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Orthopaedic Specialists

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On Facebook as Orthopaedic Specialists PLLC



Education

- ◆ Board Certified Part 1 and Part 2 : American Boards of Orthopaedic Surgery
- ◆ Board Certified Sports Medicine: American Board of Orthopaedic Surgery
- ◆ Kentucky and Indiana State Licensed
- ◆ **Fellowship: 8/1/96 to 7/31/97**
Sports Medicine, University of Western Ontario, Fowler-Kennedy Sports Center, London, Ontario Sports Medicine Fellowship
- ◆ **Residency: 7/1/92 to 6/30/96**
Orthopaedic Surgery: University of Minnesota Hospital and Clinics
- ◆ **Internship: 7/1/91 to 6/31/92**
General Surgery: University of Minnesota Hospital and Clinics
- ◆ **Doctor of Medicine: 1987 to 1991**
University of Louisville School of Medicine, Louisville, KY
- ◆ **Bachelor of Arts: 1982 to 1987; Biology and Chemistry**
Indiana University Southeast, New Albany Indiana
- ◆ **High School: 1979 to 1982**
Drummond High School, Drummond, Wisconsin

Academic and Professional Experience

- ◆ Clinical Assistant Professor for the Sports Medicine Fellowship Program at University of Louisville (2006-2010)
- ◆ Clinical Assistant Professor for the Department of Family Medicine and Geriatrics (2000-present)
- ◆ Clinical Assistant Professor for the Department of Internal Medicine and Pediatrics University of Louisville (2000-present)
- ◆ Clinical Assistant Professor for the Medical and Rehabilitation Program at University of Louisville (2015-present)
- ◆ Lincoln Memorial Physician Assistant School : Orthopaedic Clinical Preceptor (2015-2016)
- ◆ GEM Program Preceptor: Guaranteed Medical School (2014-present)
- ◆ Centre College Surgical Internship Founder (2013-present)

Team Physician

- ◆ UofL Women's Soccer (2005-2010)
- ◆ UofL Women's Lacrosse (2007 -2010)
- ◆ Louisville Ballet (2000- 2016)
- ◆ WWE Midwest Training Facility (2000 – 2006)
- ◆ Indiana University Southeast (1999- 2015)
- ◆ Spaulding University, (1999-2014)
- ◆ Kentucky Karma: Women's Football Team (2005- 2010)
- ◆ North Oldham High School (2003- 2006)
- ◆ South Oldham High School (2005- present)
- ◆ Presentation Academy, Louisville Kentucky (1997-2006)

Honors and Awards

- ◆ Kentucky Women's Physicians Association: President (1997-1998)
- ◆ Tower Award for Women Leaders: Science and Medicine, October 21, 1999.
- ◆ International Women's Orthopaedic Society FORUM: President (October, 2001)
- ◆ Presentation Academy Board of Directors (2002- present)
- ◆ Winner of Patients Choice Award 2012
- ◆ Awarded Vitals Compassionate Doctor 2013
- ◆ Voted one of the top 10 Orthopaedic surgeons in Louisville by America Top 10
- ◆ Awarded the Departmental Award by the University of Louisville of Family Medicine and Geriatrics, June 22, 2013, Muhammad Ali Center, Louisville, KY

- ◆ Nominated for Health and Wellness Award: Today's Women, March 2014
- ◆ Awarded Small Business Owner NAWBO Epic Award, March 2016

Community Service

- ◆ Louisville Sports Commission Board of Directors: 2014-present
- ◆ Louisville Sports Commission Executive Committee Board of Directors: 2016- present
- ◆ Louisville Active Co-Chairperson: 2016-present
- ◆ Norton Commons YMCA Board of Directors: 2015-present

Memberships

- ◆ Ruth Jackson Society: International Society for Women Orthopaedic Surgeons: 1997- Present
- ◆ American Academy of Orthopaedic Surgeons: 2002- present
- ◆ FORUM Society: International Women's Orthopaedic Society: Past President 2000 and Member 2000- present
- ◆ Society of Medicine and Tennis: 2002 –present
- ◆ I.U Southeast University Natural Science Board of Directors :Feb 2005-2010
- ◆ USA Gymnastics : 2002-present
- ◆ Baptist Hospital East Emergency Room Committee : 2010 - present
- ◆ American Academy of Sports Medicine: 2012 – present
- ◆ International STOP Sports Injuries Campaign : 2012 – present
- ◆ Baptist Hospital East CME Committee : 2013 – present
- ◆ Louisville Sports Commission: Elected June 2013 - present
- ◆ Louisville Sports Commission: Health and Wellness Chairman, February 2015-present
- ◆ YMCA Board Member, Norton Commons Branch: 2015-present
- ◆ National Association of Women Business Owners: 2016-present

