



## **DR. JAMES HELGAGER**

Dr. James Helgager has practiced Orthopedic Surgery in North San Diego County for over 25 years providing state of the art care for his patients. He graduated from medical school and completed his residency in orthopedic surgery at Northwestern University. He is board certified and a member of many prestigious orthopedic organizations including the American Academy of Orthopedic Surgeons, the American Board of Orthopedic Surgery, the Arthroscopy Association of North America, and the Western Orthopedic Association.

Dr. Helgager specializes in surgery of the hip, knee, and shoulder. He has a very active sports medicine practice and regularly performs complex arthroscopic surgeries of the knee and shoulder joints. Dr. Helgager is an experienced total hip and total knee surgeon. He offers small incision and computer assisted replacement surgery to appropriate patients. He was one of the first surgeons in San Diego County to be certified to perform the Birmingham Hip Resurfacing Procedure.

Dr. Helgager was president of the San Diego Chapter of the Western Orthopedic Association and the Division of Orthopedic Surgery at Tri City Medical Center. He is a respected lecturer at the prestigious San Diego Shoulder Institute and Arthroscopy Association of North America meetings. An active sportsman, Dr. Helgager has three children and resides in Rancho Santa Fe with his wife.

Orthopaedic Specialists of North County (OSNC), was founded in Oceanside in 1965 and incorporated in 1973. Over the years, we have treated multi-generations of families, including parents, grandparents and great-grand-parents for their orthopaedic injuries and ailments.

Our 13 board-certified physicians care for accident, sports - or work-related injuries, replacing total joints, or relieving chronic or acute pain. They give patients more lifestyle choices by offering the latest procedures, to help them stay active. For the convenience of their patients OSNC also offers services such as imaging, urgent care, and physical therapy to help patients recover; regain body strength quicker with less locations to visit.

For more information on our doctors and services, please call us at 760-724-9000, or log onto [www.orthonorthcounty.com](http://www.orthonorthcounty.com).



ORTHOPAEDIC SPECIALISTS  
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