



Midwest Orthopaedics *at* Rush

Outstanding Program Achievements

The sports medicine physicians of Midwest Orthopaedics at Rush have pioneered and advanced innovative treatments and procedures including: complete arthroscopic rotator cuff and shoulder instability repair; knee and ligament (ACL/PCL) reconstruction; cartilage restoration and meniscal transplants; total shoulder replacement; and minimally invasive surgical approaches to repair damaged knees and shoulders. These types of innovative approaches yield excellent outcomes and minimize tissue trauma, allowing for accelerated rehabilitation and a faster return to activity. Midwest Orthopaedics at Rush sports medicine physicians are board certified and subspecialty fellowship trained. These physicians approach sports injuries comprehensively and include superior diagnostics, physical therapy, pain management, and when necessary, the latest surgical techniques. They hold academic appointments at RUSH Medical College, are on staff at RUSH University Medical Center, and are active in patient education and research that translates directly into better patient care.

Appointment Information

Physician _____
Date _____ Time _____
Office Location _____

RUSH University Medical Center

1725 West Harrison Street
Chicago, IL 60612
Phone: 312.243.4244
Fax: 312.942.1517
Orthopaedic Clinic—Suite 1063
Hand and Shoulder Center and X-Ray—Suite 1042
Physical and Occupational Therapy—Suite 1006
Orthopaedic Oncology and Spinal Deformity—Suite 440
Spine Center—Suite 118

Chicago—South Loop/River City

800 South Wells
Chicago, IL 60607
Phone: 312.243.4244
Fax: 312.427.6116
Orthopaedic Clinic—Suite M30
MRI—Suite M45
Physical and Occupational Therapy—Suite 137

Oak Park Hospital Medical Office Building

610 South Maple Avenue—Suite 1400
Oak Park, IL 60304
Phone: 312.243.4244
Fax: 312.942.1517

Central DuPage Hospital Ambulatory Service Pavilion

25 North Winfield Road—Suite 505
Winfield, IL 60190
Phone: 630.339.2200
Fax: 630.682.8946

Prairie Medical Center of Westchester

2450 South Wolf Road, Suite F
Westchester, IL 60154
Phone: 708-236-2750
Fax: 708-562-6875

Sports Medicine Specialists

Midwest Orthopaedics at Rush, Team Physicians for the Chicago White Sox and Chicago Bulls.

When the Chicago White Sox and Chicago Bulls sought the best possible medical care for their teams, they chose Midwest Orthopaedics at Rush. Why? Because the Midwest Orthopaedics at Rush Sports Medicine team has the most experienced physicians in the field in terms of evaluating, diagnosing, and treating sports-related conditions and injuries.

Regardless of the level of the athlete—recreational, high school, college, and even professionals—Midwest Orthopaedics at Rush strives to provide the highest quality, state-of-the-art health care services. A testament to the quality of our sports medicine program is the large number of high-level athletes that we have successfully treated and returned to peak performance.

In addition to the Chicago White Sox and the Chicago Bulls, Midwest Orthopaedics at Rush also serves as team physicians for the Chicago Bandits (women's professional softball), the Chicago Force (women's professional football), Chicago Steel Hockey, Trinity University Athletics, and as orthopaedic consultants for the 2006 ArenaBowl XX Champion Chicago Rush.



TEAM PHYSICIANS
Chicago Bulls & Chicago White Sox
www.rushortho.com • 877 MD BONES

For appointment information, call us at 877 MD BONES (877.632.6637)

Sports Medicine

The Region's Leading Sports Medicine Practice

The Midwest Orthopaedics at Rush Sports Medicine practice is comprised of highly trained, credentialed physicians, specialty nurses, rehabilitation therapists, physician assistants, athletic trainers, and pain management specialists dedicated to restoring function to the fullest extent possible. The following MOR physicians specialize in sports medicine:



Bernard R. Bach Jr., M.D.

As Director of Sports Medicine at RUSH since 1986, Dr. Bach has developed a nationally recognized sports medicine program. Publisher of over 240 scientific papers, abstracts and book chapters, he also serves on numerous national sports committees, editorial boards, and is an educator of residents, fellows, and patients. Dr. Bach has been selected to the Chicago Magazine's "Top Doctors" in 1996, 2000, 2004, and 2006.



Charles A. Bush-Joseph, M.D.

Dr. Bush-Joseph currently serves as head team physician for the Chicago White Sox and associate team physician for the Chicago Bulls. He is a respected educator of medical students, residents, fellows, and practicing orthopaedic surgeons, lecturing at numerous national educational meetings. Dr. Bush-Joseph holds committee responsibilities with several national orthopaedic societies including the American Academy of Orthopaedic Surgeons and the American Orthopaedic Society for Sports Medicine.



Brian J. Cole, M.D.

