

Women's Sports Medicine Center

We are the first and only **women's sports medicine center** in the Bay Area and on the West Coast, providing comprehensive and inclusive orthopaedic care to athletes of all ages and abilities.



Mission

Using a multidisciplinary approach to the female athlete to optimize musculoskeletal function, we offer both primary care sports medicine and operative orthopaedic surgery care from a team of female, board-certified physicians, who are considered national and international leaders in the field of sports medicine. All of our physicians are current or former athletes, and they have a unique understanding of what female athletes face at all ages. Our goal is to provide the best comprehensive care to female athletes using a whole body approach to orthopaedic and musculoskeletal care.

Experts in care

Our integrated center provides experts in several areas to provide you the best care:

- Orthopaedic surgery
- Primary care sports medicine
- Sports nutrition
- Sports psychology
- Sports Medicine Center for Young Athletes
- UCSF Human Performance Center
- Athletic training
- Physical therapy

Conditions we treat

- ACL tears
- Concussion
- Elbow injuries
- Hip impingement and labral tears
- Knee meniscus tears and cartilage injuries
- Overuse and acute injuries
- Patellofemoral pain and dislocations
- Rotator cuff tears
- Shoulder, knee and hip arthritis
- Shoulder instability
- Stress fractures



Learn more:

<https://tiny.ucsf.edu/wsmc>

Orthopaedic Surgeons (Sports Medicine / Shoulder / Elbow / Knee / Hip)

Our Team



Sara Edwards, MD

Founder

Dr. Sara L. Edwards is an orthopaedic surgeon specializing in shoulder, elbow, and knee injuries. She provides surgical care for shoulder arthritis, including complex shoulder arthroplasty, and minimally invasive arthroscopic treatments. She treats athletes of all ages and skill levels.

Athletic coverage: City College of San Francisco, Bay Breakers Women's Elite Rugby



Stephanie Wong, MD

Co-Director

Dr. Stephanie Wong is an orthopaedic surgeon and sports medicine specialist focusing on hip, knee, and shoulder injuries. She offers advanced hip arthroscopy for preservation and

directs the UCSF Sports Medicine and Shoulder Surgery Fellowship Program.

Athletic coverage: UC Berkeley Men's Basketball, Sacred Heart Cathedral Preparatory High School, Lowell High School



Elly LaRoque, MD

Dr. Elly LaRoque is a fellowship-trained orthopaedic surgeon and sports medicine specialist. She manages knee and shoulder injuries, including meniscus tears, ACL tears, rotator cuff tears, and shoulder dislocations, and serves as Orthopaedic Clinic Director at UCSF Redwood Shores Specialty Care Clinic.

Athletic coverage: Junipero Serra High School and other local high schools



Primary Care Sports Medicine Physicians

Our Team



Celina de Borja, MD

Dr. Celina de Borja is a board-certified pediatrician with fellowship training in primary care sports medicine. She specializes in sports and dance medicine, injury prevention, and bone health, and serves as medical director of UCSF PlaySafe Sports Medicine program.

Athletic coverage: UCSF PlaySafe Sports Medicine program, Balboa High School, local marathons/triathlons



Haley Oosterhouse, MD

Dr. Haley Oosterhouse is a primary care family medicine physician and fellowship-trained primary care sports medicine specialist. She helps athletes prevent injuries, recover from injuries, and stay active.

Athletic coverage: UC Berkeley, Lowell High School, Serra High School



Faustine Ramirez, MD

Co-Director

Dr. Faustine Ramirez is a fellowship-trained primary care sports medicine specialist. She cares for athletes across the lifespan and helps her patients remain lifelong athletes. She has

expertise in bone health, hip conditions, and ultrasound-guided procedures, including orthobiologics.

Athletic coverage: Redwood High School, local marathons/triathlons



Carlin Senter, MD

Chief of the Division of Primary Care Sports Medicine

Dr. Carlin Senter is Chief of the Division of Primary Care Sports Medicine. She helps patients maintain physical activity, reduce injury risk, and achieve peak performance, with expertise in exercise counseling and sports concussion care.

Athletic coverage: Washington High School, University of San Francisco, San Francisco Giants, local marathons/triathlons



Rhonda Watkins, MD, MPH

Dr. Rhonda Watkins is a board-certified pediatrician with fellowship training in primary care sports medicine. She treats sports-related injuries, fractures, running-related conditions in children and young adults and has special interest in return

to sport after injury and injury prevention.

