

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

910 Sunny Slope Dr. Gunnison, CO 81230 · (916) 952-8698 · alindsay@vsortho.com

I. Education	Orthopaedic Sports Medicine Fellow <i>University of Colorado, Boulder</i>	Aug. 2020 – Aug 2021
	Orthopaedic Resident <i>University of Southern California/LAC+USC</i>	Jul. 2016 – Jun. 2020
	Intern, Department of Orthopaedic Surgery <i>University of Southern California/LAC+USC</i>	Jul. 2015 – Jun. 2016
	Doctor of Medicine <i>Drexel University College of Medicine – Formerly Hahnemann University Hospital</i>	Aug. 2011 – May 2015
	Masters of Science in Integrative Physiology <i>University of Colorado, Boulder</i>	Aug. 2009 – May 2011
	Bachelor of Science, Psychology with a Biological Emphasis <i>University of California, Davis</i>	Aug. 2004 – May 2009
	Bachelor of Arts, Exercise Biology <i>University of California, Davis</i>	

II. Current USMLE & ABOS Board Scores	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: Eligible	

III. Work Experience	Junior Partner Vail-Summit Orthopaedics and Neurosurgery/Alpine Orthopaedics	Sep. 2021 – Present
	Assistant Team Physician <i>University of Colorado, Boulder Buffaloes University of Denver Men's Hockey Colorado Avalanche (NHL) Colorado Rapids (MLS) Supervisor: Eric McCarty, MD</i>	Aug. 2020 – Aug 2021

<p>Team Physician <i>San Marino High School Football Team and Flintridge Preparatory High School Football Team</i> Supervisor: Alex Weber, MD</p>	<p>Jul. 2017 – July 2020</p>
<p>Per Diem Physician, Department of Orthopedics <i>Kaiser Permanente Baldwin Park</i> Supervisor: Raffy Mirzayan, MD</p>	<p>Nov. 2017 – July 2020</p>
<p>Graduate Research Assistant, JFK Partners, Center for Autism and Developmental Disabilities Research <i>University of Colorado, Denver, Anschutz Medical Campus</i> Supervisor: Drs. Eric Moody, Ph.D. and Susan Hepburn Ph.D.</p>	<p>Sep. 2009 – Aug. 2011</p>
<p>Professional Research Assistant, Study to Explore Early Development JFK Partners, Center for Autism and Developmental Disabilities Research <i>University of Colorado, Denver, Anschutz Medical Campus</i> Supervisor: Kristina Hightshoe</p>	<p>Nov. 2009 – Aug. 2011</p>
<p>Graduate Teaching Assistant, Endocrinology; Department of Integrative Physiology <i>University of Colorado, Boulder</i> Supervisors: Dr. David Norris Ph.D., Dr. Pei Tsai Ph.D.</p>	<p>Aug. 2010 – May 2011</p>
<p>Graduate Teaching Assistant, Human Physiology Laboratory; Department of Integrative Physiology <i>University of Colorado, Boulder</i> Supervisor: Robert Hermanson</p>	<p>Dec. 2009 – Aug. 2010</p>
<p>Junior Specialist I, Department of Psychology, Developmental Research Center <i>University of California, Davis</i> Supervisor: Gail S. Goodman, Ph.D.</p>	<p>Apr. 2009 – Aug. 2009</p>
<p>Behavioral Therapist <i>B.E.S.T Consulting Company</i> Supervisor: Heather Cornelison</p>	<p>Dec. 2008 – Jun. 2009</p>
<p>Undergraduate Research Assistant, Department of Psychology, Developmental Research Center <i>University of California, Davis</i> Supervisor: Gail S. Goodman, Ph.D.</p>	<p>Feb. 2006 – Apr. 2009</p>

**IV. Professional
References**

Eric McCarty MD
Fellowship Director
Chair of Sports Medicine
Head Team Physician:
University of Colorado
Colorado Avalanche
University of Denver

Email:
Eric.McCarty@cuanschutz.edu
Phone: 720-470-7964

Jonathan Bravman MD
Associate Professor
Director of Sports Medicine Research
Team Physician
University of Colorado
Colorado Avalanche
University of Denver

Email:
Jonathan.Bravman@cuanschutz.edu
Phone: 303-882-8733

George F. "Rick" Hatch, III MD
Director - USC Sports Medicine Fellowship
University of Southern California / Keck School of Medicine

Email:
Ghatchmd@gmail.com
Phone: 310-683-3330

Daniel Oakes MD
Program Director – USC Orthopaedic Residency
Director – Arthroplasty and Joint Reconstruction
University of Southern California / Keck School of Medicine

Email:
daniel.oakes@med.usc.edu
Phone: 626-644-2275

V. Publications

Chapters: **Lindsay, A.**, Donby, B, McCarty, E. (2021) MRI-Arthroscopy Correlations: A Case-Based Atlas of the Knee, Shoulder, Elbow, Hip and Ankle, 3rd Ed. *Currently in final edits. Expected Publication date 10/2021.*

Lindsay, A., Chai, A., Frank, R. (2021) 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 A. Debrecht (Ed.), Global Spinal Alignment (pp. 4-18). St. Louis, Missouri: Quality Medical Publishing.

