



MedStar Health

MedStar Orthopaedic
Institute

**Discover comprehensive
orthopaedic care and
advanced treatments.**



**More MedStar Orthopaedic Institute
physicians now in Lorton and
Lake Ridge!**

Experience renewed mobility and long-lasting pain relief

MedStar Orthopaedic Institute has expanded our Lorton and Lake Ridge locations, recently relocated from Alexandria, Virginia. Our renowned specialists provide the highest standard of orthopaedic care and innovative treatment options—so you can move confidently toward a healthier, more active life.

As part of MedStar Orthopaedic Institute—**one of the region's largest and most respected teams**—we are committed to recommending surgery only when it is truly beneficial for you, and only after thoroughly exploring all available non-surgical treatment options. And at our Northern Virginia locations, you'll also benefit from:

- **In-house X-ray technology**—providing fast imaging for quicker diagnoses and treatments.
- **Onsite physical therapy**—offering immediate access to expert rehabilitation and smooth coordination with your orthopaedic care team.
- **Accessibility off Route I-95**—making it easy to reach us from home, work, or school.
- **Ample free parking**—ensuring a stress-free experience from arrival to departure.
- **Acceptance of most major insurance plans**—delivering high-quality services that are covered by many insurance providers.

Expert orthopaedic surgeons for movement, mobility, and pain relief

Our surgeons offer specialized expertise, and because they treat simple and complex conditions often, you can trust you're getting experienced care that includes:

- **Personalized care plans**—focusing on your physical goals, lifestyle, and activity level.
- **Coordinated services**—streamlining imaging, physical therapy, and provider visits.
- **Non-surgical options**—providing therapy, injections, bracing, and medications.
- **Surgical options**—offering open and minimally invasive procedures.

Comprehensive bone, soft tissue, and joint care

General orthopaedics

Rediscover comfort with relief from joint and muscle pain. We treat sprains, strains, tendonitis, arthritis, and other common orthopaedic conditions.

Hand and upper extremity

Regain ease and movement with care for hand and upper extremity issues. We treat carpal tunnel, trigger finger, tendon injuries, nerve compression, fractures, and joint arthritis.

Hip and knee surgery

Restore your comfort walking and climbing stairs with relief from hip and knee pain. We treat arthritis, chronic pain, stiffness, limited mobility, and other joint issues.

Spine and back care

Experience renewed mobility with solutions for back and neck discomfort. We treat herniated discs, pinched nerves, spinal stenosis, and persistent back pain.

Sports medicine

Get back to your athletic lifestyle with treatments for sports-related concerns. We offer care for strains, sprains, tendon issues, inflammation, muscle, and joint conditions.

General Orthopaedics—non operative



John Byrne, MD
Lake Ridge



Jeffrey Sabloff, MD
Lorton



Alan Schreiber, MD
Lorton

General Orthopaedic Surgery



Shaun Khosla, MD
Lake Ridge, Lorton



Jessica Hawken, MD
Lake Ridge



Ryan Jander, MD
Lorton

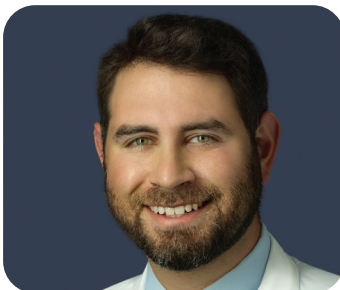
Hand and Elbow Surgery

Hip and Knee Replacement



Angela Tomaschko, MD
Lake Ridge, Lorton

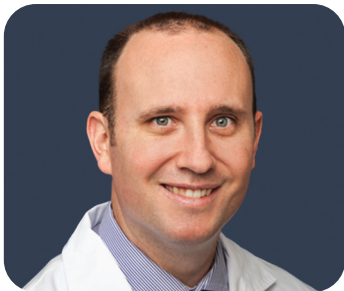
Spine Surgery



David Weiner, MD
Lorton



Emily Cha, MD
Lake Ridge, Lorton



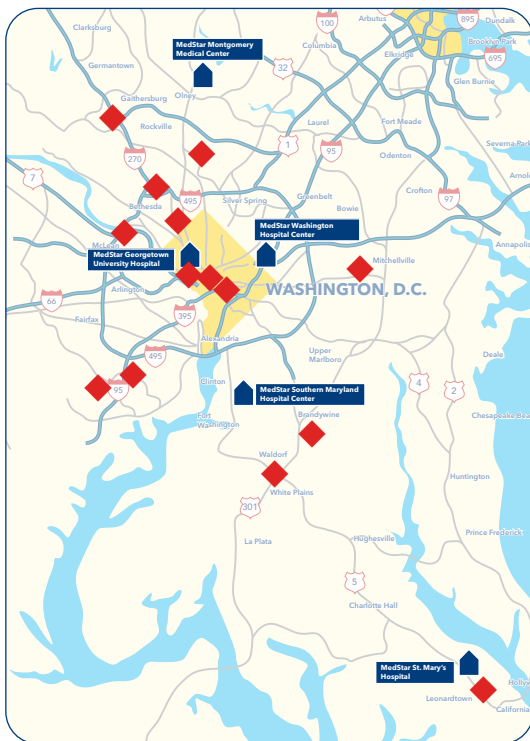
Daniel Hampton, MD
Lake Ridge



Melissa Yadao, MD
Lake Ridge, Lorton

You're never far from world-class orthopaedic care

Our **Lake Ridge** and **Lorton** locations are part of MedStar Orthopaedic Institute, with more than 100 physicians across 40 locations in Maryland, Washington, D.C., and Virginia. Visit **[MedStarOrthopaedicInstitute.org](https://www.MedStarOrthopaedicInstitute.org)** for a complete listing of physicians and locations.



MedStar Health: Orthopedics at Lake Ridge

12825 Minnieville Rd., Ste. 203
Woodbridge, VA 22192

MedStar Health: Orthopedics at Lorton

9455 Lorton Market St., Ste. 200
Lorton, VA 22079

We are dedicated to helping you achieve better movement and mobility, providing pain relief so you can enjoy life to the fullest.

Learn more at **[MedStarOrthopaedicInstitute.org](https://www.MedStarOrthopaedicInstitute.org)** or call us today at **703-971-3701** or **866-767-1682** (toll free) to schedule an appointment.



MedStar Health

7503 Surratts Rd.
Clinton, MD 20735

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**It's how we
treat people.**