

Getting You Back in the Game

Greater Boston Orthopedic Center

If you have recently suffered a sports injury or are experiencing joint, back or foot pain, Dr. John Tierney, DO, an orthopedic surgeon with the New England Baptist Hospital, and his team of experts at

and foot disorders, their staff also includes Eugenio Martinez, M.D., who provides nonsurgical neck and low back diagnosis and treatment, a female orthopedic surgeon who runs the women's program,

Dr. Tierney adds that his goal is getting patients back in the game and keeping them there. "Cross training is very important," he says. "Just as we would do with professional athletes, we help every patient



the Greater Boston Orthopedic Center can help you restore optimum health and get you back in the game. In addition to treating sports and joint injuries, they place a heavy emphasis on helping you prevent future problems.

"What sets us apart is that we bring a level of care generally reserved for professional athletes to the general public," says Dr. Tierney. "This means every patient receives expedient treatment for the whole body, not just the injured part. We diagnose and treat the problem, and we try to find out why it occurred and how it can be avoided next time." Taking a global conditioning approach, the experts at GBOC work to heal damage and strengthen the entire body so future injuries can be avoided.

Comprehensive Care in a Single Location
With state-of-the-art diagnostic imaging, including MRI scanning as well as physical therapy located within the facility, GBOC specialists can examine injuries immediately and formulate a treatment plan quickly. A general orthopedic practice that specializes in shoulder, knee, elbow

a podiatrist who treats foot disorders and a team of physical therapists who works with patients on site.

"This is a one-stop facility, with all the experts and equipment needed to treat sports, joint and spine conditions," Dr. Tierney says. "We work together to coordinate the best possible care for the patient."

What is Arthroscopic Surgery?

One of the main treatments GBOC physicians use to treat joint damage is arthroscopic surgery. A minimally invasive surgical procedure in which examination and treatment are performed using an arthroscope, which is inserted into the joint through a small incision, arthroscopic surgery has many advantages:

- Incisions are small
- Healing time is reduced
- Rate of surgical success is increased
- Scarring is minimal

optimize the body's performance. Most injuries can be foreseen and prevented with general conditioning."

Located within Dedham Health and Athletic Complex, GBOC is a comprehensive facility where specialists in all areas of sports medicine treat patients of all ages. Fellowship trained in Sports Medicine at New England Baptist Hospital, Dr. Tierney brings expertise to the field that attracts patients from the entire region — including surrounding states.



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For more information about the center, call **781-461-4543**, or visit their website at **www.gbortho.net**