

Stu Steinman

Dr. Stu Steinman - Custom Treatment for Connecticut Sports Injuries

The head of Westsports Medicine in Norwalk, Dr. Stu Steinman treats Connecticut patients for chronic and acute musculoskeletal conditions. His sports medicine practice focuses on assisting patients with athletic injuries and in getting them back on the field or back on the court. Dr. Stu Steinman also develops custom fitness programs focused on overall patient health, including geriatric strength and flexibility training.

Earning his BS in mechanical engineering and biology at Tufts University, Dr. Steinman completed his medical studies at Stony Brook University. He subsequently undertook an internship at Highland Hospital in Oakland, California, and a surgery residency at Boston University. Board certified in emergency medicine, he served as assistant clinical professor of medicine at the SUNY Downstate Medical Center in Brooklyn.

An adjunct professor at Sacred Heart University, Dr. Steinman received a Community Partner Award from the institution in 2015. He is active with the Connecticut Medical Society Committee on Medical Aspects of Sport and has volunteered with an Americares medical van in Bridgeport. Dr. Stu Steinman currently guides a Builders Beyond Borders volunteer vaccination clinic in Westport.

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EXPERIENCE

Westsports Medicine
Sports Medicine Practice

FEB 1, 2002 -PRESENT

EDUCATION

HSC SUNY Stony Brook School of
Medicine
MD

AUG 1, 1973 - JUN 1, 1976

Tufts University
BS

SEP 1, 1969 - DEC 1, 1972