

Q&A with John Polousky, M.D.

By Physical Therapist Jessica Ciborek

Our Sports Rehab Team is thrilled to welcome Dr. John Polousky, division director of orthopedic sports medicine. A big part of our job as physical therapists/athletic trainers is to collaborate with our referring physicians regarding our patients' plans of care.

Dr. Polousky comes from The Children's Health/Andrews Institute based at the Children's Medical Center in Plano, Texas, where he served as the Chief of Pediatric Orthopedics and the Director of Sports Medicine for the past 5 years. He speaks very highly of the outstanding relationship his orthopedics team had with their sports rehab team. He is excited to work closely with the Akron Children's team, not only involving direct patient care but evidence-based projects and special interest groups.



Q: What made you choose Akron Children's Hospital?

A: I trained at the Cleveland Clinic 20 years ago. As part of our training, we rotated at Akron Children's. This was always a resident favorite rotation. So, I have been familiar with the great ortho group here. Dr. Ritzman called me last year to see if I would be interested in adding to the sports medicine program. I have so much respect for the group that I couldn't pass up the opportunity.

Q: What are you most excited about bringing to our orthopedics team?

A: I am really excited to build on the excellent work in sports medicine done by Drs. Kerwyn Jones and Patrick Riley Jr. In the past, we created pathways to make coordination of care seamless between ortho, PT, imaging and OR. I'm currently working on processes to establish that at Akron Children's.

Q: What would you consider your specialty? What are your favorite conditions to treat?

A: Sports medicine. Favorite conditions are osteochondritis dissecans and cartilage injury, ACL tears, shoulder instability and UCL injuries in throwers.

Q: What do you do for fun? Any hobbies/special interests/hidden talents?

A: I like to bike. I ride gravel with my wife and mountain when she doesn't want to go.

Q: What is your favorite sports team of all time and why?

A: Whatever team my son is playing for. Currently, the Walsh Warriors.

Please join us in welcoming Dr. Polousky. We couldn't be more excited for this collaborative opportunity!