

STEVEN M. TRAINA, M.D.
1830 Franklin Street, Suite 450
Denver, CO 80218
303-321-1333

CURRENT MEDICAL PRACTICE: Western Orthopaedics, PC

BOARD CERTIFICATION: *American Board of Orthopedic Surgeons*, 1987
CAQ certificate of added qualification in sports medicine 2017.

EDUCATION:

College: *Central College*, Pella, Iowa, 1971-1975 (B.A.- with honors)
Major: Biology; Minor: Chemistry
Organizations:
Pi Kappa Alpha
Student Government
Intercollegiate Wrestling
Radio Disc Jockey, KCUI

Medical School: *University of Illinois Medical Center*, Chicago, Illinois, 1975-1979
Extracurricular Activities:
Class Secretary, 1976-1977
University of Illinois Delegate for AMSA
(American Medical Student Association), 1976-1978
Intramural Football and Basketball

Surgical Internship: *General Surgical Internship*, 1979-1980
Combined Program - University of Illinois and Cook County Hospital

Residency: *Orthopedic Surgery*, 1980-1984
Cook County Hospital Program
Cook County Hospital
University of Chicago
Children's Hospital
Weiss Hospital
House Staff Representative, 1980-1982
Chief Resident, 1984

Fellowship: *Adult Reconstructive Surgery Fellowship*
University of Colorado, August 1984 - June 1985

EMPLOYMENT HISTORY: Orthopedic Associates, LLC Denver, CO 07/85-02/09
Physician, Private Practice

Western Orthopaedics, Denver CO 2009-Present
Physician, Private Practice

STEVEN M. TRAINA, M.D.

ACADEMIC APPOINTMENTS:

Director of Sports Medicine, 2000 to 2005

Rocky Mountain Musculoskeletal Research Laboratory

Assistant Clinical Professor of Orthopedics, 1998 to 1999

University of Colorado

Co-Director: The University of Colorado Sports Medicine Fellowship Program, 1998 to 2000

University of Colorado

Orthopedic Teaching Attending, 1988 - 1995

Mercy Medical Center

Orthopedic Surgical Teaching Attending, July 1987 - 1989

Denver General Hospital

Clinical Instructor of Orthopedics, July 1984 - 1986

University of Colorado

HOSPITAL STAFF AFFILIATIONS:

Rose Medical Center – Primary

Rose Founders Surgery Center

Midtown Surgical Center

PROFESSIONAL SOCIETIES:

American Academy of Orthopaedic Surgeons

American Orthopaedic Society for Sports Medicine

Association for Arthritic Hip and Knee Surgery

American College of Sports Medicine

National Athletic Trainers Association

American Medical Soccer Association

National Basketball Association Physicians Society

American Running and Fitness Association

Colorado Orthopedic Society

Karl Meyer Surgical Society

Professional Team Physicians Society

Arthroscopy Association of North America

International Society of Arthroscopy, Knee Surgery &
Orthopaedic Sports Medicine

STEVEN M. TRAINA, M.D.

MEDICAL ATHLETIC AFFILIATIONS:

Denver Nuggets, NBA Basketball Team, 1988 - 2017
Team Physician

Colorado Avalanche, NHL Hockey Team, 1995 - 2009
Assistant Team Physician

Colorado Crush, Arena Football Team, 2003- 2009
Assistant Team Physician

Colorado Boxing Commission, Commissioner 2000 – 2019

Colorado Golden Gloves Boxing, 2000 – 2010
Physician Consultant

Salute to Mile High Stadium, Denver Broncos Stars vs. NFL All Stars Flag Football Game
Physician In Charge, September 22, 2001 Denver, CO

Denver Broncos, NFL Football Team, 1985 - 1994
Assistant Team Physician

Colorado Foxes, Professional Soccer Team, 1996 - 1998
Assistant Team Physician

Multiple High School Football Teams, 1985 - present
Team Physician

Denver Dare Devils, Professional Roller Hockey Team, 1996 - 1997
Team Physician

Short Track Speed Skating World Championship, 1992
Physician Coverage

National Figure Skating Championship, 1988
Physician Coverage

Denver Zephyr's, Triple A Baseball Team, 1987 - 1994
Team Physician

Colorado Basketball All Star Game, 1987
Denver, Colorado
Physician in Charge

Libertyville Invitational Track Meet, 1986
Denver, Colorado
Physician in Charge

STEVEN M. TRAINA, M.D.

MEDICAL COMMITTEES:

American Orthopedic Society of Sports Medicine, Colorado Representative Council of Delegates, 2003- 2005

Colorado Boxing Commission, Commissioner 2000 to 2019

Sloans Lake Credentialing Committee, 2000-2002

Rose Sports Medicine, 1988-2009

Colorado Orthopedic Practice Association, Secretary/Treasurer: 1988-1989

Metro Denver Resonance Imaging, Board of Directors, CTD 1987-1992

Colorado Orthopedic Society, Board of Directors, 1987

Medical Executive committee, Rose Ambulatory Surgical Center, 2006

NBA Physician Society, Secretary/Treasurer, 2006-2008, President 2009-2010

PUBLICATIONS:

“Case Study of the Use of a Microbized Dehydrated Human Amnion/Chorion Membrane Aminofix for a Partial Patellar Tendon Tear in a Professional Athlete”
Submitted for publication.

“Trends in Primary and Revision ACL Reconstruction Among National Basketball Association Team Physicians.”

The American Journal of Orthopedics, June 2014, Vol 43, No 6, pages 267-271.

Nathan A. Mall, M.D., Geoffrey D. Abrams, M.D., Brian J. Cole, M.D., Steven M. Traina, M.D., Frederick M. Azar, M.D., Answorth A. Allen, M.D., Richard Parker, M.D..

“The Arthroscopic View of the Tibial Guide Wire Does Not Predict the Position of the Femoral Tunnel as well as a Radiograph.”

Submitted in *American Journal of Sports Medicine*

“Hamstring Anterior Cruciate Ligament Reconstruction Using Three Surgical Techniques: An Outcome Analysis Comparing Women and Men.”

