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Ammar Anbari, MD, a new orthopedic surgeon on the Backus Medical Staff, has been named the new team physician for the WNBA's Connecticut Sun and the Connecticut Defenders.

But you don't have to be a superstar athlete to benefit from his sports medicine expertise.

One of the procedures Dr. Anbari offers is arthroscopy for labrum tears in the hip. The labrum is the cartilage that lines the hip socket in which the ball of the hipbone sits. This cartilage provides stability and cushioning for the hip joint.



Dr. Anbari

A tear can result from injury or degeneration, such as from osteoarthritis. Traumatic injuries can occur with any sporting activity that causes rapid hip motion, especially associated with sudden stops and turns on the field, mats, or court.

Dr. Anbari said through hip arthroscopy the soft cartilage can be repaired or the tear can be removed.

"This eliminates the need for open surgery and stabilizes the hip," he said. The surgery is done through small incisions, so there is a quicker recovery time.

As team physician for the Connecticut Sun, Dr. Anbari attends all the games and sees athletes for any ongoing concerns or injuries. He has been involved with the treatment of Katie Douglas, a Connecticut Sun player who suffered a hairline fracture in a non-weight-bearing bone in her right heel during the semifinals.

"Having worked with four professional teams, I know how to take care of the specific types of injuries you see with professional athletes. Being involved with the sports teams was a big part of my decision to come to eastern Connecticut," said Dr. Anbari, who joined the Norwich Orthopedic Group in August.

In Chicago, he was assistant team physician for the Chicago White Sox, the Chicago Bulls and the Chicago Bandits, a professional fast pitch women's softball team. He also has worked with a professional hockey team.