

## 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

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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

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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

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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

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### **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

## Teaching Positions

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**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.

**Clinical Faculty**

Chamberlain University Master of Physician Assistant Studies Program, Chicago, 2022 to present.

## Honors and Awards

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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, 2012-2022

## U.S. Patents

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**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.

**Glenoid Implant with Replaceable Articulating Portion.** U.S. Patent Number 11,406,505 B2, issued August 9, 2022.

## U.S. Patent Applications

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**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

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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. 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.

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 3<sup>rd</sup> 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, Chicago, 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, Chicago, 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, Chicago, 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, Chicago, 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; Douglas A. Evans, MD; Rahul Burra. Exploring Alternative Sites for Glenoid Component Fixation Through Three-Dimensional Digitization of the Glenoid Vault: An Anatomic Analysis. Presentation at American Academy of Orthopaedic Surgeons annual meeting, August 31—September 3, 2021, San Diego, CA.

Steven C. Chudik, MD; Kyle J. Decker, BS; Philip G. Ghobrial, BS. Pectoralis Major Tendon Reconstruction Using an Iliotibial Band Autograft. *Journal of Shoulder and Elbow Surgery Reviews, Reports and Techniques*, published online June 9, 2021, pages 381-388.

Steven C. Chudik, MD; Kyle J. Decker, BS; Philip G. Ghobrial, BS. Pectoralis Major Tendon Reconstruction Using an Iliotibial Band Autograft. *Journal of Shoulder and Elbow Surgery Techniques*, November 1, 2021, Vol. 1, Issue 4, pages 389-392.

## Educational Lectures

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### **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**

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.

**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-Schlatter**

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.

**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**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 12, 2017.

**Cartilage Repair Techniques for the Knee**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 26, 2017.

**Osteonecrosis**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 9, 2017.

**Achilles Tendon Repair**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 30, 2017.

**Calcific Tendonitis**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 7, 2017.

**Triceps Repair**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 14, 2017.

**Proximal Humerus Fractures**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 21, 2017.

**Comparison of Injections for Treatment of Osteoarthritis (PRP, Amniofix, Synvisc, Cortisone)**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 4, 2017.

**Shoulder and Knee Exam Techniques**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 11, 2017.

**Glenoid Reconstruction**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 25, 2017.

**Elbow and Ankle Exam Techniques**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 1, 2017.

**Epicondylitis**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 8, 2017.

**Meniscus Repair and Trephination**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 15, 2017.

**Foot and Ankle Syndesmotric Injuries**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 22, 2017.

**Comparison of OCD Treatment for Skeletally Immature Patients**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 29, 2017.

**Capsular Plication**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 6, 2017.

**Radial Head and Neck Fractures**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 13, 2017.

**Compartment Syndromes**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 20, 2017.

**Proximal Hamstring**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 27, 2017.

**Humeral Avulsion of the Glenohumeral Ligament (HAGL) Repair**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 10, 2017.

**Bilateral Quad Tendon Ruptures**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 1, 2017.

**Trigger Point Therapy & Dry Needling**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 8, 2017.

**Carpal and Cubital Tunnel Syndrome**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 22, 2017.

**Knee Dislocations with Multi-Ligament Reconstruction**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 12, 2018.

**Floating Shoulder**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 19, 2018.

**Concussions**

OTRF Sports Medicine Conference, Steven Chudik, MD Shoulder and Knee Injury Clinic, Westmont, IL, January 26, 2018.

**Psychology and Sports Injuries**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 2, 2018.

**Ankle Instability**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 9, 2018.

**Posterior Lateral Corner Repair**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 16, 2018.

**Tommy John Surgery**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 23, 2018.

**Lisfranc Injury**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 2, 2018.

**Iliotibial Band Syndrome (ITB)**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 16, 2018.

**SLAP Repair vs. Bicep Tenodesis**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April 12, 2018.

**Radial Head Open Reduction and Internal Fixation (ORFI)**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April 20, 2018.

**ACL Functional Testing**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 4, 2018.

**Osteonecrosis of the Humeral Head**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 11, 2018.

**Olecranon Stress Injuries**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 1, 2018.

**Pain Medications**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 8, 2018.

**Massive Rotator Cuff Repair with Superior Capsular Reconstruction**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 20, 2018.

