

✓WHAT'S NEW...



Trust That Spans a Century

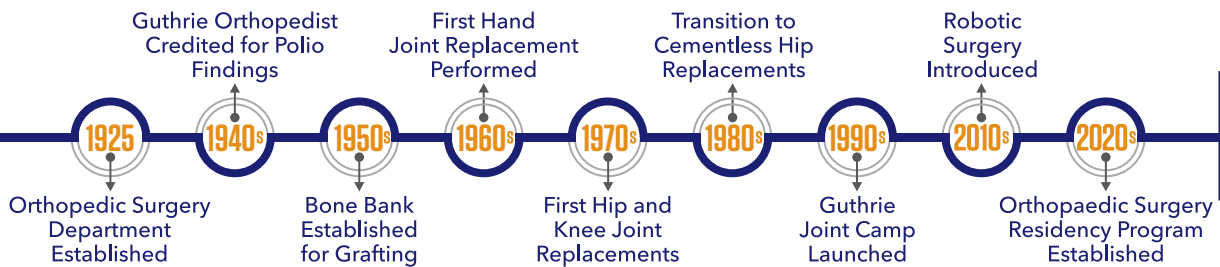
This year, Guthrie Orthopedics celebrates an important milestone - **100 years of patient care**. For a century we've been a trusted partner in helping our community move better and live fuller lives.

From pioneering joint replacements to training future leaders, our orthopedic team's legacy of innovation, education, and patient-centered care continues to shape orthopedic medicine.



We've grown into an award-winning program with 19 clinics and a comprehensive range of services.

To learn more about the history of Guthrie Orthopedics, please visit www.GuthrieOrtho100.org.



New Orthopedics Location in Montrose, Pa.

In May 2025, **Guthrie Montrose Orthopedics** opened at the Endless Mountains Health Systems (EMHS) campus, with two orthopedic surgeons and one APP offering sports medicine, arthroscopy, fracture care, spine care and other general orthopedics care, including outpatient surgeries. Patients needing advanced or inpatient surgeries are referred to Guthrie Lourdes Hospital.



Mohamed Al Saied, MD



Kimona Issa, MD



Joshua Wilbur, PA-C

Welcoming Hand and Upper Extremity Surgeon



We are pleased to have welcomed fellowship-trained hand and upper extremity surgeon **Salvatore Cavallaro, MD** to Guthrie Ithaca and Cortland Orthopedics in September 2025. He provides comprehensive care for a variety of hand, wrist, elbow and shoulder conditions.

With the addition of Dr. Sam Cavallaro, Guthrie is now the only orthopedic program in our service area offering shoulder replacements using computer-assisted navigation technology. This GPS-guided technique has been shown to improve the planning and implantation processes through increased efficiency.

Referrals can be made in **Epic, Guthrie EpicCare Link** and by calling **866-GUTHRIE (866-488-4743)**.



GUTHRIE

Guthrie Musculoskeletal Services - By the Numbers

14-County Leader in Orthopedic Surgery

<p>13,247</p> <p>MUSCULOSKELETAL PROCEDURES*†‡§¶</p>	<p>2,676</p> <p>TOTAL JOINT REPLACEMENTS*</p>	<p>2,190</p> <p>ORTHOPEDIC TRAUMA CASES‡</p>	<p>3,613</p> <p>SPORTS MEDICINE SURGERIES‡</p>
<p>2,146</p> <p>HAND SURGERIES*</p>	<p>1,364</p> <p>FOOT PROCEDURES*§</p>	<p>1,000</p> <p>SHOULDER SURGERIES*</p>	<p>258</p> <p>ORTHOPEDIC SPINE SURGERIES¶</p>

*FY25 MSK Power BI Dashboard (Internal) †FY23 Surgical Template (Internal) ‡CY23 HANYS (Market Dataset) ¶CY24 HANYS (Market Dataset) §Podiatry Power BI Dashboard (Internal)



