

Mark Garza, MD, a Sports Medicine Specialist with Southwest Sports & Spine

Get to know Sports Medicine Specialist Dr. Mark Garza, who serves patients throughout the State of Texas.



New York City, New York Dec 1, 2021 ([IssueWire.com](https://www.issuewire.com)) - Well-versed in the field of sports medicine, Dr. Garza is in practice at Southwest Sports & Spine, serving patients at their offices in Fort Worth, and Cleburne, Texas. The cornerstone of his practice focuses on providing compassionate, personalized care to each patient and understanding each patient's unique walk of life.

The doctor's practice specializes in the multimodality treatment of pain and sports medicine. Based on each patient's unique situation, he and his team design a comprehensive treatment plan that can encompass ultrasound guidance treatments, interventional procedures, and conservative treatments such as physical therapy and non-surgical alternatives.

A native of the Rio Grande Valley in South Texas, Dr. Garza calls Fort Worth home. He was heavily involved in athletics during high school and has always had an interest in sports and helping people. At an early age, he was always working part-time in various medical clinics when he was not playing sports. This background drove him towards a career in sports medicine and interventional pain to try to help those who are in need.

Graduating with his Bachelor of Science degree in Biology from Texas A&M University, he went on to earn his medical degree from the University of Texas Medical Branch at Galveston. Subsequently, he completed his residency in family medicine and two consecutive fellowships in sports medicine and pain medicine at John Peter Smith Hospital.

An expert in his field, the doctor is board-certified in sports medicine, pain medicine, and family medicine by the American Board of Family Medicine (ABFM). The ABFM is a non-profit, independent medical association of American physicians who practice in family medicine and its sub-specialties.

Dr. Garza's training led to a diverse background in sports coverage. He was a TCU football team physician from 2010 to 2014. Additionally, he was one of the lead boxing and UFC physicians in Texas for many years and had the privilege of being a ringside physician for the 2009 UFC 103 Championship event in Dallas, Texas.

Sports medicine is the medical specialty concerned with the prevention, diagnosis, treatment, and rehabilitation of injuries due to athletic activity. Sports medicine specialists are either orthopedic surgeons or primary care physicians who prescribe treatments for professional and amateur athletes. They are trained to address issues associated with nutrition, sports psychology, and substance abuse. They may also counsel athletes on injury prevention.

Among his most notable achievements, Dr. Garza has been the recipient of the Patients' Choice Award (2018, 2016, 2014), On-Time Doctor Award (2018, 2016), Compassionate Doctor Recognition (2018, 2016), and Super Doctors Texas Rising Stars Award (2019, 2020, 2021).

Learn More about Dr. Mark Garza:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1455909-Mark-Garza-pain-management-specialist-Harlingen-TX-78550> or through Southwest Sports & Spine, <https://www.southwestsportsandspine.com/mark-a-garza-md/>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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