

## **In Memoriam: Thomas A. Brady, M.D.**

Dr. Thomas A. Brady, founder of Methodist Sports Medicine / The Orthopedic Specialists, died Thursday, April 7, one week before his 96<sup>th</sup> birthday.

“Dr. Brady was an innovator and a role model in the field of sports medicine and I always looked up to him. He was an inspiration to me not only in the field of sports medicine, but because of how he treated people with kindness and humility,” said Dr. Art Rettig, one of the founding partners of Methodist Sports Medicine / The Orthopedic Specialists. “For years he was the only physician who dedicated his practice to athletes, many of whom were high-profile and went on to stardom like George McGinnis of the Pacers. He will always be remembered as the guy who cared for his patients the right way.”

Known as the father of sports medicine of central Indiana, Dr. Brady spent his evenings and weekends attending sporting events and treating athletes on the sidelines. He was especially dedicated to high school athletes, recognizing that proper treatment of their injuries could mean the possibility of attending college on an athletic scholarship. For that reason, he made himself available to see any injured athlete on a moment's notice, including weekends.

Despite a busy private orthopedic practice, Dr. Brady often would attend two or three football games every Friday night, traveling around Indianapolis to ensure that all athletes received proper medical care.

In the early 1960s, he set up a walk-in clinic in the basement of Methodist Hospital where he treated injured athletes at no charge. The clinic endured until Dr. Brady's unofficial retirement in the 1980s when it became part of Methodist Sports Medicine Center, the first standalone sports medicine clinic in Indianapolis. Methodist Sports Medicine Center was based on Dr. Brady's concept and founded when Dr. Rettig, Dr. John McCarroll and several other physicians joined forces. It was across the street from Methodist Hospital and would be renamed Methodist Sports Medicine / The Orthopedic Specialists in 2007.

“What was so great about Tom was that he remembered everyone he ever treated – not necessarily their names, because he always referred to them as ‘laddie’ or ‘lassie’ – but everything about them,” said Dr. John McCarroll, one of the founding partners of Methodist Sports Medicine / The Orthopedic Specialists. “He remembered the sports they played, the details about specific games, the touchdowns they made. It was amazing. There was one time one his patients walked by and Dr. Brady talked about a 45-yard touchdown his patient had made 35 years ago. He had that kind of memory.”

At the time of his retirement, Dr. Brady was orthopedic consultant to 16 public high schools, five Catholic high schools and one private high school in Indianapolis, as well as orthopedic consultant for the teams at DePauw University and Indiana Central College (now known as the University of Indianapolis.)

As a result of his dedication to injured athletes and his availability to them, he became widely interested in research and developed many innovative techniques for safely returning injured athletes back to sports sooner than previously thought possible.

Dr. Brady dedicated his years following retirement to his dear wife Jane, who preceded him in death. Dr. Brady is survived by his son, Tom and daughter, Jane and their families.

“We've lost a great guy, not only a great doctor, but a great man,” said Dr. McCarroll. “I think he would be proud of what happened with sports medicine as a result of what he started.”