

HOWARD FREEDBERG, M.D.

PRESENT EMPLOYMENT:

Suburban Orthopaedics
www.suburbanortho.com
1110 W. Schick Rd.
Bartlett, IL 60103
Phone 630-372-1100 Fax 630-372-6230

2357 Hassell Road, Ste 204
Hoffman Estates, IL 60195
Phone 847-781-0788 Fax 630-372-6230

800 Biesterfield Rd.
Suite 565 – Eberle Bldg
Elk Grove Village, IL 60007
Phone 847-439-9488

PREVIOUS EMPLOYMENT:

North Suburban Clinic
Hoffman Estates and Elk Grove Village
1988-2000

PUBLIC SERVICE:

Great Lakes Medical Center Orthopaedic Sports
Medicine Specialist 1988-1991

HOSPITAL AFFILIATIONS:

Alexian Brothers Medical Center
St. Alexius Medical Center
Sherman Hospital
Central Dupage Hospital

CERTIFICATION:

National Boards: Completed Parts I, II, III
License: Illinois (36064932)
Board Certified 1990 by the American Board of
Orthopaedic Surgery
Board Re-certified 2000 by the American Board of
Orthopaedic Surgery
Board Certified 1995 by the American Forensic
Association
Sports Medicine Certificate of Additional Qualification:
Board Certified Sports Medicine American Board
of Orthopaedic Surgery 2010

HOWARD I. FREEDBERG, M.D.

AWARDS:

One of the Best Doctors in the Chicago Area Published
Castle Connolly Guide, 1999-Present
Diplomate of the American Board of Medical Specialists
Who's Who in Orthopaedics 1999 to present
Honored member in Strathmore's Who's Who 2000-
Present
Millennium Edition
Nation Registry Who's Who in Executives and
Professionals 2001-2002
Presidential Who's Who 2010

FELLOWSHIP:

Fellow in American Academy of Orthopaedic Surgeons
Sports Medicine: Wellington Sports Medicine Center
Reconstructive Arthritis Surgery: bone and Joint Institute
The Christ Hospital, Cincinnati, OH
July 1, 1986 to June 30, 1987
Exchange Fellowship with Dr. H. Mittelmeier
Homburg, Germany and Dr. P. Cartier
Paris, France
April to May 1987
Fellow in International College of Surgeons

HOWARD I. FREEDBERG, M.D.

APPOINTMENTS:

Team sports physician for Cincinnati area high schools
Assistant physician for Association of Tennis Professionals
Assistant team physician for Cincinnati Bengals
Assistant team physician for Cincinnati Reds
1987 World Figure Skating Championship physician on
Medical Committee
Team physician area high schools: Conant, Streamwood,
Elk Grove, Bartlett, and South Elgin
Director Center for Sports Medicine at the North Suburban
Clinic
Team physician for Chicago Sting Professional Soccer
Team
Bosnian Reconstruction Redevelopment and Health
Advisory Board 1996
Consultant for the National Football League Players
Association
Consultant for the Major League Baseball Players
Association
Senior PGA Medical Director, Kemper Lakes, Hawthorne,
IL July 2001
Medical Advisor for Sports Medicine Program
Alexian Brothers Medical Center
Orthopaedic Advisory Committee.
Alexian Brothers Medical Center
On-call medical Director PGA championship, Medinah
Country Club August, 2006
Pediatric Sports Medicine Committee- ABMC

EDUCATION:

Postgraduate, University of Illinois Hospital Orthopaedic
Residence July 1, 1982 to June 30, 1986
Internship in General Surgery
July 1, 1981 to June 30, 1982
M.D. Degree, 1981 University of Illinois
Abraham Lincoln School of Medicine
Chicago, Illinois
B.S. Degree, 1977, University of Illinois
Urbana, Illinois

HOWARD I. FREEDBERG, M.D.

ACADEMIC APPOINTMENTS: Instructor in Orthopaedics,
Abraham Lincoln School of Medicine
University of Illinois, 1984
Assistant Instructor in Orthopaedics,
Abraham Lincoln School of Medicine
University of Illinois, 1982
Assistant Professor of Orthopaedics,
Chicago Medical School, 1987 to 1991

