

# Alumnus Returns As Team Doctor

When Samuel Sanders addressed the Bullis Class of 1995 as valedictorian, he spoke of the importance of maintaining an appreciation for the community in which one was raised and a hope for one day giving back to that community. Today, 15 years later, he is doing just that by serving as team physician for the Bullis athletic program.

"I consider it a privilege to take care of the athletes on the field where I once played," Dr. Sanders says. He is especially interested in the prevention of sports related injuries, working closely with the coaching staff and athletic trainers to implement a pre-performance exercise program to limit the number of injuries.

"Having Dr. Sanders here is great," says Rachel Baker, Bullis' head athletic trainer. "It is great to have an alum who is so dedicated to the School helping the athletic program. When he approached us, he had nothing but passion to help the School that provided him so many memories."

Dr. Sanders is a native of Potomac, Maryland. While at Bullis, he excelled on nationally ranked soccer and tennis teams, achieving all-county honors in both sports. After earning his bachelor's degree in the biological basis of behavior from the University of Pennsylvania, he returned to the Washington, D.C., area to pursue his medical degree at The George Washington University School of Medicine.

A post-residency fellowship in arthroscopic surgery and sports medicine at the Uni-



*Consultations with Dr. Sanders '95 helped keep softball player Abby Hester's '12 rehabilitation on track for a quick return to the ball field.*

versity of Buffalo afforded Dr. Sanders the opportunity to provide orthopedic care to the Buffalo Sabres of the National Hockey League and the Athletic Department at Buffalo State College.

Dr. Sanders recently joined the Greater Washington Orthopaedic Group, where he specializes in sports medicine and arthroscopic surgery of the shoulder, hip and knee. He is also the team physician for Rockville High School.

"Studies show that adolescent boys and girls have a higher incidence of ligament tears compared to the rest of the general population," says Dr. Sanders. "My goal is to minimize these injuries. The fondest memories these athletes may have of high school are their experiences on the ball field so we hope to prevent any injuries requiring missed participation."

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