hearing the term, “sports medicine,” images of injuries, fractures, sprains, overuse injuries and other non-life-threatening orthopedic emergencies, the clinic will provide a welcome alternative to overcrowded, expensive emergency room services.

Dr. Michael Montgomery recently joined the practice to oversee the Priority Care Clinic, which will be open Monday through Friday from 8 a.m. to 5 p.m. with no appointment necessary. Montgomery, who is fellowship trained in primary care sports medicine, says he is excited to offer a clinic like this – the first of its type in South Texas.

“We see a lot of injuries involving sports, but also see ‘weekend warriors’ who may have injured themselves biking or older patients with troubling arthritis flares,” he says. “It’s a broad range of injuries.”

In his role as a primary care sports medicine doctor, Montgomery will cover local high school football games and assist local trainers with the management of student injuries. Additionally, he notes an increase in concussions among young athletes, which is not taken lightly.

“It’s not so much that there is an increase in incidence of concussions, but we are more vigilant in treating head injuries, especially in children and adolescents,” he says. “We know more about head injuries. Coaches and trainers are more aware of what to look for. We now realize the severity of the complications from concussions.”

Montgomery says everyone acts differently to brain injuries, so patients must be treated on a case-by-case basis. The younger a patient with a brain injury, the more vigilant he becomes.

“Young athletes may have to sit out longer from a concussion compared to an adult,” he says. “We don’t want them having to deal with a significant brain injury for the rest of their lives. The key is education and helping parents and coaches realize what’s at stake. Putting an athlete back out on the field too soon is not worth the risk. Our ultimate goal is to treat the injuries of all athletes and help them to get back to their sport of choice.”

Specializing in sports medicine and arthroscopic knee and shoulder surgery, Dr. Bernard Seger knows from a very early age he would someday become a physician. Both of his parents were doctors, and his mother was the first Hispanic woman to receive a degree in medicine. Born and raised in Victoria, Seger eventually moved to Corpus Christi and is a senior partner at South Texas Bone & Joint who has more than 20 years at the practice.

“I had always envisioned a practice like ours, where each doctor would have their specialties, and I’m proud how we’ve been able to grow and thrive in the Coastal Bend community over the years,” he says.

An accomplished equestrian who helped train horses for the 1996 Olympics in Atlanta, he genuinely enjoys working with athletes getting back on the road to recovery. “I’m humbled to work with athletes every day,” he says. “They are physically fit, aggressive and anxious to get back in the game. It’s incredible to see more physically fit kids than ever before. Educating those young athletes is crucial to keeping them from re-injuring themselves again in the future.”

Seger says the practice also meets with trainers at area schools to talk about ways to prevent injuries and provides physicals for the schools through their community outreach programs.

“There’s no better feeling in the world than to work with a young athlete and watch them become an elite athlete, rising through the ranks of collegiate sports,” he says. “It’s amazing to have former patients track you down to let you know how well they are doing. That’s why I do what I do. I can’t think of anything else I’d rather be doing.”

For more information about the sports medicine services at South Texas Bone & Joint, visit www.southtexasboneandjoint.com or follow the group on Facebook and Twitter. Call 361-859-8511 to make an appointment today.