

Barbara Bergin, MD, an Orthopedic Surgeon with Texas Orthopedics, Sports & Rehabilitation Associates

Get to know Orthopedic Surgeon Dr. Barbara Bergin, who serves patients in Austin, Texas.



New York City, New York Apr 1, 2022 ([Issuewire.com](https://www.issuewire.com)) - A general orthopedist and one of only a small percentage of female orthopedic surgeons in the country, Dr. Bergin is one of the founders of Texas Orthopedics, Sports & Rehabilitation Associates. She sees patients with all manner of bone and joint conditions, specializing in knee surgery, shoulder surgery, arthroscopy, ankle injuries, bone fractures, rotator cuff problems, and sports medicine.

She and her team work seamlessly to facilitate patient care, taking the time to sit down with each patient to discuss their diagnosis and treatment plan. She sees patients at the Northwest Austin location, where one can receive comprehensive orthopedic care under one roof. She also performs surgery at Texas Orthopedics Surgery Center, also located at the Northwest Austin location.

A Division of OrthoLoneStar, Texas Orthopedics, Sports & Rehabilitation Associates provides continuity of care and convenience for patients by offering imaging services, physical therapy, and a Joint Commission-accredited ambulatory surgery center, all under one roof. The board-certified doctors are also fellowship-trained in subspecialties such as sports medicine, spine care, joint replacement, pediatric orthopedics, foot surgery, and hand surgery. In addition to orthopedic surgeons, they have physiatrists on staff who provide non-surgical spine care, interventional pain management, and electrodiagnostic testing, as well as rheumatologists who treat patients with rheumatoid arthritis and other autoimmune diseases.

Drawing from more than 30 years of experience, Dr. Bergin's clinical handouts address many common concerns for patients who have knee or shoulder surgery. She covers everything from post-op instructions to pain medication to returning to work.

In addition to treating patients surgically as well as conservatively, she enjoys educating patients so they can emerge stronger than they were before their orthopedic injury or surgery. With this in mind, she maintains her own blog - www.drbarbarabergin.com.

Recognized by her peers as a 2021 Austin Monthly Top Doctor, she is affiliated with several hospitals in and around Austin, including Seton Medical Center Austin, Saint David's Medical Center, Saint David's Round Rock Medical Center, and Austin Lakes Hospital, and Arise Austin Medical Center.

Regarding her educational background, Dr. Bergin is a graduate of Texas Tech University, where she graduated with both her undergraduate and medical degrees. She then went on to complete her residency in orthopedic surgery at the University of Missouri Medical Center and Texas Tech University School of Medicine.

A Fellow of the American Academy of Orthopedic Surgeons, the doctor is board-certified in orthopedic surgery 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.

An engaging speaker whose approach captivates audiences from community groups to academia to medical professionals, Dr. Bergin is able to present and discuss topics ranging from her women's health initiative, S.L.A.M.™ (Sit Like a Man), to female empowerment by instilling confidence in young women. She is often asked to give her fundamental presentation, "Ten Tips to Success," to various audiences, young and old, male and female.

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.

On a more personal note, Dr. Bergin and her husband, Paul Nader MD, have two children. While residents of Austin, enjoy horses and cattle at their ranch in Smithville, Texas. Dr. Bergin competes in the western performance horse sport of reining.

After publishing her award-winning novel, ENDINGS, in 2007, she is working on a new novel. She considers herself a singer/songwriter as well, focusing on western, bluegrass, and Americana genres of music.

Learn More about Dr. Barbara Bergin:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1881257-Barbara-Bergin-Orthopedist>, through Texas Orthopedics, Sports & Rehabilitation Associates, <http://www.barbaraberginmd.com/>, or through her website, <https://drbarbarabergin.com/>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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