

Vanguard Medical Group at Verona  
271 Grove Ave., Suite A  
Verona, NJ 07044

## **FOR IMMEDIATE RELEASE**

### **Media Contacts:** Sergeant Marketing

Nancy Sergeant, 973-334-6666, [nsergeant@sergeantmarketing.com](mailto:nsergeant@sergeantmarketing.com)

Mary Appelmann, 973-263-6392, [mappelmann@sergeantmarketing.com](mailto:mappelmann@sergeantmarketing.com)

### **New Vanguard Medical Group Sports Medicine Doctor Offers Tips for Prevention of Common Sports Injuries**

**VERONA, NJ — September 12, 2013** — Vanguard Medical Group, which has offices in Verona, Montville and Cranford, New Jersey, is both pleased and proud to welcome sports medicine and family medicine physician Melissa Mascaro to the Vanguard family. She will practice in the Verona office.

A former full-scholarship Division 1 gymnast who is board certified in family medicine and sports medicine, Dr. Mascaro works with athletes of all ages, from Little League to professional. She brings to the practice a dedication to prevent sports injuries and treat them quickly and to help all athletes “get back in the game.”

“Everybody has a different goal, but whether you want to prevent injuries, lose weight, get back to your sport as quickly as possible or start a program to improve your health or your life, Dr. Mascaro can help,” said Dr. Thomas McCarrick, Chief Medical Officer at Vanguard Medical Group. “She’s a talented athlete herself, works with a variety of sports and is up to date on the latest treatments and techniques. She is going to be a tremendous resource for our community for people of all ages.”

As Vanguard Medical Group’s dedicated sports medicine doctor, Dr. Mascaro will work to encourage the body’s own natural healing abilities. She is highly skilled in musculoskeletal ultrasound techniques and advanced procedures such as Platelet Rich Plasma (PRP) treatment, concussion diagnosis and management and the latest therapies for Achilles and patellar tendinopathies. As a New Jersey sports medicine leader, she can also refer to the most knowledgeable specialists, including orthopedists and experts in neurocognitive medicine and sports psychology.

The sports medicine practice is offered at the Vanguard Verona office.

Dr. Mascaro’s tips for preventing and reducing sports injuries include:

- Get a sports physical. This can uncover underlying medical problems that increase risk of injury.
- Participate in regular warm-up exercises to increase flexibility and work on strengthening to optimize performance.

- Use properly fitted safety equipment such as pads, helmets, mouthpieces, protective cups and eyewear.
- Get advice about prevention of overuse injuries of the upper and lower extremities.
- Hydrate before, during and after exercise.
- Wear sunscreen for outdoor activities.
- If pain is severe or persists for more than two weeks, discontinue the activity and seek medical treatment.

“I’ve had my share of sports-related injuries and I’ve treated and advised thousands of athletes, from Division 1 national basketball champions, amateur boxers and Olympic gymnasts to children just learning to swing a bat or a tennis racquet,” said Dr. Mascaro. “I love helping people get back in the game, and it’s great to work with parents and active people to prevent issues and develop individualized programs.”

Dr. Mascaro practices at Vanguard Medical Group at Verona, 271 Grove Ave., Suite A, Verona, NJ 07044. Phone: 973-239-2600. Website: [vanguardmedgroup.com](http://vanguardmedgroup.com)

### **About Vanguard Medical Group**

Vanguard Medical Group P.A. is a regional primary care practice serving area communities from three well-established sites: 271 Grove Ave., Suite A, Verona, NJ 07044, phone: 973-239-2600, fax: 973-239-0482; 123 N. Union Ave., Suite 204, Cranford, NJ 07016, phone: 908-272-7990, fax: 908-272-7970; and 170 Changebridge Road, Suite C-3, Montville, NJ 07045, phone: 973-575-5540, fax: 973-575-4885.

The goal of the newly formed Vanguard Medical Group is to transform health care through collaboration by enhancing the patient experience, measurably advancing quality and improving the affordability of health care. Hospital affiliations for each office include Morristown Medical Center, Saint Clare’s Hospital and Chilton Memorial Hospital for the Montville office; Overlook Medical Center for the Cranford office; and Mountainside Hospital and Saint Barnabas Medical Center for the Verona office. Website: [vanguardmedgroup.com](http://vanguardmedgroup.com).

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