

NEWS



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Giving back to the community: Dr. Greg Howard donates services to high schools

Board-certified sports medicine physician provides more than a hundred hours annually in medical services

SHELBYVILLE, IN – In recent times it was not a common sight, but is so today: an injured teenage player being attended to by not only a certified athletic trainer, but also by a licensed physician at a high school football or basketball game.

Gregory Howard, the practice head at Major Sports Medicine and a board-certified physician, has been working to develop a local tradition usually seen only at large schools or collegiate events since taking up his practice with Major Hospital in 2004.

Today, Dr. Howard donates upwards of 20 hours a month during the Shelby County high school football and basketball seasons to be on-call at games in the region.

“It’s a way to give back to the community,” says Dr. Howard, who also serves as an on-call physician during the basketball sectional tournaments played in Shelby County.

“I enjoy the local level in high school sports, where kids are playing a sport for the experience and because they love doing it,” he continued. “I’m just trying to help out young athletes who are putting their bodies at a bit of risk to compete.”

Dr. Howard attends several Shelby County football games each season, and also comes to a number of Friday night high school basketball games in Shelbyville, Morristown and elsewhere in the county.

“There are a lot of things that physicians are paid for, and there are things that physicians can do that aren’t compensated for,” explained Dr. Howard.

“I provide this service because I want to personally show support for the community in a way apart from the traditional hospital or clinical setting.”

Dr. Howard is also well known for his free “Major Strides” community presentations about orthopedic and muscular health. The next Major Strides program will take place at the ReNovo Orthopaedic Center in Intelliplex on Nov. 4 at 6:30 p.m.

If a teenage player suffers an injury, seeing a physician sooner rather than later can minimize the lasting effects of such an injury. A simple sprain can turn into a more serious injury if it's not effectively dealt with appropriately.

"It's good to be able to see the kids right after they may have suffered an injury rather than wait a day or so for them to come into a clinical setting," Dr. Howard said.

Being a sports medicine specialist is a major plus for teenage athletes suffering an injury, as Dr. Howard is able to effectively provide both initial and post-injury advice and treatment. This is particularly true when a teenager suffers a concussion or a fracture while playing.

Donating time at games also means that Dr. Howard gets to know the teenage athletes better. "I often spend time in the training room as well as on the field, so I get to know a lot of teen athletes in Shelby County pretty well," he said. "It's an amazing privilege to start working with them in junior high and high school and watch them mature and grow."

About Major Hospital

Major Hospital is the primary healthcare provider for Shelby County (Indiana) and serves patients and families throughout southeast Indiana through the hospital and its vertical practice groups in Major Health Partners. Founded in 1924, Major Hospital has served as regional leader in successfully delivering a wide spectrum of healthcare services, including oncology and orthopaedics. As documented by a number of national independent healthcare agencies (including HealthGrades, Thomson-Reuters and Press Ganey), Major Hospital currently enjoys a number of top national and regional rankings for excellence in healthcare delivery. Named as one of America's top 100 hospitals, Major Hospital has also secured a national reputation as one the nation's leading hospitals in health informatics. For more information, please visit www.majorhospital.org.