

CURRICULUM VITAE
MICHAEL Q. FREEHILL, M.D.

Sports and Orthopaedic Specialists
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EDUCATION

Bachelor of Science, University of Illinois at Urbana-Champaign, Champaign, IL. 1990.
(Kinesiology, High Honors)

Doctor of Medicine, Loyola University, Stritch School of Medicine. Chicago, IL. 1994.

TRAINING

General Surgery Internship, Loyola University Medical Center, Maywood, IL.
July 1994 – June 1995.

Orthopaedic Surgery Residency, Loyola University Medical Center, Maywood, IL.
July 1995 – June 1999.

Shoulder, Elbow, and Sports Medicine Fellowship, Columbia Presbyterian Medical Center, New York, NY.
July 1999 – July 2000.

PROFESSIONAL

Orthopaedic Surgeon specializing in disorders of the shoulder and elbow. Sports & Orthopaedic Specialists, PA, Minneapolis, MN. August 2000 – Present.

Assistant Professor, Department of Orthopaedic Surgery, University of Minnesota Medical School. Minneapolis, MN. August 2000 – 2004.

Faculty, Minnesota Sports Medicine Fellowship. July 2004 - Present.

Clinical Faculty, Hennepin County Sports Medicine Fellowship, 2006- present

Consultant, Zimmer, Inc., March 2002 - 2008.

Consultant, Wright Medical, Inc., 2010 - present

CERTIFICATION

Board Certified Orthopaedic Surgeon, American Board of Orthopaedic Surgery. July 2002.
American Board of Orthopaedic Surgery

Subspecialty Certificate in Orthopaedic Sports Medicine, Diplomate certificate. November 5, 2009 – December 31, 2019.

PROFESSIONAL ASSOCIATIONS

American Academy of Orthopaedic Surgeons
American Shoulder and Elbow Surgeons
American Orthopaedic Society for Sports Medicine
American College of Sports Medicine
Minnesota Medical Association
Minnesota Orthopaedic Society

ATHLETIC TEAM AFFILIATIONS

Medical Director/Orthopaedic Consultant, Northern Lights Junior Olympic Volleyball, 2006- present
Team Physician, Macalester College, St. Paul, MN. 2000 – Present.
Team Physician, Wayzata Senior High School, Wayzata, MN. 2000 -Present.
Orthopaedic Consultant, Next Level Baseball, 2008- present

COMMITTEES/ADMINISTRATIVE

CEO/Medical Director, Orthopaedic Surgery Institute Center, Edina, MN. January 2012 to present.

Course Director, Practice Management Symposium; Practice Management Committee, American Academy of Orthopaedic Surgeons (AAOS). March 2011 – February 2012

Co-Course Director, Practice Management Symposium; Practice Management Committee, American Academy of Orthopaedic Surgeons (AAOS). March 2010 – February 2011

Committee Member, Practice Management Committee, American Academy of Orthopaedic Surgeons (AAOS) March 2009 – February 2011.

Committee Member, Clinical Guidelines: American Academy of Orthopaedic Surgeons. Treatment of Glenohumeral Arthritis, 2009-2010

Committee Member, WCRI CompScope™ Workers Compensation Advisory Committee, July 2009 - present

Assistant Course Director, Practice Management Symposium; Practice Management Committee, American Academy of Orthopaedic Surgeons (AAOS), 2008- 2009

Assistant Editor, Journal of Shoulder and Elbow Surgery (JSES), January 2009 - present

President, Minnesota Orthopaedic Society, May 2008 to May 2009.

Leadership Fellow, American Academy of Orthopaedic Surgeons (AAOS), 2006-2007

Member, Orthopaedic Quality Management Work Group, Abbott Northwestern Hospital, 2007 to present

Leadership Fellows Program Participant, Practice Management Committee, American Academy of Orthopaedic Surgeons (AAOS), February 2007 – February 2008

Treasurer, Minnesota Orthopaedic Society, May 2006 – May 2008

President & Chief Executive Officer, Sports & Orthopaedic Specialists, Edina, MN. January 2006 – January 2012

Co-chair, Minnesota Orthopaedic Society Annual Meeting. Minneapolis, MN. May 2002.

Board Member, Minnesota Orthopaedic Society Annual Meeting. Minneapolis, MN. May 2002 - Present.

Course Director, Musculoskeletal/Orthopaedic Clerkship, University of Minnesota Medical School. Minneapolis, MN. July 2001 - November 2004.

Assistant Orthopaedic Residency Director, Abbott Northwestern Hospital. Minneapolis, MN. January 2003 –June 2004.

MEETING/COURSE FACULTY

Tornier Fellows Conference, **Course Instructor**, “*Ascend Surgical Technique*”, Las Vegas, NV. November 9, 2012.

Tornier Fellows Conference, **Course Instructor**, “*Glenoid & Humeral Complications in Anatomic Arthroplasty*”, Las Vegas, NV. November 9, 2012.

Tornier Fellows Conference, **Course Instructor**, “*Exposure Options: Deltopectoral & Superolateral*”, Las Vegas, NV. November 9, 2012.

AAOS/ASES, **Lab Instructor**, Treatment of Rotator Cuff Tears, AAOS San Diego, 2011

Moderator ICL Course, *Classic & Non-Classical Shoulder Impingement Syndrome: Diagnosis, Treatment and Pitfalls*, American Academy of Orthopaedic Surgeons 2010 Annual Meeting Instructional Course and Symposia Faculty. New Orleans, LA. March 10, 2010.

AAOS/ASES Shoulder Arthroscopy, **Course Instructor**, *Arthroscopic Subcoracoid Decompression—Indications and Technique*”, Rosemont, IL. July 23, 2010.

AAOS/ASES Shoulder Arthroscopy, **Course Instructor**, “Arthroscopic Management of Rotator Cuff Disease & Instability”, Rosemont, IL. July 24-25, 2009.

AAOS/ASES Shoulder Arthroscopy, **Course Instructor**, “Arthroscopic Subcoracoid Decompression—Indications & Techniques”, Rosemont, IL. July 24-25, 2009.

AAOS/ASES Shoulder Arthroscopy, **Course Instructor**, *Arthroscopic Subcoracoid Decompression—Indications and Technique*”, Rosemont, IL. July 18, 2008.