Submitted in *Arthroscopy Journal*

“Recurrent Complete Proximal Stress Fracture In A Basketball Player”

American Journal of Sports Medicine, December 2005, Vol 33, No. 12

C. Larson, M.D., S. Traina, M.D., D. Fischer, M.D., E. Arendt, M.D.

“Recurrent Complete Proximal Tibial Stress Fracture in a Basketball Player”

The American Journal of Sports Medicine, September 12, 2005: Vol 33, No 12, (1914-1917) Christopher M. Larson, M.D., Steven M. Traina, M.D., David A. Fischer, M.D.S.,

And Elizabeth A. Arendt, M.D.

STEVEN M. TRAINA, M.D.

PUBLICATIONS, continued

- “In Vivo Determination of Knee Kinematics for Subjects Having Either a Hamstring, or Patellar Tendon ACL Graft” *Journal of Knee Surgery*, October 2003, Vol 16, No. 4. S. Traina, M.D., M. Mahfouz, PhD., D. Dennis, M.D.
- “Pretibial Cyst Following Anterior Cruciate Ligament Reconstruction Using Hamstring Autografts” *Orthopedics*, 2002: Vol.25, No. 1, (79-82) S. Traina, M.D., A. Parker, M.D., M. Brager, M.D.
- “Relationship of the Angle of the Tibial Tunnel in the Coronal Plane to Loss of Flexion and Anterior Laxity After Anterior Cruciate Ligament Reconstruction” *Orthopedic Transactions*, 2001
S. Traina, M.D., S. Howell, M.D., J. Gottlieb, M.D., M. Gittins, D.O., T. Zollner, M.D.
- “The Relationship Between The Angle of the Tibial Tunnel in the Coronal Plane and Loss of Flexion and Anterior Laxity After Anterior Cruciate Ligament Reconstruction” *The American Journal of Sports Medicine*, 2001: Vol.29, No. 5, (567-574)
S. Traina, M.D., S. Howell, M.D., J. Gottlieb, M.D., M. Gittins, D.O., T. Zollner, M.D.
- “Angular Measures Spell Stability for Ankle Brace” in *Biomechanics*, February 2001, Vol III, No. 2, (83-90). S. Traina, M.D., R. Komistek, PhD, D. Dennis, M.D., Eric Northcut, M.S.
- “An In Vivo Analysis of the Effectiveness of the Osteoarthritic Knee Brace During Heel Strike of Gait” in *Journal of Arthroplasty*, 1999: Vol. 14, No. 6 (738-742). R.D. Komistek, PhD, D.A. Dennis, MD, E. J. Northcut, A. Wood, A. W. Parker, MD, and S. M. Traina, MD.
- “Achilles Tendon Injury in a Professional Basketball Player” in *Orthopedics*, 1999: Vol. 22, No. 6 (625-627). S.M. Traina, M.D., N.Y. Yonezuka, P.A. and Y. C. Zinis, D.O.
- “Modification of the Bankart Reconstruction Utilizing a Suture Anchor” in *Journal of the Southern Orthopedic Association*, 1998: Vol. 7, No. 3 (180-187). S. Traina, M.D., J. Holtgrewe, M.D., S. King, P.A.
- “ACL Injury Patterns in Women” in *Orthopedics*, 1997: Vol. 20, No. 6 (545-551). S. Traina, M.D., D. Bromberg, M.D.
- “Modified Bankart Shoulder Reconstruction Using a Suture Anchor” in *Orthopedic Transactions*, 1993. S. Traina, M.D.

PUBLICATIONS, continued

STEVEN M. TRAINA, M.D.

- “Traumatic Isolated Dorsal Dislocation of the Intermediate Cuneiform” in *Contemporary Orthopedics*, 1992: Vol. 24, No.1 (79-82). S. Traina, M.D., J. Akmajian, M.D., M.T. Hartley, M.D.
- “The Herbert Screw in Closed Reduction and Internal Fixation of the Jones Fracture” In *Orthopedic Review*, 1991: Vol. XX, No. 8 (713-717). S.M. Traina, M.D., J. McElhinney, M.D.
- “Treatment of Acutely Infected Arthroplasty” in *Journal of Arthroplasty*, 1991: Vol. 6, No. 2 (179-183). K. Davenport, M.D., S. Traina, M.D., C. Perry, M.D.
- “Continuous Passive Motion Following Total Knee Arthroplasty” in *American Journal of Knee Surgery*, 1991: Vol. 4, No. 3 (137-143). S. Traina, M.D., A. Heller, M.D., J. Akmajian, M.D., R. Katzanek, P.T.
- “On Field Evaluation of Football Injuries” in *Journal of American College Health*, 1990: Vol. 39. S. Traina, M.D.
- “Treatment of Acutely Infected Arthroplasties with Local Antibiotics” (update) in *Drug Delivery Systems* (Editor: Wm. Ensminger, M.D., Ph.D.), Chapter 31 (369-378). New York: 1991, Futura Publishing. S. Traina, M.D., C. Perry, M. D., K. Davenport, M.D.
- “Effects of Continuous Passive Motion Following Total Knee Replacement” in *Orthopedic Transactions*, Vol. 12, No. 1 (156-157). A. Heller, M.D., S. Traina, M.D., J. Sharp, M.D., et al.
- “Management of Acute Knee Injuries” in *Journal of American College Health*, 1988: Vol. 37, (11). S. Traina, M.D. and E. Seiler, M.A., A.T.C.
- “Low Velocity Gunshot Wounds to the Femur” in *Orthopedic Transactions*, 1982: Vol. 6, No.3 (327). S. Traina, M.D. and F. Pollack, M.D., et al.

AMERICAN ACADEMY OF ORTHOPEDIC SURGEONS (AAOS) SCIENTIFIC EXHIBITS:

- An In Vivo Determination of the Effectiveness of an Ankle Brace to Prevent an Ankle Sprain*
American Academy of Orthopedic Surgeons 69th Annual Meeting
Dallas, Texas: February 2002
- An In Vivo Determination of the Effectiveness of Orthotics In Condylar Separation In Stance-Phase of Gait*
American Academy of Orthopedic Surgeons 68th Annual Meeting
February 28-March 1, 2001
- An In Vivo Determination of Knee Kinematics for Subjects Having Either a Hamstring or Patellar Tendon Anterior Cruciate Graft*
American Academy of Orthopedic Surgeons 68th Annual Meeting
February 28-March 1, 2001

STEVEN M. TRAINA, M.D.

