



CHRISTOPHER VARACALLO, DO, CAQSM, FAAFP

ORTHOPEDICS/SPORTS MEDICINE

Christopher Varacallo, DO, sports fellowship-trained and board-certified orthopedic physician, provides comprehensive non-surgical orthopedic care to patients at Penn Highlands Orthopedics and Sports Medicine. He possesses additional expertise in the areas of athletic injuries, osteopathic medicine and athletic training programs.

Medical School - Ohio University College of Osteopathic Medicine, Athens, OH

Residency - Family Medicine, Fairview Hospital/Cleveland Clinic, Cleveland, OH

Fellowship - Sports Medicine, Palmetto Health/University of South Carolina, Columbia, SC

Member - American College of Sports Medicine

Member - American Medical Society of Sports Medicine

Member - American College of Osteopathic Family Physicians

Member - American Academy of Family Physicians

Member - American Osteopathic Association

COMMON TREATMENTS AND PROCEDURES INCLUDE:

- Joint injuries, such as dislocation
- Fractures
- Overuse injuries, including:
 - Stress fractures
 - Tendonitis
 - Osteoarthritis
- Joint injections
- Ultrasound-guided diagnosis, treatments and injections
- Concussion treatment
- Pain block for knee pain, hip pain, shoulder pain
- Minimally-invasive tendon procedures to treat:
 - Tennis elbow
 - Plantar fasciitis
 - Shoulder pain
 - Achilles tendonitis
 - Hip pain
- Biologic injections
- Prolotherapy
- Carpal tunnel release (CTR)
- Peripheral Nerve Stimulator (Curonix and Sprint)
- Cryoneurolysis (Iovera)
- Micro-invasive Trigger Finger Release
- Minimally-invasive Tenotomy Utilizing Tenjet, Tenex, and Ocelot
- Platelet-Rich Plasma (PRP) Injection

To learn more about orthopedic services at Penn Highlands Healthcare, visit www.phhealthcare.org/orthopedics.

PENN HIGHLANDS ORTHOPEDICS AND SPORTS MEDICINE

A Service of Penn Highlands DuBois

Clarion Community

Medical Building

265 Holiday Inn Road

Route 68

Clarion, PA

814-297-8861 phone

814-297-8862 fax

Center of Excellence

123 Hospital Avenue

First Floor

DuBois, PA 15801

814-375-6200 phone

814-375-6452 fax

Medical Office Building

761 Johnsonburg Road

Suite 310

St. Marys, PA 15857

814-834-1686 phone

814-834-6291 fax

A Service of Penn Highlands Huntingdon

239 Colonnade Boulevard

Floor 2

State College, PA 16803

582-220-2310 phone

582-220-2311 fax



**Penn Highlands
Orthopedics and Sports Medicine**

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