



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, Orthopedic Sports Medicine

- Retired U.S. Army Colonel (Chair, Department of Orthopaedic Surgery, San Antonio Military Medical Center)
- Task Force Orthopedic Surgeon, Joint Special Operations Task Force (Iraq & Afghanistan)
- Co-Chair, US Armed Forces Sports Medical Advisory Board
- Team Physician, USA Men's & Women's Wheelchair Basketball
- Medical Director (Orthopedics), Ascension Seton Sports Performance



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

Clinical Director, Primary Care Sports Medicine

- Medical Director, Ultramarathon Ice Age Run
- Team Physician, University of Wisconsin at Whitewater, NCAA Division III
- Medical Coverage for BMW PGA Championship, Chicago Marathon, Ironman, U.S. Figure Skating Skate America, and Austin Marathon
- Medical Director (Primary Care), Ascension Seton Sports Performance



Tammy Noel, MSN, FNP, ONP-C

Sports Medicine Nurse Practitioner

- Certified Orthopedic Nurse Practitioner
- Certified Surgical Nurse Practitioner First Assist
- 23+ Years of Registered Nursing Experience
- 17+ Years of Orthopedic Specialty



Devin Williams, DC, NP-C

Sports Chiropractor

- American Association of Nurse Practitioners, Nurse Practitioner
- Attending Physician, Outpatient Clinic, University of Western States
- Medical Provider for MMA Fighters and Victims of Hurricane Yolanda (Philippines)
- 20+ Years of Experience Creating Treatment Programs for Post-Surgical, Arthritic, and Motor Vehicle Accident Patients



Joie Flees, PT, DPT, OCS

Lead Sports Physical Therapist

- Board-Certified Orthopedic Clinical Specialist
- McKenzie Method of Mechanical Diagnosis and Therapy Certified
- Fellowship, Orthopedic Manual Physical Therapy, The Manual Therapy Institute
- President's Award, Texas Physical Therapy Association



Branden Daubel, PT, DPT, CSCS

Sports Physical Therapist

- Member, National Strength and Conditioning Association
- Certified Strength and Conditioning Specialist
- Experience Working With Runners and Weightlifters
- Former Basketball, Football, and Track Athlete



Jon Geralds, PT, DPT, OCS

Sports Physical Therapist

- Board-Certified Orthopedic Clinical Specialist
- Certified Strength and Conditioning Specialist
- 7+ Years of Sports and Orthopedics Experience
- Climbing, CrossFit



Shandalene Ghanem, PTA

Physical Therapist Assistant

- National Academy of Sports Medicine Performance Enhancement Specialist
- Corrective Exercise Specialist With 10+ Years of Experience as a Fitness Professional and Group Fitness Instructor
- OPTIM, Orthopedic Manual Therapy Specialist
- NCAA Division II Athlete, Basketball
- Lifting, HIT Training, Triathlons, Running, Tough Mudder Obstacle Courses



Krystal Duran, LCSW

Social Worker

- MSSW, The University of Texas at Austin
- BSW, Baylor University
- Neurosequential Model of Therapeutics Certified
- Experienced in Trauma-Informed Care



Mikaela Frissell, LCSW

Social Worker

- MS, Social Work, The University of Texas at Austin
- Integrated Behavioral Health Scholar
- Intern, Central Texas Veteran's Administration
- Victim's Services Volunteer Therapist
- 7+ Years of Experience Providing Behavioral Health Services to Adults and Families



Lizette Taboada, RD, LD

Registered Dietitian (Sports Nutrition)

- Nutrition and Behavior Change Lead
- Internship, Dietetics, Coordinated Program in Dietetics at The University of Texas at Austin
- 13+ Years of Experience as a Clinical Dietitian