

2024

ANNUAL REPORT

TWIN CITIES ORTHOPEDICS FOUNDATION



Bolder Options, TCOF Partner



TWIN CITIES ORTHOPEDICS
FOUNDATION

Research • Education • Community Service

MESSAGE FROM THE PRESIDENT

Dear Supporters and Friends,

The mission of the Twin Cities Orthopedics Foundation (TCOF) is to advance musculoskeletal health through community service, orthopedic research, education, and training. Our Board members and staff are all volunteers, enabling the TCOF to directly support more of its goals while minimizing overhead expenses. Special thanks to our volunteers and Board members for their significant efforts.

Of course, without you, our Foundation would have no resources to support our mission, our many worthy community partners and grantees, and extensive orthopedic research. Thank you, and please visit our website at **TCOFoundation.org** for more information, photos, and a user-friendly DONATE button to easily make your fully tax-deductible gift online.

We extend special gratitude to Kurt Anderson, MD, who served on the Foundation's Board of Directors for many years, including four years as President, and is now retiring from the Board.

After seven years as Board President, I am turning the reins over to the very capable hands of Adam Bakker, MD. It was an honor to help found this great organization in 2007 and serve on its Board of Directors since then.

We can accomplish more, together. Thank you for your support.



David Gesensway, MD

7 Years as Board President | Twin Cities Orthopedics Foundation



Advancing musculoskeletal health through community service, orthopedic research, education and training.

TCOFoundation.org

ABOUT THE FOUNDATION

Established in 2007 by members of Twin Cities Orthopedics, the TCOF develops and invests in key activities to improve the quality of life for those affected by bone, joint, and muscle injuries and disorders.

Our Mission

To advance musculoskeletal health through community service, orthopedic research, education and training.

Our Vision

We are dedicated to four key principles that help guide our efforts.

- Supporting community programs and services
- Promoting an active lifestyle
- Increasing orthopedic scientific knowledge through research and education
- Fostering volunteer orthopedic services to underserved local and international communities

2024 Accomplishments

- **Continued dedication to research and education focused on medical innovation and technology**
 - Advancement of the TCO Bioengineering Lab to increase and enhance skills for physicians and fellows, nationally and internationally
- **ImPACT Concussion Testing funding**
- **Continued support of our established partnerships with:**
 - Bolder Options
 - United Heroes League
- **New partnership support with:**
 - Northside Boxing
- **Grants to:**
 - SIGN Fracture Care International
 - Kafika House, Tanzania
 - St. Luke's Radiology/Partners4Hope, Tanzania
 - Crow River BMX
 - Run Meadowbrook Run
 - Rosemount Football Program
 - University of Minnesota Orthopedic Resident Book and Education Fund

2024 BOARD OF DIRECTORS



David Gesensway, MD
PRESIDENT



Chris Bailey, CDO
TREASURER



Becky Stone McGaver, MS, ATC
SECRETARY



Kurt Anderson, MD



Scott Anseth, MD



Adam Bakker, MD



Ryan Hess, MD



Robert LaPrade, MD



Nicholas Meyer, MD



Marcus Mittelsteadt, MD



YEAR END | DECEMBER 31, 2024

STATEMENT OF ACTIVITIES

CONTRIBUTIONS	
REVENUES	
Research & Education Fund	\$878,427
Other Designated Funds	\$27,000
Unrestricted Funds	\$49,847
Total Contributions	\$955,274

DISBURSEMENTS	
EXPENSES	
Research & Education	\$915,697
Undesignated Fund Grants	\$52,700
Designated Fund Grants	\$24,950
Volunteer Service Trip Grant	\$3,000
Administrative Costs	\$16,729
Total Disbursements	\$1,013,076

2024 TOTALS	
Total Expenses	\$1,013,076
Change in Net Assets	-\$57,802
Net Assets, Beginning of Year 2024	\$320,393
Net Assets, End of Year 2024	\$262,591

SUPPORTING OUR COMMUNITIES

LOCAL INVOLVEMENT



BOLDER OPTIONS

Bolder Options provides intensive, long-term support to young people in our communities. They start by pairing youth ages 10-14 with a caring adult mentor for a year of one-to-one mentorship with an emphasis on the physical, emotional, and social dimensions of wellness. Each pair chooses a physical activity goal, an activity they will train for together, and complete at least three events. Pairs also participate in nutrition nights, service activities, and other events hosted by Bolder Options and their partners. At the end of one year, the pair's accomplishments are celebrated at a graduation ceremony, and they are invited to continue with Bolder Options as part of the alumni program.

Learn more at BolderOptions.org

"For over 30 years, Bolder Options has supported young people by connecting them with positive mentors to promote healthy, positive development. The Twin Cities Orthopedics Foundation has been an invaluable partner in this journey. Through their generous contributions and collaborative energy, they've played a key role in advancing our mission. We are profoundly grateful for their unwavering commitment to our community and their enduring support of our work."

Darrell Thompson | President, Bolder Options



NORTHSIDE BOXING CLUB

Northside Boxing Club provides a safe place to teach fundamentals about life, character, nutrition, education, and boxing. They offer free weekday boxing classes, a space to do homework, and nutritious meals.

Learn more at NorthsideBoxing.org

"The TCOF is a key partner to Northside Boxing Club and its growth. Not only in their involvement as partners but the exposure of our mission to the larger community. We are so fortunate to work with TCO and look forward to a long-lasting relationship."

Ryan Burney | Founder, Northside Boxing Club



ROSEMOUNT HIGH SCHOOL FOOTBALL STEPS UP ATHLETE SAFETY WITH TCOF SUPPORT

The Rosemount High School football program received crucial support from the TCOF, enabling the purchase of 90 Guardian Caps, protective helmet covers designed to enhance athlete safety. With more than 200 student-athletes participating in football, the Guardian Caps represent a significant step toward improved safety and concussion prevention.

"We sincerely appreciate the generosity of the TCOF," said Jeff Erdmann, Head Football Coach at Rosemount High School. "Their contribution directly impacts the well-being of our athletes, allowing us to better protect our players as they compete and develop in the sport."

In addition to the Guardian Caps, Coach Erdmann highlighted the exceptional work of Athletic Trainer Courtney Syverson, whose commitment and expertise significantly benefit the program.

"Courtney's dedication and care for our student-athletes does not go unnoticed," Erdmann added. "We're fortunate to have her as an integral part of our team, and we greatly value TCO's ongoing commitment to ensuring our players receive outstanding care."

Through initiatives like this, the TCOF continues to play a pivotal role in enhancing athlete safety and supporting sports programs throughout the community.



UNITED HEROES LEAGUE

United Heroes League's mission is to help military families build confidence, friendships, and engagement through sports. They achieve this by providing free head-to-toe sports equipment, free skill-development camps, grants to offset sports fees, special experiences of meeting pro athletes, and tickets to pro games so families can enjoy a night out before/after deployment.

Learn how you can help at GiveUHL.org

"United Heroes League is so thankful for the continued partnership with the Twin Cities Orthopedics Foundation. Sports are an exceptional way for military children and veterans to stay healthy and be a part of a "team." The support we received from the TCOF once again impacted hundreds of heroic families by making sports more accessible and affordable for them, along with helping boost morale during the tough times of separation and injury. We are truly grateful to everyone at TCO for all the great work they continue to do through the Foundation."

Shane Hudella | President & Founder, United Heroes League

SUPPORTING OUR COMMUNITIES

GLOBAL INVOLVEMENT

TANZANIA

Dr. Adam Bakker | TCOF Board Member

“How can we improve?”

It’s a simple question in theory. It’s a question I focus on continuously at TCO, through developing my surgical techniques, advancing education, working on systems-based improvements, and collaborating with other medical professionals. However, working halfway across the world in a resource-limited country like Tanzania, this relatively straightforward question becomes tremendously difficult.

For the past eight years, I have been doing medical service work in Arusha, Tanzania, through the Kafika/Plaster House, a nonprofit organization. The work primarily involves children who develop life-altering burn scar contractures, many under the age of five. Burns are very common in Tanzania. Fires are used for boiling water for drinking, cooking, heating, and even as a mosquito deterrent. These fires are typically made in open pits in the center of circular mud huts, about the size of a medium-sized icehouse. The open pits are not protected, and accidents are common.

On my first medical service trip to Tanzania, the severity of the burn scar contractures was beyond anything I could have imagined. I was humbled. I had never seen anything like it anywhere during my training, and had never read about burn scar contractures of such severity. The burns were so severe that they distorted the anatomy.

However, with the guidance of a group of four physicians from Denver, who have been traveling together to Tanzania for more than 25 years to treat burns, I was educated, and my skills improved significantly during my first three years there. I am now able to work with and help train Tanzanian physician residents in surgery.

