

# *Curriculum Vitae*

**Steven Christopher Chudik, MD**  
Hinsdale Orthopaedics  
Orthopaedic Sports Performance Institute  
1010 Executive Court, Suite 250  
Westmont, Illinois 60559  
Phone: 630-324-0402

## EDUCATION

### Fellowship

Shoulder and Sports Medicine  
Hospital for Special Surgery, New York, NY  
August 2001 to August 2002

### Residency

Orthopaedic Surgery  
University of North Carolina, Chapel Hill, NC  
June 1997 to June 2001

### Internship

General Surgery  
University of North Carolina, Chapel Hill, NC  
June 1996 to June 1997

### Medical School

Pritzker School of Medicine, University of Chicago  
Medical Doctorate, 1996  
Chicago, IL  
October 1992 to June 1996

### Undergraduate

University of Chicago  
Bachelors of Science with Honors, Biological Chemistry  
Phi Beta Kappa  
Chicago, IL  
September 1988 to June 1992

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CERTIFICATION AND LICENSURE

Diplomate of the American Board of Orthopaedic Surgery  
Board Certified in Orthopaedic Surgery, July 2004  
Board Certified in Orthopaedic Sports Medicine, September 2007

Illinois State Medical License                      Number: 036-106233 (ACTIVE)

PROFESSIONAL MEMBERSHIPS

American Academy of Orthopaedic Surgeons  
Arthroscopy Association of North America  
American Orthopaedic Society for Sports Medicine  
    Council of Delegates, August 1, 2008 to July 31, 2011  
    Health Policy & Ethics Committee, 2009 to 2012  
American Shoulder and Elbow Surgeons

PROFESSIONAL APPOINTMENTS

Partner, Hinsdale Orthopaedic Associates  
    Hinsdale, IL, 2002 to present

Director, Orthopaedic Sports Performance Institute  
    Westmont, IL, 2007 to present

Medical Director, Adventist LaGrange Memorial Hospital,  
    LaGrange, IL, 2014 to present

Clinical Assistant Professor, Loyola University Medical Center, 2006 to present

Research Associate, Argonne National Laboratory, 2006 to present

Research Associate, Hines VA Musculoskeletal Biomechanics Laboratory,  
    2006 to present

Founder, OTRF  
Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation,  
    2007 to present

Director, OTRF Athletic Training Residency Program, 2010 to present

President, Orthopaedic Technologies, 2006 to present

Reviewer, Journal of Arthroscopy and Related Research, 2004 to present

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Reviewer, American Journal of Sports Medicine, 2008 to present

Reviewer, Journal of Shoulder and Elbow Surgery,

Team Physician, USA Swimming Sports Medicine and Science Network, 2004 to present  
High Performance Team

AOSSM, Council of Delegates, IL, 2008 to 2011

AOSSM, Health Care Policy and Ethics Committee, 2009 to 2012

TEACHING POSITIONS

Resident representative, UNC Resident Education Curriculum Committee, 2001-2002  
Developed new, two-year rotating orthopaedic resident curriculum schedule and syllabus

Faculty Instructor, Arthroscopy Association of North America Advanced Shoulder  
Arthroscopy Course, Masters Experience  
Orthopaedic Learning Center, Rosemont, IL, Fall 2002

Faculty Instructor, Arthroscopy Association of North America Advanced Shoulder  
Arthroscopy Course, Masters Experience  
Orthopaedic Learning Center, Rosemont, IL, winter 2003

Faculty Instructor, AAOS/ASES, Open and Arthroscopic Surgery of the Shoulder Course  
Orthopaedic Learning Center, Rosemont, IL, April 2005

Faculty Instructor, AAOS/AANA, Shoulder Arthroscopy Skills Course  
Orthopaedic Learning Center, Rosemont, IL, March 2006

Faculty Instructor, Arthroscopy Association of North America Advanced Shoulder  
Arthroscopy Course, Masters Experience  
Orthopaedic Learning Center, Rosemont, IL, April 2006

Faculty Instructor, Arthroscopy Association of North America Advanced Knee Ligament  
Course, Masters Experience  
Orthopaedic Learning Center, Rosemont, IL, April 2006

Faculty Instructor, AAOS/ASES, The Shoulder: An Arthroscopic Odyssey  
Orthopaedic Learning Center, Rosemont, IL, July 2006

Faculty Instructor, Arthroscopy Association of North America Advanced Knee Cartilage  
Course, Masters Experience  
Orthopaedic Learning Center, Rosemont, IL, September 2006

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Biomet Grand Rounds Faculty, January 2006 to 2008

Faculty Instructor, American Academy of Orthopaedic Surgeons, Open and Arthroscopic Techniques of the Shoulder Course

Orthopaedic Learning Center, Rosemont, IL, April 2007

Faculty Instructor, Arthroscopy Association of North America Advanced Shoulder Arthroscopy Course, Masters Experience

Orthopaedic Learning Center, Rosemont, IL, October 2007

Faculty Instructor, Arthroscopy Association of North America, Advances in Knee Surgery, Cartilage Focus Course, Masters Experience

Orthopaedic Learning Center, Rosemont, IL, September 5-7, 2008

Faculty Instructor, AAOS/ASES, Management of the Unstable Shoulder: Arthroscopic and Open Repairs

Orthopaedic Learning Center, Rosemont, IL, October 3-4, 2008

Faculty, Loyola University of Chicago, Stritch School of Medicine, STAR (Student Training in Approaches to Research) Scholarship Program, 2009 to present

HONORS AND AWARDS

Walter Haas Award, Varsity Football Most Valuable Player, 1991

Academic All-American, 1991

Mary Jean Mulvaney Scholar Athlete Award, 1992

Howell-Murray Award for Outstanding Contribution to Extracurricular Life at the University of Chicago, 1992

Phi Beta Kappa (1992)

National Institute of Health Research Award, 1993

Raney Chief Award, 2001

AANA, Research Grant, 2007

Saint Viator Athletic Hall of Fame, Inducted April 3, 2009

The American Orthopaedic Society for Sports Medicine, Council of Delegates, Service Appreciation, 2008-2011

US News & World Report, Castle Connelly, Top Doctor in Orthopaedics, 2012-2017

U.S. PATENTS

Method of Arthroscopic or Open Rotator Cuff Repair Using an Insertional Guide for Delivering a Suture Pin, U.S. Patent Number 8,540,737 B2, issued September 24, 2013.

