

pontchartrain orthopedics and sports medicine

pontchartrain orthopedics and sports medicine represents a leading healthcare provider specializing in the diagnosis, treatment, and rehabilitation of musculoskeletal injuries and conditions. With a dedicated focus on both orthopedic care and sports medicine, this institution offers comprehensive solutions tailored to athletes, active individuals, and patients requiring expert musculoskeletal management. The expertise at pontchartrain orthopedics and sports medicine encompasses surgical and non-surgical treatments, advanced physical therapy, and injury prevention strategies. This article explores their services, specialties, treatment options, and the advanced technologies they utilize to enhance patient outcomes. Readers will gain insights into how this center supports recovery and long-term wellness for a wide spectrum of orthopedic and sports-related conditions.

- Overview of Pontchartrain Orthopedics and Sports Medicine
- Specialized Services Offered
- Common Conditions Treated
- Innovative Treatment Techniques
- Patient Care and Rehabilitation
- Preventative Strategies and Education

Overview of Pontchartrain Orthopedics and Sports Medicine

Pontchartrain orthopedics and sports medicine is a multidisciplinary practice focused on addressing injuries and disorders affecting the bones, joints, muscles, ligaments, and tendons. The center combines orthopedic surgery expertise with sports medicine principles to cater to both acute injuries and chronic conditions. Their team consists of board-certified orthopedic surgeons, sports medicine physicians, physical therapists, and support staff dedicated to delivering personalized care. The integration of cutting-edge diagnostic tools and evidence-based treatment protocols ensures high standards in patient management. This holistic approach supports not only treatment but also performance optimization and injury prevention for athletes and active individuals.

Mission and Vision

The mission of pontchartrain orthopedics and sports medicine is to provide comprehensive, patient-centered musculoskeletal care that restores function and improves quality of life. Their vision

emphasizes innovation, education, and compassionate treatment to serve a diverse patient population, including professional athletes, weekend warriors, and those experiencing age-related orthopedic issues. Commitment to continuous improvement and research fosters an environment where patients receive top-tier care aligned with the latest medical advancements.

Team Expertise and Collaboration

At the core of pontchartrain orthopedics and sports medicine is a collaborative team approach. Orthopedic surgeons specialize in areas such as sports injuries, joint replacement, trauma, and arthroscopic surgery. Sports medicine physicians focus on non-operative management, injury prevention, and rehabilitation strategies. Physical therapists work closely with physicians to design individualized recovery plans that enhance mobility and strength. This integrated model ensures seamless communication and coordinated care across all stages of treatment.

Specialized Services Offered

Pontchartrain orthopedics and sports medicine provides a wide range of specialized services tailored to meet the diverse needs of their patients. These services combine clinical expertise with advanced technology to deliver effective solutions for musculoskeletal health.

Orthopedic Surgery

The surgical team at pontchartrain orthopedics and sports medicine performs minimally invasive and traditional surgeries to address complex orthopedic conditions. Common procedures include arthroscopy, joint replacements, ligament reconstructions, and fracture repairs. Surgical interventions are complemented by preoperative planning and postoperative rehabilitation to optimize recovery outcomes.

Sports Medicine Treatments

Sports medicine services focus on the diagnosis, treatment, and prevention of athletic injuries. These include management of sprains, strains, tendonitis, and overuse injuries. The center emphasizes conservative care such as physical therapy, regenerative medicine, and bracing before considering surgical options. Additionally, performance enhancement and conditioning programs are available to help athletes maintain peak physical condition.

Physical Therapy and Rehabilitation

Rehabilitation is a cornerstone of pontchartrain orthopedics and sports medicine. The physical therapy department offers tailored programs that promote healing, restore strength, and improve functional mobility. Therapists utilize modalities such as manual therapy, therapeutic exercises, and neuromuscular re-education to facilitate effective recovery. Rehabilitation plans are customized to individual goals and injury severity.

Common Conditions Treated

Pontchartrain orthopedics and sports medicine treats a broad spectrum of musculoskeletal disorders affecting patients of all ages. Their expertise spans both acute injuries and chronic degenerative conditions.

