Nathan Lanham is a board-certified, fellowship-trained orthopaedic surgeon, specializing in shoulder and elbow surgery. After completing residency training at the University of Virginia, he joined the U.S. Army and started practice in Fort Benning, Georgia. During this time, he cared for members of the 75th Ranger Regiment and deployed to Humacao, Puerto Rico, in support of the Hurricane Maria relief effort. He also deployed to Syria in support of Operation Inherent Resolve.

After completing his shoulder and elbow fellowship at Columbia University in New York, NY, he concluded his military service at Fort Bragg, North Carolina, where he deployed to East Africa in support of Operation Enduring Freedom. He is currently an associate professor of orthopaedic surgery at Penn State Health and cares for patients with traumatic and degenerative shoulder and elbow problems.