

Benjamin James Bondow, MD, CAQSM, a Family Physician with Firefly Direct Primary Care

Get to know Family Physician Dr. Benjamin James Bondow, who serves patients in Wauwatosa, Wisconsin.



New York City, New York Jul 13, 2022 ([Issuewire.com](https://www.issuewire.com)) - A trusted family physician, Dr. Bondow is in practice at Firefly Direct Primary Care in Wauwatosa, Wisconsin. Having been an athlete from a young age including playing Div. III football at Wisconsin Lutheran College, he can personally relate to the frustrations and challenges of overcoming sports-related injuries. He is motivated to work with every

level of athlete, helping them perform at their best.

The direct primary care model of delivering healthcare integrates modern medical knowledge and techniques with an old-fashioned, personalized approach to patients. Firefly Direct Primary Care practices remove the constraints of primary care-related health insurance allowing the physician to focus on patients instead of a third-party payer. This translates into enhanced accessibility and a meaningful relationship with their physician while decreasing their healthcare costs.

Originally from the Fox Cities, Dr. Bondow moved to Wauwatosa to attend Wisconsin Lutheran College and then the Medical College of Wisconsin. Upon graduation, he completed a residency in family medicine at UPMC St. Margaret. Due to his interest in athletics and musculoskeletal medicine, he pursued further intensive training at the University of Kentucky's Primary Care Sports Medicine Fellowship, working with athletes of all ages and capabilities, including now professional-level players as well as weekend warriors.

An expert in his field, the doctor is board-certified in family medicine and primary care sports medicine by the American Board of Family Medicine (ABFM). The ABFM is a non-profit, independent medical association of American physicians who practice family medicine and its sub-specialties.

Family medicine is a medical specialty devoted to comprehensive health care for people of all ages. The specialist is called a family physician or family doctor. A family physician is often the first person a patient sees when seeking healthcare services. They examine and treat patients with a wide range of conditions and refer those with serious ailments to a specialist or appropriate facility.

After completing his training, Dr. Bondow returned to Wauwatosa to be near his family and have the opportunity to practice family medicine alongside his father, Dr. Steven Bondow. He is a proud husband and father to his daughter, Lucy, and dog, Hector. He strives to maintain an active lifestyle with exercise, weightlifting and being outdoors with his family.

Learn More about Dr. Benjamin James Bondow:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/81648258-Benjamin-Bondow-Sports-Medicine-Specialist>, or through Firefly Direct Primary Care, <https://www.fireflydpc.com/about>

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