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Teo Mendez, MD, Joins Medical Team at New York Orthopedics

New York, N.Y. - Stephen J. Nicholas, MD, founder and President of New York Orthopedics, (www.nyorthodoc.com) has announced that Teo Mendez, MD, has joined the organization's highly skilled team of physicians. Dr. Mendez is a fellowship-trained orthopedic surgeon, specializing in operative and non-operative management of sports-related injuries, musculoskeletal injuries and minimally invasive surgical procedures including hip arthroscopy. "I am delighted Dr. Mendez has joined our practice," commented Dr. Nicholas. "His expertise in sports medicine, especially hip arthroscopy, will enable us to expand our services throughout the five boroughs, Westchester and Long Island."

Dr. Mendez graduated from the University of Virginia and received his medical degree from Emory University School of Medicine, then became a resident at the University of Miami at Jackson Memorial Hospital where he served as the chief administrative resident for the department of orthopedics. During his tenure he participated in the care of athletes from the University of Miami and the Miami Marlins.

Dr. Mendez completed the prestigious sports medicine fellowship at Lenox Hill Hospital, where he concentrated on minimally invasive and advanced arthroscopic -techniques for the treatment of sports-related injuries, and participated in the care of athletes from the New York Jets, New York Islanders, Manhattanville College, Hunter College, and various New York City high school teams. He has authored numerous research articles and book chapters on a variety of topics in the field of orthopedics and sports medicine.

About New York Orthopedics:

New York Orthopedics is a premier orthopedic practice of top fellowship-trained physicians offering the latest nonsurgical and surgical treatment options for the full spectrum of orthopedic sub-specialties — sports medicine and total joint replacement and spine, foot and ankle, hand and upper extremities, hip and knee, and non-operative care of spine conditions, sports injuries, and general musculoskeletal disorders.

New York Orthopedics was founded by Dr. Stephen J. Nicholas. The organization was built on a tradition of excellence in sports medicine set forth by his father, James A. Nicholas, MD, who changed the method in which sports injuries are treated today, and is widely regarded as the modern day father of the field of sports medicine. He was perhaps best known for his career-saving knee operations on New York Jets quarterback Joe Namath, and for serving as a team physician for the New York Jets, Rangers, Cosmos, Islanders and Yankees.

In the 1970s, Dr. Nicholas founded an institute dedicated to the study of sports medicine and trauma at Lenox Hill Hospital, the first hospital-based facility in the country that was devoted to this field, known today as the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) (www.NISMAT.ORG).

New York Orthopedics offers a full spectrum of orthopedic services at state-of-the-art facilities located in New York City, Long Island, Westchester, Staten Island and Queens. For further information, call 212.737.3301 or visit www.nyorthodoc.com.