Acromioclavicular Joint Repair System, U.S. Patent Number 9,387,011 B2, issued July 12, 2016.

Method of Minimally Invasive Shoulder Replacement Surgery, U.S. Patent Number, 9,445,910 B2, issued September 20, 2016.

Guide for Shoulder Surgery, U.S. Patent Number 9,968,459 B2, issued May 15, 2018.

Glenoid Implant for Minimally Invasive Shoulder Replacement Surgery, U.S. Patent Number 9,974,658 B2, issued May 22, 2018

Cannulated Scalpel, U.S. Patent Number 10,034,674 B2, issued July 31, 2018

U.S. PATENT APPLICATIONS

Method of Minimally Invasive Shoulder Replacement Surgery, serial number 11/518,021, filed September 11, 2006, case I

Humeral Implant for Minimally Invasive Shoulder Replacement Surgery, serial number 11/525,629, filed September 25, 2006, case II

Glenoid Implant for Minimally Invasive Shoulder Replacement Surgery, serial number 11/525,631, filed September 25, 2006, case III

Suture Pin Device, serial number 11/529,185, filed September 29, 2006, case XV

Guide for Shoulder Surgery, serial number 11/529,197, filed September 29, 2006, case IV

Method of Arthroscopic or Open Rotator Cuff Repair Using an Insertional Guide for Delivering a Suture Pin, serial number 11/585,041, filed October 24, 2006, case 1000.1

Resurfacing Implant for a Humeral Head, serial number 13/068,309, filed May 9, 2011 (a division of serial number 11/525,629), case II (A)

Cortical Loop Fixation System for Ligament and Bone Reconstruction, Serial No. 13/998,567, filed 11/12/2013

Universal Anterior Cruciate Ligament Repair and Reconstruction System, serial number 11/701,902, filed February 2, 2007 case 1010.1

Acromioclavicular Joint Repair System, serial number 11/701,845, filed February 2, 2007, case 1009.1

EDUCATIONAL LECTURES

Proximal Humerus Fractures. Presented at Grand Rounds, Wake Medical Center, Raleigh, NC, August 1998.

Percutaneous Plate Fixation of Proximal Humerus Fractures—A New Technique and Biomechanical Study. Presented at Grand Rounds, Wake Medical Center, Raleigh, NC, October 1999.

A New Theory for the Mechanism of the Noncontact Anterior Cruciate Ligament Injury. Presented at Grand Rounds, Wake Medical Center, Raleigh, NC, July 2000.

The Noncontact Anterior Cruciate Ligament Injury. Presented at Grand Rounds, University of North Carolina, Chapel Hill, NC, December 2000.

Arthritis and Cuff Deficiency, Sports Medicine/Shoulder Conference, Hospital for Special Surgery, New York, NY, 2001-2002.

Common Injuries to the Foot and Ankle Incurred during Collegiate Football, Sports Medicine/Shoulder Conference, Hospital for Special Surgery, New York, NY, 2001-2002.

Osteochondral Injuries to the Talus, Sports Medicine/Shoulder Conference, Hospital for Special Surgery, New York, NY, 2001-2002.

Basics of Elbow Arthroscopy, Skills Lab, Hospital for Special Surgery, New York, NY, 2001-2002.

Pectoralis Transfer for Subscapularis Deficiency, Sports Medicine/Shoulder Conference, Hospital for Special Surgery, New York, NY, 2001-2002.

Neurologic Complications following TSA, Sports Medicine/Shoulder Conference, Hospital for Special Surgery, New York, NY, 2001-2002.

Internal Impingement, Sports Medicine/Shoulder Conference, Hospital for Special Surgery, New York, NY, 2001-2002.

Management of a Dropped ACL Graft, Clinical Conference, Hinsdale Hospital, Hinsdale, IL, 2003.

The Knee Examination for Primary Care Physicians, Resident Lecture, La Grange Hospital, La Grange, IL, 2003.

Work-Related Injuries to the Shoulder, Workman's Compensation Lawyer's Association, Chicago, September 2004.

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Work-Related Injuries to the Shoulder, Workman's Compensation Nurse Seminar, ATI Physical Therapy, IL, November 2004.

A Closer Look at the Noncontact ACL Injury, Athletico University, Oak Brook, IL, December 2004.

Mechanisms and Biomechanics of the Noncontact ACL Injury, Basic Science Conference at Loyola University Medical Center, Department of Orthopaedic Surgery. Maywood, IL, November 3, 2005.

Steroids. Not in the Game Plan, The Triumph is in the Journey, Hinsdale South High School, Hinsdale, IL, March 8, 2006, April 12, 2006, November 29, 2006.

Throwing Injuries to the Shoulder and Elbow, Western Springs Little League Safety Meeting, Western Springs, IL, March 12, 2006.

Arthroscopic Management of Massive Rotator Cuff Tears, Debridement Versus Partial Repair, AAOS/ASES, The Shoulder: An Arthroscopic Odyssey course, AAOS Orthopaedic Learning Center, Rosemont, IL, July 28, 2006.

Steroids. Not in the Game Plan, The Triumph is in the Journey. Downers Grove South High School, Downers Grove, IL, August 21, 2006, November 20, 2006

Steroids. Not in the Game Plan, The Triumph is in the Journey, Bolingbrook High School, Bolingbrook, IL, December 6, 2006.

Arthroscopic Rotator Cuff Repair: The State of Affairs, Grand Rounds, Howard University, Washington, D.C., April 4, 2007.

Shoulder Instability Repair: Results of Arthroscopic Versus Open Techniques, AAOS/ASES Open and Arthroscopic Techniques in Shoulder Surgery, AAOS Orthopaedic Learning Center, Rosemont, IL, April 21, 2007.

Use of the Argonne Photon Accelerator for X-ray diffraction measurements of stress and strain in Biologic tissues, Medical Center Research Conference, Loyola University of Chicago, June 2008.

Tribology of Articular cartilage and other artificial Joint Surfaces, Loyola Medical Center Research Conference, Loyola University Medical Center, Chicago, June 2008.

Injuries to the Throwing Shoulder in Baseball. Baseball Injury Update, Orthopaedic Sports Performance Institute, Westmont, IL, May 21, 2008.

Sideline Management of Knee Injuries in Football. Football Injuries, Orthopaedic Sports Performance Institute, Westmont, IL, August 5, 2008.

