



Angela M. Tripp, MD, MS ▶ To provide better service for employers and improve care for their employees, BarnesCare has expanded its medical staff to include a physician who is board-certified in both physical medicine and rehabilitation and sports medicine.

Dr. Tripp's extensive experience as a musculoskeletal and rehabilitation physician enables her to:

- Bring **over 25 years** of sports medicine experience to her work in diagnosing and treating workplace injuries.
- Provide **comprehensive non-surgical musculoskeletal and concussion** specialty services.
- Offer **diagnostic ultrasound imaging** at the time of visit.
- Provide **diagnostic and therapeutic injections**, including all peripheral joints, trigger points, soft tissues and the carpal tunnel.
- Be an excellent **resource for clients and employees** in preventing workplace injuries.
- Ultimately provide better, more timely and **more comprehensive care** for BarnesCare clients.
- Help BarnesCare clients **better control costs** by utilizing appropriate non-surgical interventions when possible, but also by making surgical referrals on a definitive and timely basis.
- See injured patients quicker, at BarnesCare clinics, **minimizing** days missed and **improving** return-to-work times.

ANGELA M. TRIPP, MD, MS began her career as a certified athletic trainer, evaluating and rehabilitating all ages and levels of athletes. She earned her bachelor's degree at Southern Illinois University-Carbondale. Later she received a master's degree in physician assistant studies at Arizona School of Health Sciences and became a board-certified physician assistant, specializing in orthopedic surgery. Dr. Tripp went on to achieve her medical degree from Saba University and completed her internship and residency training in St. Louis at Barnes-Jewish

Hospital/Washington University in the physical medicine and rehabilitation program. Among other achievements and service, she was elected by her peers and faculty to serve as chief resident and was honored two consecutive years as "Resident of the Year." After her residency training, Dr. Tripp completed an accredited sports medicine fellowship, gaining additional training in diagnostic and interventional ultrasound, workplace injuries, concussion management, non-surgical spine care, sports medicine and general musculoskeletal injuries and rehabilitation.

To make an appointment, call **314.993.9549**.

BarnesCare.com

5000 Manchester Avenue St. Louis, MO 63110

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Physical Medicine and Rehabilitation

The non-surgical approach to injuries that affect movement, function and quality of life

Physical medicine and rehabilitation (PM&R), also called physiatry, is the branch of medicine emphasizing the prevention, diagnosis and treatment of nerve, muscle, bone and brain disorders that may produce temporary or permanent impairment. PM&R is one of 24 medical specialties certified by the American Board of Medical Specialties.

Physiatrists, or physical medicine and rehabilitation (PM&R) physicians, are medical doctors who have completed training in the medical specialty of PM&R. They treat injuries or illnesses that affect movement, function and quality of life with the aim of enhancing performance and function as much as possible.

The role of a PM&R physician includes treating any disability resulting from injury or medical illness, from sore shoulders to spinal cord or brain injuries.

Physiatrists take the time needed to accurately pinpoint the source of a problem. They then design a treatment plan that can be carried out with the help of the rehabilitation team. They may also provide therapeutic and diagnostic interventions, such as injections, nerve blocks or electromyogram (EMG)/nerve conduction studies. They can order or perform additional diagnostic imaging or laboratory evaluations and provide prescriptions for medications, braces, prosthetics and durable medical equipment. By making accurate diagnoses and providing an appropriate treatment plan, PM&R physicians help patients stay as active as possible at any age. Their broad medical expertise allows them to treat all types of musculoskeletal diagnoses, neurodegenerative disorders and catastrophic injuries throughout a person's lifetime.



PHYSIATRISTS CAN:

- Restore maximum function lost through injury, illness or disabling conditions
- Treat the whole person, not just the problem area
- Lead a team of medical professionals
- Provide non-surgical treatments
- Diagnose and treat pain



» BarnesCare is pleased to introduce physiatry and sports medicine to its comprehensive menu of work-related injury treatment services with the addition of Angela M. Tripp, MD, MS.

"I am very excited and honored to join BarnesCare and combine my sports medicine and rehabilitation experience to serve the outstanding employers and employees of the St. Louis region."

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