

Dr David Simon Outlines the Importance of Team Physicians to Health and Career Longevity of Athletes

Dr David Simon is a Florida osteopath, and former Team Physician for two MLB teams.

LAKE WORTH, FL, USA, August 1, 2014 /EINPresswire.com/ -- [Dr David Simon](#) signed with a Major League Baseball team, and had a career that lasted much longer than most: he stayed there for nineteen seasons, first with the old Montreal Expos, and later with the Florida Marlins.

And yet throughout his big league career, [Dr David Simon](#) never once took a called third strike, never once got thrown out trying to stretch a double into a triple, and never once cost his team a win by booting an easy ground ball with the bases loaded in the bottom of the ninth.

[Dr David Simon](#) reached the big leagues by a different route than most. For eight years, he was the Expos' team physician. He held that same position for eleven years with the Marlins.

As a team physician for a Major League Baseball team, Dr David Simon pledged to provide the very best medical care and services to secure and enhance the safety, health, and well-being of the players on the team. As a member of the Major League Baseball Team Physicians Association, he strived to maintain the earned trust of the athletes and teams of Major and Minor League Baseball, as well as the public.

Like all Major League Baseball team physicians, Dr David Simon was concerned first and foremost about the ability of each player to take the field when game time rolled around. The regular baseball season last for 162 games, and can go on even longer if a team is lucky enough to make the post-season. So every team has health care professionals on its staff to make sure the players are in shape. A team physician like Dr David Simon may be required to treat a player from everything from an injury as mild as a pulled hamstring muscle, to the common cold.

One of the most serious issues a player can face, specifically a pitcher, is ligament damage in the elbow. It is serious enough to have ended many careers, but the problem led to what at the time was a radical technique to repair the damaged ligaments with what today is known as Tommy John Surgery, named for the Major League Baseball pitcher who first had it in 1974.

Oddly enough, many people today don't make the connection between the surgery and the former ballplayer. "They don't even know I pitched," Tommy John told Sports Illustrated

magazine in 2014. "The kids say 'Tommy John, a doctor.' I hear that often. I can't change that. My name is in all the medical journals. Tommy John Surgery.

That's what it's called, and I'm proud to be associated with the surgery and the late Dr. Frank Jobe," the surgeon who is considered the "godfather" of Tommy John Surgery.

The surgery bears Tommy John's name today because it worked. John pitched for thirteen years after recovering from the surgery, earning 164 of his 288 career wins in that period. He only missed one start during those years, but it wasn't because he had arm trouble; he had the flu.

Dr David Simon is Board Certified by the American Academy of Osteopathic General Practice, and Board certified by the American Association of Medical Review Officers. He is a member of the American Osteopathic Association and the Florida Osteopathic Association, and has served on the Board of Trustees at the JFK Medical Center in Atlantis, Florida. Dr David Simon has also been that institution's Chairman of Family Practice, and served on its Medical Executive Committee. He has also been on the Medical Education Committee at Wellington Regional Medical Center in West Palm Beach.

About: Dr David Simon was a Team Physician for the Montreal Expos and Florida Marlins.

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