AAOS/ASES Shoulder Arthroscopy, **Course Instructor**, “*Treatment of Instability with Glenoid Bone Loss*”, Rosemont, IL January 19, 2008.

Zimmer, *Trabecular Metal Reverse Shoulder System Course*”, **Course Instructor**, TRIA, Minneapolis, MN. August 23, 2007.

AAOS/ASES Shoulder Arthroscopy, **Course Instructor**, “*Hands-on Skills: Arthroscopic Rotator Cuff Repair*”, Rosemont, IL July 27, 2007.

AAOS/ASES Shoulder Arthroscopy, **Course Instructor**, “*Arthroscopic Subcoracoid Decompression – Indications & Techniques*”, Rosemont, IL July 27-28, 2007.

AAOS/ASES Shoulder Arthroscopy, **Course Instructor**, “Arthroscopic Rotator Cuff Repair: Releases, Slides, Traction Sutures, Margin Convergence Techniques” Rosemont, IL April 20-21, 2007

AAOS/ASES Shoulder Arthroscopy, **Course Instructor**, “*Recognition & Management of Glenoid Bone Loss as a Cause of Recurrent Anterior instability, Laterjet Technique*”, Rosemont, IL. April 21, 2007

AAOS/ASES Shoulder Arthroscopy, **Course Instructor**, “*Arthroscopic Rotator Cuff Repair: Release, Slides, Traction Sutures, Margin Convergence Techniques*”, Rosemont, IL. April 20, 2007.

Zimmer TM Shoulder Course, **Course Instructor**, “TM Reverse Shoulder”. Minneapolis, MN. December 2006

Zimmer Orthopaedic Trauma Symposium “Problem Fractures and Reconstruction Challenges/Total Elbow and Total Shoulder”. Vail, CO. January 2004.

Orthopaedic Learning Center, **Lab Instructor**, The Bigliani/Flatow Total Shoulder Solution. Chicago, IL. October 1999.

CONSULTANT REVIEWER

Journal of Shoulder and Elbow Surgery, 2008-
Journal of Bone & Joint Surgery, 2007 -
Journal American Academy of Orthopaedic Surgeons, 2006 –

PUBLICATIONS/ CHAPTERS

Freehill, MQ Coracoid Impingement: Diagnosis and Treatment, Journal American Academy of Orthopaedic Surgeons, April 2011

Izquierdo R, Voloshin I, Edwards S, **Freehill MQ**, Stanwood W, Wiater JM. American Academy of Orthopaedic Surgeons clinical practice guidelines on: the treatment of glenohumeral joint arthritis. J Bone and Joint Surg AM, 2010 Jan; 93(2) 203-05

Izquierdo R, Voloshin I, Edwards S, **Freehill MQ**, Stanwood W, Wiater JM. American Academy of Orthopaedic Surgeons. Treatment of glenohumeral arthritis. J Am Acad Orthop Surg. 2010 Jun;18(6):375-82.

Freehill, MQ, Buss, DD, Marra, G, Typical and Atypical Shoulder Impingement Syndrome: Diagnosis, Treatment, and Pitfalls. Instr Course Lect 2009; 58:447-457. American Academy of Orthopaedic Surgeons, 2009, Volume 58.

Freehill, MQ, How Do You Manage an Axillary Nerve Palsy After a Shoulder Dislocation? *Curbside Consultation of the Shoulder- 49 Clinical Questions*, GP Nicholson, MT Provencher, (editors), SLACK Incorporated, USA., 2008

Freehill, MQ, What Are the Indications for a Hemiarthroplasty Versus an Osteochondral Allograft in a Patient with a Locked Posterior Dislocation and Large Reverse Hill-Sachs Lesion? *Curbside Consultation of the Shoulder- 49 Clinical Questions*, GP Nicholson, MT Provencher, (editors), SLACK Incorporated, USA., 2008

Freehill, MQ, What Are the Indications for Manipulation Under Anesthesia Versus Arthroscopic Release in a Patient with Stiffness After Rotator Cuff Repair? And When Do You Consider Operative Intervention in a Patient With Idiopathic Adhesive Capsulitis? *Curbside Consultation of the Shoulder- 49 Clinical Questions*, GP Nicholson, MT Provencher, (editors), SLACK Incorporated, USA., 2008

Freehill, MQ, Conversion to Mini-Open Rotator Cuff Repair Following Attempted Arthroscopic Repair, Minimally Invasive *Shoulder & Elbow Surgery*, Levine WN, Blaine, TA, Ahmad, CS (edited by), New York, Informa Healthcare USA, Inc., 2007.

Freehill, MQ Computed Tomography Analysis of the Coracoid Process and Anatomic Structures of the Shoulder Following Arthroscopic Coracoid Decompression: A Cadaver Study, *Journal of Shoulder and Elbow Surgery March/April 2007*; 16(2)

Freehill MQ, *Pearls and Pitfalls for High School Baseball Players; Developing Your Skills and Preventing Injury*, Baseball, The Magazine, 2007, Volume 3

Buss DD , Lynch GP, Meyer CP, Huber SM, **Freehill MQ**. Nonoperative management for in-season athletes with anterior shoulder instability. *Am J Sports Med.* 2004; 32(6):1430-33.

Freehill MQ, Levine WN. *Treatment of Greater and Lesser Tuberosity Fractures*. Thode HC, Levine WN, Bigliani LU (editors). In: *Fractures of the Shoulder Girdle*. New York: Marcel Dekker; 2003.

Freehill MQ, Marra, G. Evaluation and Treatment of Failed Rotator Cuff Repairs. *Operative Techniques in Orthopaedics*. 2003; 13 (4):269-276.

Freehill MQ, Harms DJ, Huber SM, Atlihan D, Buss DD. Poly-L-lactic acid tack synovitis after arthroscopic stabilization of the shoulder. *Am J Sports Med*. 2003; 31(5):643-7.

Ahmad CS, **Freehill MQ**, Blaine TA, Levine WN, Bigliani LU. Anteromedial capsular redundancy and labral deficiency in shoulder instability. *Am J Sports Med*. 2003; 31(2):247-52.

Ortiguera CJ, **Freehill MQ**, Buss DD. Arthroscopic treatment of the unstable mesoacromion. *Techniques in Shoulder & Elbow Surgery*. 2001; 2(3):219-224.

