

Active healing for bodies in motion.

Fellowship-trained sports medicine.



FELLOW OF THE AMERICAN
OSTEOPATHIC ACADEMY OF
SPORTS MEDICINE

Dr. Brett DeGooyer



Brett DeGooyer, DO, FAOASM
Sports Medicine, Orthopaedics

Samaritan Orthopaedics | Phone (509) 793-9789 | 1550 S. Pioneer Way, Suite 350 | Moses Lake, WA 98837

SamaritanHealthcare.com



Sports medicine specialists offer physical conditioning, diagnoses, and treatment for people of all ages.

What is a Sports Medicine Specialist?

It is a physician with significant specialized training in both the treatment and prevention of illness and injury. Sports medicine provides physical conditioning, diagnoses, and treatment of injuries with solutions for pain in non-surgical methods. The Sports Medicine Specialist helps patients maximize function and minimize disability and time away from sports, work, or school. You don't need to be an "athlete" to benefit from sports medicine. Whether an injury or medical issue occurs in the workplace or at home, or during sports or recreation, sports medicine can help patients of all ages and in all areas of life.

A Sports Medicine Specialist is a physician who:

- Is board certified in Family Medicine, Emergency Medicine, Internal Medicine, Pediatrics, Physical Medicine/Rehabilitation, or Neuromusculoskeletal Medicine.
- Has obtained one to two years of additional training in Sports Medicine through one of the accredited Fellowship (subspecialty) Programs in Sports Medicine.
- Has passed a national Sports Medicine certification examination allowing them to hold a Certificate of Added Qualification in Sports Medicine.
- Further adds to their expertise through participation in continuing medical education activities and recertification every ten years. This process distinguishes certified Sports Medicine Specialists from physicians without specialized training.
- Is a leader of the Sports Medicine team, which also may include specialty physicians and surgeons, athletic trainers, physical therapists, coaches, other personnel, and athletes.



Dr. Brett DeGooyer, Sports Medicine Specialist.

As a doctor of osteopathic medicine, a sports medicine physician, and a Fellow with the American Osteopathic Academy of Sports Medicine, Dr. DeGooyer was fellowship trained in sports medicine and he has a wide range of professional experience with active people of all ages. Non-surgical sports medicine services and treatments offered by Dr. DeGooyer include musculoskeletal or tendon injuries and diseases, prevention and treatment of sports injuries, non-surgical fracture management, concussion management, musculoskeletal ultrasound, joint injections, osteopathic manipulative treatment, sports physicals, and more. Dr. DeGooyer is also fluent in Spanish, which allows him to connect and communicate with patients when English is not their primary language.

What is the difference between a Sports Medicine Specialist and an Orthopaedic Surgeon?

Both are well trained in musculoskeletal medicine. Sports Medicine Specialists specialize in the non-operative treatment of musculoskeletal conditions. Orthopedic surgeons are also trained

in the operative treatment of these conditions. However, approximately 90% of all sports injuries are non-surgical. The Sports Medicine Specialist can maximize non-operative treatment, guide appropriate referrals to physical and occupational therapies and, if necessary, expedite referral to an orthopaedic/sports surgeon.

Sports Medicine Specialists have received additional training in the musculoskeletal and non-musculoskeletal aspects of sports medicine.

Musculoskeletal problems include:

- Acute injuries—ankle sprains, muscle strains, knee and shoulder injuries, and fractures
- Overuse injuries—rotator cuff and other forms of tendonitis, stress fractures
- Medical and injection therapies for osteoarthritis

Non-musculoskeletal problems include:

- Concussion (mild traumatic brain injury) and other head injuries
- Athletes with chronic or acute illness (such as infectious mononucleosis, asthma, or diabetes)
- Nutrition, supplements, ergogenic aids, and performance issues
- Exercise prescriptions for patients who want to increase their fitness Injury prevention
- "Return to play" decisions in the sick or injured athlete
- Recommendations on safe strength training and conditioning exercises
- Healthy lifestyle promotion



It's all right here. Samaritan Orthopaedics and Sports Medicine.

Orthopaedic surgery and treatments and sports medicine are all available right here in Moses Lake, where you can be close to your family, close to home, close to healing.

Brett DeGooyer, DO, FAOASM, and Leo Chough, MD, FAAOS, help their patients return to their active, everyday lives through non-surgical sports medicine treatments, state-of-the-art orthopaedic surgery, and related orthopaedic clinic services. Their team approach makes it easier to schedule a sports medicine or orthopaedic appointment and increases the level of care provided to their patients.

To schedule an appointment with Dr. Brett DeGooyer, contact Samaritan Healthcare at (509) 793-9789 or visit samaritanhealthcare.com.

Physicians in the American Osteopathic Academy of Sports Medicine (AOASM) and American Medical Society for Sports Medicine (AMSSM) are dedicated to providing comprehensive and quality care to the active individual.

Sports Medicine is a recognized subspecialty by the American Board of Medical Subspecialties and by Medicare.