

Dr. James Sostak

Fox Valley Orthopedics

During his time at Benedictine University, Dr. James Sostak loved playing baseball. It was one of the catalysts that directed him to sports medicine. At the Stritch School of Medicine at Loyola University in Chicago, Sostak developed a passion for the surgical aspect of medicine and decided to become a sports medicine orthopedic surgeon.

“I had a rotation in orthopedics and I enjoyed my time with that,” says Sostak. “It became apparent that the field would allow me to continue my sports background and take care of athletes of all different ages.”

Sostak has been at Fox Valley Orthopedics’ Geneva office for nearly a decade (his 10-year anniversary will be this August). The location was ideal since he grew up in Lombard.

The variety of patients is something Sostak thoroughly enjoys about his job.

“I see patients of all ages,” says Sostak. “When we say sports medicine, it’s not just about taking care of high school and college athletes. We take care of athletes of all ages, younger individuals and older individuals who are still practicing in recreational and athletic-type activities.”

Sostak sees all different types of injuries, but his specialty is taking care of shoulder, hip and knee issues using arthroscopic surgical techniques. Sostak also specializes in taking care of osteoarthritis or degenerative conditions of the shoulder. For Sostak though, the most important aspect of his job is getting patients back to the activities – sports or daily movement – they want to do, free from pain.

“There are some things that require surgery to take care of,” says Sostak. “I certainly enjoy that part of my job when I get to do those things as well. But I mostly enjoy helping people back to the activities that they like to participate in.”

Outside the clinic, Sostak is the team physician for numerous high schools including Geneva and Aurora Christian High Schools and the Kane County Cougars. Sostak recently became the head team physician for community-based youth soccer club Strikers Fox Valley.

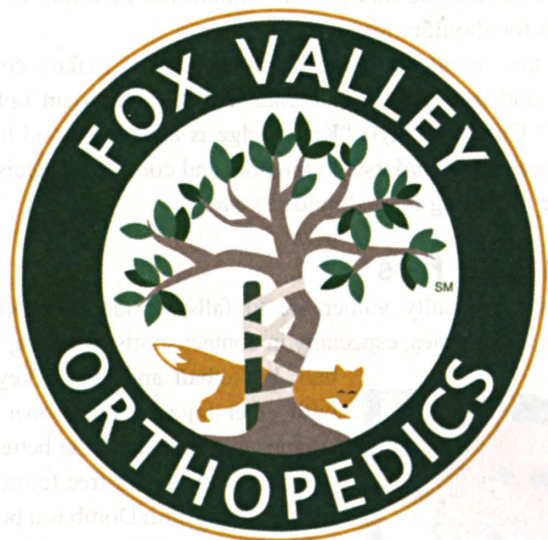
Sostak likes to think his bedside manner is what sets him apart from others in the field.

“I really try to spend as much time with a patient as they need,” says Sostak. “Some patients may only need a few minutes, but others may have a lot to talk about that they need to get across. Patients are looking for someone to listen to and hear what they have to say.”

When Sostak is not working he enjoys coaching his son’s baseball team and working on his golf game. ■



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