



DHURBA DHUNGANA, MD

SPORTS MEDICINE

Dr. Dhungana is a primary care Sports Medicine fellowship-trained specialist physician in the USA in addition to his orthopedics & Trauma Surgery Residency training back home, a highly selective honor that confers the highest degree of training. He has practiced as a team physician at the high school and collegiate levels, and his expertise includes non-operative clinical orthopedic and sports-related problems, concussion management and musculoskeletal ultrasound and ultrasound-guided injections.

Medical School – Tribhuvan University, Kathmandu, Nepal

Internship – Ohio University Heritage College of Osteopathic Medicine, Adena Health System, Chillicothe, OH

Residency – Family Medicine, Bon Secours Mercy Health, Youngstown, Ohio

Residency – Trauma and Sports, Tribhuvan University, Kathmandu, Nepal

Fellowship – Sports Medicine, Bayfront Health, St. Petersburg, FL

Board Certified – American Board of Family Medicine

Member – American Medical Society for Sports Medicine

Member – American Academy of Family Medicine

COMMON TREATMENTS AND PROCEDURES INCLUDE:

- Concussion treatment
- Micro invasion carpal tunnel release (CTR)
- Orthopedic care
- TenJet tendinitis treatment

To learn more about sports medicine services at Penn Highlands Healthcare, visit www.phhealthcare.org/sportsmedicine.

PENN HIGHLANDS SPORTS MEDICINE

154 Hospital Drive
Suite 3
Tyrone, PA 16686

814-684-6347 phone

814-684-6346 fax

Accepting major insurances.