

Dennis M. Lox, MD, a Sports and Regenerative Medicine Specialist with Sports and Regenerative Medicine Centers

Get to know Sports and Regenerative Medicine Specialist Dr. Dennis M. Lox, who serves patients in Tampa Bay, Florida & Beverly Hills, California.



New York City, Dec 27, 2019 (Issuewire.com) - Dennis M. Lox M.D., was born in Tucson, Arizona. At age one, his family moved to the Los Angeles metropolitan area. He moved back and forth between these states several times as his father's side of the family was in the Los Angeles area, and his mother's side was from Tucson. He grew fond of both states and still is. The picturesque Sonora desert

with its signature Saguaro cacti is symbolic of the area, and old western films at old Tucson.

Dr. Lox graduated from the University of Arizona Phi Beta Kappa, and Phi Kappa Phi.

His medical education was from Texas Tech University School of Medicine, where he earned his doctor of medicine degree.

Dr. Lox followed next, to complete his residency training in Physical Medicine and Rehabilitation, at The University of Texas Health Science Center at San Antonio. This field allowed him to have backgrounds in his passions of Sports Medicine, Exercise Prescription, and treat a wide variety of Musculoskeletal complaints, Orthopedics, Rheumatology, Neurology, Neurosurgery, and Spinal and peripheral joint treatment including injection techniques.

His mentors were Daniel Dumitru Author of Electrodiagnostic Medicine the consensus most comprehensive medical textbook on the subject. Dr. Dumitru reinforced the need for understanding anatomy and neurology for a complete examination before performing Electrodiagnostic testing. Dr. Dumitru was a Past President of The American Academy of Physical Medicine and Rehabilitation. Dr. Nicholas Walsh was Program Chair in the latter half of Dr. Lox's training. He mentored Dr. Lox on Chronic Pain and ran the departments Pain Clinic in conjunction with Dr. Raj of The Anesthesiology Department. Both Dr. Wash and Dr. Raj directly supervised Dr. Lox and assisted in his training. Unlike most residents, Dr. Lox excelled as he rigorously read research journals on the latest and older literature to surpass training textbooks. This determination to strive for excellence was the same hard work and grit, noted by his high school wrestling coach, who wrote this in his high school yearbook after being the Captain of the State Wrestling Championship Team his senior year.

Dr. Lox chose 3 months of pursued excellence during his last year of his Residency Program at San Antonio, to further pursue his quest for more knowledge, and enhance his expertise. This was approved in Tucson, Arizona with the University of Arizona Sports Medicine Department, The University of California at Irvine in Physical Medicine where he worked with John Simon co-author of Janet Travell and John Simon's Myofascial Pain and Dysfunction: The Trigger Point Manual. Previously, physicians were unaware or did not examine muscles, especially the spine as causes of neck and low back pain, as a pain generator site.

This was followed by a month of outpatient orthopedic, neurological, and inpatient Physical Medicine and Rehabilitation at The University of Texas Health Science Center in San Antonio a top tier program at the time with a strong emphasis on Sports Medicine, Chronic Pain, Electromyography (EMG / NCV) led by Future mentor Daniel Dumitru.

Dr. Lox is Board Certified by The American Academy of Physical Medicine and Rehabilitation. Dr. Lox chose to pursue a path following his interests in Sports Medicine and Orthopedic Medicine, Arthritis, Aging, Diet, Nutrition, Exact Appropriate Exercise Prescription for Individualized Patient Specific Care, Peak Human Performance, and Wellness at any age. Dr. Lox has treated successfully ten athletes, as well as a 100-year-old patient with this approach. You are never too old to live a better life. Experience does matter. That is why high school athletes to professional athletes trust Dr. Lox to provide quality Personalized Medical care.