Green JR, **Freehill MQ**, Buss DD. Diagnosis and Treatment of Ganglion Cysts about the Shoulder. *Techniques in Shoulder & Elbow Surgery*. 2001; 2(2):100-105.

Freehill MQ, Blaine TA, Bigliani LU. *Technique of Open Rotator Cuff Repair*. Instr Course Lect. 2001; (50):43-52.

Freehill MQ, Masters C, Bigliani LU. Split pectoralis major tendon transfer for the treatment of serratus anterior palsy. *Techniques in Shoulder & Elbow Surgery*. 2001; 2(2):92-99.

Freehill MQ, Bigliani LU. The ten commandments of total shoulder arthroplasty. *Orthopedics Special Edition* 2000; 6(2).

Freehill MQ, Hopkinson W, Wezeman F. Treatment of full thickness articular defects: autologous chondrocyte transplantation versus abrasion arthroplasty and the effect of FGF-2 on healing. *Pro Ortho Res Soc* 1998; (23):794.

INTERNATIONAL PRESENTATIONS

Efficacy of In-Season Rotator Cuff Training Program in Amateur Pitchers: Correlation with Pitching Performance. Ninth International Congress on Surgery of the Shoulder. Washington, DC, May 2-5, 2004.

Freehill MQ, Hamilton L, Hutter A, Mansur C, Millikin B, Buss D.

CT Analysis of the Coracoid Process and Anatomic Structures of the Shoulder Following Arthroscopic Coracoid Decompression: A Cadaver Study. Ninth International Congress on Shoulder of the Surgery. May 2-5, 2004. **Freehill MQ**, Hamilton L, Kleist K, Maze, N, Buss D.

Arthroscopic Coracoid Decompression – Correlation of Clinical Outcome and Post-Operative MRI Findings. Ninth International Congress on Surgery of the Shoulder. Washington D.C. May 2-5, 2004.

Freehill MQ, Hamilton L, Kleist K, Maze, N, Buss D.

Removal of the Deltoid Origin in Complex Revision Shoulder Surgery. Sixth International Congress on Surgery of the Shoulder. Capetown, South Africa. April 23, 2001. Blaine TA, Talmo C, Bauer G, **Freehill MQ**, Levine MQ, Levine WN, Bigliani LU.

Composite Alloprosthetic Reconstruction for Proximal Humerus Tumor, Sixth International Congress on Surgery of the Shoulder. Capetown, South Africa, April 23, 2001. **Freehill MQ**, Henshara R, Lee FP, Bigliani LU.

Prosthetic Replacement in Complex Proximal Humerus Malunions. Sixth International Congress on Surgery of the Shoulder. Capetown, South Africa, April 23, 2001. Choi CH, **Freehill MQ**, Blaine TA, Bauer G, Levine WN, Bigliani LU.

Optimizing Glenohumeral Geometry in Total Shoulder Arthroplasty. Sixth International Congress on Surgery of the Shoulder. Capetown, South Africa, April 23, 2001. Blaine TA, Choi CH, Ugwonali O, **Freehill MQ**, Murthi A, Levine WN, Bigliani LU.

Infection after Mini-Open Rotator Cuff Repair. Eighth International Congress on Surgery of the Shoulder. Capetown, South Africa – April 23, 2001. Levine WN, Herrera M, Reynolds F, Wilk RM, **Freehill MQ**, Bauer G, Bigliani LU.

NATIONAL PRESENTATIONS

“Ascend Surgical Technique”, Tornier Fellows Conference, Las Vegas, NV. November 9, 2012.

“Glenoid & Humeral Complications in Anatomic Arthroplasty”, Tornier Fellows Conference, Las Vegas, NV. November 9, 2012.

“Exposure Options: Deltopectoral & Superolateral”, Tornier Fellows Conference, Las Vegas, NV. November 9, 2012. **Freehill, MQ**.

“Management of First time Dislocations in Athletes”, American Academy of Orthopaedic Surgeons, Rosemont, IL. May 21, 2011. **Freehill, MQ**.

“Complications Associated with the Use of Bioabsorbable Implants about the Shoulder”, American Academy of Orthopaedic Surgeons 2011 Annual Meeting, Practice Management Symposium, San Diego, CA February 2011. Buss DD, McCarty LP, **Freehill, MQ**

“Upper Extremity Overuse in the Young Athlete”, NAON, American Academy of Orthopaedic Surgeons 2011 Annual Meeting, San Diego, CA. February 18, 2011. **Freehill, MQ**

“Successful Transition to EMR”, American Academy of Orthopaedic Surgeons 2011 Annual Meeting, Practice Management Symposium, San Diego, CA February 2011. **Freehill, MQ**

“Injuries to the Young Overhead Athlete”, American Academy of Orthopaedic Surgeons 2011 Annual Meeting, National Association of Orthopaedic Nursing, San Diego, CA February 2011. **Freehill, MQ**

“Classic & Non-Classical Shoulder Impingement Syndrome: Diagnosis, Treatment and Pitfalls”, American Academy of Orthopaedic Surgeons 2010 Annual Meeting Instructional Course and Symposia Faculty. New Orleans, LA. March 10, 2010. **Freehill MQ**, Wiater, J, Blaine, T.

“Introduction: How Are Emerging Healthcare Trends Shaping Physicians’ Decisions Regarding Their Practice Setting”, Practice Management Symposium, American Academy of Orthopaedic Surgeons 2010 Annual Meeting; New Orleans, LA. March 9, 2010. **Freehill, MQ**.

“What Value Do Physician and Non-Physician Extenders Bring To My Practice”, Practice Management Symposium, American Academy of Orthopaedic Surgery 2010 Annual Meeting; New Orleans, LA. March 9, 2010. **Freehill, MQ**.

“Pardon the Interruption” Columbia Shoulder Society Biennial Meeting, Elbow Beach, Bermuda. June 20, 2009. **Freehill, MQ**, Blaine, T.

“Orthopaedic Leadership” Columbia Shoulder Society Biennial Meeting, Elbow Beach, Bermuda. June 19, 2009. **Freehill, MQ**

Classic & Non-Classical Shoulder Impingement Syndrome: Diagnosis, Treatment and Pitfalls, AAOS 76th Annual Meeting Instructional Course and Symposia Faculty. Las Vegas, NV. February 26, 2009. Buss, DD; **Freehill MQ**, Marra G.

