

# **Howard I. Freedberg, MD**

## **PRESENT EMPLOYMENT:**

Suburban Orthopaedics  
[www.suburbanortho.com](http://www.suburbanortho.com)  
1110 W. Schick Rd.  
Bartlett, IL 60103  
Phone 630-372-1100 Fax 630-372-6230

800 Biesterfield Rd.  
Suite 565 – Eberle Bldg  
Elk Grove Village, IL 60007  
Phone 630-372-1100

1600 Randall Road  
Suite 110  
Elgin, IL 60123  
Phone: 630-372-1100

2112 South Michigan Avenue  
Chicago, IL 60617  
Phone: 630-372-1100

## **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  
Ashton Surgery Center

## **Howard I. Freedberg, MD**

### **CERTIFICATION:**

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

### **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  
April 2011: Chicago Magazine – Best Doctor Award  
Deemed by the Arthroscopy Association of North America  
Master Instructor of Arthroscopy  
April 2022 Chicago Magazine – Best Doctor Award

### **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, MD**

### **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  
Medical Director Ashton Surgery Center

### **EDUCATION:**

B.S. Degree, 1977, University of Illinois  
Urbana, Illinois Orthopaedics,  
Abraham Lincoln School of Medicine  
University of Illinois, 1984  
M.D. Degree, 1981 University of Illinois  
Abraham Lincoln School of Medicine  
Chicago, Illinois  
Postgraduate, University of Illinois Hospital Orthopaedic  
Internship in General Surgery  
July 1, 1981 to June 30, 1982  
Residence July 1, 1982 to June 30, 1986  
Assistant Instructor in Orthopaedics,  
Abraham Lincoln School of Medicine  
University of Illinois, 1982  
Assistant Professor of Orthopaedics,  
Chicago Medical School, 1987 to 1991

## **Howard I. Freedberg, MD**

### **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, MD

### PRESENTATIONS AND RESEARCH CONTINUED:

- The effect of Adjunctive Methymethacrylate of Healing and Function in Osteoporotic Interrochanteric 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
- 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
- A Prospective Study of the Autophor Total Hip Arthroplasty, Orthopaedics Today, Volume 8, Number 1, Page 17 January 1988
- 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, MD

### PRESENTATIONS AND RESEARCH CONTINUED:

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, MD**

### **PRESENTATIONS AND RESEARCH CONTINUED:**

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

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### PRESENTATIONS AND RESEARCH CONTINUED:

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

Electro thermal Arthroscopy Training Courses Orthopaedic  
Learning, Sponsored by Oratec, May 7, 1998

Faculty Instructor for Academy Skills Course: Open and  
Arthroscopic Shoulder Surgery: Advanced Anterior and  
Posterior Techniques. Orthopaedic Learning Center,  
May 15-17, 1998

Shoulder Injuries in the Athlete. Step into the Future 18<sup>th</sup> Annual  
Conference of the National Association of Orthopaedic  
Nurses. May 19, 1998, San Francisco

Allograft Meniscal Transplantation. Orthopaedic Learning  
Center, Sponsored by Cryolife, June 27, 1998

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

Faculty Instructor, Orthopaedic Board Review Course Sponsored  
By the Osler Institute in Chicago, July 20, 1998. 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



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### **PRESENTATIONS AND RESEARCH CONTINUED:**

- 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
- Faculty Instructor for Mock Orals, Orthopaedic Board Review  
Course, Sponsored by Osler Institute in Chicago,  
July 10-13, 1999
- 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

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### **PRESENTATIONS AND RESEARCH CONTINUED:**

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 Semitendinosis-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

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### PRESENTATIONS AND RESEARCH CONTINUED:

Chairman: Anterior Cruciate Ligament Reconstruction with  
Double Looped Semi-Tendinosis-Gracilis, Orthopaedic  
Learning Center, August 16, 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  
Updates in the Treatment of Arthritis, Elgin Illinois  
December 1, 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 Internist: 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.

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### **PRESENTATIONS AND RESEARCH CONTINUED:**

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, MD

### PRESENTATIONS AND RESEARCH CONTINUED:

- “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.
- 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

## Howard I. Freedberg, MD

### PRESENTATIONS AND RESEARCH CONTINUED:

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

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.

## **Howard I. Freedberg, MD**

### **PRESENTATIONS AND RESEARCH CONTINUED:**

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.

