



HECTOR L. LOPEZ, MD, MS, FAAPMR

NORDIC NATURALS ADVISORY BOARD MEMBER

“Omega-3 fatty acids from fish oil concentrate are a major part of my multifaceted treatment program for spine and orthopaedic injuries. I consider it the most versatile nutritional prescription in my armamentarium, given its benefits for just about every organ system in the body.”

—Hector Lopez,
MD, MS, FAAPMR

A complete profile is available and can be emailed upon request. Press interviews can be arranged by contacting Shari Hindman, Integral Marketing, Inc. at 303.499.9665 or sharilhindman1@comcast.net.

Summary of Expertise

A board certified specialist in physical medicine and rehabilitation, Dr. Hector Lopez is recognized as an active researcher, speaker, author, and clinician who integrates nutrition, exercise science, sports and musculoskeletal medicine, endocrinology, and metabolism into his private practice with patients, his work with recreational and elite athletes, and through his public educational initiative. He has presented nationally and published articles and scientific abstracts on various topics related to nutrition, stroke, orthopaedic injuries, chronic pain disorders, athletic performance, optimal aging, and physician-based exercise prescription. In addition, Dr. Lopez is a consultant to professional athletes and the nutritional supplement industry as product developer, researcher, and writer. Dr. Lopez received his training at the world renowned Northwestern University Feinberg School of Medicine – Rehabilitation Institute of Chicago. He is a Certified Strength and Conditioning Specialist (CSCS) through the NSCA, and holds a Masters degree in nutritional biochemistry with concentration in exercise science. His clinical interests include: Spine, Sports and Orthopaedic Medicine, Electrodiagnostic Medicine, Interventional Spine and Pain Management, Optimal Aging, and Sarcopenia. His research interests include hormonal modulation and nutritional intervention to improve human performance and rehabilitation outcomes of injured patients. Dr. Lopez is the founding partner and medical director of three facilities in NJ that focus on integrative rehabilitation medicine and human performance to treat patients with the full spectrum of orthopaedic injuries.

Specific Subjects

Integrative medicine; nutrition; exercise science; sports medicine; metabolism; athletic performance; sports injury; pain management; inflammation; physical rehabilitation; fish oil supplementation and research; fish oil products; the effects of essential fatty acids on weight loss, fitness, heart health, and immune function; lifestyle changes for improved health plus mental and physical performance

Publications, Presentations, and Research

For a list of published works, public presentations, and scientific abstracts by Dr. Lopez, please request a CV available in PDF format.