The Largest Orthopedic Team in the Area

<p>24</p> <p>ORTHOPEDIC SURGEONS</p>	<p>41</p> <p>ADVANCED PRACTICE PROVIDERS</p>	<p>4</p> <p>NON-OPERATIVE SPORTS MED PHYS.</p>	<p>19</p> <p>CLINIC LOCATIONS</p>	<p>2</p> <p>WALK-IN LOCATIONS</p>
<p>8</p> <p>SURGICAL LOCATIONS</p>	<p>13</p> <p>REHABILITATION LOCATIONS</p>	<p>6</p> <p>HOSPITAL CAMPUSES</p>	<p>14</p> <p>COUNTIES SERVED</p>	<p>FELLOWSHIP TRAINING AREAS: SPORTS MEDICINE, ORTHOPEDIC TRAUMA, SHOULDER, HAND & UPPER EXTREMITY, FOOT & ANKLE, HIP & KNEE REPLACEMENT & REVISION, ORTHOPEDIC SPINE</p>

Guthrie Musculoskeletal Services - A Comprehensive Team

Our team offers a comprehensive approach to the treatment of muscle, bone, and joint disorders, including:

- Arthritis
- Injury or trauma
- Orthopedic spine care
- Sports injury
- Foot and ankle
- Joint replacement
- Osteoporosis
- Rehabilitation services
- Hand conditions
- Metabolic bone diseases
- Rheumatology

With board-certified specialists in nearly every field of orthopedic surgery, you can count on Guthrie Orthopedics for expert care that has spanned a century.

Referring a patient to the Guthrie musculoskeletal team is convenient - simply call **866-GUTHRIE** (866-488-4743) or call an office directly to make an appointment with any one of our specialists. Referrals can also be made in **Epic** and **Guthrie EpicCare Link**.



Joseph Y. Choi, MD, PhD, MHA
Chair, GMG MSK Service Line



Eric A. Seybold, MD
Chair, GLMG Orthopedics

Sports Medicine

Our team of experts focus on health and performance, offering individualized care plans designed to help athletes excel safely.

Referrals can be made in **Epic, Guthrie EpicCare Link** and by calling **866-GUTHRIE (866-488-4743)**.



- 15** ATHLETIC TRAINERS
- 4** CERTIFIED STRENGTH AND CONDITIONING SPECIALISTS
- 30** ATHLETIC PROGRAMS COVERED
- 59** PHYSICAL THERAPISTS
- 4** SPORTS MEDICINE PHYSICIANS
- 12** SPORTS MEDICINE APPS
- 7** ORTHOPEDIC SPORTS MEDICINE SURGEONS

Orthopedic Sports Medicine Surgeons

Surgeons specializing in the treatment of shoulder, hip and knee sports injuries.



Jeffrey Alwine, DO
• East Corning



Brett Auerbach, DO
• Big Flats
• Sayre
• Southport



Robert M. Corey, MD
• Cortland
• Ithaca



Colin M. McDonald, DO
• Johnson City



Robert T. Van Gorder, MD
• Johnson City



Thomas R. Van Gorder, MD
• Johnson City



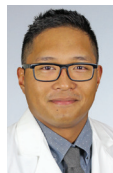
Mark V. Wilson, MD
• Johnson City

Sports Medicine Physicians

Physicians specializing in the non-surgical treatment of sports injuries and concussions.



Dexter R. Dale, DO, CAQSM
• East Corning
• Sayre



Rex David S. Gido, DO, CAQSM
• Cortland
• Ithaca



Donald E. Phykitt, DO
• Sayre



Alexander Porter, DO, CAQSM
• Sayre
• Wellsboro

Sports Medicine Advanced Practice Providers



Nasir Abdul-Wadud, PA
• Johnson City



Kimberly S. Belke, PA
• Johnson City



Ryan C. Brown, PA
• Johnson City



Susan Carlisle, PA-C
• Ithaca



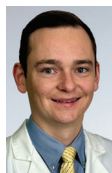
Mindi A. Donahue, PA
• Johnson City



Timothy Flurschutz, MS, FNP
• Sayre
• Vestal



Kathleen A. Gorgos, NP
• Big Flats
• Sayre
• Vestal



Cole M. Lewis, PA-C
• Johnson City



Katy E. Miller, PA-C, ATC
• Big Flats
• East Corning
• Wellsboro



Tyler L. Rathmell, PA
• Johnson City



Kimberly A. Ryan, PA-C, ATC
• Bath
• Corning



Kord Williams, FNP
• Johnson City

Orthopaedic Surgery Residency Program

Training opportunities in this five-year program focus on developing clinical competence in the field of Orthopedics, including exposure to joint replacement, sports medicine/shoulder, foot and ankle, hand, pediatric, and orthopedic trauma surgery, as well as other specialty rotations.



