

Chris Mellano, MD, an Orthopedic Surgeon with Mellano Orthopedics

Get to know Orthopedic Surgeon Dr. Chris Mellano, who serves patients in California.



New York City, New York Aug 10, 2023 ([IssueWire.com](https://www.IssueWire.com)) - The Founder of Mellano Orthopedics, Dr.

Mellano is one of the best orthopedic surgeons Torrance and Manhattan Beach have to offer. His approach factors in eventualities like recovery time, physical therapy, hospital stays, and other aspects of healing other than the surgery itself. That philosophy has led him to develop multiple outpatient procedures that achieve the same results as major surgery - without the hospital stays or lengthy downtime.

To Dr. Mellano, orthopedic surgery is about joy. He wants his patients to experience the joy that comes from a reduction in pain or an increased range of movement. But even more than that, he knows that his patients will soon get to experience an even greater joy when they return to the activities that they find fulfilling.

“Orthopedic surgery is about much more than just muscle and bone. It means freedom, joy, and restoration. That’s why I tell my patients and staff that we are not in the business of surgery — we are in the business of changing lives” expressed Dr. Mellano.

Earning his Ph.D from the Keck School of Medicine of the University of Southern California, he served his residency at UCLA-Harbor. He also had the honor of training under Joel Matta, MD; a leading innovator in hip surgery processes.

In Torrance, Dr. Mellano received additional specialized training for joint replacement surgeries such as knee replacement, shoulder surgery, as well as elbow and hip replacement. He also completed advanced training in arthroscopic procedures, which allow him to help repair the body and get his patients moving again safely and quickly.

For more than a decade, Dr. Mellano rigorously pursued this idea, publishing articles and conducting research on innovative orthopedic procedures. Doctors and surgeons from around the world have benefited from his research, as have their patients. Dr. Mellano instituted these changes in his own practice as well by finding ways to increase the number of surgeries that he could perform as outpatient procedures. This allows his patients to return home the same day as their surgeries so they can recover in the comfort of their own homes. Dr. Mellano has found that home recovery both reduces overall costs and helps his patients feel better faster, which can lead to better outcomes.

Board certified in orthopedic surgery, the doctor is a Diplomate of 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.

As Dr. Mellano mastered the science of orthopedic surgery, he also had the opportunity to test his skills at the highest level through partnerships with the Chicago White Sox and Chicago Bulls. He helped professional athletes maintain their bodies at the elite levels necessary to stay healthy and extend their careers.

As he explored these philosophies in a high-stakes professional sports environment, Dr. Mellano realized that recovery time is one of the biggest impediments to healing. If he could innovate procedures that reduced recovery times, it would be as emotionally valuable to a parent as it would be to a professional athlete.

Among his professional affiliations, he is an active member of the American Shoulder and Elbow Surgeons, the Arthroscopy Association of North America, Anterior Hip Foundation, the American Orthopedic Society for Sports Medicine, the American Association of Orthopedic Surgeons, and the

Western 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.

An accomplished writer and avid researcher, Dr. Mellano has published multiple articles in distinguished medical journals and has presented original research at national and international meetings.

His published works include articles and editorials in reputable journals like The American Journal of Orthopedics, Seminars in Arthroplasty, and the Journal of Bone and Joint Surgery. He has authored or collaborated in peer-reviewed research projects on important issues to the field, including multiple studies on Shoulder Arthroplasty.

A father of three, Dr. Mellano loves hiking, surfing, and enjoying those precious moments with his family.

Learn More about Dr. Chris Mellano:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1751676-Christen-Mellano-orthopaedic-surgeon-Torrance-CA-90505> or through Mellano Orthopedics, <https://www.mellanoorthopedics.com/about/dr-mellano/>

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