Sports-Related Injuries

Common sports injuries managed at the center include:

- Anterior cruciate ligament (ACL) tears
- Rotator cuff injuries
- Meniscal tears
- Achilles tendonitis and ruptures
- Stress fractures
- Concussions and soft tissue contusions

These conditions are addressed using a combination of diagnostics, conservative management, and surgical repair when necessary.

Degenerative and Chronic Conditions

The center also specializes in treating degenerative disorders such as osteoarthritis, spinal stenosis, and chronic tendinopathies. Through comprehensive evaluation and multimodal treatment plans, patients receive symptom relief and improved joint function. Early intervention is emphasized to prevent progression and maintain active lifestyles.

Innovative Treatment Techniques

Pontchartrain orthopedics and sports medicine integrates the latest medical technologies and therapeutic techniques to enhance patient care and outcomes.

Regenerative Medicine

Techniques such as platelet-rich plasma (PRP) therapy and stem cell injections are utilized to promote tissue healing and reduce inflammation. These minimally invasive treatments support recovery from tendon, ligament, and cartilage injuries. Regenerative medicine offers an alternative to surgery for select patients, accelerating healing and improving function.

Arthroscopic Surgery

Arthroscopy is a minimally invasive surgical technique widely employed at pontchartrain orthopedics and sports medicine. Using small incisions and a camera, surgeons can diagnose and repair joint damage with reduced pain and faster recovery times. This method is commonly used for knee, shoulder, and ankle procedures.

Advanced Diagnostic Imaging

The center utilizes state-of-the-art imaging technologies such as MRI, CT scans, and digital X-rays to accurately diagnose musculoskeletal conditions. Precise imaging facilitates tailored treatment plans and monitors progress throughout rehabilitation.

Patient Care and Rehabilitation

Patient-centered care is a fundamental principle at pontchartrain orthopedics and sports medicine. The facility emphasizes comprehensive rehabilitation protocols to ensure optimal recovery and return to activity.

Customized Rehabilitation Programs

Rehabilitation specialists develop individualized treatment regimens based on the patient's specific injury, surgical procedure, and lifestyle goals. Programs typically include:

- Range of motion exercises
- Strength training
- Balance and proprioception drills
- Functional movement retraining
- Gradual return-to-sport conditioning

These elements work synergistically to restore full function and reduce the risk of reinjury.

Multidisciplinary Support

Throughout the recovery process, patients benefit from coordinated support involving physicians, therapists, athletic trainers, and nutritionists. This holistic approach addresses physical, psychological, and nutritional factors crucial for comprehensive healing and performance optimization.

Preventative Strategies and Education

Prevention and patient education are integral components of Pontchartrain Orthopedics and Sports Medicine's approach to musculoskeletal health. The center actively promotes strategies to minimize injury risk and enhance long-term joint health.

Injury Prevention Programs

Specialized programs target athletes and active individuals by teaching proper biomechanics, strength conditioning, and flexibility exercises. These programs reduce the incidence of common injuries such as ligament tears and overuse syndromes.

Community Education and Outreach

Pontchartrain Orthopedics and Sports Medicine participates in community events and workshops to raise awareness about musculoskeletal health. Educational initiatives emphasize the importance of early intervention, safe training practices, and lifestyle modifications to maintain musculoskeletal integrity.

Frequently Asked Questions

What services does Pontchartrain Orthopedics and Sports Medicine offer?

Pontchartrain Orthopedics and Sports Medicine offers comprehensive services including diagnosis, treatment, and rehabilitation of musculoskeletal injuries, sports-related injuries, joint replacement, physical therapy, and pain management.

Where is Pontchartrain Orthopedics and Sports Medicine located?

Pontchartrain Orthopedics and Sports Medicine is located in Louisiana, serving the Northshore and surrounding communities with multiple convenient office locations.

Does Pontchartrain Orthopedics and Sports Medicine treat sports injuries for all ages?

Yes, Pontchartrain Orthopedics and Sports Medicine provides specialized care for sports injuries for patients of all ages, from young athletes to adults.

What types of orthopedic surgeries are performed at

Pontchartrain Orthopedics and Sports Medicine?

They perform a variety of orthopedic surgeries including arthroscopic procedures, joint replacements (hip, knee, shoulder), fracture repair, and minimally invasive surgeries tailored to patient needs.

Can I get physical therapy services at Pontchartrain Orthopedics and Sports Medicine?