Personal Interests

- ◆ Tennis 3rd place USTA 3.5 Nationals: San Diego, CA, October 15th, 2001
- ◆ Tennis USTA singles 4.0 / 4.5 (2002- present)
- ◆ Tennis USTA 4.0 State tournament qualifiers(2003, 2004, 2005, 2007 season)
- ◆ Indiana United State Cycling Federation Time Trail Champion (1984)
- ◆ American Birkebeiner Cross Country Ski Marathon (1993, 1997, 1998, and 1999)
- ◆ Korteloppet Cross Country Ski Marathon (1982 [4th overall] and 2005)

Research and Publications

1. **Grossfeld, S.L.**, Winter, R.B., Lonstein, J.E., Denis, F., Leonard, A. and Johnson, L.: Complications of Anterior Spine Surgery in Children: A retrospective review of 599 cases.
 - Presented to the American of Orthopaedic Surgeons 61st Annual Meeting, New Orleans, LA. February 26-March 1, 1994
 - Published: J. Ped. Orthop, 17: 89-95, 1997

2. **Grossfeld, S.L.** Puno, R.M., Henry, S.P., Seligson, D. Harkiss, J.W. and Tsai, T.M.: Functional Analysis of Tibial III-B and III-C Fractures.
 - Presented to the American Academy of Orthopaedic Surgeons 59th Annual Meeting, Washington DC, 1992
 - Presented to the Orthopaedic Trauma meeting, Seattle Washington, October 31-November 2, 1991.
 - Published: Microsurgery, 17: 167-1173, 1996

3. Puno, R.M., **Grossfeld, S.L.**, Johnson, J.A. and Holt, R.T.: Cotrel-Dubosset Instrumentation in Idiopathic Scoliosis.
 - Presented at the American Academy of Orthopaedic Surgeons 58th Annual Meeting, Anaheim, California, 1991
 - Presented at the Scoliosis Research Society Meeting, Minneapolis, Minnesota, 1992.
 - Presented at the Southern Medical Association residents' and Fellows' conference, Nashville, Tennessee, October, 1990.
 - Published: Spine: Vol. 17, #85 pp. 258-260, 1992.

4. **Grossfeld, S.L.**, and Firill, J.A.: The effects of Deferoxamine on Ischemic Changes in the Rat Skeletal Muscle: A Preliminary Study.
 - Published: Journal of Investigative Surgery, Vol. 5, pp. 375-386, 1992

5. Loeb, T.M., Goddy, L. and **Grossfeld, S.L.**: Surgical Correction of Congenital Dislocation of the Hip Via the Ferguson approach: A Ten Year Review.
 - Unpublished

6. Holt, R.T., Puno, R.M., **Grossfeld, S.L.**, and Johnson, J.A.: Criteria for Selection of Fusion Levels in Idiopathic Scoliosis Instrument with Cotrel-Dubousset Instrumentation.
 - Presented at the Scoliosis research Society Meeting Poster Presentation at the 25th Annual Meeting. Honolulu, Hawaii, 1990.

7. Puno, R.M., Voos, C., **Grossfeld, S.L.**, and Johnson, J.A. and Holt, R.T.,: Vertebral Rotation Determined By Computer Analysis in Idiopathic Scoliosis with Cotrel-Dubosseet Instrumentation.

- Presented at the Scoliosis research Society Meeting Poster Presentation at the 25th Annual Meeting Honolulu, Hawaii 1990.
8. **Grossfeld, S.L.** and Engebretsen, L., Patellar Tendinitis: A Case Report.
 - Published: Scand. J. Med. Science in Sports, 3 (12) p 24-26. Oct., 1994.
 9. Boyd, J., **Grossfeld, S.L.**, and Quick, DC: Outcomes of Semitendinous/Gracilis Autograft with a LAD compared to Middle Third Patella Bone Tendon Bone Autograft.
 - Presented: Mid-American Conference, San Antonio, TX, April 26-28th, 1996.
 10. **Grossfeld, S.L.** and Buss, D.: Video production: How to Perform a Diagnostic Shoulder Arthroscopy in the Beach Chair Position.
 - Presented: American Academy Orthopaedic Surgeons 63rd Annual Meeting, Atlanta, Georgia, February 23-27th, 1996
 11. **Grossfeld, S.L.**, and VanHeest, A.S.: Pitcher's Periostitis
 - Published in the American Journal of Sports Medicine, May, 1998.
 12. **Grossfeld, S.L.**, Amendola, A., Fowler, O., Kirkley, E. and Litchfield, R.: Outpatient ACL Surgery and the Use of Femoral Nerve Blocks in a Prospective Randomized Trial.
 - Published in the Journal of Arthroscopy: 243-246, April, 2000.
 13. Thomas, J.M., **Grossfeld, S.L.**, Panchang, P., Bohlig, B.: Compartment Syndrome poster.
 - Presented: American Medical Society for Sports Medicine 25thAnnual Meeting, Dallas, TX, April 15-20, 2016
 14. Gathani, SK., Popham, R., Stumbo, J., **Grossfeld, S.L.**, Rhoads, D., :*Painful Plié – Case of a 22 Y.O. Dancer with Hip Pain.*
 - Presented: 2015 American Medical Society for Sports Medicine Conference
 15. Richardson, B.M., **Grossfeld, S.L.**, Stumbo, J., Daily, J., :Ouch Mom, My Hip: Diagnosing Hip Pain in a Limping Child.
 - Presented: American Medical Society for Sports Medicine 25thAnnual Meeting, Dallas, TX, April 15-20, 2016
 16. Thomas, J.M., **Grossfeld, S.L.**, Panchang, P. :Biomechanical Evaluation: A Case of Delayed Diagnosis
 - Presented: American Medical Society for Sports Medicine 25thAnnual Meeting, Dallas, TX, April 15-20, 2016

