

2025

ANNUAL REPORT

TWIN CITIES ORTHOPEDICS FOUNDATION



SGM JOHN J SCHWARTZ
CONFIDENCE COURSE BARK

United Heroes League, TCOF Partner

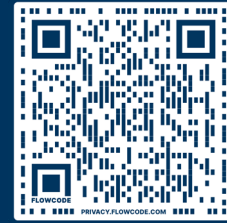


TWIN CITIES ORTHOPEDICS
FOUNDATION

Research • Education • Community Service

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, to make an online donation.



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

TCOFoundation.org

MESSAGE FROM THE PRESIDENT

Dear friends, supporters, and colleagues,

The mission of the Twin Cities Orthopedics Foundation (TCOF) is to advance musculoskeletal health through community service, orthopedic research, education, and training. With your support we have positively impacted our community and advanced orthopedics.

Locally, we partnered with United Heroes League, supporting Veterans and their families through sports and activities, Bolder Options, a youth mentoring program, and Northside Boxing, offering youth boxing and mentorship in North Minneapolis. Globally, we've been supporting the Kafika House in Tanzania through life-changing pediatric burn scar contracture release surgeries for at least 20 kids each year.

Outside of our partnerships, we support numerous research initiatives. This work has made Twin Cities Orthopedics (TCO) a national leader in orthopedic research, ranking in the top 3 private institutions for ACL/knee arthroscopy/meniscus and sports medicine publications.

Without you, our Foundation would not have the resources needed 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.

The board members and staff are all volunteers, which allows the TCOF to directly support more of its goals while minimizing overhead expenses. Thank you to our volunteers and board members for their significant efforts. We extend a special gratitude to David Gesensway, MD, who served on the Foundation's Board of Directors since our inception and as our President for many years.

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



Adam Bakker, MD

Board President | Twin Cities Orthopedics Foundation

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
- Providing volunteer orthopedic care to underserved communities locally and internationally

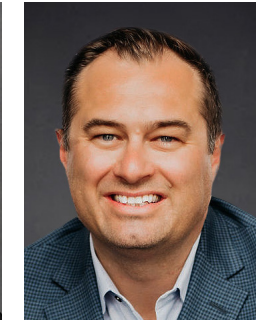
2025 Accomplishments

- **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
 - Northside Boxing Club
 - United Heroes League
- **Grants to:**
 - Jackson Yelle Family Foundation
 - Kafika House, Tanzania
 - Maple Grove High School athletic training table
 - PLAY Miracle

2025 BOARD OF DIRECTORS



Adam Bakker, MD
PRESIDENT



Chris Bailey, CDO
TREASURER



Becky Stone McGaver,
MS, ATC
SECRETARY



Scott Anseth, MD



David Gesensway, MD



Ryan Hess, MD



Robert LaPrade, MD, PhD



Nicholas Meyer, MD



Marcus Mittelsteadt, MD



YEAR END | DECEMBER 31, 2025

STATEMENT OF ACTIVITIES

CONTRIBUTIONS

REVENUES	
Research & Education Fund	\$1,007,087
Other Designated Funds	\$37,500
Unrestricted Funds	\$58,235
Total Contributions	\$1,102,822

DISBURSEMENTS

EXPENSES	
Research & Education	\$969,301
Undesignated Fund Grants	\$52,026
Designated Fund Grants	\$43,625
Administrative Costs	\$36,546
Total Disbursements	\$1,101,498

2025 TOTALS

Total Expenses	\$1,101,498
Change in Net Assets	\$1,324
Net Assets, Beginning of Year 2025	\$271,304
Net Assets, End of Year 2025	\$272,628

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 goal setting in three key areas: physical health, academic success, and social-emotional development. 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. This program provides ongoing resources, career exploration opportunities, and leadership development, ensuring that our youth continue to thrive as they transition into high school and beyond.

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 boxing classes 6 days a week, a space to do homework, and nutritious meals for free. They recently launched a barbershop in the same building so local youth can learn the trade, have another safe space for mentorship, and get free haircuts.

Learn more at NorthsideBoxing.org

“TCOF has become a very important partner for Northside Boxing—not only have they contributed to our annual fund, but their generosity extends to supplies and equipment for the gym, which is needed. Northside wouldn’t be able to do what we do without foundations like TCOF. It takes the broader community to help impact our community. We are forever grateful for TCOF and their leadership for partnering with Northside.”

