



Is there a doctor in the field?

Name

DR. RICHARD D'AGOSTINO

Title

TEAM PHYSICIAN, ALL SPORTS

Organization

LIU POST

Favorite Sport to Play

ICE HOCKEY

"I took it up as an adult, 12 years ago. My two sons play and challenged me to do it. I play in a men's league, with the Winter Club in Huntington."



Dr. Richard D'Agostino, director of orthopedic surgery at St. Francis Hospital, The Heart Center, in Roslyn, has been appointed team physician for all sports at LIU Post in Brookville.

D'Agostino has a good idea of what the job will entail. For the past 26 years, he's been team physician for Nassau Community College, which inducted him into its Athletic Hall of Fame in 2012.

"I was inducted for standing in the rain and the snow all those years," he said.

In addition to attendance at home games, the team physician post entails follow-up office visits, the doctor noted, "or even stopping at the school at night on the way home to see a player who needs to be seen right away." He also takes frequent phone calls from team trainers, D'Agostino added.

But the team physician isn't complaining – it's a labor of love.

"The best part is being around great kids who are competing in a sport that they love to play," he said, noting the vast majority are not going to become professional players but are "playing for the love of the game."

It was in his second year of medical school – when he had his own shoulder operated on – that D'Agostino decided to specialize in orthopedic surgery.

"I knew I wanted to do surgery, but I didn't know what kind," he said. "The people I met going through my own surgery and rehab sparked me to specialize in orthopedic surgery."

One thing he's learned on the collegiate sidelines is that lack of conditioning is a major cause of preventable injuries among student athletes.

"Kids are coming in bigger, stronger and faster every year," he said. "If you're not up to that level, you're putting yourself at risk."