
Sports Medicine in the Mid-Atlantic

NOW ACCEPTING NEW PATIENTS

Sports Medicine Physician treating
athletes, weekend warriors & more



SCHEDULE AN APPOINTMENT NOW

Call us at **301.762.5020** or visit our
website today to book an appointment:

Ringmd.com/services/sports-medicine

**Rockville Internal
Medicine Group**

Dimitrios Avgeropoulos, MD



Sports Medicine

Sports Medicine Physicians specialize in the non-operative treatment of musculoskeletal conditions. Approximately 90% of all sports injuries are non-surgical. The Sports Medicine Physician can maximize non-operative treatment, guide appropriate referrals to physical and occupational therapies, and if necessary, expedite referral to an orthopedic/sports surgeon. Sports Medicine

Specialists are ideal physicians for the non-athlete as well and are excellent resources for the individual who wishes to become active or begin an exercise program. For the “weekend warrior” who experiences an injury, the same expertise used for the competitive athlete can be applied to return the individual as quickly as possible to full function.

Common examples of musculoskeletal problems include:

- Acute injuries (such as ankle sprains, muscle strains, knee & shoulder injuries, and fractures)
- Overuse injuries (such as rotator cuff and other forms of tendonitis, stress fractures)
- Medical and injection therapies for osteoarthritis
Sports Medicine Physicians have received additional training in the non-musculoskeletal aspects of sports medicine.

Common examples of these include:

- Concussion (mild traumatic brain injury) and other head injuries
- Exercise prescription 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

Procedures & Injections Offered:

- Diagnostic Ultrasound and Ultrasound-guided injections
- Steroid Injections for Pain and/or Arthritis of Knees, Hips, Shoulders, Thumbs, Wrists, Elbows
- Carpal Tunnel Injections
- Bakers Cyst Aspirations
- Elbow Bursitis Aspiration and Injection
- Gel/Visco Supplementation Injections of the Knees
- PRP/Stem Cell injections

Location & Contact Information

Rockville Internal Medicine Group

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For a comprehensive list of services & procedures, check out our website:

[Ringmd.com/services/sports-medicine](https://ringmd.com/services/sports-medicine)