Multi-Center Study Evaluating the Consistency of Tibial Tunnel Placement in Endoscopic ACL Reconstruction and the Effect on Knee Motion and Stability,
American Academy of Orthopedic Surgeons 67th Annual Meeting
Orlando, Florida: March 15-19, 2000.

An In Vivo Analysis of the Effectiveness of the Osteoarthritic Knee Brace During Heel Strike
American Academy of Orthopedic Surgeons 65th Annual Meeting
New Orleans, Louisiana: 1998.

Patellar Tendon Allograft for Anterior Cruciate Deficient Knees
American Academy of Orthopedic Surgeons 55th Annual Meeting
Atlanta, Georgia: February 4-9, 1988.

Ender Nailing for Femur Fractures
American Academy of Orthopedic Surgeons 49th Annual Meeting
New Orleans, Louisiana: January 20, 1982.

ORTHOPEDIC SURGERY VIDEO TAPES:

Preparation of Patellar Tendon Allograft for Anterior Cruciate Insufficient Knees
American Academy of Orthopedic Surgeons 55th Annual Meeting
Atlanta, Georgia: February 4-9, 1988.

Video Theater
Combined Congress of the International Society of the Knee and the International Arthroscopy Association
Copenhagen, Denmark: June 25-30, 1993.

American Academy of Orthopaedic Surgeons Videotape Library
1988 – Present.

RESEARCH IN PROGRESS:

- ACL Reconstruction in the Skeletally Immature Athlete Utilizing Double Looped STG Graft
- Revision ACL Reconstruction Utilizing Double-Looped STG Graft.
- ACL Reconstruction Between Males and Females In Regards To Ultimate Stability
- MRI Anatomic Coronal Angle of Native ACL Ligament

NATIONAL RESEARCH PROJECTS:

- FDA, Prospective Randomized Multicenter Study Comparing Fixed Bearing vs. Mobile Bearing Total Knee Arthroplasty
- IRB, Prospective Randomized Multicenter Study Comparing Allograft Posterior Tibial Tendon vs. Autograft STG Tendon for Anterior Cruciate Ligament Reconstruction

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- IRB, Multicenter Study Utilizing High Dose Irridated Allograft Tissue for ACL Reconstruction

PAPER PRESENTATIONS AND MAJOR TALKS:

Case Study of the Use of a Microbized Dehydrated Human Amnion/Chorion Membrane Aminofix for a Partial Patellar Tendon Tear in a Professional Athlete

MiMedx Medical Education Program, Atlanta, GA

October 19, 2018

Anterior Cruciate Ligament injuries in the National Basketball Association

102nd annual clinical orthopedic society meeting, Colorado Springs, CO.

September 8-14, 2014

Moderated- Care of the professional athlete

The Effect of Graft Tissue on ACL Outcomes: A multicenter Prospective Ranldomized Trial Comparing Autograft Hamstrings to Fresh Frozen Anterior Tibialis Allograft.

Western Orthopedic Association

76th Annual Scientific Meeting

Portland, Oregon, June 13-16, 2012

Anterior Cruciate Ligament Multicenter Control Prospective Study: All Outcomes utilizing Auotgraft Hamstrings to Fresh Frozen Anterior Tibialis Allograft

13th EFORT Congress 2012 European Federation

Associations of Orthopedics and Traumatology

Berlin, Germany, May 23-25, 2012

Anterior Cruciate Ligament

Reconstruction with Soft Tissue Graft

Orthopedic Topics in the Rockies

Physician Assistant

Orthopedic Surgery PAOS National Meeting

Denver, CO, September 17, 2007

Rehabilitation of Anterior Cruciate Reconstruction Using Soft Tissue Graft

Advances in Knee and Shoulder Arthroscopic Surgery

Orthopedic Learning Resource Center

Chicago, IL, September 20, 2007

Open Bankart Reconstruction

Rocky Mountain Shoulder and Elbow Society Regional Meeting

St. Julian Hotel, Boulder, CO, July 20-21, 2007

ZED Fracture of the Clavicle

Rocky Mountain Shoulder and Elbow Society Regional Meeting

St. Julian Hotel, Boulder, CO, July 20-21, 2007

STEVEN M. TRAINA, M.D.

Clavicle Fractures in Athletes: Modern Solutions in Shoulder and Elbow Surgery
Nassau, Bahamas, Feb. 10, 2006

The EZ/oc: A Simple Rigid Fixation Device for a Soft Tissue Anterior Cruciate Ligament Graft.
Japanese Orthopedic Societies of Knee, Arthroscopy and Sports Medicine (JOSKAS)
Okinawa, Japan, June 8-10, 2006

Tibial Tunnel Placement in ACL Reconstruction
Japanese Orthopedic Societies of Knee, Arthroscopy and Sports Medicine (JOSKAS)
Okinawa, Japan, June 8-10, 2006

PAPER PRESENTATIONS AND MAJOR TALKS, continued

Treatment of Professional Sports Injury
Grand Rounds, Tokyo University
Tokyo, Japan, June 11, 2006

Accelerated Rehabilitation of STG Grafts in Athletes
Grand Rounds, Tokyo University
Tokyo, Japan, June 11, 2006

MR Imaging Assessment of the Normal Anterior Cruciate Ligament Angle in the Coronal Plane
Society of Skeletal Radiology Annual Meeting
Orlando, Florida, March 12-16, 2005

Acromial Clavicular Injuries in Athletes
10th Annual Brazilian Congress of Arthroscopy and Surgery
Hotel Bourbon Convention and Resort Center
Foz de Iguacu, Brazil, April 13-17, 2004

ACL Reconstruction Technique and Pitfalls
10th Annual Brazilian Congress of Arthroscopy and Surgery
Hotel Bourbon Convention and Resort Center
Foz de Iguacu, Brazil, April 13-17, 2004

Current Concepts in Hamstring Reconstruction
10th Annual Brazilian Congress of Arthroscopy and Surgery
Hotel Bourbon Convention and Resort Center
Foz de Iguacu, Brazil, April 13-17, 2004

Current Concepts in Hamstring Reconstruction
10th Annual Brazilian Congress of Arthroscopy and Surgery
Hotel Bourbon Convention and Resort Center
Foz de Iguacu, Brazil, April 13-17, 2004

STEVEN M. TRAINA, M.D.