Over the past four to five years, I’ve returned my focus to the question: “How can we improve?”

One area quickly became apparent: anesthesia care. In Tanzania, there are nurse anesthetist-like personnel, but their level of training is significantly less than what we are accustomed to. The capabilities and attention to detail in anesthesia care are often lacking. Operating with one eye on the surgery and the other on the portable oxygen and heart monitors is tremendously stressful. Many of the children have lungs compromised by smoke exposure from indoor fires, and they often present with a variety of less-than-ideal health conditions. Nerve blocks, which we heavily rely on for postoperative pain control, were missing. The time required to induce and especially to recover from anesthesia was significant. Improvements were clearly needed.

Over the past three years, we have been able to bring a team of anesthesiologists from our Ambulatory Surgery Centers, starting with Dr. Erik



Egeland, followed by Dr. Emily Schmidt and Dr. Xan Jacobs. Their contributions have been remarkable. Providing safe and efficient anesthesia care has been tremendously impactful. In addition, they have been active in teaching Tanzanian anesthesia staff. Their impact has been noticeable, leading to significant improvements in safety, efficiency, and education.

Another area identified for improvement was post-surgical hand therapy. As a hand surgeon, I know many of our outcomes are directly correlated with the quality of hand therapy. Alli Mikota, a certified hand occupational therapist, has joined our team over the past few years. Her impact has been profound, both in the direct care of patients and in educating the Tanzanian staff. The expertise she provides has led to significant improvements in the children’s functional outcomes during her visits, but just as important, to long-term success through the education she provides to local staff.

The contributions from Dr. Egeland, Dr. Schmidt, Dr. Jacobs, and Alli Mikota have led to tremendous improvements in both patient safety and outcomes. Their dedication to education has also created lasting improvements that will benefit the community for years to come.

The next question is:
“How can we continue to improve?”



RESEARCH & EDUCATION

Research and education fuel our commitment to advancing patient outcomes and strengthening collaboration within the orthopedic community. The TCO Research & Educational Meeting highlighted groundbreaking innovations and impact research led by our dedicated team throughout 2024. Designed for the entire orthopedic care team, including physicians, physical therapists, occupational therapists, and athletic trainers, this event showcased the expertise and innovation driving the future of orthopedic care.

Dynamic Discussions and Expert Insights

- The event featured presentations from TCO and Training HAUS providers, showcasing their expertise on various impactful topics.
- These sessions ignited meaningful dialogue and cultivated an environment of curiosity and discovery. Interactive Q&A sessions bridged the gap between attendees and presenters, reinforcing a spirit of collective growth.

Exploring New Frontiers in Orthopedic Research

The meeting highlighted research and advancements across key areas of orthopedic care.

- **Extremities Research:** Presentations explored topics such as the diagnosis and management of spondylolysis in adolescent athletes, the evaluation of visual motion sensitivity through the Wall Roll Test in concussion patients, and the effect of dominance in upper extremity strength testing. Additional studies examined long-term outcomes of hydroplasty injections in the shoulder, return to activity after osteochondritis dissecans (OCD) in the elbow, metacarpophalangeal fusion reoperation rates using Nitinol staples, and Achilles tendon rupture repair low complication rate as well as outcomes in pickleball players.
- **Regenerative Medicine, BioLab, and Sports Science:** Key studies included updates on PRP sesamoid research, single-leg squat mechanics, and insights from the TCO Bioengineering Lab's robotics studies. Presenters also shared findings on post-operative breast cancer patient outcomes with and without the use of neuroglide devices, further expanding knowledge in regenerative and sports science medicine.
- **Hip and Knee Research:** Presentations featured comparative studies on hip arthroscopy and dysplasia across patient cohorts, ACL reconstruction outcomes using Bone Marrow Aspirate Concentrate (BMAC), and novel predictive models for ACL return-to-sport readiness. The meeting also included updates on several of the current multi-ligament knee studies.



THANK YOU

We extend our gratitude to everyone who attended and contributed to this year's meeting. Your dedication to research and education continues to shape the future of orthopedic care.

Extremities

Cole Birch, PT, DPT, CSCS
Grant Blasczyk, PT, DPT, OCS, ITPT
Caroline Chen, MD
Christian Dawson, PT, DPT
Patrick Donaghue, MD
Clare McCarthy, MD
Grace Nelson, PT, DPT
Evan Shoemaker, BA

Regenerative Medicine and BioLab, Sports Science

Mitchell Carlson, MS, BME
Garrett Eggleston, MS
Brad Moser, MD
Uche Ogbonnaya, PhD, CSCS
Braidy Soile, PT, DPT, SCS, CSCS
Ingrid Weddig, COTA, CLT

Hip and Knee

Harrisen Egly, PT, DPT, CSCS
Robert LaPrade, MD, PhD
Christopher Larson, MD
Dustin Lee, MD
Jill Monson, PT, DPT
Jacob Ngobi, BS
Matthew Rasmussen, MD
Dylan Scott, PT, DPT, CSCS
Luke Tollefson, BS

TCO FOUNDATION

RESEARCH

PUBLICATIONS

2024 RESEARCH PUBLICATIONS

Dr. Brian Bjerke

**Shoemaker EP, Tollefson LV, Kennedy NI, McGaver RS, Homan M, Sieffert KJ, Shah AD, Wulf CA, Larson CM, Bjerke BP, LaPrade RF. Comparing Postoperative Outcomes of Isolated Anterior Cruciate Ligament Reconstruction and the “Terrible Triad” Anterior Cruciate Ligament Reconstruction With Medial Meniscus Ramp and Lateral Meniscus Root Repairs. Orthop J Sports Med. 2024 Dec 20;12(12):23259671241303178. doi: 10.1177/23259671241303178.

Dr. Paul Cammack

Ott CC, Shah AD, Seiffert KJ, Stone McGaver R, Cammack PM, Holthusen SM, Seybold JD, Tanner JC, Engasser WM. Radiographic and Patient-Reported Outcomes for First Tarsometatarsal Arthrodesis Using an Intramedullary Nail for Hallux Valgus Deformity A Consecutive Case Series. Foot Ankle Spec. 2024 Dec 17;19386400241301822. doi: 10.1177/19386400241301822. Epub ahead of print.

Dr. Samuel Carlson

Todderud JE, Carlson SW, Larson AN. Guided Growth to Treat Anterolateral Tibial Bowing Associated with Congenital Pseudarthrosis of the Tibia. J Pediatr Orthop. 2024 Jul 1;44(6):e560-e565. doi: 10.1097/BPO.0000000000002683. Epub 2024 Apr 9.

Dr. J. Chris Coetzee

**Traynor C, Coetzee JC. Outcomes of Conversion of Ankle Fusion to Total Ankle Arthroplasty. Foot Ankle Clin. 2024 Mar;29(1):165-170. doi: 10.1016/j.fcl.2023.08.008. Epub 2023 Sep 14.

**Traynor CJ, Zhang H, Den Hartog BD, Seybold JD, Engasser WM, McGaver RS, Fritz JE, Seiffert KJ, Dock CC, Coetzee JC. Isolated Talonavicular Arthrodesis as Treatment for Flexible Progressive Collapsing Foot Deformity: A Case Series. Foot Ankle Orthop. 2024 Mar 20;9(1):24730114241235672. doi: 10.1177/24730114241235672.

Coetzee JC. The Ongoing Conundrum of Talar Avascular Necrosis: Is a Total Talus the Doorstep of the Future, or a Repeat of the Past? Foot Ankle Int. 2024 May;45(5):444-445. doi: 10.1177/10711007241237514. Epub 2024 Mar 19.

**Engasser WM, Coetzee JC, Seybold JD, Dock CC, Seiffert KJ, Stone McGaver R, Attia AK, Den Hartog BD. Early Functional Outcomes and Complications of Tibial and/or Peroneal Sesamoidectomy Utilizing a Burr Through a Medial Approach. Foot Ankle Int. 2024 Oct;45(10):1070-1075. doi: 10.1177/10711007241264239. Epub 2024 Jul 29.

Dr. Jonathan Cooper

MARS Group; Wright RW, Huston LJ, Haas AK, Pennings JS, Allen CR, Cooper DE, DeBerardino TM, Dunn WR, Lantz BBA, Spindler KP, Stuart MJ, Amendola AN, Annunziata CC, Arciero RA, Bach BR Jr, Baker CL 3rd, Bartolozzi AR, Baumgarten KM, Berg JH, Bernas GA, Brockmeier SF, Brophy RH, Bush-Joseph CA, Butler JB 5th, Carey JL, Carpenter JE, Cole BJ, Cooper JM, Cox CL, et. al. Surgical Predictors of Clinical Outcome 6 Years After Revision ACL Reconstruction. Am J Sports Med. 2024 Nov;52(13):3286-3294. doi: 10.1177/03635465241288227.