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, MD**

### **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



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### **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 Cirurgia 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

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### **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  
22<sup>nd</sup> -24<sup>th</sup>, 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 1<sup>st</sup> – 3<sup>rd</sup>,  
2008

Advances in Knee and Shoulder Arthroscopic Surgery Lectures:

Double Bundle ACL Reconstructions Orthopaedic  
Learning Center. Biomet Sports Medicine August 19<sup>th</sup> –  
20<sup>th</sup>, 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 13<sup>th</sup> – 14<sup>th</sup>, 2008

Double Bundle ACL Reconstruction. Accelerated Rehabilitation  
Center. South Barrington, Illinois November 5<sup>th</sup>, 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 6<sup>th</sup> – 8<sup>th</sup>, 2009

## **Howard I. Freedberg, MD**

### **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 13<sup>th</sup> – 15<sup>th</sup>, 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 9<sup>th</sup> – 12<sup>th</sup>, 2009
- Master Instructor Ankle and Foot Arthroscopy and Reconstructive Surgery. Arthroscopy Association of North America, Orthopaedic Learning Center. September 26<sup>th</sup> – 27<sup>th</sup>, 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 19<sup>th</sup> – 21<sup>st</sup>, 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 9<sup>th</sup>-13<sup>th</sup>, 2010

## **Howard I. Freedberg, MD**

### **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 9-13<sup>th</sup> 2010.
- Master Instructor: Knee Ligament Course. Chairman Walter Shelton, MD, Darren Johnson, MD, Donald Johnson, MD, Mark Miller, MD. Orthopaedic Learning Center. April 16<sup>th</sup> – 18<sup>th</sup>, 2010.
- Double-Bundle ACL Reconstruction Demonstrated Superior Clinical Stability to Single-Bundle ACL Reconstruction; A Matched-Pairs Analysis of Instrumented Tests of Tibial Anterior Translation and Internal Rotation Laxity. Knee Surgery Sports Traumatol Arthroscopy March 19 (3) :432-40. Epub 2010 Sep 3.
- Two Tunnel Techniques for ACL Reconstruction. Published in Game Plan. Biomet Sports Medicine. Fall 2010.
- A New Analysis of Single and Double Bundle Anterior Cruciate Ligament Reconstruction. Broadspine. Schaumburg, IL November 11, 2010.
- Advanced Concepts in Autologous Chondrocyte Implantation. Renaissance, Chicago, IL November 20, 2010
- Rotational Laxity Greater in Patients with Contralateral 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, 2010
- Master Instructor: Shoulder Arthroscopy Course. Chairman Eugene Wolf, MD, Alan Curtis, MD, Marc Labbe, MD, Michael Moskal, MD. Orthopaedic Learning Center. January 28<sup>th</sup> – 30<sup>th</sup>, 2011.
- Master Instructor: Advanced Knee Arthroscopy Course. Chairman Steven Howell, MD Freddie Fu, MD Jason Koh, MD. Orthopaedic Learning Center March 11<sup>th</sup> – 13<sup>th</sup>, 2011.

## Howard I. Freedberg, MD

### PRESENTATIONS AND RESEARCH CONTINUED:

Higher Body Index Resulted in Increased Difficulty with Clinical Examination of Anterior Cruciate Ligament Injury.

Approved by: Arthroscopy Association of North America to be presented at the Annual Meeting April 15<sup>th</sup> – 16<sup>th</sup>, 2011 at the Marriot in San Francisco, CA.

Inconsistent Manual Techniques Make Qualitative and Quantitative Analyses of the Pivot Shift Test Difficult in Both ACL-Deficient and Intact Knee. Approved by: Arthroscopy Association of North America to be presented at the Annual Meeting April 15<sup>th</sup> – 16<sup>th</sup>, 2011 at the Marriot in San Francisco, CA.

Contralateral Knee Laxity Limited the Ability to Diagnose Medial Collateral Ligament Injury. Approved by: Arthroscopy Association of North America to be presented at the Annual Meeting April 15<sup>th</sup> – 16<sup>th</sup>, 2011 at the Marriot in San Francisco, CA.

Innovative Technologies in Sports Medicine. 1). Toggle Lock Fixation device with Ziploop Technology. 2). Technique for ACL Reconstruction. Orthopaedic Learning Center. May 10<sup>th</sup> – 12<sup>th</sup>, 2011.

Master Instructor: Residents Course. Chairman: Mark Hutchinson, MD, Howard Freedberg, MD, Joshua Szabo, MD, Zelazny, MD. Orthopaedic Learning Center. May 10<sup>th</sup> – 12<sup>th</sup>, 2011. 1.) Anterior Cruciate Ligament Reconstruction. 2.) Arthroscopic Rotator Cuff Repairs. 3.) Perspective of a Private Practitioner. 4.) Shoulder Cadaver Dissection.

Inconsistent Manual Techniques Make Qualitative and Quantitative Analyses of the Pivot Shift Test Difficult in Both ACL-Deficient and Intact Knees. Podium Presentation. Accepted for the ISAKOS Meeting in Rio de Janeiro, Brazil May 15<sup>th</sup> – 19<sup>th</sup>, 2011.