**PRESENTATIONS
AND RESEARCH:**

Ankle Fractures, October 21, 1982
Lincoln Orthopaedic Society, Chicago, Illinois
Presentation to International Orthopaedic
Association, March 24, 1983
A Comparison of the Jewett Nail and Compression
Screw of Intertrochanteric Fractures, A Clinical and
Anatomical Study
Presented at Chicago Committee on Trauma
To The American College of Surgeons
First Place Resident Paper Award
March 7, 1986
Presented at Scientific Exhibit at American
Association of Orthopaedic Surgeons in Las Vegas,
1985.
Case presentation, Lamplighters Orthopaedic
Association, April 26, 1984
Cement less Total Hip Arthroplasty
Lincoln Orthopaedic Society
Chicago, March 21, 1985
Segmental Spinal Instrumentation in Idiopathic Scoliosis
Using $\frac{1}{4}$ "L" Rods,
Illinois Orthopaedic Society, September 28, 1985
Postoperative Muscle Strength in Lateral and Anterolateral
Approach to the Hip Using the Kinetic
Communicator Exercise System.
Senior Thesis Presentation, June 20, 1986

HOWARD I. FREEDBERG, M.D.**PRESENTATIONS
AND RESEARCH:**

The effect of Adjunctive Methymethacrylate of Healing and Function in Osteoporotic Intertrachanteric Fractures

Presented at American Association of Orthopaedic Surgeons Meeting, Las Vegas, 1985

Presented at Chicago Committee on Trauma of American College of Surgeons, First Place Resident Paper Award 1985

Published, Journal of bone and Joint Surgery, Volume 67A, Number 7, Page 1094, September 1985

A Prospective Study of the Autophor Total Hip Arthroplasty, Orthopaedics Today, Volume 8, Number 1, Page 17 January 1988

Human Patellar Tendon-Bone Allografts in Arthroscopic Reconstruction of the Anterior Cruciate Ligament. Cincinnati Orthopaedic Society, June 1987.

Drug Use in Athletes. Cincinnati Orthopaedic Meeting, April 14, 1987

Common sports Injuries in Adolescents. Illinois Academy of Family Physicians, November 1, 1988

Skiing Injuries. National Association of Orthopaedic Technologist Annual Convention, August 25, 1988

Concepts in Cruciate Surgery, American Operating Room Nurses Convention, September 1989

Orthopaedic Emergencies. Midwest Convention for Critical Care Nurses, March 14, 1990

Overview of Arthritis of Hip and Knee. Conservative and Surgical Options. Association Operating Room Nurses (AORN), October 20, 1992

HOWARD I. FREEDBERG, M.D.**PRESENTATIONS
AND RESEARCH:**

Synthes Orthopaedic Workshop. Orthopaedic Operating
Room nurses Association, October 16, 1993

Endoscopic Anterior Cruciate Ligament Reconstruction
Association of Surgical Technologists,
November 13, 1993

The Development and Utilization of a Patient Stabilization
Device to be used for Shoulder Arthroscopy in the
Sitting Position. In Conjunction with Dyonics
Presented AAOS. New Orleans, February 1994

A Doctor's Prescription or Reducing Worker's Compensation
Losses. Worker's Compensation Update 1994.
Sponsored by the Council on Education in Management,
May 13, 1994

Chairman: Unique Total Team Approach to Sports Medicine,
Chicago, March 3, 1995

Lectures: Drug Use in Athletes
Head and Neck Injuries in Athletes
Diagnosis and Treatment of the Athletes Shoulder
Injuries

New Arthroscopic Techniques for Management
Cadaver Dissections of Shoulder and Knee

Associate Master Instructor for Shoulder Course at the
Orthopaedic Learning Center, June 23-24, 1995

Faculty Instructor, Orthopaedic Board Review Course, Sponsored
By the Osler Institute, Lishle Hilton Hotel, July 7-12, 1995;
Lectures in Sports Knee and Sports Shoulder with oral test
Evaluation

Associate Master Instructor for the Shoulder Arthroscopy Course
at the Orthopaedic Learning Center, February, 3-4, 1996

Chairman: Second Annual Unique Total Team Approach to Sports
Medicine, February 24, 1996

HOWARD I. FREEDBERG, M.D.**PRESENTATIONS
AND RESEARCH:**

Lectures: Foot and Ankle Pathology Cadaver Dissection of Ankle

Associate Master Instructor

Associate Master Instructor for the advanced shoulder Course at the Orthopaedic Learning Center February 2-4, 1996

Faculty Instructor, Orthopaedic Board Review Course, Sponsored by Osler Institute in Kansas City, May 17-18, 1996: Lectures in Sports Knee and Sports Shoulder with oral test evaluation.

