



## **Not just a team physician - A sports medicine team approach**

When you choose UB Orthopaedics and Sports Medicine of Niagara, you get it all. Our team of sports medicine specialists, orthopedic surgeons, athletic trainers, certified strength and conditioning specialists and physical therapists works together seamlessly. We have the resources to provide medical professionals on-site every time a player is at risk for injury or illness.

Whether you're a serious competitor or a weekend recreational athlete, youth or adult, immediate access to our sports medicine specialists provides optimal care and ensures that you and your organization have the best doctors available for each specific injury.

UB Orthopaedics and Sports Medicine of Niagara's doctors have been groomed at sports medicine centers of excellence such as Harvard, the Cleveland Clinic, Duke University, Cornell, Birmingham and Cincinnati. We have the real world experience that is invaluable to your team's success.

### **Capabilities**

UB Orthopaedics and Sports Medicine of Niagara has all the resources needed to get your players right back in the game. We have the capacity to evaluate injured players immediately, giving your team rapid access to athletic trainers, physicians, physical therapists and diagnostic imaging services including MRI. It's the most comprehensive and timely care available.

Our capabilities include:

- Certified Athletic Trainers available for all home events and practices every day. Training room hours every day including preseason camps. Physician game coverage with Sports Medicine orthopedic residents.

- A Sports Medicine hotline (716-803-5943) that provides 24/7 contact with the manager of sports medicine and athletic training.
- Sports Specific Rehabilitation by physical therapists and certified athletic trainers at the Summit Outpatient Rehab center on Williams Road in Wheatfield.
- Sports Medicine Physician Access: Direct access to Drs. William Wind, and Scott Darling from University Orthopedics for consultation at their Summit Healthplex office.
- Use of the Summit Fitness Center's facilities for athletes/patients for aquatic therapy and sports performance training.
- NYS First Aid instruction for coaches' certification
- AHA Heartsaver AED training for coaches and school staff
- Pre-participation Sports Physicals for school athletic departments conducted on-site by a multi-disciplinary team
- Competitive EDGE Sports Performance Program strength and conditioning camps
- Sports Nutrition services
- A performance enhancement specialist offering instruction in Facilitating Mental Toughness & Peak Performance

### **Preventative Care/Performance**

- Conducting pre-participation examinations
- Encouraging proper strength and conditioning techniques
- Advising on protective equipment
- Counseling in nutrition, hydration and supplementation
- Injury prevention educational seminars
- Concussion prevention
- Pre-season sports training camps

### **Injury Management**

- Rapid injury assessment and management
- Athletic training
- Physical therapy
- X-ray services and rapid access to MRI
- Orthopedic surgical services
- Sport-specific strength and conditioning
- Determining fitness for return to play after injury or illness
- Concussion management

### **Administrative Duties**

- Establishing a system that works within the current structure of your sports program

- Developing/reviewing emergency action plan updates for school athletic programs
- Providing optimal event coverage
- State-of-the-art documentation via Electronic Medical Records (EMR)
- Evaluating injury trends
- Ensuring confidentiality
- Attending and contributing to league meetings

### **On-site Emergency Room, Diagnostic Imaging, Bracing and Orthotics**

- Niagara Falls Memorial Medical Center/**ER1** Emergency Department
- Summit Healthplex Diagnostic Imaging
- On-site customized services are available for braces and orthotics

### **Coverage**

Availability of care is the cornerstone for success in sports medicine UB Orthopaedics and Sports Medicine of Niagara's concept of comprehensive coverage means being with your athletes every time they are at risk for injury or illness.

We've got your team covered:

- Throughout every practice
- At every game - home and away
- On the sidelines
- In the training room
- In the office
- 24-hour rapid access
- Unstructured time as needed

### **Our commitment**

Our involvement with local events and the athletic community exemplifies our commitment to serving the athletes of Western New York. We are proud to provide coverage for the following annual events:

- Niagara Falls High School Summer Sports Camps
- Cataract City Classic Basketball Tournament
- PAL Women's Summer Basketball Tournament NU/NCCC
- Can-Am PAL Basketball Tournament
- Fireworks Softball Tournament
- USA Hockey championships-PEPSI Center

## **The Game Plan**

Communication is critical to sports medicine. In order to provide seamless and effective coverage, relationships must be kept strong throughout your organization - from coaches and players to staff and families. At UB Orthopaedics and Sports Medicine of Niagara we have the experience, ability and capacity to work with your entire organization. We will collaborate with you to establish a medical care system that will enable us to share our expertise with your team at the level you feel most comfortable.

## **Leadership - Depth of Care Comprehensive - Coverage**

When you choose UB Orthopaedics and Sports Medicine of Niagara, you're getting the best sports medicine physicians available for your specific injury - including recognized experts in the areas of knee, shoulder, ankle, elbow, hip, foot, fracture care and concussions.

