



Natural Selection

Jon Uggen, DO, an Orthopaedic Surgeon on the Medical Staff at Fremont Health, followed in his family's professional footsteps and developed his own approach to care.

|| From an early age, going into medicine seemed natural to Dr. Uggen—after all, it was the family business. Dr. Uggen grew up watching his father, William, an orthopaedic surgeon who is now retired, review X-rays and surgical videos while preparing for cases. His mother, Ruth Ann, was a registered nurse, and his older brother Chris is an orthopaedist who has cared for professional athletes on the Lakers, Mighty Ducks, and Dodgers teams.

FAMILY AFFAIR

While his family's professional pursuits drew Dr. Uggen to the medical field, their firsthand experiences with illness had an even stronger influence on his career. Dr. Uggen's oldest brother, Steve, is severely mentally disabled, and Dr. Uggen says that caring for Steve not only made him grow up at an early age, but it sparked his interest in going into medicine. Later, Dr. Uggen learned from his parents how orthopaedic disease can drastically impact mobility and quality of life for patients.

"Mom had both knees and both hips replaced, and Dad had hip replacement surgery," Dr. Uggen says. "Seeing my parents go through that evolution from mild pain to moderate pain to debilitating pain, followed by their recovery and return to enjoying daily activities, was the biggest contributing factor in my decision to specialize in total joint replacement."

After receiving his undergraduate degree from the University of Michigan, Dr. Uggen earned his medical degree from Midwestern



"There are a lot of treatment modalities available that will help improve patients' pain, mobility, and function so they can enjoy daily living. We have a lot of enhanced technology in our office, and I'm incorporating new technologies. It's an exciting time to have these visual aids for patients. I have a lot of tools in my toolbox."

—Jon Uggen, DO, Orthopaedic Surgeon on the Medical Staff at Fremont Health

University's Chicago College of Osteopathic Medicine and completed an internship and residency at Michigan State University College of Osteopathic Medicine. During a fellowship at Anderson Orthopaedic Research Institute in Alexandria, Virginia, Dr. Uggen was trained in the technique of direct anterior approach to total hip replacement by Joel Matta, MD, William Hamilton, MD, one of the early adopters of the technique, and Charles Engh, MD, a co-inventor of porous coating and press-fit technology.

STAYING THE COURSE

Now well versed in the technical aspects of advanced total joint replacement techniques, as well as the latest general orthopaedic treatment modalities and technologies, Dr. Uggen's motivation for practicing medicine remains the same as it has been since childhood—to care for others, relieve their pain, improve their mobility, and restore function so they can enjoy daily living.

"I really relish performing procedures that improve quality of life for patients," Dr. Uggen says. "It's very gratifying to see someone come in with a wheelchair, walker, or cane and—within a short post-operative period—have their pain significantly improve and have them return to higher functioning activities."