairman of the Department of Orthopaedic Surgery. Dr. Abrams' expertise includes treating severe upper limb trauma; nerve injuries; tendon injuries; arthritis of the elbow wrist and hand; carpal tunnel syndrome; Dupuytren's contracture; as well as fractures and sports injuries of the elbow, forearm, wrist and hand.

Suraj A. Achar, MD, FAAFP
Primary Care Physician and Sports Medicine Specialist
Professor of Family Medicine and Public Health

Specialties:
Primary Care, Family Medicine, Sports Medicine

Add'l Languages:
French, Spanish

La Jolla - 9333 Genesee Avenue
La Jolla - 4520 Executive Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8600
Direct Clinic Line - Executive Dr.: (844) 377-7678

Bio:
Suraj A. Achar, MD, is a board-certified family medicine doctor who specializes in sports medicine. His expertise includes diagnosing, treating, and preventing injuries associated with athletics. He is highly experienced in ultrasound-guided diagnostics and procedures. Dr. Achar also provides primary care for patients of all ages, including preventive care and treatment of acute and chronic diseases.
Sports Medicine (cont.)

David E.J. Bazzo, MD  
Primary Care Physician and Sports Medicine Specialist  
Professor of Family Medicine and Public Health

Specialties:  
Primary Care, Family Medicine, Sports Medicine

Add'l Languages:  
Italian, Spanish

Scripps Ranch - 9909 Mira Mesa Blvd  
La Jolla - 4520 Executive Drive

Contact:  
New Patient Registration: (800) 926-8273  
Direct Clinic Line: (858) 657-7750

Bio:  
David E.J. Bazzo, MD, is a board-certified family medicine doctor who specializes in sports medicine. Dr. Bazzo's expertise includes diagnosing, treating and preventing injuries associated with athletics. He also provides primary care for patients of all ages, including preventive care and treatment of acute and chronic diseases. Currently, he sees patients for sports injuries through referral.

Douglas Chang, MD, PhD  
Chief of Physical Medicine and Rehabilitation Service  
Professor of Orthopaedic Surgery

Specialties:  
Orthopedics, Physical Medicine & Rehabilitation, Sports Medicine

Subspecialties:  
Spine, Sports Medicine

Add'l Language:  
German

Hillcrest - Medical Offices North  
La Jolla - Koman Family Outpatient Pavilion  
La Jolla - 4520 Executive Drive

Contact:  
New Patient Registration: (800) 926-8273  
Direct Clinic Line:: (858) 657-8200  
Direct Clinic Line - Executive Dr.: (844) 377-7678

Bio:  
Douglas Chang, MD, PhD, is a board-certified physical medicine and rehabilitation physician who specializes in the non-surgical treatment of back/neck pain and other musculoskeletal injuries.

Dana Curtis Covey, MD  
Orthopedic Surgeon and Sports Medicine Physician  
Clinical Professor of Orthopedic Surgery

Specialties:  
Sports Medicine, Orthopedics, Surgery

Encinitas - Garden View Road

Contact:  
New Patient Registration: (800) 926-8273  
Direct Clinic Line: (858) 657-8200

Bio:  
Dana Covey, MD, is a board-certified orthopedic surgeon. He specializes in sports medicine with an emphasis on knee and shoulder injuries. Dr. Covey sees patients with knee ligament tears and shoulder dislocation.
Sports Medicine (cont.)

David J. Dalstrom, MD
Orthopedic Surgeon

Specialties:
Orthopedics, Sports Medicine

Subspecialties:
Foot & Ankle, Orthopedic Trauma

La Jolla - Koman Family Outpatient Pavilion

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8200

Bio:
David Dalstrom, MD, is a board-certified orthopedic surgeon who specializes in treating traumatic injuries, degenerative conditions and sports injuries of the foot and ankle.

Samuel Galloway, MD
Primary Care Physician and Sports Medicine Specialist

Specialties:
Primary Care, Family Medicine, Sports Medicine

Scripps Ranch - 9909 Mira Mesa Blvd
La Jolla - 4520 Executive Drive
Hillcrest - 4th & Lewis Medical Offices
La Jolla - 9333 Genesee Avenue

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - Scripps Ranch: (858) 657-7750
Direct Clinic Line - Hillcrest: (619) 471-9260
Direct Clinic Line - La Jolla: (858) 657-8600

Bio:
Sam Galloway, MD, is a board-certified family medicine doctor who specializes in sports medicine. His expertise includes diagnosing, treating and preventing injuries associated with athletics. He is skilled in performing joint injections and other ultrasound-guided procedures for musculoskeletal conditions.

