



"They go the extra mile to make you feel good about yourself and about your outcome. I know many days Ed, my trainer, went well over his hours to work with me. And Dr. Sanders was calling constantly to see how we were doing. He's really in tune with what is going on."

Steven Marsh, 26
Professional Football Player, Edmonton Eskimos
Canadian Football League
Knoxville, TN

"I finished strong in two races of the '06 AMA Supercross before hurting my shoulder. But thanks to Dr. Sanders' aggressive program, I was able to compete just three weeks later in Dallas. He knows what it takes. He does what it takes."

Jeff Dement
Professional MX rider
Houston, TX

"Dr. Sanders definitely offers an aggressive and extensive approach to the recovery of a surgically repaired knee. Following the procedure, I walked the very next day—including up stairs! I was on my stationary bike four days after surgery and followed his extensive rehab specific to my recovery. Within six months, I was back to winning events and continue on a winning path today."

Jason Carnes
National & World Champion BMX Racer
Austin, TX

"I've had 40 fractures over the course of my life because of all the activities I've been involved in. And this was by far the smoothest recovery I've ever had. Dr. Sanders is the best in the world at what he does. He understands more about what pro athletes go through, because he's done what you've done."

Shaun Kelley, 44
Physical Fitness Trainer/Consultant
And owner of Shaun Kelley Weight Loss Clinic
(former motocross professional)

"Most physicians think you're the typical 40-year-old guy - active with the occasional hobby and not rigorously training and competing like many of us are. They take a conservative approach without understanding our drive and intent to get right back out there. Dr. Sanders does understand and wants to make us strong enough to do it."

Kevin Kremke, 33
Houston, TX - Ranked among the top amateur cyclist in Texas in road and track racing

"I used to race 25 weekends a year. It was my life. One Sunday morning I ended up in the ICU breathing through a tube. Just like that things change. After years of pain, to get back to a point that I'm competitive again is amazing. Dr. Sanders made me first commit to what was coming afterwards, before I scheduled surgery with him. Someone just needed to tell me that. I don't think my other doctors were used to working with athletes and never pushed me to the next level."

Shawn Hall, 46
Missouri
Regional sales manager and Off-road Racer - Trail Rider

"At first I went to the orthopedic doctor that my pediatrician recommended. He put me in a closed reduction cast from the mid thigh to the foot. Then, he gave me a wheelchair and told me I could expect to stay in it for two months, at which time he would remove the long cast to put a shorter one on. That's when I went to Dr. Sanders. I play soccer and am hoping to get a scholarship to college through it. The first thing he did was take the cast off! He put me in a movable brace that allowed me to begin building up muscle strength in my injured leg again. I've already been back to practice and can kick and pass. My family is very happy that my recovery happened so much faster with Dr. Sanders."

Phillip "Niko" Cromwell, 16
Student and soccer player for St. Pius and the Bellaire Soccer Club
Broken Leg



Dr. Mark Sanders

Dr. Mark Sanders is a renowned orthopedic surgeon and sports medicine doctor of over 20 years, who has captured the attention of athletes across the United States with accelerated treatment programs cutting the recovery time of common sports injuries in half. As an athlete himself, Dr. Sanders understands the passion that drives many of his patients. His goal is to restore function and strength and get his injured athletes back to their sport in better shape than they were before.

Dr. Sanders believes it is important for young athletes to understand how improper training and other factors may contribute to some common sports injuries and helps educate them by serving as health and fitness moderator on several motocross sites, including www.houstonmotocross.com, www.thumpertalk.com and www.ktmtalk.com. He also has a column in *BMX Today* magazine, where he talks about common BMX injuries and addresses questions from readers.

Called "Dr. Mark" by most of his patients, he is often said to be the Dr. Phil of sports medicine for his honesty and candor!

Dr. Sanders opened the Sanders Clinic for Orthopaedic Surgery and Sports Medicine two years ago. He and the clinic were listed among recognized physicians in *H Texas* magazine two years in a row and featured in the 2007 edition of "Medicine Men of Texas – Innovators and Leaders." Sanders Clinic is the official healthcare provider of the Houston Supercross.

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Taking Appointments

Sanders Clinic accepts Medicare, Workman's Compensation and most insurance plans.