WATSON CLINIC

Comprehensive *Non-Surgical* Sports Medicine *Care*

Sports Medicine specialist **Axel Santiago, MD** arrives at Watson Clinic with a wealth of specialized training and experience in Sports Medicine and non-operative musculoskeletal care. His expertise lies in the evaluation and management of both acute and chronic orthopaedic conditions in athletes and other active patients, with an emphasis on evidence-based treatment and ultrasound-guided procedures.

Now Accepting Referrals for the following:

Joint and Soft Tissue Injections *(all joints except spine)*:

- *Corticosteroid injections (knee, hip, shoulder, etc.)*
- *Viscosupplementation (hyaluronic acid)*
- *Platelet-Rich Plasma (PRP) injections*

Ultrasound-Guided Procedures:

- *Joint injections*
- *Bursa and tendon injections*
- *Aspiration of joints, cysts, and hematomas*
- *Tendon fenestration/tenotomy*

Fracture Management:

- *Closed reductions (finger, wrist, etc.)*
- *Splinting and casting*
- *Management of stress fractures*

Minor Office Procedures:

- *Concussion assessment and return-to-play planning*
- *Foreign body removal*
- *Nail trephination for subungual hematomas*
- *Reduction of dislocated joints*
- *Suturing of minor lacerations*

Acute Injuries:

- *Ankle sprains*
- *Knee ligament injuries*
- *Joint dislocations*
- *Tendon ruptures (e.g., Achilles)*

Chronic/Overuse Injuries:

- *Rotator cuff tendinopathy*
- *Lateral and medial epicondylitis*
- *Patellofemoral pain syndrome*
- *Shin splints (medial tibial stress syndrome)*
- *Plantar fasciitis*
- *Stress fractures*

Joint and Soft Tissue Pain:

- *Early osteoarthritis*
- *Meniscal tears (non-surgical management)*
- *Labral tears of the hip/shoulder (non-surgical)*
- *Bursitis*
- *Tendinopathy*

Imaging and Diagnostics:

- *In-office musculoskeletal diagnostic evaluation with ultrasound (select joints)*
- *Ordering and interpreting X-rays, MRIs, and CT scans*

Medical Issues in Athletes:

- *Concussions*
- *Exercise-induced bronchospasm/asthma*
- *Relative Energy Deficiency in Sport (RED-S)*
- *Amenorrhea and menstrual irregularities*
- *Dehydration and heat-related illness*

Axel Santiago, MD

Sports Medicine Specialist



Education

- Universidad Iberoamericana – Santa Domingo, Dominican Republic, MD
- Manati Medical Center, Manati, PR, Family Medicine, Residency
- WellSpan Health, York Hospital, York, PA, Sports Medicine, Fellowship

Professional Activities & Memberships

- American College of Sports Medicine
- American Medical Society of Sports Medicine
- American Academy of Family Physicians
- American Board of Family Medicine

Additional Languages Spoken

- Spanish



WATSON CLINIC MAIN
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WATSON CLINIC PARKWAY MEDICAL CENTER
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Lakeland, FL 33812

Appointments:
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Now Available for Referrals