

M. Lucius Pomerantz, MD, an Orthopedic Surgeon with Synergy Orthopedic Specialists Medical Group

Get to know Orthopedic Surgeon Dr. M. Lucius Pomerantz, who serves patients in California.



New York City, New York May 9, 2023 ([IssueWire.com](https://www.issuewire.com)) - Dr. Pomerantz is an orthopedic surgeon and upper extremity specialist at Synergy Orthopedic Specialists Medical Group. He operates out of the offices in Chula Vista, La Mesa, and San Diego, California, and looks forward to providing cutting edge orthopedic surgical and non-surgical care to all ages and activity levels.

While he enjoys treating the whole musculoskeletal system, his focus is on the care of the entire arm including trauma, sports injuries, joint replacements, nerve compression and repair, all hand ailments such as Dupuytren's contracture, as well as microsurgical procedures.

Synergy Orthopedic Specialists Medical Group was founded to bring individual surgeons together to provide patients the highest standards of excellence in orthopedic care. As San Diego's choice for orthopedic care, the providers specialize in all aspects including sports-related injuries and the diagnosis and treatment of shoulder, elbow, knee, hand and foot disorders, orthopedic trauma, arthritis, spine, congenital disorders, and work-related injuries.

Born in Santa Cruz, California, Dr. Pomerantz graduated with his Bachelor of Arts degree in Psychology and his Bachelor of Science degree in Biology from the University of California, San Diego. He then went on to earn his medical degree from Albany Medical College in 2008.

His residency training in orthopedic surgery was at UC San Diego where he was elected chief resident. He then went on to train at the prestigious Campbell Clinic in Memphis, Tennessee for his fellowship in hand/upper extremity surgery. Afterwards, he served a voluntary faculty position at the University of Tennessee Health Science Center College of Medicine, contributing to the care of the Memphis Redbirds and the University of Memphis athletes.

With a focus on the body's musculoskeletal system, the doctor is board-certified in orthopedic surgery and surgery of the hand 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.

Currently, Dr. Pomerantz is a team physician for the San Diego Gulls hockey team and is a ringside physician for combat sports events such as mixed martial arts. He is also affiliated with several hospitals in his local area, including Alvarado Hospital, University of California San Diego Hospital System, Mercy – Chula Vista Hospital, Mercy – San Diego Hospital, Grossmont Hospital, Coronado Hospital, Chula Vista Hospital, and Memorial Hospital.

"I chose to become a physician to help those who may be in pain or struggling with loss of function. The human body is an amazing multisystem structure and I feel fortunate to be able to assist people of all age groups and activity levels to regain or improve its use. I thoroughly enjoy working with patients who are motivated to be better and to guide them in incorporating their own beliefs and goals" expressed Dr. Pomerantz.

Since 2019, he has been serving on the Young Member Steering Committee of the American Society of Surgery of the Hand (ASSH). The Young Members Steering Committee is tasked with recognizing the changing needs of young members and developing recommendations to Council that address these

concerns.

Among his other professional affiliations include the American Academy of Orthopedic Surgeons, the American Society for Surgery of the Hand, the Alpha Omega Alpha Honor Medical Society, and the California Orthopedic 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.

Throughout his career, Dr. Pomerantz has published research in orthopedic imaging, the scapular disorders in throwing athletes, biomechanics of the shoulder joint, and complications of surgical treatment of tennis elbow. Additional research includes acute synovial fluid changes in traumatized joints, outcomes of surgery for Dupuytren's disease, and patient response to corticosteroids for various hand ailments.

On a more personal note, he played many sports growing up, including wrestling, soccer, and baseball. He competed as an amateur boxer and professionally in Mixed Martial Arts. He continues to train in Brazilian Jiu-Jitsu (holding a Black Belt), is certified as an intermediate Spanish speaker by the Central American Spanish School in Honduras, and is a Certified Rescue Diver through the Professional Associations of Diving Instructors.

Learn More about Dr. M. Lucius Pomerantz:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3385911-Michael-Lucius-Pomerantz-Hand-Surgeon> or through Synergy Orthopedic Specialists Medical Group, <https://synergysmg.com/physician/m-lucius-pomerantz-md/>

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