Conditions We Treat

- Back injuries
- Neck injuries
- Shoulder injuries
- Elbow injuries
- Wrist and Hand injuries
- Hip injuries
- Knee injuries
- Ankle and Foot injuries
- Tendon tears
- Ligament sprains
- Stress fractures
- Soft tissue injuries
- Nerve injuries
- Concussions

Please call for a full listing of the conditions we treat and services we provide.

Tel: 609.608.9700

Specializing in the personalized, cutting edge care of sports related injuries.

www.princetonsmc.com
Our Practice

Princeton Sports Medicine Center
is a highly specialized group of dedicated fellowship trained, board certified sports medicine physicians with the focused goal of maximizing athletes’ health and performance, and preventing and treating sports related injuries.

From children to adults, beginners to professionals, athletes of all levels experience a unique set of injuries. Our doctors are all fellowship trained in sports medicine and have extensive experience with athletes of varying levels and abilities, from professional to collegiate, weekend warrior to high school, club level to youth sports. It is this experience and dedication that makes our doctors second to none in their ability and commitment to get athletes better as fast as possible and to implement a holistic plan to prevent future injuries. Treatment and diagnostic options we provide include and are not limited to:

- Back injuries
- Neck injuries
- Shoulder injuries
- Elbow injuries
- Wrist and Hand injuries
- Hip injuries
- Knee injuries
- Ankle and Foot injuries
- Tendon tears
- Ligament sprains
- Stress fractures
- Soft tissue injuries
- Nerve injuries

At Princeton Sports Medicine Center, our doctors are passionate about helping athletes stay healthy, maximizing their performance, treating their injuries, and implementing a comprehensive plan to prevent future injuries.

Our director, Dr. Scott Curtis, is the Co-Editor of the Springer Publication “Essential Sports Medicine. 2nd Ed.” Dr. Curtis works in close collaboration with our two assistant directors, Drs. Perlman and Kirkbride. Our doctors coordinate the care of their patients in conjunction with other healthcare professionals as needed, including orthopedists, physical therapists, rheumatologists, acupuncturists or chiropractors to ensure optimal individualized care during each phase of their treatment.

Scott Curtis, D.O. is a board certified, fellowship trained physician who specializes in the care of sports related injuries and general musculoskeletal care. Dr. Curtis is the Director of Sports Medicine at Princeton Spine and Joint Center. After attending Penn State University, Dr. Curtis received his medical degree from Lake Erie College of Osteopathic Medicine and then completed his residency at Monmouth Medical Center in Longmont, NJ where he was honored to serve as Chief Resident. Dr. Curtis completed the renowned Sports Medicine Fellowship at Atlantic Sports Health where he worked with the New York Jets, Seton Hall University Athletics, College of St. Elizabeth Athletics and various high school teams. From weekend warriors to professional athletes, high school athletes to 90+ year old tennis players, Dr. Curtis has a singular focus to treat each patient as an individual, identify their concerns as well as their specific goals and help them reach their aspirations using the most effective non-surgical care options.

To make an appointment call: 609.608.9700

www.princetonmsc.com

Zachary Perlman, D.O. is a board certified, fellowship trained physician specializing in the non-operative care of sports related injuries and musculoskeletal medicine with a particular emphasis in regenerative medicine. He currently serves as the Co-Director of Regenerative Medicine at Princeton Spine and Joint Center. Dr. Perlman earned his undergraduate degree in Molecular Biology and Biochemistry at Rutgers University and completed medical school in South Florida at Nova Southeastern University. He then completed his residency at UM/JJ-Robert Wood Johnson University Hospital. Dr. Perlman completed a sports medicine fellowship in San Antonio, Texas, where he worked with multiple professional sports teams, including the San Antonio Spurs, as well as multiple university and high school teams.

Jason Kirkbride, MD is a board certified, fellowship trained sports medicine physician specializing in general musculoskeletal and sports related injuries. Dr. Kirkbride currently serves as the Co-Director of Regenerative Medicine at Princeton Spine and Joint Center. After attending Virginia Tech, Dr. Kirkbride received a Masters degree from Georgetown University. He attended Eastern Virginia Medical School, and then completed a residency in Physical Medicine and Rehabilitation at the University of Virginia, where he served with distinction as chief resident. Dr. Kirkbride also completed additional fellowship specialty training in Primary Care Sports Medicine at the University of Virginia, which afforded him the opportunity to work with the Virginia Cavalier student-athletes, and local high schools.