

Helping You Live Your

# MOST ACTIVE LIFE



## Douglas Shenkman, MD

Offering a slate of the most advanced surgical and nonsurgical solutions, **Dr. Douglas Shenkman** is your MVP when it comes to orthopaedic surgery and sports medicine care.

Cleveland Clinic trained and board-certified in both orthopaedic surgery and sports medicine, Dr. Shenkman provides attentive, personalized care and minimally invasive treatments for joints that have sustained damage from injury or normal wear and tear.

### DR. SHENKMAN'S AREAS OF EXPERTISE INCLUDE:

- Minimally invasive total joint reconstruction/replacement of the hip, knee and shoulder
- Joint resurfacing procedures
- Ligament reconstruction
- Arthroscopic procedures of the shoulder, wrist, elbow, knee and ankle
- Carpal tunnel release
- Fracture care
- Overuse Injuries
- Regenerative Medicine including Stem Cell Therapy and PRP
- Physical therapy
- Injury prevention

**WATSON CLINIC** LLP

*Orthopaedics/Sports Medicine*

**Call 863-680-7214**

**to schedule an appointment!**

**[www.WatsonClinic.com/Shenkman](http://www.WatsonClinic.com/Shenkman)**

Board-certified orthopaedic surgeon and sports medicine specialist

**Dr. Douglas Shenkman**

utilizes the latest technologies to keep you physically active and thriving.



- **Medical School:** Tufts University School of Medicine, Boston, MA, MD
- **Internship:** St. Luke's Medical Center, Cleveland, OH, General Surgery
- **Residency:** Cleveland Clinic Foundation, Cleveland, OH, Orthopaedic Surgery
- **Fellowship:** Tom Winters MD, Orlando, FL, Sports Medicine
- **Board-certified:** Orthopaedic Surgery & Sports Medicine
- **Member:** American Academy of Orthopaedic Surgeons, American Medical Association, Served on the American Orthopaedic Association Board, Chairman for the Department of Orthopaedic Surgery at Lakeland Regional Health Medical Center (LRH)
- **Awards:** Voted Top Orthopaedic Surgeon in 2003 by *Money Magazine*
- Provided care to members of the NBA, Cleveland Browns, Detroit Tigers, Cleveland Cavaliers, Orlando Rage, Florida Southern College, Florida Sunshine State games

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**Watson Clinic Main**

1600 Lakeland Hills Blvd. • Lakeland, FL 33805

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