## **Our Medical Team**

### **Orthopedic Surgical Service**

**William M. Wind, Jr., M.D.**  
**UB Orthopaedics and Sports Medicine of Niagara**  
**Medical Director**



### **Education**

State University of New York at Buffalo, M.D., 1997  
State University of New York at Buffalo, B.S. Biology, 1993

### **Orthopedic Surgery Residency**

State University of New York at Buffalo, 2002

### **Sports Medicine Fellowship**

Cleveland Clinic Foundation, 2003

### **Current Professional Appointments**

Clinical Assistant Professor of Orthopedic Surgery, Department of Orthopedic Surgery, University at Buffalo. Director, Western New York Cartilage Restoration Center

### **Sports Medicine Experience**

Head Team Physician, University at Buffalo Bulls NCAA Division I Men's Basketball • Assistant Team Physician, University at Buffalo Bulls NCAA Division I Football • Assistant Team Physician, Cleveland Browns • Assistant Team Physician, Cleveland Cavaliers • Assistant Team Physician, Cleveland Indians • Assistant Team Physician, Baldwin-Wallace College • Attending Physician, Empire State Games

## **Primary Care Sports Medicine**

**Scott R. Darling, M.D.**  
**UB Orthopaedics and Sports Medicine of Niagara**  
**Primary Care, Concussion Clinic**



### **Education**

State University of New York at Buffalo, M.D.  
State University of New York at Buffalo, B.S.

### **Family Medicine Residency**

State University of New York at Buffalo

### **Primary Care Sports Medicine Fellowship**

University Sports Medicine

### **Sports Medicine Experience**

Head team physician, Buffalo Bandits, National Lacrosse League • Head team physician, University at Buffalo Bulls Division I Wrestling • Assistant team physician, University at Buffalo Bulls NCAA Division I Football

## **Concussion Management**

**Concussion Clinic Director**  
**John J. Leddy, M.D.**



Associate Director - University Sports Medicine  
State University of New York at Buffalo

### **Education**

B.S., Fordham University  
M.D., State University of New York at Buffalo

### **Professional Affiliations**

Associate Professor of Clinical Orthopedics • Clinical Assistant Professor of Medicine, Family Medicine and Nutrition • Research Assistant Professor of Physiology • Fellow, American College of Sports Medicine • Member, Undersea and Hyperbaric Medical Society • UB Faculty Council and CME Subcommittee of the Faculty Council

## **Sports Podiatry**

**Kenneth T. Goldstein, D.P.M**

### **Education**

Ohio State University  
Illinois College of Podiatric Medicine

### **Professional Activities**

Past President, American College of Foot Orthopedists • Past President, Western N.Y. Division, New York State Podiatric Medical Association • Clinical Instructor, Department of Family Medicine, University Buffalo School of Medicine and Biomedical Sciences • First Chief of Podiatric Surgery, Niagara Falls Memorial Medical Center



**David Perelstein, D.P.M**

### **Education**

State University of New York, Binghamton  
Pennsylvania College of Podiatric Medicine in 1988.

Radiology Extern: Medical College of Pennsylvania  
Rheumatology Extern: Philadelphia Veterans Administration Hospital

### **Residency/Fellowship**

Podiatric surgical residency: Frankford Hospital, Philadelphia

### **Professional Activities**

Board Certified: American Board of Podiatric Surgery • Active staff, Department of Orthopedics Podiatric Section, Kaleida Health • Active podiatric surgical staff, Niagara Falls Memorial Medical Center and St. Joseph Intercommunity Hospital.

Podiatric consultant, Weinberg-Menorah Campus and The Schofield Residence • faculty appointment as Clinical Instructor in the Department of Family Medicine at SUNY at the Buffalo School of Medicine and Biomedical Sciences.



## **Sports Dentistry**

**Jason Marshall, D.D.S.**

### **Education**

State University of New York at Buffalo,  
Doctor of Dental Surgery

State University of New York at Buffalo,  
B.S. in Physical Therapy



## **Hand and Shoulder Surgery**

**Timothy V. McGrath, M.D.**

### **Education**

State University of New York at Buffalo, School of Medicine &  
Biomedical Sciences, M.D.

Niagara University, B.A.

### **Orthopedic Surgery Residency**

State University of New York at Buffalo

Recipient: Theodore Papademetriou Award for Outstanding Commitment to  
Orthopaedic Education.



### **Surgery Fellowship**

University of Rochester - Extensive work in arthroscopic shoulder techniques  
and shoulder replacement.

### **Current Professional Appointments**

Clinical Assistant Professor of Orthopedic Surgery, Department of Orthopedic  
Surgery, University at Buffalo.

