

ORTHOPEDECS

SPORTS & SPINE ORTHOPEDECS

23456 Hawthorne Blvd., Suite #200, in Torrance
2361 Rosecrans Ave., Suite #165, in El Segundo
310-375-8700
sportsandspineortho.com

PETER S. BORDEN, MD,
SHOULDER, KNEE, AND ANKLE
SPORTS MEDICINE SPECIALIST
CHRIS F. WOLF, MD,
CERVICAL, THORACIC AND
LUMBAR SPINE SPECIALIST

VITALS

HOSPITAL AFFILIATIONS:

Torrance Memorial Medical Center,
Providence Little Company of Mary Medical Center

SERVICES OFFERED:

Up-to-date non-surgical and surgical orthopaedic care, physical therapy, digital X-ray, diagnostic ultrasound, platelet rich plasma (PRP) injections, intraoperative stem cell injections

OFF THE CLOCK WITH OUR DOCTORS

Dr. Borden has been a South Bay resident since childhood, growing up in Palos Verdes and Manhattan Beach. His heavy participation in sports throughout his life has inspired him to specialize in the treatment of competitive athletes. He exercises regularly and enjoys running, weightlifting, golf, skiing and fly-fishing. Dr. Wolf grew up in Delaware but after spending a year in a Spine Fellowship at UCLA Medical Center, he has decided to make the South Bay his new home. Outside of work, he has been active in triathlons, completing the Full Lake Placid and Panama City Ironman Competitions in the past two years. In addition to athletics, he is an avid traveler with a recent trek to the Mount Everest Base Camp in Nepal last fall. He takes sailing classes, which he hopes will lead to future adventures on the sea.

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SHARED TIP

The key to treating orthopaedic injuries is early and accurate diagnosis. In life, simple problems are usually simple to fix. Many patients wait too long before they see a doctor about an orthopaedic ailment. Often patients spend an extended period of time under treatment with a primary care physician without successful results. Sports and Spine Orthopaedics believes that prompt treatment of any medical condition by a highly recommended specialist will generally result in better and easier resolution of the problem. Waiting too long may result in permanent body damage that cannot be cured or fixed and may result in less favorable outcomes. When in doubt ... check it out.

TELL US ABOUT THE EXCITING NEW CHANGES TO YOUR PRACTICE.

"In addition to our busy Torrance location, we are excited to announce the opening of an additional office located on Rosecrans Avenue in El Segundo. At this location, we will also have an excellent physical therapy and rehabilitation facility specializing in treatment of all orthopedic injuries. We are also remodeling our Torrance office and are excited about the new and improved upgrades."

TELL US ABOUT YOUR PHYSICAL THERAPY AND REHABILITATION PROGRAM.

"Our experienced physical therapists provide hands-on treatment to all patients with an emphasis on sports medicine philosophies. Achieving a full recovery is our primary focus in the treatment of non-operative and operative injuries. Sports and Spine Orthopaedics' physicians work closely together with our therapists to maximize results in the treatment of all injuries."

WHAT IS THE PHILOSOPHY OF YOUR PRACTICE?

"Our philosophy is to provide the highest quality of care to all patients through an understanding of each patient's medical problem while applying the latest medical advances toward the goal of a full recovery. We pride ourselves on returning our patients to work or sports faster than most surgeons and feel that this is facilitated by less invasive procedures, proper surgical technique and aggressive postoperative physical therapy and rehabilitation."

WHAT IS MOST REWARDING ABOUT YOUR WORK?

"Patient satisfaction results in doctor satisfaction. A majority of our referrals are from other patients. We believe that a patient who presents to our office from a referral from another patient is the ultimate medical compliment. Our entire staff takes extreme pride in knowing that our happy patients encourage their friends and family to see us for their orthopaedic injuries."

PRACTICE SPECIALTY

Sports and Spine Orthopaedics is composed of board-certified orthopaedic surgeons who are fellowship-trained in their respective areas of expertise. Both surgeons are extremely well-trained in orthopaedic trauma and are well-versed in treatment of all orthopaedic injuries. We treat patients ranging from young children to the elderly. Dr. Peter Borden specializes in arthroscopic treatment of complex shoulder, knee and ankle injuries. He has been in private practice in the South Bay for almost 14 years. Dr. Chris Wolf has recently joined this growing practice after completing a Spine Fellowship at UCLA Medical Center and practiced on the East Coast for several years before recently moving to the South Bay.