**Lateral Meniscus Repair**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 3, 2018.

**Medial Meniscus Injuries**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 10, 2018.

**MPFL Reconstruction**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 14, 2018.

**Ankle Overview—Exam and Imaging**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 19, 2018.

**Achilles Tendon Repair**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 2, 2018.

**Recurrent Shoulder Instability after Bankart Repair**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 16, 2018.

**OS Acromiale**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 7, 2018.

**Treatment Options for Lateral Epicondylitis**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 14, 2018.

**MRI Reviews**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 21, 2018.

**Posterior Cruciate Ligament Injuries**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 18, 2019.

**Greater Tuberosity Fractures**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 1, 2019.

**Talus OCD Overview**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 15, 2019.

**Pectoralis Major Tendon Repair**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 1, 2019.



**Medial Tibial Stress Syndrome**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 15, 2019.

**Robotic Joint Replacement**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 22, 2019.

**Adolescent Rotator Cuff Repair**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April 12, 2019.

**Non-Hardware Patella Fracture Repair**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April 19, 2019.

**Hand/Upper Extremity Overview—Exam and Imaging**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April 26, 2019.

**Functional Testing of the Shoulder**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 17, 2019.

**Examination Scenarios**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 5, 2019.

**Pediatric ACL Reconstruction**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 19, 2019.

**Lateral Epicondylitis**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 2, 2019.

**Lumbar Pain in Athletes**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 16, 2019.

**OCD of the Humeral Head**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 23, 2019.

**Knee Overview—Exam and Imaging**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 6, 2019.

**Athletic Pubalgia**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 20, 2019.

**Shoulder Overview—Exam and Imaging**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 4, 2019.

**Pectoral Tendon Tear**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 18, 2019.

**Complex Clavicle Fractures**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 25, 2019.

**Fibula Fractures with Rotation**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 15, 2019.

**Plica and Fat Pad Syndromes**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 6, 2019.

**Rotator Cuff Repair in Adolescents**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 20, 2019.

**Anterior Bankart Repair**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 24, 2020

**ACL Graft Choices**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 7, 2020

**Ankle Exam and Imaging**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 21, 2020

**Types of Meniscus Tears**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 6, 2020

**Sternoclavicular (SC) Joint Repair/Reconstruction**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April 24, 2020

**Proximal Humerus Fractures (Neer Classification)**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 1, 2020

**Review of Medications**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 15, 2020, 2020

**OCD of the Knee**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 22, 2020

**Frozen Shoulder**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 5, 2020

**Massive Rotator Cuff Repair**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 17, 2020

**Suturing**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 7, 2020

**PCL Reconstruction**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 21, 2020

**Osteochondroma of the Knee**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 2, 2020

**Pediatric ACL**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 23, 2020

**Patellar Dislocations/Subluxations**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 6, 2020

**Clavicle Fractures**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 4, 2020

**Triceps Rupture**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 15, 2021

**ACL FCE**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 29, 2021

**Common Hip Injuries and Diagnostic Imaging**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 5, 2021

**Glenoid Reconstruction with Iliac Crest Bone Graft Harvest**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 19, 2021.

**Meniscal Repairs vs. Partial Menisectomy**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 5, 2021.

**UE Return to Sport**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, March 12, 2021.

**MTSS Shin Splint and Tibial Stress Fracture**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April 2, 2021

**MPFL Quad Repair**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, April 23, 2021

**Snapping Biceps Femoris**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, May 21, 2021

**Clavicle Fracture After ORIF**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 4, 2021

**Return to Sport After TKA/TSA**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, June 18, 2021

**Frozen Shoulder**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 2, 2021

**Anterior Capsule Reconstruction**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, July 23, 2021

**OCD of the Knee**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, August 13, 2021

**Shoulder Exam & Imaging**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, September 24, 2021

**Maisonneuve Fracture**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 1, 2021

**Knee Exam and Imaging Overview**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 15, 2021

**Bone Tumors**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, October 22, 2021

**Bony Bankart Reconstruction**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 5, 2021

**Achilles Tendon Rupture**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, November 19, 2021

**OCD of the Elbow**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, December 3, 2021

**Exertional Compartment Syndrome**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, January 21, 2022

**Pediatric ACL Case Study**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 4, 2022

**Female Athlete Triad**

OTRF Sports Medicine Conference, Steven Chudik MD Shoulder and Knee Injury Clinic, Westmont, IL, February 25, 2022

**Physician Consensus Conferences**

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

Sports Medicine Injury Clinic Football Coverage Manual, annually, Fall 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, 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, 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

Shoulder Injuries in Cyclists, Getting out the Cobwebs, Little League Shoulder, Spring 2016

Achilles Tendon Injuries, Overuse Injuries and Tommy John Surgery, ACL Injuries in Wakeboarding, Summer Sun Safety, Summer 2016

Exercise Excursions, Fad Exercises: The Good and the Bad, Patellar Dislocations, Running from Stress Fractures, Exercise: Sprint Training vs. Moderate Training, Fall 2016

When a Bike Ride Goes South, Getting the Cob Webs Out, Little Leaguer's Shoulder, Interval Throwing Programs to Prevent Re-Injury, Strength, Conditioning Program Helps Prevent Lacrosse Injuries, Winter 2016

