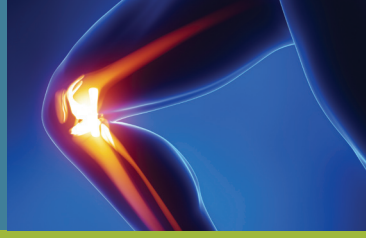
Duke Sports Medicine

Extensive experience in non-operative and surgical management of athletic injuries



Appointments within 48 hours, with dedicated orthopaedic urgent care access for prompt evaluation and definitive care



Sports medicine expertise for professional athletes to active individuals

Overview

Duke Sports Medicine takes a multidisciplinary approach that combines advanced surgical and non-operative expertise to treat the full spectrum of musculoskeletal injuries of the shoulder, elbow, hip, knee, and ankle. The program has a strong focus on minimally invasive techniques, including arthroscopic procedures and complex ligament and cartilage repair, supported by active clinical research and education.

Our fellowship-trained sports medicine clinicians are uniquely trained to evaluate each patient's activity goals and functional demands—developing individualized treatment plans that optimize recovery, reduce reinjury risk, and support long-term joint health.

Our sports medicine physicians, athletic trainers, and physical therapists serve as team physicians and athletic trainers for the Duke Athletics, North Carolina Central University, Elon University, and the North Carolina Courage, while providing comprehensive sports medicine care for athletes and active individuals across all levels of competition and activity.

When to Refer

Our experienced team works with you to diagnose and manage care for your patients, including surgery when necessary, for conditions including, but not limited to:

- Persistent joint pain (shoulder, elbow, hip, knee, and ankle) despite conservative management
- Suspected ligament, tendon, or labral injury
- Activity-limiting musculoskeletal injuries in active patients
- Patients seeking return-to-sport or return-to-function guidance
- Cases where surgical vs. non-operative decision-making is unclear

To refer a patient, log in to Duke MedLink, or call 919-613-0505.

DukeHealth

Why Refer to Duke Sports Medicine

Nationally recognized expertise in sports injury care and performance

- Designated FIFA Medical Center of Excellence, reflecting the highest standards in sports injury prevention, treatment, and performance optimization
- Extensive experience managing athletes across all levels, including professional, collegiate and members of our local community
- Active research programs in early joint injury detection, regenerative therapies, and evidence-based recovery protocols

Coordinated, multidisciplinary care across the full injury and recovery continuum

- Multidisciplinary sports medicine model, including orthopaedic surgery, primary care sports medicine, physical therapy, and subspecialty services
- Integrated care continuum from injury evaluation through rehabilitation and return-to-play, with coordinated management across specialties
- Expertise in musculoskeletal ultrasound, regenerative medicine, and advanced surgical and non-operative techniques

Programs for performance, injury prevention, and specialized populations

- Comprehensive sports performance programs focused on optimizing physical performance, nutrition, and musculoskeletal health
- Access to advanced motion analysis, wearables, imaging, and performance testing to guide individualized training and injury prevention strategies
- Dedicated Female Athlete Program addressing sex-specific injury patterns, performance considerations, and recovery needs

DukeHealth