



MedStar Health

Sports medicine monthly.

Trusted partner of Montgomery County Public Schools.

Montgomery County Public Schools (MCPS) and MedStar Health are entering their second year of a transformative partnership dedicated to enhancing the health and safety of student-athletes across all athletic programs. Building on the success of the inaugural year, the collaboration continues to streamline and elevate care by providing comprehensive sports medicine services, injury prevention practices, and top tier medical professionals. This Partnership underscores the commitment of both organizations to the well-being of student athletes, ensuring they receive the support they need both on and off the field.

We are excited to introduce the doctors and athletic trainers from MedStar Health associated with this partnership!

Medical Directors



Wiemi Douguih, MD **Orthopedic Sports Medicine**

Dr. Douguih is an orthopaedic surgeon and a member of the MedStar Orthopaedic Institute. He serves as Regional Medical Director of MedStar Health Sports Medicine and Director of Sports Medicine at MedStar Washington Hospital Center's Department of Orthopaedic Surgery. He is an Assistant Clinical Professor at Georgetown University.

He also serves as the lead orthopedic surgeon for the Citi Open Tennis Tournament and Old Glory DC Rugby. He has served as Senior Orthopaedic Consultant for the Washington Wizards (NBA) Washington Mystics (WNBA) and as Medical Director for the Washington Capitals (NHL). He served as Medical Director and Head Team Physician for the Washington Nationals (MLB) for seven years, up through 2015. Dr. Douguih has also served as assistant team physician for the Washington Redskins, Los Angeles Lakers, Los Angeles Dodgers, Los Angeles Kings, Anaheim Angels, and Anaheim Mighty Ducks, as well as for the teams of Loyola Marymount University. He has successfully operated on numerous professional and elite athletes in a wide range of sports.

He is a graduate of Washington and Lee University in Lexington, VA and the Medical College of Virginia in Richmond. Dr. Douguih is an alumnus of the Union Memorial Residency Program. Dr. Douguih is board certified in orthopaedic surgery and holds a subspecialty certification in sports medicine. He specializes in arthroscopic treatment of the shoulder, elbow and knee. An award winning researcher who has published multiple articles in peer reviewed journals, he has lectured internationally on various sports medicine topics. Dr. Douguih was an All-American and Hall of Fame lacrosse player at Washington and Lee University. He also won a national judo championship in 2001.



Korin B. Hudson, MD **Sports Medicine, Emergency Medicine**

Dr. Kori Hudson is an associate professor at Georgetown University and a physician practicing sports medicine and emergency medicine with MedStar Health. Dr. Hudson received her undergraduate degree at the University of Virginia where she studied bioethics and sports medicine as part of the Echols Scholars Program. She graduated from the University of Virginia School of Medicine and remained at UVa for her residency training in emergency medicine before completing a fellowship in primary care sports medicine at MedStar Washington Hospital Center.

Dr. Hudson has been a faculty physician at MedStar Georgetown University Hospital and MedStar Washington Hospital Center since 2006. She is currently the Team Physician for the Washington Wizards, Washington Mystics, and Georgetown University Athletics. She also is a consulting physician for the Washington Capitals and Maryland Jockey Club EMS. Dr. Hudson serves as a Co-Director of Emergency Action Planning for MedStar Sports Medicine's South region. She is also the Program Director for the Primary Care Sports Medicine Fellowship. Dr. Hudson divides her clinical time between the Emergency Department at MedStar Georgetown and her outpatient sports medicine practice. She is involved health policy as it relates to athletes at the collegiate and professional levels and is a member of the NCAA Division I Concussion Safety Protocol Committee.

Physicians



Humaira Ashraf, MD
Physical Medicine and Rehabilitation, Sports Medicine, Interventional Spine

Dr. Ashraf is an experienced, board-certified physician who is fellowship trained in sports medicine and interventional spine. She offers non-surgical management of sport and exercise injuries, as well as non-operative procedures for spine and joint pain.

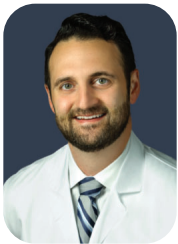
Dr. Ashraf attended the Lewis Katz School of Medicine of Temple University for medical school. She performed her residency at Shirley Ryan Ability Lab and Northwestern University and her fellowship in sports medicine and spine at the Hospital for Special Surgery. She is board certified in physical medicine and rehabilitation.

Dr. Ashraf specializes in nonsurgical management of sports-related injuries. Additionally, she performs interventional spinal procedures, ultrasound guided soft tissue and joint procedures, targeted peripheral nervous system blocks for pain management (eg. headache, rib fracture, carpal tunnel syndrome).