Faculty Instructor, Orthopaedic Board Review Course, Sponsored by Osler Institute in Chicago, July 9, 1996 and July 16, 1996: Lectures in Sports Knee and Sports Shoulder

Adolescent Sports Medicine, Medical Grand Rounds at FUHS/Chicago medical School November 13, 1996

Chairman: Third Annual Total Team Approach to Sports Medicine, Deerfield Hyatt in Conjunction with Chicago Medical School and Health South, February 22, 1997

Lecture: Current Concept of the anterior cruciate Ligament

Associate Master Instructor for the Comprehensive Knee Course at The Orthopaedic Learning Center, June 6-8, 1997

Associate Master Instructor for the Comprehensive Shoulder Arthroscopy Courses at the Orthopaedic Learning Center, February 28-March 2, 1997

Faculty Instructor Orthopaedic Board Review Course, Sponsored by the Osler Institute in Chicago, July 18-23, 1997 Lectures on Sports Knee and Shoulder Injuries

Understanding what transpires when you send an Employee for an IME. Workers Compensation Update 1997

Sponsored by the Council on Education in Management Oakbrook, Illinois, September 25, 1997

HOWARD I. FREEDBERG, M.D.**PRESENTATIONS
AND RESEARCH:**

- Symposium on Lovenox. Orthopaedic Specialist for Panel Discussion and Evaluation of Presentations Rhone-Poulanc Rorer National Meeting. Chicago, November 7, 1997
- Chairman: Fourth Annual total Team Approach to Sports Medicine, Sheridan Gateway Suites in Conjunction with Health South, February 21, 1998
- Lecture: Arthroscopic Shoulder Surgery: An In-depth Focus on Specific Procedures Allowing Accelerated Return to Sports
- Associate Master Instructor for the Shoulder Arthroscopy Orthopaedic Course, Orthopaedic Learning Center, February 27, 28 and March 1, 1998
- Faculty Instructor for Academy Skills Course: Open and Arthroscopic Shoulder Surgery: Advanced Anterior and Posterior Techniques. Orthopaedic Learning Center, Mary 15-17, 1998
- Shoulder Injuries in the Athlete. Step into the Future 18th Annual Conference of the National Association of Orthopaedic Nurses. May 19, 1998, San Francisco
- Faculty Instructor, Orthopaedic Board Review Course, Sponsored by the Osler Institute in Chicago, July 10-15, 1998 at the Arlington Park Hilton.
- Lectures on Sports Knee and Shoulder Injuries
- Examiner for Total Knee Arthroplasty and Anterior Cruciate Ligament Reconstruction with First Objective Assessment of Technical Skills at The Orthopaedic Learning Center January 23, 1999
- Chairman: Arthrotek Semi-T meeting Orthopaedic Center. February 19, 1999
- Chairman: Fifth Annual Total Team Approach to Sports Medicine Deerfield Hyatt in Conjunction with Health South and Arthrotek, February 20, 1999
- Lecture: Arthrofibrosis and reflex sympathetic Dystrophy of the Knee

HOWARD I. FREEDBERG, M.D.**PRESENTATIONS
AND RESEARCH:**

- Faculty Instructor for Mock Orals, Orthopaedic Board Review Course, Sponsored by Osler Institute in Chicago, July 10-13, 1999
- Faculty Instructor, Orthopaedic Board Review Course Sponsored By the Osler Institute in Chicago, July 20, 1998. Lectures on Sports Knee and Shoulder Injuries
- Chairman: Symposium and Instrumentation in Shoulder Arthroscopy Meeting at the Orthopaedic Learning Center. Sponsored by Mitek, August 11, 1999
- Associate Master Instructor for the Shoulder Arthroscopy Orthopaedic Course, Orthopaedic Learning Center, August 27-29, 1999
- Chairman: Arthrotek Semi-T Meeting, Orthopaedic Learning Center, October 14, 1999
- Associate Master Instructor for the Advanced Shoulder Arthroscopy Course, Orthopaedic Learning Center, February 4-6, 2000
- Chairman: Arthrotek Semi-T Meeting, Orthopaedic Learning Center, February 25, 2000
- Chairman: Sixth Annual Total Team Approach to Sports Medicine Hoffman Estates Campus of Northern Illinois University in Conjunction with Mitek, Arthrotek and Health South, February 26, 2000
- Lecture: The "Trashed" Knee. Options Prior to Total Knee Arthroplasty
- The Utility of Cox/Sparing Agents. Sponsored by G.D. Searle and Pfizer, Bensenville, Illinois, March 15, 2000
- Faculty Instructor for Advanced Techniques in Open and Arthroscopic Shoulder Surgery. American Academy of Orthopaedic Surgeons, April 28-30, 2000, Rosemont, Illinois
- New Techniques in Anterior Cruciate Ligament Reconstruction. Crucial Decisions in Total Joint Replacement. May 18-20, 2000, Bermuda
- Myths of Anterior Cruciate Ligament Reconstruction. Arthrotek Annual Meeting, June 24, 2000

HOWARD I. FREEDBERG, M.D.

