Dr. Ogrodnick received his medical degree from Jefferson Medical College: Thomas Jefferson University, as well as a Masters of Public Health from the University of Utah. He completed residency training in family medicine at St. Clare’s Hospital and fellowship training in occupational medicine with the Department of Family & Preventive Medicine at the University of Utah. Dr. Ogrodnick is board certified in family medicine and occupational medicine, and is a Level II Accredited physician with the Colorado Division of Workers’ Compensation.

Dr. Ogrodnick believes, in many ways an employee is similar to an athlete and their work is their sport. Optimizing fitness for duty will lead to the best performance. This requires knowledge of the workplace and provides an opportunity to explore the multifaceted interface between worker and work environment. In the case of an injury, the employee should become actively involved in treatment. Modified duty keeps the patient closely associated with their work and thereby enhances the recovery process. The physician should proactively guide the worker by providing the playbook for return to maximum productivity. With a team effort everyone wins!