

MX Rider and Orthopedic Surgeon Dr. Mark Sanders Understands the Need to Get Up and Get Back Out There - Athletes Seek Advice from Peer and Professional

Avid sportsman and motor cross rider Dr. Mark Sanders is one of the few Orthopedic surgeons who plays as hard as his patients, which helped him develop an innovative program to get athletes back to their sport faster than any other method.

Houston, TX ([PRWEB](#)) March 31, 2005 -- A crash and burn hits closer to home for Dr. Mark Sanders than some might think. As an MX rider and Orthopaedic Surgeon, he helps his patients with the same approach he applies to himself -- get up, get strong, get back out there. And with over 20 years of experience, it's no surprise that he leads the way in accelerated rehabilitation and rapid recovery programs for surgical and non-surgical patients alike.

Recently opening the Sanders Clinic for Orthopaedic Surgery and Sports Medicine at Twelve Oaks Medical Center, Dr. Mark Sanders is the official healthcare provider for the Houston THQ Supercross and is sought by athletes from across the United States for treatment advice. His approach is simple and direct -- get strong and avoid surgery if possible. Otherwise, get strong and get moving immediately after surgery when a serious injury makes it unavoidable.

Working with a group of certified personal fitness trainers to address the overall body, Dr. Sanders selects treatment only after carefully assessing a patient's previous health record, diet, exercise routine, and level of daily activity.

"I know how demanding some of these sports are on the body. I'm out there every chance I get. So we've developed a program that helps most injured athletes regain strength without surgery. And with advanced arthroscopy and an ACL Reconstruction procedure unique to the Sanders Clinic, we get the others back out there faster than any other procedure practiced today. That's 90 days for an ACL patient, who would be told six months to a year else where," said Sanders.

Dr. Sanders' ACL Reconstruction procedure is the cornerstone of his clinic and fast gaining attention throughout the United States.

"We don't play around. When surgery is required to repair the ACL, and only then, we make the injured knee as strong as we can get it before the procedure and harvest a graft from the unaffected knee -- creating the least amount of trauma for any one limb and promoting a more rapid recovery," said Sanders.

Dr. Sanders and his team of trainers then work with patients to educate about the importance of balance, coordination and strength -- as well as ways to prevent future injury.

"I've been under the knife ten times during the last 20 years as the result of broken bones and injuries suffered from racing. I have never seen a doctor more concerned about my condition following a surgery than Dr. Sanders. Not only is he overseeing my rehabilitation, but he is the first doctor I've ever had say I will be back on the track faster than I even believed I could," said Sean Kirby, former professional MX rider.

"My knee was as bad as they can get. With him, I was walking without crutches one day after surgery, and



only one week after surgery my knee feels better than it did before the injury. Now I'm optimistic about racing very soon - stronger and with much less pain. Sanders is a great doctor who is a rider and understands the needs of riders and how bad we want to return to action, Kirby added.

Dr. Sanders was listed among H Texas Magazine's Top Docs in 2004. Log onto www.sandersclinic.net for complete program details.

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Contact Information

Cristy Hayes

MARKETINGPLUS GROUP

<http://www.sandersclinic.net>

281 384-1248

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