



Don't spend another day living with pain.

Our seasoned team of surgeons evaluate and treat:

- Fractures & sprains
- Arthritis
- Sports injuries
- Chronic shoulder, arm, wrist, & hand
- Leg, knee, ankle, & foot problems

Comprehensive options:

- Arthroscopic surgery
- Reconstructive surgery
- Full joint replacement

Surgical & Non-surgical Options

Call us at **603.542.7666** to schedule an evaluation today.



PRIMARY CARE

Internal Medicine
(603) 543-6900

Valley Family Practice
(603) 542-6700

Valley Regional Primary Care–Newport
(603) 863-6400

SPECIALTY CARE & OTHER SERVICES

Occupational Medicine
(603) 542-1825

Orthopaedics
(603) 542-7666

Podiatry & Peripheral Nerve Surgery
(603) 542-7666

Pulmonology
(603) 542-6777

Rehabilitation & Physical Therapy
(603) 542-1878

Urgent Care
(603) 542-7888



- Cardiology(603) 650-5724
- General Surgery(603) 542-6777
- Midwifery(603) 542-6777
- Norris Cotton Cancer Center ..(603) 542-6777
- Pulmonology.....(603) 542-6777
- Urology(603) 542-6777
- Women's Health OB/GYN(603) 542-6777

(Physician Partnership with Dartmouth-Hitchcock Providers)

243 Elm Street • Claremont, NH 03743 • VRH.org

September 2016

Orthopaedic Surgeons



Meet Our Team



Your goals shape our care.



Joshua M. Philbrick, MD

*Upper Extremity,
Wrist, Shoulder and Arthroscopic*
Dr. Philbrick received his doctorate from University of Toledo Medical Center and completed a fellowship in Hand Surgery at Excelsior Orthopaedics in Amherst, NY. He served his residency and internship at the University of Toledo Medical Center. He is board-eligible for

certification in Orthopaedic Surgery.

"I pride myself on treating the whole person, not just their problem. It's important to me and to our entire staff that we get to know each patient's individual goals and desires and proceed from there."

Having lived and worked outside the state for a number of years, Dr. Philbrick recently returned to New Hampshire because he loves the area, the people, and the opportunity to be near family and to be a part of a community-oriented practice.



Tahsin Ergin, MD, FACS

*Shoulder, Knee, Arthroscopic,
Reconstructive Surgery,
Sports Medicine*

Dr. Ergin is Board-Certified in Orthopaedic Surgery and Sports Medicine. He received his doctorate from Vanderbilt University School of Medicine in Nashville, and completed a fellowship in Sports Medicine at The Graduate Hospital

in Philadelphia. His residency and internship were at Hospital of the University of Pennsylvania.



Matthew J. Hawkins, MD

*Knee, Shoulder, Foot and Ankle,
Sports Medicine*

Dr. Hawkins is enthusiastic about working with athletes, helping them to return to the active lifestyle they love, including competitive play. He is Board-Certified in Orthopaedic Surgery. He received his doctorate from Georgetown University School

of Medicine in Washington, DC, and completed a fellowship in Sports Medicine at Southern California Center for Sports Medicine.



Eric Arvidson, MD

*General Orthopaedics,
Sports Medicine*

Dr. Arvidson is Board-Certified in Orthopaedic Surgery. He received his doctorate from Harvard Medical School. Dr. Arvidson provides shoulder and knee, arthroscopic, and reconstructive surgery at Valley Regional.

"The hand is an integral part of everyone's life and it is an amazing feeling to be able to help people and see them get better."

Dr. Arvidson completed fellowships in Trauma and Adult Reconstruction at Brigham & Women's Hospital in Boston and in Sports Medicine at Boston Children's Hospital. He spent five years there doing speciality training in sports medicine. He completed his residency in the Harvard Combined Orthopaedic Program, with an internship at New England Deaconess in Boston.



James Wilton, DPM, FACFAS

Peripheral Nerve Surgery, Podiatry

Dr. Wilton earned his doctorate in Podiatric Medicine from the Pennsylvania College of Podiatric Medicine in Philadelphia. His surgical residency focused on podiatric reconstructive foot surgery. He has also trained in lower extremity peripheral nerve surgery at Union Hospital in Baltimore.

- Medical Staff President at Valley Regional
- Association of Extremity Nerve Surgeons: previously the president, current board member, co-director of the organization's basic and advanced lower extremity peripheral nerve surgery training
- Surgical Missions Director for the Fr. Damien Foundation in Guayaquil, Ecuador, where he leads missions to treat peripheral nerve problems in leprosy patients

Awards and Recognition

New England Peripheral Nerve Center

- Honored with the prestigious Dr. Jules Tinel Award from the Association of Extremity Nerve Surgeons in 2011 for the scientific advancement of knowledge regarding human peripheral nerve disorders.
- Practice named in New Hampshire Magazine's Top Doctors in New Hampshire in 2008.
- Diabetic Neuropathy Association of the Southwest Appreciation of Service Award in 2004.

Stop Living with Pain
Get back to doing what you love.