**PRESENTATIONS
AND RESEARCH:**

- Faculty Instructor, Orthopaedic Board Review Course
Sponsored by the Osler Institute in Chicago.
July 6-9, 1999. Lectures on Sports Knee and Shoulder
Injuries with mock orals
Chairman: Arthrotek Shoulder Semi-T Meeting at Orthopaedic
Learning Center, September 13-14, 2000
Celebrex Advisory Panel, Renaissance Hotel, Chicago,
September 16-17, 2000
National Disability and Workers Compensation Conference.
Medical expert at mock trial, Chicago Hilton and Towers.
December 5, 2000
Chairman: Arthrotek Shoulder and Semi-T Meeting at Orthopaedic
Learning Center, December 6-7, 2000
Celebrex Advisory Board Meeting, Rosemont Illinois,
January 10, 2001
Associate Master Instructor for the Basic Shoulder Arthroscopy
Course, Orthopaedic Learning Center, February 9-11, 2001
Chairman: Anterior Cruciate Ligament Reconstruction with
Double Looped Semitendinosus-Gracilis, Orthopaedic
Learning Center, February 23, 2001
Chairman: Seventh Annual Total Team Approach to Sports
Medicine, Hoffman Estates Campus of Northern Illinois
University in Conjunction with Arthrotek and Health South
February 24, 2001
Lecture: Biomechanics of Golfing Injuries
Use and Abuse of Arthroscope in Orthopaedic Surgery
May 3, 2001. St. Alexius Medical Center
Common Sports Injuries, When to See the Doctor. May 17, 2001
Prairie Stone, Health South Rehabilitation
Common Sports Injuries, When to See the Doctor. May 31, 2001
Midwest Physical Therapy Center, Schaumburg, Illinois
Associate Master Instructor for Shoulder Arthroscopy Course,
Orthopaedic Learning Center, August 3-5, 2001

HOWARD I. FREEDBERG, M.D.

**PRESENTATIONS
AND RESEARCH:**

- Chairman: Anterior Cruciate Ligament Reconstruction with
Double Looped Semi-Tendinosis-Gracilis, Orthopaedic
Learning Center, August 16, 2001
- Updates in the Treatment of Arthritis, Elgin Illinois
December 1, 2001
- Arthrotek Shoulder Course Faculty Instructor
October 10, 2001
- Chairman: Anterior Cruciate Ligament Reconstruction with
Double Looped Semitendinosis-Gracilis, Orthopaedic
Learning Center, October 11, 2001
- Lecture: The Learning Curve at the Bone Mulch/Washer/Loc
Technique
Arthrotek shoulder course Faculty Instructor
December 12, 2001
- Chairman: Semi-T Meeting, Orthopaedic Learning Center
Lecture: A Closer Look at the Bone Mulch/Washer/Loc
Technique's Learning Curve
December 13, 2001
- Compartment Syndromes and Deep Venous Thrombosis
St. Alexius Medical Center, January 22, 2002
- Surgical Treatment of Arthritis. St. Alexius Medical Center
February 7, 2002
- Chairman: Eight Annual Total Team Approach to Sports
Medicine, Hoffman Estates Campus of Northern Illinois
University in Conjunction with Arthrotek and Health South
February 23, 2002
- Lecture: The Dilemma's and Long Term Repercussions of Knee
Surgery
- Office Orthopaedics for the Internet: Evaluation and treatment of
Shoulder and Knee Problems
Alexian Brothers Medical Center. March 12, 2002
- Evaluation and Treatment of Shoulder Injuries: Etiology,
Treatment and Longterm Prognosis. Advanced
Rehabilitation Clinic Chicago. April 25, 2002.

HOWARD I. FREEDBERG, M.D.**PRESENTATIONS
AND RESEARCH:**

- Concepts and Controversies in Total Joint Arthroplasty and Sports Medicine. Key West, Florida. May 3-5, 2002
Arthrotek Shoulder Course Faculty Instructor.
Orthopaedic Learning Center. May 9, 2002.
- Chairman: Anterior Cruciate Ligament Reconstruction with Double Looped Semitendiosis-Gracilis, Orthopaedic Learning Center. May 10, 2002.
- Unicompartmental Knee Arthroplasty. Schaumburg, Illinois May 21, 2002
- Unicompartmental Knee Arthroplasty, St. Alexius Medical Center Senior Friends. June 11, 2002.
- Faculty Instructor Orthopaedic Board Review Course Sponsored By Osler Institute. Chicago, Illinois, July 11-13, 2002.
- Associate Master Instructor for Advanced Shoulder Arthroscopy Course Sponsored by Dr. Esch, Orthopaedic Learning Center, August 10-11, 2002
- Chairman: Arthrotek Shoulder/Knee Cadaver Workshop
Lecture: Technique Pearls for Bone Mulch/Washer Loc System. Orthopaedic Learning Center.
August 14-15, 2002.
- Chairman: Shoulder/Knee Reconstruction
Lecture: Use of Cuff Patch
Technique Pearls.
Ontario, California September 21-22, 2002.
- Chairman: Shoulder/Knee Cadaver Workshop
Lecture: Use of Cuff Patch for Rotator Cuff Repairs.
Technique Pearls for Bone Mulch\Washer
LOC for ACL Reconstructions
October 9-10, 2002.
- Skiing Injuries. Alexian Brothers Medical Center at Villa Olivia.
November 24, 2002

