



ERIC J. OLSON, M.D.

DR. ERIC J. OLSON graduated from Columbia University College of Physicians and Surgeons. He completed his internship in general surgery, residency in orthopaedic surgery and fellowship in sports medicine at the University of Pittsburgh. He was chief of sports medicine in the U.S. Army at Walter Reed Medical Center.

Dr. Olson says he is passionate about orthopaedics because “it combines my mind, my great training, my hands, technology and visual thinking and allows me to change people’s life for the better.” He likes the intellectual puzzle of repairing tendons and bones in the shoulder, knees and hips. His philosophy is to treat each patient as he would want to be treated himself.

While arthroscopic rotator cuff repairs remain his favorite operation, as his patients have been aging, many have sought his care for knee, hip and shoulder replacements. For knee replacements, he sends an MRI of each patient’s knee to individually engineer how their new knee will be optimally sized and positioned. Using

3-D printer technology, a personalized cutting block is created for the operating room to help him position the knee components accurately, predictably and less invasively.

Dr. Olson is excited about the newest techniques to repair shoulders that have worn out. New shoulder replacement designs provide pain relief and improved function with more durable and less invasive implants. These can be used for relatively younger patients with intact rotator cuffs. For older patients with arthritis whose rotator cuffs have failed, he performs reverse shoulder replacements. “For people who are in pain and have lost their ability to get their arm over their head, this can be life transforming surgery.”

Along with physical therapy, Dr. Olson works with complementary medicine practitioners to reduce pain and enhance healing. He and his wife, Beatriz, an endocrinologist, co-teach “The Healer’s Art” at Yale Medical School. He is team physician for Naugatuck High School.

MEDICAL SCHOOL

Columbia University College of Physicians and Surgeons

HOSPITALS

Waterbury Hospital
Saint Mary’s Hospital
Naugatuck Valley Surgical Center
Connecticut Children’s Medical Center

PROFESSIONAL AFFILIATIONS

American Academy of Orthopaedic Surgeons
New England Shoulder & Elbow Society
Arthroscopy Association of North America

WATERBURY ORTHOPAEDICS ASSOCIATES, PC

1211 West Main St., Waterbury • (203) 755-0163 • waterburyortho.com