Dr. Bryan Den Hartog

**Traynor CJ, Zhang H, Den Hartog BD, Seybold JD, Engasser WM, McGaver RS, Fritz JE, Seiffert KJ, Dock CC, Coetzee JC. Isolated Talonavicular Arthrodesis as Treatment for Flexible Progressive Collapsing Foot Deformity: A Case Series. Foot Ankle Orthop. 2024 Mar 20;9(1):24730114241235672. doi: 10.1177/24730114241235672.

**Engasser WM, Coetzee JC, Seybold JD, Dock CC, Seiffert KJ, Stone McGaver R, Attia AK, Den Hartog BD. Early Functional Outcomes and Complications of Tibial and/or Peroneal Sesamoidectomy Utilizing a Burr Through a Medial Approach. Foot Ankle Int. 2024 Oct;45(10):1070-1075. doi: 10.1177/10711007241264239. Epub 2024 Jul 29.

Dr. Nishant Dwivedi

Dwivedi N, Goldfarb CA, Bauer A, Bohn D, Samora JB, Wall LB; CoULD Study Group. An Analysis of Associated Conditions and the Relationship Between the Severity of Hand Manifestations With That of the Forearm in Ulnar Longitudinal Deficiency. J Hand Surg Am. 2024 Feb;49(2):180.e1-180.e9. doi: 10.1016/j.jhsa.2022.05.021. Epub 2022 Aug 2.

Dwivedi N, Goldfarb CA, Wall LB. Functional Outcomes and Health-Related Quality of Life of Adults With Congenital Below-Elbow Amputation in North America. J Hand Surg Am. 2024 Apr;49(4):378.e1-378.e9. doi: 10.1016/j.jhsa.2022.07.003.

Dr. Shashank Dwivedi

Dwivedi SS, Chung KC. Pyrocarbon Lunate Arthroplasty: An Option for the Young Patient with Advanced Kienbock Disease. Semin Plast Surg. 2024 Jan 19;38(1):25-30. doi: 10.1055/s-0043-1778036.

Dr. William Engasser

**Traynor CJ, Zhang H, Den Hartog BD, Seybold JD, Engasser WM, McGaver RS, Fritz JE, Seiffert KJ, Dock CC, Coetzee JC. Isolated Talonavicular Arthrodesis as Treatment for Flexible Progressive Collapsing Foot Deformity: A Case Series. Foot Ankle Orthop. 2024 Mar 20;9(1):24730114241235672. doi: 10.1177/24730114241235672.

**Engasser WM, Coetzee JC, Seybold JD, Dock CC, Seiffert KJ, Stone McGaver R, Attia AK, Den Hartog BD. Early Functional Outcomes and Complications of Tibial and/or Peroneal Sesamoidectomy Utilizing a Burr Through a Medial Approach. Foot Ankle Int. 2024 Oct;45(10):1070-1075. doi: 10.1177/10711007241264239. Epub 2024 Jul 29.

Ott CC, Shah AD, Seiffert KJ, Stone McGaver R, Cammack PM, Holthusen SM, Seybold JD, Tanner JC, Engasser WM. Radiographic and Patient-Reported Outcomes for First Tarsometatarsal Arthrodesis Using an Intramedullary Nail for Hallux Valgus Deformity A Consecutive Case Series. Foot Ankle Spec. 2024 Dec 17;19386400241301822. doi: 10.1177/19386400241301822. Epub ahead of print.

Dr. Mark Fischer

Eberlin KR, Amis BP, Berkbigler TP, Dy CJ, Fischer MD, Gluck JL, Kaplan FTD, McDonald TJ, Miller LE, Palmer A, Perry PE, Walker ME, Watt JF. Final 1-Year Results of the TUTOR Randomized Trial Comparing Carpal Tunnel Release with Ultrasound Guidance to Mini-open Technique. Plast Reconstr Surg Glob Open. 2024 Mar 4;12(3):e5665. doi: 10.1097/GOX.0000000000005665.

Dr. Kyle Flikkema

Bisson LJ, Weiss-Laxer NS, Katz JN, Haider MN, Flikkema KB, Lackner JM. Characterizing Treatment Credibility, Treatment Expectancy, and Symptom Expectancy in Patients Before Nonoperative Treatment for Degenerative Meniscal Tears. Orthop J Sports Med. 2024 Oct 28;12(10):23259671241285431. doi: 10.1177/23259671241285431. PMID: 39473766;

Dr. Erik Fritz

Fritz EM, Donato DP, Westberg JR, Geissler JA, Ward CM. Incidence of Infection in Operatively Treated Distal Radius Fractures After Conversion From External to Internal Fixation. J Hand Surg Am. 2024 Feb;49(2):184.e1-184.e7. doi: 10.1016/j.jhsa.2022.06.009.



Dr. David Hartigan

******Rasmussen MT, Lee DR, Hartigan DE. Editorial Commentary: Return-to-Play and Return-to-Sport Metrics Require Standardization. Arthroscopy. 2024 Dec 19:S0749-8063(24)01025-9. doi: 10.1016/j.arthro.2024.12.003. Epub ahead of print.

Dr. Scott Holthusen

Ott CC, Shah AD, Seiffert KJ, Stone McGaver R, Cammack PM, Holthusen SM, Seybold JD, Tanner JC, Engasser WM. Radiographic and Patient-Reported Outcomes for First Tarsometatarsal Arthrodesis Using an Intramedullary Nail for Hallux Valgus Deformity A Consecutive Case Series. Foot Ankle Spec. 2024 Dec 17:19386400241301822. doi: 10.1177/19386400241301822. Epub ahead of print.

Dr. Robert LaPrade

Tollefson LV, Tuca MJ, Tapasvi S, LaPrade RF. Medial Meniscus Ramp Tears: State of the Art. J ISAKOS. 2024 Dec 31:100380. doi: 10.1016/j.jisako.2024.100380. Epub ahead of print.

******Shoemaker EP, Tollefson LV, Kennedy NI, McGaver RS, Homan M, Sieffert KJ, Shah AD, Wulf CA, Larson CM, Bjerke BP, LaPrade RF. Comparing Postoperative Outcomes of Isolated Anterior Cruciate Ligament Reconstruction and the “Terrible Triad” Anterior Cruciate Ligament Reconstruction With Medial Meniscus Ramp and Lateral Meniscus Root Repairs. Orthop J Sports Med. 2024 Dec 20;12(12):23259671241303178. doi: 10.1177/23259671241303178.

Tollefson LV, Schoenecker J, Solie B, Monson J, LaPrade CM, Mullin EP, LaPrade RF. Lower Extremity Blood Flow Restriction Training in Athletes Significantly Improves Strength-Related Outcomes in 58% of Studies Compared to Non-Blood Flow Restriction Control. Arthroscopy. 2024 Dec11:S0749-8063(24)01031-4. doi: 10.1016/j.arthro.2024.12.005. Epub ahead of print.

Murray IR, Makaram NS, Neo C, Geeslin AG, Chahla J, Moatshe G, Crossley K, Kew ME, Davis A, Tuca M, Potter H, Janse van, LaPrade RF, et. al; MLKI International Expert Working Group. Infographic. Multiligament knee injury (MLKI): an expert consensus statement on nomenclature, diagnosis, treatment and rehabilitation. Br J Sports Med. 2024 Dec 2;58(23):1463-1465. doi: 10.1136/bjsports-2024-109051.

Murray IR, Makaram NS, Geeslin AG, Chahla J, Moatshe G, LaPrade RF, et. al. Multiligament knee injury (MLKI): an expert consensus statement on nomenclature, diagnosis, treatment and rehabilitation. Br J Sports Med. 2024 Dec 2;58(23):1385-1400. doi: 10.1136/bjsports-2024-108089.

Allende F, Allahabadi S, Sachdev D, Gopinatth V, Saad Berreta R, LaPrade RF, Chahla J. Comparing Clinical Outcomes and Knee Stability in Remnant-Preserving ACL Reconstruction Versus Standard ACL Reconstruction: A Systematic Review and Meta-analysis. Am J Sports Med. 2024 Dec;52(14):3651-3661. doi: 10.1177/03635465231225984.

Mostowy M, Piękoś J, Bocheński W, Pękala PA, LaPrade RF, Malinowski K. Patient-specific implant for anatomic restoration of lateral femoral condyle contour after impaction fracture associated with an ACL tear. Arthroscopy Techniques. 2024 Dec 1:103329.

