

Douglas E. Garland, MD, Orthopedic Surgeon

Get to know Orthopedic Surgeon Dr. Douglas E. Garland, who serves patients throughout the State of California.



New York City, New York Sep 8, 2023 ([IssueWire.com](https://www.issuewire.com)) - Dr. Garland is a hard-working, fellowship trained orthopedic surgeon who has been in practice for over four decades. Since January of 1977, he has been a Clinical Professor of Orthopedics at the University of Southern California.

Among his most notable achievements, Dr. Garland is the author of 'The Tall Poppy Syndrome: The Joy of Cutting Others Down.'

Tall Poppy, in Australian terms, is someone noticeably successful as defined by wealth, prestige, prowess, rank or even birth that may attract hostility, envious attention, or malevolence. Some people holding this Tall Poppy person in contempt may attempt to cause failure or disgrace by "cutting" him or her "down to size"; thus causing their target to be "tall-poppied" as a victim of the "Tall Poppy Syndrome" (TPS).

"My goal in writing about TPS and sharing my experiences with others is that readers of Tall Poppy Syndrome will learn about this syndrome and discover answers to these questions and more. My book describes the history of TPS, with a full section devoted to societal benefits of tall poppies and their qualities. Other chapters describe emotions and syndromes such as bullying and schadenfreude, both which have similarities to TPS, as well as examples of Tall Poppies, Fallen Poppies, including Fallen Poppies with the U.S. government as a cutter" expressed Dr. Garland.

His acclaimed career in medicine began in 1969 after he completed his medical studies at Creighton University School of Medicine. He then went on to perform his internship at Creighton University School of Medicine, his residency in orthopedic surgery at Tulane University, and his neuromuscular fellowship with the Rancho Los Amigos National Rehabilitation Center.

With expertise in a wide variety of advanced techniques and procedures, 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.

In addition to serving as Medical Director of the Joint Service at Long Beach Memorial Medical Center from January 2010 - January 2015, Dr. Garland served as chief of four service units, including spinal cord injury and traumatic brain injury.

Among his professional affiliations, he is an active member of the American Medical Association, the American Orthopedic Association, and the American Spinal Injury 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.

Happily married, Dr. Garland and his wife, Cindy, reside on the California central coast. He enjoys hiking and gardening.

Learn More about Dr. Douglas E. Garland:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/8121750-Douglas-Garland-orthopaedic-surgeon-Long-Beach-California-90806> or through his website, <https://douggarland.com/bio>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Douglas E. Garland, MD

[See on IssueWire](#)