



PRIMARY CARE  
**PCSM**  
SPORTS MEDICINE



Creating Healthy  
**LIFESTYLES**

WITH LEADING TECHNOLOGY

818.501.7276

www.primarycaresportsmedicine.com

**PCSM** DOCTORS



**Dr. Byron Patterson**

Dr. Byron Patterson, a California native, graduated from UC Davis School of Medicine and went on to complete his residency and fellowship at the renowned UCLA Medical Center. There he became assistant professor in the department of pediatrics and started the first pediatric sports medicine clinic. His training and work with many NCAA

Division I teams provided him with knowledge in various aspects of internal medicine and pediatrics that could be applied to the broad field of sports medicine.

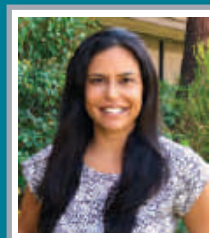
In 2003 Dr. Patterson founded Primary Care Sports Medicine, AMC where he currently practices in Tarzana and Agoura Hills, CA. He was a team physician for the MLS, LA Galaxy for 10 years prior to becoming the Chief Medical Officer for the Los Angeles Football Club for the 2018 and 2019 seasons. He is currently the team physician coordinator for the US Men's National Soccer team and offers medical coverage for many other Olympic events. Additionally, he serves as the Sports Medicine Director of Providence-Cedars Sinai Medical Center of Tarzana and currently serves as the team physician for many local high schools.



**Dr. Jonathan Koretoff**

Dr. Jonathan Koretoff is a native southern Californian, growing up in Mission Viejo, California. He graduated from Saba School of Medicine and then completed his Family Medicine residency and Sports Medicine Fellowship at Hennepin County Medical Center in Minnesota - a hospital renowned for its emergency management, trauma medicine, and

treatment of the underserved. He has provided medical coverage for the NFL, X Games, and Big 10 championship events. Jon is particularly interested in sports-related concussions and is continuing research in the area of concussion and sleep. With both his personal and professional sports background, he offers a unique perspective in treating athletes at all levels.



**Dr. Nina Yaftali**

Dr. Nina Yaftali, of Westlake Village, CA, graduated from Touro University Nevada College of Osteopathic Medicine. Dr. Yaftali did her residency training in Internal Medicine at White Memorial Medical Center in Los Angeles, California. She then completed her fellowship in Primary Care Sports Medicine at Midwest Orthopedics at Rush Medical

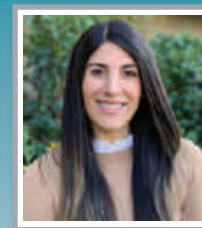
College in Chicago, ranked number 4 among orthopedic hospitals in the country. During her fellowship, Dr. Yaftali worked for professional teams such as the Chicago Bulls, White Sox, and Chicago Fire.

**Physician Assistants**

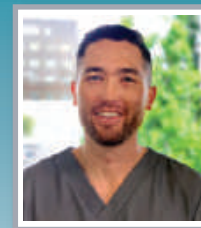
PCSM utilizes certified physician assistants highly trained in the field of sports medicine. They work closely with and are overseen by our doctors to provide timely and seamless care to our patients.

Our certified physician assistants, Rebecca and Ryan, have the ability to order and interpret imaging, including x-rays, MRIs, and CT scans, as well as perform procedures such as injections and fracture reductions. They are also able to prescribe medications and submit referrals.

Under our care, you can rest assured that you will be getting world-class treatment from practitioners who know exactly what you are going through. In the event that an injury occurs outside of our regular business hours, are sports medicine trained PA's are available after hours and on weekends to guide you in the right direction.



**Rebecca Fouladian, PA-C**  
Certified Physician Assistant



**Ryan Kennedy, PA-C**  
Certified Physician Assistant

**About Us**

PCSM's mission is simple: Developing lasting friendships through excellent care. Since 2003, PCSM has provided complete care to all active persons throughout Southern California. PCSM was founded by Dr. Byron Patterson, a former collegiate athlete with a passion for sports medicine and healthy living.

Our providers are able to adequately assess, diagnose, and treat a variety of sports related injuries. We believe in working with the patient in developing a treatment plan tailored to the patients' specific needs and athletic goals. At PCSM, we do not just treat symptoms, we address the root cause to prevent future injuries.

**Locations**

**Tarzana Office**

18411 Clark St., #302  
Tarzana, CA 91356

**Agoura Hills Office**

29525 Canwood St., #211  
Agoura Hills, CA 91301

**Extended Hours Available**

**For Appointments & Evaluations**

**Call: 818.501.7276**

**or email: info@pcsmonline.com**

**Physical Therapy**

**Call: 818.921.7702**

# Leading Provider

Advanced in Technology

## Ultrasound Guided Procedures Efficient, Effective and Portable

PCSM has invested in using the SonoSite ultrasound systems, a world leader and specialist in hand-carried and mounted ultrasound machines.

## Use of Ultrasound in Sports Medicine:

- Evaluate joint and cartilage damage
- Detect acute & chronic tendon, ligament, and muscle injuries
- Dynamic assessment of tendon function
- Evaluation of soft tissue disease
- Improved accuracy in procedures such as injections, aspirations, and biopsies
- Objective monitoring of therapeutic response
- No radiation - safe for all patients



## Platelet Rich Plasma (PRP)

PRP is an orthobiologic that shows promising results in the treatment of various musculoskeletal conditions.

PRP is still considered experimental; however, clinical trials, along with our extensive experience, demonstrate the potential benefits of PRP in reducing inflammation, pain, and improving patient functionality.



PRP may be used in the treatment of osteoarthritis, tendonitis, partial tendon and muscle tears, plantar fasciitis, and more. To see if you would be a candidate for PRP, make an appointment for a complete consultation and exam.

# Stay Active. Live Better.

Follow us:



## Additional Services

- X-ray and diagnostic ultrasound imaging
- Concussion evaluation with neuropsychologist
- Fracture and dislocation management in pediatrics and adults
- Ultrasound guided injections (steroid, PRP, hyaluronic acid)
- Overuse & chronic injury prevention, treatment, and rehabilitation
- Comprehensive sports physicals



## In-House Physical Therapy

PCSM offers a full service, on-site, physical therapy facility. The goal of physical therapy here at PCSM is to help patients and athletes of all ages and skill levels get back to healthy and active lifestyles. For more information on our physical therapy facility, or to make an appointment, please call **(818) 921-7702**

