

UT Health Austin Strong

Providing Specialized Care for Those Who Protect and Serve

UT Health Austin's Sports and Injury Clinic offers tactical athletes comprehensive care and personalized treatment plans that address both acute and overuse injuries while incorporating strategies to reduce the risk of re-injury. Our care team is made up of board-certified orthopedic surgeons, sports medicine specialists, physician assistants, physiatrists, physical therapists, chiropractors, nurse practitioners, dietitians, social workers, and more, who work together to provide integrated, whole-person care to help patients maximize optimal performance.

To reduce the amount of time it takes to return to duty after an injury, we have redesigned the care model to enable patients to see multiple specialists in a single visit depending on their specific health needs. We take a multidisciplinary approach to patient care, meaning you will benefit from the expertise of multiple specialists across a variety of disciplines caring for you in one place. Our care team has experience caring for individuals in the U.S. Special Operations Command, such as Air Force PJs, Army Rangers, Army Special Forces, and Navy SEALs. We create a coordinated action plan to help you regain the necessary strength and stamina to support peak performance.

An elevated level of care to support an elevated level of physical readiness

Our care teams are built to meet the specific needs and goals of each patient, are readily available to address the patient's concerns, such as whether or not surgery is necessary, and can present a care plan unique to that patient right away. Working with you, your care team creates an individualized care plan to assess and address any aches and pains before they turn into a chronic duty- or performance-limiting condition. Our goal is to treat your injuries in a timely fashion to avoid delaying your return to duty by weeks when you can potentially return to duty in a matter of days.



Our treatment plans are designed with the intention of promoting improved performance and reducing the risk of re-injury by a care team that understands the culture and demands of tactical athletes. We accomplish this through:

- Detection of compromised movement patterns
- Management of aches and pains before they turn into chronic duty-limiting conditions
- Evaluation and treatment of acute muscle, tendon, and ligament injuries and joint mobility restrictions
- Strength and conditioning strategies that help reduce the risk of re-injury
- Sports nutrition and psychology services to improve overall health and optimize wellness

Meet Our Providers



Anthony "AJ" Johnson, MD, FAOA, FACS, FAOS

Clinical Director, Sports Medicine

- Board-Certified, American Academy of Orthopaedic Surgeons
- Retired U.S. Army Colonel
- Former Chair, Department of Orthopaedic Surgery, San Antonio Military Medical Center
- Former Joint Special Operations Task Force Orthopedic Surgeon (OEF, OIF, OND)
- Former Co-Chair, US Armed Forces Sports Medical Advisory Board
- Former USA Olympic/Paralympic Team Physician, Men's and Women's Wheelchair Basketball
- Orthopedic Consultant, Austin Spurs

Devin Williams, DC, MSN, NP-C

Chiropractor and Family Nurse Practitioner

- Assistant Director of the Musculoskeletal Institute
- Board -Certified, National Board of Chiropractic Examiners
- Certified, American Academy of Nurse Practitioners
- Former ringside doctor for MMA competitions
- 20+ years experience treating sports injuries and other orthopedic conditions



Brandon Daubel, PT, DPT, OCS, CSCS

Physical Therapist

- Board-certified, Orthopedic Clinical Specialist
- Certified, Strength and Conditioning Specialist
- Member, National Strength and Conditioning Association
- Former basketball, football, and track athlete
- Extensive experience working with runners and weightlifters



Joie Flees, PT, MS, Cert MDT

Physical Therapy Manager

- Fellow, American Academy of Orthopedic Manual Physical Therapists,
- Board-Certified, Orthopedic Clinical Specialist
- Certified, Mechanical Diagnosis and Therapy
- Dog agility competitor
- 20+ years' experience as an orthopedic clinical specialist



Patrick LaBode, PT, DPT, OCS

Sports Physical Therapist

- Board-Certified Orthopedic Clinical Specialist
- Former D1 swimmer, The University of Texas at Austin
- Former Triathlete



J. Mica Guzman, Jr., MD, MBA, MS, DABFM, CAQSM

Clinical Director, Primary Care Sports Medicine, Bone Health, and Concussion Care

- Board-certified, Family Medicine and Sports Medicine
- Professional Physician, UT Athletics NCAA Division 1
- Physician for PGA Dell Match Play, BMW PGA Championship, Chicago Marathon, Chicago Iron man, US Figure Skating Skate America
- Sports Medicine Consultant, Austin Spurs



Stefanie Schutz MSN, FNP-C, CNOR

Family Nurse Practitioner

- Board Certified, Family Nurse Practitioner
- Certified perioperative nurse with a focus in orthopedic surgery
- Advanced Practice Provider for the Musculoskeletal Institute
- Background in athletic training



Krystal Duran, LCSW

Social Worker

- Licensed Clinical Social Worker
- MS, Social Work, The University of Texas at Austin Steve Hicks School of Social Work
- Advanced training in pain reprocessing therapy and cognitive processing therapy
- Experienced in trauma-informed therapy
- Avid long-distance runner



Mikaela Frissell, LCSW

Senior Social Worker and Team Lead

- Licensed Clinical Social Worker
- MS, Social Work, The University of Texas at Austin Steve Hicks School of Social Work
- Integrated Behavioral Health Scholar
- Advanced training in pain reprocessing therapy and trauma-informed treatment
- Pro-bono therapist for Austin Police Department Victim's Services



Lizette Taboada, RD, LD

Registered Dietitian

- Commission on Dietetic Registration, Certificate of Training in Obesity in Pediatrics and Adults
- Commission on Dietetic Registration, Registered Dietitian
- Internship, Dietetics, Coordinated Program in Dietetics at The University of Texas at Austin
- 18+ years' experience as a clinical dietitian
- Avid half-marathoner



Esmeralda "EZ" Zambrano, CMA

Medical Assistant

- Certified Medical Assistant
- Patient Clinic coordinator
- Extensive orthopedic clinical experience
- Experienced medical staff coverage for sporting events Austin Spurs, Arthritis Walk, UT Austin sports