Solie B, Carlson M, Doney C, Kiely M, LaPrade RF. Oh, My Quad: A Clinical Commentary And Evidence-Based Framework for the Rehabilitation of Quadriceps Size and Strength after Anterior Cruciate Ligament Reconstruction. International Journal of Sports Physical Therapy. 2024 Dec 1;19(12):1600.

Tollefson LV, LaPrade CM, LaPrade RF. Editorial Commentary: Increased Tibial Slope and Decreased Medial Proximal Tibial Angle Negatively Affect Anterior Cruciate Ligament Graft Maturation: Objective Evidence on When to Add a Lateral Extra-Articular Augmentation Procedure to a Soft-Tissue Anterior Cruciate Ligament Reconstruction. Arthroscopy. 2024 Nov 21:S0749-8063(24)00965-4. doi: 10.1016/j.arthro.2024.11.061. Epub ahead of print.

******Tollefson LV, Shoemaker EP, Kennedy NI, LaPrade RF. Artificial Intelligence in Knee Arthroscopy. InArtificial Intelligence in Orthopaedic Surgery Made Easy 2024 Nov 20 (pp. 93-103). Cham: Springer Nature Switzerland.

Moran J, Tollefson LV, LaPrade CM, LaPrade RF. Editorial Commentary: Anatomic Tibiofibular and Partially Anatomic-Based Fibular Posterolateral Corner Reconstruction Techniques Are Biomechanically Superior to Nonanatomic Reconstruction Techniques: A Tibial Tunnel Is the Gold Standard for an Anatomic Reconstruction. Arthroscopy. 2024 Nov 15:S0749-8063(24)00957-5. doi: 10.1016/j.arthro.2024.11.053.

******Tollefson LV, Rasmussen MT, Guerin G, LaPrade CM, LaPrade RF. Slope-Reducing Proximal Tibial Osteotomy Improves Outcomes in Anterior Cruciate Ligament Reconstruction Patients With Elevated Posterior Tibial Slope, Especially Revisions and Posterior Tibial Slope ≥12. Arthroscopy. 2024 Nov 12:S0749-8063(24)00901-0. doi: 10.1016/j.arthro.2024.10.048.

Tollefson LV, Lee D, Keel T, LaPrade CM, LaPrade RF. Medial Opening Wedge (MOW) Versus Lateral Closing Wedge (LCW) High Tibial Osteotomies for Knee Medial Compartment Osteoarthritis Show Similar Outcomes and Survivorship, While MOW Has Higher Rates of Tibial Fracture and LCW Has Higher Rates of Nerve Injury and Conversion to Total Knee. Arthroscopy. 2024 Nov 10:S0749-8063(24)00902-2. doi: 10.1016/j.arthro.2024.11.002.

Nassar JE, Guerin G, Keel T, Russo R, Familiari F, Tollefson LV, LaPrade RF. Autologous chondrocyte implantation, matrix-induced autologous chondrocyte implantation, osteochondral autograft transplantation and osteochondral allograft improve knee function and pain with considerations for patient and cartilage defects characteristics: A systematic review and meta-analysis. Knee Surg Sports Traumatol Arthrosc. 2024 Nov 4. doi: 10.1002/ksa.12525. Epub ahead of print.

Malinowski K, Szalbot K, Pękala PA, LaPrade RF, Mostowy M. Patella Baja Revisited: Interposition of a Pedunculated Flap of the Hoffa Fat Pad to Treat Adhesions Between the Tibia and Patellar Tendon and Restore the Functional Length of the Patellar Tendon. Arthrosc Tech. 2024 Jul 2;13(11):103108. doi: 10.1016/j.eats.2024.103108.

Nassar JE, Sleem B, Tollefson LV, Shoemaker EP, LaPrade RF, Moatshe G. Strategies for Preventing Tunnel Convergence in Multiligament Knee Injury Reconstructions. Indian J Orthop. 2024 Oct 14;58(11):1528-1536. doi: 10.1007/s43465-024-01267-4.

Garcia JR, Ayala SG, Allende F, Mameri E, Haynes M, Familiari F, Geeslin AG, Murray I, Moatshe G, Verma NN, LaPrade RF, Chahla J. Diagnosis and Treatment Strategies of Meniscus Root Tears: A Scoping Review. Orthop J Sports Med. 2024 Nov 1;12(11):23259671241283962. doi: 10.1177/23259671241283962.

Sabzevari S, Levitt SJ, Kahan J, Vasavada K, Fanelli G, LaPrade RF, Medvecky MJ. Open Reconstruction of Fibular Collateral Ligament Rupture Using a Partial-Thickness Biceps Femoris Tendon Autograft. Video Journal of Sports Medicine. 2024 Nov;4(6):26350254241291595.

Rocha de Faria JL, Santos AP, Pavão DM, Radulski M, Leal AC, More AD, Mozella AD, Guimarães JA, LaPrade RF, Roesler CR, Salim R. Continuous Vertical Inside-Out Versus Traditional Vertical Inside-Out Meniscal Repair: A Biomechanical Comparison. Orthopaedic Journal of Sports Medicine. 2023 Nov;11(11):23259671231209951.

******Mullin EP, Tollefson LV, Shoemaker EP, Jacobson NJ, Slette EL, LaPrade RF. Reconstruction of the Posterior Cruciate Ligament and Posterolateral Corner With a Concomitant Medial Tibial Plateau Impaction Fracture: A Single-Stage Technique. Arthroscopy Techniques. 2024 Oct 30:103298.

******Brown BM, Shoemaker EP, Tollefson LV, Jacobson NJ, LaPrade RF. Revision Anterior Horn Medial Meniscus Root Repair. Arthroscopy Techniques. 2024 Oct 29:103301.

******Bueno KP, Tollefson LV, Shoemaker EP, Slette EL, LaPrade RF. Anterior Opening-Wedge Proximal Tibial Osteotomy for Symptomatic Genu Recurvatum and Osteochondral Autograft Transfer for Osteochondral Defect. Arthroscopy Techniques. 2024 Oct 29:103303.

******Stone JA, Shoemaker EP, Tollefson LV, Slette EL, Jacobson NJ, LaPrade RF. Concomitant Medial Patellofemoral Ligament Reconstruction, Tibial Tubercle Osteotomy, Trochleoplasty, and Osteochondral Autograft Transfer to the Patella. Arthroscopy Techniques. 2024 Oct 28:103299.

******Guerin G, Keel T, Tollefson LV, Shoemaker EP, Slette EL, Jacobson NJ, LaPrade RF. Excision of Femoral Heterotopic Ossification and Lysis of Adhesions After Medial Collateral Ligament Reconstruction. Arthroscopy Techniques. 2024 Oct 9:103270.

******Shoemaker EP, Tollefson LV, Jacobson NJ, Slette EL, LaPrade RF. Arthroscopic Bone Grafting of Anterior Cruciate Ligament and Posterior Cruciate Ligament Tibial and Femoral Tunnels as a First-Stage Procedure. Arthroscopy Techniques. 2024 Aug 17:103201.

Rodriguez AN, Falaas KL, Monson J, Moatshe G, Engebretsen L, LaPrade RF. Management of Posterolateral Corner Injury in the Multiligament Injured Knee. InKnee Arthroscopy and Knee Preservation Surgery 2023 Jul 28 (pp. 1-22). Cham: Springer International Publishing.

******Tollefson LV, Slette EL, LaPrade RF. Complex Horizontal Cleavage Tear Repair of the Lateral Meniscus With Fibrin Clot Augmentation. Video Journal of Sports Medicine. 2024 Jun;4(5):26350254241249481.

******Shoemaker EP, Tollefson LV, Slette EL, LaPrade RF. Patellar Tendon Debridement and Reconstruction With Hamstring Tendon Autografts in the Setting of Severe Patellar Tendinopathy. Video Journal of Sports Medicine. 2024 Jun;4(5):26350254241249480.

Stone JA, Tollefson LV, Shoemaker EP, LaPrade RF. The role of anterolateral complex surgery and slope-reducing osteotomies in revision ACL reconstructions: a narrative review. Ann Jt. 2024 Oct 30;9:42. doi: 10.21037/aoj-24-30.

******Iwuoha CT, Tollefson LV, Larson J, Kennedy NI, LaPrade RF. Arthroscopy-Assisted Open Fabella Excision With Medial Meniscus Revision Repair. Video Journal of Sports Medicine. 2024 Jul;4(4):26350254241237806.

Malinowski K, Mostowy M, Ruzik K, Starszak K, Maciąg G, Skowronek P, Hirschmann MT, Pękala PA, LaPrade RF, Kim DW. Lateral femoral impaction fractures during an ACL tear extend posteriorly on the weight-bearing area of the tibiofemoral joint. Knee Surg Sports Traumatol Arthrosc. 2024 Oct 24. doi: 10.1002/ksa.12438. Epub ahead of print.