Athletic coverage: Berkeley High School, local marathons/triathlons

Rehabilitation | Sports Nutrition



Nina Freitas, DPT, OCS

Physical Therapist

Nina Freitas is a physical therapist at UCSF Mission Bay and is a board-certified orthopaedic clinical specialist. She works as part of the RunSafe Clinic, Cal Athletics, and is the team physical

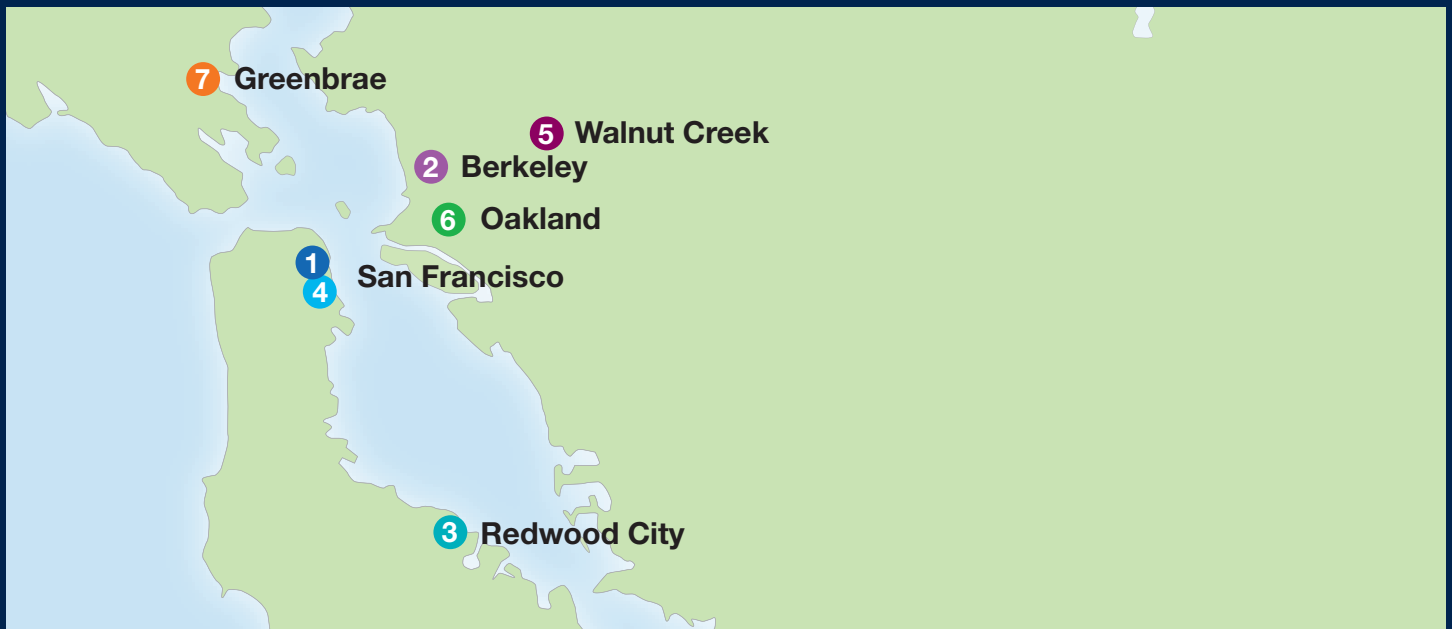
therapist for the Oakland Roots. She focuses on treatment and prevention of sports injuries, including concussions, through personalized treatment plans to address strength deficits, mobility, and performance.



Lindsay Orbeta, MS, RD

Sports Dietitian

Lindsay Orbeta is a sports dietitian specializing in performance nutrition, metabolic health, and pre- and post-surgery nutrition. She practices at UCSF Orthopaedic Institute in Mission Bay and has expertise in exercise testing, DXA/bone density, and body composition research.



UCSF Clinic Locations

Adult and Pediatric

1 UCSF Orthopaedic Institute

1500 Owens St., 2nd Floor
San Francisco, CA 94158

2 Berkeley Outpatient Center

3100 San Pablo Ave., 4th floor
Berkeley, CA 94702

3 Redwood Shores Specialty Care Clinic

290 Redwood Shores Pkwy.
Redwood City, CA 94065

Pediatric

4 UCSF Benioff Children's Hospital San Francisco

1825 Fourth St., 5th floor
San Francisco, CA 94158

5 UCSF Benioff Children's Hospital Walnut Creek Outpatient Center

2401 Shadelands Dr.
Walnut Creek, CA 94598

6 UCSF Benioff Children's Hospital Oakland

744 52nd St.
Oakland, CA 94609

7 UCSF Health Greenbrae

1300 S. Eliseo Dr., Suite 204
Greenbrae, CA 94904



Schedule an appointment online:

<https://tiny.ucsf.edu/wsmc>

Adult appointments:

(415) 353-2808

Pediatric appointments:

(877) 822-4453 (877-UC-CHILD)

UCSF Health

