

Orthopedics

- Adult and Pediatric General Orthopedics
- Total Joint Reconstructions
- Knee, Hip and Shoulder Replacement
- Muscle Sparing Knee Replacement
- Direct Anterior Hip Replacement
- Shoulder Surgery
- Knee and Shoulder Arthroscopy
- Subvastus Knee Joint Replacement
- Post-Op Care
- Orthopedic Trauma
- Reconstructive Surgery
- Foot and Ankle Fractures
- Plantar Fasciitis
- Tenex FAST Procedure

Ages 2 and Up | Onsite In-House Digital X-Rays Available

Sports Medicine

- Acute Injuries such as Ankle Sprains, Knee or Shoulder Injuries
- Casting/Bone Fractures
- Overuse Injuries to the Rotator Cuff, Tendonitis, Stress Fractures
- Concussion Management
- PRP and Stem Cell Joint Injections
- Non-Operative Management of Arthritis and Osteoarthritis
- Occupational Injuries
- Knee, Hip, and Shoulder Pain
- Peripheral Nerve Stimulation
- Intraarticular Hip Injections
- Joint Preservation Therapy
- Osteopathic Manipulation Techniques
- Sideline Coverage
- Running Gait Analysis
- Injury Prevention
- Return to Play Evaluations

Ages 6 Months and Up

We help get you back in motion.

Office Locations



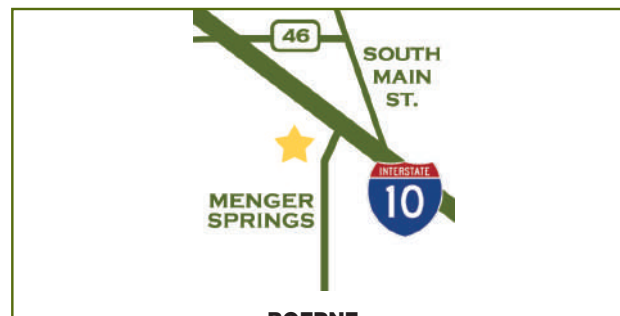
STONE OAK:

1139 E Sonterra Blvd., Suite 500, San Antonio, TX 78258



SPORTS MEDICINE CLINIC:

255 East Sonterra Blvd., Suite 110, San Antonio, TX 78258



BOERNE:

134 Menger Springs, Suite 1210, Boerne, TX 78006

P: (210) 545-7171 | F: (210) 545-7176

www.OrthopedicPerformance.com



Specializing in Adult & Pediatric Orthopedics and Sports Medicine



ORTHOPEDIC
PERFORMANCE
INSTITUTE

The Orthopedic Performance Institute is a comprehensive medical practice specializing in the diagnosis and treatment of orthopedic diseases and injuries of the musculoskeletal system. Our doctors are board certified and licensed to deal with aspects of all orthopedic conditions, both surgical and non-surgical.

Matthew M. Dwyer, MD

Board Certified Orthopedic Surgeon

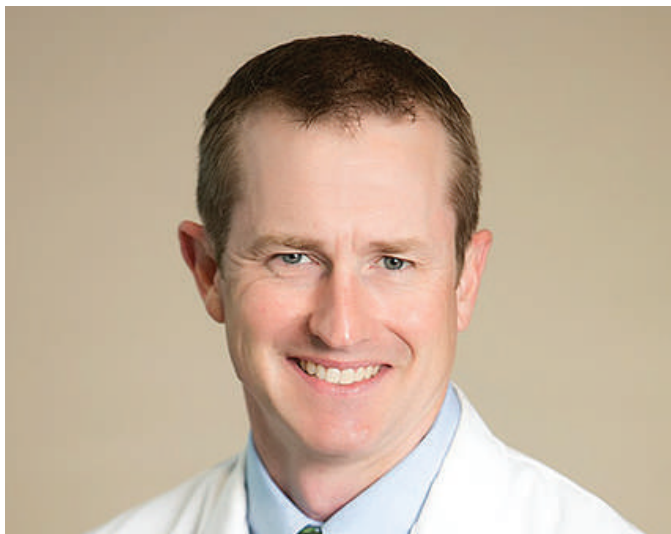
Alexandra S. Matthews, DO

Board Certified, Fellowship-Trained Sports Medicine Specialist

Christopher I. Phelps, MD

Board Certified, Fellowship-Trained Orthopedic Surgeon

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Matthew M. Dwyer, MD
Board Certified Orthopedic Surgeon