Experience with complex patients makes treating less complex patients an easier task. Dr. Lox takes the time to listen and answer questions. An informed patient can make better choices, especially in today's hectic health care world. Dr. Lox has a boutique practice, which allows him to spend quality time to review records, diagnostic testing, x-rays and imaging studies, a complete history of your detailed

history, a thorough physical examination, and arriving at a Game Plan. Dennis M. Lox M.D. incorporates a whole body viewpoint, this wholistic approach often reveals clues to why certain problems fail to improve. Not every patient wants to do what is necessary to get better. Diet, exercise, quit smoking, but a vast majority truly want a better quality of life. Dr. Lox is an expert, and lectures on all these aspects to University Professors, Researchers, and Peer Professionals at international Medical Conferences, not seminars at hotels or luncheons. This is to enhance his knowledge, help teach other Professionals in the field of Sports Medicine, Regenerative Medicine, Stem Cell Science, The International Perinatal Stem Cell Society, The International Tissue Engineering and Regenerative Medicine Society (Termis), The International Cartilage Repair and Regenerative Society (ICRRS), The American Academy of Physical Medicine and Rehabilitation. In June of 2019, Dr. Lox lectured to Stem Cell Researchers and University Professors from around the world in London, England on the interaction of Nutraceuticals (vitamins and supplements) on Hip and Knee Stem Cell Repair: Fact and Fiction. In March of 2020, Dr. Lox is lecturing on the diet, exercise, nutritional influences on Knee Stem Cell Repair, in Paris, France.

Dr. Lox's interest in Sports Medicine, diet, exercise, and Human Peak Performance, began as a multi-sport athlete encompassing Wrestling, Boxing, and weightlifting in high school and college. During his professional career, Dr. Lox founded the Florida Spine and Sports Medicine Center in Tampa Bay, Florida area with offices in several locations, including St. Petersburg, Clearwater, and New Port Richey.

During this time, Dr. Lox continued his journey towards continued learning and teaching where he began writing medical textbooks, medical textbook chapters, and scientific abstracts.

Dr. Lox also began competing in Giant Slalom Ski Racing winning many medals. A passion for Tennis followed, and as many athletes understand, injuries can hamper sports participation. This lead Dr. Lox to realize his early statement in the 1990's someday we would have stem cells to treat patients. This lead to his passionate pursuit of Regenerative Medicine, Stem Cell Science, and Tissue Engineering. Dr. Lox was a member of many prestigious International Societies in these fields, and lectures on various topics in these fields with some of the acclaimed Researchers and University Professors in the World. Treating professional athletes from a diverse array of sports, including Professional and Collegiate Football, Baseball, Soccer, Tennis, Basketball led to a greater understanding of the complexity of treating various patients, as no two are alike. This led to his personalized individual approach to patient care.

Dr. Lox has stayed abreast of diet, nutrition, nutraceuticals, and the appropriate exercise for each patient's needs, injuries, and sport. A whole body approach is necessary to provide optimal care.

That is what sets Dr. Lox apart. It takes time to listen and understand each patient's needs, desires, goals, and unique situation to arrive at the best game plan for success. This is truly a Game Changer for their life, whether a professional athlete, weekend warrior, teen athlete aspiring for a collegiate scholarship, to those with degenerative arthritis affecting their quality of life.

Dr. Lox has lectured around the world on these topics. A 14-year-old has different needs than a 100-year-old, however, you need the experience of treating all of those patients to understand this, and help all of them.

Dr. Lox remains physically fit from combining exercise and sports, still lifting weights, and applying the wisdom he has amassed to do it smarter, and more efficiently with the best results and no pain.

Dr. Lox has edited two medical textbooks, eight medical textbook chapters, numerous scientific research articles and abstracts.

Dr. Lox is a highly sought after guest lecturer at both National and International Medical Symposiums on various topics In the Sports Medicine, Regenerative Medicine, Stem Cell Science, Tissue Engineering, Avascular Necrosis and Degenerative Arthritis.

Dr. Lox maintains an active clinical practice in the Tampa Bay, Florida metropolitan area in Clearwater, Florida, and in the Los Angeles metropolitan area, in Beverly Hills, California.

In recognition of his achievements, Dr. Lox was voted One of The Top Sports Medicine Doctors in The Tampa Bay, Florida area for 2019.

Dr. Lox has also been voted one of The Top Sports Medicine Doctors in Los Angeles, California and Beverly Hills, California in 2019.

Learn more about Dr. Dennis M. Lox:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/90527-Dennis-Lox-Doctor> or through Sports and Regenerative Medicine Centers, <https://www.drlox.com/dr-lox-bio/>

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