17. Bohlig, B, Thomas, J, **Grossfeld, S.L.**: Proximal Leg Pain with Activity in the Avid Distance Runner: A Case Report

- Presented: American Medical Society for Sports Medicine (AMSSM) 2017 Annual Meeting, San Diego, CA, May 8-13, 2017.

18. Janakos, M, Singla, S, **Grossfeld, S**: An Unusual Presentation of Lower Leg Pain: A Case Report

- Presented: American Medical Society for Sports Medicine, April 24-29, 2018.

Local Publications

Kentuckiana Health and Fitness

- ◆ Osgood Schlatter Disease, September 1997
- ◆ Female Athlete Triad, November 1997
- ◆ Snow Boarding Injuries, February 1997
- ◆ Common Running Injuries: Prevention and Cure, March, 1998
- ◆ Tennis Elbow, August, 1998.
- ◆ The ACL Injury, Sept.,1998.
- ◆ The Pediatric and Adolescent ACL injury, Feb.1999
- ◆ Stress Fractures, July, 1999
- ◆ Returning to Sports after Total Joint Replacement Surgery, November, 1999
- ◆ Knee Injuries: January, 2002
- ◆ The ACL Injury: Can it be prevented? 2003

Today's Woman

- ◆ Osteoporosis: Treatment and Cure: December, 1998
- ◆ Osteoporosis : Common Questions and answers: June, 1999

Health South Family Medicine Publications

- ◆ Lateral Ankle Sprains, January, 1998
- ◆ Female Athlete Triad, March, 1998
- ◆ The ACL Injury, October, 1999

Health South Health Info-Video

- ◆ Common Injuries in Professional Ballet Dancers

Local Lectures

- ◆ **Anterior Shoulder Instability** : Orthopaedic Surgery Grand Rounds:, Kosair Children's Auditorium, February 7, 1998
- ◆ **Osteoporosis: Prevention and Cure** :Humana Family Medicine Conference:, Holiday Inn Conference Center, March 7th, 1998
- ◆ **Knee Pain: Three Different Patient Populations** , Louisville Family Medicine Conference:, Humana Building, September 19th, 1997.
- ◆ **Common Running Injuries**: March 7th, 1997, Republic Bank Conference Center