HOWARD I. FREEDBERG, M.D.**PRESENTATIONS
AND RESEARCH:**

- “Anatomic Repair” of Rotator Cuff Tears.
Faculty Instructor. Orthopaedic Learning Center.
January 8, 2003.
- Diagnosis and Treatment Options of Common Affliction.
St. Alexius Medical Center
February 25, 2003.
- Flexibility Training and Throwing Injuries in Younger Athletes.
Baseball Coaches Clinic. Alexian Field.
April 5, 2003.
- Review of Shoulder Anatomy, Pathology and Rehabilitation.
Accelerated Rehabilitation Center, Oak Park, Illinois.
April 12, 2003
- Evaluation of Shoulder Complaints for the Primary Care Physician
Saint Alexius Medical Center.
April 23, 2003
- Advances in Knee and Shoulder Arthroscopic Surgery.
Orthopaedic Learning Center. Chairman
Lecture: Technique Pearls of Anterior
Cruciate Ligament. May 7-8, 2003
- American Academy of Orthopaedic Surgeons. The Shoulder:
Open and Arthroscopic
Techniques Orthopaedic Learning Center
Faculty Instructor. May 30-June 1, 2003.
- How to Be An Effective Salesperson to an Orthopaedic Surgeon.
Sponsored by Arthrotek. Pointe South Mountain Resort,
Phoenix, Arizona, June 20-22, 2003
- Management and Natural Progression of Various Shoulder
Diagnosis. Accelerated Rehabilitation Clinics.
Elmhurst, Illinois, June 25, 2003.
- Faculty Instructor and Mock Oral Examiner for Orthopaedic Board
Review Course. Osler Institute. Lisle, Illinois
July 5-7, 2003
- Use of Cross Pin for ACL Reconstruction. Orthopaedic Learning
Center, July 31, 2003.

HOWARD I. FREEDBERG, M.D.

**PRESENTATIONS
AND RESEARCH:**

- Chairman: Sports Medicine Section: Concepts and Controversies
in Arthroplasty and Sports Medicine
Lecture: ACL Reconstruction using a cannulated screw for
passing bone mulch and a spiked washer system for graft
fixation in the tibia.
Lecture: The Trashed Knee 2003
Pinehurst, North Carolina, September 18-20, 2003
Golf Injuries. Rotary Club. Poplar Creek Country Club
September 24, 2003
Advances in Knee and Shoulder Arthroscopic Surgery.
Lecture: Rotator Cuff Repairs. Technical Pearls
Lecture: Pearls of the Bone Mulch/Washer Loc
Orthopaedic Learning Center. October 22-23, 2003.
Arthritis, Prevention and Treatment. Woodfield Walkers,
Woodfield Walkers, Schaumburg, Illinois January 12, 2004
Anterior Cruciate Ligament Reconstruction.
Lectures: Utilizing the Newest Advances Intibial Tunnel
Placement
Hamstring Fixation for the New Millennium
Pearls of the Bone Mulch/Washer Loc System
Celebration, Florida, February 13, 2004
Lectures: Advances in Anterior Cruciate Ligament
Reconstruction.
Use of Bone Coring of Tibial and Femoral Holes
American Academy of Orthopaedic Surgeons,
San Francisco, CA March 10-11, 2004
The Trashed Knee. Advanced Rehabilitation Clinics.
Elmhurst, IL March 18, 2004

HOWARD I. FREEDBERG, M.D.**PRESENTATIONS
AND RESEARCH
CONTINUED:**

Golf Injuries. Alexian Orthopaedic Institute, Human Motion Institute. Schaumburg, Ill April 17, 2004

Associate Master Instructor for Advanced Arthroscopic Shoulder Reconstruction. Sponsored by Dr. Burkhart, Dr. Tauro. Arthroscopy Association of North America, Orthopaedic Learning Center. October 15-17, 2004.

Chairman: Advances in Knee and Shoulder Arthroscopic Surgery
Co Chairman Dr. James Andrews, Dr. Stephen Howell.

Lecture: Hamstring Graft Harvest.