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Golf Injuries, Prevention and Performance, Oak Brook Golf Course, Oak Brook, IL, July 30, 2009.

Arthroscopic Techniques in Bony Bankart Repair and Reconstruction, North American Sports Medicine Educational Forum, Naples, FL, November 6, 2009.

Commonly Missed Diagnoses of the Shoulder and Knee in Injured Workers, Worker's Compensation Lawyer's Association, Chicago Cultural Center, Chicago, September 17, 2010.

Top Ten Diagnoses of the Shoulder, Annual Sports Medicine Seminar for Primary Care Physicians, Adventist Hinsdale Hospital, Hinsdale, IL, October 27, 2010.

ACL Injuries on the Rise. What Can Be Done About It? Advocate Good Samaritan Hospital, Downers Grove, IL, May 24, 2011.

Top Ten Diagnoses of the Knee: Preparing for the Basketball Season, Annual Sports Medicine Seminar for Primary Care Physicians, Adventist Hinsdale Hospital, Hinsdale, IL, September 7, 2011.

ACL Tears in Skeletally Immature Patients, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 2, 2011.

Exertional Compartment Syndrome, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 23, 2011.

Hand and Wrist Injuries in Sports, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 30, 2011.

Rotator Cuff Tears and Repair, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 7, 2011.

Meniscal Root Tears and Repair, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 14, 2011.

Exertional Compartment Syndrome, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 23, 2011.

Shoulder Instability, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 21, 2011.

Stress Injuries to the Foot and Ankle, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 28, 2011.

Osteochondritis Dissecans, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 4, 2011.



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Osteochondrits Dissecans of the Capitellum, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 18, 2011.

Anterior Shoulder Instability, Glenoid Deficiency and Bony Bankart Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 2, 2011.

Impingement Syndrome, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 16, 2011.

Adhesive Capsulitis, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 30, 2011.

Patellar Instability, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 13, 2012.

Glenoid Labral Tears, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 20, 2012.

Elbow Injuries in Throwing Athletes, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 27, 2012.

Shoulder Os Acromiale, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 3, 2012.

Meniscal Transplant, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 10, 2012.

Tibial Eminence Fractures, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 24, 2012.

Proximal Hamstring Rupture, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 2, 2012.

Scapular Fractures, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 9, 2012.

Mechanism of ACL Injuries, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 16, 2012.

Calcific Tendinitis, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April 6, 2012.

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Rotator Cuff Tears and Rehabilitation, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April 20, 2012.

Hip, Pelvis and Groin Injuries in Sports, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April 27, 2012.

Distal Biceps Rupture, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 4, 2012.

Athletic Cervical Spine Injuries, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 18, 2012.

Elbow Ulnar Collateral Ligament Injury, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 1, 2012.

Scapular Winging, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 8, 2012.

Rheumatoid Arthritis, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 15, 2012.

Acute Elbow Dislocations, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 29, 2012.

Elastofibroma Dorsi, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 6, 2012.

Quadriceps Tendon Ruptures, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 20, 2012.

Fifth Metatarsal Fractures, Jones fracture, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 27, 2012.

Monteggia Fracture-Dislocations, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 3, 2012.

Osteochondritis Dissecans Lesions, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 17, 2012.

Meniscus Tears, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 7, 2012.

Clavicle Fractures, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 21, 2012.

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Shoulder Multidirectional Instability, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 5, 2012.

Peroneal Tendon Disorders, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 19, 2012.

Scapular Mechanics, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 26, 2012.

Proximal Humeral AVN, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 2, 2012.

Ankle Syndesmotic Injuries, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 9, 2012.

Patellar Instability and Medial Patellofemoral Ligament Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 29, 2012.

ACL Reconstruction in Skeletally Immature, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 7, 2012.

Achilles Tendon Rupture, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 24, 2012.

Elbow Lateral Ulnar Collateral Ligament Injuries, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 16, 2013.

Patellar Tendon Rupture, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 1, 2014.

Spondylolysis and Spondylolisthesis, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 8, 2014.

Treating Knee Osteoarthritis with Arthroscopy, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 15, 2014.

PRP, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 22, 2014.

Acromioclavicular Joint Injuries, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 8, 2013.

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Rotator Cuff Arthropathy, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, March 15, 2013.

OCD (Osteochondritis Dissecans), OTRF Sports Medicine Conference, Steven Chudik  
MD Shoulder and Knee Injury Clinic, Westmont, IL, April 7, 2013.

Hamstring Strains, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and  
Knee Injury Clinic, Westmont, IL, April 19, 2013.

Post-Operative Care After Arthroscopy, OTRF Sports Medicine Conference, Steven  
Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 2, 2013.

Performance Enhancement to Injury Treatment: How to be at the Top of Your Game,  
Hinsdale Hospital Foundation, May 9, 2013, Hinsdale, IL.

Pelvic Avulsion Fractures, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, May 17, 2013.

ACL Graft Options and Selection, OTRF Sports Medicine Conference, Steven Chudik  
MD Shoulder and Knee Injury Clinic, Westmont, IL, May 24, 2013.

Bilateral Meniscal Tears, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, May 31, 2013.

Innovations in ACL Reconstruction and Shoulder Dislocations, Athletico University,  
June 18, 2013, LaGrange, IL.

Bilateral Meniscal Tear Repair, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, August 2, 2013.

Innovations in ACL Reconstruction and Shoulder Dislocations, ATI Sports Medicine  
Annual Summit, August 3, 2013, Oak Brook, IL.

Tibial Plateau Fractures, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, August 16, 2013.

Autologous Chondrocyte Implantation, OTRF Sports Medicine Conference, Steven  
Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 23, 2013.

New Frontiers in ACL Injuries and Treatment, Adventist Grand Rounds, September  
2013, Hinsdale, IL.

Olecranon Stress Fractures, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, September 7, 2013.

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Scapular and First Rib Stress Fractures, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 13, 2013.

Glenohumeral Instability in Overhead Athletes, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 20, 2013.

Proximal Hamstring Repair and AVN Drilling of MFC and LFC, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 4, 2013.

Acromioclavicular Joint Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 1, 2013.

Osteoarthritis of the Knee, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 3, 2013.

Ankle Syndesmotic Repair, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 6, 2013.

Ankle Injury Prevention, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 20, 2013.

Patellar Tendon Rupture, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 3, 2014.

Posterolateral Corner Instability, Repair versus Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 10, 2014.