Articles:

Keeling, L. E., Belk, J. W., Kraeutler, M. J., Kallner, A. C., **Lindsay, A.**, McCarty, E. C., & Postma, W. F. (2021). Bone Marrow Aspirate Concentrate for the Treatment of Knee Osteoarthritis: A Systematic Review. *The American Journal of Sports Medicine*, 03635465211018837.

Schwarz, I, **Lindsay, A.**, Freeman T., Houck, D., BA; Wolcott, M., Mayo, M., Frank, R., McCarty, E. Trends in rates of intra-articular injections and surgery for orthopedic injures in collegiate athletes. *Manuscript In final edits, Expected Submission 11/2021*

Lindsay, A., Belk, W., Frank, R., McCarty, E. Trans-osseus tunnel versus Suture Anchors: A Systematic Review of Biomechanical Studies of Quadriceps Repair Submitted *Arthroscopy* 5/2021.

Weber, A. E., Bolia, I. K., Korber, S., Mayfield, C. K., **Lindsay, A.**, Rosen, J., ... & Gamradt, S. C. (2021). Five-Year Surveillance of Vitamin D Levels in NCAA Division I Football Players: Risk Factors for Failed Supplementation. *Orthopaedic Journal of Sports Medicine*, 9(1), 2325967120975100.

Robinson, A., **Lindsay, A.**, Vidal, A., Frank, R., *Osteochondral Autograft Transfer Operative Techniques in Sports Medicine*, Accepted, anticipated publish date 11/2021

Schwarz, I., Houck, D. A., Shah, V., Jolly, A. J., **Lindsay, A.**, Bravman, J. T., & Frank, R. M. (2021). Bone and body characteristics of freestyle and nonfreestyle skiers. *The Journal of Sports Medicine and Physical Fitness*.

Trasolini, N., **Lindsay, A.**, Gipsman, A., & Hatch, G. F. R. (2019). The Biomechanics of Multiligament Knee Injuries: From Trauma to Treatment. *Clinics in sports medicine*, 38(2), 215-234.

Vakhshori, V., **Lindsay, A.**, Kabirian, N., Stevanovic, M. (2019). A 3-year-old Boy with Synovial Chondromatosis of the Distal Radioulnar Joint. *Orthopedics Today*, 8-9.

Chae, Y., Goodman, G. S., Bederian-Gardner, D., **Lindsay, A.** (2011). Methodological Issues and Practical Strategies in Research on Child Maltreatment Victims' Abilities and Experiences as Witnesses. *Child Abuse & Neglect*. 35(4) 240-248.

Current Projects

Lindsay, A., Seidl, A. Additional Double Anchor Mattress Suture Technique for Reinforcing Coracoid Graft Fixation in Open Latarjet. Submitted to JSES Reviews, Reports, and Techniques, awaiting reviewer comments 9/2021

Lindsay A., Belk, W., McCarty, E. Strategies for Pectoralis Major Tendon Repairs, Manuscript Submitted to Journal of the American Academy of Orthopaedic Surgeons, *Accepted pending reviewer comments 12/2021*.

Abstracts and Presentations:

Schwarz, I., **Lindsay, A.**, Houck, D., Bravman J., Shah, V., Jolly, A., Frank, R., McCarty, E. Freestyle skiing is associated with similar proximal femur and lumbar spine adaptations and lower body mass index as compared to skiers in non-freestyle events Poster presentation accepted at 2021 American Academy of Orthopedic Surgeons Annual Meeting, San Diego CA

Trasolini, N., Kang, H.P., Ihn, H., **Lindsay, A.**, Olsen, S., Romano, R., Tibone, J., Gamradt, S., Weber, A. Water Polo is Associated With Restricted Hip Motion and Physical Examination Findings of Femoroacetabular Impingement Syndrome (March 2020). Poster presentation accepted at 2020 American Academy of Sport Medicine Annual Meeting, Seattle, WA.

Lindsay, A., Jalali, O., Romano, R., Weber, A., Gamradt, S., Vitamin D and Posterior chain injuries in NCAA Division I Track Athletes (August 2019). Resident Research Award recipient at 2019 Western Orthopaedic Association Annual Meeting, Monterey, CA.

Lindsay A., Landon, C., Peng, T., Carney, J., Juhan, T, Marecek, G. Methamphetamine Use and Acute Post-Operative Narcotic Consumption in Orthopedic Trauma Patients (August 2019). Podium presentation at 2019 Western Orthopaedic Association Annual Meeting, Monterey, CA.

Erdman, M.K., Gibbs, S., Trasolini, N., **Lindsay, A.**, Marecek, G. Arthroscopic Assistance in Fracture Reduction (March 2019). Scientific Exhibit at the American Academy of Orthopedic Surgeons annual meeting, Las Vegas, NV.

