

GARRET L. SOBOL, MD

Fellowship Trained Orthopedic Surgeon | Fellowship Trained in Sports Medicine



Dr. Sobol is a fellowship-trained orthopaedic surgeon specializing in the treatment of sports-related injuries of the shoulder, elbow, hip, and knee. He also specializes in the treatment of degenerative conditions of the shoulder including shoulder replacement and complex reconstructive surgery.

Dr. Sobol completed his undergraduate degree at the University of Pennsylvania where he graduated summa cum laude. He received his medical degree from Jefferson Medical College in

Philadelphia, where Dr. Sobol graduated in the top 10% of his class and was inducted into the prestigious Alpha Omega Alpha honor society. Dr. Sobol completed his orthopaedic surgery residency at Rutgers University Hospital in Newark, NJ and went on to complete his sports medicine fellowship at Northwestern University in Chicago, IL. During this time, Dr. Sobol published numerous articles in multiple top orthopaedic journals. While at Northwestern, Dr. Sobol acted as an assistant team physician for the Chicago Blackhawks, Chicago Cubs, Northwestern Division I Men's Football Team, and participated in the care of elite athletes of all levels.

Dr. Sobol's treatment philosophy utilizes conservative, non-invasive techniques first. When considering surgery, Dr. Sobol believes that this should be a shared decision-making process, once non-surgical treatments have been exhausted. With this mentality, Dr. Sobol strives to maximize his patients' function and quality of life and achieve optimal patient outcomes. Outside of work, Dr. Sobol enjoys spending time with his wife and two

children, as well as various outdoor activities such as fishing and snowboarding.

SPECIALTIES

- Arthroscopy of the shoulder, elbow, hip, and knee
- ACL reconstruction surgery
- Rotator cuff surgery
- Shoulder instability and labral tears
- Hip impingement and labral tears
- Elbow ligament reconstruction surgery
- Tommy John surgery
- Shoulder replacement surgery
- Revision shoulder replacement and reconstruction surgery
- Patellofemoral disorders of the knee

EDUCATION AND TRAINING

College Education: University of Pennsylvania – Philadelphia, PA

Medical Education: Jefferson Medical College – Philadelphia, PA

Internship: Rutgers NJMS – Newark, NJ

Residency: Rutgers NJMS – Newark, NJ – Orthopedic Surgery

Fellowship: Northwestern University – Chicago, IL

AWARDS AND HONORS:

- Summa Cum Laude – University of Pennsylvania
- Alpha Omega Alpha Medical Honor Society – Jefferson Medical College

- George McClellan Surgical Honor Society – Jefferson Medical College
- Chief Resident Best Research Award – Rutgers NJMS Orthopaedic Surgery Residency

PROFESSIONAL AFFILIATIONS

Team Physician Positions:

- Chicago Blackhawks – Assistant Team Physician, 2020-2021
- Chicago Cubs – Assistant Team Physician, 2021
- Northwestern Men’s Football – Assistant team physician, 2020
- 2021 NBA Combine – Orthopaedic medical staff
- 2021 MLB Combine – Orthopaedic medical staff

Hospital Privileges:

- CentraState Medical Center

Memberships:

- American Academy of Orthopaedic Surgeons (AAOS)
- American Orthopaedic Society for Sports Medicine (AOSSM)
- Arthroscopy Association of North America (AANA)