Yes, Pontchartrain Orthopedics and Sports Medicine offers onsite physical therapy services to help patients recover from injuries and surgeries effectively.

Do they accept insurance at Pontchartrain Orthopedics and Sports Medicine?

Pontchartrain Orthopedics and Sports Medicine accepts most major insurance plans. It is recommended to contact their office directly to confirm specific insurance coverage.

How can I schedule an appointment with Pontchartrain Orthopedics and Sports Medicine?

Appointments can be scheduled by calling their main office phone number or through their website's online appointment request form.

What makes Pontchartrain Orthopedics and Sports Medicine unique compared to other orthopedic providers?

Pontchartrain Orthopedics and Sports Medicine is known for its personalized patient care, experienced board-certified orthopedic surgeons, multidisciplinary approach, and focus on both surgical and nonsurgical treatments.

Does Pontchartrain Orthopedics and Sports Medicine offer telemedicine consultations?

Yes, they offer telemedicine consultations for certain conditions, allowing patients to receive expert orthopedic advice and follow-up care remotely.

Additional Resources

1. Pontchartrain Orthopedics: Foundations and Advances

This comprehensive text explores the core principles and latest advancements in orthopedic medicine as practiced at Pontchartrain. Covering topics from fracture management to joint reconstruction, the book serves as an essential resource for orthopedic surgeons and residents. Detailed case studies highlight innovative techniques and patient outcomes in the region.

2. Sports Medicine in the Pontchartrain Region: Diagnosis and Treatment

Focused on sports-related injuries common in the Pontchartrain area, this book provides a thorough overview of diagnosis, rehabilitation, and prevention strategies. It blends evidence-based practice with real-world applications for athletes of all levels. The multidisciplinary approach includes insights from physicians, therapists, and trainers.

3. Rehabilitation Protocols in Pontchartrain Orthopedic Sports Medicine

This guide outlines effective rehabilitation protocols tailored to orthopedic and sports medicine patients from Pontchartrain. Emphasizing personalized care, it covers post-surgical recovery, injury prevention, and performance optimization. The book is ideal for physical therapists and rehabilitation specialists seeking region-specific methodologies.

4. Innovations in Arthroscopic Surgery: Pontchartrain Perspectives

Highlighting cutting-edge arthroscopic techniques developed and refined in Pontchartrain, this book is a valuable resource for orthopedic surgeons. It discusses minimally invasive procedures that improve patient outcomes and reduce recovery times. Detailed illustrations and surgical tips enhance the learning experience.

5. Sports Injury Prevention and Management in Pontchartrain Athletes

This volume addresses common sports injuries affecting athletes in Pontchartrain, emphasizing prevention and early intervention. It includes practical guidelines for coaches, trainers, and healthcare providers to reduce injury risk. The book also explores the role of conditioning and biomechanics in athletic health.

6. Pediatric Orthopedics and Sports Medicine in Pontchartrain

Dedicated to the unique challenges of treating young athletes, this book covers growth-related orthopedic conditions and sports injuries in children and adolescents. It offers treatment strategies that balance injury management with ongoing physical development. Pediatric specialists will find valuable insights and case examples.

7. Orthopedic Trauma Care in the Pontchartrain Area

Focusing on acute orthopedic trauma cases, this book provides protocols and management strategies used in Pontchartrain hospitals. It covers everything from initial assessment to surgical intervention and follow-up care. Emergency physicians and orthopedic surgeons will benefit from its practical approach.

8. Biomechanics and Performance Enhancement in Pontchartrain Sports Medicine

This book examines the role of biomechanics in improving athletic performance and preventing injury among Pontchartrain athletes. It integrates scientific research with clinical applications to optimize training and rehabilitation programs. Sports scientists and clinicians will appreciate its detailed analysis.

9. Comprehensive Guide to Joint Replacement in Pontchartrain Orthopedics

Covering the latest techniques and outcomes in joint replacement surgery, this guide focuses on practices in the Pontchartrain region. It discusses preoperative planning, surgical options, and postoperative care tailored to patient needs. Orthopedic surgeons and healthcare providers will find it a valuable reference for improving patient quality of life.

