

WATSON CLINIC LLP

Orthopaedics/Sports Medicine

Salvador O. Montenegro, MD



Whether you're an athlete or someone who simply enjoys an active lifestyle, Dr. Salvador Montenegro can help you stay on your feet and on the move through every phase of your life.

Board-certified sports medicine and nonsurgical orthopaedic specialist Dr. Montenegro offers a variety of services dedicated to the prevention and treatment of orthopaedic and sports-related injuries.

Areas of Expertise

- Nonsurgical treatment of orthopaedic problems and sports injuries
- Fracture care
- Acute injuries (such as ankle sprains, muscle strains, knee and shoulder injuries)
- Overuse injuries (such as tendonitis and stress fractures)
- Sports-related concussions management
- Running injuries
- Joint injections/aspirations for osteoarthritis and pain
- Injury prevention
- Viscosupplementation (Gel) injections for knee arthritis
- Platelet-Rich Plasma (PRP) injections
- Fluoroscopic guided injections
- Musculoskeletal evaluation and injection under ultrasound

Appointments: 863-680-7214
WatsonClinic.com/Montenegro

Salvador O. Montenegro, MD

Education:

- Autonomous University of Guadalajara School of Medicine, Guadalajara, Mexico, MD
- Texas Tech University, El Paso, TX, Family Practice, Internship & Residency
- American Sports Medicine Institute, Alabama Sports Medicine & Orthopedic Center, Birmingham, AL, Sports Medicine, Fellowship

Professional Activities & Memberships:

- American Board of Family Medicine Certification, Subspecialty Certification in Sports Medicine
- American Academy of Family Physicians
- American Medical Society for Sports Medicine
- American College of Sports Medicine
- Central-American Medical Society

Dr. Montenegro has been serving Watson Clinic patients since 2006. His wealth of expertise and attentive approach has earned the trust of top athletes and sports teams in our region. He is proud to serve as the team physician for the **Detroit Tigers Florida Operations** and the **Lakeland Flying Tigers, Southeastern University, Florida Southern College**, various local high schools, and a number of additional competitive athletic organizations.



Dr. Montenegro has appointment availability five days a week in-office at two convenient locations or through Telemedicine Video Visits!

Watson Clinic Main

1600 Lakeland Hills Blvd.
Lakeland, FL 33805

Watson Clinic Highlands

2300 E. County Road 540A
Lakeland, FL 33813

**Call 863-680-7214 or visit
WatsonClinic.com/Portal for a
Telemedicine appointment*.**

*Please note that appointment options are subject to individual physician availability. You must be enrolled in the MyChart Patient Portal system in order to participate. Co-payment requirements may vary based upon your insurance coverage.