Rehabilitation Following ACL Reconstruction Utilizing the STG Graft
10th Annual Brazilian Congress of Arthroscopy and Surgery
Hotel Bourbon Convention and Resort Center
Foz de Iguacu, Brazil, April 13-17, 2004

Current Concepts of ACL Reconstruction
University Hospital
Buenas Aires, Argentina, April 11, 2004

PAPER PRESENTATIONS AND MAJOR TALKS, continued

Biology of ACL Graft Current Concepts
University Hospital
Buenas Aires, Argentina, April 11, 2004

Live Surgery- ACL Reconstruction, Guest Surgeon
University Hospital
Buenas Aires, Argentina, April 11, 2004

Meniscus Repair Utilizing Fixator Systems
14th Annual Winter Total Joint and Sports Medicine Symposium
Vail, CO, January 15-18, 2004

Aggressive Rehabilitation for STG ACL Reconstruction
14th Annual Winter Total Joint and Sports Medicine Symposium
Vail, CO, January 15-18, 2004

Panel Discussion, Unique ACL Injuries
Orthopedic Learning Center
Chicago, IL, October 22, 2003

Meniscus Repair
Orthopedic Learning Center
Chicago, IL, May 8, 2003

Rehabilitation After STG Anterior Cruciate Ligament Reconstruction
Orthopedic Learning Center
Chicago, IL, May 8, 2003

Meniscus Repair
13th Annual Winter Total Joint and Sports Medicine Symposium
Grand Summit Resort and Convention Center
Park City, UT, January 15-19, 2003

STEVEN M. TRAINA, M.D.

Rehabilitation After STG Anterior Cruciate Ligament Reconstruction
13th Annual Winter Total Joint and Sports Medicine Symposium
Grand Summit Resort and Convention Center
Park City, UT, January 15-19, 2003

Panel Discussion, Unique ACL Injuries
13th Annual Winter Total Joint and Sports Medicine Symposium
Grand Summit Resort and Convention Center
Park City, UT, January 15-19, 2003

PAPER PRESENTATIONS AND MAJOR TALKS, continued

Meniscus Repair Utilizing Resorbable Materials
Orthopedic Learning Center
Chicago, IL, September 5, 2002

Anterior Cruciate Ligament Reconstruction Rehabilitation
Orthopedic Learning Center
Chicago, IL, September 5, 2002

Anterior Cruciate Ligament Reconstruction
Denver Broncos Sports Medicine Rehabilitation Clinic
Denver, CO, September 3, 2002

Meniscus Repair Utilizing Resorbable Materials
Orthopedic Learning Center
Chicago, IL, August 14, 2002

Anterior Cruciate Ligament Reconstruction Rehabilitation
Orthopedic Learning Center
Chicago, IL, August 14, 2002

Meniscus Repair
Shoulder/ACL Reconstruction Meeting
Orthopedic Learning Center
Chicago, IL, May 10-12, 2002

Rehabilitation After ACL Reconstruction
Shoulder/ACL Reconstruction Meeting
Orthopedic Learning Center
Chicago, IL, May 10-13, 2002

3D Kinematic Analysis of ACL Deficient Knees Using CT Scan
Industry Advisory Board (IAB) Meeting
NSF Industry/University Cooperative Research Center
Intelligent Biomedical Devices and Musculoskeletal Systems (IBDMS)

STEVEN M. TRAINA, M.D.

Denver, CO, May 23, 2002

Meniscus Repair Utilizing Resorbable Implants

12th Annual Total Joint and Sports Medicine Symposium

Vail, CO January 17-20, 2002

Anterior Cruciate Reconstruction, Current Concepts

12th Annual Total Joint and Sports Medicine Symposium

Vail, CO January 17-20, 2002

PAPER PRESENTATIONS AND MAJOR TALKS, continued

An In Vivo Determination of Knee Kinematics for Subjects Having Either A Double Looped Semitendinous/Gracilis Graft or a Patellar Tendon ACL Graft

12th Annual Total Joint and Sports Medicine Symposium

Vail, CO January 17-20, 2002

Meniscus Repair Techniques

Arthrotek Advanced Shoulder and Knee Meeting

Orthopedic Learning Resource Center

Chicago, IL December 12-13, 2001

Rationale of Anterior Cruciate Reconstruction in Basketball Players

Arthrotek Advanced Shoulder and Knee Meeting

Orthopedic Learning Resource Center

Chicago, IL December 12-12, 2001

Meniscal Repair and the Use of Bioresorbables

Arthrotek Advanced Shoulder and Knee Meeting

Orthopedic Learning Resource Center

Chicago, IL October 10-11, 2001

Anterior Cruciate Ligament Reconstruction In Professional Athletes

Arthrotek Advanced Shoulder and Knee Meeting

Orthopedic Learning Resource Center

Chicago, IL October 10-11, 2001

Adjunctive Fixation In Anterior Cruciate Reconstruction

Arthrotek Advanced Shoulder and Knee Meeting

Orthopedic Learning Resource Center

Chicago, IL October 10-11, 2001

The Relationship of the Angle of the Tibial Tunnel in the Coronal Plane to Loss of Flexion and Anterior Laxity After Anterior Cruciate Reconstruction

Western Orthopedic Association 65th Annual Meeting

San Francisco, CA September 22-26, 2001

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Meniscus Repair 2001

Orthopedic Learning Resource Center
Chicago, IL August 15-16, 2001

Anterior Cruciate Ligament Reconstruction In Basketball Players

Orthopedic Learning Resource Center
Chicago, IL August 15-16, 2001

PAPER PRESENTATIONS AND MAJOR TALKS, continued

Multicenter Study of Early Clinical Outcomes Using A Standardized Anterior Cruciate Ligament Reconstruction Technique, A Double Looped Graft and Rigid Fixation

Current Concepts and Controversy in ACL Reconstruction
Toronto, Canada August 1-5, 2001

Anterior Cruciate Ligament Reconstruction in the Professional Athlete

Current Concepts and Controversy in ACL Reconstruction
Toronto, Canada August 1-5, 2001

In Vivo Knee Kinematics for Subjects Having a Bone Tendon Bone Graft Versus a Double Looped STG Graft

Current Concepts and Controversy in ACL Reconstruction
Toronto, Canada August 1-5, 2001

Current Concepts In Shoulder Instability

Sports Medicine Meeting, Cave Valley Country Club
Baltimore, Maryland July 23-25, 2001

Multicenter Study of Early Clinical Outcomes Using A Standardized Anterior Cruciate Ligament Reconstruction Technique, A Double Looped Graft and Rigid Fixation

Sports Medicine Meeting, Cave Valley Country Club
Baltimore, Maryland July 23-25, 2001

Relationship of the Angle of the Tibial Tunnel in the Coronal Plane to Loss of Flexion and Anterior Laxity After ACL Reconstruction

43rd Dr. George B. Packard Sr. Memorial Lectureship, University of Colorado and the Rocky Mountain Chapter of the Western Orthopedic Association.
Denver, CO May 31, 2001

Meniscus Repair Utilizing a Bioresorbable Implant

Orthopedic Learning Resource Center
Chicago IL, February 23, 2001

ACL Reconstruction Utilizing a Double Looped Semi Tendon Gracilis Graft in Basketball Athletes

STEVEN M. TRAINA, M.D.

