

# Richard J. Lamour, M.D.



Dr. Richard Lamour is a dual fellowship-trained, board certified orthopaedic surgeon who joined Olympia Orthopaedic Associates in 2017. Dr. Lamour specializes in minimally invasive and non-surgical treatment of sports related injuries of the knee, foot and ankle. Dr. Lamour is dedicated to educating patients regarding their orthopaedic concerns to help them make informed decisions about their care. He develops individualized treatment plans to accommodate each patient's needs. Dr. Lamour's ultimate goal is to help patients achieve the very best outcome, using evidence based medicine and the newest technology available, so they can return to their sport, work, or previous activities.

## Education, Training & Affiliations

- Bachelor of Arts in Natural Sciences: Johns Hopkins University, Baltimore, MD
- Doctor of Medicine: The Ohio State University College of Medicine, Columbus, OH
- Orthopaedic Surgery Residency: University of Miami, Miami, FL
- Sports Medicine Fellowship: Andrews Institute for Orthopaedics and Sports Medicine, Gulf Breeze, FL
- Foot and Ankle Surgery Fellowship: Las Vegas Foot and Ankle Institute, Las Vegas, NV

## Dr. Lamour specializes in:

- Ankle
- Foot
- Knee
- Minimally Invasive Surgery of the Knee, Ankle, and Foot
- Sports Medicine

**To refer your patients to  
Dr. Lamour:**

**OOA: (360) 709-6230**

**Mason Clinic: (360) 426-2653**

**[www.olyortho.com](http://www.olyortho.com)**

**[www.masongeneral.com](http://www.masongeneral.com)**

