

Steven DeFroda, MD, MEng, FAAOS, is a board-certified, fellowship-trained orthopaedic trauma surgeon who specializes in sports medicine injuries of the hip, shoulder, knee and elbow. Dr. DeFroda also treats complex fractures and offers hip preservation surgery for non-arthritic hip pain.

He played catcher for his college baseball team at Stevens Institute of Technology, where he developed a passion for helping athletes that led him to his career in orthopaedic surgery. Dr. DeFroda has served as an assistant team physician for the Chicago White Sox, Chicago Bulls and Chicago Fire and is currently the head team physician for Mizzou baseball, softball and volleyball. He is also assistant team physician for Mizzou football. He commonly performs minimally invasive arthroscopic procedures to manage tendon, ligament and labrum injuries, along with ligament reconstruction, cartilage procedures and shoulder replacements.

In his free time, Dr. DeFroda enjoys spending time outdoors with his wife, two sons and their dog. He also enjoys coaching youth athletics.