

Dr. Matthew Mays

Matthew Mays, M.D. specializes in arthroscopic and minimally invasive orthopedic surgery. He understands the comprehensive non-surgical and surgical treatment of athletes. Dr. Mays has taken care of elite athletes from the NBA, NFL, MLB, as well as, the more typical weekend athlete and young developing athletes. He is well trained in all aspect of shoulder surgery, including new arthroscopic techniques to treat large rotator cuff tears, shoulder replacements, sports medicine, and arthroscopic surgery of the knee, hip and ankle.

Dr. Mays was born and raised in Houston, and then attended Southern Methodist University in Dallas. At SMU, he excelled both in leadership and in academics. He was the *A. Kenneth Pye Outstanding Greek Leader*, as well as, the Inter-fraternity Council president, while still maintaining high honors and graduating as a University Scholar. After college, Dr. Mays went to the University of Texas Medical Branch for medical school, and graduated at the top of his class with high honors. Also, he received the distinguished Mavis Kelsey Excellence in Medicine Scholarship. This is awarded to one student per year for "achieving excellence in leadership, community impact, and academics."

Dr. Mays stayed at UTMB for his orthopedic surgery residency. During residency, he won the 1st place award for best overall resident research at the 2007 Texas Orthopedic Association meeting. Also, he was awarded The Golden Bone Award by his students for teaching excellence in orthopedic surgery.

After completing his general orthopedic surgery residency, he was privileged to do formal fellowship training in Los Angeles at the Southern California Orthopedic Institute. This is among the top sports medicine and arthroscopy fellowship programs in the country. There, he learned the most advanced techniques in minimally invasive and arthroscopic surgery.

After completing fellowship, Dr. Mays and his wife, Stephanie, moved back home to practice in the Houston area with the Richmond Bone and Joint Clinic. Although he is in private practice in Houston, he still enjoys the academic side of orthopedic surgery. He has published several articles in various orthopedic journals, and has taught instructional courses and lectures to other orthopedic surgeons. In April 2009, he presented the latest techniques in arthroscopic shoulder surgery to an international audience of orthopedic surgeons at the Arthroscopy Association of North America. In November 2009, Dr. Mays was invited to Napa Valley, California to teach as a technical lab instructor for an instructional course on hip and shoulder arthroscopy.

When not working, Dr. Mays and his wife are very active in their community as committee members of both Fort Bend Cares and The Children's Fund. They enjoy a very active lifestyle running, biking, sailing, and hunting.

Dr. Mays is available to see patients in our Sugar Land and Richmond locations.

Contact information:

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