A man with dark hair, wearing a dark blue suit jacket, a light blue striped shirt, and a red patterned tie, is sitting on a set of stone steps. He is smiling and looking towards the camera. In the background, there are several white columns of a classical building.

Louisiana's Health & Fitness

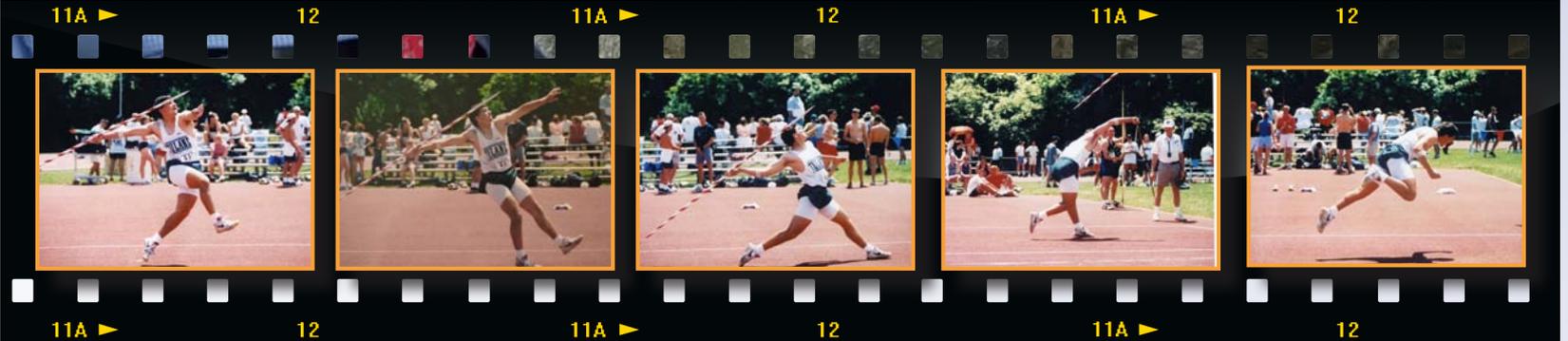
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R. William Junius III
Crescent City Orthopedics



Photo By: AbbyPhoto.LLC



Dr. R. William Junius III

Crescent City Orthopedics

Nothing is more frustrating for an active person than to suddenly become inactive because of an injury. This is doubly true for athletes. You want to run, you want to play your favorite sports, but an injury is keeping you on the sidelines. It's not just physical pain injured athletes suffer from; it's emotional pain as well. Athletes desperately want to get back on the playing field as soon as possible, but deep down, they don't know whether

they'll ever be the same again. At Crescent City Orthopedics on 3434 Houma Blvd Ste. 301 in Metairie, Dr. R. William Junius III brings not just technical skill, but an athlete's perspective to the field of Orthopedic Medicine.

While Dr. Junius has mastered the technical skills and knowledge required to perform orthopedic surgery, he feels his life experience as an athlete has enhanced his work and his ability to

relate to his patients. "The thing that sets me apart is that I competed in sports at a high level," Dr. Junius said. In 1992, his parents took him to the Olympic Track and Field Trials in New Orleans and he was instantly in love with the javelin throw. "It blew me away," Dr. Junius said. "These guys were throwing it (the javelin) the entire length of a football field." The following year, while competing for Jesuit in the javelin throw, he won

the Louisiana State Championship, set the 5A state record and won the AAU Junior National Championship. He made enough of an impression that he was offered college scholarships as a track and field athlete.

He chose to enroll in Tulane University and compete for their track and field team as a javelin thrower. In his junior year, Dr. Junius qualified to compete in the 1996 Olympic Trials and the NCAA Championships. However, during warm-ups at the NCAA Championships his elbow popped. Excruciating pain followed the pop. "I was seeing stars, it hurt so bad," Dr. Junius said. He gutted it out through the event, but threw poorly. All he had worked for, what had been his number one dream, to compete in the Olympic Trials, had evaporated in a second due to the elbow injury. He then had to undergo surgery to repair his injured elbow.