Hamstring Tendon Avulsions and Strains, Repair versus Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 24, 2014.

Elbow Ulnar Collateral Ligament Injury and Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 14, 2014.

Medial Patellofemoral Ligament Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 7, 2014.

Bony Bankart Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 14, 2014.

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Proximal Humerus Fractures, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 21, 2014.

Ankle Trimalleolar Fractures, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April 4, 2014.

HAGL Lesions, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April 18, 2014.

Elbow Lateral Epicondylitis, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 2, 2014.

Lateral Ankle Ligament Injuries and Treatment Ankle, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 16, 2014.

Posterolateral Rotatory Instability of the Elbow, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 23, 2014.

Chronic Exertional Compartment Syndrome, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 30, 2014.

Chronic Distal Biceps Rupture and Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 6, 2014.

Bony Bankart Injuries, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 13, 2014.

ACL Graft Selection: Current Research, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 20, 2014.

Pediatric ACL Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 4, 2014.

Adhesive Capsulitis, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 18, 2014.

Greater Tuberosity Fractures and Arthroscopic Reduction and Internal Fixation, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 1, 2014.

Elbow Ulnar Collateral Ligament Injuries in Adolescents, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 29, 2014.

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Shoulder Injuries: Budding Athletes to Weekend Warriors, Adventist LaGrange Memorial Hospital Grand Rounds, LaGrange, IL, September 2014.

OCD (Osteochondritis Dissecans) of the Knee, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 6, 2014.

Arthroscopic Management of Arthritis of the Knee, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 19, 2014.

Shoulder Injuries: Budding Athletes to Weekend Warriors, Adventist Hinsdale Hospital Grand Rounds, Hinsdale, IL, October 2014.

Tarsal Navicular Stress Fracture, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 3, 2014.

Symptomatic Bipartite Patella, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 17, 2014.

Open Tibial Shaft Fractures, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 31, 2014.

ACL Functional Test and Return to Play, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 7, 2014.

Rotator Cuff Tears and Subacromial Impingement, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 21, 2014.

MPFL Reconstructions: Surgical Technique Analysis, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 16, 2015.

ACL Reconstruction: Effects on the Contralateral ACL, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 30, 2015.

Discoid Meniscus, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 6, 2015.

Multidirectional Shoulder Instability, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 20, 2015.

Elbow Osteochondritis Dissecans, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 13, 2015.

Tibial Stress Fractures, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 20, 2015.

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Clavicle Fractures, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 27, 2015.

Pediatric ACL Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April 17, 2015.

Proximal Hamstring Ruptures, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April 24, 2015.

Pigmented Villonodular Synovitis, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 1, 2015.

Radial Head Fractures, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 8, 2015.

Golf Swing Mechanics, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 8, 2015.

Snapping Scapula Syndrome, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 29, 2015.

Medial UCL Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 5, 2015.

LisFranc Fracture Dislocations, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 12, 2015.

Posterior Ankle Impingement, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 19, 2015.

Throwing Mechanics and Rehabilitation Principles, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 26, 2015.

Bony Bankart Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 10, 2015.

Meniscal Root Tears, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 17, 2015.

Partial Lateral Menisectomy, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 14, 2015.

“Y” Balance Testing: Lower Extremity Injury Prevention and Rehabilitation, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 28, 2015.



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Acromioclavicular Joint Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 4, 2015.

Femoroacetabular Impingement, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 11, 2015.

Ankle Syndesmotic Sprains, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 18, 2015.

Little League Shoulder, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 25, 2015.

Pec Major Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 9, 2015.

Proximal Hamstring Avulsions, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 23, 2015.

ACL Graft Preparation, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 30, 2015.

Achilles Tendon Repair, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 6, 2015.

Massive Irreparable Rotator Cuff Tears, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 13, 2015.

Selective Functional Movement Assessment, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 20, 2015.

Tibial Tubercle Injuries, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 4, 2015.

Meniscal Repair and Trephination, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 11, 2015.

Shoulder Anatomy and Physical Examination, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 18, 2015.

PCL Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 8, 2016.

Quadrilateral Space Syndrome and Axillary Nerve Impingement, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 15, 2016.

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Shoulder Surgical Positioning, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, January 22, 2016.

Thoracic Outlet Syndrome, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, January 29, 2016.

Peroneal Tendon Subluxation, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, February 5, 2016.

Pigmented villonodular Synovitis, OTRF Sports Medicine Conference, Steven Chudik  
MD Shoulder and Knee Injury Clinic, Westmont, IL, February 12, 2016.

Foot and Ankle Anatomy and Physical Examination, OTRF Sports Medicine Conference,  
Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 19, 2016.

Floating Shoulder, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and  
Knee Injury Clinic, Westmont, IL, February 26, 2016.

Hand and Wrist Sports Injuries, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, March 4, 2016.

Os Acromiale, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and  
Knee Injury Clinic, Westmont, IL, March 11, 2016.

Osteochondritis Dissecans of the Knee, OTRF Sports Medicine Conference, Steven  
Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 18, 2016.

ACL Injury Prevention, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, March 25, 2016.

Radial Head Dislocation, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, April 1, 2016.

de Quervain's Tenosynovitis, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, April 8, 2016.

Superior Capsule Reconstruction, OTRF Sports Medicine Conference, Steven Chudik  
MD Shoulder and Knee Injury Clinic, Westmont, IL, April 22, 2016.

Chronic/Overuse Elbow Disorders, OTRF Sports Medicine Conference, Steven Chudik  
MD Shoulder and Knee Injury Clinic, Westmont, IL, April 29, 2016.

MPFL Reconstruction, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder  
and Knee Injury Clinic, Westmont, IL, May 6, 2016.

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Adhesive Capsulitis, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 13, 2016.

Female Athlete Triad, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 20, 2016.

SLAP and Biceps Pathology, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 10, 2016.

Ankle Sprain Management, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 17, 2016.

Pediatric ACL, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 24, 2016.

Posterolateral Corner Repair, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 1, 2016.

X-ray and MRI Radiology, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 8, 2016.

Shoulder Anatomy and Physical Examination, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 15, 2016.

Avascular Necrosis, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 22, 2016.

Knee Anatomy and Physical Examination, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 29, 2016.

Posterior Bankart Lesion, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 5, 2016.

Ankle Anatomy and Physical Examination, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 12, 2016.

Elbow Anatomy and Physical Examination, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 19, 2016.