Keyhani S, Mirahmadi A, Maleki A, Vosoughi F, Verdonk R, LaPrade RF, Landreau P, Movahedinia M. Approaching ramp lesions from the different world of posterior knee compartment: A review of evidence with a proposal of a new classification and treatment. J Exp Orthop. 2024 Oct 4;11(4):e70018. doi: 10.1002/jeo2.70018.

Moran J, LaPrade CM, LaPrade RF. Inside-Out Repair of Medial Meniscal Ramp Lesions in Patients Undergoing Anterior Cruciate Ligament Reconstruction. JBJS Essent Surg Tech. 2024 Oct 3;14(4):e22.00037. doi: 10.2106/JBJS.ST.22.00037.

Mostowy M, Bawor M, Bujak K, Pękala PA, LaPrade RF, Malinowski K. Fascia Lata Allograft Medial Patellofemoral Ligament Reconstruction—Restore the Nature as Close as Possible. Arthroscopy Techniques. 2024 Aug 13:103194.

Rocha de Faria JL, Neto JVA, Gonçalves BC, Pavão DM, Guimarães JAM, de Oliveira VM, LaPrade RF, Ricardo DR, Salim R. Continuous Meniscal Repair Technique Allows for Shorter Operative Time and Learning Curve Compared With Traditional Vertical Mattress Technique in Controlled Arthroscopic Training in Porcine Model. Arthrosc Sports Med Rehabil. 2024 Jun 10;6(5):100957. doi: 10.1016/j.asmr.2024.100957.

******Tollefson LV, Shoemaker EP, Jacobson NJ, Slette EL, LaPrade RF. An Anatomic Reconstruction of Both the Anterior Cruciate Ligament and Fibular Collateral Ligament Using Autografts. Arthrosc Tech. 2024 Jun 24;13(10):103085. doi: 10.1016/j.eats.2024.103085.

******Geeslin AG, Tollefson LV, Slette EL, Shoemaker EP, Carlson M, LaPrade RF, Engebretsen L, Moatshe G. The Fibular Collateral Ligament Is a More Important Restraint to Varus Laxity Compared to the Anterolateral Complex in the Anterior Cruciate Ligament-Deficient Knee in a Cadaveric Biomechanical Study. Arthroscopy. 2024 Sep 24:S0749-8063(24)00741-2. doi: 10.1016/j.arthro.2024.09.025.

******Tollefson LV, Shoemaker EP, Slette EL, LaPrade RF. Concomitant Opening-Wedge Distal Femoral Osteotomy and Anterior Closing-Wedge Proximal Tibial Osteotomy With Tunnel Bone Grafting for the First Stage of a Revision Anterior Cruciate Ligament Reconstruction. Arthrosc Tech. 2024 May 30;13(9):103054. doi: 10.1016/j.eats.2024.103054.

Vaishya R, Patralekh MK, Vaish A, Tollefson LV, LaPrade RF. Effect of Timing of Surgery on the Outcomes and Complications in Multi-ligament Knee Injuries: An Overview of Systematic Reviews and A Meta-analysis. Indian J Orthop. 2024 Jul 19;58(9):1175-1187. doi: 10.1007/s43465-024-01224-1.

**Tollefson LV, Kennedy NI, LaPrade RF. New Anatomic Anterolateral Ligament Reconstruction Used in a Complex Revision ACL Reckonstruktion. Video Journal of Sports Medicine. 2024 Apr;4(3):26350254231225476.

Knapik DM, Gopinatt V, Jackson GR, LaPrade RF, Chahla J, Brophy RH, Matava MJ, Smith MV. Isolated, Proximal Tibiofibular Injuries in Athletic Patients: A Critical Analysis Review. J Knee Surg. 2024 Sep;37(11):773-783. doi: 10.1055/a-2315-7691.

Dean RS, Hafen TJ, Braithwaite CL, Farley KX, LaPrade RF, Guettler JH, Bicos J. Patient Perception of Allograft Versus Autograft in ACL Reconstruction Using a Validated Online Survey Marketplace. Orthop J Sports Med. 2024 Aug 20;12(8):23259671241263853. doi: 10.1177/23259671241263853.

Moran J, Amaral JZ, Lee M, Jones RH, Gross P, Katz LD, Wang A, Carrino JA, Jimenez AE, Chhabra BN, Kan JH, Smith BG, Gladstein AZ, McKay SD, LaPrade RF, Fabricant PD, Medvecky MJ. Investigating the Bone Bruise Patterns in Pediatric Patients With Contact and Noncontact Acute Anterior Cruciate Ligament Tears: A Multicenter Study. Am J Sports Med. 2024 Aug;52(10):2456-2463. doi: 10.1177/03635465241264282.

Rocha de Faria JL, Crespo B, Guesser MW, da Silva Araújo JH, Feitosa Bezerra PÊ, Menegassi ZJB, de Souza SAL, Pereira HM, Mozella AP, LaPrade RF, Guimarães JAM. Ultrasound With Stress for Assessing Injuries to the Medial and Lateral Collateral Ligaments of the Knee. Arthrosc Tech. 2024 May 14;13(7):103009. doi: 10.1016/j.jeats.2024.103009.

Spalding T, LaPrade RF, Murray IR, Krych AJ, Engebretsen L. Favorable Patient-Reported, Clinical, and Functional Outcomes 2 Years After ACL Repair and InternalBrace Augmentation Compared With ACL Reconstruction and Healthy Controls: Letter to the Editor. Am J Sports Med. 2024 Jul;52(8):NP15. doi: 10.1177/03635465241247750.

**Tollefson LV, Kennedy NI, Banovetz MT, Homan MD, Engebretsen L, Moatshe G, Wulf CA, Larson CM, LaPrade RF. Supratubercle Anterior Closing Wedge Osteotomy: No Changes in Patellar Height and Significant Decreases in Anterior Tibial Translation at 6 Months Postoperatively. Am J Sports Med. 2024 Jul;52(8):1990-1996. doi: 10.1177/03635465241252982.

**Dirnberger J, Homan MD, Kennedy NI, LaPrade RF. Anterior Opening-Wedge Proximal Tibial Osteotomy for Slope Correction of Genu Recurvatum. Video Journal of Sports Medicine. 2024 Apr;4(3):26350254231213392.

Geeslin AG, Moatshe G, Engebretsen L, Lind M, Hansson F, Stalman A, Barenius B, LaPrade RF. Functional anterior cruciate ligament braces may have a role in select patient groups although there is presently limited evidence supporting or refuting their routine use: A scoping review of clinical practice guidelines and an updated bracing classification. Knee Surg Sports Traumatol Arthrosc. 2024 Jul;32(7):1690-1699. doi: 10.1002/ksa.12203.

Solie BS, Tollefson LV, Doney CP, O’Keefe JMJ, Thompson WC, LaPrade RF. Return to the Pre-Injury Level of Sport after Anterior Cruciate Ligament Reconstruction: A Practical Review with Medical Recommendations. Int J Sports Med. 2024 Jul;45(8):572-588. doi: 10.1055/a-2270-3233.

Bosco F, Giustra F, Masoni V, Capella M, Sciannameo V, Camarda L, Massè A, LaPrade RF. Combining an Anterolateral Complex Procedure With Anterior Cruciate Ligament

Reconstruction Reduces the Graft Reinjury Rate and Improves Clinical Outcomes: A Systematic Review and Meta-analysis of Randomized Controlled Trials. Am J Sports Med. 2024 Jul;52(8):2129-2147. doi: 10.1177/03635465231198494.

**Olson CP, Mabrouk A, Liechti DJ, Tollefson LV, Kennedy NI, LaPrade RF. Inconsistent Return to Sport Despite Improved Outcomes After Re-revision Anterior Cruciate Ligament Reconstruction: An Updated Systematic Review. Arthroscopy. 2024 Jul;40(7):2096-2111. doi: 10.1016/j.arthro.2023.12.001.

**Kennedy MI, Olson CP, DePhillipo NN, Tagliero AJ, LaPrade RF, Kennedy NI. Inflammatory biomarkers and state of the tibiofemoral joint in the osteoarthritic knee: a narrative review. Ann Jt. 2024 Jun 11;9:27. doi: 10.21037/aoj-23-59.

Familiari F, Chahla J, Compagnoni R, DePhillipo NN, Moatshe G, LaPrade RF; Meniscus International Network (MenIN) Study Group. Meniscal extrusion consensus statement: A collaborative survey within the Meniscus International Network (MenIN) Study Group. Knee Surg Sports Traumatol Arthrosc. 2024 Jun;32(6):1446-1454. doi: 10.1002/ksa.12183.