Abraham Theodore Appleton, MD
Program Director



Jeffrey Lutton, MD
Associate Program Director

To learn more about the program, please visit www.Guthrie.org/OrthoResidency.

A Milestone Graduation

In 2025, we celebrated the first graduating class of the reestablished Guthrie Robert Packer Hospital Orthopaedic Surgery Residency program. We are proud to say that, following completion of the program, all three graduates have continued on to orthopedic fellowships of various subspecialties.



GUTHRIE MSK SERVICES ONE TEAM ONE FOCUS

MISSION

Guthrie works with the communities we serve to help each person attain optimal, life-long health and well-being. We will do so by providing integrated, clinically-advanced services that prevent, diagnose, and treat disease, within an environment of compassion, learning, and discovery.

VISION

Improving Health through Clinical Excellence and Compassion; Every Patient. Every Time.

VALUES

Patient-Centeredness
Teamwork
Excellence



Guthrie Lourdes Hospital



Guthrie Lourdes Hospital



Guthrie Robert Packer Hospital



Guthrie Robert Packer Hospital



Guthrie Robert Packer Hospital



Guthrie Robert Packer Hospital



Visit our Referring Provider Website



Access a List of Providers



View a List of Locations



Referrals can be made in **Epic**, **Guthrie EpicCare Link** and by calling **866-GUTHRIE (866-488-4743)**.



ORTHOPEDICS **Mohamed A. Al Saied, MD**

Hip and Knee

- Johnson City (Pavilion): 607-798-5510
- Montrose: 607-772-6705

Jeffrey Alwine, DO

Sports Medicine, Shoulder

- East Corning: 607-973-8840

Abraham Theodore Appleton, MD

Program Director, Orthopaedic Surgery Residency

Trauma

- Ithaca: 607-219-4600
- Sayre: 570-887-2841

Brett Auerbach, DO

Sports Medicine, Shoulder

- Big Flats: 607-333-3191
- Sayre: 570-887-2841
- Southport: 607-734-3929

David K. Austin, MD

Hip and Knee

- East Corning: 607-973-8840
- Wellsboro: 570-724-4241

Joseph Y. Choi, MD, PhD, MHA

Chair, GMG MSK Service Line

Shoulder

- Big Flats: 607-333-3191
- Ithaca: 607-219-4600
- Sayre: 570-887-2841
- Troy: 570-297-4104 (Telemed)