Tendinopathy Overview, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 26, 2016.

Snapping Scapula, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 2, 2016.

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Medial Tibial Stress Syndrome, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 9, 2016.

Throwing Injuries in the Skeletally Immature, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 23, 2016

Post-Traumatic Knee OA, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 30, 2016

Syndesmosis Repair, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 7, 2016

FAI, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 14, 2016

TKA Rehab, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 21, 2016

Adolescent Rotator Cuff Repair, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 4, 2016

Subacromial Impingement Syndrome, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 11, 2016

Coding and Notations, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 18, 2016

Distal Biceps Repair, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 2, 2016

Patellar Dislocation/Subluxation, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 9, 2016

MRIs, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 16, 2016

AC Joint Injuries and Management, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 23, 2016

Patellar Tendon Repair, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 6, 2017

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Suprascapular Nerve Injuries, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, January 13, 2017

Compartment Syndrome, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, January 20, 2017

Pec Major Repair, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and  
Knee Injury Clinic, Westmont, IL, February 3, 2017

Anterolateral Ligament Knee, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, February 10, 2017

Ankle Instability, Lateral, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, February 17, 2017

Glenoid Tracking Measurements, OTRF Sports Medicine Conference, Steven Chudik  
MD Shoulder and Knee Injury Clinic, Westmont, IL, February 24, 2017

Peroneal Tendon Subluxation, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, March 3, 2017

PCL Injuries, Treatment and Management, OTRF Sports Medicine Conference, Steven  
Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 10, 2017

Concussion Management, OTRF Sports Medicine Conference, Steven Chudik MD  
Shoulder and Knee Injury Clinic, Westmont, IL, March 17, 2017

Osgood Schlatters, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and  
Knee Injury Clinic, Westmont, IL, March 24, 2017

Joint Infections, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and  
Knee Injury Clinic, Westmont, IL, March 31, 2017

MT Fixation, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and  
Knee Injury Clinic, Westmont, IL, April 7, 2017

Injuries, Treatment and Management of the Lateral Meniscus, OTRF Sports Medicine  
Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April  
14, 2017

Thumb Injuries, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and  
Knee Injury Clinic, Westmont, IL, April 21, 2017

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Considerations to the Subscapularis, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April 28, 2017

Uncommon Shoulder Syndromes, OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 5, 2017

Considerations to ACL injuries and Management in the Non Traditional Population, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 12, 2017

Cartilage Repair Techniques for the Knee, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 26, 2017

Osteonecrosis, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 9, 2017

Achilles Tendon Repair, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 30, 2017

Calcific Tendonitis, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 7, 2017

Triceps Repair, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 14, 2017

Proximal Humerus Fractures, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 21, 2017

Comparison of Injections for Treatment of Osteoarthritis (PRP, Amniofix, Synvisc, Cortisone), Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 4, 2017

Shoulder and Knee Exam Techniques, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 11, 2017

Glenoid Reconstruction, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 25, 2017

Elbow and Ankle Exam Techniques, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 1, 2017

Epicondylitis, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 8, 2017

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Meniscus Repair and Trephination, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 15, 2017

Foot and Ankle Syndesmotic Injuries, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 22, 2017

Comparison of OCD Treatment for Skeletally Immature Patients, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 29, 2017

Capsular Plication, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 6, 2017

Radial Head and Neck Fractures, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 13, 2017

Compartment Syndromes, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 20, 2017

Proximal Hamstring, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 27, 2017

Humeral Avulsion of the Glenohumeral Ligament (HAGL) Repair, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 10, 2017

Bilateral Quad Tendon Ruptures, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 1, 2017

Trigger Point Therapy & Dry Needling, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 8, 2017

Carpal and Cubital Tunnel Syndrome, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 22, 2017

Knee Dislocations with Multi-Ligament Reconstruction, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 5, 2018

Floating Shoulder, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 19, 2018

Concussions, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 5, 2018

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Psychology and Sports Injuries, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 2, 2018

Posterolateral Corner Repair, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 16, 2018

Tommy John Surgery, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 23, 2018

LisFranc Injury, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 2, 2018

IT Band Syndrome, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 16, 2018

Peri-Operative Medications, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 23, 2018

RESEARCH PUBLICATIONS/PRESENTATIONS/ABSTRACTS

Fedor E, Chudik S, Plzak L, Federico D, Montag A, Reider B. The Effect of Initial Fixation Method on Bone Plug Incorporation in a Canine Model for Anterior Cruciate Ligament Reconstruction. Presented at the Pritzker School of Medicine Summer Research Poster Forum, University of Chicago, IL, 1993.

Chudik SC, Weinhold P, Dahners LE. Percutaneous Plate Fixation for Proximal Humerus Fractures A New Technique and Biomechanical Study. Poster Presentation. Orthopaedic Research Society Annual Meeting, San Francisco, CA, February 2001.

Chudik SC, Garrett WE. Anterior Cruciate Ligament Injuries in Women: Diagnosis, Management and Prevention. *Women's Health, Orthopedic Edition* 2001; 4(3): 100-108.

Crowther JD, Chudik SC, Dahners LE. Periacetabular Osteotomy for the Stabilization of Recurrent Post-Traumatic Dislocation of the Hip. *Journal of Orthopaedic Trauma* 2002;16(6):433-435.

Chudik SC, Allen AA, Lopez V, Warren RF. Hip Dislocations in Athletes. *Sports Medicine and Arthroscopy and Review* 2002;10:123-133.

Beasley LS, Chudik SC. Anterior cruciate Ligament Injury in Children: Update of Current Treatment Options. *Current Opinion in Pediatrics* 2003;15:45-51.



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Chudik SC, Weinhold P, Dahners LE. Fixed-Angle Plate Fixation in Simulated Fractures of the Proximal Humerus: A Biomechanical Study of a New Device. *Journal of Shoulder Elbow Surgery* 2003;12(6):578-588.

DeMorat G, Weinhold P, Blackburn T, Chudik S, Garrett W. Aggressive Quadriceps Loading Can Induce Noncontact Anterior Cruciate Ligament Injury. *American Journal Sports Medicine* 2004;32:477-483.

Chudik SC, Simonian PT, Wickiewicz T. Management of Chronic Posterior Tibial Subluxation in the Multiple Ligament Injured Knee. Fanelli GA, editor. *Management of the Multiple Ligament Injured Knee*. New York: Springer-Verlag, 2004.