Orthopedic Learning Resource Center
Chicago Il, February 23, 2001

Meniscus Repair Utilizing Bioresorbable Implants
11th Annual Winter Total Joint and Sports Medicine Symposium
Steamboat Springs, Colorado, January 11-14, 2001

PAPER PRESENTATIONS AND MAJOR TALKS, continued

Acromial-Clavicular Injuries In Sports
11th Annual Winter Total Joint and Sports Medicine Symposium
Steamboat Springs, Colorado, January 11-14, 2001

Double-Looped Semitendinous Gracilis Anterior Cruciate Ligament Reconstruction Multi Center Study
11th Annual Winter Total Joint and Sports Medicine Symposium
Steamboat Springs, Colorado, January 11-14, 2001

Anterior Cruciate Ligament Reconstruction In Basketball Players
11th Annual Winter Total Joint and Sports Medicine Symposium
Steamboat Springs, Colorado, January 11-14, 2001

Anterior Cruciate Ligament Reconstruction
11th Annual Winter Total Joint and Sports Medicine Symposium
Steamboat Springs, Colorado, January 11-14, 2001

Meniscus Repair
Shoulder/Semi T Meeting
Orthopedic Learning Center
Chicago, Illinois, December 6, 2000

Multicenter Study on Clinical Outcomes Following ACL Reconstruction Using a Standardized Technique
Orthopedic Learning Center
Chicago, Illinois, December 6, 2000

Rationale of the Double Looped STG Graft in Basketball Players
Orthopedic Learning Center
Chicago, Illinois, December 6, 2000

Anterior Cruciate Ligament Reconstruction Utilizing Double Looped STG Graft in Professional Basketball
The NBA and Sports Medicine AAOSM
Miami, Florida, November 17-19 2000

Anterior Tibia Stress Fractures in Basketball

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The NBA and Sports Medicine AAOSM
Miami, Florida, November 17-19, 2000

AC Joint Injuries in Athletes

Denver Broncos Sports Medicine
Denver, Colorado, October 3, 2000

PAPER PRESENTATIONS AND MAJOR TALKS, continued

Multicenter Study Utilizing A Rigid Fixation System and a Double looped STG Graft

Orthopedic Learning Resource Center
Chicago, Illinois, September 15, 2000

Anterior Cruciate Reconstruction Technique

Orthopedic Learning Center
Chicago, Illinois, September 15, 2000

Revision Anterior Cruciate Ligament Reconstruction

Brazilian Arthroscopy Congress of the Knee and Shoulder
Racife, Brazil, August 19, 2000

Multicenter Study Utilizing a STG Graft With Rigid Fixation

Brazilian Arthroscopy Congress of the Knee and Shoulder
Racife, Brazil, August 19, 2000

Acromial Clavicular Dislocations in Athletes

Brazilian Arthroscopy Congress of the Knee and Shoulder
Racife, Brazil, August 19, 2000

Atraumatic Osteolysis of the Distal Clavicle

Brazilian Arthroscopy Congress of the Knee and Shoulder
Racife, Brazil, August 19, 2000

Rationale of ACL Reconstruction Utilizing a STG Graft Versus Patellar Tendon Bone

Brazilian Arthroscopy Congress of the Knee and Shoulder
Racife, Brazil, August 18, 2000

Meniscus Repair Techniques Utilizing Bioabsorbable

Brazilian Arthroscopy Congress of the Knee and Shoulder
Racife, Brazil, August 18, 2000

Isolated Posterior Cruciate Ligament Instability of the Knee

Brazilian Arthroscopy Congress of the Knee and Shoulder
Racife, Brazil, August 18, 2000

Multicenter Study of Early Clinical Outcome using a Standardized Anterior Cruciate Ligament Reconstruction Technique, a Double Looped Hamstring Graft and Rigid Fixation

STEVEN M. TRAINA, M.D.

Innovative Techniques in Sports Medicine
Seattle, Washington, July 14, 2000

PAPER PRESENTATIONS AND MAJOR TALKS, continued

The Rationale of Double Looped STG Grafts in ACL Reconstruction.

Innovative Techniques in Sports Medicine
Seattle, Washington, July 14, 2000

Anterior Cruciate Ligament Reconstruction

Arthrotek National Meeting
Chicago, Illinois: June 24, 2000.

Why I Switched from Patellar Tendon Bone to Semitendinosus Gracilis Grafts for Anterior Cruciate Ligament Reconstruction

Arthrotek National Meeting
Chicago, Illinois: June 24, 2000.

Why Do a STG Graft for ACL Reconstruction?

Innovative Techniques in Arthroscopy and Coblation
Youngtown, Napa Valley, California: May 6, 2000.

Results of the Multi-Center study for Doing a STG Graft with Rigid Fixation

Innovative Techniques in Arthroscopy and Coblation
Youngtown, Napa Valley, California: May 6, 2000

Mini Deltoid Split for Rotator Cuff Repair

University of Colorado Sports Medicine
Denver, Colorado: March 17, 2000.

Rotator Cuff Injury in Athletes

University of Colorado Sports Medicine
Denver, Colorado: March 17, 2000.

ACL Reconstruction Using Double-Looped STG Graft

AAOS Orthopedic Learning Resource Center
Chicago, Illinois: February 25, 2000.

Multi-center Study on Clinical Outcome Following Anterior

Cruciate Ligament Reconstruction Utilizing a Standardized Technique
AAOS Orthopedic Learning Resource Center
Chicago, Illinois: February 25, 2000.