Stark Overview – “Just the Facts”, Practice Management Symposium for Practicing Orthopaedic Surgeons, AAOS 76th Annual Meeting, Las Vegas, NV. February 24, 2009. **Freehill, MQ**, Pettrone, C

Classic & Non-Classical Shoulder Impingement Syndrome: Diagnosis, Treatment and Pitfalls, AAOS 75th Annual Meeting Instructional Course and Symposia Faculty. San Francisco, CA. March 6, 2008. Buss, DD, **Freehill MQ**, Marra G.

Use of Physician Extenders in the Orthopaedic Setting, AAOS Practice Management Symposium, San Francisco, CA. March 5, 2008. **Freehill MQ**.

Shoulder Injuries in the Collegiate Athlete, Columbian Shoulder Society Biennial Meeting, Ojai Valley Inn & Spa, Ojai, CA. June 21, 2007. **Freehill MQ**.

What’s New in Shoulder and Elbow Injuries in the Overhead Athlete, American College of Sports Medicine Annual Meeting, New Orleans, LA. May 30-June 2, 2007. **Freehill MQ**., Buss D, McCarty III, L.

Classic & Non-Classical Shoulder Impingement Syndrome: Diagnosis, Treatment and Pitfalls, AAOS Instructional Course Lecture, San Diego, CA February 16, 2007. **Freehill MQ**., Buss D., Marra G.

Point-CounterPoint Hemi for CTA, Columbia Shoulder Society Biennial Meeting, Williamsburg, VA. June 17-19, 2005. **Freehill MQ**.

Efficacy of In-Season Rotator Cuff Strengthening Program in Amateur Pitchers: Correlation with Pitching Performance. American College of Sports Medicine Annual Meeting. Nashville, TN. June 1-4, 2005. **Freehill MQ**, Hamilton L, Hutter A, Mansur C, Millikin B, Buss D.

Efficacy of In-Season Rotator Cuff Training Program in Amateur Pitchers: Correlation with Pitch Performance, American Academy of Orthopaedic Surgeons Annual Meeting, Washington, DC. February 24, 2005. **Freehill MQ**, Hamilton L, Hutter A, Mansur C, Millikin B, Buss D.

Efficacy of In-Season Rotator Cuff Training Program in Amateur Pitchers: Correlation with Pitching Performance. 86th Annual HSS Alumni Meeting. New York, NY. November 4, 2004. **Freehill MQ**, Buss, D.

Arthroscopic Coracoid Decompression: Correlation of Clinical Outcome and Post-Operative MRI Findings. 21st Annual Closed ASES Meeting. New York, NY. September 30, 2004. **Freehill MQ**, Hamilton L, Maze N, Kleist K, Fritts H, Buss D.

Arthroscopic Coracoid Decompression: Correlation of Clinical Outcome and Post-Operative Findings. American Academy of Orthopaedic Surgeons Annual Meeting. February 23-27, 2004. **Freehill MQ**, Hamilton L, Maze N, Kleist K, Fritts H, Buss D.

Efficacy of In-Season Rotator Cuff Training Program in Amateur Pitchers: Correlation with Pitching Performance. American Academy of Orthopaedic Surgeons Annual Meeting. February 23-27, 2004. **Freehill MQ**, Buss, D.

Shoulder Arthroplasty and Rotator Cuff Deficiency. Pittsburgh Arthroplasty Symposium: The Leading Edge in Technology. University of Pittsburgh, PA. May 30, 2003. Invited. **Freehill, MQ**.

Pain Following Hemiarthroplasty: What to Do Now. Pittsburgh Arthroplasty Symposium: The Leading Edge in Technology. University of Pittsburgh, PA. May 30, 2003. Invited. **Freehill MQ.**

Infection after Mini-Open Rotator Cuff Repair, American Shoulder and Elbow Surgeons Biennial Meeting. Orlando, FL. April 4, 2002. Herrera M, Reynolds F, Wilk RM, **Freehill MQ,** Bauer G, Levine WN, Bigliani LU.

Glenohumeral Arthroplasty for Arthritis after Instability Surgery. American Academy of Orthopaedic Surgeons. Dallas, TX. February 13, 2002. Bauer GS, **Freehill MQ,** Masters C, Levine WN, and Bigliani LU.

Pressurization of the Glenoid to Increase Cement Penetration in Total Shoulder Arthroplasty. American Academy of Orthopaedic Surgeons. Dallas, TX. February 13, 2002.

PLLA Tack Synovitis Following Arthroscopic Stabilization of the Shoulder. American Orthopaedic Society for Sports Medicine Specialty Day. Dallas, TX. February 16, 2002. Buss D, **Freehill MQ,** Harms D, Atilhan D, Huber S.

Glenohumeral Arthroplasty for Arthritis after Instability Surgery, American Academy of Orthopaedic Surgeons Annual Meeting. Dallas, TX. February 14, 2002. Bauer GS, Masters C, **Freehill MQ,** Levine WN, Bigliani LU.

PLLA Tack Synovitis Following Arthroscopic Stabilization of the Shoulder. American Academy of Orthopaedic Surgeons. Dallas, TX. February 13, 2002. **Freehill MQ,** Buss D, Harms D, Atilhan D, Huber S.

Glenohumeral Arthroplasty for Arthritis after Instability Surgery. American Shoulder and Elbow Surgeons Closed Meeting. Napa Valley, CA. October 25, 2001. Bigliani LU, Bauer GS, Lervick G, **Freehill MQ,** Blaine TA, Levine WN.

Serratus Palsy. Columbia Shoulder Fellows Bi-Annual Meeting. Colorado Springs, CO. July 18, 2001.

Infection after Mini-Open Rotator Cuff Repair, AOSSM Annual Meeting. Keystone, CO. June 20, 2001. Herrera M, Reynolds F, Wilk RM, **Freehill MQ,** Bauer G, Levine WN, Bigliani LU.

Infection after Mini-Open Rotator Cuff Repair. American Orthopaedic Association, 114th Annual Meeting. Palm Beach, FL. June 2001. **Freehill MQ.**

Infection after Mini-Open Rotator Cuff Repair, AOA Annual Resident's Meeting. Hershey, PA. March 31, 2001. Herrera M, Reynolds F, Wilk RM, **Freehill MQ,** Bauer G, Levine WN, Bigliani LU.