Chudik SC, Beasley LS, Potter HG, Rodeo SA, Wickiewicz TL, Warren RF. The Use of an All-Epiphyseal Femoral Tunnel During ACL Reconstruction in a Skeletally Immature Canine Model, Orthopaedic Research Society, Baniff, Canada, October 2004.

Snyder J, Master D, Obopilwe E, Mazzocca AD, Chudik SC. Arthroscopic Double-Row Rotator Cuff Repair: A Comparison of Methods Using a Parachute Tissue Anchor Versus a Threaded Double-Loaded Suture Anchor. 19<sup>TH</sup> Congress of the European Society for Surgery of the Shoulder and Elbow (ESSSE), Rome, Italy, September 21-24, 2005.

Snyder J, Master D, Obopilwe E, Mazzocca AD, Chudik SC. Arthroscopic Double-Row Rotator Cuff Repair: A Comparison of Methods Using a Parachute Tissue Anchor Versus a Threaded Double-Loaded Suture Anchor. American Academy of Orthopaedic Surgeons Annual Meeting, Chicago, IL, March 22-26, 2006.

Snyder J, Master D, Obopilwe E, Mazzocca AD, Chudik SC. Arthroscopic Double-Row Rotator Cuff Repair: A Comparison of Methods Using a Parachute Tissue Anchor Versus a Threaded Double-Loaded Suture Anchor. Arthroscopy Association of North America Annual Meeting, Hollywood, FL, May 18-21, 2006.

Inter-Association Task Force Recommendations on Emergency Preparedness and Management of Sudden Cardiac Death in High School and College Athletic Programs: A Consensus Statement. *Journal of Athletic Training*, 2007;42:143-158.

Chudik SC, Beasley LS, Potter HG, Rodeo SA, Wickiewicz TL, Warren RF. The Influence of Femoral Technique for Graft Placement on Anterior Cruciate Ligament Reconstruction Using a Skeletally Immature Canine Model With a Rapidly Growing Physis. *Arthroscopy: The Journal of Arthroscopic and Related Surgery*, December 2007; Vol. 23, Issue 12, Pages 1309-1319, e-1.

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Drew Warnick, MD; Jeremy Goodsitt, Mark Sartori, BS; Josh Snyder, MD; Robert M. Havey, BS; Pietro Tonino, MD; Steven Chudik, MD; Paul Weinhold, MD; Avinash G. Patwardhan, PhD. Altered Tibiofemoral Motion and ACL Strain During Knee Flexion

Against Simulated Eccentric Quadriceps Forces. Loyola Medical Center Research Conference, Loyola University of Chicago, June 2008.

Drew Warnick, MD; Jeremy Goodsitt, Mark Sartori, BS; Josh Snyder, MD; Robert M. Havey, BS; Pietro Tonino, MD; Steven Chudik, MD; Paul Weinhold, MD; Avinash G.

Patwardhan, PhD. Altered Tibiofemoral Motion and ACL Strain During Knee Flexion Against Simulated Eccentric Quadriceps Forces. Mid-America Orthopaedic Association meeting, 2008.

Williams D, Chudik S C, McCasey C, Pinzur M. Successful Treatment of a Dislocating Posterior Tibial Tendon. Loyola University Chicago, Department of Orthopaedic Surgery and Rehabilitation Journal 2008; Vol 27: 30-33.

Martin S, Evans D, Chudik S. Isolated Tear of the Annular Ligament in a 14-Year-Old Athlete: A Case Report. Loyola University Chicago, Department of Orthopaedic Surgery and Rehabilitation Journal 2008; Vol 27: 69-71.

Nassos J, Chudik S. Arthroscopic Rotator Cuff Repair With Biceps Tendon Augmentation. American Journal of Orthopaedics 2009; 181-183.

Joseph A. Gil, Steven C. Chudik, MD, Robert Erck, PhD. Artificial Materials for Joint Resurfacing: A Tribological Study of Friction and Wear. Loyola University Chicago, Stritch School of Medicine STAR Program, November 20, 2009.

Robert Erck, PhD, Oyelayo Ajayi, Joseph A. Gil, Steven C. Chudik, MD. Reciprocating Friction and Wear Studies of Bovine Cartilage Sliding Against Cartilage, Polyurethane, Polyethylene and Cobalt-Chrome Alloy Discs. STLE Annual Meeting, Las Vegas, NV, May 16-20, 2010.

Neal Mugve, Steven C. Chudik, MD, Robert Erck, PhD. Joint Resurfacing with Osteochondral Replacement Plugs of Artificial Material: A Tribological Study of Friction and Wear. Loyola University Chicago, Stritch School of Medicine STAR Program, November 6, 2010.

Kevin Casey, Steven C. Chudik, MD. A National Survey of Youth Baseball Pitchers Regarding Pitching Exposure and Elbow and Shoulder Problems. Loyola University Chicago, Stritch School of Medicine STAR Program, November 6, 2010.

Joseph A. Gil, Robert Erck, PhD, Steven C. Chudik, MD. Reciprocating Friction and Wear Measurements of Bovine Cartilage Sliding Against Cartilage, Polyurethane, Polyethylene, and Cobalt-Chrome Alloy Discs. The 3<sup>rd</sup> Combined Meeting of JOSSM/AOSSM, Maui, Hawaii, March 27-29 2011.

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**Steven C. Chudik**

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David J. Suprenant, Steven C. Chudik, MD, Steven R. Nudo, MD. A Radiologic Assessment of the Safety of Low Anteromedial Portal Used to Arthroscopically Repair Anterior Osseous Bankart Lesions. Loyola University Chicago, Stritch School of Medicine St. Albert's Research Conference, Chicago, October 28, 2013.

Daniel A. Marchwiany, Richard Lawley, MD, Steven C. Chudik, MD. Determining Safe and Reproducible Bony Entry Point, Tunnel Trajectory and Distance from Physeal and Articular Cartilage While Performing All-Epiphyseal Physeal Sparing ACL Reconstructive Surgery. Loyola University Chicago, Stritch School of Medicine St. Albert's Research Conference, Chicago, October 28, 2013.

Gregory J. Barton, Steven C. Chudik, MD. Pre-Operative Video Education has a Positive Impact on Patients' Arthroscopic Surgical Experiences But May Not Improve Satisfaction Scores. Loyola University Chicago, Stritch School of Medicine St. Albert's Research Conference, Chicago, October 28, 2013.