Ryan Burney | Founder, Northside Boxing Club



Bolder Options



Northside Boxing Club



United Heroes League



UNITED HEROES LEAGUE

United Heroes League unites military families and communities through the power of sports. They remove barriers and open doors so children of service members can build the confidence, connection, and belonging they need to thrive on and off the field. From free equipment and skill-development camps to financial support and unforgettable experiences, they ensure no child is left on the sidelines because of service.

Learn more and support the mission at GiveUHL.org

“United Heroes League is incredibly grateful for our continued partnership with the Twin Cities Orthopedics Foundation. Their commitment to health, teamwork, and community makes a lasting difference for military children and veterans. Having TCO serve as the Title Sponsor of Hockey Day Minnesota 2026 was especially meaningful, as their support helped impact hundreds of heroic families by making sports more accessible and affordable while also boosting morale during times of separation and recovery. We are truly thankful for TCO’s leadership, generosity, and the continued impact they make through the Foundation.”

Shane Hudella | President & Founder, United Heroes League

SUPPORTING OUR COMMUNITIES

GLOBAL INVOLVEMENT



Physicians Volunteering in Tanzania

TEACHING DR. KIMARO

Dr. Adam Bakker | TCOF Board President

For the past nine years, I have volunteered as a surgeon in Tanzania, primarily performing operations on children to release burn scar contractures. These surgeries involve freeing scarred hands, wrists, and elbows so children can regain use of their extremities. Many of these burn injuries are severe and long neglected.

Burns like these are tragically common in Tanzania. They use fire every day to sanitize drinking water, heat huts, cook food, and repel mosquitoes. These fires burn in open pits at the center of the home, and too often children fall into them and suffer devastating burns.

Volunteering in Tanzania and performing these surgeries is deeply impactful and rewarding work. But surgery alone is not enough. One of the most meaningful and lasting parts of this program is the opportunity to work alongside Tanzanian surgical residents and invest in their training.

One year, I worked with a new resident, Dr. Kimaro. He made a strong impression on me because of how kind and soft-spoken he was. Like most new surgical residents, his skills were just beginning to develop, and his experience was limited.

During the week we go to Tanzania, the hospital experiences one of its busiest times of the year. We bring a high volume of cases, and surgeries take place every day, all day long. That creates tremendous opportunities for learning. Part of our responsibility was to teach Dr. Kimaro.

Depending on what is being taught, there are many ways to transfer knowledge from one physician to another. By reading medical textbooks, we gain insight into disease processes. Through lectures, we learn the biology of tissue healing. We study the bending moment of a plate to understand how best to stabilize a complex fracture using the principles of Newtonian physics. All of this knowledge can be acquired without ever stepping into an operating room.

But in surgery, experience is everything.

Without experience, a surgeon will never know the distinct feel of drilling through both cortices of the distal humerus to place a screw, or the delicate precision required to repair a lacerated nerve with suture finer than a strand of human hair. The rigorous medical training we receive in the United States is among the best in the world. It is organized, intentional, and refined through years of development. We have access to the most current technologies and advanced techniques. In Tanzania, medical education and surgical training are still evolving.

In the years since I first met him, Dr. Kimaro has become proficient. He completed his training and is now an attending surgeon at that same hospital where we trained him. He performs many of the same surgeries we do throughout the rest of the year and is fostering next generation of Tanzanian surgeons.

Our volunteer group helped teach Dr. Kimaro how to suture, how to properly hold a scalpel, and how to identify vital anatomy.

Now he is the one doing the teaching.



Dr. Kimaro

RESEARCH & EDUCATION

ADVANCING ORTHOPEDIC INNOVATION: Highlights from the TCO Research & Education Annual Meeting

At TCO, research and education remain central to our mission of advancing patient care and strengthening collaboration across the orthopedic community.

This year's Research & Education Annual Meeting showcased significant innovations and impactful research from our multidisciplinary team. Designed for the full spectrum of orthopedic professionals—including physicians, physical therapists, occupational therapists, and athletic trainers—the event highlighted their expertise and forward-thinking work driving progress from surgery to sports performance.

Expert Insights and Meaningful Discussion

Presenters from TCO, Training HAUS, and Preventive Cardiology Clinic delivered focused sessions on key clinical and performance topics. Interactive Q&A segments fostered productive dialogue, supporting shared learning and further exploration of emerging ideas.



