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For Immediate Release

**LOCAL SURGEON AWARDED ELITE SPORTS MEDICINE CERTIFICATION
EARNED BY LESS THAN 5% OF U.S ORTHOPEDIC SURGEONS**

Barrington, IL (May 20, 2010) -- The Midwest Bone & Joint Institute recently announced that James R. Seeds, MD has earned a certification in Sports Medicine from the American Board of Orthopedic Surgeons (ABOS). This certification puts Dr. Seeds in an elite class of surgeons; currently less than 5% of orthopedic surgeons in the United States are certified in Sports Medicine. The certification requires passing a national test on proficiency in the most up-to-date techniques for sports injuries and sports treatments. To qualify for the test, an orthopedic surgeon must perform a required number of arthroscopic surgeries as well as non-operative sports medicine procedures and pass the written examination. Dr. Seeds is already Board Certified in Orthopedic Surgery and Fellowship Trained in Sports Medicine and Arthroscopy.

Dr. Seeds received his medical degree from the academically acclaimed University of Chicago Pritzker School of Medicine and completed a 5-year Orthopedic Surgery Residency at Hamot Medical Center (Erie, PA). He was then accepted into one of the most sought after Sports Medicine Fellowships in the country at the American Sports Medicine Institute (ASMI) in Birmingham, AL. Dr. Seeds is in private practice with the Midwest Bone & Joint Institute (Algonquin, Barrington, Elgin and Geneva, Illinois).

For more information or to make an appointment with Dr. Seeds, visit
www.midwestbonejoint.com

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