

# Richmond Academy of Medicine

## New Member Announcement

VCU Health is pleased to welcome

### Mary Caldwell, DO

Dr. Mary Caldwell joined VCU Health in the fall of 2017 and treats all primary care sports medicine injuries of the shoulders, elbows, wrists, hips, knees and ankles, as well as system-based complications in athletes like skin complications and diabetes during exercise. She specializes in treating female athletes (exercise during pregnancy and post-partum exercise), adaptive sports and adaptive athletes. She also has a focus in:

- Hip pain in athletes and femoral acetabular impingement
- Chronic exertional leg pain in athletes
- Dance medicine (all types of dance)
- Performance medicine (including actors/artists/musicians)
- Running medicine (including running injuries, gait analysis)
- Ski medicine
- Sports concussion (age 12 and up)
- Women's health and mental well being

Dr. Caldwell has worked with multiple professional teams, including the Joffrey Ballet, Washington Wizards, Washington Mystics and the Washington Spirit. She has covered multiple marathons including the Chicago Marathon and Richmond Marathon. Additionally, Dr. Caldwell has served as Team Physician for George Washington University Athletics and currently serves as Team Physician for Longwood University Athletics. She has also spent time in Park City, Utah as a Ski Medicine Physician.

Dr. Caldwell completed medical school at Philadelphia College of Osteopathic Medicine in 2012. She completed her residency in Physical Medicine and Rehabilitation at Shirley Ryan AbilityLab (former Rehabilitation Institute of Chicago) Northwestern University/Feinberg School of Medicine in 2016, and her fellowship in Sports Medicine in 2017 with MedStar Georgetown University Hospital. She is dual board certified in PM&R and Sports Medicine.

Dr. Caldwell is published in multiple topics, most recently with injury epidemiology in amputee athletes and takes great pride in caring for adaptive athletes. She was a Division I NCAA Collegiate Middle Distance Runner for Lafayette College and is very active outdoors along with her husband, daughter and their two dogs.

Please join us in welcoming  
**Dr. Mary Caldwell**  
to the Richmond Academy of Medicine

**VCU Health, Neuroscience, Orthopaedic and Wellness Center**  
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*Content for this announcement was provided by VCU Health.  
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#### Physician & Practice Announcements: A RAM Member Benefit

The Richmond Academy of Medicine is the area's largest local medical society providing services to more than 2,400 members living and/or working in the Greater Richmond Metro Area. Practice & Physician Announcements are provided at no cost as a service to our members.

For more information, contact **Kate Gabriel** (804-622-8133, [kgabriel@ramdocs.org](mailto:kgabriel@ramdocs.org))



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