

Joshua Hackel, M.D.

ANDREWS

ORTHOPAEDIC & SPORTS MEDICINE CENTER

Non-Surgical Sports Medicine

Ninety (90) percent of all orthopaedic/musculoskeletal injuries are non-surgical. The primary care sports medicine physician specializes in the non-operative medical treatment of these injuries. The same expertise used for the competitive athlete is applied to the non-athlete to assure quick return to work, home or play.

Dr. Joshua Hackel, a sports medicine physician specializes in the prevention, diagnosis, and non-surgical management of musculoskeletal injuries utilizing the latest medical techniques for anyone who is injured on the job or at home, a weekend warrior, professional, high school or recreational athlete.

Following his residency in 2003 in Family Practice at Columbus Regional Medical Center in Columbus, GA, Dr. Hackel accepted a fellowship at The American Sports Medicine Institute (ASMI) in Primary Care Sports Medicine under the direction of orthopaedic surgeon Dr. James R. Andrews. Upon completion of the fellowship he was invited to become a founding member of the Andrews Orthopaedic & Sports Medicine Center in Gulf Breeze, FL.

Dr. Hackel treats acute and chronic musculoskeletal injuries such as joint sprains, strains, knee, hip, elbow, foot, ankle and shoulder injuries, fractures and stress fractures, arthritis/degenerative joint disease, athletes with chronic or acute illnesses, and nutrition. When surgical intervention is necessary prompt referral to the appropriate surgeon is assured.

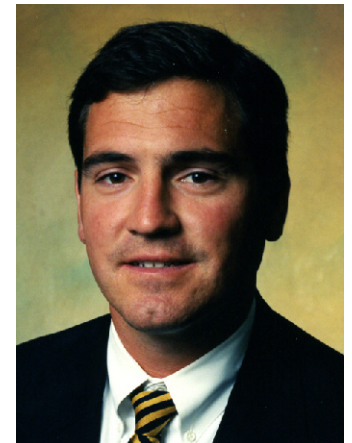
In addition, Dr. Hackel specializes in the use of musculoskeletal ultrasound to perform Regenerative Injection Therapy (RIT) which equates to the regeneration of normal tissue at the injury site. Your

body's own growth factors, or Bioactive Proteins, are used to encourage the in-growth of normal collagen and the remodeling of the previously injured tissue at the pain initiating site. In this way, your own growth factors become the Regenerative Injection Therapy Agent of choice. This process is also called Platelet Rich Plasma, or PRP. The injection(s) is performed with precision utilizing ultrasound to guide the PRP injection to the exact location of the injury.

Dr. Hackel has a multitude of team physician experience in many different sport and recreational arenas. These include local institutions such as the University of West Florida and Northview High School as well as team physician to other amateur and professional athletic organizations.

Dr. Hackel holds memberships in numerous medical societies including the American Medical Society for Sports Medicine, American Medical Association, Florida Medical Association, Escambia County Medical Society, Santa Rosa Medical Society, American Academy of Family Practice, and the American College of Sports Medicine.

Dr. Hackel practices in Gulf Breeze at the Andrews Orthopaedic & Sports Medicine Center and serves as an Associate Clinical Professor at Florida State School of Medicine.



Training

American Sports Medicine Institute

Sport Medicine Fellow

Columbus Regional Medical Center

Residency Family Practice

What is musculoskeletal ultrasound?

Dr. Hackel is the first in the region to use ultrasound to assist with diagnosing and treating different orthopaedic injuries. The advancement of ultrasound in sports medicine is rapidly becoming the standard of care and Dr. Hackel has been at the forefront of this development. By utilizing ultrasound in his practice he has dramatically improved efficiency and reduced medical cost to benefit his patients.

To make an appointment with Dr. Hackel, contact the office at (850) 916-3700.