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Robert J. Strugala, MD

Sports Medicine

Dr. Strugala is board certified in sports medicine and specializes in [sports medicine](#) and musculoskeletal injuries. He treats injuries in elite athletes as well as weekend warriors and applies sports medicine principles to help injured workers return to their jobs safely. Dr. Strugala has a special interest in golf and running injuries and sports related concussions.

A Chicago native, Dr. Strugala attended Nazareth Academy High School in LaGrange Park and the University of Illinois at Urbana-Champaign. He then received his medical degree from Northwestern University Medical School in Chicago. Dr. Strugala completed an internal medicine residency at Northwestern Memorial Hospital and a sports medicine fellowship at Hennepin County Medical Center in Minneapolis.

Dr. Strugala is board certified in Sports Medicine and is a member of the American Medical Society for Sports Medicine, the American College of Sports Medicine, the American Road Race Medical Society, and the Wilderness Medical Society. He has served as team physician for USA Triathlon and has traveled with Team USA to World Championship events in France and Italy. He has provided medical coverage for international rugby matches and has worked with the Chicago Marathon since 2001. Dr. Strugala is currently a team physician for the Chicago Lions Rugby Club and a sports medicine consultant for Brother Rice High School.



Practice emphasis:

- Sports medicine
- Musculoskeletal injury
- [Work injury](#)

Special procedures:

- Concussion assessment
- Joint aspiration/injection
- Musculoskeletal ultrasound
- Platelet rich plasma injection for tendinopathy

- Arthroscopy
- Sports Medicine
- Cartilage Restoration
- Joint Replacement and Joint Restoration
- Orthopedic Trauma
- Foot and Ankle
- Hand, Wrist and Elbow
- Hip
- Knee
- Shoulder

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