

**Orthopedic Centers of Excellence: The Best Trained Orthopedists, The Finest Care**



**SPORTS MEDICINE AND SHOULDER CENTER**  
SPORTS INJURY TREATMENT, ARTHROSCOPY, AND REHABILITATION

The Sports Medicine and Shoulder Center at Coastal Orthopaedics is dedicated to the complete care of the athlete — from professional, collegiate and high-school athletes to recreational, youth players and weekend warriors. With four fellowship-trained sports medicine physicians and one shoulder/upper extremity physician, and one sports medicine board certified physiatrist, The Sports Medicine and Shoulder Center at Coastal Orthopaedics’ specializes in sports injury treatment and rehabilitation through both surgical and nonsurgical techniques. Our integrated team approach encompasses doctor, trainer and physical therapist to achieve optimal patient outcomes.

Coastal Orthopaedics treats thousands of sports injury cases each year — from ACL, rotator cuff, shoulder dislocations and separations to multiple surgeries and complicated multiligament injuries and tendonitis.

At The Sports Medicine and Shoulder Center at Coastal Orthopaedics, patients are treated by the most highly trained and experienced doctors close to their home and work; there’s no need to travel into New York City for premier care. Our doctors employ state-of-the-art techniques and carefully select appropriate treatments based on a thorough assessment of each patient’s needs.

**Our Physicians: Sports Medicine Center**

Brian A. Bast, D.O.	Joshua B. Frank, M.D.
Jeffrey V. DeLuca, M.D.	Michael M. Lynch, M.D.
Mark J. Fletcher, M.D.	Paul D. Protomastro, M.D.

Our goal is to minimize postoperative recovery time while restoring natural motion. Not only is Coastal Orthopaedics’ sports injury treatment unsurpassed, our integrated physical therapy rehabilitation program includes treatment by sports therapists who specialize in working with athletes. Every member of our Sports Medicine and Shoulder team works together to achieve efficient recovery and maximum performance for our patients.

*Our surgeons employ state-of-the-art techniques and carefully select appropriate treatments based on a thorough assessment of each patient’s needs.*

**Coastal Orthopaedics, PC**

203 845-2200 [www.CoastalOrthoCT.com](http://www.CoastalOrthoCT.com)

- 761 Main Ave, iPark, Norwalk, Connecticut 06851
- 131 Kings Highway North, Westport, Connecticut 06880
- 36 Old Kings Highway South, Darien, Connecticut 06820
- 30 East Avenue, New Canaan, Connecticut 06840

**Coastal Ortho Express Walk-In**

203 845-2070 [www.CoastalOrthoExpress.com](http://www.CoastalOrthoExpress.com)

- 761 Main Ave, Suite 115, F Entrance, iPark, Norwalk, Connecticut 06851
- 36 Old Kings Highway South, Darien, Connecticut 06820

**Coastal Hand Therapy Center**

203 845-2200

- 761 Main Ave, iPark, Norwalk, Connecticut 06851

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