Welcome to the ProCare Orthopedics & Rehabilitation Center

The ProCare Orthopedics & Rehabilitation Center is dedicated to improving and maintaining your physical health with a full spectrum of orthopedic services ranging from the treatment of simple sprains and strains to advanced surgery and rehabilitation.

We’re dedicated to treating every patient with professionalism and compassion while creating personalized treatment programs designed to meet each patient’s individual needs. You’ll never have to travel far because some of the best orthopedic care available is conveniently located in one office, right here in Odessa.

Office Hours:
Monday - Friday: 8:30 am - 5:00 pm

www.ProCareOdessa.com
Meet Our Specialists

**Vijay Borra, M.D.**

Dr. Borra is a fellowship trained Orthopedic Surgeon specializing in the treatment of all musculoskeletal conditions. Raised in New York City, he graduated *summa cum laude* from the Honors Academy at Brooklyn College followed by medical training at the State University of New York Downstate College of Medicine. He completed his residency at St. Luke’s Roosevelt Medical Center, a University Hospital of Columbia University in New York with additional tumor training at Memorial Sloan Kettering. Following residency, he then completed a fellowship in Joint Replacement at the Baylor College of Medicine/Texas Medical Center in Houston focusing on total hip and knee replacement, hip resurfacing, partial knee replacement and complex hip and knee joint revision surgeries for bone loss, infection and implant failures.

He is a member of the American Association of Hip and Knee Surgeons as well as the American Academy of Orthopaedic Surgeons. Practicing out of Medical Center Hospital, his office is located at ProCare Orthopedics & Rehabilitation Center providing a broad range of services including primary and revision hip and knee replacement, knee arthroscopy, shoulder arthroscopy and trauma.

**James Ingram, D.O., F.A.O.A.O.**

Board certified in orthopedic surgery, Dr. Ingram specializes in treating immediate and chronic orthopedic conditions with 19 years of experience. Stressing prevention as a model to live by, Dr. Ingram is an expert in sports medicine and arthroscopic surgery. In addition, he performs joint replacement of the shoulder, hip and knee.

A graduate of the University of Texas at Arlington, Dr. Ingram earned his medical degree from the Chicago College of Osteopathic Medicine, followed by an internship at the Tulsa Regional Medical Center. He completed his orthopedic surgery residency at St. James Hospital and Health Centers of Olympia Fields in Chicago. Dr. Ingram is a fellow of the American Osteopathic Academy of Orthopedics, is a member of the Board of the American Osteopathic Academy of Orthopedics as well as a Member of the American Osteopathic Academy, American Osteopathic Association, American Academy of Orthopedic Surgeons and Medical Director of Sports Medicine at Medical Center Hospital.

From arthroscopic knee and shoulder reconstruction to hip, knee and shoulder osteoarthritis, Dr. Ingram’s number one goal at ProCare Orthopedics & Rehabilitation Center is to restore you to your active lifestyle as soon as possible.

**Mandeep Othee, M.D.**

The third member of this esteemed group of specialists, Dr. Othee is Board Certified in Physical Medicine and Rehabilitation. A Diplomate of the American Board of Pain Medicine and the American Academy of Pain Management, Dr. Othee is a member of the American Academy of Physical Medicine and Rehabilitation. A strong proponent of patient care, he offers a diverse array of orthopedic services from stroke rehabilitation to joint replacement surgery.

Dr. Othee earned his medical degree at Ross University School of Medicine and trained at the National Rehabilitation Hospital/Georgetown University Medical School in Washington D.C., treating patients with spinal cord injury, stroke and traumatic brain injury. Dr. Othee is a skilled in diagnosing and treating neck and low back pain. He regularly performs EMG studies and injections for trigger point, facet joint, medial branch nerve block and sacroiliac joint pain as well as performing radio frequency ablation and lumbar discography.

There is more to getting well than having surgery, and Dr. Othee’s expertise in rehabilitation techniques is a welcome addition to the ProCare Orthopedics & Rehabilitation Center.