Acromial Clavicular Dislocations

10th Annual Winter Total Joint and Sports Medicine Symposium

STEVEN M. TRAINA, M.D.

Vail, Colorado: January 13-16, 2000.

PAPER PRESENTATIONS AND MAJOR TALKS, continued

Osteolysis of the Distal Clavicle

10th Annual Winter Total Joint and Sports Medicine Symposium
Vail, Colorado: January 13-16, 2000.

*Multicenter Study on Clinical Outcome Following Anterior Cruciate Ligament Reconstruction
Using a Standardized Technique*

10th Annual Winter Total Joint and Sports Medicine Symposium
Vail, Colorado: January 13-16, 2000.

Meniscus Repair

10th Annual Winter Total Joint and Sports Medicine Symposium
Vail, Colorado: January 13-16, 2000.

ACL Reconstruction: Technique, Pearls and Pitfalls

10th Annual Winter Total Joint and Sports Medicine Symposium
Vail, Colorado: January 13-16, 2000.

Double Looped Semitendinosus Gracilis for Anterior Cruciate Ligament Reconstruction

Concepts and Controversies in Total Joint Arthroplasty
Grand Cayman Islands, B.W.I.: December 11, 1999.

Meniscal Repair Using Resorbable Materials

Concepts and Controversies in Total Joint Arthroplasty
Grand Cayman Islands, B.W.I.: December 10, 1999.

Anterior Cruciate Reconstruction Techniques:

Comparison of Patellar Tendon Bone vs Double Looped Semitendinosus Gracilis
Intelligent Biomedical Devices of Musculoskeletal Systems - Fourth Annual Meeting
Denver, Colorado: November 11, 1999.

Anterior Cruciate Reconstruction

Intelligent Biomedical Devices of Musculoskeletal Systems - Fourth Annual Meeting
Denver, Colorado: November 11, 1999.

Treatment of Rotator Cuff Disease in Athletes

Concepts and Controversies in Arthroplasty and Sports Medicine Meeting
Pinehurst Resort and Country Club, Pinehurst, North Carolina: October 17, 1999.

Prospective Multi-Center Study on Clinical Outcome Following ACL Reconstruction

Concepts and Controversies in Arthroplasty and Sports Medicine Meeting
Pinehurst Resort and Country Club Pinehurst, North Carolina: October 17, 1999.

STEVEN M. TRAINA, M.D.

PAPER PRESENTATIONS AND MAJOR TALKS, continued

*Multi-Center Study on Clinical Outcomes Following ACL Reconstruction
Using a Standard Technique*

Orthopedic Learning Resource Center, Chicago, Illinois: October 14, 1999.

*Anterior Cruciate Reconstruction Technique Utilizing the Arthrotek Bone Mulch System
and Double Looped Semi-T Graft*

Orthopedic Learning Resource Center
Chicago, Illinois: October 14, 1999.

Anterior Cruciate Ligament: Reconstruction, Grafts, Fixation

University of Colorado School of Medicine
Denver, Colorado: September 10, 1999.

Anterior Cruciate Ligament Injury

Rose Sports Medicine Seminar
Denver, Colorado: August 27, 1999.

The Role of the Team Physician

Rose Sports Medicine Seminar
Denver, Colorado: August 27, 1999.

Meniscus Repair: Techniques, Indications and Results

ACL Arthrotek Meeting
Big Sky, Montana: August 20, 1999.

Anterior Cruciate Reconstruction

ACL Arthrotek Meeting
Big Sky, Montana: August 20, 1999.

Meniscal Healing

Sports Medicine Meeting
Oakmont Country Club, Pittsburgh, Pennsylvania: July, 1999.

Rational and Clinical Results of the Double Looped STG Graft for Cruciate Insufficient Knee

Sports Medicine Meeting
Cincinnati, Ohio: July 19, 1999

Anterior Cruciate Reconstruction with Bone Mulch Screw and Washerlock

Arthrotek Meeting
Cincinnati, Ohio: July 18, 1999.

STEVEN M. TRAINA, M.D.

PAPER PRESENTATIONS AND MAJOR TALKS, continued

Anterior Cruciate Reconstruction

Arthrotek Meeting

Cincinnati, Ohio: July 17, 1999.

Discussions in Total Joint Arthroplasty and Sports Medicine Rotator Cuff Tears in Athletes

Thomas Jefferson School of Medicine

Bermuda: May 20 – 22, 1999.

Crucial Decisions in Total Joint Orthoplasty and Sports Medicine: Anterior Cruciate Reconstruction Using the Double Looped Semitendinosus Gracilis Grafts

Thomas Jefferson School of Medicine

Bermuda: May 20 – 22, 1999.

Effects of an ACL Brace in Vivo Conditions

(Presented by Dr. Richard Komistak, Ph.D., Co-author)

Orthopedic Research Society Conference

Anaheim, California: February, 1999.

An in Vivo Analysis of the Effectiveness of the Osteoarthritic Knee Brace

During Heel Strike of Gait

European Society for Biomechanics

France: 1999

Meniscus Tears Treatment Options

5th Annual Total Team Approach to Sports Medicine

Chicago, Illinois: February 20, 1999.

Acromial Clavicular Injuries in Sports

5th Annual Total Team Approach to Sports Medicine

Chicago Illinois: February 20, 1999.

Endoscopic ACL Reconstruction STG “Pearls and Pitfalls” Surgical Technique

American Academy of Orthopaedic Surgery - Learning Resource Center

Chicago Illinois: February 19, 1999.

Rehabilitation of Endoscopic ACL Reconstruction STG Technique

American Academy of Orthopaedic Surgery - Learning Resource Center

Chicago Illinois: February 19, 1999.

Workshop: ACL Reconstruction

American Academy of Orthopaedic Surgery - Learning Resource Center

Chicago Illinois: February 19, 1999.

PAPER PRESENTATIONS AND MAJOR TALKS, continued

STEVEN M. TRAINA, M.D.

Rationale of the Double-Looped STG Graft for Anterior Cruciate Ligament Reconstruction
Comprehensive Surgery of Primary and Revision Total Joint Arthroplasty
Steamboat Springs, Colorado: January 8, 1999.

Surgical Technique for Bone Mulch Arthroscopic Semi-T Anterior Cruciate Reconstruction
Comprehensive Surgery of Primary and Revision Total Joint Arthroplasty
Steamboat Springs, Colorado: January 8, 1999.

