

Derek H. Ochiai, MD, an Orthopaedic Surgeon with Nirschl Orthopaedic Center

Get to know Orthopaedic Surgeon Dr. Derek H. Ochiai, who serves patients in Arlington, Virginia.



New York, New York City, Oct 11, 2021 ([IssueWire.com](https://www.issuewire.com)) - A leader in orthopaedic surgery and sports medicine, Dr. Ochiai specializes in injuries to the upper and lower extremities, including hip, knee, and shoulder arthroscopy. He works at the Nirschl Orthopaedic Center in Arlington, Virginia.

Since its founding in 1974, Nirschl Orthopaedic Center has been consistently rated one of the top orthopaedic and sports medicine centers in the Washington metropolitan area. The board-certified physicians, with their extensive experience, are at the forefront of treating disorders of the hand, wrist, elbow, shoulder, hip, knee, foot, and ankle. Many have graduated from leading fellowship training programs and are regularly named as the area's top doctors in Northern Virginia and Washingtonian Magazine. The tradition of quality care and innovation originally instilled by the founder, Dr. Robert P. Nirschl, continues today with new treatments in hip preservation surgery, minimally invasive, and rapid recovery joint replacements.

Providing the highest quality of care, Dr. Ochiai uses both non-surgical and minimally invasive surgical techniques to help his patients return to their active lifestyles. His areas of specialization include femoroacetabular impingement syndrome, hip labral tears, greater trochanteric bursitis, snapping hips, gluteus medius and minimus tears, arthroscopic surgery, complex ligament and revision reconstruction, all aspects of cartilage surgery, cartilage restoration, hip preservation, ACL reconstruction, biceps repair, and arthroscopic rotator cuff and labral repairs. He has been performing cutting-edge arthroscopic hip procedures since 2003.

A graduate with honors from Cornell University, Dr. Ochiai attended Case Western Reserve University School of Medicine, where he received several awards and was inducted into the Alpha Omega Alpha (AOA) Medical Honor Society. He completed his residency in orthopaedic surgery at Albany Medical Center Hospital, followed by his fellowship in sports medicine and arthroscopic surgery at the Nirschl Orthopaedic Center and Georgetown University.

A Fellow of the American Academy of Orthopaedic Surgeons, he is a member of the International Society for Hip Arthroscopy and the American Orthopaedic Society for Sports Medicine. He is a past President of the Virginia Orthopaedic Society.

Serving as the Team Physician at Yorktown High School, Dr. Ochiai is a Sports Medicine Consultant to Inside Lacrosse Magazine and serves on the Medical Advisory Board of Washington D.C. Ballet. In addition, he teaches hip arthroscopy courses in the United States and internationally, has published two academic texts for orthopaedic surgeons, was awarded the Traveling Fellowship in Advanced Arthroscopy by the Arthroscopy Association of North America, is a two-time US Karate National Champion, and holds two US patents.

As a testament to his success, the doctor is board-certified in orthopaedic surgery by the American Board of Orthopaedic Surgery (ABOS). The ABOS is an organization with the goal of establishing educational and professional standards for orthopaedic residents and surgeons as well as evaluating the qualifications and competence of orthopaedic surgeons.

"The future is bright. Our field is attracting more diverse, brilliant, highly qualified applicants. Technological advances are astounding, allowing us to better treat our patients. Our understanding of rehabilitation (either in lieu of surgery or after surgery) allows our patient to recover faster and perhaps avoid future injuries" as stated by Dr. Ochiai.

Orthopaedic surgery is the branch of surgery concerned with conditions involving the musculoskeletal system. Orthopaedic surgeons use both surgical and non-surgical means to treat musculoskeletal

trauma, spine diseases, sports injuries, degenerative diseases, infections, tumors, and congenital disorders.

Among his numerous accolades, Dr. Ochiai has been the recipient of the Patients' Choice Award (2012, 2016, 2017, 2018), Compassionate Doctor Recognition (2013, 2015), and On-Time Doctor Award (2014, 2015, 2016, 2017, 2018).

Learn More about Dr. Derek H. Ochiai:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/65282-Derek-Ochiai-Orthopedist> or through Nirschl Orthopaedic Center, <https://www.nirschl.com/physicians/derek-ochiai-md-orthopedic-sports-medicine-surgeon/>

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