- ◆ **ACL Reconstructions:** The Hamstring Autograft/Biomechanics and Rehabilitation
- ◆ **Osteoporosis:** U of Louisville Family Medicine Grand Rounds, Sept. 4th, 1998, Jewish Hospital.
- ◆ **Why is Growing Old Such a Pain?, The Perimenopausal Woman,** Baptist Hospital East, Sept. 19, 1998.
- ◆ **Osteoporosis Symposium :** Key note speaker, May 15th,1999, JCC Auditorium
- ◆ **Osteoporosis:** Diagnosis, Treatment and Prevention, Kentucky Coalition of Nurse Practitioners and Nurse Midwives 11th Annual “ Conference Toward Excellence in Primary care and Midwifery”, Louisville, Kentucky, April 21, 1999.
- ◆ **The Female Athlete: It's a Girl Thing!,** Downtown YMCA, July 24, 1999.
- ◆ **Injuries Common to the Female Athlete :** The Derby City chapter of the National Association of Orthopaedic Nurses, November 8th, 1999, Downtown Norton Hospital Auditorium
- ◆ **Common Athletic Injuries to the Student Athlete:** Southern Indiana Coaches Sports Symposium, New Albany, IN, November 30th, 1999
- ◆ **Osteoarthritis and Osteoporosis:** Louisville Women's Physician Forum, Louisville, Kentucky, February, 8th, 2000
- ◆ **Knee Pain: Diagnosis and Treatment:** U of Louisville Family Medicine Grand Rounds, Jewish Hospital, Louisville, Kentucky; February 22th, 2000.
- ◆ **Arthritis : Diagnosis and Treatment:** Baptist Hospital East March 3rd, 2000
- ◆ **Anti-inflammatory Medications: Risks and Benefits:** National Women's Orthopaedic Society, First Annual Meeting, San Diego, California, October 10th, 2000
- ◆ **Common Running Injuries:** Baptist Hospital East, March 17th, 2001
- ◆ **Weekend Warriors: Evaluation and Treatment of Common Orthopaedic Injuries:** The Kentucky Coalition of Nurse Practitioners/ Nurse Midwives Thirteenth Annual Conference Toward Excellence in Primary Care and Midwifery, The Gait House , Louisville, KY, April 28, 2001
- ◆ **Management of Osteoarthritis:** 51st Kentucky Academy of Family Physicians Annual Scientific Assembly , May 17th, 2002, Holiday Inn Hurstbourne, Louisville, Kentucky .
- ◆ **Common Running Injuries:** University of Louisville Family Practice Grand Rounds, Jewish Hospital , Louisville, Kentucky; September, 2002.
- ◆ **Osteoporosis: Review in Treatment and Diagnosis.** Baptist Hospital East Wellness Center, Louisville, Kentucky; November 13, 2002
- ◆ **The Elbow: Injuries and Treatment.** University of Louisville Family Practice Grand Rounds, Jewish Hospital, Louisville, Kentucky; October 15th, 2004.
- ◆ **Osteoporosis and Bone Pain:** Norton's Women's Health Care Program, March 6th, 2005, Women's Pavillion Norton's Suburban Hospital, Louisville, KY

- ◆ **Hip Pain Diagnosis and Treatment:** Family Medicine Board Review Course, March 15th, 2005 , Jewish Hospital Conference Center, Louisville, KY
- ◆ **The Female Athlete:** Bellarmine Physical Therapy Lecture, Bellarmine University, April 6th, 2005 & March 15th, 2010, Louisville, KY
- ◆ **Wilderness Medicine,** Quest for the Outdoors, August 9th, 2005, Louisville, KY
- ◆ **The Female Athlete:** U of L Orthopaedic Grand Rounds, September, 2005, Louisville, KY
- ◆ **The Female Athlete and Sports Injuries:** CME lecture, U of Louisville, March 2006
- ◆ **Total Knee Arthroplasty : The Procedure:** CME Lecture Series, Baptist Hospital East, Louisville , KY , August 26th, 2006
- ◆ **New Innovations in Knee Surgery for Osteoarthritis:** Grand Rounds Family Medicine, CME lecture, U of Louisville, August 24, 2007
- ◆ **Differential Diagnosis of the Knee:** Sports Medicine Symposium “Going the Distance” Spaulding University, Louisville, KY June 3, 2010
- ◆ **The Work Related Knee:** Injury, treatment and Disability, Comp Ed Seminar, Galt House, Louisville, KY, June 2, 2011.
- ◆ **Patient Profiling:** University of Louisville Medical Residents lecture, September 28, 2012.
- ◆ **The ABC’s of the ACL:** No Bones About It lecture series, Baptist Hospital East, Louisville, KY, January 21, 2013.
- ◆ **Upper Extremity Injury Prevention and Performance in Tennis,** Baptist Sports Medicine, Louisville, KY, March 16, 2013.
- ◆ **Midwest Cross Country Ski Seminar:** Physiology of Cross Country Ski Racing, September 2014
- ◆ **Why Does My Shoulder Hurt?,** University of Louisville Medical Residents lecture, January 29, 2016

Radio Programs

- ◆ WNAI - Radio Show, July 27, 1998: **Sports Medicine, Questions & Answers**
- ◆ WNAI – Radio Show, November 16, 1998: **Osteoporosis**
- ◆ WJIE- Radio Show, July 19, 1999: **The Female Athlete and Her Special Needs**
- ◆ WHAS- The Tony Cruse Show, July 20th, 1999, **The Female Athlete**
- ◆ WOW- We Survives Women Offering Women Wisdom, October 16, 1999: **Sports Medicine**
- ◆ NPR/ WFPL : **Healthworks:** August 20th, 2005: **Sports Medicine and Children,** Kirby Adams and Bryan Stanford
- ◆ NPR/WFPL: **Healthworks:** February 23rd, 2006: **Osteoporosis**
- ◆ ESPN RADIO 93.9 The Ville – Regular Orthopaedic Segments