Dr. Cole is a professor in the Department of Orthopaedics and Department of Anatomy and Cell Biology at RUSH University Medical Center. He is the head team physician for the Chicago Bulls and is the Section Head of the Cartilage Restoration Program at RUSH. The CRC is a multidisciplinary program specializing in the restoration of articular cartilage and meniscal deficiency. Dr. Cole specializes in arthroscopic reconstruction of the athlete's shoulder (rotator cuff, instability and arthritis), elbow and knee. Dr. Cole has published more than 200 scientific papers and is the author of several highly acclaimed orthopaedic text books. Dr. Cole was chosen as one of the "Best Doctors in America" each year since 2004 and was featured as "Chicago's Top Doctor" and placed on the cover of Chicago Magazine in 2006.



Jeffrey M. Mjaanes, M.D.

A medical graduate from the University of Wisconsin School of Medicine, Dr. Mjaanes completed his residency in pediatrics at RUSH University Medical Center. During his residency, he was awarded the Aesculapius Award for his work in resident teaching and patient care. Combining his interests in pediatrics and sports medicine, Dr. Mjaanes went on to complete a fellowship in Primary Care Sports Medicine at Advocate Lutheran General Hospital in Park Ridge. Through his affiliation with Midwest Orthopaedics at Rush, he looks to advance his research in pediatric sports medicine including studies on anterior knee pain in children and throwing injuries in young athletes.



Gregory P. Nicholson, M.D.

Dr. Nicholson specializes in shoulder and elbow surgery, utilizing state-of-the-art arthroscopic and open surgical techniques to treat sports-related, traumatic, arthritic, and occupational conditions. A medical graduate from Indiana University School of Medicine, Dr. Nicholson completed his internship and residency at University Hospital of Cleveland and served a fellowship in shoulder surgery at the New York Orthopaedic Hospital at Columbia-Presbyterian Medical Center in New York City. He is Board Certified by the American Board of Orthopaedic Surgery and a Fellow of the American Academy of Orthopaedic Surgeons. Dr. Nicholson also currently serves as a team physician for the Chicago White Sox.



Trish Palmer, M.D.

A specialist in the area of primary care sports medicine, Dr. Palmer has authored or coauthored articles and presentations concerning eating disorders, musculoskeletal issues, and pain. She is a member of the American Academy of Family Physicians, the American College of Sports Medicine, and the American Medical Society of Sports Medicine. Dr. Palmer is the recipient of several honors and awards, including the Pisacano Scholarship for Leaders in Family Medicine, presented by the Pisacano Leadership Foundation.



Anthony A. Romeo, M.D.

As one of the region's leading orthopaedic surgeons specializing in shoulder and elbow injuries, Dr. Romeo uses state-of-the-art arthroscopic techniques to accelerate the recovery process for challenging conditions such as rotator cuff disease, shoulder instability, and elbow stiffness. Dr. Romeo is one of the few surgeons in the United States who routinely performs rotator cuff repairs, including revision repairs, using all arthroscopic techniques. In addition, Dr. Romeo performs more shoulder replacements than any surgeon in the state of Illinois and has designed an advanced shoulder replacement system for the treatment of arthritis.



Nikhil N. Verma, M.D.

Dr. Verma specializes in the treatment of injuries to the shoulder, elbow, and knee with an emphasis on advanced arthroscopic techniques, meniscal transplantation and cartilage restorative procedures. A graduate of the University of Pennsylvania School of Medicine, Dr. Verma completed his orthopaedic residency at the Rush Presbyterian St. Luke's Medical Center. He then completed a fellowship at the Hospital for Special Surgery in Sports Medicine and Shoulder Surgery. While in New York, he served as an assistant team physician for the St. John's University Athletic Department. Dr. Verma has specialized training in treatment of elbow disorders in the overhead-throwing athlete.



Kathleen M. Weber, M.D.

Dr. Weber, the Director of Women's Sports Medicine at RUSH University Medical Center, possesses a unique expertise with the diagnosis and treatment of women's musculoskeletal issues. She received her M.D. from RUSH Medical College in 1996 and subsequently completed her internship and residency in internal medicine at RUSH University Medical Center. After completing her residency, Dr. Weber was asked to remain at RUSH for an additional year to assume the prestigious position of Chief Resident of Internal Medicine. Serving as team physician for the Chicago White Sox and Chicago Bulls, Dr. Weber is one of the few female physicians who works with MLB and NBA athletes.

About Midwest Orthopaedics at Rush

Midwest Orthopaedics at Rush's reputation as a leader in specialized orthopaedic patient care, education, and research is validated by *U.S. News & World Report's* ranking of the orthopaedic program at RUSH University Medical Center as #6 in the nation and the top ranked program in Illinois. Midwest Orthopaedics at Rush physicians also serve as team physicians for the **Chicago Bulls** and the **Chicago White Sox**. For additional information about our physicians, call **877 MD BONES** or visit us online at www.rushortho.com.