Jackson GR, Mameri ES, Condon J, DeWald D, Batra A, Salazar LM, Familiari F, Matava M, Knapik DM, Verma NN, LaPrade RF, Chahla J. Non-anatomical reconstruction of chronic posterolateral corner knee injuries show failure rates from 0% to 36% versus 4.3% to 24.2% for anatomic reconstruction techniques: An updated systematic review reflecting the 2019 expert consensus statement. JISAKOS. 2024 Jun;9(3):362-370. doi: 10.1016/j.jisako.2023.11.010.

Kajabi AW, Zbýň Š, Smith JS, Hedayati E, Knutsen K, Tollefson LV, Homan M, Abbasgulyev H, Takahashi T, Metzger GJ, LaPrade RF, Ellermann JM. Seven tesla knee MRI T2*-mapping detects intrasubstance meniscus degeneration in patients with posterior root tears. Radiol Adv. 2024 Mar 19;1(1):umae005. doi: 10.1093/radadv/umae005.

**Tollefson LV, Jacobson NJ, LaPrade RF. Patellar Tendon Open Debridement and Reconstruction With Hamstring Tendon Autograft for Severe Patellar Tendinopathy. Arthrosc Tech. 2024 Feb 9;13(5):102931. doi: 10.1016/j.jeats.2024.102931.

Moatshe G, LaPrade CM, Fenstad AM, Persson A, LaPrade M, Martin RK, Engebretsen L, LaPrade RF. Rates of Subjective Failure After Both Isolated and Combined Posterior Cruciate Ligament Reconstruction: A Study From the Norwegian Knee Ligament Registry 2004-2021. Am J Sports Med. 2024 May;52(6):1491-1497. doi: 10.1177/03635465241238461.

**Schwartz J, Rodriguez AN, Banovetz MT, Braaten JA, Larson CM, Wulf CA, Kennedy NI, LaPrade RF. The Functional Integrity of the Anterior Cruciate Ligament Can Be Objectively Assessed With the Use of Stress Radiographs: A Systematic Review. Orthop J Sports Med. 2024 Apr 25;12(4):23259671241246197. doi: 10.1177/23259671241246197.

**Olson C, Tollefson LV, Shoemaker EP, Kennedy NI, LaPrade RF. Biplanar Anterior Opening Wedge Proximal Tibial Osteotomy to Correct Reverse Tibial Slope. Video Journal of Sports Medicine. 2024 Mar;4(2):26350254231204637.

Homan MD, Braaten JA, Banovetz MT, Monson JK, Kennedy NI, LaPrade RF. Principles for optimizing anterior cruciate ligament reconstruction outcomes in elite athletes: a review of current techniques. Ann Jt. 2024 Apr 7;9:19. doi: 10.21037/aoj-22-40.

Bachmaier S, Krych AJ, Smith PA, Feucht MJ, LaPrade RF, Wijdicks CA. Biomechanical Performance of Transtibial Pull-

Out Posterior Horn Medial Meniscus Root Repair Is Improved With Knotless Adjustable Suture Anchor-Based Fixation. Orthop J Sports Med. 2024 Apr 5;12(4):23259671241239575. doi: 10.1177/23259671241239575.

**Shoemaker EP, Tollefson LV, Olson C, Kennedy NI, LaPrade RF. Fresh Osteochondral Allograft to Medial Femoral Condyle With Proximal Tibial Opening Wedge Osteotomy. Video Journal of Sports Medicine. 2024 Feb;4(2):26350254231206153.

**Tollefson LV, Kennedy MI, Kennedy NI, LaPrade RF. Anatomic Anterolateral Ligament Reconstruction with Iliotibial Band Graft and Concomitant Anterior Cruciate Ligament Reconstruction. Arthrosc Tech. 2024 Feb 2;13(4):102906. doi: 10.1016/j.jeats.2023.102906.

Vosoughi F, Mafhoumi A, Gouravani M, LaPrade RF, Sherafat Vaziri A, Movahedinia M, Keyhani S. Hypermobile lateral meniscus: A systematic review of current treatment options. Knee Surg Sports Traumatol Arthrosc. 2024 Apr;32(4):843-863. doi: 10.1002/ksa.12102. Epub 2024 Mar 3.

Chahla J, Knapik DM, Jawanda H, Allende F, Rivarola H, McCormick JR, LaPrade RF, Jackson GR. Meniscal Radial Tears: A Classification System Based on Tear Morphology. Arthrosc Tech. 2024 Jan 1;13(3):102888. doi: 10.1016/j.jeats.2023.11.016.

Malinowski K, Mostowy M, Kim DW, Bawor M, Skowronek P, Hirschmann MT, Pękala PA, LaPrade RF. Gluteal Complex is important in External Snapping Hip: intraoperative identification of syndrome origin and endoscopic stepwise release-a case series. Int Orthop. 2024 Feb;48(2):401-408. doi: 10.1007/s00264-023-05961-0.

**Banovetz MT, Braaten JA, Homan MD, Kennedy NI, LaPrade RF. Concomitant Anatomic PCL and FCL Reconstructions With Partial Lateral Meniscectomy. Video Journal of Sports Medicine. 2024 Feb;4(2):26350254231204641.

van der Wal WA, Meijer DT, Hoogeslag RAG, LaPrade RF. The Iliotibial Band is the Main Secondary Stabilizer for Anterolateral Rotatory Instability and both a Lemaire Tenodesis and Anterolateral Ligament Reconstruction Can Restore Native Knee Kinematics in the Anterior Cruciate Ligament Reconstructed Knee: A Systematic Review of Biomechanical Cadaveric Studies. Arthroscopy. 2024 Feb;40(2):632-647.e1. doi: 10.1016/j.arthro.2023.05.005.

Tollefson LV, Banovetz MT, Homan MD, Kennedy NI, LaPrade RF. Anatomic Popliteus Tendon and Tibiofibular Joint Reconstructions. Video Journal of Sports Medicine. 2024 Feb;4(2):26350254231212234.

Familiari F, Tollefson LV, Izzo A, Mercurio M, LaPrade RF, Di Vico G. A High-Grade Lachman’s Exam Predicts a Ramp Tear of the Medial Meniscus in Patients with Anterior Cruciate Ligament Tear: A Prospective Clinical and Radiological Evaluation. J Clin Med. 2024 Jan 24;13(3):683. doi: 10.3390/jcm13030683.

Olson CP, Kennedy MI, DePhillipo NN, Tagliero AJ, LaPrade RF, Kennedy NI. Effect of anti-inflammatory treatments on patient outcomes and concentrations of inflammatory modulators in the post-surgical and post-traumatic tibiofemoral joint setting: a narrative review. Ann Jt. 2024 Jan 15;9:9. doi: 10.21037/aoj-23-55.

Solaiman RH, Dirnberger J, Kennedy NI, DePhillipo NN, Tagliero AJ, Malinowski K, Dimmen S, LaPrade RF. The effect of nonsteroidal anti-inflammatory drug use on soft tissue and bone healing in the knee: a systematic review. Ann Jt. 2024 Jan 15;9:3. doi: 10.21037/aoj-23-58.

Jackson GR, Kaplan DJ, Mowers CC, Sachdev D, Asif S, Familiari F, Allahabadi S, Knapik DM, Verma NN, LaPrade RF, Chahla J. Combined anterior cruciate ligament and medial collateral ligament reconstruction results in decreased failure rates compared to non-operative treatment for grade≥ II medial collateral ligament injuries: A systematic review. JOINTS. 2024;2:e842.

Tollefson LV, Kennedy MI, Tagliero AJ, Malinowski K, Chahla J, Moatshe G, Kennedy NI, LaPrade RF, DePhillipo NN. Inflammatory synovial biomarkers and state of the tibiofemoral joint in the post-surgical settings: a narrative review. Ann Jt. 2024 Jan 15;9:6. doi: 10.21037/aoj-23-56.

**Homan MD, Tollefson LV, Kennedy NI, LaPrade RF. Revision Transtibial Medial Meniscal Root Repair With Concomitant Medial Opening-Wedge Proximal Tibial Osteotomy. Video Journal of Sports Medicine. 2024 Jan;4(1):26350254231200505.

Georgiev GP, Yordanov Y, Olewnik Ł, Tubbs RS, LaPrade RF, Ananiev J, Slavchev SA, Dimitrova IN, Gaydarski L, Landzhov B. Do the Differences in the Epiligament of the Proximal and Distal Parts of the Anterior Cruciate Ligament Explain Their Different Healing Capacities? Quantitative and Immunohistochemical Analysis of CD34 and -SMA Expression in Relation to the Epiligament Theory. Biomedicines. 2024 Jan 11;12(1):156. doi: 10.3390/biomedicines12010156.