Robert M. Corey, MD

Sports Medicine, Shoulder, Hip

- Ithaca: 607-219-4600
- Cortland: 607-758-3750

Daniel P. Federowicz, MD

Non-Operative Hand, Hip and Knee

- Johnson City: 607-798-9356

Amanda C. Krupka, MD

Trauma

- Sayre: 570-887-2841

Jeffrey Lutton, MD

Associate Program Director, Orthopaedic Surgery Residency

Hip and Knee

- East Corning: 607-973-8840
- Sayre: 570-887-2841

Michael G. McClure, MD

Hip and Knee, Shoulder, Foot and Ankle

- Binghamton (Pa. Ave.): 607-723-5393

Colin M. McDonald, DO

Sports Medicine, Shoulder, Hip and Knee

- Johnson City: 607-798-9356

Eric A. Seybold, MD

Chair, GLMG Orthopedics

Spine, Hip and Knee, Shoulder

- Binghamton (Pa. Ave.): 607-723-5393

Mason Stilwell, MD

Hip and Knee

- Ithaca: 607-219-4600
- Sayre: 570-887-2841

Daniel L. Tayag, MD

Hip and Knee, Trauma

- East Corning: 607-973-8840
- Sayre: 570-887-2841

ORTHOPEDICS (Cont.) **Thomas R. Van Gorder, MD**

Sports Medicine, Shoulder, Knee

- Johnson City: 607-798-9356

Robert T. Van Gorder, MD

Sports Medicine, Shoulder, Knee

- Johnson City: 607-798-9356

Mark V. Wilson, MD

Sports Medicine, Shoulder, Hip and Knee

- Johnson City: 607-798-9356

Nasir Abdul-Wadud, PA-C

- Johnson City: 607-798-9356

Jennifer Altieri, NP

- Sayre: 570-887-2841
- Towanda (Colonial Drive): 570-265-6165

Paul E. Baker, MS, PA-C

- Sayre: 570-887-2841
- East Corning: 607-973-8840

Ryan C. Brown, PA

- Johnson City: 607-798-9356

Susan Carlisle, PA-C

- Ithaca: 607-219-4600

Christine Doak, PA

- East Corning: 607-973-8840

Mindi A. Donahue, PA

- Johnson City: 607-798-9356

Molly U. Feeney, PA

- Binghamton (Pa. Ave.): 607-723-5393

Timothy Flurschutz, MS, FNP

- Sayre: 570-887-2841
- Vestal: 607-798-1452

Kathleen Gorgos, NP

- Big Flats: 607-333-3191
- Sayre: 570-887-2841
- Vestal: 607-798-1452

Jonathan M. Green, MPA, PA-C

- Big Flats: 607-333-3191
- Sayre: 570-887-2841

Frederick Hilliker, NP

- Sayre: 570-887-2841

Jody Howell, FNP

- Big Flats: 607-333-3191
- East Corning: 607-973-8840

Randy Huntington Jr., RPA-C

- Big Flats: 607-333-3191
- East Corning: 607-973-8840

Cathryn Kinsman, PA-C

- Big Flats: 607-333-3191
- Sayre: 570-887-2841

Cole M. Lewis, PA-C

- Johnson City: 607-798-9356

Melony LoParco, PA

- Cortland: 607-758-3750

Gabriel Mantz, CRNP

- Sayre: 570-887-2841

ORTHOPEDICS (Cont.) **Nicolas A. Marsiglio, PA-C**

- Big Flats: 607-333-3191
- Sayre: 570-887-2841

Katy Miller, PA-C, ATC

- Big Flats: 607-333-3191
- East Corning: 607-973-8840
- Wellsboro: 570-724-4241

Tyler L. Rathmell, PA

- Johnson City: 607-798-9356

Tim Rogers, PA-C

- Big Flats: 607-333-3191
- Sayre: 570-887-2841
- Southport: 607-734-3929

Cassandra J. Roma, RPA-C

- Johnson City (Pavilion): 607-798-5510

Kimberly A. Ryan, PA-C, ATC

Director, Advanced Practice Providers

- Bath: 607-776-3921
- East Corning: 607-973-8840

Matthew Sherlock, PA-C

- Sayre: 570-887-2841

Joshua D. Wilbur, PA-C

- Montrose: 607-772-6705
- Tunkhannock: 570-836-4294

Kevin Wheeler, MS, RPA-C, AT

- Sayre: 570-887-2841

Kord Williams, FNP

- Johnson City: 607-798-9356

Referrals can be made in **Epic**, **Guthrie EpicCare Link** and by calling **866-GUTHRIE (866-488-4743)**.

Learn more about Guthrie's comprehensive Musculoskeletal team at **www.Guthrie.org**.

Next-Day Appointments

Did you know all Guthrie Orthopedics locations offer next-day appointments?

ORTHOPEDIC WALK-IN CLINICS

Erin Foley, PA

- Big Flats: 607-333-3191

Jenna Nickerson, FNP-BC

- Big Flats: 607-333-3191

Mary M. Osick, PA

- Johnson City: 607-798-9356

Erica L. Tokos, FNP, NP

- Johnson City: 607-798-9356

HAND AND UPPER EXTREMITY

Salvatore Cavallaro, MD

Hand, Wrist, Elbow and Shoulder

- Cortland: 607-758-3750
- Ithaca: 607-219-4600

Daniel P. Federowicz, MD

Non-Operative Hand, Hip and Knee

- Johnson City: 607-798-9356

Stephen G. Federowicz, MD

Non-Operative Hand

- Johnson City: 607-798-9356

Dana LaVanture, MD

Program Director, General Surgery Residency

Hand, Wrist and Elbow

- Sayre: 570-887-2841

Adam Nasar, MD

Hand, Wrist and Elbow

- Big Flats: 607-333-3191
- Binghamton (Pa. Ave.): 607-723-5393
- Owego (Route 38): 607-687-6101
- Sayre: 570-887-2841