Results of RCR after Anterior Dislocation in the Older Patient. American Academy of Orthopaedic Surgeons. Orlando, FL. March 2000. **Freehill MQ,** Wiater JM, Park JY, Levine WN, Pollock RG, Bigliani LU.

Rotator Cuff Repair after Shoulder Dislocation in the Older Patient. American Academy of Orthopaedic Surgeons. Orlando, FL. March 19, 2000. Levine WN, **Freehill MQ,** Park JY, Flatow EL, Bigliani LU.

Results of RCR after Anterior Dislocation in the Older Patient. American Shoulder and Elbow Surgeons Specialty Day. Orlando, FL. March 18, 2000.

Results of RCR after Anterior Dislocation in the Older Patient. American Shoulder and Elbow Surgeons Open Meeting. Orlando, FL. March 2000. **Freehill MQ,** Wiater JM, Park JY, Levine WN, Pollock RG, Bigliani LU.

Results of Rotator Cuff Repair after Anterior Shoulder Dislocation in the Older Patient. ASES Closed Meeting, Philadelphia, PA. October 14, 1999. **Freehill MQ**, Wiater JM, Park JY, Levine WN, Pollock RG, Bigliani LU.

Treatment of Full Thickness Articular Cartilage Defects: Autologous Chondrocyte Transplantation versus Abrasion Arthroplasty and the Effect of FGF-2 on Healing. OREF Regional Research Symposium. Chicago, IL. May 1999. **Freehill MQ**, Hopkinson W, Wezeman F.

Treatment of Full Thickness Articular Cartilage Defects: Autologous Chondrocyte Transplantation versus Abrasion Arthroplasty and the Effect of FGF-2 on Healing. Orthopaedic Research Society. New Orleans, LA. February 1998. **Freehill MQ**, Hopkinson W, Wezeman F.

POSTER PRESENTATIONS

Mid-Term Evaluation Following Total Shoulder Arthroplasty (TSA): A Prospective Multicenter Study. 124th Annual Meeting of The American Orthopaedic Association, Boston, MA. June 22-25, 2011. Levine, WN, Bigliani, L, Wiater, M, **Freehill, MQ**, Buss, DD, Gorroochurn, P; Greco, S. Macaulay, A, Bunting, H.

Pre-Season Injury Surveillance in Amateur Baseball Players, Minnesota Orthopaedic Society 2010 Annual Meeting, Minneapolis, MN. May 7, 2010. **Freehill MQ**, McCarty III, L, Klapach, A, Buss, D.

“Hormonal Influences & Glenohumeral Laxity in Female Athletes”, American Academy of Orthopaedic Surgeons 2010 Annual Meeting. New Orleans, LA. March 10, 2010.

Pre-season Injury Surveillance in Amateur Baseball Players. American Academy of Orthopaedic Surgery 2010 Annual Meeting. New Orleans, LA. March 9-13, 2010. **Freehill MQ**, McCarty III, L, Klapach, A, Buss, D.

Hormonal Influences and Glenohumeral Laxity in Female Athletes, American College of Sports Medicine 55th Annual Meeting, Indianapolis, IN. May 31, 2008. **Freehill MQ**.

The Association of Elbow Pain and Shoulder Pathology in the Elite Throwing Athlete, American Orthopaedic Society for Sports Medicine Annual Meeting, Calgary, Canada. July 12, 2007. **Freehill MQ**, Buss D, McCarty III, L.

Efficacy of In-Season Rotator Cuff Strengthening Program in Amateur Pitchers: Correlation with Pitching Performance. American Orthopaedic Society for Sports Medicine Annual Meeting. Keystone, CO. July 14-17, 2005. **Freehill MQ**, Hamilton L, Hutter A, Mansur C, Millikin B, and Buss D.

Efficacy of In-Season Rotator Cuff Strengthening Program in Amateur Pitchers: Correlation with Pitching Performance. American College of Sports Medicine Annual Meeting. Nashville, TN. June 1-4, 2005. **Freehill MQ**, Hamilton L, Hutter A, Mansur C, Millikin B, and Buss D.

Arthroscopic Coracoid Decompression: Correction of Clinical Outcome and Post-Operative MRI Findings. American Academy of Orthopaedic Surgeons. Washington, DC. February 23-27, 2005. **Freehill MQ**, Hamilton L, Maze N, Kleist K, Fritts H, Buss D.

Arthroscopic Coracoid Decompression – Correlation of Clinical Outcome and Post-Operative MRI Findings. American Academy of Orthopaedic Surgeons. February 23-27, 2004. **Freehill MQ**, Hamilton L, Maze N, Kleist K, Fritts H, Buss D.

Efficacy of In-Season Rotator Cuff Training Program in Amateur Pitchers: Correlation with Pitching Performance. American Academy of Orthopaedic Surgeons. February 23-27, 2004. **Freehill MQ**, Hamilton L, Hutter A, Mansur C, Millikin B, Buss D.

Infection After Mini-Open Rotator Cuff Repair. ASES Biennial Meeting. Orlando, FL. April 4, 2002. Herrera M, Reynolds F, Wilk RM, **Freehill MQ**, Bauer G, Levine WN, Bigliani LU.

Glenohumeral Arthroplasty for Arthritis after Instability Surgery. AAOS Annual Meeting. Dallas, TX. February 14, 2002. Bauer GS, Masters C, **Freehill MQ**, Levine WN, and Bigliani LU.

Optimizing Glenohumeral Geometry in Total Shoulder Arthroplasty, Poster AOA Annual Meeting, Palm Beach, FL. June 2001. Blaine TA, Choi CH, **Freehill MQ**, Murthi M, Bauer GA, Levine WN, Bigliani LU.

Anteromedial Capsular Redundancy and Labral Deficiency in Shoulder Instability: The Barrel Stitch, Poster, AOA Annual Meeting, Palm Beach, FL. June 2001. Ahmad C, **Freehill MQ**, Bauer G, Murthi M, Levine WN, Bigliani LU.

Infection After Mini-Open Rotator Cuff Repair. AOA Annual Resident's Meeting, Hershey, PA. March 31, 2001. Herrera M, Reynolds F, Wilk RM, **Freehill MQ**, Bauer G, Levine WN, and Bigliani LU.

