



**ON THE LATEST TRENDS IN HIS FIELD:**

“We’re starting to see some adult injury patterns in kids. Kids are more active than ever. In the youth-sport arena, there’s this drive for them to take part at a higher competitive level, and sometimes this doesn’t leave room for recovery. In medical school, I was told rotator-cuff problems were adult problems. Now I’m seeing them in younger athletes. My advice is twofold: One, let kids be kids—make sure there’s still enjoyment in their sport. But build in that recovery.”

**GARRY W.K. HO**

SPORTS MEDICINE AND FAMILY MEDICINE

**SPORTS MEDICINE**  
Specialists in sports medicine—often orthopedists but also rehabilitation and primary-care physicians—deal with the prevention and treatment of injuries and illnesses resulting from athletic activities.

**Garry W.K. Ho**  
3650 Joseph Siewick Dr., Fairfax; 703-391-2020.  
*Special interest in musculoskeletal and neuromuscular ultrasound, mechanical peripheral neuropathies, regenerative medicine.*

**FAMILY MEDICINE**  
Family or general practitioners are primary-care doctors who treat children and adults, usually on an ongoing basis. Some listed are internists with broad general practices.

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*Special interest in point-of-care ultrasound, academic medicine.*

35 FAVORITE COMFORT FOOD DISHES | THE WOMEN SHAPING DC'S HOTTEST DEVELOPMENTS | THE MAKING OF ROD ROSENSTEIN

# WASHINGTONIAN

## TOP DOCTORS

Our Region's Best Physicians—Chosen by Their Peers

Did Your Doctor Make the List?

Ruchi Garg, a gynecological oncologist in Northern Virginia

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