

The Throwing Athlete

Dr. Nelson is an orthopedic surgeon with subspecialty training in upper extremity conditions. Throughout his extensive education, Dr. Nelson gained specific training and expertise in the treatment of elbow injuries among athletes.

Today, Dr. Nelson continues to focus on elbow injury prevention, education and treatment to help athletes return to the field, and life, as quickly and safely as possible.

In 2021, Dr. Nelson founded the Oklahoma Throwing Athlete Association as a resource for players, coaches, trainers, clinicians and parents for information regarding injuries in the throwing athlete.

This past year, Dr. Nelson helped organize and host the first "Injuries in The Throwing Athlete Conference" that brought together leaders within the Oklahoma community to discuss current trends in prevention and treatment surrounding shoulder and elbow injuries.

"Every year we continue to see a rise in younger athletes presenting with shoulder and elbow problems. I hope that by combining the efforts of therapists, trainers and other clinicians throughout Oklahoma we can provide credible, scientific information and education to aid in the prevention and rehabilitation of these injuries," Nelson said.

Nelson completed his undergrad-



Clayton E. Nelson, MD
Orthopedic Surgeon Specializing in Upper Extremities

uate degree at Oklahoma State University and attended medical school at the University of Oklahoma, where he also completed his orthopedic residency. He completed a fellowship at the Philadelphia Hand to Shoulder Center.

Dr. Nelson uses advanced surgical procedures to restore flexibility, movement and comfort to athletes of all ages and skill levels. His expertise includes the prevention, treatment and rehabilitation of many elbow conditions common to the throwing athlete including "Tommy John Surgery," "Little Leaguer's Elbow," stress fractures, tendon and nerve problems and many others.

For more information on Dr. Nelson and elbow conditions he treats, visit www.thethrowingathlete.com or visit www.okthrowingathlete.com to learn more about the Oklahoma Throwing Athlete Association and its annual conference.



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