Arthroscopic Treatment of Adult Septic Glenohumeral Arthritis. American Academy of Orthopaedic Surgeons. San Francisco, CA. March 2001. Roh MS, Marra G, **Freehill MQ**, Levine WN, Bigliani LU.

Prosthetic Replacement in Complex Proximal Humerus Malunions. American Academy of Orthopaedic Surgeons. San Francisco, CA. March 2001. Choi CH, **Freehill MQ**, Blaine TA, Bauer G, Levine WN, Bigliani LU.

The Operative Treatment of Scapulothoracic Bursitis. AAOS Annual Meeting. Orlando, FL. March 15-19, 2000. Wiater JM, **Freehill MQ**, Levine WN, Flatow EL, and Bigliani LU.

REGIONAL PRESENTATIONS

"Pardon the Interruption: Current Sports Medicine", Great Lakes Athletic Association, Hilton Convention Center, Minneapolis, MN. March 12, 2011

"Management of Traumatic Shoulder Instability in the Overhead Athlete" Minnesota Sports Medicine Spring Conference, Minneapolis, MN. April 30, 2010

"Work Related Shoulder & Elbow Injuries: The Truth, The Whole Truth, and Nothing but The Truth", 25th Annual Workers' Compensation Institute, Minneapolis, MN. April 17, 2010.

"Reverse Total Shoulder Arthroplasty" NAON/HCMC Annual Orthopaedic Conference, Minneapolis, MN. November 6, 2009.

Failed Shoulder Surgeries, CNA Institute, Edina, MN, August 26, 2009.

Work Comp Shoulder & Elbow Injuries: "Fact & Fiction", ABNW 2008 Medical Claims Management Forum. Minnetonka, MN. November 6, 2008.

Hormonal Influences and Glenohumeral Laxity in Female Athletes, 2008 Minnesota Orthopaedic Society Annual Meeting, Minneapolis, MN. May 9, 2008.

AC Separation: Should We Fix Them? 37th Annual Orthopaedic and Trauma Seminar, Minneapolis, MN. October 25, 2007.

Humeral Head Resurfacing Arthroplasty and Pectoralis Major Transfer for Rotator Cuff Arthropathy: Alternative to the Reverse Prosthesis, Minnesota Orthopaedic Society Annual Meeting. Minneapolis, MN. May 11, 2007.

Pardon The Interruption: Clash of the Shoulder Titans, Minnesota Sports Medicine Spring Conference, Blaine, MN. April 13, 2007

Breakout Session: Elbow Evaluation, Minnesota Sports Medicine Spring Conference, Blaine, MN April 13, 2007.

Shoulder Arthroplasty Technique – Video, Orthopaedic and Trauma Seminar/HCMC, Minneapolis, MN, November 10, 2006.

Partial Thickness Rotator Cuff Tears: Conservative vs. Surgical Treatment, Clinical Orthopaedic Society, Minneapolis, MN, October 6, 2006.

Scapulothoracic Evaluation, Minnesota Sports Medicine Conference, Blaine, MN. April 21, 2006.

Impingement Syndrome & AC Arthritis. Mayo Clinic, Rochester, MN. July 9, 2005.

Advances in Shoulder Surgery for the Athlete. Minnesota Orthopaedic Society 20th Annual Meeting. Minneapolis, MN. May 13, 2004

Efficacy of In-Season Rotator Cuff Training Program in Amateur Pitchers. Minnesota Orthopaedic Society 20th Annual Meeting. Minneapolis, MN. May 13, 2004

CT Analysis of the Coracoid Process and Anatomic Structures of the Shoulder Following Arthroscopic Coracoid Decompression: A Cadaver Study. Minnesota Orthopaedic Society 20th Annual Meeting. Minneapolis, MN. May 13, 2004.

Arthroscopic Coracoid Decompression—Correlation of Clinical Outcome and Post-Operative MRI Findings. Minnesota Orthopaedic Society 20th Annual Meeting. Minneapolis, MN. May 13, 2004.

Efficacy of In-Season Rotator Cuff Training Program in Amateur Pitchers: Correlation with Pitching Performance. Minneapolis Sports Medicine Center Annual Sports Medicine Conference. Minneapolis, MN. April 24, 2004.

Injuries in Little League Throwers. The Orthopaedic Center's 2003 Spring Training Conference. Bloomington, MN. June 5, 2003.

The Role of MRI and Diagnostic Arthroscopy in the Management of Anterior Shoulder Instability. Minnesota Orthopedic Society, 19th Annual Meeting. Minneapolis, MN. May 16, 2003.

Rotator Cuff Tears in Athletes. Minneapolis Sports Medicine Center Annual Sports Medicine Conference. Minneapolis, MN. June 7, 2002.

Open versus Arthroscopic Stabilization for Shoulder Instability. Minnesota Orthopaedic Society, 18th Annual Meeting. Minneapolis, MN. May 17, 2002.

Arthroscopic Distal Clavicle Resection Technique. Annual Hennepin County Medical Center Orthopaedic and Trauma Seminar. Minneapolis, MN. November 29, 2001.

Results of RCR after Anterior Dislocation in the Older Patient. Minnesota Orthopaedic Society 17th Annual Meeting. Minneapolis, MN. May 18, 2001.