Brian T. Sleasman, Steven C. Chudik, MD. Biomechanical Study of Locking Versus Non-Locking Biocortical Screws in Plate Fixation of Midshaft Clavicle Fractures. Loyola University Chicago, Stritch School of Medicine St. Albert's Research Conference, Chicago. 2013, October 28.

Michael Ryan, Steven C. Chudik, MD. Determining Safe and Reproducible Bony Entry Point, Tunnel Trajectory and Distance from Physeal and Articular Cartilage While Drilling Osteochondritis Dissecans Lesions of the Medial Femoral Condyle. Loyola University Chicago, Stritch School of Medicine St. Albert's Research Conference, Chicago, October 28, 2013.

Steven C. Chudik, MD, Gregory Barton, Brittany Kaim-DeGreef, David Suprenant, Arthroscopic Glenoid Reconstruction (Bony Bankart). The 2014 annual meeting of the American Academy of Orthopaedic Surgeons, New Orleans, Louisiana, March 11-15, 2014.

Yang et. al. Risk-Prone Pitching Activities and Injuries in Youth Baseball: Findings From a National Sample. *AM J Sports Med* 2014 42:1456-1463, March 13, 2014.

Steven C. Chudik, MD, Michael Ryan. Determining Safe and Reproducible Bony Entry Point, Tunnel Trajectory and Distance from Physeal and Articular Cartilage While Drilling Osteochondritis Dissecans Lesions of the Medial Femoral Condyle. Mimics Innovation Conference, Chicago, May 15, 2014.

Steven C. Chudik, MD, Daniel A. Marchwiany. Determining Safe and Reproducible Bony Entry Point, Tunnel Trajectory, Distance from Physeal and Articular Cartilage for ACL Reconstructive Surgery. Mimics Innovation Conference, Chicago, May 15, 2014.

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**Steven C. Chudik**

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Steven C. Chudik, MD, Christopher C. Larsen, Brian T. Sleasman. Assessment of Patient Outcomes After Midshaft Clavicle Fixation Procedures Performed with Either Two or Three Screws on Each Side of the Plate. Loyola University Chicago, Stritch School of Medicine St. Albert's Research Conference, Chicago, October 30, 2014.

Steven C. Chudik, MD, Christopher G. Larsen, Brian T. Sleasman. A Biomechanical and Clinical Comparison of Midshaft Clavicle Fixation Performed with Either Two or Three Screws on Each Side of the Plate. American Society for Clinical Investigation and the Association of American Physicians, Chicago, April 24, 2015.

Steven C. Chudik, MD, Aaron Baessler, MD, Neil Mugve, MD, Robert Erck, PhD, G. Carandang. Osteochondral Repair with Synthetic Plugs Increases the Coefficient of Friction and Damages the Opposing Cartilage Counterface. International Cartilage Repair Society Conference, Chicago, May 8, 2015.

Steven C. Chudik, MD, Gregory J. Barton. Pre-Operative Video Education Has a Positive Impact on Patient Arthroscopic Surgical Experience But May Not Improve Satisfaction Scores. International Cartilage Repair Society Conference, Chicago, May 8, 2015.

Steven C. Chudik, MD, Aaron Baessler, MD, Neil Mugve, MD, Robert Erck, PhD, G. Carandang. Osteochondral Repair with Synthetic Plugs Increases the Coefficient of Friction and Damages the Opposing Cartilage Counterface. International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine Conference, Lyon, France, June 11, 2015.

Steven C. Chudik, MD, Christopher G. Larsen, Brian T. Sleasman. A Biomechanical and Clinical Comparison of Midshaft Clavicle Fixation Performed with Either Two or Three Screws on Each Side of the Fracture. American Orthopaedic Society for Sports Medicine Conference, Orlando, July 9, 2015.

Steven C. Chudik, MD, Christopher G. Larsen. A Biomechanical and Clinical Comparison of Midshaft Clavicle Fixation Performed with Either Two or Three Screws on Each Side of the Plate. Loyola University Chicago, Stritch School of Medicine St. Albert's Research Conference, Chicago, October 29, 2015.

Steven C. Chudik, MD, Nabil Saeed. Morphologic Study of the Midshaft Clavicle. Loyola University Chicago, Stritch School of Medicine St. Albert's Research Conference, Chicago, October 29, 2015.

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### PHYSICIAN CONSENSUS CONFERENCES

Sudden Cardiac Death in Athletes. NATA Consensus Conference, AOSSM representative, Atlanta, GA, April 24, 2006.

### OTHER WORKS OR PUBLICATIONS

Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation (ORTF) newsletter, 2005 to present.

Healthy Alternatives to Steroids do Exist, Heads-Up on Head Injuries, September 2005.

Hydrate for Performance, Don't Just Assume Shin Splints: Lower Leg Pain May be More Serious, Wrist Sprains, Plyometric Training, Shoulder Stinger, July 2006.

Tommy John Surgery, Snowboarding: Growth in Popularity and Injuries, MRSA and Other Skin Infections, January 2008

Heat Illness, Shoulder Dislocations Don't Always Have to End Your Season, Dance Injuries and Prevention, September 2008.

Rotator Cuff Injuries, Calcium: What You Need and How to Get it, Pitcher Injuries, Low Back Pain, March 2010.

Shoulder Dislocations: Return to Play After a Serious Injury, Football Workouts, Concussions, Energy Drinks, Travel Workouts, September 2010.

Rotator Cuff Injuries, January 2011.

Snowboarding Injuries, February 2011.

Protecting Young Pitchers from Serious Injuries, March 2011.

Anterior Cruciate Ligament (ACL) Injuries, April 2011.

Traveler's Workout, May 2011.

Elbow Ulnar Collateral Ligament (UCL) Reconstruction, June 2011.

Heat Illness, July 2011.

Football Workouts, August 2011.

Concussions, September 2011.

Shoulder Dislocations, October 2011.

MRSA Update, December 2011.

Hydration, February 2011.

National Nutrition and National Athletic Trainers' Month, March 2012.

