

FOR IMMEDIATE RELEASE

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Contact: Michele Hutchins
(603) 238-6468



Plymouth Orthopedics: Keeping You in the Game *New Physician's Assistant, an Experienced Athlete, Joins Practice*

PLYMOUTH, N.H. — Mondays are clinic days for Plymouth State University's head team physician Dr. Michael Giovan, orthopedic surgeon with Plymouth Orthopedics & Sports Medicine Clinic. One recent Monday Dr. Giovan and his new Physician's Assistant Amanda Hall evaluated six athletes: some had new injuries and treatment recommendations were reviewed, others were recovering from injuries and looking for their release to get back in the game.

“Working with the athletic trainers and coaches, we get to know the athletes, observe them during practice and being here give us the opportunity to

address their injuries when they occur,” explains Dr. Giovan. “One of the biggest mistakes we see in athletes is failure to maintain their strength and conditioning throughout the year, and not just the season.”

Having previously been the head team physician for high schools in Phoenix, Ariz., and Woodland, Calif., as well as serving on the medical staff for the Texas Rangers during spring training, Dr. Giovan knows the passion athletes have for their sport. That's why he specializes in advanced arthroscopic, minimally invasive surgical techniques that reduce pain and expedite recovery time.



As a former elite collegiate athlete herself, Hall knows what it's like deal with injuries while maintaining your competitive edge. A competitive gymnast since the age of seven, Hall suffered multiple injuries during her career. She can relate to the setback an athlete feels when they are injured, which helped fuel her interest in orthopedics. She graduated with her master's in science from the University of New England earlier this year.

Dr. Giovan says, “Amanda is a good fit for the practice because she relates well with the patients as a result of her own athletic experience. Working together we are able to increase our scope of services and provide better availability and coverage, not only to PSU, but to the area high schools as well.”



Hall was a decorated athlete at the University of New Hampshire where she received her bachelor's in psychology and completed her pre-med coursework. She set new All Around records for the UNH gymnastics team in 2003 and 2004, voted most valuable player three consecutive years, served as team captain from 2005 – 2006, and competed in the 2006 National Gymnastics Championship. In 2006 she received the Jim Urquhart Student-Athlete of the Year award, presented annually to a senior who excels both in athletic competition and the classroom, and possesses great character, sportsmanship and a passion for sports.

New patients are being accepted. Call Plymouth Orthopedics & Sports Medicine Clinic at (603) 536-1565 to schedule an appointment. The office is located on the second floor of Speare Memorial at Boulder Point, 103 Boulder Point Drive just off Tenney Mountain Highway in Plymouth.

Speare Memorial Hospital is a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire for more than a century. Visit online at www.spearehospital.com and join us on Facebook.

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