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pontchartrain orthopedics and sports medicine: The Elbow and Wrist Felix Savoie, Larry Field, Scott Steinmann, 2024-06-01 Co-published with the Arthroscopy Association of North America, *The Elbow and Wrist: AANA Advanced Arthroscopic Surgical Techniques* is a comprehensive technique-based book that presents the latest diagnostic and reconstructive techniques in arthroscopic surgery for the elbow and wrist. *The Elbow and Wrist: AANA Advanced Arthroscopic Surgical Techniques* is authored by premier arthroscopic surgeons Drs. Felix H. Savoie III, Larry D. Field, Scott P. Steinmann, and their international list of expert contributors. This comprehensive resource includes preferred physical examination testing and diagnostic imaging choices in pre-operative planning and patient selection, state-of-the-art step-by-step description of the procedures, detailed surgical equipment lists to perform each procedure, clear and precise indications for surgery and the thoughtful rationale behind stated contraindications, controversial indications, post-operative protocols, and potential complications. The written text is supported by numerous color images and a website with invaluable, narrated video clips depicting disease specific arthroscopic techniques specific to the elbow and wrist. Features inside *The Elbow and Wrist: AANA Advanced Arthroscopic Surgical Techniques* Narrated video accompanies all surgical techniques, focusing on the stepwise approach to each operation Consistent organization throughout the book results in a bulleted and user-friendly interface for a quick reference or prolonged study Top 5 Technical Pearls for each procedure to enhance outcomes and to avoid common pitfalls and complications High-quality artwork and figures to compliment clinical images Equipment and surgical technique checklists for quick reference prior to surgery Each expert contributor was chosen for his or her expertise for a specific topic related to *The Elbow and Wrist*, so the reader benefits by the highest quality and treatment recommendations to provide state-of-the-art care to his or her patient. Some chapter topics include: Degenerative Joint Disease of the Elbow: Arthroscopic Management Open MUCL Reconstruction: The Andrews Technique New Techniques: The Future of Elbow Arthroscopy Arthroscopic Treatment of Distal Radius Fractures Endoscopic CT Release: The Chow Technique

pontchartrain orthopedics and sports medicine: Scaphoid Fractures and Nonunions Jeffrey Yao, 2015-09-07 Comprised exclusively of clinical cases covering scaphoid fractures and nonunions, this concise, practical casebook will provide clinicians in orthopedic, plastic and hand surgery with the best real-world strategies to properly diagnose and treat the various forms of the condition they may encounter. After a brief introduction covering scaphoid anatomy, each chapter is in the form of a case that opens with a unique clinical presentation, followed by a description of the diagnosis, assessment and management techniques used to treat it, as well as the case outcome and clinical pearls and pitfalls. Cases included illustrate different injuries and management strategies from acute scaphoid fractures and nonunions to advanced collapse, covering non-operative and arthroscopic techniques as well as autograft procedures and salvage options. Pragmatic and reader-friendly, *Scaphoid Fractures and Nonunions: A Clinical Casebook* will be an excellent resource for seasoned as well as those training to be orthopedic surgeons, plastic surgeons, hand surgeons and emergency medicine physicians alike.

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pontchartrain orthopedics and sports medicine: Pediatric Orthopedics and Sports Medicine Amr Abdelgawad, Osama Naga, Marwa Abdou, 2020-11-24 The revised and the expanded second edition of this concise and targeted handbook presents the “need-to-know” musculoskeletal conditions and injuries required for all health care providers dealing with pediatric patients, including primary care physicians, emergency medicine physicians, radiologists, residents, students, nurses, and therapists, to brush up on pediatric orthopedics and sports medicine topics with ease. The most up-to-date information is contained within themed chapters--sports injuries and pediatric trauma, for example--as well as by anatomical region--the hip, knee, foot, spine, etc.--including chapters new to this edition covering pediatric musculoskeletal image interpretation and general aspects of sports medicine. This book addresses high-yield points needed for both general day-to-day pediatric orthopedics and sports medicine practice as well as information needed for the musculoskeletal section of the General Pediatrics Certifying Examination and other board exams for other specialties, physician assistants, nurse practitioners, and physical therapists. Well-illustrated and utilizing an easy-to-follow, bullet-pointed format, Pediatric Orthopedics and Sports Medicine gives the reader the basic knowledge to be able to identify and understand the management of common pediatric orthopedic and sports medicine conditions, and indications to either treat these conditions or refer the patient to an orthopedist.