Research Presenters

Exploring New Frontiers in Orthopedic Research

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

- **Extremities Research:** Presentations highlighted innovative treatment approaches for adolescent spondylolysis, analysis of non union/complication rates in first metatarsophalangeal joint revision surgeries, correlations between peak plantarflexion angle and biomechanical outcomes in Achilles tendon repair, and a clinical evaluation identifying the most stable repair method for ankle syndesmosis injuries.
- **Bio Lab and Sports Science:** Mitchell Carlson shared updates from six 2025 Bioengineering Lab projects, including findings from the AOSSM 2025 Cabaud Award-winning study demonstrating that increased posterior tibial bone loss contributes to instability after ACL reconstruction, while adding an LET reduces that instability. Training HAUS Sports Science presentations included early research on the relationship between eccentric strength training and performance variables in change of direction and curved running tasks, publication updates on single leg squat testing after ACLR, and year over year growth in Sports Science Lab analyses (Running +38%, TRAC Knee +8%, overall lab volume +18%).
- **Preventive Medicine:** In collaboration with Health Quotient, Preventive Cardiology Clinic's Dr. Elizabeth Klodas presented findings on cardiometabolic risk among law enforcement professionals—identifying them as a high risk population requiring early, proactive prevention and intervention strategies.
- **Hip and Knee Research:** Topics included outcomes after complete radial lateral meniscal tear repair and an overview of an AOSSM 2026 Cabaud Award finalist study examining how posterior tibial slope affects anterior tibial translation in the setting of ACL and PM meniscus injuries. Additional updates covered ongoing studies evaluating kinematic and kinetic variables after hip arthroscopy, the relationship between ACL RSI and quadriceps LSI, and progress across several complex knee research initiatives.

THANK YOU TO OUR PARTICIPANTS & SUPPORTERS

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

EXTREMITIES, SPORTS SCIENCE, BIO LAB, & OTHER

- Michael Anderson, MD
- Mitchell Carlson, MS, BME
- Christian Dawson, PT, DPT
- Garrett Eggleston, MS
- Carlos Gaye, BS
- Elizabeth Klodas, MD
- JW Matheson, DPT
- Uche Ogbonnaya, PhD, CSCS
- Braidy Solie, PT, DPT, SCS, CSCS
- Ethan Taylor, PT
- Brady Torborg, PT

LOWER EXTREMITY: HIP AND KNEE

- Taylor Freetly, MD
- Grace King, PT
- Chris Larson, MD
- Robert LaPrade, MD
- Caitlin Rosenzweig, PT
- Ethan Sawyer, MD
- Benjiman Wilebski, MD
- Pedro Zavala, PT, DPT, SCS

TCO FOUNDATION RESEARCH PUBLICATIONS

2025 RESEARCH PUBLICATIONS

Dr. Paul Cammack

- Attia AK, Urdahl TH, Dock CC, Stone McGaver R, Den Hartog BD, Coetzee JC, Engasser WM, Cammack PM, Tanner JC, Seiffert KJ, Seybold JD. Outcomes of Deltoid Ligament Repair in Surgically Treated Weber C Ankle Fractures With Deltoid Injury: A Retrospective Comparative Study. *Foot Ankle Int.* 2025 Oct;46(10):1139-1146. doi: 10.1177/10711007251361122.

Dr. J. Chris Coetzee

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Dr. Jonathan Cooper

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Dr. Kyle Flikkema

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- Rasmussen MT, Lee DR, Hartigan DE. Editorial Commentary: Return-to-Play and Return-to-Sport Metrics Require Standardization. *Arthroscopy.* 2025 Jul;41(7):2595-2597. doi: 10.1016/j.arthro.2024.12.003.

Dr. Allan Hunt

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Dr. Christopher M. LaPrade

Chahla J, Garcia JR, Tollefson L, Dzidzishvili L, Allende F, Gerhold C, Krych AJ, LaPrade RF, LaPrade CM, Larson CM, Meniscus Root International Expert Group. International Delphi Consensus on Medial Meniscal Root Tears Shows High Agreement on Diagnosis, Treatment, and Rehabilitation but Lack of Agreement on Treatment of Asymptomatic Tears. *Arthroscopy.* 2025 Nov;41(11):4683-4698. doi: 10.1016/j.arthro.2025.06.028.

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Dr. Robert F. LaPrade

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Dr. Matthew Rasmussen**

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Bolder Options, TCOF Partner





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Bioengineering Lab

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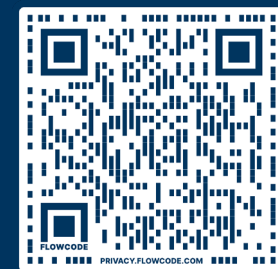
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