A San Antonio native, Dr. Dwyer received his Bachelor of Science in Biology from Southwest Texas State University in San Marcos. He earned his medical degree from the University of Texas Health Science Center in Houston. He then completed his orthopedic surgery residency at the Department of Orthopaedic Surgery and Rehabilitation at the University of Oklahoma Health Science Center, in Oklahoma City, Oklahoma.

When he's not practicing, Dr. Dwyer enjoys time with family, hunting, running, and snow skiing.

Dr. Dwyer provides a full range of orthopedic services to include general adult and pediatric orthopedics, total knee, hip, and shoulder joint reconstruction, minimally invasive joint replacement, the anterior hip approach, orthopedic trauma, and arthroscopy and reconstructive surgery.



Alexandra S. Matthews, DO
Board Certified, Fellowship-Trained Sports Medicine Specialist

Dr. Matthews grew up in Topeka, Kansas. She attended Grinnell College in Grinnell, Iowa where she received an undergraduate degree in sociology. After working in Greece for a year, she went on to earn her Doctor of Osteopathy degree from Rocky Vista University of Osteopathic Medicine, in Parker, Colorado. Her residency in family medicine was completed at Texas A&M University, in Bryan, Texas. Working under the Sports Medicine Association of San Antonio, she completed her sports medicine fellowship at Christus Health Santa Rosa Primary Care Sports Medicine Fellowship Program.

Dr. Matthews is married and has two dogs, a bull mastiff and a boxer mix. In her spare time, she enjoys hiking, scuba diving, and working out.

Treating ages 6 months and up, Dr. Matthews treats both acute and chronic musculoskeletal injuries using the latest technology to return each patient as quickly as possible to full function. She's also an expert in injury prevention, concussion management, stem cell therapy, and joint preservation therapy.



Christopher I. Phelps, MD
Board Certified, Fellowship-Trained Orthopedic Surgeon

Originally from Oregon, Dr. Phelps graduated magna cum laude with a Bachelor of Science in Biology from Southwest Texas State University in San Marcos. He earned his medical degree from the University of Texas Health Science Center in San Antonio. He completed his orthopedic surgery residency at the Department of Orthopedic Surgery, at the University of Texas in Houston.

When he's not practicing, Dr. Phelps' enjoys time with family, woodworking, wakeboarding, gardening, fishing, and antique tool restoration.

Dr. Phelps provides a full range of orthopedic services to include general adult and pediatric orthopedics, minimally invasive joint replacement, shoulder arthroscopy, sports injury treatment, the anterior hip replacement approach, the subvastus knee joint replacement approach, and orthopedic trauma.

Health Insurance

Each of our providers accepts most major health insurance plans including Blue Cross Blue Shield, Tricare, Humana, and Medicare. We will work with you to understand your benefits and file claims on your behalf. Visit orthopedicperformance.com for a complete list of insurance plans accepted.

Keeping You In Motion

Finding the right specialist for conditions or diseases that affect the bones, muscles, or joints just got easier. For a complete list of services offered or to learn how we may move you to a better health, please call or visit our website.

(210) 545-7171 | www.OrthopedicPerformance.com

Hospital & Surgical Locations

We provide patient care at Methodist Stone Oak Hospital, North Central Baptist Hospital, Stone Oak Surgery Center, and Legent Orthopedic & Spine.