pontchartrain orthopedics and sports medicine: Orthopedic Sports Medicine Fabrizio Margheritini, Roberto Rossi, 2011-12-21 Aim of this book is to give an update on the main issues in sports traumatology and orthopedics, involving different body sections. Exploring the most important aspects of sports medicine - from anatomy to normal movements description, from diagnosis to sports injuries treatment, from conservative to surgical treatments - it gives a global overview of the field, describing also diagnostic tools recently introduced in this field, such as hip arthroscopy, and taking into consideration related areas like nutrition, prevention, training and rehabilitation. The single chapters deal with relevant problems such as emergencies on the field, pathologies of the upper and lower extremity, spine problems in athletes. Each injury is approached on the basis of both the specific body area and of the different sports/activities. Written by a multidisciplinary team of experts, this volume will be a fundamental book for orthopedic surgeons, physiotherapists, general practitioners, personal and athletic trainers, offering them a useful tool for the management of most frequent injuries in sports medicine.

pontchartrain orthopedics and sports medicine: Orthopedic and Sports Medicine Case Studies for Advanced Practice Nurses Karen Myrick, Karen M. Myrick, 2016-08-10 This one-of-a-kind book delivers challenging, clinically relevant case-based learning tools regarding orthopedics and sports medicine for advanced practicenursing students and practitioners. Written by nurse practitioner/educators, it fills a gap in information and guidelines for treatment of this population in primary and acute care environments. Cases across the lifespan cover areas of orthopedics and sports medicine most likely to be encountered. Cases are described in depth to foster a comprehensive learning experience and to facilitate inductive and deductive critical reasoning. Each follows a template that encompasses the context for the case, chief patient complaints and history along with physical assessment findings, diagnostic evaluation, interventions, evaluation of care and outcome, and references for additional information. An accompanying teaching guide aids instructors in accelerating critical thinking. Key Features: Fills an identified gap in available literature Reflects both primary care and acute care across the lifespan Includes referral red flags and scope of practice for each case Formats cases for both inductive and deductive reasoning Offers focused instructor manual to facilitate meaningful learning

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pontchartrain orthopedics and sports medicine: LANGE Instant Access Orthopedics and Sports Medicine Anil M. Patel, 2007-10-19 The most convenient, rapid-access resource for orthopedics and sports medicine, packed with clinical facts, figures, and data you will turn to again and again This portable guide is filled with evidence-based facts, figures, and data for understanding and managing common-but often challenging-complaints related to the musculoskeletal system. Orthopedics and Sports Medicine expertly covers all joints from the neck and shoulder, to the spine and ankle. Supporting this outstanding coverage is a handy table-based format that allows you to find and apply information as quickly and efficiently as possible. Features: All the bottom-line, clinical essentials required to effectively manage orthopedic conditions Clear tabular format Numerous illustrations Practical, ready-to-use coverage of exam procedures, plus the very latest disease and disorder information Evidence-based findings and references

pontchartrain orthopedics and sports medicine: DeLee & Drez's Orthopaedic Sports Medicine E-Book Mark D. Miller, Stephen R. Thompson, 2014-04-04 The revised, streamlined, and reorganized DeLee & Drez's Orthopaedic Sports Medicine continues to be your must-have orthopaedics reference, covering the surgical, medical, and rehabilitation/injury prevention topics related to athletic injuries and chronic conditions. It provides the most clinically focused, comprehensive guidance available in any single source, with contributions from the most respected authorities in the field. Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability. Be prepared to handle the full range of clinical challenges with coverage of both pediatric and aging athletes; important non-orthopaedic conditions involved in the management of the athlete; rapidly evolving techniques; and sports-related fractures. Understand rehabilitation and other therapeutic modalities in the context of return to play. Take advantage of in-depth coverage of arthroscopic techniques, including ACL reconstruction, allograft cartilage transplantation, rotator cuff repair, and complications in athletes, as well as injury prevention, nutrition, pharmacology, and psychology in sports. Equip yourself with the most current information surrounding hot topics such as hip pain in the athlete, hip arthroscopy, concussions, and medical management of the athlete. Remain at the forefront of the field with content that addresses the latest changes in orthopaedics, including advances in sports medicine community knowledge, evidence-based medicine, ultrasound-guided injections, biologic therapies, and principles of injury prevention. Enhance your understanding with fully updated figures throughout. Take a global view of orthopaedic sports medicine with the addition of two new international section editors and supplemental international content. Access even more expert content in new Author's Preferred Technique sections. Find the information you need more quickly with this completely reorganized text.

