

Lyndon Gross, MD, PhD, an Orthopedic Surgeon with OrthoMO.

Get to know Orthopedic Surgeon Dr. Lyndon Gross, who serves patients in Missouri.



New York City, New York Feb 26, 2024 ([IssueWire.com](http://www.IssueWire.com)) - Dr. Gross is a dual board certified orthopedic surgeon who specializes in preventing, diagnosing and treating injuries related to participation in sports and/or exercise in patients of all ages. His area of specialty is sports medicine, specifically ailments of the shoulder, knee and elbow.

Currently with OrthoMO, Dr. Gross performs advanced arthroscopic, joint reconstruction and cartilage restoration procedures, as well as shoulder and knee joint replacement surgery. He and the staff have truly raised the expectations of orthopedic care by treating their patients with compassion and flexibility in an effort to make the process of returning them to activities as convenient as possible.

Dr. Gross serves as the Team Physician for Lindbergh High School and the St. Louis Bombers-Rugby. His role extends to being a Team Orthopedist for the St. Louis Cardinals, a position that has earned him the honor of possessing two coveted World Series rings.

His other hospital and surgery center affiliations include Missouri Baptist Medical Center, Mercy Hospital St. Louis, Frontenac Surgery and Spine Center and Orthopedic Surgery Center of Creve Coeur.

Beginning his high school education at Bishop Kearney High School, Dr. Gross pursued his undergraduate studies at Cornell University in Ithaca, New York. Following this, he advanced to graduate school at the State University of New York in Brooklyn, New York. His medical education continued at the said establishment.

Subsequently, Dr. Gross completed his internship and residency in orthopedic surgery at the University of Pittsburgh Medical Center. Finally, he embarked on a sports medicine fellowship at the American Sports Medicine Institute in Birmingham, Alabama under Dr. William Clancy and Dr. James Andrews.

His commitment to excellence in sports medicine led him to become one of the first orthopedic surgeons in the St. Louis area to obtain a Subspecialty Certificate in Orthopedic Sports Medicine from the American Board of Orthopedic Surgery (ABOS) in 2009. This certification, coupled with his fellowship training, is the gold standard in the provision of sports medicine care.

Among his professional affiliations, Dr. Gross is an esteemed member of the American Academy of Orthopedic Surgeons, the Arthroscopy Association of North America, the American Orthopedic Society of Sports Medicine, the St. Louis Orthopedic Society, and the Major League Baseball Team Physicians Association.

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

Recognized by his peers for his exceptional medical expertise, Dr. Gross has been consistently selected as one of the Best Doctors in America since 2007, a distinction granted to just 5% of practicing physicians in the United States. His contributions to the field of orthopedics and sports medicine are

reflected in multiple publications, book chapters, and numerous presentations. Among these, his notable presentation to the International Olympic Committee in 2011 on the topic of Injury & Illness Prevention in Sports stands out.

Beyond his professional accomplishments, Dr. Gross brings a unique perspective to his work, having been a former athlete himself. He garnered several accolades in Football and Rugby, including the 1986 Coaches Award for Cornell Football, honored as recipient of Ivy League Football Association Award and representing the USA Rugby East Sevens All Star Team from 1991 to 1992. His personal athletic background equips him with a profound understanding of the intricacies and dynamics involved in treating athletes.

As an African-American, Dr. Gross is proud to be a minority physician, one of the few practicing in St. Louis. His dedication to fostering diversity in the medical field is evident through his involvement in various minority mentorship programs, including Youth Life Line.

In his free time, Dr. Gross enjoys traveling and is an avid cyclist and wine collector. He has a beautiful wife Heather Ewald, a son named Jordan, a stepdaughter named Ezra and a Pomsy named Emrys.

Learn More about Dr. Lyndon Gross:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/59001-Lyndon-Gross-Orthopedist>, or through the OrthoMO, <https://www.orthomo.com/>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Lyndon Gross, MD, PhD

[See on IssueWire](#)

