

# Get to Know Jay Thompson, DO

## Orthopaedic Surgeon



We're delighted to announce that Colorado native and orthopedic surgeon Jay Thompson, D.O., is now seeing patients at Memorial Regional Health. Consultations and follow-up appointments with Dr. Thompson are available each week, and he will also be performing a variety of orthopedic surgeries at MRH, ranging from hip,

knee, and shoulder replacements to hip and knee arthroscopies and arthroplasties. Dr. Thompson is part of the Steamboat Orthopaedic & Spine Institute physician team. Welcome, Dr. Thompson!

### How will you care for Craig-area patients?

I approach every patient with a fresh set of eyes and enjoy working with them on their personalized goals. Many patients want to be able to return to activities they enjoy or that they need to accomplish in order to work and take care of themselves and their families. I find it gratifying to help them reach their goals. Sometimes the most effective treatments are noninvasive, and sometimes they're operative. Whatever will help a particular patient most and aligns best with their goals is the path I'll help them go down.

### What are some of your special interests in orthopedic care?

I completed an ACGME-accredited sports medicine fellowship at Taos Orthopaedic Institute and also have advanced training in hip preservation and arthroscopy at several academic centers, including the American Hip Institute, the Nirschl Orthopaedic Center, and University of Colorado



Hip Preservation. I use new Swiss-designed knee implants that have a more natural anatomy, and for hip replacements, I use a muscle-sparing direct anterior approach.

### Where are you from?

I grew up in Boulder, Colorado, and attended medical school in Parker, Colorado. My parents and siblings live along the Front Range. My wife, who's an anesthesiologist, is from Steamboat, and that's what brought us back to this area. We're fortunate to have her family nearby.

### Do you have personal connections to orthopedics and sports medicine?

I played football in high school, and in college I was a Division 1 national champion rower. Now I love to ski and golf. Sports have always been a passion of mine, and I care about helping patients who may be experiencing pain and movement challenges get back to whatever activities they are passionate about.

### What else can you tell us about yourself?

My wife and I have two young children—Edith, who's 3, and Tate, who's 1. We also have two mini poodles.

I'm a passionate home cook, but my favorite food is a perfect burger.

### Professional and Academic Appointments:

Member of the U.S. Ski and Snowboard Medical Pool, traveling internationally with the U.S. Paralympic ski team in St. Moritz, Switzerland



Partnering to provide world-class  
orthopaedics locally

