

COMMONWEALTH SPORT AND SPINE

**46165 Westlake Drive, Suite 100
Sterling, VA 20165
Office: 703-433-1700
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Welcome to our practice! We appreciate your confidence in selecting us as your physicians. This letter has been designed to anticipate some of your questions and to explain how our office works.

Patients are seen by appointment only. Appointments can be made by calling during regular office hours. If you find it necessary to change an appointment, please contact the office at least 24 hours in advance. **THERE WILL BE A \$50 CHARGE FOR MISSED APPOINTMENTS.** We occasionally run behind due to unforeseen circumstances. If this happens, we ask for your understanding and patience.

Please allow 48 hours for prescription refills, call for refills between 7:30am and 4:00pm Monday through Friday. Please remember that regular business hours are 7:30am-4:00pm Monday through Friday.

Our staff offers a broad spectrum of medical services but we do not perform surgery. We may prescribe non-narcotic medications, assistive devices such as orthotic braces, and therapies such as injections, acupuncture, or physical therapy.

Staff:

Dr. Thomas received his undergraduate degree from Oral Roberts University and his Doctor of Medicine degree from the Medical College of Ohio. He served as an intern in internal medicine at the Washington Hospital Center in Washington, D.C., and as a resident in Physical Medicine and Rehabilitation at the National Rehabilitation Hospital in Washington, D.C.

Dr. Archer received her undergraduate degree from Georgetown University in Washington, D.C., and her Doctor of Medicine degree from Georgetown University School of Medicine. The National Rehabilitation Hospital in Washington, D.C., honored her as Resident of the Year and she also served as Chief Resident at this nationally acclaimed medical facility.

Darlene Saar-Graybeal, PA-C received her Bachelor of Science in Biology as well as her Masters degree as a Physician Assistant from George Washington University School of Medicine and Health Sciences. Following graduation, she practiced in the field of gastrointestinal medicine before specializing in Physical Medicine and Rehabilitation. She has worked with these two physicians in this field for five years.