Kevin Blythe, MD
Sports Medicine, Emergency Medicine

In 2013, Dr. Blythe graduated from Meharry Medical College, an HBCU in Nashville, TN. Following that, he was at Georgetown for emergency medicine residency and sports medicine fellowship between 2013 -2017. After finishing residency, Dr. Blythe started contracting with Envision, working in community emergency medicine. He was able to start a twice weekly sports medicine clinic with Complete Health Partners in Nashville, TN. That clinic ran for about 18 months, after which he accompanied his wife in El Paso, TX for her own sports medicine fellowship.



Alexander Kheradi, MD
Sports Medicine, Emergency Medicine

Dr. Kheradi is double board certified in sports medicine and emergency medicine. He believes in providing high quality, individualized, whole-person care. His experience includes evaluating and treating patients from the initial injury to complete resolution and healing. He has a passion for education and working with patients to make them stronger and more resilient than before their injury. He focuses on maximizing function with both active and passive interventions.

He received his undergraduate and medical degrees from Wake Forest University, where he then was accepted into the MedStar Georgetown Washington Hospital Center Emergency Medicine residency program. After graduating residency in 2015, he served in the United States Air Force as a critical care air transport physician serving overseas twice in his four years of active duty.

After his military service, Dr. Kheradi was accepted into the MedStar Georgetown University Sports Medicine fellowship where he trained in orthopedic injuries, sideline medicine, regenerative and rehabilitative medicine, and musculoskeletal ultrasound.



Michael Lu, MD
Physical Medicine and Rehabilitation, Sports Medicine

Dr. Lu believes in providing individualized care guided by each patient's personal goals. His aim is to help patients maximize their function and return to the activities they enjoy. He attended medical school at the University of Maryland School of Medicine and completed his internship at MedStar Harbor Hospital. He completed his residency in physical medicine and rehabilitation and fellowship in sports medicine at Northwestern University Shirley Ryan Ability Lab.

Dr. Lu believes in a multidisciplinary approach to non-operative treatment of sports, spine, and musculoskeletal injuries. His treatments include exercise, therapy, and procedures such as lumbar spine, peripheral joint, and soft tissue injections of the musculoskeletal system. He has a particular interest in injuries surrounding racquet sports and adaptive sports. During his fellowship, he provided medical coverage for Northwestern University D1 Athletics, the Chicago Marathon, SkyRise Chicago, and for a multitude of adaptive sports teams.



Meghane Masquelin, DO
Urgent Care, Sports Medicine

Dr. Masquelin is a primary care provider established in Washington, District of Columbia and her medical specialization is Primary Care Sports Medicine with more than 7 years of experience. Dr. Masquelin has served as the medical director for the DC Half which saw over 7,000 runners. She graduated from Marian University College of Osteopathic Medicine in 2018.



Carter Mitchell, MD
Orthopaedic Surgery, Sports Medicine

Dr. Mitchell is the Director of Sports Medicine at MedStar Montgomery Medical Center and an Assistant Professor of Orthopaedic Surgery at Georgetown University Medical Center. He is board-certified in Orthopaedic Surgery as well as Orthopaedic Sports Medicine. Dr. Mitchell specializes in arthroscopy and treats all types of sports injuries, including injuries to the shoulder, elbow, knee, ankle, and foot.

A native of Bethesda, Maryland, Dr. Mitchell graduated from St. Albans school. He attended Brown University and graduated with a degree in Law and Public Policy in 1997, before attending the Georgetown University School of Medicine for medical school, general surgery internship and orthopaedic residency.

Dr. Mitchell has worked with many sports teams and athletes, including the Washington Nationals and DC United. He has been a team physician for the University of Alabama, the University of West Alabama, and the Birmingham Barons AA baseball team. Dr. Mitchell is a member of the American Academy of Orthopaedic Surgeons as well as the American Orthopaedic Society of Sports Medicine.



Ryan Murray, MD
Orthopaedic Surgery, Pediatric Orthopaedics, Sports Medicine

Dr. Murray is a fellowship-trained orthopedic surgeon who specializes in pediatric orthopedics and sports medicine. His areas of special interest and expertise are pediatric and adolescent sports injuries including ACL injuries, patellar instability, shoulder dislocations and instability, hip dysplasia, and fractures.

He focuses on shared decision making with patients and their families, working together to achieve each patient's goals. He has a special interest in helping young athletes cope with injury and the psychological barriers to recovery.

Dr. Murray is an active researcher and has written book chapters and been published in several peer-reviewed journals, including the Journal of Shoulder and Elbow Surgery, Journal of the American Academy of Orthopaedic Surgeons, and Orthopaedics.

In addition to treating patients, Dr. Murray is also an assistant team physician for Georgetown University athletics.



