



Orthopedics - Surgical and Non-surgical Options

Meet Dr. Christopher Hall, Orthopedic Surgeon

CHRISTOPHER HALL, MD, ORTHOPEDIC SURGEON, sees patients at the HCM Medical Clinic in Marble Falls. Importantly, he also performs his surgeries in Marble Falls as well, at the HCM Ambulatory Surgery Center. His major focus is to avoid major surgery, utilizing injury prevention, minimally invasive surgery and regenerative medicine in order to do so. He brings more than 16 years of experience in orthopedic surgery and is board certified with the American Board of Orthopedic Surgery.

HOW WOULD YOU DESCRIBE ORTHOPEDICS AS YOU PRACTICE IT?

It's basically the maintenance of our bodies. As our joints, ligaments, bones, and cartilage go through the natural aging process, they get natural wear and tear and start breaking down. I try to help keep bodies moving well, preserving range of motion, and keeping pain levels down so we continue to be able to do the things we love and to enjoy life.

WHAT IS REGENERATIVE MEDICINE?

Regenerative Medicine embraces and enhances our own body's ability to heal. All of our bodies have these capabilities. It's just as we get older the regenerative functions of aging bodies become less effective.

I use growth and healing factors from our own bodies and sometimes *allografts* from other organisms that can help our body's tissues to heal. These are substances such as bone marrow concentrate—what people colloquially call stem cells, and PRP (platelet rich plasma), or other growth factors *allografts*.

I am able to selectively inject these into a knee, shoulder, or hip that's hurting, or into a tendon or muscle to amplify your own body's ability to heal, to repair it and make it feel and function younger and healthier.

WHAT OTHER TYPES OF ORTHOPEDIC SERVICES DO YOU PROVIDE?

Regenerative Medicine is definitely the focus, but I am still a traditional orthopedic surgeon. I do fracture work, repair rotator cuffs, do ACL reconstruction, and all the traditional orthopedic procedures. But I try to stay away from putting metal/implants in people, because I prefer biologic solutions.

WHEN SURGERY IS REQUIRED, HOW DO YOU PROCEED?

When it comes to surgery, we have at our disposal a lot of minimally invasive surgery techniques and equipment. I recently started using needle arthroscopy, which is basically an arthroscope the size of an 18-gauge needle with a high-definition camera on the end of it. I am able to do arthroscopy and make diagnoses through what would be considered an injection site. It is fascinating.

HOW WOULD YOU DEFINE YOUR PRACTICE PHILOSOPHY?

I want to bring a bit of small-town medicine back. I want to be more of the old-time country doctor, like my grandfather used to be. That means focusing on the patient, listening, calling them back, even occasionally doing house calls. I guess you could say I want to do "old school" medicine, but use new cutting-edge techniques while doing so.

REMARKABLE ORTHOPEDIC CARE

Learn more at
HillCountryMemorial.org/Christopher-Hall

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