### **Other**

Dr. McGrath is board eligible in orthopedic surgery and fully trained in hand  
and upper extremity surgery. He specializes in all aspects of hand and upper  
extremity surgery, including shoulder and elbow arthroscopy, instability,  
trauma and joint reconstruction.

## **Physician Support**

**Allison Fout, RPA-C**

### **Education**

Daemen College, M.S. Physician Assistant Studies  
Mercyhurst College, B.S. Sports Medicine/Athletic Training



## **Athletic Training**

### **Manager of Sports Medicine and Athletic Training**

**Tony Surace, M.Ed., A.T.C.**

### **Education:**

East Stroudsburg University, M. Ed., Master of Education  
Canisius College, B.S., Athletic Training and Physical Education

Graduate Assistant-Athletic Trainer for DII football team

From keeping players in the game to preventing injuries down the road - UB Orthopaedics and Sports Medicine of Niagara/Niagara Falls Memorial Medical Center's certified athletic trainers do it all. Our athletic trainers work closely with intercollegiate, interscholastic, club and recreational sports teams to provide the best on-site care in the area.



## **Competitive Edge Sports Performance Program**

**Tony Surace, M.Ed., ATC, Director  
Competitive EDGE program**

The Competitive EDGE is a sports performance program dedicated to educating athletes on how to increase their success on the field, ice, or court. Success in athletics revolves around one's ability to integrate speed, agility, core strength and muscle endurance to perform at the top of one's game. At the Competitive EDGE we use a combination of Certified Strength and Conditioning Specialists (CSCS) along with Certified Athletic Trainers (ATC) to design optimal workouts that help you achieve your highest level of performance.

Training includes:

1. Sports specific functional training for all athletes, beginner to elite
2. Performance training camps and workshops
3. Individual and team training available
4. Dynamic warm-up and flexibility routines
5. Explosive plyometric training
6. Techniques to improve multidirectional speed and agility
7. Core strength and stability

The Competitive EDGE is proud to partner with **Summit Fitness**, a state of the art fitness and wellness facility featuring 20,000 square feet of workout area, more than 50 pieces of cardiovascular and resistance training equipment, private showers, a dry sauna and a heated swimming pool.

## Physical Therapy

### Director of Rehabilitation Services

**Elizabeth Stom, M.S., L.P.T.**

#### **Education**

D'Youville College, Master of Science  
D'Youville College, Bachelor of Science

#### **Certifications**

Licensed Physical Therapist  
Matheson Functional Capacity Evaluation Program  
Lymphedema Therapy



UB Orthopaedics and Sports Medicine of Niagara and Niagara Falls Memorial Medical Center are proud to have world-class physical therapists who are dedicated to the rehabilitation of sports-related conditions and injuries. Whether you are trying to reduce pain, regain function or recover after surgery, trust our physical therapy team to help you make a comeback.

We offer physical therapists and athletic trainers that have extensive manual therapy training including active release techniques (ART), certified spine therapists (MDT), and certified strength and conditioning specialists (CSCS).

We also offer Aquatic Therapy, an exercise program that is performed in the water. Aquatic Therapy uses the physical properties of water to assist in patient healing and exercise performance. It augments and enhances traditional exercise programs by facilitating movement.

## Affiliated Services

Sports Medicine Concepts, Inc., Livonia, NY

### Clinical Faculty

**Michael J. Cendoma, M.S., A.T.C.**

A certified athletic trainer since 1991, Michael Cendoma founded Sports Medicine Concepts, Inc. in 1995 to advance the care and management of potentially catastrophic injuries in athletics.



He has authored a number of manuscripts dealing with head and neck injuries and is frequently invited to address organizations such as the National Association of Athletic Trainers, Eastern Athletic Trainers' Association, Indiana Athletic Trainers Association and New York State Athletic Trainers Association.

Mr. Cendoma is completing his doctoral studies at the University of Rochester where he is investigating curriculum reform and its relationship to professionalism in American culture.

His unique approach and perspective are the basis for the award-winning educational software package **In 2-Minutes or Less!**® and led to his invention of the **FMXtractor**®, which has become a standard of care for emergency face mask removal.

**Tony Surace, M.Ed., A.T.C.**

A certified athletic trainer since 1996, Mr. Surace is the Assistant Director at Sports Medicine Concepts, Inc., where his responsibilities include clinical instruction and curriculum development.

He received his B.S. in athletic training from Canisius College in 1996 and his M.Ed. from East Stroudsburg University in 1999.

His research thesis investigated the effects of selected tools on facemask removal time and head motion and was a poster presentation during the 2000 NATA National Convention in Nashville, Tenn.



Mr. Surace served eight years as a clinical certified athletic trainer in an outpatient rehabilitation department before becoming Director of Sports Medicine and Athletic Training Services for Niagara Falls Memorial Medical Center/UB Orthopaedics and Sports Medicine of Niagara.