Surgical Treatment for Rotator Cuff Disease in Athletes
Crucial Decisions in Total Joint Replacement and Sports Medicine
Thomas Jefferson School of Medicine, Bermuda: May 7 - 9, 1998.

Injuries to the Acromioclavicular Joint in Athletes
Crucial Decisions in Total Joint Replacement and Sports Medicine
Thomas Jefferson School of Medicine, Bermuda: May 7 - 9, 1998.

Comparison of Repair Techniques for Meniscal Injury
Crucial Decisions in Total Joint Replacement and Sports Medicine
Thomas Jefferson School of Medicine, Bermuda: May 7 - 9, 1998

Fixation Systems for the DLSTG Hamstring Graft
Comprehensive Surgery of Primary and Revision Total Hip and Knee Arthroplasty, Vail,
Colorado: January 16-18, 1998.

Surgical Technique for Endoscopic ACL Reconstruction Utilizing DLSTG Hamstring Graft
Comprehensive Surgery of Primary and Revision Total Hip and Knee Arthroplasty, Vail,
Colorado: January 16-18, 1998.

Rationale of Utilizing the DLSTG Hamstring Graft for the Cruciate Insufficient Knee
Comprehensive Surgery of Primary and Revision Total Hip and Knee Arthroplasty, Vail,
Colorado: January 16-18, 1998.

Perspectives in Care of the High Profile Athlete
Western Orthopedic Association Annual Meeting
Aspen, Colorado: July 31, 1997.

Consideration of Anterior Cruciate Ligament Reconstruction: Hamstring Tendons
Western Orthopedic Association Annual Summer Meeting
Aspen, Colorado: July 31, 1997.

PAPER PRESENTATIONS AND MAJOR TALKS, continued

Anterior Cruciate Ligament Reconstruction Utilizing

STEVEN M. TRAINA, M.D.

Double-looped Semitendinosus Gracilis Graft
Indiana Orthopedic Society Annual Meeting
Fort Wayne, Indiana: April 10, 1997.

Overuse Basketball Injuries of the Lower Extremity
Sixth Annual Colorado Sports Symposium
Denver, Colorado: September 13, 1996.

*Anterior Cruciate Ligament Reconstruction -
Autogenous Patellar Bone vs Hamstring Reconstruction*
Denver Bronco Sports Medicine
Denver, Colorado: August 22, 1996.

Hip Fractures
Department of Family Medicine, University of Colorado School of Medicine
Denver, Colorado: September 25, 1995.

Shoulder Instability - Diagnosis and Treatment
Department of Physical Therapy, Rose Medical Center
Denver, Colorado: September 8, 1995.

Ligamentous Injuries to the Knee
Orthopedic Symposium at Precedent-Mercy Medical Center
Denver, Colorado: February 3, 1995.

Rotator Cuff Injuries - Diagnosis and Treatment
Orthopedic Symposium at Precedent-Mercy Medical Center
Denver, Colorado: January 6, 1995.

The Role of the Team Physician for an Individual High School
Colorado Athletic Training Association Annual Meeting
Metropolitan State College, Denver, Colorado: May 21, 1994.

Modified Bankart Reconstruction Utilizing a Suture Anchor
Colorado Sports Medicine Symposium
Denver, Colorado: May 28, 1993.

The Biomechanics of Glenohumeral Instability and its Clinical Relevance
An Orthopedic and Sports Medicine Forum in the Rockies
Denver, Colorado: March 5, 1993.

PAPER PRESENTATIONS AND MAJOR TALKS, continued

Bankart Shoulder Reconstruction Using a Suture Anchor Technique
80th Meeting of the Clinical Orthopedic Society

STEVEN M. TRAINA, M.D.

Denver, Colorado: October 10, 1992.

Knee Injuries

Rocky Mountain Association of Orthopedic Technologists

Denver, Colorado: August 18, 1992.

Knee Anatomy

Presbyterian/St. Luke's Medical Center

Denver, Colorado: June 7, 1992.

Shoulder Arthroscopy

Mercy Medical Center

Denver, Colorado: May 15, 1992.

Anterior Shoulder Reconstructions

Orthopedic In Service, Rose Medical Center

Denver, Colorado: August 22, 1991

Heel Pain and the Basketball Player

American College of Sports Medicine 38th Annual Meeting

Orlando, Florida: May 31, 1991.

Shoulder Injuries: Recognition and Management

8th Biannual Practicum in Athletic Training

Denver Broncos Practice Facility, Denver, Colorado: March 22, 1991.

Knee Injuries: Evaluation and Treatment

6th Annual Practicum for Coaches

Denver Broncos Sports Medicine Center, Denver, Colorado: November 17, 1990.

Evaluation and Treatment of the On-Field Injury

American College Health Association - 68th Annual Meeting

San Antonio, Texas: May 31, 1990.

Glenohumeral Instability

2nd Annual Orthopedic Winter Conference-National Association of Orthopedic Nurses

Winter Park, Colorado: April 7, 1990.

Knee Injuries: Recognition and Management

5th Annual Practicum in Athletic Training

Denver Broncos Practice Facility, Denver, Colorado: March 24, 1990.

PAPER PRESENTATIONS AND MAJOR TALKS, continued

Infections in Total Joint Replacement: Prophylaxis and Treatment

Reconstructive Surgery of the Hip and Knee

University of Colorado School of Medicine

STEVEN M. TRAINA, M.D.

Beaver Creek, Colorado: March 7, 1990.

Arterial Embolus After Total Hip Replacement, A Case Report

Reconstructive Surgery of the Hip and Knee

University of Colorado School of Medicine

Beaver Creek, Colorado: March 7, 1990.

On-Field Evaluations for Acute Sports Injuries

Family Practice Residents - Mercy Medical Center

Denver, Colorado: September 28, 1989.

Shoulder Girdle Injuries in Football

AMI Presbyterian/St. Luke's Medical Center

Denver, Colorado: August 31, 1989.

Long Term Results of Primary Repair of the Anterior Cruciate Ligament

Without Augmentation

Scientific Day, University of Colorado

Denver, Colorado: June 23, 1989.

Femoral Component Alignment Pitfalls and How to Avoid Them

Total Hip and Knee Arthroplasty Course

Breckenridge, Colorado: February 22, 1989.

