



**Jon H.  
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- **Minimally Invasive Total Joint Replacement**
- **Shoulder Surgery**
- **Sports Medicine**



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**Dr. Jon Swenson** has been practicing orthopaedic surgery on the Peninsula since 1991. He was born in Davenport, Iowa, and raised near Memphis, Tennessee. He graduated with honors from the University of Memphis with a Bachelor of Science in Mechanical Engineering. He went to the University of Memphis on a full academic scholarship. He was the president of Tau Beta Pi, the national engineering honor society, and a member of The Golden Key Honor Society. He received his medical degree from the University of Texas Medical Branch, in Galveston, Texas. He completed his general surgical training at St. John Hospital in Detroit, Michigan and then went on to orthopaedic surgery training at the world renowned Campbell Clinic in Memphis, Tennessee. The Campbell Clinic literally writes the book on Orthopaedic Surgery (Campbell's Operative Orthopaedics – the 11th edition is four volumes and 5,512 pages). Dr. Swenson performs surgery at Mary Immaculate Hospital.

Dr. Swenson specializes in sports medicine, arthroscopic surgery, and minimally invasive joint replacement surgery of the shoulder, knee and hip. He travels the country to instruct other orthopaedic surgeons in joint replacement techniques – especially the tissue-sparing anterior approach total hip replacement. He has been recognized in the Hampton Roads Magazine in the Top Doctors Hall of

Fame 2005-2009, 2013, and 2016. Dr. Swenson has been recognized nationally as one of “America’s Top Orthopedists” in 2007 by the Consumers Research Council of America. He was also listed in the Guide to America’s Top Surgeons, 6th Edition-2006. Dr. Swenson is a past president of the Newport News Medical Society. He received the Three Year American Medical Association Physicians’ Recognition Award for 1991-1994. He is Board Certified in orthopaedic surgery. He is a member of the American Academy of Orthopaedic Surgeons, the Newport News Medical Society, the Medical Society of Virginia, and the Virginia Orthopaedic Society.





**“Dr. Swenson was so caring and very attentive. He always took his time with me, which made me feel like he truly cared about me.”**

kind of life where I can keep doing the things that I love. I chose to have the knee replacement surgery so I can continue having a good quality of life” Susie says.

Susie has only great things to say about her experience with Hampton Roads Orthopaedics and Sports Medicine. “Dr. Swenson was so caring and very attentive. He always took his time with me, which made me feel like he truly cared about me,” Susie observes, “I would recommend Dr. Swenson to anyone with knee problems!”

She adds, “Also, Dr. Swenson’s physician assistant was always really helpful. After my surgery, I worked with Marc in physical therapy, and he was just wonderful. I would recommend HROSM to anyone,” Susie says, noting the staff’s positive attitude and commitment to service.

Susie is well on her way to recovery. After rehabilitation and physical therapy, she says she now has more good days with her knees. She can continue to do all the things she enjoys, but without the kind of pain she experienced prior to surgery.

“If you are in pain, don’t wait,” Susie advises. “I only wish that I had the surgery sooner!”

## A New Knee and a New Lease on Life

- Mary “Susie” Dorton

“Having a positive outlook is the key to a happy life,” says Susie Dorton, who loves being involved in her church, teaching workshops and crafting. “I have lost two husbands and a son, and it makes you look at life so differently.” Even through life’s most difficult seasons, her positive mindset proves to be a source of inspiration to those around her.

For many years, persistent arthritis in her right knee threatened to slow Susie down. The constant pain led to many doctor visits and various treatment options. “We first tried conservative treatments to ease the pain of Susie’s arthritis, including a series of cortisone shots and viscosupplement injections,” explained Dr. Jon Swenson. “However, as her arthritis progressed, these methods became less effective. Eventually, the pain became severe enough to make daily tasks difficult.”

Finally, Susie’s surgeon, Dr. Swenson, suggested a total knee replacement as the next step to treat her arthritis. Although she initially had some reservations about the surgery slowing her down, she ultimately knew surgery was the right choice for her. “Dr. Swenson is an angel, and I knew I was in good hands with him. He took his time to explain everything to me, and it is a great comfort to know he is my doctor.”

In August of 2016, Susie had a total knee replacement on her right knee. “We decided on knee replacement because previous treatments failed, and the pain was affecting the quality of her life,” states Dr. Swenson. “I am extremely proud of her for her excellent recovery.” He adds that Susie demonstrated a positive attitude and motivation to complete post-surgery rehabilitation, both necessary qualities for those having knee replacements.

“Staying busy is what keeps me going, and I wanted to have the

