

Christopher J. Lena, MD, an Orthopedic Surgeon with Orthopedic Associates of Hartford

Get to know Orthopedic Surgeon Dr. Christopher J. Lena, who serves patients in Connecticut.



New York, New York City, Jul 8, 2021 ([Issuewire.com](https://www.issuewire.com)) - A highly trained orthopedic surgeon, Dr. Lena focuses his practice on the diagnosis and treatment of shoulder and knee injuries as well as sports-related conditions. He performs arthroscopic and reconstructive surgery on the shoulder, hip, elbow, and knee.

In 2001, he joined Orthopedic Associates of Hartford, during which time he has performed well over ten thousand surgical cases. He sees patients at the offices in Farmington, Glastonbury, and Rocky Hill, Connecticut.

With a firm commitment to the educational aspect of orthopedics, Dr. Lena actively participates in the education and training of orthopedic residents as an Associate Clinical Instructor of Orthopedics for the Department of Orthopedics at the University of Connecticut. He is an Associate Master Instructor for the orthopedic learning center courses for the Arthroscopy Association of North America, where he helps surgeons from around the world acquire new techniques and surgical skills. He also serves as the orthopedic liaison for the Center for Education and Innovation (CESI), a simulation center for training and innovation in arthroscopic techniques.

His hospital affiliations include CT Joint Replacement Institute in St. Francis Hospital, Glastonbury Surgery Center, Hartford Hospital, and Orthopedic Associates Surgery Center.

Following medical school and an orthopedic residency at the University of Connecticut, Dr. Lena completed a sports medicine fellowship at Yale University. He was then invited to serve as a Clinical Instructor in the Yale Sports Medicine Department, after which he joined Orthopedic Associates of Hartford.

Since arriving in the Hartford area, Dr. Lena has helped to care for the Hartford Wolf Pack AHL ice hockey team, Connecticut Crush women's football team, USA Gymnastics Tour of Champions, and Cirque du Soleil. He is also the team doctor for Goodwin College and the Glastonbury and Wethersfield High School Athletic Departments.

Taking a full-service approach to serving the orthopedic needs of patients, he is board-certified in orthopedic surgery and orthopedic sports medicine by the American Board of Orthopedic Surgery (ABOS). The ABOS is an organization with the goal of establishing educational and professional standards for orthopedic residents and surgeons as well as evaluating the qualifications and competence of orthopedic surgeons.

Professionally, Dr. Lena is a member of numerous academic societies, including the American Academy of Orthopedic Surgeons, the American College of Surgeons, the American Medical Association, the Arthroscopy Association of North America, the Connecticut Orthopedic Society, and the Hartford County Medical 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.

Named among America's Top Docs by US News and World Report and Castle Connolly 2009-2017, Dr. Lena has been the recipient of Compassionate Doctor Recognition (2015, 2016, 2017, 2018, 2020), On-Time Doctor Award (2016, 2017, 2018, 2020), Patients' Choice Award (2017, 2018, 2020), and Compassionate Doctor Award - 5 Year Honoree (2020).

Outside of practicing medicine, he enjoys cycling, skiing, and spending time on the Long Island Sound with his family.

Learn More about Dr. Christopher J. Lena:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/741501-Christopher-Lena-Orthopedist> or through Orthopedic Associates of Hartford, <https://oahct.com/orthopedic-surgeons-and-physicians/orthopedic-specialists/christopher-lena-md/>

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