



# SPORTS MEDICINE TEAM

*Our Sports Medicine Team consists of specialists in the areas of sports medicine, foot and ankle, joint preservation, hand, spine care, physical therapy and occupational therapy. When needed we are supported by additional Core Physicians' specialty care providers including cardiologists, urologists, neurologists and neurosurgeons among others.*

*Our accomplished team of physicians, therapists and athletic trainers have unique and diverse backgrounds, lending to extensive sports expertise.*

- **Joseph Bernard, DO**, is board certified in sports medicine and is a credentialed ImPACT consultant with extensive experience in concussion management. He is also a team physician for Sanborn High School, Seacoast United Sports Club and the University of New Hampshire.
- **A. Neil Clerk, MD**, fellowship trained orthopedic surgeon, provides diagnostic, surgical and therapeutic services for patients. He is certified as a US Ski Team physician and his subspecialty is sports medicine and shoulder reconstruction.
- **Aaron Colman, MD**, fellowship trained foot and ankle orthopedic surgeon, is a tri-athlete competitor who can provide guidance for a wide range of sports including running, cross-country skiing and training techniques for athletes.
- **Richard Feeney, DO**, is fellowship trained in pain medicine with additional training in complementary and alternative medicine. He has personal and professional interest in the care of endurance athletes, including runners, swimmers and cyclists.
- **Roger Nowak, MD**, is director of sports medicine. He is a fellowship trained orthopedic surgeon-sports medicine and has treated members of the National Football League and the National Hockey League.
- **Jessica Peelman, MD**, fellowship trained orthopedic surgeon, specializes in non-operative and operative treatment of conditions affecting the hand and upper extremity.
- **Mark Reeder, MD**, sports medicine specialist, currently coaches football and is a tri-athlete competitor. He has extensive expertise in concussion management.
- **Ashton Stanton, MD**, interventional physiatrist, fellowship trained-interventional spine and sports medicine, is a competitive athlete and has been involved with professional sports team coverage.
- **Taylor Brown, ATC, CSCS**, is the rehab support coordinator is a certified athletic trainer and a certified strength and conditioning specialist currently providing services for Sanborn High School. She is also a per diem athletic trainer with Seacoast United and a performance specialist at the Athletic Performance Center of Exeter Hospital.
- **Kim Carpenter, MPT, ATC, CSCS**, is a senior physical therapist specializing in sports medicine, strength and conditioning, and the Norwegian approach to manual therapy. She is the dedicated athletic trainer for Seacoast United.
- **Tomislav Rogic, DPT, ATC**, is a physical therapist and athletic trainer who focuses on treating sports medicine and orthopedic injuries using various manual techniques and specific exercise. He also provides additional medical coverage for Seacoast United athletic events.
- **Dawn Szelog, DPT, ATC, CSCS**, is a physical therapist and athletic trainer with a background in strength and conditioning who treats sports related/orthopedic injuries utilizing manual techniques, graston and corrective exercises. She also provides athletic training coverage for Seacoast United and Loco road races throughout the year.
- **Matt Szelog, ATC, CSCS, CES**, is the sports performance coordinator for the Athletic Performance Center of Exeter Hospital. He specializes in sports performance training, functional movement assessments and corrective exercise techniques.



## SERVICES PROVIDED

### Sports concussion management:

- Concussion education for players, coaches, parents and school staff
- Base line testing with ImPACT
- Post-concussion evaluation
- Return-to-play decision support

### Consultative services:

- Team physician available onsite and/or through convenient and flexible office hours
- Certified athletic trainers
- Training room and game coverage onsite
- Team and individual strength and conditioning programs
- Nutrition
- Sports injury prevention, management and treatment education programs for parents, coaches and athletes

Some of our physicians and therapists provide support and athletic training through an exclusive partnership with Seacoast United. In addition our team provides medical coverage for all Loco Running Marathons.

## CONTACT INFORMATION

To schedule an appointment with one of our specialists, please call:

### Athletic Performance Center of Exeter Hospital

at *The Rim Sports Complex*  
311 Winnacunnet Road  
Hampton, NH 03842  
603-601-7761  
exeterhospital.com

at *The Rinks at Exeter*  
40 Industrial Drive  
Exeter, NH 03833  
603-583-5042

### Core Physicians/Core Orthopedics/Core Physiatry/Sports Medicine The Center for Orthopedics & Movement

7 Alumni Drive  
603-777-1000  
WhatMovesYouNH.org

### Exeter Hospital Physical & Occupational Therapy Services The Center for Orthopedics & Movement

7 Alumni Drive  
Exeter, NH 03833  
*Additional locations:* Epping, Hampton, Kingston, Newmarket, Plaistow,  
Portsmouth, Raymond  
603-778-6548  
exeterhospital.com

### Your Certified Athletic Trainers:

Taylor Brown, ATC  
603-580-6548

Kim Carpenter, MPT, ATC, CSCS  
603-778-6548

Tomislav Rogic, DPT, ATC  
603-777-1886

Dawn Szelog, DPT, ATC, CSCS  
603-778-6548

Matt Szelog, ATC, CSCS, CES  
603-778-6548



The Rinks  
AT EXETER

