## Rathna Nuti, M.D.

Sports Medicine

Rathna Nuti, MD is a sports medicine physician who works at TMI Sports Medicine & Orthopedic Surgery to treat various musculoskeletal issues by providing sonographic diagnoses, and performing various types of procedures such as steroid, hyaluronic acid, PRP, BMAC, and adipose injections. Most importantly, she is dedicated in providing innovative, compassionate care for her patients to endure an active, healthy lifestyle.

Dr. Nuti believes that one's health is the epitome of becoming an accomplished, active individual. Not only does she focus on the fitness level of the person, but also injury prevention. She specializes in female athletes by focusing on their training, dietary intake, and overall bone health. Each person has different, specific demands and his/her treatment plan is customized to deliver optimal care.

As an active member of American Academy of Family Physicians (AAFP) and American Medical Society of Sports Medicine (AMSSM), Dr. Nuti has been involved in authoring journal articles, book chapters, and giving lectures and presentations.

She is board certified in both Family and Sports Medicine and has been honored with a Resident Scholarship by American Medical Society of Sports Medicine as well as Departmental Distinction in Sports Medicine from UT Southwestern.
Dr. Nuti holds a MD degree from Texas Tech University Health Science Center – School of Medicine. She has completed her Family Medicine residency at UT Southwestern and fellowship training in Sports Medicine at Drexel University.





## Josh Nash, PT, DPT, SCS

Physical Therapist

Josh Nash, PT, DPT, SCS is a physical therapist who works at TMI Sports Medicine & Orthopedic Surgery to examine and treat a variety of sports and orthopedic musculoskeletal injuries. He provides a customized treatment plan through a combination of therapeutic exercise, joint and soft tissue mobilization, and dry needling with and without electrical stimulation. He is passionate about rehabilitating athletes and providing return to sport training.

He believes that your health is best treated through a team approach with great communication between you, your physician, and your physical therapist to help you get the very best outcome possible. At TMI Frisco, Josh and many of the physicians have completed additional training through the Titleist Performance Institute to provide the very best care for golfers.

As an active member of the American Physical Therapy Association, he keeps up-to-date with the leading-edge evidence-based medicine to provide you with exceptional care. He has taught professional courses at the Texas Physical Therapy Associations Annual Conference on two occasions.

Prior to joining TMI, he was a sports residency faculty member at UT Southwestern providing mentorship and advanced-level curriculum instruction to physical therapists that are now working across the country including in the National Hockey League. He continues to teach physical therapy students as a clinical instructor at TMI.

Josh holds a Doctorate in Physical Therapy from the University of Texas Health Science Center in San Antonio. He went on to complete a sports physical therapy residency program at UT Southwestern that included working closely with the Dallas Stars of the NHL. Upon completion, he became a Board Certified Sports Specialist as recognized by the American Physical Therapy Association.

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TMI SPORTS MEDICINE
Texas Metroplex Institute for Sports Medicine & Orthopedics

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