pontchartrain orthopedics and sports medicine: OrthoBiologics in Sports Medicine , An Issue of Clinics in Sports Medicine Rachel Frank, Brian J. Cole, 2018-11-22 Guest edited by Drs. Rachel Frank and Brian Cole, this issue of Clinics in Sports Medicine will cover several key areas of

interest related to OrthoBiologics in Sports Medicine. This issue is one of four selected each year by the series Consulting Editor, Dr. Mark Miller. Articles in this issue include: Corticosteroids and Hyaluronic Acid Injections, Platelet Rich Plasma, Adipose Derived Stem Cell Treatments and Formulations, Amniotic Derived Treatments and Formulations, Orthobiologics For Ligament Repair and Reconstruction, Orthobiologics For Bone Healing, Orthobiologics For Focal Articular Cartilage Defects, OrthoBiologics for Osteoarthritis, Emerging Orthobiologics Techniques and The Future, and Incorporating Orthobiologics Into Your Clinical Practice.

pontchartrain orthopedics and sports medicine: Foot and Ankle Sports Medicine David Altchek, 2013 With this brand new book, *Foot and Ankle Sports Medicine*, sports medicine practitioners will have one of the most comprehensive and practical resources for the treatment of foot and ankle sports injuries. In addition to tendon disorders, trauma, hindfoot, midfoot, forefoot, and lower leg, this book's 32 chapters also cover pediatric sports injuries, sport specific injury prevention, rehabilitation, and even shoe selection. Over 40 specialists in orthopaedic surgery, podiatry, physiatry, physical therapy, and athletic training contributed to this book's contents -- including team physicians, physical therapists, and athletic trainers for major sports teams including the New York Giants, New York Mets, Philadelphia Flyers, Philadelphia Eagles, New York Knicks, Washington Nationals, Carolina Panthers, and the US Davis Cup Tennis team. It's the combination of all these different disciplines that makes this book such an excellent resource for treatment of foot and ankle sports injuries. FEATURES - Over 300 original illustrations -- many in full color - Practical recommendations from over 40 experts in their field - All treatments emphasize the role of therapists and trainers in obtaining the best results

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pontchartrain orthopedics and sports medicine: The Sports Medicine Physician Sérgio Rocha Piedade, Andreas B. Imhoff, Mark Clatworthy, Moises Cohen, João Espregueira-Mendes, 2019-04-12 This superbly illustrated book provides information of outstanding quality on the presentation and management of the entire range of sports injuries and conditions likely to be encountered by the sports medicine physician, as well as many other topics relating to sports activity, events, and outcomes. It is the product of close collaboration among members of several ISAKOS committees, and the chapter authors are clinicians and scientists from across the world who are acknowledged experts in sports medicine and orthopedics. The book opens by discussing fundamental topics and principles, covering subjects such as the biomechanics of injuries, physiological demands in sports practice, sports activity at different ages, nutrition and hydration, strength and conditioning, injury prevention, recovery, rehabilitation, and return to play. Subsequent chapters focus in depth on overtraining injuries, neurological disorders, sports trauma to different parts of the body, and special clinical conditions. Further topics to be addressed are different scenarios in sports (e.g., indoor vs outdoor), sports equipment, biologic treatment of sports injuries, major sporting events, and patient-recorded outcome measures.

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HAROLD M. STOKES, MD - Pontchartrain Orthopedics & Sports Dr. Stokes is a graduate of Occidental College, Los Angeles, California. Following graduation from the University of California, Irvine, College of Medicine, he completed an internship at Los

Boutte Orthopedic Doctor - Pontchartrain Orthopedics & Sports At Pontchartrain Orthopedics & Sports Medicine, we have a team of physicians in Boutte who specialize in large joints like shoulders, hips, and knees. Some specialize in treating the hand,

John G. Burvant, MD - Pontchartrain Orthopedics & Sports Medicine Dr. John Burvant, MD is a board-certified Surgeon with 20+ years experience in the surgical & non-surgical treatment of musculoskeletal and orthopedic

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