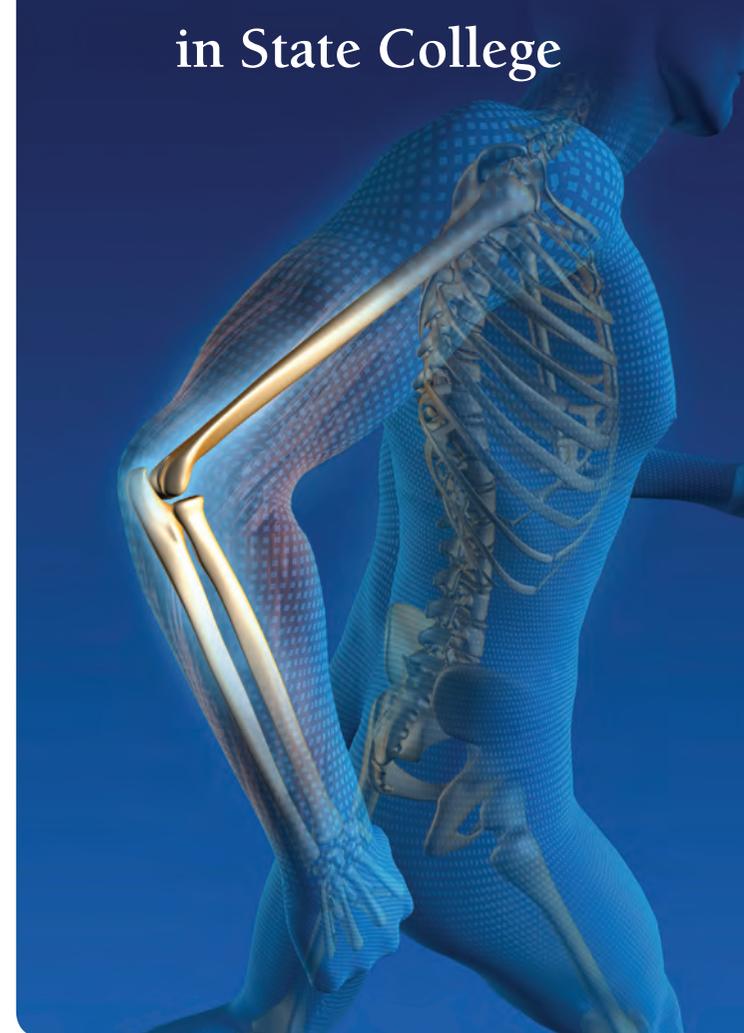


# Orthopaedic and Sports Medicine Services in State College



## State College Providers

### ORTHOPAEDIC SURGERY

- Dov Bader, M.D.
- Wayne Sebastianelli, M.D.
- James Serene, M.D.
- Paul Sherbondy, M.D.

### PRIMARY CARE SPORTS MEDICINE

- Douglas Aukerman, M.D.
- Philip Bosha, M.D.
- Roberta Millard, M.D.

### PHYSICAL MEDICINE AND REHABILITATION

- Gregory Billy, M.D.

### PEDIATRIC ORTHOPAEDICS

- Douglas Armstrong, M.D.
- William Henrikus, M.D.

## About Penn State Hershey Bone and Joint Institute

Penn State Hershey Bone and Joint Institute is comprised of physicians dedicated to providing patients with the highest quality musculoskeletal care through a coordinated team approach.

Bone and Joint Institute physicians also see patients in Hershey, Camp Hill, Lancaster, and Reading. For more information about the Penn State Hershey Bone and Joint Institute, please call 717-531-5638.

## To contact Penn State Sports Medicine:

1850 East Park Avenue, Suite 112  
State College, PA 16803  
814-865-3566



**PENN STATE SPORTS MEDICINE**

[PennStateHershey.org/statecollege](http://PennStateHershey.org/statecollege)



**PENN STATE SPORTS MEDICINE**

## About Penn State Sports Medicine

Penn State Sports Medicine, part of Penn State Hershey Bone and Joint Institute, is located in the Centre Medical Sciences Building at 1850 East Park Avenue and has been providing orthopaedics, sports medicine, physiatry, and physical therapy services to the State College community and Penn State varsity athletes since 1992.

Whether you are a dedicated athlete, a weekend warrior, or an armchair quarterback, we have the medical professionals and facilities to evaluate and treat your condition. All of our physicians are board-certified or board-eligible, and we participate with most major insurance plans in the State College area.

Medical services are provided in our convenient and modern facility adjacent to Mount Nittany Medical Center. We are open 8:00 a.m. - 5:00 p.m., Monday through Friday. Physical therapy has extended hours for patient convenience.

In addition to treating patients of all ages in the State College area, physicians with Penn State Sports Medicine also serve as team physicians for the twenty-nine varsity sports teams at Penn State, the State College Spikes, and other local schools.

## Orthopaedic Surgery

Penn State Sports Medicine orthopaedic surgeons care for patients with a wide range of conditions, utilizing surgical and non-surgical techniques for treatment of the following:

- Congenital disorders
- Degenerative diseases
- Infections
- Musculoskeletal trauma
- Sports injuries
- Total joint replacements
- Tumors

## Primary Care Sports Medicine

Our primary care sports medicine specialists work alongside orthopaedic surgeons, physical therapists, and athletic trainers to provide comprehensive care to area athletes. They have specialized training in the non-musculoskeletal aspects of sports medicine:

- Care of athletes with acute or chronic illness, such as asthma or diabetes
- Concussions
- Exercise prescriptions
- Gait analysis
- Injury prevention
- “Return to play” decisions in the sick and/or injured athlete
- Sports nutrition and supplements
- Sports psychology
- Strength training and conditioning

## Physical Medicine and Rehabilitation

Physiatrists diagnose and treat musculoskeletal injuries, pain syndromes, and injuries to the nervous system non-surgically. They work with therapists and other physicians to develop a rehabilitation plan that is designed for the best patient outcomes.