Lecture: Aggressive Rehabilitation with Semitendinosis
Gracilis Graft

Orthopaedic Learning Center. October 19-20, 2004

Chairman: Advances in Knee and Shoulder Arthroscopic Surgery

Co Chairmans with Stephen Howell M.D.,

Greg Fanelli M.D., Pat Connor M.D.,

Don D'Alessandro M.D.

Lecture: Rotator Cuff Repairs.

Lecture: Aggressive Rehabilitation with Double Looped
Semitendinosis-Gracilis Graft.

Orthopaedic Learning Center. January 12-13, 2005

Master Instructor Advanced Shoulder Arthroscopy Course.

Chairman: Jeff Abrams M.D., John Rogerson M.D.

Arthroscopy Association of North America.

Orthopaedic Learning Center. February 11-13, 2005.

Visiting Professor: Rotating Surgeon Tour.

ACL Reconstruction, Arthroscopic Shoulder

Reconstruction . Ontario, California March 8, 2005.

Master Instructor Advanced Ligament and Cartilage Knee Surgery

Chairman: Greg Fanelli M.D., Rick Ogilvie M.D.

Arthroscopy Association of North America

Orthopaedic Learning Center. March 11-13, 2005.

HOWARD I. FREEDBERG, M.D.

**PRESENTATIONS
AND RESEARCH
CONTINUED:**

Faculty Instructor Open and Arthroscopic Techniques in Shoulder Surgery. American Academy of Orthopaedic Surgeons.
Chairman: Stephen Weber M.D., Greg Nicholson M.D.
April 1-3, 2005.

Master Instructor Hip Arthroscopy
Chairman: J.W. Thomas Byrd M.D., James Glick M.D.,
Mark Philippon M.D.
Arthroscopy Association of North America
Orthopaedic Learning Center. April 8-10, 2005.

Chairman: Co- Chairman Frank Bownarrens M.D., Stephen
Howell M.D.

Advances in Shoulder and Knee Arthroscopy
Orthopaedic Learning Center.
April 27-28, 2005.

Lectures: Anatomy and Portal Placement Surgical
Techniques- Rotator Cuff and Labral Repairs
Cadaver Dissection
Pearls of ACL Reconstruction.
Rehabilitation of ACL

Long Term Dilemmas and Prognosis of Knee Surgery. National
Chiropractic Association Oak Brook, Ill. April 28, 2005.

Instructor Board Review Course Osler Institute

- 1) Knee and Shoulder Review
- 2) Mock Orals

Naperville, Ill July 2-6, 16-18, 2005

Knee and Shoulder Reconstructions Sponsored by Arthrotek
Orthopaedic Learning Center July 20-21, 2005

Hip Arthroscopy. National Chiropractic Association. Oakbrook, IL
September 8, 2005

Complex Issues of Shoulder Evaluation. Case Management
Seminar Sponsored by Physiotherapy.
Bloomington, Ill. September 13, 2005

HOWARD I. FREEDBERG, M.D.

**PRESENTATIONS
AND RESEARCH
CONTINUED:**

- Compaction of a Bone Dowel in the Tibial Tunnel Improves the Fixation Stiffness of a Soft Tissue Anterior Cruciate Ligament Graft.
Stephen Howell M.D., Etc. AJSM Vol 33 No. 5, p718-725.
2005
- Advances in Knee and Shoulder Surgery.
Chairman: October 19-20, 2005. Orthopaedic Learning Center. Lectures:-Shoulder Anatomy/Arthroscopic Shoulder Portal Placement
-ACL Reconstruction and Meniscal Repair
- Advances in Knee and Shoulder Surgery.
Chairman: January 25-26, 2006. Orthopaedic Learning Center Lectures:
Arthroscopic Shoulder Portal Placement
Arthroscopic Rotator Cuff Repair Technical Pearls
Hamstring Graft Harvest
Aggressive Rehabilitation with Double Looped Semitendinosis Gracilis Graft
- Master Instructor Hip Arthroscopy Course with the Arthroscopy Association of North America
January 27-29, 2006
- Advances in Knee and Shoulder Arthroscopic Surgery
Chairman: April 5-6, 2006 Orthopaedic Learning Center
Lectures:-Arthroscopic Shoulder Stabilization, Benefits of Bone Grafting the Tibial Tunnel
- Visiting Professor Olivos Clinic and Dupuytren Institute
Surgical Demonstration, Lectures on Anterior Cruciate Ligament Reconstruction, Rotator Cuff Pathology, and Glenohumeral Instability. Buenos Aires, Argentina
April 23-26, 2006
- Advances in Knee and Shoulder Arthroscopic Surgery
October 11-12, 2006. Orthopaedic Learning Center
Lectures: Arthroscopic Rotator Cuff Repair, Hamstring Graft Harvest

**PRESENTATIONS
AND RESEARCH
CONTINUED:**

Common Workplace Shoulder and Knee injury and state of the art treatment with solutions to challenging workers compensation cases. Schaumburg, Illinois March 1, 2007.