Familiari F, Palco M, Russo R, LaPrade RF, Simonetta R. Response to Letter to the Editor: “How to avoid Common Complications in Hamstrings Harvest for Anterior Cruciate Ligament Reconstruction. A Practical Guide.”. Arch Bone Jt Surg. 2024;12(5):365-372. doi: 10.22038/ABJS.2024.78488.3613.

Knowlan C.J., Otremba J.R., Kennedy N.I., McGaver R.S., LaPrade RF. (2024). Medial Patellofemoral Ligament Reconstruction in Adolescence. In: Doral M.N., Karlsson J. (eds) Sports Injuries. Springer, Berlin, Heidelberg. https://doi.org/10.1007/978-3-642-36801-1_481-1

Poffenberger A., Homan M., Dirnberger J., LaPrade RF. (2024). Reconstruction of the Posterolateral Corner of the Knee. In: Doral M.N., Karlsson J. (eds) Sports Injuries. Springer, Berlin, Heidelberg. https://doi.org/10.1007/978-3-642-36801-1_431-1

Rodriguez AN, LaPrade RF. Multiligament Knee Injuries. In: Slullitel P, Rossi L, Camino-Willhuber G, editors. Orthopaedics and Trauma: Current Concepts and Best Practices. Cham: Springer International Publishing; 2024. p. 1645-54.

Kramer R, Homan MD, LaPrade RF. Anteromedial Knee Instability. In: Doral MN, Karlsson J, editors. Sports Injuries: Prevention, Diagnosis, Treatment and Rehabilitation. Berlin, Heidelberg: Springer Berlin Heidelberg; 2024. p. 1-17.

Olson CP, Knowlan CJ, Kennedy NI, LaPrade RF. Osteochondritis Dissecans of the Knee. In: Espregueira-Mendes J, Karlsson J, Musahl V, Ayeni OR, editors. Orthopaedic Sports Medicine: An Encyclopedic Review of Diagnosis, Prevention, and Management. Cham: Springer International Publishing; 2024. p. 1-15.

Fortier LM, Dasari SP, Mameri ES, LaPrade RF, Chahla J. Posterior Cruciate Ligament Injuries. In: Espregueira-Mendes J, Karlsson J, Musahl V, Ayeni OR, editors. Orthopaedic Sports Medicine: An Encyclopedic Review of Diagnosis, Prevention, and Management. Cham: Springer International Publishing; 2024. p. 1-24.

Knowlan CJ, Olson CP, Kennedy NI, LaPrade RF. Partial Anterior Cruciate Ligament Injury. In: Espregueira-Mendes J, Karlsson J, Musahl V, Ayeni OR, editors. Orthopaedic Sports Medicine: An Encyclopedic Review of Diagnosis, Prevention, and Management. Cham: Springer International Publishing; 2024. p. 1-14.

Dr. Christopher Larson

****Shoemaker EP, Tollefson LV, Kennedy NI, McGaver RS, Homan M, Sieffert KJ, Shah AD, Wulf CA, Larson CM, Bjerke BP, LaPrade RF. Comparing Postoperative Outcomes of Isolated Anterior Cruciate Ligament Reconstruction and the “Terrible Triad” Anterior Cruciate Ligament Reconstruction With Medial Meniscus Ramp and Lateral Meniscus Root Repairs. Orthop J Sports Med. 2024 Dec 20;12(12):23259671241303178. doi: 10.1177/23259671241303178.**

Larson CM. Editorial Commentary: Trends in Hip Arthroscopy Require Rapid Dissemination From Higher-Volume and Academic Surgeons to the Greater Orthopaedic Community. Arthroscopy. 2024 Oct;40(10):2572-2574. doi: 10.1016/j.arthro.2024.02.029.

Familiari F, Chahla J, Compagnoni R, DePhillipo NN, Moatshe G, LaPrade RF; Meniscus International Network (MenIN) Study Group. Meniscal extrusion consensus statement: A collaborative survey within the Meniscus International Network (MenIN) Study Group. Knee Surg Sports Traumatol Arthrosc. 2024 Jun;32(6):1446-1454. doi: 10.1002/ksa.12183.

****Tollefson LV, Kennedy NI, Banovetz MT, Homan MD, Engebretsen L, Moatshe G, Wulf CA, Larson CM, LaPrade RF. Supratubercle Anterior Closing Wedge Osteotomy: No Changes in Patellar Height and Significant Decreases in Anterior Tibial Translation at 6 Months Postoperatively. Am J Sports Med. 2024 Jul;52(8):1990-1996. doi: 10.1177/03635465241252982.**

Schwartz J, Rodriguez AR, Banovitz MT, Braaten JA, Larson CM, Wulf CA, Kennedy NI, LaPrade RF. The Functional Integrity of the Anterior Cruciate Ligament can be Objectively Assessed with the Use of Stress Radiographs: A Systematic Review. Ortho J Sports Med. 2024;12(4), 23259671241246197. DOI: 10.1177/23259671241246197.

Yen YM, Kim YJ, Ellis HB, Sink EL, Millis MB, Zaltz I, Sankar WN, Clohisy JC, Nepple JJ; ANCHOR Group. Risk Factors for Suboptimal Outcome of FAI Surgery in the Adolescent Patient. J Pediatr Orthop. 2024 Mar 1;44(3):141-146. doi: 10.1097/BPO.00000000000002581.

Dr. Jeffrey Seybold

****Traynor CJ, Zhang H, Den Hartog BD, Seybold JD, Engasser WM, McGaver RS, Fritz JE, Seiffert KJ, Dock CC, Coetzee JC. Isolated Talonavicular Arthrodesis as Treatment for Flexible Progressive Collapsing Foot Deformity: A Case Series. Foot Ankle Orthop. 2024 Mar 20;9(1):24730114241235672. doi: 10.1177/24730114241235672.**

****Engasser WM, Coetzee JC, Seybold JD, Dock CC, Seiffert KJ, Stone McGaver R, Attia AK, Den Hartog BD. Early Functional Outcomes and Complications of Tibial and/or Peroneal Sesamoidectomy Utilizing a Burr Through a Medial Approach. Foot Ankle Int. 2024 Oct;45(10):1070-1075. doi: 10.1177/10711007241264239.**

Ott CC, Shah AD, Seiffert KJ, Stone McGaver R, Cammack PM, Holthusen SM, Seybold JD, Tanner JC, Engasser WM. Radiographic and Patient-Reported Outcomes for First Tarsometatarsal Arthrodesis Using an Intramedullary Nail for Hallux Valgus Deformity A Consecutive Case Series. Foot Ankle Spec. 2024 Dec 17:19386400241301822. doi: 10.1177/19386400241301822. Epub ahead of print.

Braidy Solie, DPT

Tollefson LV, Schoenecker J, Solie B, Monson J, LaPrade CM, Mullin EP, LaPrade RF. Lower Extremity Blood Flow Restriction Training in Athletes Significantly Improves Strength-Related Outcomes in 58% of Studies Compared to Non-Blood Flow Restriction Control. Arthroscopy. 2024 Dec11:S0749-8063(24)01031-4. doi: 10.1016/j.arthro.2024.12.005. Epub ahead of print.

Solie BS, Tollefson LV, Doney CP, O’Keefe JMJ, Thompson WC, LaPrade RF. Return to the Pre-Injury Level of Sport after Anterior Cruciate Ligament Reconstruction: A Practical Review with Medical Recommendations. Int J Sports Med. 2024 Jul;45(8):572-588. doi: 10.1055/a-2270-3233.

Solie BS, Tollefson LV, Doney CP, O’Keefe JMJ, Thompson WC, LaPrade RF. Return to the Pre-Injury Level of Sport after Anterior Cruciate Ligament Reconstruction: A Practical Review with Medical Recommendations. Int J Sports Med. 2024 Jul;45(8):572-588. doi: 10.1055/a-2270-3233.

Dr. John Tanner

Ott CC, Shah AD, Seiffert KJ, Stone McGaver R, Cammack PM, Holthusen SM, Seybold JD, Tanner JC, Engasser WM. Radiographic and Patient-Reported Outcomes for First Tarsometatarsal Arthrodesis Using an Intramedullary Nail for Hallux Valgus Deformity A Consecutive Case Series. Foot Ankle Spec. 2024 Dec 17:19386400241301822. doi: 10.1177/19386400241301822. Epub ahead of print.

