

Sports Related Injuries Speaker Biographies

Bruce Steinberg, MD



Dr. Steinberg is a graduate of the University of Pennsylvania and Harvard Medical School. His residency was completed at the Harvard Combined Orthopaedic Surgery Program. He also completed a fellowship in Hand and Microvascular Surgery at the Indiana Hand Center. Dr. Steinberg is board certified by the American Board of Orthopaedic Surgery and has a certificate of added qualification in hand surgery.

Dr. Steinberg is chairman of orthopedics at Baptist Medical Center. He is also one of the team physicians for the NFL Jacksonville Jaguars. In addition to Dr. Steinberg's orthopedic surgery training, he has an engineering background and continues to perform biomechanical research in his area of specialty, compartment syndrome. He holds five patents in this area, and has published multiple articles in peer review, medical, and engineering journals.

He practices Hand & Microvascular Surgery; Shoulder & Elbow Arthroscopy/Arthroplasty at the [Baptist South](#) & [San Marco](#) divisions

Garry S. Kitay, MD



Dr. Kitay is a graduate of Brandeis University and Columbia University College of Physicians & Surgeons. His residency was completed at the University of Pennsylvania. He also completed a fellowship in adult and pediatric hand surgery, upper extremity reconstruction and microsurgery at the Indiana Hand Center. Dr. Kitay is board certified by the American Board of Orthopaedic Surgery. He is a member of the American Academy of Orthopaedic Surgeons and the American Society for Surgery of the Hand with a certificate of added qualifications in hand surgery. He received the Orthopaedic

Research Society New Investigator Recognition Award and the Zimmer Annual Travel Award.

He practices Hand, Elbow & Shoulder Minimally Invasive & Joint Replacement Surgery; Microvascular Surgery at the [San Marco](#)

Julia Guthart, OTR/L, CHT

Julia Guthart, OTR/L CHT, is a certified hand therapist with over 20 years of experience. She is the Hand Therapy Coordinator and a practicing hand therapist for the largest outpatient sports medicine orthopedic practice in Northeast Florida. As a strong clinician, Julia has been working with patients, therapists, and physicians to provide patient care and promote Hand Therapy throughout her career. She has written several articles for Jacksonville Orthopedic Institute's "The Stretch" quarterly publication. Julia has worked closely with hand surgeons throughout her career developing strong clinical skills and an aptitude for splinting. Julia became a Certified Hand Therapist in 1992 and is a graduate of the University of Florida. She is a busy wife and mother of three as well as a major Gator fan.

Joanna Starkey, DPT, CHT

Joanna L Starkey DPT/CHT- received her undergraduate degree in Exercise physiology at Ohio State University. She attended Shenandoah University for her Masters and Doctors in Physical Therapy. She initially became involved in rehabilitation from her career as a Ballet dancer, but in 1998 began working as an aide at the Columbus Hand Center and quickly became hooked with treating the upper extremity. Working primarily for the past eight years at JOI, a busy outpatient orthopedic clinic, Joanna has helped train new therapists, educate staff and other health care professionals on hand therapy, as well as developing and updating protocols for common upper extremity disorders.

John Crick, MD



Dr. Crick graduated from University of Michigan Medical School and completed his Orthopaedic Residency at UF & Shands here in Jacksonville. He is fellowship trained in Hand/microvascular surgery under Dr. Jack Tupper in Oakland, CA. He is a member of the American College of Emergency Physicians, Diplomate American Board of Orthopaedic Surgery, Fellow American Academy Orthopedic Surgeons, American Society for Surgery of the Hand and has a certificate of Added Qualifications in hand Surgery since 1990. He has been practicing since 1981 and has numerous publications and has

presented on many hand surgery topics over the years. He currently practices at North Florida Hand Surgeons.

Jack Manton, DPT, CSCS



Jack is a Medical Sports Injury Prevention Specialist - specializing in the prevention of shoulder and elbow injuries and performance enhancement in the professional baseball player as well as preventing running injuries. He provides a holistic, therapeutic approach for individuals who have exhausted treatment options in eliminating pain and nagging injuries. Jack has a private practice in New York where he combines his athletic background (3 sport athlete), his 4 degrees (2 Bachelors Degrees, Masters and Doctorate), 9 years of clinical experience, 10 years of experience as a Certified Strength & Conditioning Specialist (Professional & Olympic athletes), Eastern & Alternative studies and his mentor Ted Corbitt, the Father of long distance running, Olympian and master physical therapist/injury prevention specialist. He has originated a unique “Medical Sports Injury Prevention Program” based on his *Manton Method*TM. “Knowing which specific exercises lead to injury and how to prevent injury is the Gold Standard that defines the *Manton Method*TM.”

Tim Day, MBA, B.App.Sci (Physiotherapy), B.Eng (Civil)(Honours)



Tim has over 16 years of experience in Sports Performance and Physical therapy. He worked with Australian Olympic track and field athletes and Australian Rules Football players prior to spending four years with the Los Angeles Dodgers as a physical therapist and strength and conditioning coach. Tim also played professional baseball for 12 years. Hence his major interest is shoulder and elbow problems. He currently works as a manager/therapist at the UF&Shands Orthopedics and Sports Medicine Institute and works predominantly with college, youth and pediatric upper extremity athletes.

Shane Shapiro, MD



Dr. Shapiro graduated from University of Virginia School of Medicine and completed his residency at Mayo Clinic Jacksonville. He is fellowship trained in Sports Medicine from the Mayo Clinic also. He is Board Certified in Family Medicine and has a Certificate of added qualifications in Sports Medicine. He is a member of the American Academy of Pain Medicine, American College of Sports Medicine, American Institute of Ultrasound in Medicine, American Medical Society for Sports Medicine, Duval Medical Society, and Florida Academy of Family Physicians. He is currently an instructor of Family medicine and Assistant professor of Orthopedics for the College of Medicine at Mayo Clinic Jacksonville.

Kim McVeigh OTR/L,CHT



Kim graduated from The Ohio State University Occupational Therapy program in 1995. She has been a Certified Hand Therapist since 2001. She has practiced outpatient rehabilitation in Jacksonville since 1996. She has been employed by Mayo Clinic since 1999 where she is a preceptor in the Mayo College of Medicine and Senior Occupational Therapist. She is currently a member of The American Society of Hand Therapists and is

active in board committees. She presented at the last 2 conferences, the Canadian Hand Therapy Conference, and American Society of Hand Therapy National Conference. She is also a member of the Florida Hand Society. In addition to being a therapist, she is also a pilates instructor.