



DR. BRUCE D. STAMOS
CLASS OF 1987

For all his expertise and years of caring for patients at Brielle Orthopedics and for his vast professional accomplishments, Dr. Bruce D. Stamos has really never strayed far from home: Point Pleasant Borough High School, from which he graduated in 1987. “I grew up in town and lived there for 40 years,” said Dr. Stamos as he reflected on his induction into the PPBHS Hall of Fame. “It was an amazing place to grow up. I couldn’t think of a better place. I could ride my bike to soccer practice, then to a friend’s house. We had the ocean and bay to fish, swim, and water ski. I had great teachers and friends.” And it was a family affair. “My father originally taught at the high school and was the varsity soccer coach when they won the outright State Group II championship in 1968.” His mother was also a first grade teacher at Nellie Bennett, before they both started Scotia Construction in Point Borough.

In his years since sitting in classrooms at the high school, Dr. Stamos has amassed an impressive catalog of accomplishments. Suffice to say that after high school (where he played soccer, was a member of the Key Club, the National Honor Society, the Student Council and Meeting of the Minds), Dr. Stamos did his undergraduate work in biology at the University of Richmond in Virginia and then received his MD at Hahnemann University School of Medicine in Philadelphia.

Dr. Stamos performed his residency at UMDNJ/Robert Wood Johnson Medical School, Division of Orthopedic Surgery in New Brunswick, N.J., which included rotations at Sloan Kettering, NYC and Princeton University Sports Medicine. He went on to his Fellowship in sports

medicine and shoulder surgery at Massachusetts General Hospital – Harvard Medical School. He has been published and presented on multiple topics including athletic hand and knee injuries.

All along, he was drawn back to the playing field, a place where he developed a keen sense of competition, and recognition of how fragile and precarious an athlete's psyche and career can be. Through the years, he worked with professional teams such as the New England Patriots (NFL), the New England Revolution (MLS), the Boston Bruins (NHL), and the Boston Breakers. He is now the head team physician for the Sky Blue FC (National Women's Soccer League). In addition to his current work as school physician at Point Pleasant Borough High School, Dr. Stamos is also one of the team physicians for the high school football teams at Brick Township and Brick Memorial, and an orthopedic consultant to the New Jersey State Police since 2007.

"I knew I was never going to be a professional athlete, so this is a way to be actively involved and to never have to give up that exposure," Dr. Stamos said. Still, the lure of dealing with wide-eyed high school athletes has presented Dr. Stamos with untold satisfaction and joy through his work with students in all sports at the High School. "The greatest thing in high school is getting to see them all through their school years," he said. "I get to know a lot of the families and really get entwined in the community."

Dr. Stamos feels working with high school athletes can be more of a challenge than working with the pros. "In my experience, at times it's easier to deal with the professional athletes because high school kids have no perception or fear of what the implications of their injury could mean. They have a hard time looking forward; it's all about now. When the pros get hurt, they're scared, because they know it's their livelihood. High school kids always think they're ready to play. "It's a privilege to take care of these kids at a time when they're most desperate, when they're hurt and can't play," he said. "To be able to help and provide insight and perspective to the parents and the kids is what it's all about."

Through all that he has accomplished, he is most proud of his family, which includes his wife of 14 years, MaryLee, and their three children, Abigail (11), Thomas (10) and Lexy (7).