Although his elbow improved, he injured his shoulder while trying to qualify for the 2000 Olympic Trials and his javelin throwing career was over. This final injury was a tremendous blow for Dr. Junius. He had put so much work and effort into rehabbing his elbow injury and getting back to elite competition. But yet again, an injury came between Dr. Junius and his dreams.

Dr. Junius then pursued a career in Orthopedic Surgery, getting his medical degree from LSU Health and Sciences Center in New Orleans and completing his Orthopedic training in Fort Worth, Texas. He is currently Board Certified in both Orthopedic Surgery and Orthopedic Sports Medicine.

Currently, Dr. Junius also works as the team physician for Archbishop Rummel High School's football team. This is a position he has maintained for the past 5 years. He said his history as an athlete helps him to better relate to both the players and the parents. "Many times a patient or their family sees my elbow scar and comment that they feel confident that I have been through a similar experience," says Dr. Junius. While he has the technical expertise to meet his patients' physical needs, he also has the background to empathize with his patients' worries and fears. "I know what it takes to get back out there," Dr. Junius said. This background isn't limited to Dr. Junius at Crescent City Orthopedics, either. Dr. Junius' entire practice has a background in high level athletics. His PA, Kim Poche, also began as a javelin thrower at Tulane but transferred to LSU, where she was part of the 1996 and 1997 National Championship Women's Track and Field Teams.

When asked to talk about the feeling he gets when he is able to get an athlete back to the playing field, Dr. Junius finds himself at a loss for words. "I can't really describe it," he said. While he may have a hard time finding the right words for it, the feeling is richly rewarding.

Dr. Junius also offers cutting-edge procedures for athletes and non-athletes alike. By no means is his practice limited to athletes; he performs a variety of procedures that can help non-athletes as well. He offers the Oxford partial knee replacement, a procedure that was not offered in New Orleans until he returned to town in 2006. The procedure has been popular in Europe for 20 years and has achieved a 90% success rate.

Another groundbreaking procedure is the PRP (platelet rich plasma) injection for people suffering from tennis elbow and other types of tendonitis. Here, a person's own plasma is injected and the procedure can sometimes successfully allow the patient to avoid surgery. Dr. Junius is also using groundbreaking procedures to help patients with hip injuries. Hip arthroscopy is another emerging procedure that Dr. Junius is beginning to utilize at his practice. Another procedure, direct anterior hip replacement, is a minimally invasive way to perform the surgery and protect crucial muscles, allowing for a faster recovery.

Dr. Junius also performs traditional procedures like ACL reconstruction, arthroscopic shoulder and rotator cuff work, computer assisted knee replacement, and hip replacement. While he finds the technical aspects of his practice challenging and interesting, what he keeps coming back to is the feeling he gets when he is able to help someone return to the playing field to compete at a high level. "Some guys work hard, get hurt, face down a possible career ending injury, and come back at a high level," Dr. Junius said. "There's nothing better than that."

Dr. R. William Junius III is an orthopedic surgeon at Crescent City Orthopedics, located at 3434 Houma Blvd, Ste. 301 in Metairie. For more information visit his website at www.crescentcityortho.com or to schedule an initial appointment call (504)309-6500.



During my rehab, I kept doubting the recovery of my knee because the pain was really bad and it seemed like I only had a little time to be in football shape. But I never quit and I listened to the advice Doctor Junius and my trainers gave me. Going into the summer two-a-days practices, the pain had subsided and I had full motion and strength in my knee...I was a little nervous for the first few games but I soon forgot about my injury, the only memory of it was the brace I was required to wear, which I began to get used to by the second or third game. I was more confident in the strength of my knee. I am very thankful for Doctor Junius. If it was not for him, I don't think I would have had the senior season I had. I finished with all-district, all-metro, and all-state honors, leading a defense that was ranked first in the state. I didn't think all of that would be possible; I owe a huge thank you to Doctor Junius and my trainer Jimmy for helping me bounce back and overcome my injury.

Chris Randle