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# Houston Dash names medical team

# *Houston Methodist to serve as their official health care provider*

Houston – (August 26, 2014) – The Houston Dash, Houston’s first National Women’s Soccer League team, has named Houston Methodist as their official health care provider.

“I am extremely excited to have Houston Methodist on board as our official health care provider,” said Dash Managing Director Brian Ching. “They gave me great care throughout my professional career in Houston. The Dash couldn’t be in more capable hands.”

Joshua Harris, M.D., orthopedic surgeon, will serve as the head orthopedic surgeon, and Vijay Jotwani, M.D., primary care sports medicine physician, will be the head primary care physician.

“I’m excited to have the opportunity to work with the Dash players, coaches and staff,” Harris said. “Female soccer players are at a higher risk for many common sports injuries, so I’m going to focus on injury prevention programs.”

Harris said female soccer players are four to eight times more likely to tear their ACL than their male counterparts. The ACL tear prevention program will focus on strengthening their core, pelvis, hip, and lower extremities and learning how to jump and land properly.

Harris specializes in sports medicine and arthroscopy. He earned his medical degree from the Ohio State University College of Medicine and Public Health. Harris completed a residency in orthopedic surgery at the Ohio State University Medical Center and a sports medicine fellowship at Rush University Medical Center.

Jotwani is a primary care physician who specializes in sports medicine. He earned his medical degree from the University of Illinois Medical School. Jotwani completed a residency in family medicine at the University of Chicago/MacNeal Hospital and a sports medicine fellowship at Indiana University. He is board-certified in family medicine and sports medicine.

“Caring for the Dash athletes is a unique opportunity because they are from all over the world, but for six months of the year, they call Houston home,” said Jotwani. “While they are here, I’m helping them with all of their primary care needs, from seasonal allergies to nutrition issues. My job is to keep them healthy so that they can win on the field.”

In addition to the Houston Dash, Houston Methodist also serves as the official health care provider for the Houston Dynamo, Houston Texans, Houston Astros, Rice Athletics, RodeoHouston and Houston Ballet. For more information about Houston Methodist, visit [houstonmethodist.org](http://www.houstonmethodist.org). Follow us on [Twitter](http://twitter.com/MethodistHosp) and [Facebook](https://www.facebook.com/houstonmethodist).

**ABOUT THE HOUSTON DASH**

The Houston Dash are a National Women’s Soccer League club that began play in April 2014 for the start of the league’s second season. The Dash are the first expansion club in the NWSL, joining the eight original members that launched the league in 2013. The NWSL is supported by the Canadian Soccer Association, Federation of Mexican Football and the United States Soccer Federation. It is the top-flight women’s professional soccer league in North America, featuring many of the top players from the United States, Canada and Mexico, as well as talent from around the world. The 24-game regular season runs from April through August. The team trains at Houston Sports Park (HSP), the premier training facility in Southeast Texas, and plays at BBVA Compass Stadium in downtown Houston. For more information, visit [www.HoustonDashSoccer.com](http://www.HoustonDynamo.com/HoustonDash) or call (713) 276-GOAL.

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