

# **LIGHT MAGAZINE STORY - Summer 2005 Edition**

## **Dr. John Specca - Peak Orthopaedic and Sports Care**

"I try to treat my patients as well as if I were providing the care to one of my own family members," said Dr. John Specca.

Dr. Specca, a board certified orthopaedic surgeon, has brought that philosophy to his newly established practice, Peak Orthopaedic and Sports Care, located at 104 Sixth Street, Suite 210, Streator. In addition to treating patients with orthopaedic injuries and diseases, he also has been extremely involved with sports medicine and has worked with athletes of all types from students to Olympians.

"I learned during my residency that you could volunteer to work at the US Olympic Training Center," Dr. Specca said. "I wanted to do that because of my interest in sports."

He got the opportunity to do so in 2002. In Colorado Springs, he worked with Olympians and Olympic hopefuls. Since 1992, he also has worked with the US Ski team, starting with the ski jump team and now with the Nordic combined team. Recently, he treated both the men's cross country team and women's ski jumpers in Oslo at the same time. He hopes to continue his work with the ski team in addition to his new practice. He has served as NCAA Division I and II Indoor Track and Field Championships attending physician, team physician for Knox College, team physician for high school sports and volunteer physician for the Great Floridian Triathlon. He hopes to continue his work with the ski team.

"I enjoy sports medicine because the athlete is motivated to get back to play quickly," he said. "I try to treat patients as though I were providing the care to one of my own family members. Livelihoods, athletic careers and scholarships are all extremely important. I think that by using my services, people will be able to find the kind of care locally for which they felt they needed to drive to larger centers in the past."

In addition to sports medicine, Dr. Specca also treats patients who require total hip or total knee replacement, and surgery to repair carpal tunnel syndrome, rotator cuffs and bunions.

Another unique treatment Dr. Specca can perform is Carticel. He is one of only a handful of doctors trained and authorized to provide Carticel. This experimental treatment is the

only therapy that shows promise in regenerating cartilage, one of the few human tissues that does not naturally heal or repair itself. Results of this procedure have been very positive, and national clinical trials are under way.

"I wanted to learn to do Carticel because of the importance of the cartilage health. An injury at a young age can significantly change a young person's vocational choices, activity level and health," he explained.

Dr. Specca, a native of Chicago Heights, decided to relocate to Streator from his home in Celina, Ohio, to be closer to his and his wife's parents. Dr. Specca and his wife, Debbie, have five children, Michael, Matthew, Andrew, Thomas and Kristen.

After graduating from Loyola University of Chicago and Stritch School of Medicine (Maywood, IL), he did his medical internships at Christ Hospital in Oak Lawn, where he received the Intern of the Year Award. He did his residency at the Medical College of Ohio in Toledo.

"I fell and broke my leg and was referred to Dr. Specca. After the surgery and after the rehab, I was put back to work. He's a very informative doctor. He let's you know everything before hand and he also lets you know what to expect afterward. I would definitely refer people to Dr. Specca."- Dave Harcharik

"My knee started hurting and pretty soon I just couldn't hardly walk on it. Somebody referred me to Dr. Specca. Dr. Specca did a total knee replacement. He went step by step with me and told me what the surgery would be. The knee is doing fine. I would refer people Dr. Specca. He did a real fine job on my knee."- Leo Meuller