

SCOTLAND MEMORIAL HOSPITAL
Lauchwood Dr., Laurinburg, North Carolina 28352

News Release

FOR IMMEDIATE RELEASE

Contact: Karen Gainey, Marketing Coordinator
Phone: 910-291-7550 FAX: 910-291-7996

Sports Medicine Orthopedic Surgeon Joins Scotland Orthopedics

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Broader Range of Sports Medicine Care Available

Dr. Richard Alexander, an orthopedic surgeon who recently completed a fellowship in sports medicine, has joined the practice of Scotland Orthopedics and the medical staff of Scotland Memorial Hospital.

Dr. Alexander joins Drs. Paul Rush, Ralph Carter, and John Smid in providing orthopedic care. His addition also represents a broader range of care for sports injuries common to athletes of all ages, including school age children, college athletes, and those who are simply weekend warriors.

Originally from North Wilkesboro, Dr. Alexander is excited about his move to Laurinburg and joining the staff of Scotland Orthopedics. "Laurinburg is very similar to my hometown of North Wilkesboro so I feel quite at home here, he states. "I like the way the clinic is run and the great staff that I am joining."

Dr. Alexander graduated with distinction from the University of North Carolina at Chapel Hill with a Bachelor of Science in Chemistry. He earned his Doctor of Medicine from the Eastern Virginia Medical School at Norfolk, Virginia. Upon completing a residency at the Orthopaedic Atlanta Medical Center in Atlanta, he relocated to Richmond, Virginia, where he completed a sports medicine fellowship to gain specialized training and skill in treating orthopedic problems associated with athletes. He comments, "I chose to complete a fellowship in sports medicine because I want to make people better without having to make big incisions in order to do so. And, I want to be involved with sports teams wherever I practice."

The four orthopedic doctors of Scotland Orthopedics are experts in treating both pediatric and adult patients for:

- § Sprains, strains, fractures, and broken bones
- § Hand conditions
- § Joint replacement
- § Shoulder and elbow surgery
- § Foot and ankle surgery
- § Arthroscopic surgery
- § Overseeing rehabilitation

Dr. Alexander explained about the scope of sports medicine, “Sports medicine is expanding at an incredible rate. Today’s sports medicine treatments are much broader than traditional orthopedic care. No longer is sports medicine a field utilized only by professional athletes. Players from all levels, sports, and intensities find multifaceted benefits that can help improve their performance as well as overall health.”

Sports medicine physicians can:

- § Treat orthopedic and other injuries
- § Recommend surgical solutions
- § Work with a physical therapist for a rehabilitation program
- § Diagnose and treat illnesses affecting athletes
- § Develop a strategic plan of care to return athletes to the game
- § Treat athletes of all age and skill levels
- § Help maximize strength and conditioning goals
- § Provide seasonal physical exams
- § Provide education for youth sports

Dr. Alexander and his wife, Barbara, and their three-year-old son, make their home in Laurinburg. “I know my family and I are going to be very happy here in Laurinburg,” he states.

Scotland Orthopedics’ staff includes board certified physicians, physician assistants, licensed physical therapists, and radiology technicians. In addition to the main office at 1604 Medical Drive, Laurinburg, patients are also seen at 209 Ball Park Street in Bennettsville and 812 Candy Park Road in Pembroke. Quick appointments are available. Call Scotland Orthopedics at 910-276-4611 to schedule for any of the three office locations.

