

Dr. Andrew Wondra Launches Wondra Spine & Pain Associates to Transform Pain Management in South Florida

Compassionate Care Meets Cutting-Edge Techniques for Lasting Relief from Pain, Leading the Future of Pain Management and Functional Health in South Florida



Boynton Beach, Florida Sep 30, 2025 ([Issuewire.com](https://www.issuewire.com)) - Dr. Andrew Wondra, an ACGME fellowship-trained interventional pain management physician, proudly announces the opening of his new clinic, Wondra Spine & Pain Associates, in Boynton Beach. With a passionate commitment to alleviating both acute and chronic pain, Dr. Wondra combines innovative treatment strategies with a patient-centered philosophy to restore function, improve overall health, and enhance the quality of life for individuals suffering from pain.

Dr. Wondra earned his medical degree from Virginia Commonwealth University and completed his residency in Physical Medicine & Rehabilitation at Georgetown University, where he was honored with the Golden Needle Award for his exceptional procedural skills. Following his residency, he undertook a competitive fellowship in Interventional Pain Management, honing his expertise in minimally invasive procedures designed to provide effective pain relief.

At Wondra Spine & Pain Associates, patients can expect a comprehensive approach to pain management. Dr. Wondra specializes in various interventional and minimally invasive surgical procedures, including peripheral and spinal cord stimulation, minimally invasive lumbar decompression (MILD, Minuteman), kyphoplasty, sacroiliac joint fusion, and basivertebral nerve ablation. These advanced techniques are tailored to reduce pain and promote swift recovery, allowing patients to return to their daily lives with minimal interruption.

What sets Dr. Wondra apart is his deeply conservative, patient-first philosophy. He prioritizes functional restoration and physical rehabilitation as foundational elements of recovery, focusing on strengthening the spine and joints to prevent future injuries and improve long-term outcomes. Recognizing the critical connection between metabolic health and musculoskeletal well-being, Dr. Wondra also incorporates evidence-based weight management programs and hormone replacement therapies into comprehensive care plans. These therapies — including testosterone optimization and metabolic support — are designed to boost energy, enhance recovery, accelerate weight loss, and support patients in regaining their vitality as they progress through rehabilitation and increased physical activity.

In addition to interventional procedures, Dr. Wondra integrates the latest advancements in regenerative therapies—aiming to promote healing and tissue repair. His holistic approach addresses not only the physical sources of pain but also the underlying health factors that contribute to chronic conditions, ensuring that treatment plans are individualized to meet unique conditions and aspirations.

Dr. Wondra's commitment to excellence extends beyond his clinical practice; he is actively involved in research and education to remain at the forefront of pain management and functional medicine innovations. This dedication enables him to provide patients with the most up-to-date and effective treatments available.

“Helping my patients achieve lasting pain relief, restore function, and unlock their body’s full potential is my ultimate goal,” said Dr. Wondra. “At Wondra Spine & Pain Associates, we believe that true healing goes beyond treating pain — it’s about rebuilding strength, optimizing metabolic and hormonal health, and empowering patients to become the healthiest, most energetic version of themselves. We’re here to guide them every step of the way on that journey.”

Learn More about Dr. Andrew Wondra:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/85024273-Andrew-Wondra-Pain-Management-Specialist> or

through Wondra Spine & Pain Associates, <https://wondraspine.com/>

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Source : Dr. Andrew Wondra

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