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OLYMPIC GYMNAST CREDITS METHODIST SPORTS MEDICINE / THE ORTHOPEDIC SPECIALISTS FOR GOLD MEDAL OPPORTUNITY

INDIANAPOLIS, IN – July 2, 2008 – American gymnast Justin Spring says the road to the Summer Olympic Games included a call to Methodist Sports Medicine / The Orthopedic Specialists. Justin, also who coaches at the University of Illinois in Champaign, was struggling with an ankle sprain in late April. To assess the damage, Justin contacted David Porter, M.D., PhD., the physician that performed the second of two ankle surgeries on him a year prior. “We thought after a few weeks my ankle would be fine, but it was still bothering me six weeks later,” Spring said.

“Justin had an unusual injury that is potentially devastating or limiting,” Dr. Porter said. He told Justin a month of recovery time was needed for an acute ankle sprain of this nature, and gave him different treatment options, including icing and taping. “With Dr. Porter’s help, my ankle has recovered progressively faster than originally thought,” Justin said. “Dr. Porter conducted a thorough evaluation and showed me that he truly cared about my successful recovery. I attribute his care as one of the factors that led me to my Olympic standing.”

Justin went on to earn a spot on the six-man United States team at the Olympic gymnastics team trials in Philadelphia, and will compete in all five events in Beijing, China in August. “The reason he came back was because of the kind of athlete Justin is,” said Dr. Porter. “His hard work, determination and good coaching made this happen, I congratulate him and consider it an honor to have been involved with his care.”

Justin will continue to train at camps in Pennsylvania and Colorado Springs before his journey to China begins on July 31.

About Methodist Sports Medicine / The Orthopedic Specialists

Methodist Sports Medicine / The Orthopedic Specialists, a Clarian Human Motion Partner, is Central Indiana's premier provider of comprehensive orthopedic services and has built its reputation on excellence in orthopedics and sports medicine for over 20 years. Official team physicians for many high school, college and professional teams, including the NFL's Indianapolis Colts, 100 percent of Methodist Sports Medicine / The Orthopedic Specialists' physicians are fellowship trained, board certified, and leaders in new technologies, procedures and research. For more information, visit www.methodistsports.com

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