

Rowan V. Paul, MD, a Sports Medicine Physician with California Pacific Orthopaedics

Get to know Sports Medicine Physician Dr. Rowan V. Paul, who serves patients in San Francisco, California.



New York, New York City, Mar 8, 2021 ([Issuewire.com](https://www.issuewire.com)) - Dr. Paul is a fellowship-trained sports medicine physician and a board-certified family physician who treats athletes and active people of all ages. He is currently serving patients at California Pacific Orthopaedics in San Francisco, California.

Among his professional experience, Dr. Paul enjoys teaching and is a Clinical Assistant Professor at Dartmouth College - Geisel School of Medicine. He also teaches residents and fellows from the Stanford University School of Medicine, the University of California, as well as the San Francisco and California

Pacific Medical Centers.

Throughout his academic career, he earned his medical degree from Albany Medical College in Albany, New York. He then went on to complete his residency in family medicine at Stanford University School of Medicine-O'Connor Hospital, followed by his fellowship in sports medicine at the University of Utah Health Sciences Center. Thereafter, he became board-certified in family medicine by the American Board of Family Medicine, a non-profit, independent medical association of American physicians who practice in family medicine and its sub-specialties.

A member of the American Medical Society for Sports Medicine and the American College of Sports Medicine, he specializes in minimally invasive regenerative medicine, innovative carpal tunnel, cubital tunnel, occipital nerve hydrodissection, as well as non-operative treatment of the hip, shoulder, knee, ankle, foot, and spine. He performs many high-resolution ultrasound-guided diagnostic and therapeutic procedures to alleviate pain and promote healing. He also performs ultrasound-guided minimally invasive tendon/fascia debridements, including but not limited to, Achilles' heel, plantar fascia, rotator cuff, patellar, and iliopsoas tendons.

As an expert in treating chronic refractory tendon and joint problems, Dr. Paul has successfully treated his patients using innovative treatment options such as Bone Marrow Aspirate Concentrates, Platelet Rich Plasma (PRP) therapy, Dextrose, and specific physical and manual therapies. He is clinically and academically involved in research in the use of bone marrow aspirates and mesenchymal stem cells for the regeneration of tendons, ligaments, cartilage, nerves, and soft tissue.

He is a recognized expert and Key Opinion Leader in the field of regenerative therapies. He is also a member of the national leadership organization S.A.F.E. (Stem Cell Experts Advocating for Ethical Treatment) consisting of 27 academics and regenerative medicine physician experts from a dozen universities producing the world's first consensus guidelines for the use of bone marrow stem cell treatments for orthopaedic injuries.

Furthermore, he has training in exercise prescription, running gait analysis, bicycling performance optimization, diagnosis and treatment of a sports hernia, and hip problems such as femoral acetabular impingement.

This doctor has treated everyone from recreational to professional athletes. He is currently the head company physician for the San Francisco Ballet and a consulting physician for the Oakland Athletics. In the past, he has covered high-profile events such as World Cup speed skating, Alpine snowboard championships, numerous marathons, and the U.S. Olympic Development Nordic Cross Country Skiing Team.

Sports medicine is the medical specialty concerned with the prevention, diagnosis, treatment, and rehabilitation of injuries due to athletic activity. Sports medicine physicians are responsible for diagnosing and treating injuries or other conditions incurred as a result of performing in sports.

With an interest in injury prevention and international medicine, Dr. Paul is a current regular team member of Operation Rainbow, a non-profit humanitarian orthopaedic surgical trip to Central and South America. He has also traveled on humanitarian trips to Honduras, India, Nepal, and Venezuela. His goal is to have all of his patients be physically active so that they can live healthier, more productive lives, with a focus on preventive health.

On a more personal note, Dr. Paul was born and raised in Toronto, Canada. He migrated to the United

States for his undergraduate degree at Brown University, where he was a division one varsity swimmer. He continues to be an active runner, cyclist, triathlete, marathon runner, martial artist, skier, snowboarder, yoga practitioner, and outdoorsman.

Learn More about Dr. Rowan V. Paul:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1945469-Rowan-Paul-Sports-Medicine-Specialist>, through California Pacific Orthopaedics, <https://calpacortho.com/team/rowan-paul/> or through his LinkedIn profile, <https://www.linkedin.com/in/rowanpaulmd>

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