

Adam M. Lindsay, M.D., M.S.

EDUCATION

- Orthopaedic Sports Medicine Fellow, University of Colorado, Boulder (Aug 2020 – Aug 2021)
- Orthopaedic Resident, University of Southern California/LAC+USC (Jul 2016 – Jun 2020)
- Intern, Department of Orthopaedic Surgery, University of Southern California/LAC+USC (Jul 2015 – Jun 2016)
- Doctor of Medicine, Drexel University College of Medicine (Aug 2011 – May 2015)
- Master of Science, Integrative Physiology, University of Colorado, Boulder (Aug 2009 – May 2011)
- Bachelor of Science, Psychology with Biological Emphasis, University of California, Davis (2004–2009)
- Bachelor of Arts, Exercise Biology, University of California, Davis (2004–2009)

BOARD CERTIFICATION AND EXAMINATIONS

- USMLE Step 1: 253, Pass
- USMLE Step 2 CK: 253, Pass
- USMLE Step 2 CS: Pass
- USMLE Step 3: 225, Pass
- ABOS Part 1 Board Certification: Pass
- ABOS Part 2 Board Certification: Board Certified, 9/2024

WORK EXPERIENCE

- Orthopaedic Surgeon, The St. Charles Center for Orthopaedics and Neurosurgery, Bend, OR
- Team Physician, Western Colorado University
- Assistant Team Physician, University of Colorado Boulder, University of Denver Men's Hockey, Colorado Avalanche (NHL), Colorado Rapids (MLS) (Aug 2020 – Sep 2022)
- Team Physician, San Marino High School & Flintridge Preparatory High School Football (Jul 2017 – Jul 2020)
- Per Diem Physician, Department of Orthopedics, Kaiser Permanente Baldwin Park (Nov 2017 – Jul 2020)
- Graduate Research Assistant, JFK Partners, University of Colorado Denver (2009–2011)
- Professional Research Assistant, Study to Explore Early Development, University of Colorado Denver (2009–2011)

- Graduate Teaching Assistant, Endocrinology and Human Physiology Laboratory, University of Colorado Boulder (2009–2011)
- Junior Specialist I, Department of Psychology, UC Davis (Apr 2009 – Aug 2009)

PROFESSIONAL COMMITTEES

- Member, ASES Educational Committee (2024–2026)
- Participant, ASES Mentor/Mentee Program

PUBLICATIONS

- Lindsay A. Pectoralis tendon tear. *OrthoInfo—American Academy of Orthopaedic Surgeons*. <https://orthoinfo.aaos.org/en/diseases--conditions/pectoralis-tendon-tear/>. Accessed February 9, 2026.
- Lindsay A. Revision total shoulder replacement. *OrthoInfo—American Academy of Orthopaedic Surgeons*. <https://orthoinfo.aaos.org/en/treatment/revision-total-shoulder-replacement/>. Accessed February 9, 2026.
- Adio, A., Lindsay, A., and Kassam, H. Cost-Effectiveness Analysis of Outpatient Versus Inpatient Total Shoulder Arthroplasty Accepted for publication in *JSES: Seminars in Arthroplasty*. Submission date February, 2026.
- Boufadel et. Al, “Biologic and Synthetic Augmentation Grafts in Rotator Cuff Repair” *Accepted to JBJS Current Concept Reviews, expected publication 2026*
- Saunders, Patrick, et al. "Ulnar Collateral Ligament Injuries in Pediatric and Adolescent Throwing Athletes." *JBJS reviews* 13.5 (2025): e25.
- Lindsay, A., Donby, B., McCarty, E. (2022). MRI-Arthroscopy Correlations: A Case-Based Atlas of the Knee, Shoulder, Elbow, Hip, and Ankle, 3rd Ed.
- Lindsay, A., Chai, A., Frank, R. (2022). Open Strategies for Recurrent Glenohumeral Instability, In Cole & Chahla: Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine, 3rd ed.
- Trasolini, N., Lindsay, A., Cooper, J., Hatch, G. (2018). Biomechanics of Internal Bracing, In Fanelli, G (Ed.) *The Multiple Ligament Injured Knee: A Practical Guide to Management*, 3rd ed.
- Lindsay, A., Klineberg, E. (2014). Materials and Biomaterials Used for Spinal Deformity Correction, In Debrecht, A. (Ed.), *Global Spinal Alignment*.
- Belk, J.W., Lindsay, A., et al. (2021). Biomechanical Testing of Suture Anchor Versus Transosseous Tunnel Technique for Quadriceps Tendon Repair. *Arthroscopy, Sports Medicine, and Rehabilitation*.
- Lindsay, A., Seidl, A. (2021). Additional Double Anchor Mattress Suture Technique for Reinforcing Coracoid Graft Fixation in Open Latarjet. *JSES Reviews, Reports, and Techniques*.

- Keeling, L.E., Belk, J.W., et al. (2021). Bone Marrow Aspirate Concentrate for the Treatment of Knee Osteoarthritis: A Systematic Review. *The American Journal of Sports Medicine*.
- Weber, A.E., Bolia, I.K., Korber, S., Mayfield, C.K., Lindsay, A., et al. (2021). Five-Year Surveillance of Vitamin D Levels in NCAA Division I Football Players. *Orthopaedic Journal of Sports Medicine*.
- Schwarz, I., Houck, D.A., Shah, V., Jolly, A.J., Lindsay, A., et al. (2021). Bone and Body Characteristics of Freestyle and Nonfreestyle Skiers. *The Journal of Sports Medicine and Physical Fitness*.
- Trasolini, N., Lindsay, A., et al. (2019). The Biomechanics of Multiligament Knee Injuries. *Clinics in Sports Medicine*.
- Vakhshori, V., Lindsay, A., et al. (2019). Synovial Chondromatosis of the Distal Radioulnar Joint. *Orthopedics Today*.
- Chae, Y., Goodman, G.S., Lindsay, A. (2011). Child Maltreatment Victims' Abilities as Witnesses. *Child Abuse & Neglect*.
- Abstracts and Presentations:
- Multiple podium and poster presentations at AAOS, AOSSM, WOA, and other meetings.

PROFESSIONAL REFERENCES

- Jonathan Bravman, MD — Associate Professor, University of Colorado | Email: Jonathan.Bravman@cuanschutz.edu | Phone: 303-882-8733
- Maj. Ryan Jahn, MD — Kaiser Permanente Medical Group, Portland, OR. | Email: Ryan.t.jahn.mil@health.com | Phone: 707-478-7495
- Max Seiter, MD — Orthopaedic Surgeon, Vail Summit Orthopaedics and Neurosurgery | Email: MSeiter@vsortho.com | Phone: 310-683-3330
- Aaron Askew, MD — Orthopaedic Surgeon, The Center for Orthopedics and Neurosurgery | Email: Aaskew@thecenteroregon.com | Phone: 941-382-3344

PROFESSIONAL SOCIETIES

- American Shoulder and Elbow Surgeons — Associate Member
- American Orthopaedic Society for Sports Medicine
- Orthopaedic Trauma Association
- American Academy of Orthopaedic Surgeons
- Alpha Omega Alpha Medical Honors Society

CERTIFICATES

- Advanced Trauma Life Support (ATLS)
- Basic Life Support (BLS)
- Advanced Cardiac Life Support (ACLS)