

Athletic-Minded Physician Enjoys Treating *Active Patients*

Dr. Ljiljana Bogunovic understands the need and desire to get out and move, and she applauds that drive in her patients. That's why she chose sports medicine as her clinical specialty.

Dr. Bogunovic is a Washington University orthopedic surgeon in St. Louis, MO. Her clinical interests include sports-related injuries of the shoulder, hip, knee, foot and ankle in adolescents and adults, with a particular interest in sports medicine and women's sports health.

"I'm pretty active. I played sports in college and continue to participate in athletics today," she says. "I like taking care of athletes because they have a strong desire to get back [to sports]."

She is drawn to the unique approach necessary when treating athletes, even of the weekend warrior variety.

"It's a completely different mentality," she says. "You want to keep them safe, but you can't say, 'don't do this and don't do that' to an athlete. ...you work with them to see what they can do and how to do it without injury."

A rugby player and downhill skier

in college, Dr. Bogunovic continues to participate in multiple sports, which is why she can relate so well to her patients who don't want to be sidelined with injuries. She has done triathlons, marathons



and several Tough Mudder events, which consist of a 9-mile obstacle course. She's also a self-admitted "addict" when it comes to CrossFit, participating in the classes five to seven times a week.

"I guess because I like to push myself, I also like to help people push their limits," she says. "In sports medicine, it's more than just helping people get back to activities of daily living. I help them return to the quality of life they want."

Originally from southeastern Wisconsin, Dr. Bogunovic completed an undergraduate degree in biology with a concentration in

physiology at Cornell University in New York. Her grandfather was a physician so she had a lifelong interest in the medical profession. She went to medical school at Weill Cornell Medical School and first came to St. Louis to do her residency in orthopedic surgery at Washington University School of Medicine in 2009.

Dr. Bogunovic applied to the Washington University program because she knew it had a reputation for being one of the best orthopedic residency programs in the country.

Dr. Bogunovic did a fellowship in sports medicine at Rush Orthopedics in Chicago, IL. This fellowship focused on orthopedic treatment of sports injuries of the shoulder, hip and knee.

"I had additional interests in treating sports injuries of the foot and ankle, so, I did a traveling mini fellowship to observe and get additional training in this area."

She studied and trained with Dr. Eric Giza at University of California-Davis, with Dr. Richard Ferkel at Southern California Orthopedic Institute and with Drs. Martin Sullivan, Kim Slater and Andrew Wines in Sydney, Australia.

Now back in St. Louis, Dr. Bogunovic reflects upon her educational journey. "I originally came here for my residency, but I was thrilled to come back [as a faculty member] and have the opportunity to be part of one of the best orthopedic departments in the country."

Dr. Bogunovic's practice will primarily focus on patients and athletes who have lower extremity injuries, as well as female athletes. She will be treating a broad range of disorders from rotator cuff tears and ankle sprains to ACL tears and hip impingement.

One of the other areas that interest Dr. Bogunovic is arthritis – specifically, preventing it through the research and the treatment of cartilage injuries in younger patients. She goes on to explain that one of the biggest challenges in the field of sports

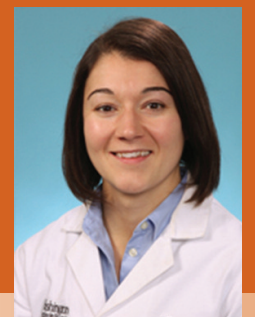


medicine is the treatment of cartilage injuries and the prevention and possible reversal of degenerative joint disease.

"We are working to find ways to restore cartilage defects and injuries in patients who are too young for a joint replacement."

In her spare time, Dr. Bogunovic enjoys spending time with her family in Wisconsin, working out at the local CrossFit gym, snow skiing, water skiing and volunteering for the St. Louis Bulldog Rescue.

"I'm pretty active. I played sports in college and continue to participate in athletics today."



Dr. Bogunovic sees patients at Washington University Orthopedics in Chesterfield, MO. She will also begin seeing patients in South St. Louis County in the spring of 2016 at the new Center for Advanced Medicine – South County, located at I-55 and Butler Hill Rd. To schedule an appointment with Dr. Bogunovic, please call (314) 514-3500. To learn more about her practice please visit ortho.wustl.edu/ANewYou.

