

Curriculum Vitae

Steven Christopher Chudik, MD

Shoulder, Knee, Sports Medicine
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 Bachelor of Science with Honors, Biological Chemistry Phi Beta Kappa Chicago, IL September 1988 to June 1992

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

Fellow of the 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.

Orthopaedic Surgeon

Illinois Bone and Joint Institute, Westmont, IL, 2020 to present.

Sports Medicine Director

Adventist LaGrange Memorial Hospital, LaGrange, IL, 2014 to present.

Steering Committee

Adventist Health Center for Advanced Joint Replacement, La Grange, IL , 2018 to present

Site Director, AMITA/Elmhurst Hospitals

University of Illinois-Chicago/Illinois Bone & Joint Institute Orthopaedic Sports Medicine Fellowship, 2020 to present

Clinical Assistant Professor

Loyola University Medical Center, 2006 to present.

Research Associate

Argonne National Laboratory, 2006 to present.

Research Associate

Edward J. Hines VA Musculoskeletal Biomechanics Laboratory, Hines, IL, 2006 to present

Founder

Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation (OTRF).
Westmont, IL, 2007 to present.

Director

OTRF Athletic Training Residency Program. Westmont, IL, 2010 to present.

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President

Orthopaedic Technologies, 2006 to present.

Reviewer

Journal of Arthroscopy and Related Research, 2004 to present

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, High Performance Team, 2004 to present

Team Physician

Lyons Township High School, 2002 to present

Team Physician

Hinsdale South High School, 2004 to present

Team Physician

Nazareth Academy High School, 2017 to present

Team Physician

Fox Valley La Crosse Club, Aurora, IL, 2013 to present

Team Physician

USA United Soccer Academy, Oakbrook, IL, 2014 to 2018

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

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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.

Faculty

Biomet Grand Rounds, 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 2008.

Faculty Instructor

AAOS/ASES, Management of the Unstable Shoulder: Arthroscopic and Open Repair. Orthopaedic Learning Center, Rosemont, IL, October 2008.

Faculty

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

Director/Instructor

OTRF Athletic Training Residency Program. Westmont, IL, 2010 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, 2012-2019

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

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

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 number 13/998,567, filed 11/12/2013

Research Publications and Presentations

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. Pritzker School of Medicine Summer Research Poster Forum, University of Chicago, 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, 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.

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. *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, Banff, Canada, October 2004.

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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. 19TH 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.

Drew Warnick, MD; Jeremy Goodsitt, Mark Sartori, BS; Josh Snyder, MD; Robert M. Havey, BS; Pietro Tonino, MD; Steven Chudik, MD; Paul Weinholt, 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 Weinholt, MD; Avinash G. Patwardhan, PhD. Altered Tibiofemoral Motion and ACL Strain During Knee Flexion Against Simulated Eccentric Quadriceps Forces. Mid-America Orthopaedic Association Annual Meeting, Championsgate, Florida, April 2008.

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Williams D, Chudik S C, McCCasey 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 Loyola University Chicago, Stritch School of Medicine St. Albert's Research Conference, 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. Society of Tribologists and Lubrication Engineers (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 St. Albert's Research Conference, 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 St. Albert's Research Conference, 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 3rd Combined Meeting of JOSSM/AOSSM, Maui, HI, March 27-29, 2011.

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.

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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, October 28, 2013.

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.

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.

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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.

Steven C. Chudik, MD, Kimberly A. Bartiosiak, MD, Joseph A. Gil, MD, Brittany Kaim-Degreef, Gregory J. Barton. Transhumeral Portal for Arthroscopic Glenohumeral Resurfacing Procedures: A Cadaveric Study of the Safety and Accuracy. Loyola University Chicago, Stritch School of Medicine St. Albert's Research Conference, Chicago, October 29, 2015.

Steven C. Chudik, MD, Kimberly A. Bartiosiak, MD, Joseph A. Gil, MD, Brittany Kaim-Degreef, Gregory J. Barton. Transhumeral Portal for Arthroscopic Glenohumeral Resurfacing Procedures: A Cadaveric Study of the Safety and Accuracy. *Arthroscopy: The Journal of Arthroscopic and Related Surgery*. 2015; November 2. {Video release }.