William Postma, MD
Orthopaedic Surgery, Sports Medicine

Dr. Postma is the Chief of Sports Medicine at MedStar Georgetown University Hospital Department of Orthopaedic Surgery. His areas of specialty include arthroscopy of the knee, hip, and shoulder with an emphasis on ACL and knee ligamentous reconstruction, hip arthroscopy and labral repair procedures, femoroacetabular impingement (FAI), and rotator cuff tears.

Dr. Postma serves as the Head Orthopaedic Surgeon for the Washington Wizards and for Georgetown University Athletic Department. As such he treats a variety of athletes from high school to the professional level. He additionally is heavily integrated with the MedStar Georgetown Orthopaedic Surgery residency program and is the Vice Chairman of Education. He is also involved in the Georgetown University School of Medicine where he serves as the Clerkship Director of Surgical Subspecialties and the Clerkship Director of Orthopaedic Surgery.

Dr. William Postma is an empathetic and dedicated Orthopedic Surgeon and Sports Medicine specialist serving the Washington, DC metropolitan area. Dr. Postma is an alumnus of the Medical University of South Carolina where he earned his medical degree. He completed his internship and residency in orthopaedic surgery at MedStar Georgetown University Hospital. He, then completed his fellowship in orthopaedic surgery sports medicine at the University of Pittsburgh Medical Center (UPMC).



Jason Pothast, MD
Physical Medicine and Rehabilitation, Sports Medicine

Dr. Pothast is a native of Ohio and earned his undergraduate degree in exercise biology from Wright State University in Dayton, Ohio. He received his medical degree from the Ohio State University College of Medicine in 2008. Afterwards, Dr. Pothast went on to finish a residency in physical medicine and rehabilitation from Thomas Jefferson University Hospital in Philadelphia in 2012, where he served as chief resident. He then completed his sports medicine fellowship in 2014 from the University of Florida, where he worked extensively with athletes of all ages from youth leagues to the NCAA Division 1 level. Dr. Pothast is double board certified in sports medicine and physical medicine and rehabilitation. He has a special interest in working with runners, from the recreational to the elite. Dr. Pothast also enjoys providing sideline coverage at local sporting events. In his spare time, Dr. Pothast remains active by running road races with his wife, as well as playing chase with his golden retriever. His slower-paced interests include cooking for his family and watching college basketball.

Dr. Pothast works alongside a variety of physical, occupational, and speech therapists to appropriately diagnose your problem, to get to the root of it, and to prevent it from coming back. He performs musculoskeletal ultrasound-guided injections right in the office, as well as use that same ultrasound technology to analyze muscles, tendons, and nerves. In addition, he manages your diagnosis closely with therapists to correct biomechanical deficiencies with your running, swimming, and working technique.



Steven Svoboda, MD
Orthopaedic Surgery, Sports Medicine

Colonel (retired) Steven Svoboda, MD is a board-certified orthopaedic surgeon with a sub-specialty certification in orthopedic sports medicine by the American Board of Orthopaedic Surgery. Dr. Svoboda is associated with MedStar Georgetown University Hospital and MedStar Washington Hospital Center and serves as a team physician for the NHL's Washington Capitals, Major League Rugby's Old Glory DC Rugby Club, and Prince George's County High Schools.

Dr. Svoboda practices at the MedStar Orthopaedic and Sports Center at Lafayette Centre, where he works to build a better healthcare environment in the Washington, D.C. area. Joining MedStar Health after a 23-year military career, with the last 10 years at the United States Military Academy at West Point's Keller Army Community Hospital, Dr. Svoboda seeks to apply what he has learned caring for American soldiers to the community in the District, Maryland, and Virginia.

A native of Bowie, MD, Dr. Svoboda attended the United States Military Academy at West Point, New York, where upon graduation, he was awarded a Bachelor of Science degree and commissioned as an officer in the United States Army. He graduated from medical school at the University of Maryland, School of Medicine, in Baltimore. Dr. Svoboda completed a Transitional Internship at Walter Reed Army Medical Center, in Washington, D.C., Orthopaedic Surgery Residency at Walter Reed Army Medical Center, in Washington, D.C., and a Fellowship in Orthopaedic Sports Medicine at the COL John A. Feagin, Jr. Sports Medicine Fellowship in West Point.



Kristen Wilkes, MD
Sports Medicine Emergency Medicine

Kristen Wilkes is an emergency medicine trained sports medicine physician establishing practice in Montgomery County with locations in Olney and Wheaton. She is a graduate of Villanova University and completed her medical education at Indiana University followed by emergency medicine residency at Rutgers New Jersey Medical School in Newark, NJ. After several years working as an emergency medicine attending physician in the northern New Jersey area, she returned to training to complete a sports medicine fellowship at MedStar Georgetown University Hospital this past summer. Her professional interests include strength training, nutrition, and women's health.