LOCAL PRESENTATIONS

- "Complicated Cases of UCL"*, Fellowship Grand Rounds, Edina, MN. October 9, 2012.
- "Basic Shoulder Assessment"*, Twin Cities Sports Medicine Conference, St. Paul, MN. October 5, 2012.
- "Throwing Shoulder Assessment"*, Twin Cities Sports Medicine Conference, St. Paul, MN. October 5, 2012.
- "Shoulder Pain & Arthritis"*, Tornier LIFT Program, Maple Grove, MN. September 27, 2012.
- "Everything You Ever Wanted To Know About the Shoulder But Were Afraid to Ask"*, Sports Medicine Grand Rounds, Edina, MN. May 9, 2012.
- "Common Shoulder/Elbow Baseball Injuries"*, Healthy Baseball, Minneapolis, MN. February 4, 2012.
- "Northern Lights Medical Team"*, Northern Lights, Burnsville, MN. December 12, 2011.
- "Why Live with Shoulder Pain"*, Tornier, St. Louis Park, MN. September 22, 2011.
- "Dr. Freehill's Shoulder & Elbow Alphabet (N-Z)"*, Fairview Sports Medical Grand Rounds, Edina, MN. May 26, 2011.
- "Shoulder & Elbow Anatomy and Common Orthopaedic Concerns"*, Lifetime Fitness, St. Louis Park, MN. January 7, 2011.
- "Shoulder & Elbow ABC's"* Fairview Sports Medical "Sports Medicine Grand Rounds, Edina, MN. May 26, 2010.
- "Shoulder Pain vs Neck Pain"* State Fund Mutual, Minneapolis, MN. April 28, 2010.
- "Pitch Count/SICK Scapula/GIRD"* Twins Community Program, Target Field, Minneapolis, MN. April 24, 2010.
- "Shoulder Arthritis in the Active Population"* Allina, St. Cloud, MN. February 25, 2010.
- "Rehabilitation from the Surgeons Perspective"* Abbott Northwestern Hospital Sister Kenny Physical Therapists, Minneapolis, MN. February 6, 2010.
- "Surgical and Non-Surgical Intervention to the Shoulder"*, Abbott Northwestern Hospital Nursing Staff, Minneapolis, MN. January 26, 2010.
- "Failed Shoulder Surgeries – Graft Jacket"* CAN, Edina, MN. August 26, 2009.
- Trials & Tribulations of a College Athlete: Upper Extremity Cases* Minnesota Intercollegiate Athletic Conference, Minneapolis, MN. May 21, 2009.
- Athlete Shoulder & Elbow- FAQ "Clinical Mysteries"* Minnesota Sports Medicine Grand Rounds, Minneapolis, MN. May 20, 2009.
- Reverse Total Shoulder Arthroplasty*, Twin Cities Chapter of NAON, Minneapolis, MN. May 12, 2009.
- Acromioclavicular Injuries in the Collision Athlete*, Minnesota Sports Medicine Spring 2009 Conference, Minneapolis, MN. May 9, 2009.

Work Comp Shoulder and Elbow Injuries: Fact and Fiction, Hartford Insurance, Minneapolis, MN. March 12, 2009.

Advanced Shoulder Exam Techniques, 11th Annual Twin Cities Sports Medicine Conference, Minneapolis, MN. October 3, 2008.

Shoulder and Elbow Cases Presentations, 11th Annual Twin Cities Sports Medicine Conference, Minneapolis, MN. October 3, 2008.

Basic Shoulder Exam Techniques, 11th Annual Twin Cities Sports Medicine Conference, Minneapolis, MN. October 3, 2008.

"Pardon the Interruption": Hot Shoulder Topics, 11th Annual Twin Cities Sports Medicine Conference, Minneapolis, MN. October 3, 2008.

The Athlete's Shoulder: From Sideline to OR, Minnesota Sports Medicine Grand Rounds, Minneapolis, MN. May 21, 2008.

Basic Science Lecture: Acute & Chronic Elbow Injuries, Minnesota Sports Medicine's Orthopedic Fellowship Program. Minneapolis, MN. April 23, 2008.

Volleyball Care/Shoulder Strength Educational Talk, Northern Lights Volleyball, Burnsville, MN. April 13, 2008.

Update on Care & Protection of Arms, Minnesota Twins Youth Baseball & Softball Conference, Minneapolis, MN. April 12, 2008.

Shoulder Jeopardy!, Minnesota Sports Medicine Spring Conference, Blaine, MN. April 11, 2008.

Throwing Injuries and Prevention, Minnesota Twins Youth Baseball & Softball Camps, St. Paul, MN. February 18, 2008.

Optional Joint Injection Workshop, Twin Cities Marathon Conference, Minneapolis, MN. October 5, 2007.

Physical Exam of the Elbow, Twin Cities Marathon Conference, Minneapolis, MN. October 5, 2007.

Shoulder Exam - Advanced, Twin Cities Marathon Conference, Minneapolis, MN. October 5, 2007.

Shoulder Exam - Basic, Twin Cities Marathon Conference, Minneapolis, MN. October 5, 2007.

Pediatric Shoulder & Elbow Injuries: Facts and Fiction, Twin Cities Marathon Conference, Minneapolis, MN. October 5, 2007.

Acute and Overuse Elbow Injuries, Minnesota Sports Medicine Fellowship Lecture, Minnesota Sports Medicine, Minneapolis, MN. May 16, 2007.

The Overhead Athlete: From Head to Toe, Minnesota Sports Medicine Grand Rounds, Minneapolis, MN. March 7, 2007.

Parent's Presentation, Northern Lights Volleyball, Burnsville, MN, December 10, 2006.

Case Presentations at Wadena Luncheon, Tri-County Hospital, Wadena, MN, December 6, 2006.

Advanced Shoulder Exam, Twin Cities Marathon Conference, Minneapolis, MN, September 26, 2006.

Basic Shoulder Exam, Twin Cities Marathon Conference, Minneapolis, MN, September 26, 2006.

Injury Prevention & Shoulder Rehabilitation, Minnesota Twins Youth Baseball Camp, Twin Cities. June 28, 2006.

Labral Conditions/Neurological Problems of the Shoulder, Sports & Orthopaedic Specialists, Edina, MN. May 31, 2006.

Point Counter Point: Clavicle Fracture—Fix It or Leave It. Minnesota Sports Medicine Conference, Blaine, MN. April 21, 2006.

Arthroscopy 101 Minnesota Sports Medicine Conference, Minneapolis, MN. February 15, 2006.

Coracoid Impingement: The Other White Meat, Minnesota Sports Medicine Annual Sports Conference, Minneapolis, MN. April 29, 2005.

Shoulder Disorders: When to Refer, Minnesota Academy of Family Physicians, Minneapolis, MN. April 22, 2005.

Shoulder Injuries in Baseball, Edina Baseball Association, Community Center, Edina, MN, April 14, 2005.

Performance Enhancement for Baseball Pitchers, Eden Prairie Baseball Association, Eden Prairie, MN. March 28, 2005.

Neurological Injuries Involving the Shoulder, Minneapolis Sports Medicine, Minneapolis, MN. January 19, 2005.

Injection Technique. Wadena Tri-County Hospital. Wadena, MN. December 1, 2004.