Current concepts of shoulder injuries national chiropractic association. Oakbrook, IL March 1, 2007.

Master instructor hip arthroscopy course chairman: J.W. Thomas Byrd M.D., Carlos Guanche M.D., Thomas Sampson M.D. arthroscopy Association of North America. Orthopedic Learning Center March 23-25, 2007.

Visiting Professor: III Curso Internacional de Cirugia do Joelito. Lectures: 1) Oxford unicompartmental knee Arthroplasty 2) ACL reconstruction a current concepts 3) posterior cruciate ligament 4) Meniscal repairs. Sao Paulo, Brazil. March 29-31, 2007

Hip Arthroscopy: "It's Role in the Athlete". Alexian Brothers Medical Center Department of Orthopaedics. May 2, 2007

Injury Prevention and Current Treatment Options for Adolescent Athletes. ABHN CME Consortium and the Orthopaedics and Rehabilitation Centers of Excellence. August 16, 2007.

Master Instructor: Ankle and Foot Arthroscopy and Reconstructive Surgery. Orthopaedic Learning Center. September 8-9, 2007

Chairman: Advances in Knee and Shoulder Arthroscopic Surgery. Lectures: Arthroscopic Portal Placement. Technical Pearls of Rotator Cuff Repair. Graft Harvest for ACL Reconstruction.

Master Instructor: Shoulder Arthroscopy course AANA Masters Experience Course. October 19-21, 2007.

Brace Free Rehabilitation After ACL Reconstruction Knee Arthroscopy Surgical Skills Workshop. Henderson, Nevada October 27, 2007.

Current opinion and technique on the use of DLSTG Autograft and tibialis Allograft. Herzlich Willkommen Zum Live-Op-Tag. Arcus Sportklinik Pforzheim, Germany November 11, 2007

HOWARD I. FREEDBERG, M.D.**PRESENTATIONS
AND RESEARCH
CONTINUED:**

- Knee Arthroscopy Surgical Skills Workshop.
Lectures: Brace-Free Rehabilitation after all
Reconstruction. Meniscal Repair. Henderson, Nevada
December 6, 2007
- Master Instructor Advanced Hip Arthroscopy course.
Chairman: Carlos A. Guanche MD, Bryan T. Kelly MD,
Thomas G. Sampson MD, Arthroscopy Association of
North America. Orthopaedic Learning Center. February
22nd -24th, 2008
- Visiting Professor: Curso International De Cirugia Do Toelito
Lectures: Shoulder Instability, Rotator Cuff Repairs.
Buenos Aires, Argentina, April 9, 2008
- Master Instructor Shoulder Arthroscopy Course. Chairman: Jeff
Abrams M.D., Alan Barber M.D., Robert Bell M.D., John
Rogerson M.D. Arthroscopy Association of North
America. Orthopaedic Learning Center, August 1st – 3rd,
2008
- Advances in Knee and Shoulder Arthroscopic Surgery Lectures:
Double Bundle ACL Reconstructions Orthopaedic
Learning Center. Biomet Sports Medicine August 19th –
20th, 2008
- Master Instructor Ankle and Foot Arthroscopy and Reconstructive
Surgery. AANA Masters Experience Course. Chairman:
James Stone M.D., Richard Ferkel M.D., James Tasto
M.D., Alastair Younger M.D. Orthopaedic Learning
Center. September 13th – 14th, 2008
- Double Bundle ACL Reconstruction. Accelerated Rehabilitation
Center. South Barrington, Illinois November 5th, 2008
- Master Instructor Hip Arthroscopy Course. AANA Masters
Experience. Chairman: J. Thomas Byrd M.D., Carlos
Guanche M.D., Victor Ilizaliturri M.D., Tom Sampson
M.D. Orthopaedic Learning Center February 6th – 8th, 2009

HOWARD I. FREEDBERG, M.D.