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Steven C. Chudik, MD, Kimberly A. Bartiosiak, MD, Joseph A. Gil, MD, Brittany Kaim-Degreef, Gregory J. Barton. Transhumeral Portal for Arthroscopic Glenohumeral Resurfacing Procedures: A Cadaveric Study of the Safety and Accuracy. *Arthroscopy: The Journal of Arthroscopic and Related Surgery*. 2015; December, Vol. 31, Issue 11, pages 2207-2212.

Steven C. Chudik, MD, Daniel A. Marchwiany. All-Epiphyseal ACL Reconstruction: A 3-D Modeling Study to Characterize a Safe and Reproducible Surgical Approach. American Academy of Orthopaedic Surgeons Conference, Orlando, March 4, 2016

Steven Chudik, MD, Daniel A. Marchwiany, Cody Lee. All-Epiphyseal Physeal-Sparing Anterior Cruciate Ligament Reconstructive Surgery. Academy of Orthopaedic Surgeons Conference, video presentation, Orlando, March 4, 2016.

Steven Chudik, MD, Michael Ryan, Cody Lee, Christopher G. Larsen. Extra-Articular Drilling of OCD Lesions of the Medial Femoral Condyle. American Academy of Orthopaedic Surgeons Conference, video presentation, Orlando. March 4, 2016.

Steven C. Chudik, MD, Michael Ryan. Extra-Articular, Intra-Epiphyseal Drilling for Osteochondritis Dissecans of Knee: A Study of Three-Dimensional Modeling to Characterize a Safe and Reproducible Surgical Approach. Mid-America Orthopaedic Association Conference, Bonita Springs, Fla., April 13, 2016.

Chudik SC, Ryan MJ, Marchwiany DA, Larsen CG, Lee CS. Extra-Articular, Intra-Epiphyseal Drilling for Osteochondritis Dissecans of Knee: A Study of Three Dimensional Modeling to Characterize a Safe and Reproducible Surgical Approach poster presentation. International Pediatric Association Congress, Vancouver, Canada, August 17-22, 2016.

Chudik SC, Larsen CG, Ryan MJ, Lee CS. Extra-Articular Drilling of Osteochondritis Dissecans of Knee: Characterization of a Safe and Reproducible Surgical Approach poster presentation. International Cartilage Repair Society World Congress, Sorrento-Naples, Italy, September 24-27, 2016

Steven C. Chudik, MD, Christopher P. O'Hara, David J. Leishman, Micah J. Nieboer. Comparison of Round Suture and Suture Tape. Loyola University Chicago, Stritch School of Medicine St. Albert's Research Conference, November 3, 2016.

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Steven C. Chudik, MD, Michael R. Zindrick, MD, Christopher P. O'Hara, David J. Leishman, Micah J. Nieboer. Knot Security and Tensile Stiffness Properties of Suture Tape versus Conventional Round Suture. Loyola University Stritch School of Medicine, Medicine St. Albert's Research Conference, November 3, 2016.

Steven C. Chudik, MD, Michael R. Zindrick, MD, Christopher P. O'Hara, David J. Leishman, Micah J. Nieboer. Morphologic Study of the Midshaft Clavicle. Loyola University Stritch School of Medicine St. Albert's Research Conference, November 3, 2016.

Steven C. Chudik, MD, Samuel E. Klein, Richard J. Lawley, MD. Reverse Anterior Cruciate Ligament Reconstruction Fixation: A Biomechanical Comparison Study of Tibial Cross-Pin and Femoral Interference Screw Fixation. *Arthroscopy: The Journal of Arthroscopic and Related Surgery*, 2017, March; Vol. 33, Number 3, pages 625-632.

Chudik SC, Larsen CG, Lee CS, O'Hara C., Gengenbacher K, Wolf J, Martin K. A Comprehensive Functional Capacity Evaluation for the Determination of Safe Return to Play Following ACL Reconstruction. Podium presentation for the Mid-America Orthopedic Association Annual Meeting, Amelia Island, Fla., April 19-23, 2017.