Amelia Eastman, DO
Physical Medicine and Rehabilitation Specialist
Associate Professor of Family Medicine and Public Health

Specialties:
Physical Medicine & Rehabilitation, Pain Management, Sports Medicine, Osteopathic Medicine

La Jolla - Perlman Medical Offices
La Jolla - 9333 Genesee Avenue
La Jolla - 8939 Villa La Jolla Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-6035
Direct Clinic Line: (844) 747-0474

Bio:
Amelia Eastman, DO, is a board-certified physical medicine and rehabilitation physician who meets with patients at different types of UC San Diego Health clinics to help with pain issues and rehabilitation. She uses a hands-on approach to diagnose injury and illness and encourage the body's natural tendency for good health.
Sports Medicine (cont.)

**Eric Hentzen, MD, PhD**  
Orthopedic Surgeon  
Associate Professor of Orthopaedic Surgery

- **Specialties:** Orthopedics, Sports Medicine  
- **Subspecialties:** Hand & Upper Extremity, Sports Medicine  
- **Add'l Languages:** German, Spanish  

Contact:  
New Patient Registration: (800) 926-8273  
Direct Clinic Line: (858) 657-8200  

Bio:  
Eric Hentzen, MD, PhD, is a board-certified orthopedic surgeon who specializes in hand and microvascular surgery. His clinical interests include the treatment of post-traumatic, degenerative and developmental conditions of the shoulder, elbow, wrist and hand, including fracture care, arthroscopy, joint replacement and microsurgical techniques.

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**Bryan T. Leek, MD**  
Orthopedic Surgeon  
Associate Professor of Orthopaedic Surgery

- **Specialties:** Orthopedics, Sports Medicine  
- **Subspecialties:** Hand & Upper Extremity, Sports Medicine  

Contact:  
New Patient Registration: (800) 926-8273  
Direct Clinic Line: (858) 657-8200  

Bio:  
Bryan Leek, MD, is a board-certified orthopedic surgeon who specializes in treating sports and upper extremity injuries, including arthroscopy and reconstruction of the knee, shoulder, elbow, wrist, and hand. He has a particular interest in treating shoulder injuries, performing arthroscopic and open techniques in repair and reconstruction. He performs both anatomic and reverse shoulder arthroplasty. He treats traumatic, overuse, and degenerative injuries, including arthritis of both the upper and lower extremity. Dr. Leek is trained in microscopic and minimally invasive surgical techniques involving the hand and upper extremity.
Sports Medicine (cont.)

Amy Leu, DO
Primary Care Physician and Sports Medicine Specialist
Assistant Professor of Family Medicine and Public Health

Specialties:
Primary Care, Family Medicine, Sports Medicine, Osteopathic Medicine

Add'l Language:
Spanish

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-7750

Bio:
Amy Leu, DO, is a board-certified family medicine doctor who specializes in sports medicine. Her expertise includes diagnosing, treating and preventing injuries associated with athletics, including acute and stress fractures, sprains and overuse injuries. She also provides primary care for patients of all ages, including preventive care and treatment of acute and chronic diseases.

Sarah Merrill, MD
Primary Care Physician and Sports Medicine Specialist
Assistant Professor of Family Medicine and Public Health

Specialties:
Primary Care, Family Medicine, Sports Medicine

Add'l Language:
Spanish

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-7750
Direct Clinic Line: (858) 657-8200

Bio:
Sarah Merrill, MD, is a board-certified family medicine doctor who specializes in sports medicine. In addition to diagnosing and treating injuries associated with athletics, Dr. Merrill provides primary care for patients of all ages, including preventive care and treatment of acute and chronic diseases. She also has a special interest in rehabilitating individuals with yoga injuries, as well as performing ultrasound guided diagnostics and procedures.

Brian Livingstone, ATC
Athletic Trainer

Specialties:
Athletic Training, Sports Medicine

La Jolla - 4520 Executive Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8200

Bio:
Brian Livingstone, is a certified athletic trainer (ATC) who specializes in sports medicine, biomechanical evaluation and performance enhancement. He has additional certifications as a corrective exercise specialist (CES) and a performance enhancement specialist (PES).

