

Karen M. Sutton, MD, FAAOS: : A Trailblazer in Sports Medicine and Orthopedic Surgery

Leading Physician, Athlete, and Advocate for Female Athletes Making an Impact in Sports Medicine



New York City, New York Feb 21, 2025 ([Issuewire.com](https://www.issuewire.com)) - Karen M. Sutton, MD, FAAOS, stands out as a prominent figure in the realm of sports medicine Women's Sports Medicine Center at HSS, Dr. Sutton is dedicated to providing exceptional and orthopedic surgery. Her illustrious career is marked by her dual accomplishments as an esteemed orthopedic surgeon and a competitive athlete, making her a

respected voice in the field.

Currently serving as an Attending Orthopedic Surgeon at the renowned Hospital for Special Surgery (HSS) in Stamford, Connecticut, as well as member of the Sports Medicine Institute and surgical care and advancing the understanding of sports-related injuries, particularly among female athletes. Her expertise encompasses a wide array of areas, including arthroscopy of the shoulder, knee, and hip. Dr. Sutton specializes in treating conditions such as ACL injuries, rotator cuff disease, shoulder instability, patellofemoral pain, hip injuries, and pediatric sports medicine. She holds multiple prestigious roles, including Chief Medical Officer for World Lacrosse, Team Physician for US Ski & Snowboard, and Associate Attending Orthopedic Surgeon at NewYork-Presbyterian Hospital. Additionally, Dr. Sutton is an Associate Professor of Clinical Orthopedic Surgery at Weill Cornell Medicine, where she shares her wealth of knowledge with the next generation of medical professionals.

Her journey into the medical field began at Duke University, where she earned her Undergraduate Degree in Biochemistry, graduating with distinction. Dr. Sutton completed her Medical Degree at the University of Maryland School of Medicine and went on to complete her orthopedic surgery residency at Yale University. Further honing her skills, she undertook fellowships in sports medicine at Massachusetts General Hospital/Harvard School of Medicine and pediatric sports medicine at Boston Children's Hospital/Harvard School of Medicine. Her commitment to excellence in orthopedic surgery was recognized during her tenure as an Associate Professor in the Department of Orthopedic Surgery at Yale University.

A former collegiate athlete herself, Dr. Sutton's passion for sports medicine was ignited during her time as a lacrosse player at Duke University, where she captained her team for three years and guided them to the Final Four. As the Head Team Physician for the US Women's Lacrosse National Team, she plays a critical role in providing healthcare for top-tier athletes. Dr. Sutton also contributes her expertise to the Sports, Science, and Safety Committee for United States Lacrosse, where she advises on injury prevention and management strategies.

Throughout her career, Dr. Sutton has served as Team Physician for several esteemed organizations, including Yale University Athletics, Albertus Magnus College, and the Women's Tennis Association (WTA). She also contributed to the orthopedic care of professional teams, including the Boston Red Sox, Boston Bruins, and New England Revolution, during her fellowship at Massachusetts General Hospital.

Dr. Sutton's commitment to advancing the field of orthopedics is evident through her numerous affiliations with professional organizations. She has been elected to the American Orthopedic Association and remains active in committees within the American Orthopedic Society of Sports Medicine, the Arthroscopy Association of North America, and many other esteemed societies.

With over 30 publications and more than 80 presentations on various topics, Dr. Sutton is a recognized authority in sports injuries and prevention. Her work has garnered attention from leading orthopedic journals, such as The American Journal of Sports Medicine and The Journal of Bone and Joint Surgery. She is also a sought-after speaker and media expert, having collaborated with outlets like NBC Universal, ESPN-W, and News 12 Connecticut, where she shares insights on injury prevention, fitness, and work-life balance.

Dr. Sutton embraces the power of social media to engage with her audience, keeping them informed on the latest in sports medicine and health. She is available for media appearances, lectures, keynote addresses, consulting, and content creation, making her a valuable resource for anyone seeking

expertise in sports medicine.

Beyond her professional achievements, Dr. Sutton is a proud mother of four remarkable children, balancing her career with family life. Her journey reflects her dedication not only to her patients and the field of sports medicine but also to empowering the next generation of athletes and medical professionals.

Learn More about Dr. Karen M. Sutton:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/384429-Karen-Sutton-Sports-Medicine-Specialist>, through Hospital for Special Surgery, https://www.hss.edu/physicians_sutton-karen.asp or through her website, <https://www.karensutton.com/>

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