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**Publisher's Corner**

As I sit at my desk writing this addition of Publisher's Corner, my attention is drawn to just outside my window, where a pandemonium of wild green parrots raucously swoops by, making quite a jovial racket. This singular event sums up my love of South Florida. What a glorious tropical haven we live in, where wild parrots demand our attention, as often as the fax machine or the cell phone or our email in-box. (The major difference being... I hardly ever toss bits of bread to my fax machine.)  
by *HUNTER TERAN*

huntpub trainer



**Trainor  
Sports  
Medicine**



**"90% Of Patients Do Not Require Surgery... That's What We Do"**

**Dr. JACK M. TRAINOR, M.D.**  
**MUSCULOSKELETAL AND SPORTS MEDICINE PHYSICIAN**  
(Non-surgical orthopedics)  
[www.trainorsportsmedicine.com](http://www.trainorsportsmedicine.com)

Doctor Jack M. Trainor practices Musculoskeletal and Sports Medicine, which includes non-surgical orthopedics. He has completed an accredited Sports Medicine Fellowship and is a member of the American Medical Society of Sports Medicine and the American College of Sports Medicine.

**Sports Medicine Specialist**

A former Assistant Clinical Professor and team physician, at Marshall University, Dr. Trainor is uniquely qualified, with expertise in musculoskeletal injuries. He has completed Specialty Training at Marshall University, in an accredited Sports Medicine fellowship and was an assistant clinical professor.

**Practice Includes**

- Fracture care with casting and splinting
- Muscle strains and sprains
- Sports nutrition and performance issues
- Exercise prescription  
(for patients who want to increase their fitness)
- Injury prevention, "return to play"
- Strength training and conditioning

**Pain Control Specialist**

Dr. Trainor also specializes in pain control for musculoskeletal injuries, which includes injections like Cortisone, Viscol supplementation, i.e., Euflexxa, Hyaline, and Syrvisc, as well as PRP (platelet rich plasma).

Member:

American Medical Society of Sports Medicine, American College of Sports Medicine, American Medical Association

**Please contact our office for an appointment for evaluation and treatment. You do not have to live in pain!**

4701 North Federal Highway, Suite A 10, Fort Lauderdale, FL 33308  
P 954.772.6977 F 954.351.1197  
OFFICE HOURS: MONDAY THROUGH FRIDAY FROM 8:30 TO 4:30