Dr. Christopher Traynor

****Traynor CJ, Zhang H, Den Hartog BD, Seybold JD, Engasser WM, McGaver RS, Fritz JE, Seiffert KJ, Dock CC, Coetzee JC. Isolated Talonavicular Arthrodesis as Treatment for Flexible Progressive Collapsing Foot Deformity: A Case Series. Foot Ankle Orthop. 2024 Mar 20;9(1):24730114241235672. doi: 10.1177/24730114241235672.**

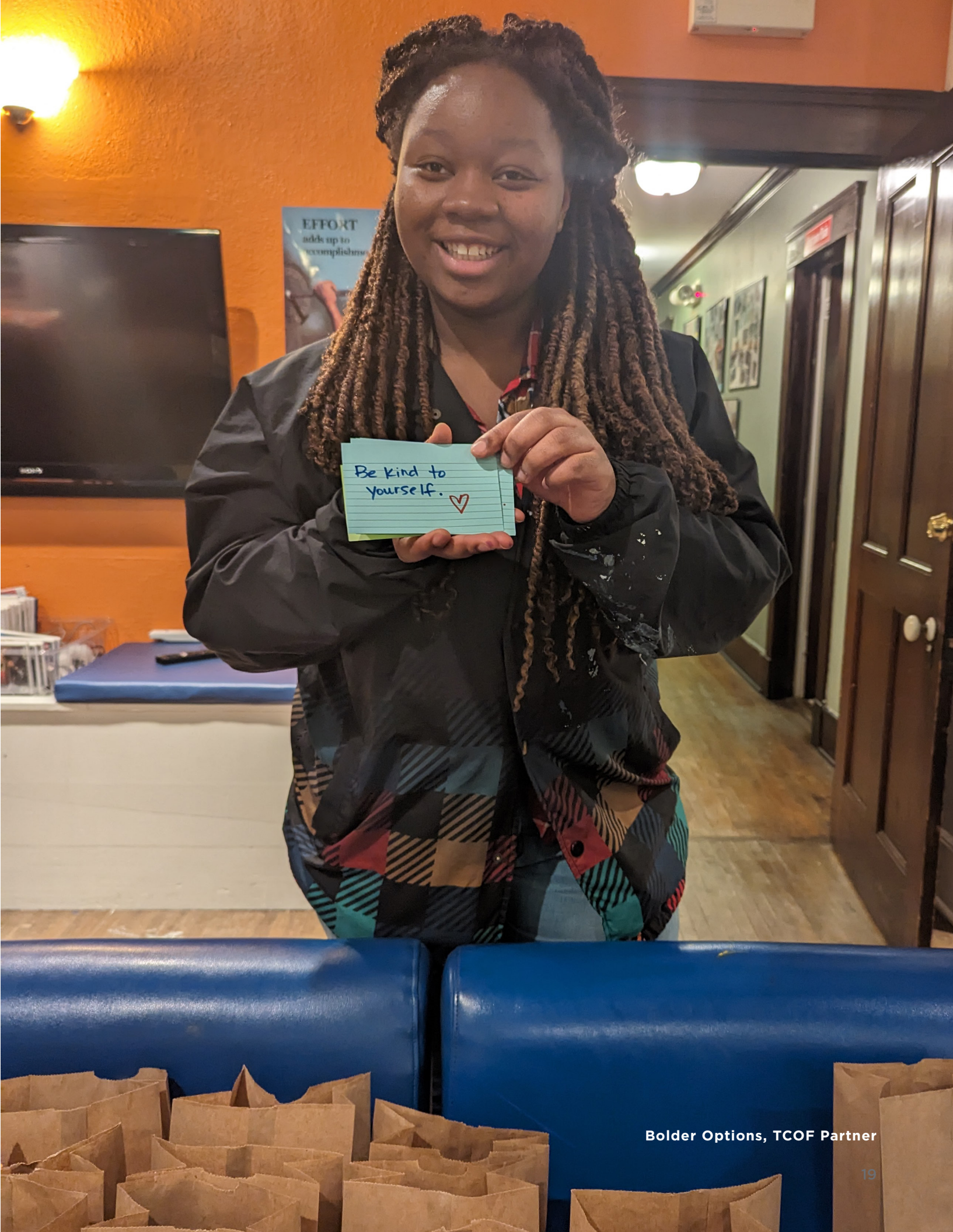
****Traynor C, Coetzee JC. Outcomes of Conversion of Ankle Fusion to Total Ankle Arthroplasty. Foot Ankle Clin. 2024 Mar;29(1):165-170. doi: 10.1016/j.fcl.2023.08.008.**

Dr. Corey Wulf

****Tollefson LV, Kennedy NI, Banovetz MT, Homan MD, Engebretsen L, Moatshe G, Wulf CA, Larson CM, LaPrade RF. Supratubercle Anterior Closing Wedge Osteotomy: No Changes in Patellar Height and Significant Decreases in Anterior Tibial Translation at 6 Months Postoperatively. Am J Sports Med. 2024 Jul;52(8):1990-1996. doi: 10.1177/03635465241252982.**

Schwartz J, Rodriguez AN, Banovetz MT, Braaten JA, Larson CM, Wulf CA, Kennedy NI, LaPrade RF. The Functional Integrity of the Anterior Cruciate Ligament Can Be Objectively Assessed With the Use of Stress Radiographs: A Systematic Review. Orthop J Sports Med. 2024 Apr 25;12(4):23259671241246197. doi: 10.1177/23259671241246197.

****Shoemaker EP, Tollefson LV, Kennedy NI, McGaver RS, Homan M, Sieffert KJ, Shah AD, Wulf CA, Larson CM, Bjerke BP, LaPrade RF. Comparing Postoperative Outcomes of Isolated Anterior Cruciate Ligament Reconstruction and the “Terrible Triad” Anterior Cruciate Ligament Reconstruction With Medial Meniscus Ramp and Lateral Meniscus Root Repairs. Orthop J Sports Med. 2024 Dec 20;12(12):23259671241303178. doi: 10.1177/23259671241303178.**



THANK YOU TO
OUR SUPPORTERS

\$1 - \$500

Rebecca Anderson	Amy Larson	Steven Meletiou, MD	Jon Shoenecker
Chris Bailey	William Levin	Becky Oishi	Timothy Thull
Jason Barry, MD	Randall Lewis, MD	Erik Rasmussen	Luke Tollefson
Brian Bjerke, MD	Jeffrey Mair, DO	Kayvon Riggi, MD	Shelly Webber
Paul Crowe, MD	Daniel Marek, MD	Emily Ruhsam	Ingrid Weddig
Paul Diekmann, MD	Becky McGaver	Lori Ryan	
Jay Hempe	Shelli McGuire	Jay Schindler	

\$501 - \$1,000

Paul Biewen, MD	Matthew Hofkens, DO	Laura Koch, MD	Brian O'Neill, MD
Eric Deal, MD	Jason Holm, MD	JW Matheson	Stephen Olmsted, MD
Christian DuBois, MD	Scott Holthusen, MD	Steven Meisterling, MD	Peter Sanders, MD
D. Charles Eggert, MD	Allan Hunt, MD	Christopher Meyer, MD	Andrea Saterbak, MD
David Gesensway, MD	Neil Johnson, MD	John Muelken	Edward Szalapski, MD
Frederick Harris, MD	Edward Kelly, MD	Jozef Murar, MD	John Tanner, MD
Ryan Hess, MD	Robert Knowlan, MD	Joseph Nemanich, MD	

\$1,001 - \$5,000

Andrew Arthur, MD	Bryan Den Hartog, MD	Robert LaPrade, MD	Mr. and Mrs. Ubel
Paul Cammack, MD	Mark Fischer, MD	Brad Moser, MD	Troy Vargas, DPM
J. Chris Coetzee, MD	Benjamin Gulli, MD	Maria Ryan, MD	

\$5,001+

Kurt Anderson, MD	Thomas Comfort, MD	Clare McCarthy, MD	Jeffrey Seybold, MD
Scott Anseth, MD	William Engasser, MD	Nicholas Meyer, MD	Corey Wulf, MD
Adam Bakker, MD	Christopher Larson, MD	Frank Norberg, MD	



Grants & Corporate Partners

- American Orthopaedic Foot & Ankle Society
- Arthrex Grant
- Arthroscopy Association of North America
- Axis Spine Technologies
- Hegenes Apartment Management
- Lincoln Memorial University
- MERC Grant
- Molnlycke Health Care AB
- Ossdsign
- Ossur Americas
- Paragon 28
- Seattle Institute for Biomedical & Clinical Research
- Smith & Nephew

DONATE

Please consider making a donation to support our Foundation. With your support, we are able to help people in our local community and impact lives across the globe. Please visit the TCOF website, or scan the QR code below, to make an online donation.

TCOFoundation.org





3500 American Blvd West, Suite 300, Bloomington, MN 55435 • TCOFoundation.org

The Twin Cities Orthopedics Foundation is a 501(c)3 not-for-profit organization.