

THE SPORTS MEDICINE CLINIC

Northwest Hospital's The Sports Medicine Clinic was one of the first multidisciplinary sports medicine clinics in the country. Since 1963, it has been providing comprehensive, high quality medical care to members of the community, from professional and collegiate athletes to active adults and adolescents.

We specialize in:

- Orthopedics (surgical and non-surgical)
- Primary Care
- Sports Medicine
- Physical Medicine and Rehabilitation
- Podiatry



The Sports Medicine Clinic brings a variety of medical specialties together to provide surgical and non-surgical treatment for muscle and joint problems, including sports-related or workplace injuries. The clinic is staffed by board-certified and board-eligible primary care physicians, sports medicine physicians, orthopedic and podiatric surgeons, and physical therapists. We manage and treat a wide range of musculoskeletal injuries and conditions affecting the shoulder, elbow, hand, wrist, foot, ankle, knee and back. We focus on diagnosis, treatment, rehabilitation and prevention, ranging from conservative methods to surgical care.

Surgical procedures and treatments

In addition to diagnostic imaging and a full spectrum of physical and rehabilitation therapy services, we offer surgical treatments and procedures including:

- Shoulder – arthroscopic rotator cuff repair, labral repair, instability reconstruction, decompression, joint replacement, complex fracture, non-union fixation
- Elbow – “Tommy John” procedure, “tennis elbow” procedure, joint replacement, complex fracture
- Knee – arthroscopy, anterior cruciate ligament (ACL) reconstruction, meniscal repair
- Foot and Ankle – arthroscopic and open surgery, orthotics

Our locations

The Sports Medicine Clinic offers convenient hours, including Saturdays, at two locations:

North Seattle

Northwest Outpatient Medical Center
10330 Meridian Ave. N, Suite 300
Seattle, WA 98133

Ballard

1455 N.W. Leary Way, Suite 350
Seattle, WA 98107

For more information or appointments

Call 206.368.6100 or visit thesportsmedicineclinic.com. (over)

Meet Our Team



Edward G. Blahous, Jr., D.P.M.
Board certifications: Podiatric Surgery
Specialties: Surgical podiatry and sports medicine, orthotics/biomechanics, reconstructive foot surgery and gait analysis



Richard T. Bouché, D.P.M.
Board certifications: Podiatric Surgery
Specialties: Lower extremity sports medicine, complex foot and ankle disorders, foot and ankle reconstructive surgery, exercise-induced leg pain, posterior heel disorders, and first MTPJ arthrodesis and lesser MTPJ instability



Jim C. Hsu, M.D.
Board certifications: Orthopedic Surgery
Specialties: Arthroscopic and minimally invasive surgery for the shoulder, elbow, and knee; ligament reconstructions; and ACL reconstruction of the knee, clavicle fracture and nonunion.



Thomas H. Jansen, D.O.
Board certifications: Family Medicine
Specialties: Sports medicine, osteopathic spinal manipulation, conditioning and nutrition education



Brian D. McInnes, D.P.M.
Board certifications: Podiatric Surgery
Specialties: Reconstructive foot and ankle surgery, tendon pathology, and exercise physiology for endurance training and racing



Pontus Oberg, D.O.
Board certifications: Board eligible in Physical Medicine and Rehabilitation
Specialties: General musculoskeletal medicine, electrodiagnostic studies, interventional procedures, fluoroscopically-guided procedures and musculoskeletal ultrasound



Christian M. Peterson, D.O.
Board certifications: Orthopedic Surgery and Osteopathic Medicine
Specialties: Advanced arthroscopic procedures and sports medicine



Justin D. Rothmier, M.D.
Board certifications: Family Medicine
Specialties: Adolescent throwing injuries, musculoskeletal ultrasound, platelet rich plasma injections and sports cardiology



Daniel Schwartz, M.D.
Board certifications: Orthopedic Surgery
Specialties: Shoulder and elbow surgery



Kevin Smith, M.D.
Board certifications: Orthopedic Surgery
Specialties: Shoulder and elbow arthritis, rotator cuff disease, joint instability, stiffness and fractures



Mitchel D. Storey, D.O.
Board certifications: Family Medicine
Specialties: Non-surgical treatment of sports injuries and throwing injuries



Seth P. Swank, D.O.
Board certifications: Pain Medicine, Physical Medicine and Rehabilitation
Specialties: Low back pain, neck pain, extremity pain, tendinopathy, neuropathic pain, and sports medicine.



Carol Wilder, M.D.
Board certifications: Family Medicine
Specialties: Diagnostic and interventional musculoskeletal ultrasound, injury prevention