

Jeffrey R. Dugas, MD, an Orthopaedic Surgeon & Sports Medicine Specialist with Andrews Sports Medicine & Orthopaedic Cen

Get to know Orthopaedic Surgeon & Sports Medicine Specialist Dr. Jeffrey R. Dugas, who serves patients in Birmingham, Alabama.



New York City, Jul 31, 2020 (IssueWire.com) - Reputable orthopaedic surgeon and sports medicine specialist, Dr. Dugas, sees patients at Andrews Sports Medicine & Orthopaedic Center in Birmingham, Alabama. Dedicated to helping them return to an active, pain-free life as quickly as possible, he treats all types of orthopaedic sports injuries, including injuries of the shoulder, elbow, and knee.

Andrews Sports Medicine & Orthopaedic Center has built a worldwide reputation for excellence in sports medicine and orthopaedic patient care, research, education, and prevention. The practice works as a team, serving a diverse range of patients across the United States, as well as the world. “At Andrews Sports Medicine, our mission is to provide the best orthopaedic care possible using the latest clinical and surgical technologies. And we’re determined to keep improving patient care through new orthopaedic research and education” as stated on their website.

A native of Schenectady, New York, Dr. Dugas graduated from North Carolina State University with a bachelor’s degree in Chemical Engineering. He continued his education at the Duke University School of Medicine, graduating with his medical degree in 1994. He completed his residency in orthopaedic surgery at the renowned Hospital for Special Surgery in New York City.

Following his orthopaedic training, he accepted a fellowship in sports medicine at the American Sports Medicine Institute (ASMI) in Birmingham, under the direction of James R. Andrews, MD, and William G. Clancy, Jr., MD. He was then invited to become a member of the Alabama Sports Medicine & Orthopaedic Center. After its dissolution, he became a partner at Andrews Sports Medicine & Orthopaedic Center.

Dedicated to excellence, the doctor is board-certified in orthopaedic surgery and sports medicine by the American Board of Orthopaedic Surgery, an organization with the goal of establishing educational and professional standards for orthopaedic residents and surgeons as well as evaluating the qualifications and competence of orthopaedic surgeons. Additionally, he serves on the Board of Trustees at the American Baseball Foundation and American Sports Medicine Institute, where he conducts research and serves as Director for the ASMI Sports Medicine Fellowship Program.

Among his professional affiliations, he is a member of the American Orthopaedic Association, the American Academy of Orthopaedic Surgeons, the American Orthopaedic Society for Sports Medicine, the American Shoulder and Elbow Surgeons, the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine, the American Medical Association, the Medical Association of Alabama, and the Jefferson County Medical Society.

Due to the injuries he suffered from years of playing baseball, Dr. Dugas developed a true passion for the health and injury prevention of youth baseball players. He continues to work with athletes to develop the field of sports injury treatment and prevention. He maintains a special interest in throwing athletes, and much of his research concentrates in this area.

Named one of Birmingham’s Best Doctors, Dr. Dugas serves as a team physician for Troy University, Vestavia Hills High School, Bessemer Academy, Calera High School, Clay-Chalkville High School, Cordova High School, Gardendale High School, Oakman High School, and Shades Valley High School. He also provides sports medicine assistance for the Birmingham Barons, the AA affiliate of the Chicago White Sox, and the Alabama Ballet.

Furthermore, he serves as Medical Director for USA Cheer, is on the National Concussion Task Force for the prevention of concussions in youth sports, and acts as Associate Medical Director for World Wrestling Entertainment (WWE).

Orthopaedic surgery is the branch of surgery concerned with conditions involving the musculoskeletal system. Orthopaedic surgeons use both surgical and non-surgical means to treat musculoskeletal trauma, spine diseases, sports injuries, degenerative diseases, infections, tumors, and congenital disorders.

Sports medicine is a branch of medicine that deals with physical fitness and the treatment and prevention of injuries related to sports and exercise. A sports medicine specialist is a physician with significant specialized training in both the treatment and prevention of illness and injury.

Contributing significantly to the research of sports medicine, Dr. Dugas has published articles and textbook chapters related to injuries of the shoulder and elbow in throwing athletes, vascular injuries in throwers, and rotator cuff injuries. He has also published manuscripts on the treatment of knee ligament injuries and the treatment of cartilaginous defects of the knee.

Outside of the office, Dr. Dugas enjoys playing golf and baseball, fishing, and playing the guitar. He and his wife, Tracie, are both avid sports fans and enjoy spending time with their children, Christopher and Caroline.

Learn More about Dr. Jeffrey R. Dugas:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1224403-Jeffrey-Dugas-Orthopedist> or through Andrews Sports Medicine & Orthopaedic Center, <https://www.andrewssportsmedicine.com/physicians/jeffrey-r-dugas-md>

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