Preventing Little League Shoulder, June 2012

Don't Shrug Off Shoulder Pain, July 2013

Getting Athletes Back in the Game After ACL Injuries, November 2013

Tips for Exercising in Cold Weather, November 2013

Tips for Adding Plyometrics to Your Workouts, February 2014

Returning Injured Workers to their Jobs, Winter 2015

Preventing Muscle Cramps with Proper Training, Hydration, Fall 2015

OTRF Presents Research at national, International Meetings, Fall 2015

Shoulder Injuries in Cyclists, Spring 2016

Getting out the Cobwebs, Spring 2016

Little League Shoulder, Spring 2016

Achilles Tendon Injuries, Summer 2016

Overuse Injuries and Tommy John Surgery, Summer 2016

ACL Injuries in Wakeboarding, Summer 2016

Summer Sun Safety, Summer 2016  
Exercise Excursions, Fall 2016  
Fad Exercises: The Good and the Bad, Fall 2016  
Patellar Dislocations, Fall 2016  
Running from Stress Fractures, Fall 2016  
Exercise: Sprint Training vs. Moderate Training, Fall 2016  
When a Bike Ride Goes South, Winter 2016  
Getting the Cob Webs Out, Winter 2016  
Little Leaguer's Shoulder, Winter 2016  
Interval Throwing Programs to Prevent Re-Injury, Winter 2016  
Strength, Conditioning Program Helps Prevent Lacrosse Injuries, Winter 2016  
Lacrosse Participation Grows but Injuries Should Not with Proper Training and Conditioning, Spring 2017  
Proper Stretching, Warm-up Exercises Critical to Preventing Throwing Injuries, Spring 2017  
Poor Rotation Mechanics, Overuse Result in Rotator Cuff Injuries, Spring 2017  
Sprint Training Programs vs. Continuous Training, Spring 2017  
Different Paddle Sports Share Similar Player Injuries, Preventions, Fall 2017  
New ACL Functional Capacity Exam Effective in Determining Safe Return to Sport, Fall 2017  
Shoulder Dislocation Not Always a Season Ender, Fall 2017

Sports Medicine Injury Clinic Football Coverage Manual, annually, Fall 2005 to present

#### Health Performance and Injury Prevention Programs

ACL Five Injury Prevention Program  
Concussion Prevention and Recognition Education Program  
Core, Flexibility and Balance Exercise Program  
Youth Sports Exercise, Stretching, Conditioning Program, Fall 2013  
Get the Cobwebs Out, Spring 2016  
Golf Warm-Up and Stretching Program, Fall 2014  
Proper Warm-Up and Exercises Help Prevent Injuries in Racquet Sports, Fall 2017  
In-Season Soccer Strength and Conditioning Maintenance Program, Spring 2012  
In-Season Basketball Strength and Conditioning Maintenance Program, Winter 2012



In-Season Football Strength and Conditioning Maintenance Program, September 2012  
In-Season Baseball Stretching, Conditioning Program, Spring 2013  
In-Season ACL Injury Prevention Program for Soccer and Lacrosse, Spring 2013  
In-Season Volleyball Strength and Conditioning Maintenance Program, Winter 2016  
In-Season Warm-Up, Strengthening Program for Overhead Sports, Fall 2017  
Ultimate Warm-Up and Conditioning Program, Winter 2017  
Steroid Education Program  
Throwing Overhead Hitting Performance and Injury Prevention Exercise Program,  
Winter 2017  
Sprint Training, Spring 2018

Orthopaedic and Sports Injury Prevention Articles and Blogs

What You Need to Know About Little League Shoulder, July 7, 2014  
Don't Shrug Off Shoulder Pain, August 5, 2014  
Getting Back in the Game After an ACL Injury, August 15, 2014  
Boost Workouts, Strength and Performance with Plyometrics, October 1, 2014  
Athlete and an ACL Injury: When is it Safe to Return to Your Sport? October 10, 2014  
Winter Running Can be Fun, Safe with Planning, November 13, 2014  
Tommy John Surgery is Avoidable, July 6, 2015  
Rotator Cuff Tears Become More Common as We Age, July 13, 2015  
Hamstring Injuries Can Come Back, July 21, 2015  
Shoulder Dislocation No Always a Season Ender, July 30, 2015  
Rory Mc Ilroy's Serious Ankle Sprain, August 18, 2015  
Bear's Wide Receiver Sidelined for Entire 2015 Season, September 9, 2015  
Understanding a Biceps Injury, October 19, 2015  
Safety Tips for Turkey Bowl Football Fun, November 25, 2015  
How Safe is it to Have Sex After Orthopaedic Surgery? July 26, 2016  
Selfie Elbow: An Overuse Injury From Too Much "Cheese," September 7, 2016  
Usain Bolt Bolts to Gold Victories Despite Hamstring Tear, September 22, 2016  
Post Marathon Tips to Minimize Pain, Injury, October 11, 2016  
Calf Muscle, Achilles Tendon Strains are Preventable, November 11, 2016  
New Functional Capacity Evaluation for ACL Injuries Tests Likelihood for Re-Injury,  
Readiness to Return to Sport, November 21, 2016  
Prior Planning, Conditioning Helps Reduce Injuries on the Slopes, December 12, 2016

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Lacrosse In-Season Strength, Conditioning Helps Prevent Injuries, February 8, 2017  
Ultimate In-Season Strength, Conditioning Helps Prevent Injuries, February 20, 2017  
Playing with Pain: Kyle Long Postpones Shoulder Labral Repair Surgery, March 14, 2017  
Rotator Cuff Surgery Benches Panther's QB for the Off-Season, April 4, 2017  
OTRF Research presented on Definitive Safe Return to Sport Following ACL Reconstruction, May 12, 2017  
Overuse Sidelines World Series Champion Pitcher, May 22, 2017  
GMA Spotlights Increasing Overuse Injuries in Little League, June 14, 2017  
Shoulder Dislocation Puts Japan's World Cup Aspirations in Question, June 21, 2017  
Tommy John Surgery Required for Top Yankee Prospect, July 26, 2017  
Knee Surgery Needed for Top U.S. Tennis Player, August 9, 2017  
Little League Guidelines May Not Be Strict Enough to Prevent Injuries, September 26, 2017  
Don't be the Turkey injured in the Turkey Bowl, November 10, 2017  
Knee Dislocations in Athletes Typically Require Complex, Reconstructive Surgery, December 6, 2017  
White Sox Pitching Ace Starts Throwing Program to Return to 2018 Season, February 14, 2018  
Shoulder Replacement Surgery Keeps People Active, March 3, 2018  
Shoulder Dislocation is not a Season-ender, March 23, 2018