

Adam Susmarski, D.O., FACSM, RMSK, is a sports, spine, and rehabilitation medical doctor at LECOM Health since 2025. He is the head team physician for the Erie Commodores, Erie Rugby Football Club, and Gannon University Rugby. He is also a team physician for USA Wrestling, Allegheny College, Corry High School, and the Lake Erie Jackals. He is a clinical associate professor in the LECOM orthopedic sports medicine department.

Dr. Susmarski over the years has provided care to a wide range of athletes in a variety of sports encompassing athletes from high school, college, professional, military, Olympic, Paralympic, and Special Olympics levels of competition. He specializes in diagnostic musculoskeletal ultrasound, ultrasound and fluoroscopic guided procedures, and Platelet Rich Plasma (PRP) treatments.

He arrived in Erie, Pa., after serving as the head team physician at Loras College and the USHL's Dubuque Fighting Saints, as well as the team physician for Dubuque County high schools, Dubuque Rugby Club, Dubuque Miners, Dubuque Regional Training Center (RTC), and Clarke University.

Prior to that he served as a team physician and department head of the Brigade Orthopedics and Sports Medicine Department at the United States Naval Academy (USNA) in Annapolis, Md. His additional duties included serving as the principal investigator at USNA for the Concussion Assessment, Research, and Education (CARE) Consortium and medical director for the USNA Concussion Center of Excellence. His decorated Naval career includes over 15 years of United States Navy service to our country.

He is a graduate of Michigan State University College of Osteopathic Medicine in East Lansing, MI. He completed his internship at Walter Reed National Military Medical Center in Washington, D.C., followed by Physical Medicine and Rehabilitation (PM&R) residency at the University of Pittsburgh Medical Center (UPMC) in Pittsburgh, Pa., where he served as chief resident. He completed a fellowship at the United States Naval Academy and holds multiple leadership certificates from Cornell University in Ithaca, N.Y.

Dr. Susmarski's academic pursuits include work on multiple book chapters, peer reviewed manuscripts, grants, and presentations including award winning research.

His academic work includes over 50 peer reviewed publications in some of the most distinguished journals worldwide, including the British Journal of Sports Medicine, American Journal of Sports Medicine, Journal of Athletic Training, Journal of Neurotrauma, Sports Medicine, and the European Journal of Sport Science. The publications include research topics on sports related concussion, Naval Special

Warfare, musculoskeletal injuries, adaptive sports medicine, and ultra-endurance races. To view a complete listing of his publications please click on the link provided below.

[View National Library of Medicine articles.](#)

He additionally has served on multiple regional and national committees, as a peer reviewer of several prominent medical journals, and as a member of numerous professional organizations.

Dr. Susmarski was elected to the position of President for the Mid-Atlantic Regional Chapter of the American College of Sports Medicine in 2025. He currently serves as one of the inaugural board members on the Iowa Sports Medicine Advisory Committee (SMAC) in which he has been instrumental in the institution of health and safety measures for Iowa's student athletes statewide. He additionally currently serves as one of the international delegates for the American College of Sports Medicine's Exercise Is Medicine initiative that strives to make physical activity assessment and promotion a standard in clinical care worldwide. Locally, here in Erie, Pa., he serves on the board for Gannon University's Applied Exercise Science and the local medical director for Gannon University's Exercise is Medicine initiative.

Dr. Susmarski is a sought-after speaker in sports medicine and is a frequent invited faculty member providing over 140 lectures over his career at national, regional and local conferences and universities to include but not limited to American College of Sports Medicine, American Medical Society for Sports Medicine, American Academy of Physical Medicine and Rehabilitation, Athletic Trainers in the Physician Practice Society, Michigan State University, University of Pittsburgh, United States Naval Academy, Gannon University, Clarke University, Loras College, and the University of Dubuque.

Dr. Susmarski's awards include being honored with Gannon University's Distinguished Young Alumnus Award in 2016, as well as being named one of the Top Physicians Under 40 in Pennsylvania by the Pennsylvania Medical Society in 2018 and selected as a Fellow by the American College of Sports Medicine in 2022, which recognizes clinicians and scientists throughout the world who have achieved professional excellence and service to the field of the sports medicine.

Dr. Susmarski was a recipient of the United States Navy Health Professional Scholarship upon his acceptance into medical school. His Naval medicine career has included deployments to Afghanistan, Kuwait, Africa, and Europe. He has been decorated with multiple individual and unit recognitions including but not limited to Meritorious Service Medal, Navy/Marine Corps Commendation and Achievement Medals, Navy Unit Commendation, Army Meritorious Unit Commendation, Armed Forces Service Medal, Battle "E", Military Outstanding Volunteer Service Medal with Bronze Star, Seabee Combat Warfare Device, Global War on Terrorism Expeditionary

Medal, Global War on Terrorism Service Medal, Navy Recruit Training Service Ribbon, Junior Officer of the Year, and US Navy Green "H" award. He was honored by being deep selected, below zone for promotion to the rank of Lieutenant Commander (LCDR) in 2014 and selected in 2019 for promotion to the rank of Commander (CDR).

Dr. Susmarski is a native of Erie, Pa., where he played soccer at Cathedral Preparatory School in which he served as the team captain of the 2001 Pennsylvania State Championship team and was inducted in to the Cathedral Prep Athletics Hall of Fame in 2023. He went on to play soccer collegiately at Gannon University where he was awarded The Archbishop John Mark Gannon Award at graduation in 2005 as well as Gannon University's Distinguished Young Alumnus Award in 2016. He is excited to be back in Erie and part of the local community!