



Maritza Chavez Stahly, MAT, LAT, ATC

Specialty: Athletic Training

Other languages American Sign Language - Conversational, Spanish

GOSHEN PHYSICIANS ORTHOPEDICS & SPORTS MEDICINE

1824 Dorchester Ct, Goshen, IN 46526 [Get Directions](#)

Existing Patients: 574-534-2548

New Patients: 574-537-5000

Biography

Maritza Chavez Stahly is a licensed and board certified athletic trainer at Goshen Physicians Orthopedics & Sports Medicine. She works closely with student athletic programs at Goshen High School, Goshen Middle School and Concord High School to evaluate, diagnose and rehabilitate students with sports injuries. For middle school and high school sporting events, Maritza sets up venues for games, matches and meets.

Education plays an important role in Maritza's approach to training young athletes. She guides them in methods to prevent injuries and teaches proper nutrition and hydration for athletes. Maritza is specially trained in the Graston Technique to eliminate pain and restore range of motion and normal function after soft tissue injuries.

During time away from work, Maritza has a passion for family, cooking, travel and nature. She finds stress relief in reading and coloring.

Philosophy of Care

Maritza takes a compassionate and empathetic approach to care for athletes with sports injuries. She uses active listening skills to address their concerns and help them perform at their highest potential.

With her bilingual skills, Maritza serves as an advocate for students to bridge the gap between parents, students and doctors.

Research/Clinical Interest

- Concussion care
- ACL prevention programs
- Nutrition/hydration for high school athletes
- Mental health for high school athletes

Education

Board Certified – Athletic Training

Education and training:

Master of Athletic Training

Manchester University | North Manchester, IN

Bachelor of Arts in Physical Education

Goshen College | Goshen, IN