Lacrosse Participation Grows but Injuries Should Not with Proper Training and Conditioning, Spring, Proper Stretching, Warm-up Exercises Critical to Preventing Throwing Injuries, Poor Rotation Mechanics, Overuse Result in Rotator Cuff Injuries, Sprint Training Programs vs. Continuous Training, Spring 2017



Different Paddle Sports Share Similar Player Injuries, Preventions, New ACL Functional Capacity Exam Effective in Determining Safe Return to Sport, Shoulder Dislocation Not Always a Season Ender, Fall 2017

Little League may need more restrictive guidelines, additional conditioning to prevent overuse and return to play injuries, Safe return to play following arthroscopic ACL knee reconstruction, Bankart shoulder repair easier to determine with OTRF functional capacity tests, Shoulder replacement help keep you in the game, not on the bench, Proper throwing mechanics important to injury prevention, Spring 2018

The latest dirt on artificial turf and sports injuries, How important is frequency of therapy? Meniscus root tear, a well-known injury, suddenly getting a lot of attention, Fall 2018

Biologics: PRP and “Stem” Cells, Hamstrings injuries are a pain in the butt, Girls, boys lacrosse moves from an emerging sport to fully sanctioned by IHSA, A flip flop by any name, shape or style is an accident waiting to happen, Spring 2019

Blood flow restriction therapy, Return to sport after knee cartilage surgery, Shoulder FCE exam, Why is my knee more challenging than others? Fall 2019

Making time for daily activity provides multiple benefits as your age, Upping the head, face protection in softball, Pectoralis major tendon rupture repair/reconstruction, OCD in throwers, 30-minute workout for the active person, Spring/Summer 2020

Robotic Technology Improves Accuracy in Joint Replacement Surgery, Practice Makes Perfect—or Does It, Telemedicine Makes Physician Visits Easy, Convenient, Comfortable, What’s All the Fizz About, Do You Really Need 10,000Steps a Day, Ongoing Vitamin D Research Studying Effectiveness Against Viruses, Fall/Winter 2020

Returning to Sports in the COVID Era, When a Shoulder Dislocation is More than a Dislocation, Is Home Fitness the New Norm, Are Smoothies Really Healthy, Research Finds Exercise Can Lower Blood Pressure Without Medication, Dentists Drill Down on Negative Effects of Drinking Warm Water with Citrus, Spring/Summer 2021.

### **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  
Shoulder Strengthening, Conditioning, Winter 2019  
30-Minute Workout on a Busy Schedule, Spring 2020  
Early Arthritis and Joint Replacement Exercise Program 2021

### **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

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

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-Enders, March 23, 2018

Ruling is in on U.S. Supreme Court Justice Sonia Sotomayor's Shoulder—Replace It! May 5, 2018

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

Bears quarterback undergoes shoulder labrum surgery: likely to be in training camp, February 11, 2020

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

Pectoralis major tendon rupture repair/reconstruction, April 13, 2020

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

OTRF Spring-Summer e-Newsletter covers Returning to Sports in the COVID Era, When a Shoulder Dislocation is More than a Dislocation, Is Home Fitness the New Norm, Are Smoothies Really Healthy, Research Finds Exercise Can Lower Blood Pressure Without Medication, Dentists Drill Down on Negative Effects of Drinking Warm Water with Citrus, April 27, 2021

New OTRF Exercise Program Helps Decrease Pain, Maximize Function for Individuals with Arthritis or a Joint Replacement, May 5, 2021

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

New Video Showcases OTRF Clinical Athletic Training Program, September 27, 2021

Chicago Bulls guard Coby White sidelined with torn labrum from neighborhood pick-up game, October 4, 2021

Strained knee sends Bears' running back to the IR bench, October 10, 2021

Volleyball ankle injuries need "RICE", October 11, 2021

Don't be the turkey injured in the Turkey Bowl, November 12, 2021

Boost workouts, strength and performance with plyometrics, November 19, 2021

OTRF glenoid vault research published, presented for American Academy of Orthopaedic Surgeons, December 7, 2021

Snowboarding: Growth in Popularity, Injuries, December 20, 2021

Enjoy the holidays mindfully, year round, December 23, 2021

Order matters when it comes to cardio, strength exercise routines, December 27, 2021

Traumatic skiing accident motivates patient's rehab, recovery, January 5, 2022

Don't drink caffeine for an energy boost—climb the stairs, December 12, 2022

OTRF research for a novel graft in pectoralis major tendon replacement surgery published, January 14, 2022

Return to sport test for ACL injuries developed by Dr. Steven Chudik proves reliable, January 25, 2022

Hinsdale Orthopaedics, IJBI physicians names to Castle Connolly 2022 Top Doctors list, February 7, 2022

Local talent to battle for Super Bowl LVI title, February 9, 2022

Don't miss another golf season because of shoulder pain, February 16, 2022