James M. Grimes, MD
TOTAL JOINT SPECIALIST

Superior Knowledge and Technology

If you are experiencing joint pain and are facing possible surgery, you can be confident that your procedure will be performed with superior knowledge and technology by trusting Dr. James Grimes with Orthopedic Associates of St. Augustine.

As one of the founding partners of Orthopedic Associates of St. Augustine, Dr. Grimes and his associates have developed a multi-specialty clinic where he currently devotes his full-time practice to sports medicine and joint surgery.

His credentials are impeccable and his experience as a joint specialist is well known in the medical community. From completing the first arthroscopic resurfacing procedure in the county to performing the first outpatient joint replacement in the county, Dr. Grimes has been at the forefront of joint surgery for years.

He performs over 800 joint surgeries per year, from arthroscopy and partial resurfacing to total joint replacement surgery. This efficiency comes in part as a result of his relationship with Flagler Hospital, where they have an organized and practiced system to care for each patient’s treatment.

“There are other hospitals in Northern Florida that do a higher volume than we do, but no one can match our quality,” said Dr. Grimes. “I am a joint specialist. I treat shoulders, hips and knees. That is all I do.”

Flagler Hospital was ranked as the best in the state for orthopedics in the 2009 Health Grades Rating, an independent evaluation company. The hospital was also the recipient of the Specialty Excellence Award in Orthopedics as a result of that ranking.

Dr. Grimes has mastered the latest technologies used in orthopedic surgery and has even contributed to their development. One such technology is computer navigation and another is arthroscopic surgery.

“When I was in training, joint replacement would have taken about two and a half hours and it was a relatively large incision,” he explained. “Currently, most joint replacements take less than an hour and the incision is approximately four inches long. Computer navigation helped us a lot. It helped change our ability to perform procedures more efficiently, through smaller incisions, and with a more predictable outcome.

“Computer navigation became available about seven years ago. I was part of a small group of international surgeons at a research and development lab in Europe, where we developed computer navigation for use during partial knee replacements. I then brought this technology to the hospital five years ago and was the first person in the county to utilize computers for joint replacement surgery and one of the first in Florida.”

The arthroscope is another technology that has changed the way orthopedic surgery is performed. Utilizing a very small camera, doctors can use a small incision to accomplish procedures that previously required a much larger incision.

“With shoulder surgery 15 years ago, you would have to open a shoulder for procedures and now it is rare. I will do 250 shoulder procedures a year and I might have to open a shoulder two or three times. It is not often that I have to do that.

“What has made it different is a new procedure I just started which is arthroscopic resurfacing - utilizing an arthroscope and a much smaller incision to do partial resurfacing. That is a very new advancement. As well as doing procedures as an outpatient, it provides a much faster recovery time. When we do that, a patient is walking 150 feet the day of surgery before we send them home. Hips, knees and shoulders can be treated with this procedure.”

A native Floridian, Dr. Grimes has been practicing in St. Augustine for 14 years and in conjunction with Orthopedic Associates of St. Augustine, he provides team coverage for many of St. Augustine’s athletes, including St. Joseph’s Academy High School, Pedro Menendez High School and Flagler College.

He is board certified in Orthopedic Surgery and has a Sports Medicine Subspecialty as well. Dr. Grimes also served as the Chief of Department Surgery for four years at Flagler Hospital.

“I went into medicine because when I was a little kid about five years old, I remember thinking that’s what I want to do. I want to take care of people. I remember the day and I remember what I was doing. I went into medicine with that expectation and to this day I love every moment in the operating room, the clinic, or on the field with athletes.

“Once I was in college, I did surgical research and realized that surgery is what I wanted to do and once I went through medical school, it turned out that orthopedics is what I liked the best.

“It is fantastic to see people come in that couldn’t walk before surgery. When you follow a patient through surgery, physical therapy and back out on the field or court it provides a unique reward. I’ve had joint replacement patients come in and tell me they are back exercising, playing golf or even horseback riding.

“Treating sports medicine patients is exciting as well as rewarding. I have had experience working with the LA Lakers, pro-bowl football players in Hawaii, and Division I College Teams.

If you require an orthopedic surgeon that specializes in shoulder, hip and knee procedures, contact Dr. Grimes at Orthopedic Associates of St. Augustine by calling 825-0540.