

Dr. Aneesh Garg - Chicago Orthopaedics & Sports Medicine

Dr. Garg now serves as a private practicing physician in the field of Sports Medicine and Non-Operative Orthopaedics. While he sees athletes of all ages, he has a particular interest in high school, college, amateur, and professional athletics. His focus in Sports Medicine includes concussion management, non-invasive treatments for acute injuries, intra-articular steroid and hyaluronic acid injections, platelet-rich plasma (PRP), and regenerative therapy including stem cells. He is an avid traveler and golfer and notes hockey as his favorite sport.

Aneesh Garg Bio

Dr. Aneesh Garg was born in St. Louis, Missouri and raised in Orange, Connecticut. After playing baseball and graduating from Trinity College in Hartford, CT, he went on to play shortstop for the Braintree Indians in the East Coast Baseball League. From there he moved to Hudson, Ohio and became the Associate Director of Admissions and Assistant Varsity Baseball Coach at Western Reserve Academy. His medical career began as he graduated medical school from A.T. Still University in Mesa, Arizona, after completing his clinical rotations in Brooklyn, New York. He then completed his Internal Medicine residency at Yale –New Haven Hospital and continued his training in Birmingham, Alabama.

At the world renowned Andrews Sports Medicine and Orthopaedic Center and American Sports Medicine Institute, Dr. Garg completed his fellowship in Non-Operative Sports Medicine. During his fellowship, he was a Team Physician for Troy University (NCAA Div. I), Birmingham Southern University (NCAA Div. III), Birmingham Barons Baseball Club (MLB, Chicago White Sox - AA), and Briarwood Christian High School (Alabama State Class 6A). He was also the Head Team Physician from the University of Alabama Frozen Tide Hockey Club (ACHA, SECHC) along with being the Head Tournament Physician for the American Collegiate Hockey Association D-III National Championship, South Eastern Collegiate Hockey Conference Championship, and South Eastern Conference Gymnastics Championship.

As a Sports Medicine fellow, his other responsibilities included work with Auburn University (NCAA Div. I), Samford University (NCAA Div. I), Tuskegee University (NCAA Div. II), University of West Alabama (NCAA Div. II), USA Cheer - USA Federation for Sport Cheering, Alabama Ballet (Professional Ballet Company), and National Pro Fastpitch (Professional Women's Softball).



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