Treatment of the Acutely Infected Total Joint Replacement

Total Hip and Knee Arthroplasty Course

Breckenridge, Colorado: February 21, 1989.

Treatment of the On-Field Injury

Sports Medicine Seminar, Presbyterian/St. Luke's Medical Center

Denver, Colorado: September 30, 1988.

Assessment of Head and Neck Trauma in Football

Mercy Family Practice Residents, Mercy Medical Center

Denver, Colorado: September 22, 1988.

Treatment of Acutely Infected Total Joint Arthroplasty Using an Implantable Antibiotic Pump

Western Orthopedic Association, Rocky Mountain Chapter

Aspen, Colorado: July 22-24, 1988.

PAPER PRESENTATIONS AND MAJOR TALKS, continued

The Use of Implantable Continuous Antibiotic Pump for Acute Infections

in Total Joint Arthroplasty

Scientific Session-University of Colorado School of Medicine - Alumni Day

Denver, Colorado: June 24, 1988.

STEVEN M. TRAINA, M.D.

Local Antibiotics for the Treatment of Acutely Infected Arthroplasties

Cardiostim '88, 6th International Congress
Monte Carlo, Monaco: June 15-18, 1988.

Impingement Lesions of the Shoulder

HealthSouth Rehabilitation Center
Denver, Colorado: June 7, 1988.

Acute Knee Injuries and Rehabilitation

American College Health Association 66th Annual Meeting,
San Antonio, Texas: May 28, 1988.

Athletic Medicine and Conditioning

KNUS Radio
Denver, Colorado: March 19, 1988.

Patellar Tendon Allograft for Anterior Cruciate Deficient Knee

55th Annual American Academy of Orthopedic Surgeons Meeting
Atlanta, Georgia: February 4-9, 1988.

Orthopedic-Rheumatology Grand Rounds

Rose Medical Center
Denver, Colorado: December 11, 1987.

Examination of the Knee for the Primary Care Physician

Gates Medical Clinic
Denver, Colorado: November 17, 1987.

Athletic Knee Injuries

Grand Rounds – United States Air Force Academy Hospital
Colorado Springs, Colorado: October 21, 1987.

Rotator Cuff Surgery

Operating Room Staff Nurses - Mercy Medical Center
Denver, Colorado: 1987.

PAPER PRESENTATIONS AND MAJOR TALKS, continued

Sports Medicine Today - Speaker's Panel

Ortho –'87 - Annual Society of Orthopedics and Traumatology
San Juan, Puerto Rico: September 4-7, 1987.

The Use of Bipolar Arthroplasty for Acetabular Deficiencies

STEVEN M. TRAINA, M.D.

in Primary and Revision Hip Surgery
Ortho –'87, Annual Society of Orthopedics and Traumatology
San Juan, Puerto Rico: September 4- 7, 1987.

Revision Hip Surgery Techniques and Results
Ortho –'87 - Annual Society of Orthopedics and Traumatology
San Juan, Puerto Rico: September 4- 7, 1987.

Examination of the Acutely Injured Knee
Grand Rounds - Mercy Medical Center
Denver, Colorado: 1987.

Acute Knee Injuries
Cheyenne, Kimball and Deuel County Medical Society
Cheyenne, Nebraska: 1987

The Effect of Continuous Passive Motion After Total Knee Arthroplasty
Western Orthopedic Association 51st Annual Meeting
Aspen, Colorado: 1987.

The Effect of Continuous Passive Motion After Total Knee Arthroplasty
University of Colorado Scientific Day
Denver, Colorado: 1987.

Sports Injuries
Rocky Mountain Family Practice Meeting, Rose Hospital
Denver, Colorado: 1986.

Sports Medicine
KOA Radio
Denver, Colorado: 1986.

Compartment Syndrome Diagnosis and Management
Orthopedic Surgery Nurses, Mercy Medical Center
Denver, Colorado: 1986.

PAPER PRESENTATIONS AND MAJOR TALKS, continued

Anterior Cruciate Ligament Repair and Reconstruction
Levy and Associates Physical Therapists
Denver, Colorado: 1986

Infection Following Total Joint Arthroplasty
Combined Orthopedic Surgery and Rheumatologic Conference

STEVEN M. TRAINA, M.D.

University of Colorado School of Medicine
Denver, Colorado: 1985 – 1986.

Total Joint Arthroplasty: State of the Art

Department of Physical Therapy, University of Colorado School of Medicine
Denver, Colorado: January 14, 1985.

Degenerative Joint Disease

Department of Physical Therapy, University of Colorado School of Medicine
Denver, Colorado: January 11, 1985.

Cartilage Metabolism Structure and Function

Orthopedic Surgery Basic Science Conference, University of Colorado School of Medicine
Denver, Colorado: 1985.

The Effect of Continuous Passive Motion After Total Knee Arthroplasty

Joe and Betty Alpert Combined Rheumatology and Orthopedic Arthritis Meeting
Denver, Colorado: 1985.

Low Velocity Gunshot Wounds to the Femur

Grand Rounds, University of California
Los Angeles, California: 1983.

Low Velocity Gunshot Wounds to the Femur

Awarded Third Prize - Chicago Trauma Society
Chicago, Illinois: May, 1982.

Low Velocity Gunshot Wounds to the Femur

49th Annual American Academy of Orthopedic Surgeons Meeting
New Orleans, Louisiana: January 20, 1982.

High Tibial Osteotomy for Medial Compartment Disease

Grand Rounds - University of Colorado School of Medicine
Denver, Colorado: 1985.

PAPER PRESENTATIONS AND MAJOR TALKS, continued

The Rheumatoid Wrist

Grand Rounds - University of Colorado School of Medicine
Denver, Colorado: 1985

The Cervical Spine in Rheumatoid Arthritis

Grand Rounds - University of Colorado School of Medicine
Denver, Colorado: 1985.

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Heterotopic Ossification Following Total Hip Arthroplasty

Grand Rounds - University of Colorado School of Medicine
Denver, Colorado: 1985.

Continuous Passive Motion Following Total Knee Arthroplasty

Grand Rounds - University of Colorado School of Medicine
Denver, Colorado: 1985.

Disorders of the Shoulder

Grand Rounds - University of Colorado School of Medicine
Denver, Colorado: 1985.

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