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**PRESS RELEASE**

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## **Newly Opened Sanders Clinic for Orthopaedic Surgery and Sports Medicine Challenges Traditional Orthopaedic Practices**

### ***Injured Athletes from Across the United States Seek Advice from Dr. Mark Sanders***

**HOUSTON** -- Dr. Mark S. Sanders' unconventional approach to sports injuries is reducing the number of unnecessary surgeries - and returning seriously injured athletes who do require surgery back to sports months earlier than traditional programs. His innovative approach fast gaining attention in Houston is the cornerstone of his new center, the Sanders Clinic for Orthopaedic Surgery and Sports Medicine at Twelve Oaks Medical Center.

Dr. Mark Sanders is a pioneer in the field of Accelerated Rehabilitation, who has for the past 20 years specialized in the treatment of knee and shoulder injuries – including rotator cuff injuries, shoulder instability, cartilage tears, and ACL and other ligament tears. His unique approach to sports injuries and its high rate of success is challenging longtime practices in the treatment of musculoskeletal injuries and disease.

Along with a staff of certified personal fitness trainers specializing in injury prevention and rehabilitation, Dr. Sanders develops an individualized program that puts patients on the fastest path to recovery.

“Over half the surgeries performed on the knee and shoulder each year can be avoided with the proper program. We approach not just the injury, but the overall state of our patient – their diet, physical and emotional condition, daily activity and hobbies,” said Dr. Sanders.

Dr. Sanders advises young athletes across the United States on ways to overcome injuries in the least invasive way possible, educating on the necessity to achieve equal strength in opposing muscle groups and underscoring the importance of mobility strength and coordination following an injury.

At the Sanders Clinic, most shoulder instability problems are addressed non-surgically. And those patients requiring surgery on such injuries as ACL tears are back at sports in three months, with the help of an aggressive pre and postoperative rehabilitation program which yields astounding results.

Dr. Sanders also offers advanced arthroscopic surgery, which is one of the least invasive surgery options available for many injuries such as cartilage tears in the knee and rotator cuff tears of the shoulder.

“It doesn't matter who you are, you're going to have aches and pains at some point in your life. There are those under the pretense that they need surgery as soon as they feel it. That's not good. Every option should be exhausted before surgery is considered, and we help patients do this, “ said Certified Personal Fitness Trainer Ed Nepveux.

“And when a serious injury does fail to respond to conservative treatment and requires surgery, we aggressively strengthen the injured areas for the best outcome and fastest recovery,” added Nepveux.

Dr. Sanders was listed among H Texas Magazine's Top Docs in 2004 and is a member of the Harris County Medical Association, the Texas Medical Association, the American Medical Association, the Orthopaedic Research and Education Foundation, the American Academy of Orthopaedic and Neurological Surgeons, and the Texas Bar Association Public Grievance Committee. Log onto [www.sandersclinic.net](http://www.sandersclinic.net) for complete program details.