

*This month we recognize  
orthopaedic surgeon*

## **JOHN LOCHEMES, M.D.**

John Lochemes, M.D., is a board-certified orthopaedic surgeon and has been practicing with Memphis Orthopaedic Group for 12 years. He completed his specialty training at Campbell Clinic in 1993.

Dr. Lochemes focuses on rapid and safe return to maximum function by individualizing the care of each patient and developing a safe, acute injury management plan to shave the patient's recovery time. He practices at all four Memphis Orthopaedic Group locations and can often see patients in the same or next day.



# The doctor is *in* *Good* **HEALTH**

**Role model?** An African proverb says, "It takes a whole village to raise a child." – I have modeled my life after many in my village! While growing up, I had an opportunity to work for many successful people. They each excelled at some aspect in their lives. One in particular was an orthopaedic surgeon who actually was the son of my employer. I followed his journey through medical school and residency. While being a terrific surgeon, he never lost sight of his family's needs. Others who inspired me were everyday people who diligently sought to excel in their work. Each stood out in their particular field as a result of their determination.

**What motivates you?** Owing to the fact my father died at a young age, academic opportunities were heavily dependent on my resourcefulness. Faced with my mother's challenges raising five children, I realized the need to be self-reliant. This motivated me to strive for success through hard work. I am blessed with sufficient health and energy to continue that today!

**If you were not a doctor?** I would have a career that involved affecting people's health and life choices – it may be in the form of education or developing a company aimed at life coaching.

**What is the most exciting medical breakthrough you've witnessed in your career?** The advent of more sophisticated instruments has allowed surgeons to accomplish reconstructive surgery through smaller incisions. This has resulted in less surgical trauma to the normal structures that stand between the outside world and the structure affected by the condition.

**What is your favorite quote?** Don't aim for success if you want it; just do what you love and believe in, and it will come naturally. – David Frost

**Where do you see your specialty in 10 years?** In ten years, more choices will be available for arthritis conditions that currently affect millions of Americans. These will include products we inject or implant that will restore the damaged cartilage to a more consistent living cellular outcome.

**My patients...** Inspire me to maintain my humanity and knowledge to resolve health challenges they bring to me.

**Good health advice?** If you don't use it, you *will* lose it! Our bodies LOVE variety and moderation in all things we do!

### **NOMINATE YOUR DOCTOR!**

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