Sports Medicine

McLaren is proud to offer your patients the very best sports medicine health care. Our sports medicine services include diagnosis, treatment, and prevention of injuries related to sports or physical activity.

Physicians provide a wide range of medical and health-related services, including injury prevention, diagnosis, treatment, rehabilitation, and performance optimization.

WELCOME OUR NEW ORTHOPEDIC SURGEONS

Joshua Goethals, DO, Michigan Orthopedic Center
Ethan Ruhland, DO, Michigan Orthopedic Center
Mohamed Salar, MD, MSU Health Care

Hand/Wrist

Our orthopedic specialists provide comprehensive care for people with pain and problems of the hand, wrist, forearm, and elbow. In addition to diagnosis, conservative treatments are available. If these are not effective, hand and wrist orthopedic surgeons may also perform surgery to repair or reconstruct damaged tissue, or to replace joints that have been damaged by arthritis or other conditions. Surgical techniques may include open surgery or minimally invasive procedures, depending on the patient’s condition and medical history.

• Casting/bracing/splinting
• Imaging
• Injury walk-in clinics
• Manual medicine
• Medications
• Physical/Occupational therapy
• Surgery

• Carpal tunnel syndrome
• Trigger finger
• Tendonitis
• Hand injuries and fractures
• Wrist pain and fractures
• Tennis elbow
• Tendon injury
• Arthritis in the hand and wrist
At McLaren Greater Lansing, we are committed to delivering quality care to your patients and providing excellence in the treatment of orthopedic conditions from knee and hip pain to more serious conditions such as deteriorated joints, broken bones, and spinal deformities.

**Michigan Orthopedic Center**
3404 Patient Care Drive
Lansing, MI 48911
Phone: (517) 267-0200
Fax: (517) 267-1877
- Cochran, Jason, DO*
- Dorenkamp, Clay, DO*
- Goethals, Joshua, DO*
- Heisey, Meredith, DO*
- Mesko, Daniel, DO*
- Mesko, Wesley, MD*
- Noud, Patrick, MD*
- Ruhland, Ethan, DO*
- Swords, Michael, DO*
- Taunt, Charles, DO, FAOAO*
- Woods, Tammy, MD*

**Compass Orthopedics**
250 E. Saginaw
East Lansing, MI 48823
Phone: (517) 333-3777
Fax: (517) 203-3948
- Dunn, Karl, DPM

**Great Lakes Hand Surgery Center**
3945 Okemos Rd., Suite B4
Okemos, MI 48864
Phone: (517) 908-3360
Fax: (517) 908-3368
- Truluck, William, DO*

**Katranji Hand Center**
2111 Merritt Rd., #202
East Lansing, MI 48823
Phone: (517) 332-4263
Fax: (517) 332-1132
- Huettnor, William, MD
- Katranji, Abdalmajid, MD

**Steven L. Drayer, PLLC**
1515 Lake Lansing Rd., Suite B1
Lansing, MI 48912
Phone: (517) 371-3407
Fax: (517) 371-1366
- Drayer, Steven, MD

**MSU Sports Medicine Clinic**
4660 South Hagadorn Rd., Ste. 420
East Lansing, MI 48823
Phone: (517) 884-6100
Fax: (517) 884-6233
- Jildeh, Toufic, MD*
- Joseph, Sheeba, MD*
- Lissy, Micah, MD, MS, PT, ATC, CSCS*
- Mohamed, Salar, MD*

**PLEASE NOTE:** The physicians listed with an * participate in the McLaren Physician Partners High Performance Network. For more information please visit, www.mclaren.org/aco/mhpn-providers-aco.
Hip/Knee

Our hip and knee replacement orthopedic surgeons treat severe joint damage caused by arthritis or other conditions. During a hip or knee replacement surgery, the damaged parts of the joint are removed and replaced with an artificial joint made of metal, plastic, or ceramic components. The goal of the surgery is to relieve pain and restore function to the joint, allowing your patients to resume their normal activities. McLaren offers many tools that offer patients minimally invasive options for hip/knee surgery including the MAKO robot.

- Total knee replacement
- Total hip replacement
- Steroid injections
- ACL reconstruction
- Cartilage repair
- Partial meniscectomy
- Fracture treatment
- Bone density scans
- Osteoporosis screening
- Hip/knee revision surgery

MAKO ROBOTIC SURGERY MAY IMPROVE YOUR PATIENTS’ OUTCOMES AND RECOVERY.

Surgeons Certified on the Mako Robot

Jason Cochran, DO
Steven Drayer, MD
Daniel Mesko, DO
Wesley Mesko, MD
Ethan Ruhland, DO
Charles J. Taunt, DO
Spine

Our fellowship trained spine surgeons specialize in all aspects of surgical spinal care including the treatment of disk herniations, instability, fractures, tumors, scoliosis, and spinal stenosis. Most patients do not require surgery for spine problems and for those patients, recommendations will be made regarding medications, physical therapy, bracing, injections and/or alternative medical treatments.

- Lumbar fusion
- Cervical laminaplasty
- Laminectomy
- Lumbar disc microsurgery
- Nucleoplasty
- Vertebral augmentation
- Vertebral body replacement (VBR)
- Vertebroplasty

Shoulder

Our shoulder orthopedic surgeons are trained to evaluate and treat a variety of shoulder conditions, including fractures, rotator cuff tears, labral tears, arthritis, and shoulder dislocations. These specialized surgeons are experts in shoulder repair and reconstruction so your patients can get back to doing the activities they love.

- Total shoulder replacement
- Injections
- Rotator cuff repair
- Tendon-to-bone insertion
- Shoulder resurfacing

According to Georgetown University, 16 million adults experience persistent or chronic back pain.

To learn more about our orthopedic services, visit: mclaren.org/lansingorthopedics