Upper Extremity Injuries in the Pediatric Patient. Southlake Pediatrics. West Health, MN. November 23, 2004

To Operate or Not to Operate: That is the Question. Minneapolis Sports Medicine Center. Minneapolis, MN. November 10, 2004.

Upper Extremity in the Pediatric Patient. Southlake Pediatrics. Minnetonka, MN. September 23, 2004.

Efficacy of In-Season Rotator Cuff Training Program in Amateur Pitchers. NovaCare Rehabilitation Southdale Medical Center. Edina, MN. August 6, 2004.

The Shoulder. “Ortho Boot Camp,” University of Minnesota. Minneapolis, MN. June 29, 2004.

Core Curriculum: Shoulder. University of Minnesota. Minneapolis, MN. June 3, 2004.

Core Curriculum: Everything You Ever Wanted to Know About Painful Shoulder but Were Afraid to Ask. University of Minnesota. Minneapolis, MN. May 28, 2004.

Core Curriculum: Impingement Syndrome and Rotator Cuff Disease. University of Minnesota. Minneapolis, MN. May 21, 2004.

Pitcher Strength & Velocity in High School and College Athletes. Minneapolis Sports Medicine Center Annual Sports Medicine Conference. Minneapolis, MN. April 24, 2004.

Scapular Assessment. Minneapolis Sports Medicine Center Annual Sports Medicine Conference. Minneapolis, MN. April 23, 2004.

Acute Shoulder Instability: Point Counter Point. Minneapolis Sports Medicine Center Annual Sports Medicine Conference. Minneapolis, MN. April 23, 2004.

Research Update on Baseball. Sports and Orthopaedic Specialists and Sister Kenny Institute's Baseball Conference. Minneapolis, MN. March 2, 2004.

Proximal Humeral Fractures: Plate, Rod or Replace? Zimmer Page Education Center. Edina, MN. February 19, 2004.

Tendon Transfer for Shoulder Pathology. Grand Rounds Lecture, University of Minnesota. Minneapolis, MN. February 6, 2004.

Arthroscopy Course: Shoulder and Elbow. University of Minnesota. Minneapolis, MN. January 10, 2004.

Surgical Options for the Throwing Shoulder. Current Trends in Sports Medicine. NovaCare Sports Medicine Conference. Bloomington, MN. July 29, 2003.

Upper Extremity: The Shoulder Examination. "Ortho Boot Camp," University of Minnesota. Minneapolis, MN. June 30, 2003.

Evaluation & Treatment of Shoulder Pain. Abbott Northwestern Specialty Care Center. St. Cloud, MN. May 15, 2003.

Coracoid Impingement: The Other Impingement. Minneapolis Sports Medicine Center Annual Sports Medicine Conference. Minneapolis, MN. April 25, 2003.

Encounters of the Aging Athlete: Upper Extremity Injuries. Abbott Northwestern Hospital Orthopaedic Conference. Bloomington, MN. April 11, 2003.

Upper Extremity Physical Exam: Hands-on Session. Abbott Northwestern Hospital Orthopaedic Conference. Bloomington, MN. April 11, 2003.

Shoulder Evaluation Techniques. 2003 Occupational Medicine Update. Midwest Center for Occupational Health & Safety. Minneapolis, MN. March 21, 2003.

Evaluation and Treatment of Shoulder Pain. St. Francis Hospital Grand Rounds. Shakopee, MN. March 7, 2003.

Traumatic Injuries of the Shoulder: Case Presentations. Minneapolis Sports Medicine Center. Minneapolis, MN. November 20, 2002.

Reliability of Special Tests of the Shoulder. Orthopedic Rehabilitation Specialists, Inc. Minneapolis, MN. November 8, 2002.

Evaluation and Treatment of Shoulder Pain. Orthopedic Rehabilitation Specialists, Inc. Minneapolis, MN. November 8, 2002.

Traumatic Shoulder Injuries and Return to Play. Fifth Annual Twin Cities Marathon Sports Medicine Conference. Minneapolis, MN. September 27, 2002.

Evaluation and Treatment of the Painful Shoulder. St. Cloud, MN. July 25, 2002.

Comprehensive Shoulder Examination. USA Cup. Minneapolis, MN. July 17, 2002.

The Shoulder Examination. "Ortho Boot Camp," University of Minnesota. Minneapolis, MN. June 28, 2002.

Core Curriculum: The Elbow. University of Minnesota. Minneapolis, MN. June 14, 2002.

Core Curriculum: Rotator Cuff Disease. University of Minnesota. Minneapolis, MN. May 24, 2002.

The Elbow. Minneapolis Sports Medicine Center. Minneapolis, MN. March 21, 2002.

Glenohumeral Arthritis. Twin Cities Orthopaedic Society. Minneapolis, MN. September 13, 2001.

Shoulder Examination. USA Cup. Minneapolis, MN. July 11, 2001.

The Shoulder Examination. "Ortho Boot Camp," University of Minnesota. Minneapolis, MN. June 20, 2001.

Results of RCR after Anterior Dislocation in the Older Patient. Abbott Northwestern Hospital Grand Rounds. Minneapolis, MN. June 19, 2001.

The Unstable Shoulder: An Athletes Perspective. Minnesota Intercollegiate Athletic Conference Annual Meeting. Minneapolis, MN. May 17, 2001.

Elbow Epicondylitis. Minneapolis Sports Medicine Center. Minneapolis, MN. May 10, 2001.

Osteoarthritis: A Case Presentation. Zimmer Product Advisory. Brainerd, MN. May 3, 2001.

Anterior Shoulder Instability: Non-operative vs. Operative Approaches. Sister Kenny Sports and Physical Therapy. Fridley, MN. December 2, 2000.

Shoulder Examination. Wadena Orthopedics. Wadena, MN. November 22, 2000.

GRANTS

National Orthopaedic Surgery Fellows Foundation, 1999-2000
Freehill MQ, Mow V, Levine WN, Bigliani LU. *Latissimus Dorsi Transfer for Irreparable Rotator Cuff Tears: A Biomechanical Analysis.*

AWARDS

Charles Schwartz Orthopaedic Traveling Fellowship, 1999
Third Place, OREF Regional Research Symposium, 1999
John R. Tobin Scholarship, 1993
Alpha Sigma Nu Honorary, 1993
Loyola University Honors Program