

Mark S. Sanders, M.D.

Sanders Clinic for Orthopaedic Surgery
and Sports Medicine
Twelve Oaks Medical Center
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Orthopaedic surgeon Dr. Mark Sanders has treated elite athletes for nearly 20 years. He pioneered a successful accelerated rehabilitation program for knee ligament injuries, now used throughout the United States, and currently directs the Sanders Clinic for Orthopaedic Surgery and Sports Medicine at Twelve Oaks Medical Center.

Employing an innovative reconditioning program designed to help patients avoid surgery, Dr. Sanders utilizes a certified staff of fitness trainers with an individualized diet, nutrition and exercise plan. His new "whole-body" strengthening plan and advanced exercise strategy challenges age-old standards and traditional treatment, helping most patients regain the strength of an injured limb nonsurgically while ensuring the best outcome and rapid return to activity for those whose serious injuries require surgery.

Dr. Sanders specializes in knee and upper extremity injuries, often performing minimally invasive arthroscopic surgery on ligament, cartilage and tendon injuries. His extensive knowledge of the anterior cruciate ligament (ACL), the rotator cuff and other upper extremity injuries has enabled many patients to attain previous levels of athletic activity both with and without surgery.

His goal is to underscore the importance of movement while applying an aggressive and healthful strategy to rehabilitate joint injuries at the core, considering surgery only as a last resort. Dr. Sanders holds one of the lowest complication rates in his field, while maintaining one of the highest rates of success.

Specialty: Orthopaedic surgeon specializing in knee and upper extremity injuries

Education: SUNY at Brooklyn, M.D. 1981 (Cum Laude) SUNY at Buffalo, B.A. 1977 (Summa Cum Laude, Phi Beta Kappa)

Certification: American Board of Orthopaedic and Neurological Surgery 1989; Last Recertified, 2004