



JOEL HIMES, DO

ORTHOPEDICS/SPORTS MEDICINE

Joel D. Himes, DO, is a board-certified sports medicine physician. Whether you're a Little League player, a high school athlete, a weekend warrior, or anything in between, Dr. Himes is an experienced specialist here to get you back in the game and back to life as quickly and safely as possible.

Medical School – Lake Erie College of Osteopathic Medicine, Erie, PA

Residency – Emergency Medicine, Saint Vincent Mercy Medical Center, Toledo, OH

Fellowship – Primary Care/Sports Medicine, University of Pittsburgh Medical Center, Pittsburgh, PA

Board Certified – Sports Medicine - American Board of Emergency Medicine

Board Certified – Emergency Medicine - American Board of Emergency Medicine

Member – American College of Emergency Medicine

Member – American Medical Society of Sports Medicine

Member – American Osteopathic Association

Member – Pennsylvania Osteopathic Medical Association

COMMON TREATMENTS AND PROCEDURES INCLUDE:

- Joint injuries, such as sprains
- Non-surgical fractures
- Overuse injuries, including:
 - Stress fractures
 - Tendonitis
 - Osteoarthritis
- Joint injections
- Ultrasound-guided diagnosis, treatments and injections
- Concussion treatment
- Nerve block for knee pain
- Minimally-invasive tendon procedures to treat:
 - Tennis elbow
 - Shoulder pain
 - Hip pain
- Plantar fasciitis
- Achilles tendonitis
- Biologic injections
- Prolotherapy

To make an appointment or to find out more about sports medicine at Penn Highlands Healthcare, contact the DuBois office at 814-375-7797 or visit www.phhealthcare.org.

PENN HIGHLANDS ORTHOPEDICS AND SPORTS MEDICINE

A Service of Penn Highlands DuBois

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Accepting major insurances.
www.phhealthcare.org