Athletic Trainers



Katie Brodka, MS, ATC/LAT
Director of Athletic Training Services

Katie Brodka MS, ATC/LAT joined MedStar Health in 2014. She is the Manager of Athletic Training Services for the Greater Washington DC region. She oversees MedStar Health's partnership with MCPS; coordinating access to care, education, and physician support for MCPS high schools.

Katie earned her bachelor's degree in athletic training in 2008 from Central Connecticut State University (CCSU) while playing Division 1 lacrosse. She also obtained her graduate degree in physical education and human performance in 2010 from CCSU while working as a graduate assistant responsible for men's soccer and baseball. Prior to joining MedStar Health, Katie was an assistant athletic trainer at St. John's University in Queens, NY. She worked primarily with the baseball team year-round and covered women's soccer in the fall.

Katie has a special interest in the overhead throwing athlete, concussion education and treatment protocols, and CPR education. She has taken pride in bringing high level care to the youth athlete and has spent time fostering relationships with community programs, such as Olney Boys and Girls Club (OBGC). Katie also works alongside our sports medicine providers in their clinics as an athletic trainer in a physician practice.



Holly Deckert, MS, LAT, ATC
Athletic Trainer

Holly Deckert holds an undergraduate degree from Wheeling Jesuit University 2018 in athletic training where she was a part of the women's lacrosse team. She has a Master's from Mount Saint Mary's University in sports management. She was GA for the women's rugby and M& W swim and Dive team. Holly worked for Medstar in 2020 for Marymount University Sports and worked with women's soccer, men's basketball, womens lacrosse and softball. She moved to Florida where she worked at a Nicklaus children's hospital in Miami and then in an industrial setting in West palm Beach before moving back to the Washington, DC area.



Jeremy Dockter MS, LAT, ATC, CES
Athletic Trainer

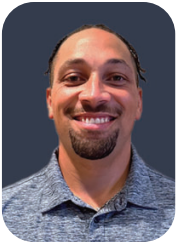
Jeremy Dockter joined MedStar Sports Medicine in 2021. He is the head athletic trainer for the Old Glory DC RFC, along with serving as a community liaison with Montgomery County Public Schools.

Jeremy obtained his bachelors degree in Athletic Training at University of Nebraska - Lincoln and his graduate degree in Exercise Science from Syracuse University. Prior to joining MedStar Health, Jeremy spent time as an assistant athletic trainer with University of Louisville football, a seasonal assistant athletic trainer with the New England Patriots, and a graduate assistant with Syracuse University men's soccer and women's tennis teams. Jeremy has numerous additional certifications, which include, Corrective Exercise Specialist, Functional Movement Screening (FMS) Level 1, Bloodflow Restricted (BFR) Rehabilitation, Sound Assisted Soft Tissue Mobilization. His special interests include post-surgical rehabilitation, sports performance, injury prevention through corrective exercise and joint mobilizations.



Emily Michaelis, MS, LAT, ATC
Athletic Trainer

Emily is the Head Athletic Trainer for the Baltimore Ravens Cheer and Dance Team. She joined the MedStar team in 2022, covering the Towson University gymnastics and cheerleading teams. She completed her bachelors of science in Exercise Science at Virginia Commonwealth University in 2019. She obtained her masters of science in Athletic Training at Shenandoah University in 2022. During her second year of her master's education, she interned with the University of Arizona gymnastics team. Emily's special interests include emergency care, functional range conditioning, and performing arts medicine.



Brandon Nelson, MS, LAT, ATC, CES
Athletic Trainer

Brandon Nelson graduated from Towson University in 2016 with a degree in exercise science. He completed his master's degree in athletic training from Shenandoah University in 2019. Prior to Medstar he worked at Mount St. Mary's University working with women's rugby and women's lacrosse. This previous summer Brandon worked with the Frederick Keys providing medical services. He has always felt a calling to want to help people and through his love of sports and passion for athletic training he is able to provide a high level of healthcare. .



Cecilia Sullivan, MBA, LAT, ATC
Athletic Trainer

Cecilia Sullivan joined MedStar in 2023. She is the Community Liaison | Athletic Trainer for Montgomery County Public Schools. She also supports multiple Sports Medicine Physicians with Physician Extending. She obtained her Bachelor of Science in Athletic Training from Towson University and her MBA from Southeastern Oklahoma State University. Prior to joining MedStar Health Cece worked as an Athletic Trainer at Springbrook High School in Montgomery County and as a Well-Being Specialist at Adventist Healthcare. She is also a Certified Basic Life Support CPR Instructor through the American Heart Association. Cece has also been afforded the opportunity to participate in three international Maccabi USA Summer games with Team USA as an Athletic Trainer.

Her special interests include concussion research and education as well as injury prevention through corrective exercises.