Lindsay, A., Rounds, A., Romano, R., Gamradt, S. Vitamin D insufficiency and Stress fractures in NCAA Division 1A Track and Field athletes (August 2019). Podium presentation at 2019 Western Orthopaedic Association annual meeting, Monterey, CA

Lindsay, A., Jalali, O., Romano, R., Weber, A., Gamradt, S., Vitamin D and Posterior Chain Injuries in NCAA Division I Track Athletes (August 2019). Poster presentation at 2019 American Academy of Sport Medicine Annual Meeting, Boston MA.

Korber, S., Rounds, A., Mayer, E., Trasolini, N., **Lindsay, A.**, Weber, A., Hatch, G., Gamradt, S. Supplementation of Vitamin D in Division I Athletes (August 2018). Podium presentation at 2018 Western Orthopaedic Association Annual Meeting, Aspen, CO.

Lindsay, A., Roiz, R; Gonsalves, N., Barreto, D., Choi, P., Goldstein, R. Radiographic Features of the Hip in Skeletal Dysplasia (August 2018). Poster presentation at 2018 Western Orthopaedic Association Annual Meeting, Aspen, CO.

Ball, C., **Lindsay, A.**, Menendez, L., Charlton, T. The Bayes Oncology Evaluation Tool: The BAYONET Bone Study (April 2017). Poster presentation at the American Academy of Orthopedic Surgeons Annual Meeting, San Diego CA.

Moody, E., McIntosh, J., **Lindsay, A.**, Turner, A., Hepburn, S. Preserved Mimicry in Children with Autism; Enhanced Mimicry in Children with Williams Syndrome (November 2011). Poster presentation at the International Meeting for Autism Research, San Diego, CA.

Lindsay, A., Moody, E., Hepburn, S. Beyond the prize box: Creating a Comfortable Research Experience for Children with Autism Spectrum Disorder (August 2010) Poster presentation at the Meeting for the Autism Society of Colorado, Denver, CO.

Moody, E. Hepburn, S., McIntosh, D., **Lindsay, A.** Spontaneous Mimicry and Imitation in Children with Autism (May 2010). Presentation at the International Meeting for Autism Research, Philadelphia, PA

VI. Extra-Curricular Activities	<p>EVO Program for Student athletes, Nominated as Mentor for NCAA Student Athletes <i>University of California, Davis</i> Supervisor: Daniel Layson</p> <p>Steering Coordinator, Salvation Army HOP Clinic <i>Drexel University College of Medicine</i> Supervisor: Dr. Steven Peitzman, MD FACP</p> <p>Co-President, Sports Medicine Interest Group <i>Drexel University College of Medicine</i> Supervisor: Dr. Eugene Hong, MD CAQSM FAAFP and Dr. Robert Cabry MD</p> <p>NCAA Division 1 Athlete <i>University of California, Davis</i> Supervisor: Steve Doten, Head Coach</p> <p>Member of United States Men’s Senior National Water Polo Team, <i>United States Water Polo</i> Supervisor: Ricardo Azevedo, Head Coach</p>	<p>Aug. 2018 - Current</p> <p>Apr. 2012 – May 2014</p> <p>Jun. 2012- May 2015</p> <p>Aug. 2004 – Jan. 2009</p> <p>Oct. 2005 – Dec. 2006</p>
VII. Volunteer Experience	<p>Instructor, life skills course for adults with developmental disabilities <i>Philadelphia Developmental Disabilities Corporation</i> Supervisor: Patricia Mecca</p> <p>Summer camp counselor for people with developmental disabilities <i>Camp ReCreation</i> Supervisor: John Bazzanella, President</p> <p>Student-Athlete Advisor <i>Student Athlete Advisory Committee</i> Supervisor: Michelle Ropeau</p>	<p>Apr. 2012 – Jul. 2012</p> <p>Jun. 2003 – Jun. 2011</p> <p>Aug. 2005 – May 2008</p>

VIII. Honors and Awards	<i>Alpha Omega Alpha Medical Honors Society; Inducted 3/2015</i>	Mar. 2015
	<i>Report of Exemplary Professionalism</i>	Jun. 2014
	<i>Med Scholar - chosen to assist in teaching gross anatomy to the first year class</i>	May 2012
	<i>Honorable Mention (T3) at 2011 Annenberg Anatomy Competition</i>	Oct. 2011
	<i>Letters & Sciences Deans List for Outstanding Academic Performance</i>	Jun. 2009
	<i>NCAA Academic All-American</i>	May 2009
	<i>Nominated for J.P. Lindley award for Outstanding Scholar Athlete</i>	May 2009
	<i>Voted Most Valuable Defensive Player of 2008 Men's Water Polo Season</i>	May 2009
	<i>Letters & Sciences Dean's List for Outstanding Academic Performance</i>	Mar. 2009
	<i>Voted to Western Water Polo Association All-Conference Team</i>	Nov. 2008
	<i>NCAA Academic All-American</i>	May 2008
	<i>NCAA Academic All-American</i>	May 2007
	<i>Athletic Honor Roll</i>	Dec. 2005 – May 2009

IX: Professional Societies

- American Orthopaedic Society for Sports Medicine
- American Academy of Orthopaedic Surgeons
- American Shoulder and Elbow Surgeons
- Alpha Omega Alpha Medical Honors Society