

ONE TEAM, ONE GOAL

Memorial Health System's High School Sports Medicine Program

Whether a competitive athlete or an individual who enjoys being active, our sports medicine program is here for everyone. Our experienced sports medicine team offers a comprehensive program geared toward evaluation, diagnosis, and treatment of both operative and non-operative injuries. We also provide valuable guidance for injury prevention and performance plans. We make it easy to get the care our athletes need, so they can get back on their feet and perform the best they can.

Services offered

- › Brace fitting
- › Chronic pain treatments
- › Comprehensive therapy service
- › Concussion care
- › Consultations regarding benefits of exercise
- › Dedicated Athletic Trainer
- › Exercise prescription for introductory to competitive level youth and adult athletes
- › Fracture care
- › Occupational therapy
- › Physical therapy
- › Same or next day appointment availability for athletes
- › Speech therapy
- › Sport physicals
- › Surgical and nonsurgical orthopedics service

In 2016, we began contracting with local high schools to provide full time athletic training services. Our certified athletic trainers are designated to each contracted school and are on site for sports practice and game coverage as well as during and after school to provide injury treatments. We are interested in growing our athletic training program. All therapy and physician services are offered to all athletes from any school.

Our multidisciplinary approach to the health and well-being of athletes is comprised of a team of athletic trainers occupational therapists, physical therapists and speech language pathologist who work closely with our sports medicine and orthopedic physicians who have committed to being on call or attending your sporting events. To learn more about this program, please reach out to Whitnie Pinkston, practice management supervisor at (740) 236-7406.



First Settlement
Orthopaedics



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HEALTH SYSTEM
Expect More

mhsystem.org/sportsmedicine



MEET OUR TEAM



Wisler Saint-Vil, MD spent his residency in Family Medicine at Case Western Reserve University for the MetroHealth Medical Center and specialized as a fellow in Sports Medicine at Case Western Reserve University for the University Hospitals. He funneled his energy and lessons learned from 15 years of playing soccer into his academic studies, gaining admission into the Universidad Tecnológica de Santiago in the Dominican Republic where he graduated Magna Cum Laude at the top 2% of his class. During his fellowship, Dr Saint-Vil served as a fellow physician for the Cleveland Browns, Cleveland Monsters, Case Western Reserve University and Kent University athletic teams, Lake Erie College, and 4 local high schools in the Cleveland area. His extensive background in sports medicine as well as his passion for sports as a former athlete have enhanced his ability to understand athlete's injuries and to encourage them to overcome obstacles and recovery times. He understands the importance of sports in their lives and his role as a part of their healthcare and support system. He not only wants to help athletes, but also other community members who have a passion for outdoor activities, exercising, and sports so they can achieve their goals.

Dr. Sant-Vil's areas of expertise:

- › Concussion care
- › Corticosteroid injections and ultrasound guided injections
- › Injury prevention & rehabilitation
- › Knowledge of strength performance & enhancement
- › Musculoskeletal injuries (acute/chronic)
- › Non-surgical musculoskeletal medicine
- › Nutrition & hydration
- › PRP (Platelet Rich Plasma)
- › Sports overtraining & fatigue
- › Percutaneous needle tenotomy (Tenex & TenJet)



Mark Plumby, MD is a fellowship trained orthopaedic surgeon specializing in sports medicine and minimally invasive arthroscopic surgery of the shoulder, knee, and elbow. Dr. Plumby is originally from Wheeling, West Virginia. He played football at Lafayette College where he earned his Bachelor of Arts Degree in Business and Economics. After realizing the importance his hometown orthopaedic surgeon had in his life, he chose to go to West Virginia University Medical School to pay it forward. He completed his orthopaedic surgery residency at West Virginia University. His fellowship was completed at Beacon Orthopaedics and Sports Medicine in Cincinnati, Ohio. There he participated in team coverage for the Cincinnati Reds, Wilmington College, and several local high school sports teams. Dr. Plumby's passion for keeping athletes on the field is rooted in his time spent playing football, baseball, and running track. He is committed to providing superb care to his patients and building a team that makes access to sports medical care quick, efficient, and comprehensive.

Dr. Plumby's areas of expertise:

- › ACL reconstruction
- › Cartilage restoration procedures
- › Knee and shoulder arthroplasty
- › Sports medicine related injuries including arthroscopic surgery (shoulder, knee, and elbow)
- › Trauma including sports related fracture care