



## **Richard J. Lamour, M.D.**

Ankle, Foot, Sports Medicine

### **Welcome to Olympia Orthopaedic Associates**

As a dual-fellowship-trained, board-certified orthopaedic surgeon in foot and ankle surgery and sports medicine and arthroscopic surgery, I am dedicated to providing my patients with the absolute highest level of expert care.

With my specialty training, I have had the privileged opportunity to utilize my skills in the professional, collegiate, and high school arenas, offering coverage for teams including the Miami Marlins, Pensacola Blue Wahoos, University of Miami Athletics, and Auburn University Athletics, among others. This vast spectrum of experience in the sports medicine and foot and ankle fields, along with my years of medical training, have provided me a deep understanding of the wide range of foot and ankle injuries and conditions and their treatments. I take pride in seeing my patients return to the activities they love at the level of function they strive for.

Please let me know if there is anything my staff and I can do to improve your experience at Olympia Orthopaedic Associates.

I look forward to meeting with you!

Sincerely,

*Richard J. Lamour, M.D.*

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## Education, Training & Affiliations

- Bachelor of Arts in Natural Sciences: Johns Hopkins University, Baltimore, MD
- Doctor of Medicine: The Ohio State University College of Medicine, Columbus, OH
- General Surgery Internship: Jackson Memorial Hospital, University of Miami, Miami, FL
- Orthopaedic Surgery Residency: Jackson Memorial Hospital, University of Miami, Miami, FL
- Orthopaedic Sports Medicine Fellowship: Andrews Institute for Orthopaedics & Sports Medicine, Gulf Breeze, FL
- Foot and Ankle Surgery Fellowship: Las Vegas Orthopaedic Foot and Ankle Institute, Las Vegas, NV
- Board Certification: American Board of Orthopaedic Surgery
- Member: American Academy of Orthopaedic Surgeons
- Member: American Medical Association
- Member: American Orthopaedic Foot & Ankle Society
- Member: American Orthopaedic Society for Sports Medicine
- Member: Arthroscopy Association of North America
- Member: J. Robert Gladden Orthopaedic Society

## What to Expect

My staff and I understand that your time is valuable, and we appreciate your understanding and patience if we keep you waiting. In some cases, patients require special attention, or I may be asked to assess a serious injury. However, be assured that I will make every effort to see you as soon as possible.



**OLYMPIA  
ORTHOPAEDIC  
ASSOCIATES PLLC**

*Your Life in Motion*

### **Eastside Clinic**

615 Lilly Road NE, Suites 100 & 120  
Olympia, WA 98506

**[www.olyortho.com](http://www.olyortho.com)**

*Olympia Orthopaedic Associates PLLC complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.*