Mark J. Schreck, MD

Hand, Wrist and Elbow

- Johnson City: 607-798-9356

Kimberly S. Belke, PA

- Johnson City: 607-798-9356

Shannon Hilliker, PA-C

- Binghamton (Pa. Ave.): 607-723-5393

Erin Lawrence, RPA-C

- Cortland: 607-758-3750

Nancy J. Tompkins, MSN, FNP-C

- Sayre: 570-887-2841
- Towanda (Pratt Ave.): 570-268-4713

Jim Young, RPA-C

- Big Flats: 607-333-3191

ORTHOPEDIC SPINE

Kimona Issa, MD

Spine

- Binghamton (Pa. Ave.): 607-723-5393
- Cortland: 607-758-3750
- Montrose: 607-772-6705

Eric A. Seybold, MD

Chair, GLMG Orthopedics

Spine, Hip and Knee, Shoulder

- Binghamton (Pa. Ave.): 607-723-5393

Nicholas J. Kenhart, FNP

- Binghamton (Pa. Ave.): 607-723-5393

Jonathan T. Gdovin, PA

- Binghamton (Pa. Ave.): 607-723-5393

ORTHOPEDIC SPINE (Cont.)

Joshua D. Wilbur, PA-C

- Montrose: 607-772-6705
- Tunkhannock: 570-836-4294

PHYSIATRY

Laura Giganti, MD

- Corning: 607-973-8174

FOOT AND ANKLE

Shadi C. Aouad, DPM

- Binghamton Riverside Drive - Podiatry: 607-723-7454
- Hancock: 607-637-5700

Brandon D. Ewald, DPM

- Binghamton Riverside Drive - Podiatry: 607-723-7454
- Owego Fifth Avenue: 607-687-1122

Joseph T. Hogan, DPM

- Binghamton Riverside Drive - Podiatry: 607-723-7454
- Owego Fifth Avenue: 607-687-1122

Dana Klush, DPM

- Binghamton Robinson Street: 607-722-2769
- Guthrie Lourdes Hospital - Wound Care: 607-798-6166

John (HeeYoung) Lee, MD

Hip and Knee, Foot and Ankle

- Cortland: 607-758-3750
- East Corning: 607-973-8840
- Ithaca: 607-219-4600

Joseph W. Romani, DPM, FACFAS

- Johnson City (Pavilion) - Podiatry: 607-798-5510

Michael F. Romani, DPM

- Hancock: 607-637-5700
- Johnson City (Pavilion) - Podiatry: 607-798-5510

Brian G. Timm, DPM

Lead, GLMG Podiatry

- Binghamton Riverside Drive - Podiatry: 607-723-7454

Michael Caruso, PA-C

- Big Flats: 607-333-3191
- East Corning: 607-973-8840

NON-OPERATIVE SPORTS MEDICINE

Dexter R. Dale, DO, CAQSM

Family Medicine

- East Corning: 607-973-8840
- Sayre: 570-887-2239

Rex David S. Gido, DO, CAQSM

- Ithaca: 607-219-4600
- Cortland: 607-758-3750

Donald E. Phykitt, DO

Medical Director, Guthrie Sports Medicine;

Director of Osteopathic Medical Education

Family Medicine

- Sayre: 570-887-2239

Alexander Porter, DO

Family Medicine

- Sayre: 570-887-2239

The Guthrie Physician Liaison Team

**Joseph Rohl**

Sr. Physician Liaison

Strategic Planning and Marketing

Joseph.Rohl@guthrie.org

570-887-6763

**Andrea R. Campbell**

Physician Liaison

Strategic Planning and Marketing

Andrea.Campbell@guthrie.org

570-887-4643

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