**PRESENTATIONS
AND RESEARCH
CONTINUED:**

- Master Instructor Shoulder Arthroscopy Course. AANA Masters Experience. Chairman: Stephen Snyder M.D., Alan Curtis M.D., Marc Labbe M.D., Michael Moskal, M.D. Orthopaedic Learning Center February 13th – 15th, 2009
- Female Knees Demonstrate Decreased Rotational Stability when Compared to Male Knees. T.P. Branch, J. Browne, J. Campbell, R. Siebold, H. Freedberg. AAOS Annual Meeting Las Vegas, Nevada February 25, 2009
- Range of Motion Deficits may have Greater Influence on Outcome Scores and Single – Leg Hop Distance than ACL Reconstruction Technique Care Jacobs PHD, Thomas Branch M.D., Rainer Siebold M.D., Howard Freedberg M.D. American Orthopaedics Society Sports Medicine Annual Meeting. Keystone, Colorado July 9th – 12th, 2009
- Master Instructor Ankle and Foot Arthroscopy and Reconstructive Surgery. Arthroscopy Association of North America, Orthopaedic Learning Center. September 26th – 27th, 2009.
- Rotational Laxity Greater in Patients with Contrauateral Anterior Cruciate ligament Injury than Healthy Volunteers. T.P. Branch, H.I. Freedberg etd. Knee Surg Sports Traumatol Arthrosc 10.100 7/S 00167-009-1010-Y. December 18, 2009.
- Master Instructor: Hip Arthroscopy Course. Chairman J.W. Thomas Byrd, M.D, Carlos Guanche, MD, Joe McCarthy, MD, Thomas Sampson, MD. Orthopaedic Learning Center. February 19th – 21st, 2010
- Poster Presentation: Anterior Cruciate Ligament Reconstruction Restores Native Joint Center of Rotation. T. Branch, MD, Cale Jacobs, PHD, H. Freedberg, MD, R. Siebold, MD. American Academy of Orthopaedic Surgeons Annual Meeting. New Orleans. March 9th-13th, 2010

HOWARD I. FREEDBERG, M.D.

**PRESENTATIONS
AND RESEARCH
CONTINUED:**

- A Matched Pair Analysis of Instrumentated Tests of Tibial Anterior Translation and Internal Rotation Laxity Between Single and Double Bundle ACL Reconstructions. T. Branch, MD, R. Siebold, MD, Cale Jacobs, MD, H. Freedberg, MF American Orthopaedic Society for Sports Medicine Annual Meeting. New Orleans March 13, 2010.
- A New Technique for Double Bundle Anterior Cruciate Ligament Reconstructions. Biomet Sports Medicine, Annual American Academy Orthopaedic Surgeons. New Orleans. March 9-13th 2010
- Master Instructor: Knee Ligament Course. Chairman Walter Shelton, MD, Darren Johnson, MD, Donald Johnson, MD, Mark Miller, MD. Orthopaedic Learning Center. April 16th – 18th, 2010.

**CERTIFICATIONS
COURSES:**

- Midwest Bio-Laser Institute. Completion of Certification Course Ravenswood Hospital Medical Center, May 23, 1994
- Ceramic Autophor Total Hip Replacement by Dr. Mittelmeier, University of Illinois, April 8, 1983 and April 19, 1984.
- Midas Rex Psychomotor Skills Lab, March 19, 1984.
- Instructor, Current Concepts in Cement less Total Joint Replacement, Christ Hospital, Cincinnati February 21, 1987 and April 25, 1987
- Paramax Endoscopic Anterior Cruciate Ligament Reconstruction, Linvatec and Rush Presbyterian St. Luke's Hospital, Sponsored by Bernard Bach, M.D., February 1993
- Arthroscopy Association of North America Shoulder Reconstruction, Learning Center. Craig Morgon, M.D., April 1994
- Genzyme Biosurgery. Completion of Certificate Training requirements for implantation of Carticel January 30, 2009

HOWARD I. FREEDBERG, M.D.

**CERTIFICATIONS
COURSES
CONTINUED:**

New Techniques in External Fixation in the Upper Extremity
(The Compass Hinge External Fixator)
Richards Medical Company. Dr. Hodgkiss,
February 4, 1995, Chicago
Electro thermal Arthroscopy Training Courses Orthopaedic
Learning, Sponsored by Oratec, May 7, 1998
Allograft Meniscal Transplantation. Orthopaedic Learning
Center, Sponsored by Cryolife, June 27, 1998
M-G Unicompartamental Minimally Invasive Solutions.
Ruth-Presbyterian-St. Luke's Medical Center.
Richard Berger, M.D., Mitchell Sheinkop, M.D.
February 6, 2001

PERSONAL DATA:

Birth date: October 15, 1955
Five Children

**SOCIETY
MEMBERSHIPS:**

American Academy of Orthopaedic Surgeons
American College of Sports Medicine
American Medical Association
American Orthopaedic Society for Sports Medicine
Illinois State Medical Society
Illinois Association of Orthopaedic Surgeons
Chicago Sports Medicine Society
Back Pain Society
Arthroscopy Association of North America
American Medical Society for Sports Medicine
Chicago Sports Medicine Society
American Board of Medical Specialties
American Forensic Association
Fellow International College of Surgeons
International Society of Arthroscopy, Knee Surgery and
Orthopaedic Sports Medicine