



**Dr. Daniel R. Cavazos** has been practicing medicine since 1986. He completed his undergraduate degree at the University of Texas and received his medical degree from the Uniformed Services University of Health Sciences, F. Herbert School of Medicine in Bethesda, Maryland. He completed his surgical residency at the University of Connecticut Center of Health Sciences in Farmington, Connecticut. He served in the United States Air Force for 20 years, and was the Chief of Orthopaedics at Langley Air Force Base until he retired from the Air Force in 1998. It was then that he joined Hampton Roads Orthopaedics & Sports Medicine.

Since joining HROSM, he has enjoyed advancing the group's reputation for progressiveness and innovation. Dr. Cavazos assisted in recruiting the first physician assistants to the practice, developed the Workers' Compensation Program and was instrumental in HROSM becoming the first private practice in Virginia to receive a Certificate of Public Need to purchase its own Open Multi-Positional MRI.

Dr. Cavazos specializes in sports medicine, arthroscopic surgery, and minimally invasive total joint



## Daniel R. Cavazos, M.D., F.A.A.O.S.



- Arthroscopic Surgery
- Minimally Invasive Total Joint Replacement
- Sports Medicine



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replacements. He is licensed by the states of Virginia and Texas to practice medicine and is board certified in orthopaedic surgery.

Recently, Dr. Cavazos opened a second office in the New Town section of Williamsburg. He balances his rigorous schedule as an orthopaedic surgeon with his responsibilities as a husband and father of six children.





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## Orthopaedic Care in Your Hometown

HROSM’s continued expansion into the Williamsburg area has saved local patients from having to travel outside their community for exceptional orthopaedic care. Five years after opening, HROSM-Williamsburg’s New Town office has grown to offer numerous specialties that include joint replacement surgery, sports medicine, spine care, arthritis and interventional pain management. Its rotating team of four physicians and three physician assistants now are scheduling appointments every day of the week.

“People deserve this kind of comprehensive, hometown orthopaedic care,” says Dr. Daniel R. Cavazos, MD, F.A.A.O.S., who founded the location after realizing many Williamsburg residents were driving to Richmond for treatment. “We stay on the cutting edge but also really emphasize the personal touch.”

Surgical patients can go to Sentara Williamsburg Regional Medical Center, a crucial collaborator in the market and home to a nationally recognized orthopaedics program. “It’s been a phenomenal partnership because we have the same vision: not to be the hospital that does the most total joint surgeries, but the one that provides the best care,” Dr. Cavazos notes. “We pride ourselves on being very responsive to patients whenever they have questions or concerns.”

Dr. Cavazos developed a passion for nurturing specialized local care after his experience driving his father-in-law to Richmond for heart surgery. He saw that the trip was inconvenient and at times stressful for his wife and his mother-in-law, who doesn’t like driving at night. “I

thought to myself, ‘We could change that situation fairly quickly for orthopaedic patients.’”

In its first year of operation, HROSM-Williamsburg scheduled 90 joint replacements. By last year, that number had grown to 225, with a particular focus on total knee and hip replacements. HROSM and Sentara staff, including hospital orthopaedic patient navigator Rita Wade, RN, support patients from pre-surgical education through recovery to lessen anxiety and improve outcomes.

Joining Dr. Cavazos in offering Williamsburg appointments are Dr. John W. Aldridge, MD, F.A.A.O.S., a specialist in joint replacements and minimally invasive spinal surgery; Dr. Alexander Lambert II, MD, who handles most sports medicine cases and also is team physician for the College of William and Mary; and Dr. Scott Bradley, MD, a physical medicine and rehabilitation physician who focuses on pain management. Dr. Cavazos, in practice since 1986, counts arthroscopic and minimally invasive total joint replacement surgeries among his areas of expertise. Dr. Cavazos expects the Williamsburg location will only continue to grow and thrive. Among his ideas for the future: adding physical space to bring on additional subspecialties and capabilities, and to continue to join forces with Sentara to expand our service line to provide even more outpatient options that benefit our patients. “I’m still excited about pushing for innovative care in this market,” he says. “I live in Williamsburg myself, and I know the buzz about our clinic has been very positive. I am grateful to be in a position to be able to help the residents of this wonderful community.”