Steven C. Chudik, MD, Christopher G. Larsen, Brian T. Sleasman. A Biomechanical and Clinical Comparison of Midshaft Clavicle Plate Fixation: Are Two as Good as Three Screws on Each Side of the Fracture: *Orthopaedic Journal of Sports Medicine*. September 1, 2017; Volume 5, Issue 9, pages 1 to 7.

Steven C. Chudik, MD, Jillian Bleck. Coracoacromial Arch Anatomy: Anatomic Cadaver Study for the Purposes of Identifying Alternate Solutions for End-Stage Rotator Cuff Arthropathy. Loyola University Stritch School of Medicine St. Albert's Research Conference, November 2, 2017.

Steven C. Chudik, MD, James Wolf, Andrew Chen. A Comprehensive Functional Capacity Evaluation for the Evaluation for Safe Return to Activity Following Arthroscopic Bankart Repair for Traumatic Shoulder Instability. Loyola University Stritch School of Medicine St. Albert's Research Conference, November 2, 2017.

Steven C. Chudik, MD, Philip G. Ghobrial, Douglas A. Evans, MD. The Glenoid Vault: Anatomic Cadaver Study Exploring Alternative Solution for Glenoid Implant Survival in Total Shoulder Arthroplasty. Loyola University Stritch School of Medicine, Medicine St. Albert's Research Conference, November 8, 2018.

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Steven C. Chudik, MD, Cody S. Lee, Christopher G. Larsen, Daniel S. Marchwiany. Extra-Articular, Intra-Epiphyseal Drilling for Osteochondritis Dissecans of the Knee: Characterization of a Safe and Reproducible Surgical Approach. *Orthopaedic Journal of Sports Medicine*, {Accepted for publication, December 19, 2018.}

Steven C. Chudik, MD, David J. Leishman. Suture Tape with Broad Full-Width Core vs. Traditional Round Suture with Round Core: A Mechanical Comparison. *Arthroscopy: The Journal of Arthroscopic and Related Surgery*, 2019, August, Vol. 35, Number 8, pages 2461-2466.

Steven C. Chudik, MD; Daniel A. Marchwiany, MD; Philip Ghobrial, Michael Ryan, MD; Cody Lee; Richard Lawley, MD. All-Epiphyseal-Sparing Anterior Cruciate Ligament Reconstruction Surgery: A Study of Three-Dimensional Modeling to Characterize a Safe and Reproducible Surgical Approach. *Arthroscopy: The Journal of Arthroscopic and Related Surgery*, {Accepted for publication April 9, 2020.}

Steven C. Chudik, MD; Philip G. Ghobrial. BS. Non-Hardware Subchondral Transosseous Cerclage for Displaced Comminuted Patella Fracture Repair. *The Journal of Bone and Joint Surgery Case Connector*, March 17, 2020, 10(1), e0206. doi;10.2106/JBJS.CC.19.00206

Steven C. Chudik, MD; Philip G. Ghobrial, BS; Daniel A. Marchwiany, MD; Richard Lawley, MD. All-Epiphyseal Physeal-Sparing Anterior Cruciate Ligament Reconstruction Surgery: A Study of Three-Dimensional Modeling to Characterize a Safe and Reproducible Surgical Approach. *Arthroscopy, Sports Medicine, and Rehabilitation Journal*, August 20, 2020.

Steven C. Chudik, MD; Philip G. Ghobrial, BS; Douglas A. Evans, MD; Rahul Burra. Exploring Alternative Sites for Glenoid Component Fixation Through Three-Dimensional Digitization of the Glenoid Vault: An Anatomic Analysis. *Journal of the American Academy of Orthopaedic Surgeons*, December 2020, Vol. 4, Number 12, pages 1-9.

Steven C. Chudik, MD; Philip G. Ghobrial, BS; Kyle J. Decker, BS. Pectoralis Major Tendon Reconstruction Using an Iliotibial Band Autograft. *Journal of Shoulder and Elbow Surgery Reviews, Reports and Techniques*, prepress publication June 10, 2021.

