

St. Peter's Sports & Spine



Whether you're dealing with a sports injury, chronic pain, or other ailments causing discomfort, the doctors at **St. Peter's Sports & Spine** are here to help.

Our team of experts in sports and spine medicine are dedicated to helping you achieve your personal goals and recover from injuries, ensuring proper movement and improving function. Using the latest non-surgical treatments, we assess injuries, alleviate pain, and enhance your overall quality of life.

Non-Surgical Interventions

- Diagnostic Ultrasound
- X-Ray-Guided Procedures
- Ultrasound-Guided Injections

Regenerative Medicine

- Platelet-Rich Plasma (PRP) Injections
- Extracorporeal Shockwave Therapy/Pulse Activation Therapy (EPAT)
- Prolotherapy

On-Site Services

- Same-Day Access
- X-Ray & MRI
- Athletic Trainer Services
- Interventional Pain Management and Sports Rehabilitation

Some of the **MANY** specialized conditions we diagnose and treat include:

- **Head** (sports-related concussion)
- **Neck** (spinal stenosis, burners/stingers, cervicogenic headaches, occipital neuralgia)
- **Back** (spondylolysis/spondylolisthesis, spinal stenosis, facet-mediated pain)
- **Shoulder** (rotator cuff tear, tendinitis of rotator cuff/biceps, frozen shoulder, impingement, bursitis)
- **Elbow** (tennis/golfers elbow, bursitis, Little League elbow)
- **Wrist** (carpal/radial tunnel syndrome, ganglion cysts, TFCC tear interosseous syndromes)
- **Hand/Finger** (mallet/trigger finger, ganglion cysts)
- **Hip** (labral tears, ischiofemoral impingement, greater trochanteric/ischial bursitis, IT band syndrome)
- **Knee** (meniscal tears, patellar instability, runners knee, baker's cysts, shin splints, fat pad impingement)
- **Ankle** (Achilles tendinitis/rupture, impingement, instability, tarsal tunnel syndrome, Haglund deformity, sinus tarsi syndrome)
- **Foot/Toe** (plantar fasciitis, turf toe, heel pain, stress fractures, metatarsalgia, Lisfranc injury)

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1182 Troy-Schenectady Rd., Suite 100 | Latham, NY 12110

PHONE: 518.713.5400 | FAX: 518.713.5401

HOURS OF OPERATION

Monday - Friday, 8:30 am - 5 pm



**ST PETER'S HEALTH
PARTNERS**

A Member of Trinity Health

SPHP.COM