

## **Thomas Lindsey, DO, a Family Physician with Alabama Family Practice, P.C.**

Get to know Family Physician Dr. Thomas Lindsey, who serves patients in Montgomery, Alabama.



**New York City, New York Nov 8, 2023 ([IssueWire.com](https://www.issuewire.com))** - Dr. Lindsey is a dual board certified family physician with Alabama Family Practice, P.C. He cares for musculoskeletal injuries in addition to acute and chronic medical conditions to keep athletes healthy and on the field. Additionally, his knowledge of sports nutrition can help maximize performance and prevent injuries.

A native of Montgomery, Alabama, Dr. Lindsey graduated from Trinity Presbyterian School. He completed his Bachelor of Science Degree in Health Sciences at Furman University, Magna Cum Laude. Subsequently, he earned his Doctor of Osteopathic Medicine Degree from the Alabama College of Osteopathic Medicine (ACOM) in 2019.

While attending ACOM, Dr. Lindsey received his Master's in Adult Education at Troy University. During his residency and fellowship training at the University of Alabama, he treated acute and chronic medical conditions, provided preventative care, and worked with high school and college athletes in multiple sports: football, track and field, gymnastics, basketball, baseball, softball, adaptive athletics, dance, volleyball, mixed martial arts, hockey, golf, tennis, swimming, rowing, and soccer.

In addition, Dr. Lindsey completed a pre-doctoral fellowship in Osteopathic Manipulative Therapy (OMT), a hands-on approach to musculoskeletal disorders to correct structural imbalances, improve circulation, and relieve pain.

Board certified in both family medicine and sports medicine, Dr. Lindsey holds the esteemed title of Diplomate of the American Board of Family Medicine (ABFM). The ABFM is an organization that provides board certification to qualified physicians who specialize in delivering comprehensive primary care for patients of all ages, genders, and addressing all parts of the body.

Family medicine is a medical specialty devoted to comprehensive health care for people of all ages. The specialist is called a family physician or family doctor. A family physician is often the first person a patient sees when seeking healthcare services. They examine and treat patients with a wide range of conditions and refer those with serious ailments to a specialist or appropriate facility.

Outside of practicing medicine, Dr. Lindsey enjoys fly fishing, hunting, golfing, exercising, and lake life.

**Learn More about Dr. Thomas Lindsey:**

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/85019951-Thomas-Lindsey-DO-Family-Practitioner> or through Alabama Family Practice, P.C., <https://alfamilypractice.com/about/>

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