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.

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, 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 and 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 and 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

Orthopaedic Sports Performance Institute, Westmont, IL, August 5, 2008.

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.

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.

Osteochondritis 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.

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 (OCD)

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.

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 Patients

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.

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.

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.

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 vs. 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.

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.

Elbow Ulnar Collateral Ligament Injury and Reconstruction

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 14, 2014.

Treating Knee Osteoarthritis with Arthroscopy

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

Platelet-Rich Plasma (PRP)

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

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.

Humeral Avulsion of the Glenohumeral Ligament (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 11, 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.

Shoulder Injuries: Budding Athletes to Weekend Warriors

Adventist LaGrange Memorial Hospital Grand Rounds, LaGrange, IL, September 2014.

Osteochondritis Dissecans (OCD) 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.

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 Meniscectomy

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.

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.

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 (OCD) 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.

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.

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.

Femoroacetabular Impingement (FAI)

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

Total Knee Arthroplasty (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

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MRIs

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AC Joint Injuries and Management

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Patellar Tendon Repair

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Compartment Syndrome

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Pec Major Repair

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Anterolateral Ligament Knee

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Ankle Instability, Lateral

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Glenoid Tracking Measurements

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Peroneal Tendon Subluxation

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PCL Injuries, Treatment and Management

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Concussion Management

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Osgood-Schlatter

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Joint Infections

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Achilles Tendon Repair

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Triceps Repair

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Proximal Humerus Fractures

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Shoulder and Knee Exam Techniques

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Elbow and Ankle Exam Techniques

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Meniscus Repair and Trephination

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Capsular Plication

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Radial Head and Neck Fractures

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Compartment Syndromes

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Floating Shoulder

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Concussions

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Ankle Instability

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Posterior Lateral Corner Repair

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ACL Functional Testing

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Osteonecrosis of the Humeral Head

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Olecranon Stress Injuries

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Pain Medications

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Massive Rotator Cuff Repair with Superior Capsular Reconstruction

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Lateral Meniscus Repair

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Medial Meniscus Injuries

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MPFL Reconstruction

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Ankle Overview—Exam and Imaging

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Achilles Tendon Repair

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Recurrent Shoulder Instability after Bankart Repair

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Treatment Options for Lateral Epicondylitis

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MRI Reviews

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Posterior Cruciate Ligament Injuries

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Greater Tuberosity Fractures

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Pectoralis Major Tendon Repair

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Robotic Joint Replacement

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Adolescent Rotator Cuff Repair

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Functional Testing of the Shoulder

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Examination Scenarios

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Pediatric ACL Reconstruction

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Lateral Epicondylitis

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Lumbar Pain in Athletes

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OCD of the Humeral Head

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Knee Overview—Exam and Imaging

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Athletic Pubalgia

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Shoulder Overview—Exam and Imaging

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Pectoral Tendon Tear

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Complex Clavicle Fractures

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Rotator Cuff Repair in Adolescents

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Anterior Bankart Repair

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ACL Graft Choices

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Ankle Exam and Imaging

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Types of Meniscus Tears

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Sternoclavicular (SC) Joint Repair/Reconstruction

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Proximal Humerus Fractures (Neer Classification)

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Review of Medications

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OCD of the Knee

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Frozen Shoulder

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Massive Rotator Cuff Repair

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PCL Reconstruction

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Osteochondroma of the Knee

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Pediatric ACL

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Patellar Dislocations/Subluxations

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Clavicle Fractures

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Triceps Rupture

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ACL FCE

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Common Hip Injuries and Diagnostic Imaging

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Glenoid Reconstruction with Iliac Crest Bone Graft Harvest

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UE Return to Sport

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MTSS Shin Splint and Tibial Stress Fracture

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MPFL Quad Repair

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Snapping Biceps Femoris

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Clavicle Fracture After ORIF

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Return to Sport After TKA/TSA

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Frozen Shoulder

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Anterior Capsule Reconstruction

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OCD of the Knee

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

Other Works or Publications

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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

