

Hampton Roads Orthopaedics and Sports Medicine: Putting patients back in action

By Emily Moliken

Fractures, sprains and surgeries affect most people at some point in life. At such times, you want to be in good hands from your first consultation through your last day of rehabilitation. At Hampton Roads Orthopaedics and Sports Medicine, (HROSM) those hands belong to Dr. Thomas E. Fithian and Dr. Jon H. Swenson, who have more than 50 years experience between them.

Drs. Fithian and Swenson have medicine in their family trees. Fithian's father and mother were a doctor and nurse, respectively. The practice was run out of their home, exposing Fithian to medicine throughout his adolescent years. "We'd see the patients pass on their way into the house," Fithian says.

Dr. Swenson had an anesthesiologist uncle, but didn't know he wanted to be a doctor until later in life. After being trained as a field engineer, Swenson felt a need to help people and decided to



CATHERINE ROGERS



PHOTO PROVIDED

pursue a career in medicine. "At the end of the day, I went home but didn't feel like I had helped anybody. It felt emp-

ty," Swenson explains. "But I saw in the operating room (OR) they had drills, they had a chuck key—everything that I was used to using, so I knew. It was a one-day thing," Swenson goes on to say about deciding on a field. For both doctors, it was the tools of the trade that drew them to orthopaedics.

With Fithian's fascination with shoulders and Swenson's passion for knees and hips, patients can be assured they are covered from head to toe.

Fithian and Swenson operate on many more body parts, as do the five other physicians in the practice. HROSM takes pride in its skilled staff, which excels in both their craft and their people skills. From the waiting room, nurses and physical therapy technicians welcome patients with smiles and friendly greetings. A helpful and caring staff is just one of the many amenities HROSM offers.

With in-house physical therapy and an adjacent pain management doctor working closely within the practice, HROSM is easily set apart from other orthopaedic facilities. "Having physical therapy here allows for the doctors and the physical therapy technicians to really get to know each other and can reference how we do things. We have a good working relationship and tremendous communication," Fithian says.

In-house Magnetic Resonance Imaging (MRI) also gives HROSM an edge. State-of-the-art technology aids in complex procedures, performed daily by skilled physicians. News of stellar techniques perfected by HROSM's premier doctors permeates regularly into the medical community.

"Some of our doctors teach other doctors in other states how to perform certain techniques we do here at our facility," Fithian says.

When not in the OR or the office, Fithian and Swenson both enjoy outdoor activities of all sorts. While Fithian enjoys more of the outdoor land hobbies, Swenson is all about the water. "I love water sports. Skiing, wakeboarding, anything on the lake," Swenson says.

These family men work in a practice ready to help your family. With a caring staff, new technology and an attractive facility, Hampton Roads Orthopaedics and Sports Medicine is a welcome practice for those in need. After all, it takes good hands to operate on yours. ◀

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