Kevin Messey, MS, ATC
Athletic Trainer

Specialties:
Athletic Training, Sports Medicine

La Jolla - 4520 Executive Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8200

Bio:
Kevin Messey, MS, is a certified athletic trainer (ATC) who specializes in sports medicine, biomechanical evaluation, and rehabilitation. He has additional certifications as a corrective exercise specialist (CES) and a certified strength and conditioning specialist (CSCS).
Sports Medicine (cont.)

Matthew Meunier, MD
Orthopedic Surgeon
Professor of Orthopaedic Surgery

Specialties:
Orthopedics, Sports Medicine

Subspecialties:
Sports Medicine, Hand & Upper Extremity

Hillcrest - UC San Diego Medical Center
La Jolla - 4520 Executive Drive
La Jolla - Koman Family Outpatient Pavilion

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8200

Bio:
Matthew Meunier, MD, is a board-certified orthopedic surgeon who specializes in hand, upper extremity and microvascular surgery to treat a variety of conditions, including fractures and dislocations, shoulder injuries, chronic wrist pain, and congenital hand disorders. He is one of the region's top hand injury experts and an associate team physician for the San Diego Padres. He was a consultant physician for the San Diego Chargers.

Catherine M. Robertson, MD
Chief of Sports Medicine
Orthopedic Surgeon
Associate Professor of Orthopaedic Surgery

Specialties:
Orthopedics, Sports Medicine

Subspecialties:
Hand & Upper Extremity, Joint, Sports Medicine

Add'l Language:
Spanish

La Jolla - 4520 Executive Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (844) 377-7678

Bio:
Catherine M. Robertson, MD, is a board-certified orthopedic surgeon who specializes in treating injuries of the shoulder, knee and hip. She uses minimally invasive techniques for restoring joint function and to treat complex ligament, tendon, cartilage and meniscus injuries. Dr. Robertson is one of the few physicians in Southern California with specialized training in hip arthroscopy (minimally invasive hip surgery) and uses this advanced technique to treat femoroacetabular impingement (FAI) and labral tears of the hip.

Richard Parker, DO
Primary Care Physician and Sports Medicine Specialist

Affiliated Provider

Specialties:
Primary Care, Family Medicine, Sports Medicine

College Area - 6699 Alvarado Rd

Contact:

Bio:
Richard Parker, DO, is a board-certified physician providing primary care through the San Diego Sports Medicine & Family Health Center. He is a member of UC San Diego Health Physician Network.
Sports Medicine (cont.)

Alan Shahtaji, DO
Primary Care Physician and Sports Medicine Specialist
Assistant Professor of Family Medicine and Public Health

Specialties:
Primary Care, Family Medicine, Sports Medicine, Osteopathic Medicine

La Jolla - 9333 Genesee Avenue
Hillcrest - 4th & Lewis Medical Offices
La Jolla - 4520 Executive Drive
Scripps Ranch - 9909 Mira Mesa Blvd

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8600

Bio:
Alan Shahtaji, DO, is a board-certified family medicine doctor who specializes in sports medicine. He directs UC San Diego Health’s Sports Concussion Clinic, which offers comprehensive care for concussion assessment and management. As an osteopathic physician, Dr. Shahtaji has a whole-body approach to medicine. His areas of expertise include musculoskeletal ultrasound, fracture management, osteopathic manual medicine for sports injuries, and treating non-operative orthopedic problems; as well as a special interest in exercise and nutrition.

Kenneth S. Taylor, MD
Primary Care Physician and Sports Medicine Specialist
Professor of Family Medicine and Public Health

Specialties:
Primary Care, Family Medicine, Sports Medicine
Add'l Language: Spanish

La Jolla - 9333 Genesee Avenue
La Jolla - 4520 Executive Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8600

Bio:
Kenneth S. Taylor, MD, is a board-certified family medicine doctor who specializes in sports medicine. His expertise includes diagnosing, treating, and preventing athletic injuries. Dr. Taylor has a particular interest in using musculoskeletal ultrasound to perform diagnostic and therapeutic treatments. He also provides primary care for patients of all ages, including preventive care and treatment of acute and chronic diseases.
Sports Medicine (cont.)

