

JONATHAN L. GLASHOW, MD, PC SHOULDER, KNEE AND ARTHROSCOPIC SURGERY



State-of-the-Art Surgery Through Integrated Rehabilitation

AS ORTHOPEDIC SURGEON AND CO-CHIEF OF sports medicine at New York's Mount Sinai Medical Center, Dr. Jonathan Glashow focuses his practice on the comprehensive, integrated, customized treatment of athletes at all levels. Patients receive an individualized treatment plan, from initial diagnosis to knee or shoulder surgery using the latest minimally invasive techniques, to complete athletic rehabilitation.

"After injury or surgery, there's often a big gap between undergoing traditional physical therapy and actually getting back on the field. We close that loop in a very detailed and directed one-on-one way for all athletes—high school, college, elite and professional," Glashow says.

Known in Mount Sinai's rapidly growing sports

medicine department for surgical excellence and innovation as well as academic research, Glashow develops new, state-of-the-art arthroscopic techniques in conjunction with industry leaders. Another area of his interest involves platelet-rich plasma and orthopedic biologics.

To provide patients with the concierge-style, integrated treatment they deserve, Glashow works closely with Dr. Keith Pyne and his team at SportsLab NYC, a premier sports training and rehab facility. "Together, we've developed neurologically based rehabilitation protocols for injured athletes at all levels," he says. "Whether you have an ACL or meniscus injury, rotator cuff or labral tear, what we offer patients is something unique—the best of both worlds."

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