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Rotator Cuff Injuries, Calcium: What You Need and How to Get it, Pitcher

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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, Tips for Exercising in Cold Weather, November 2013

Tips for Adding Plyometrics to Your Workouts, February 2014

Preventing Muscle Cramps with Proper Training, Hydration, OTRF Presents Research at national, International Meetings, Fall 2015

Returning Injured Workers to their Jobs, Winter 2015

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Proper Warm-Up and Exercises Help Prevent Injuries in Racquet Sports, Fall 2017
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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
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Shoulder Strengthening, Conditioning, Winter 2019
30-Minute Workout on a Busy Schedule, Spring 2020
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What You Need to Know About Little League Shoulder, July 7, 2014
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Getting Back in the Game After an ACL Injury, August 15, 2014
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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

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Understanding a Biceps Injury, October 19, 2015

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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

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Improve Your Golf Game this Winter by Stretching, January 10, 2017

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Rotator Cuff Surgery Benches Panther's QB for the Off-Season, April 4, 2017

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Tommy John Surgery Required for Top Yankee Prospect, July 26, 2017

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White Sox Pitching Ace Starts Throwing Program to Return to 2018 Season, February 14, 2018

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Shoulder Dislocation is not a Season-Enders, March 23, 2018

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Cardinals Pitcher Benched with Throwing Injuries for Second Straight Year, June 29, 2018

Fate and a Torn Rotator Cuff are Changing the Lives of Countless Orthopaedic Patients, December 12, 2018

Two Knee surgeries and a replacement don't slow down Quirk, January 8, 2019

Dr. Steven Chudik featured in video on Chicago Magazine website, February 6, 2019

Michael "Sully" Sullivan remembered for his early participation, support of the OTRF Athletic Training Residency Program and numerous contributions to his ATC vocation, February 28, 2019

OTRF Spring-Summer e-Newsletter looks at IHSA lacrosse, injury prevention for hamstrings and feet, plus Dr. Chudik provides an update on biologics as a cure for musculoskeletal problems, April 1, 2019

Dr. Steven Chudik looks at biologics: PRP and "stem" cells for orthopaedic treatments, April 10, 2019

Chicago Cubs lose ace starter Jon Lester to a hamstring strain, April 16, 2019

"Lower body" hockey injury needed delicate hamstring surgery, lengthy recovery and determination for Edwards to return to activities, April 30, 2019

Flip flop by any name, shape or style is an accident waiting to happen, May 13, 2019

Shoulder replacement keeps you in the game—not on the bench, June 5, 2019

Susan Swanson determination to resume activities after a patella fracture drives need for a new surgical repair procedure by Dr. Steven Chudik, February 3, 2020

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Virtual orthopaedic visits with Dr. Steven Chudik, March 26, 2020

Making time for daily activity provides multiple benefits as you age, April 13, 2020

OCD in throwers, April 13, 2020

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Upping the head, face protection in softball, April 13, 2020

Is it safe to have surgery? June 30, 2020

ACL Injury Ends Season for Bears' Pro Bowler, Tarik Cohen, October 5, 2020

Don't Let COVID-19 Keep You From Getting Your Orthopaedic Conditions/Injuries Diagnosed and Treated, November 11, 2020

Telemedicine Makes Physician Visits Easy, Convenient, Comfortable, November 19, 2020

Practice Makes Perfect—or Does It? December 9, 2020

Online Appointment Scheduling is Easy, Convenient anytime on Any Device, December 17, 2020

Tips to Make Exercising Outdoors Fun, Safe in the Winter, February 4, 2021

Are You Ready for Golf? March 18, 2021

Warm Up and Stretch Before Tackling Those Spring Cleaning Chores, April 1, 2021

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Are Smoothies Really Healthy, June 2, 2021

Chicago White Sox Lose Madrigal to Season-Ending Proximal Hamstring Injury, June 18, 2021

White Sox Can't "Catch" a Brake with Latest Grandal Torn Knee Tendon Injury, July 2, 2021

Tarik Cohen to Miss Chicago Bears Training Camp, Possibly Season Opener,
July 30, 2021