

John G. Costouros, MD, FACS, FAAOS, an Orthopedic Surgeon with Dearborn & Associates Institute for Joint Restoration

Get to know Dr. John G. Costouros, who serves patients in California.



New York, New York City, Oct 8, 2021 ([Issuewire.com](https://www.issuewire.com)) - A widely renowned orthopedic surgeon, Dr. Costouros has devoted his entire career to becoming an expert in the comprehensive treatment of all disorders affecting the shoulder — from sports injuries to fractures, rotator cuff tears, instability problems, and arthritis.

He specializes in arthroscopic surgery – a minimally-invasive technique that requires minimal downtime and enables faster recovery, and shoulder joint replacement surgery for more complex problems such as advanced arthritis or some irreparable rotator cuff tears.

Partnering with Dr. John Dearborn at the Institute for Joint Restoration and Research, they share the same philosophy of providing patients better and more consistent care in a specialty setting focused on exceptional outcomes, service, and quality.

With a broad educational background, Dr. Costouros graduated with honors with a Bachelor of Science degree in Biological Sciences from Stanford University. He completed his medical education at the University of California, San Francisco, followed by a residency in orthopedic surgery and a research fellowship in apoptosis, arthritis, and cartilage injury at the same educational venue.

Subsequently, he completed fellowships in shoulder & elbow surgery, and sports medicine at Harvard Medical School, Massachusetts General Hospital, and then relocated to Switzerland to complete a fellowship at the University of Zurich, Balgrist Hospital.

An expert in his field, the doctor is board-certified in orthopedic surgery, shoulder & elbow surgery, and 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 orthopaedic surgeons.

Maintaining fellowship status, Dr. Costouros is a Fellow of the American College of Surgeons (FACS) and a Fellow of the American Academy of Orthopedic Surgeons (FAAOS).

In order to stay up to date in his field, he is an active member of the International Society of Arthroscopic, Knee Surgery, and Orthopedic Sports Medicine, the Arthroscopy Association of North America, the American Medical Association, the California Orthopedic Association, the California Medical Association, the Santa Clara County Medical Association, the Western Orthopedic Association, the Leroy C. Abbott Orthopedic Society (on the Board of Directors), and the European Society for Surgery of the Shoulder & Elbow.

As a prior full-time member of the Stanford Orthopedic Surgery Faculty, Dr. Costouros has trained hundreds of surgeons from around the world and has shared the very latest advancements and techniques.

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.

Throughout his illustrious career, Dr. Costouros has been the recipient of the Award for Excellence in Basic Research by Leroy C. Abbott Orthopedic Society (2004, 2002), Research Poster of the Year Award by the Arthroscopy Association of North America (2006, 2003), Young Investigator Award by the Western Orthopedic Association, Patients' Choice Award (2018, 2015, 2013, 2012, 2011), Compassionate Doctor Recognition (2015, 2013, 2011), and On-Time Doctor Award (2015, 2014).

An enthusiastic winemaker, he is the Owner of Amari Cellars, a boutique winery in Los Gatos, California. His hobbies include cycling, skiing, and international travel. He is fluent in English and Greek.

Learn More about Dr. John G. Costouros:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2022578-John-Costouros-orthopaedic-surgeon-Redwood-City-CA-94063>, through Dearborn & Associates Institute for Joint Restoration, <https://dearbornassoc.com/john-costouros/>, or through John G. Costouros, MD, <https://californiashoulder.com/about/>

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