Jacqueline (Jackie) Upton, MS, ATC, PA-C
Physician Assistant

Specialties:
Orthopedics, Sports Medicine

Subspecialty:
Sports Medicine

La Jolla - 4520 Executive Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8200

Bio:
Jackie Upton, MS, is a certified physician assistant (PA-C) and certified athletic trainer (ATC) who cares for patients with orthopedic sports injuries. She is part of the multidisciplinary team that provides state-of-the-art care to athletes of all ages. Her areas of expertise include evaluating and treating acute and chronic sports injuries, as well as orchestrating pre and postoperative patient care. She also provides support to the Sports Medicine Program at UC San Diego Health, where she assists in the care of high school and collegiate athletes.

Kenneth Vitale, MD
Physical Medicine and Rehabilitation Specialist
Associate Professor of Orthopaedic Surgery

Specialties:
Orthopedics, Physical Medicine & Rehabilitation, Sports Medicine

Subspecialty:
Sports Medicine

Add'l Language:
Japanese

La Jolla - 4520 Executive Drive
La Jolla - Koman Family Outpatient Pavilion

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8200

Bio:
Kenneth Vitale, MD, is a board-certified physical medicine and rehabilitation physician who specializes in sports medicine and sports nutrition. As a physical medicine and rehabilitation physician (also known as a physiatrist), Dr. Vitale’s expertise is in guiding individuals with orthopedic conditions through a variety of nonsurgical treatment options.
Sports Medicine (cont.)

Natalie Voskanian, MD
Sports Medicine Physician
Associate Professor of Orthopaedic Surgery

Specialties:
Orthopedics, Sports Medicine

Add'l Languages:
Armenian, Spanish

La Jolla - 4520 Executive Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (844) 377-7678

Bio:
Natalie Voskanian, MD, is a board-certified sports medicine physician with expertise in the nonsurgical treatment of sports-related injuries and musculoskeletal conditions, including sprains, ligament injuries, tendinitis and overuse injuries such as runner’s knee and iliotibial band (ITB) syndrome. She specializes in returning athletes and patients back to their sports and activities after an injury. She has experience taking care of athletes at all levels, including professional and Olympic levels as well as collegiate, high school, and recreational.

Adrienne Wilson, MS, ATC
Athletic Trainer

Specialties:
Athletic Training, Sports Medicine

La Jolla - 4520 Executive Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8200

Bio:
Adrienne Wilson, MS, is a certified athletic trainer (ATC) who specializes in injury prevention and individualized exercise programs for people of all ages. She also has expertise in acute injury management, the Graston Technique and other soft-tissue work, and concussion management. Her philosophy of patient care emphasizes educating active people about their bodies and giving them the tools they need to stay healthy and active.
### Index

<table>
<thead>
<tr>
<th>Page</th>
<th>Name</th>
<th>Initials</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Abrams, Reid Allen</td>
<td>A</td>
<td>Galloway, Samuel</td>
</tr>
<tr>
<td>1</td>
<td>Achar, Suraj A.</td>
<td>A</td>
<td>Hentzen, Eric</td>
</tr>
<tr>
<td>2</td>
<td>Bazzo, David E.J.</td>
<td>B</td>
<td>Leek, Bryan T.</td>
</tr>
<tr>
<td>2</td>
<td>Chang, Douglas</td>
<td>C</td>
<td>Leu, Amy</td>
</tr>
<tr>
<td>2</td>
<td>Covey, Dana Curtis</td>
<td>C</td>
<td>Livingstone, Brian</td>
</tr>
<tr>
<td>3</td>
<td>Dalstrom, David J.</td>
<td>D</td>
<td>Merrill, Sarah</td>
</tr>
<tr>
<td>3</td>
<td>Eastman, Amelia</td>
<td>E</td>
<td>Messey, Kevin</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td>Meunier, Matthew</td>
</tr>
<tr>
<td>6</td>
<td>Parker, Richard</td>
<td>P</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td>Shahtaji, Alan</td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td>Taylor, Kenneth S.</td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td>Upton, Jacqueline (Jackie)</td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td>Vitale, Kenneth</td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td>Voskanian, Natalie</td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td>Wilson, Adrienne</td>
</tr>
</tbody>
</table>

Robertson, Catherine M. | 6 |
Shahtaji, Alan | 7 |
Taylor, Kenneth S. | 7 |
Upton, Jacqueline (Jackie) | 8 |
Vitale, Kenneth | 8 |
Voskanian, Natalie | 9 |
Wilson, Adrienne | 9 |