Posterolateral Corner Injuries May Mask Themselves as Medial Collateral Ligament Laxity During Clinical Examination. Accepted as an E-Poster for the ISAKOS Meeting in Rio de Janeiro, Brazil May 15<sup>th</sup> – 19<sup>th</sup>, 2011

Quantifying Coupled Tibial Rotation and Endpoint Stiffness in the Posterior Cruciate Ligament Deficient Knee. Accepted as an E-Poster for the ISAKOS Meeting in Rio de Janeiro, Brazil May 15<sup>th</sup> – 19<sup>th</sup>, 2011

## Howard I. Freedberg, MD

### PRESENTATIONS AND RESEARCH CONTINUED:

A Matched Pairs Comparison of Single-Versus Double Bundle Anterior Cruciate Ligament Reconstructions, Clinical Results and Manual Laxity Testing. Knee Surgery Traumatol Arthroscopy Dec; 19 Suppl 1: S4-11. Epub 2011 March 16, 2011

Innovative Technologies in Sports Medicine Lecture Double Bundle ACL Reconstruction. BioMet Sports Medicine at The Orthopaedic Learning Center. May 11-12, 2011

ANNA Masters Experience Knee-Patellofemoral Surgery from Instability to Arthroplasty. January 20- 21, 2012.

A Robotic in Vivo Evaluation of loading characteristics of different anterior cruciate ligament reconstructions. Poster at the Orthopaedic Research Society Annual Meeting. San Francisco CA, February 4-7, 2012.

Evaluation of in Vivo Loading Characteristic of Different ACL reconstructions ACL reconstructions. ACL Study Group. San Francisco, CA February 12-16, 2012.

ANNA Masters Experience Knee "Ligament" Course # 105.

Lecture / Debate: Double Bundle ACL Reconstruction is Superior to Single Bundle. March 9-11, 2012

How Knee Injuries Affect the Workers Compensation Patient. Workers Compensation Lawyers Association ANNA Medical Seminar. Chicago, IL Cultural Center September 14, 2012

Laxity Difference Between Single and Double Bundle ACL Reconstruction. September 15, 2012. Clinical Orthopaedic Society 100<sup>th</sup> Anniversary Meeting. Palmer House, Chicago, IL. Test & Difficult in Both ACL-Deficient and Intact Knees.

## Howard I. Freedberg, MD

### PRESENTATIONS AND RESEARCH CONTINUED:

- Master Instructor: AANA Course for Residents. Chairman Mark Hutchinson, MD, Howard Freedberg, MD, Josh Szabo, MD February 14 – 17, 2013. Lectures 1) Surgical Techniques Anterior Cruciate Ligament. 2) State of the Art Analysis Anterior Cruciate Ligament. 3) Arthroscopic Labral and Instability Repairs. 4) Live Demonstration Rotator Cuff Repair.
- ISAKOS E-Posters: Posterolateral Corner Injuries May Mask Themselves as Medial Collateral Ligament Laxity During Clinical Examination & Quantifying Coupled Tibial Rotation and Endpoint Stiffness in the Posterior Cruciate Ligament Deficient Knee.
- The Effect of Graft Tissue on Anterior Cruciate Ligament Outcomes: A Multicenter, Prospective, Randomized Controlled Trial Comparing Autograft Hamstrings With Fresh-Frozen Anterior Tibialis Allograft. The Journal of Arthroscopic and Related Surgery, Vol 28 No 8 (August), 2012 pp 1079-1086.
- Anatomic ACL Reconstruction More Closely Matched Endpoint Characteristics of the Contralateral Uninjured Knee. Freedberg, Branch, ACL. American Orthopaedic Society for Sports Medicine Specialty Day. Chicago, IL March 23, 2013
- Master Instructor: Knee Patellofemoral Surgery Course at the Orthopaedic Learning Center, Arthroscopy Association of North America. Freedberg, Howell, Fanecchi, Johnson, Farr, Koh Post. April 12-13, 2013
- Master Instructor: New Horizons Advances in Knee Surgery Ligament Focus. Orthopedic Learning center Chicago. June 7 – 9, 2013.
- Inventor: New technique of proximal biceps tendon tenodesis. In conjunction with Biomet Sports Medicine. 2013
- Master Instructor: Knee Patellofemoral Course. Course chairman John Fulkerson MD, Jack Farr MD, Kason Koh MD, William Post MD. Arthroscopy Association of North America. Orthopaedic Learning Center February 28 – March 1, 2014.
- Master Instructor: Knee Course. Course chairman Greg Fanelli MD, Kevin Bonner MD, Stephen Howell MD, Robert Hunter MD. Arthroscopy Association of North America. Orthopaedic Learning Center June 5-7, 2015

## **Howard I. Freedberg, MD**

### **APPROVED FOR PUBLICATION:**

Rotational Laxity Greater in Patients with Contralateral Anterior  
Cruciate Ligament Injury than Healthy Volunteers.

Approved by: Springer-Verlag on November 25,  
2009. Published Online December 18<sup>th</sup>, 2009

Double-Bundle ACL Reconstruction Demonstrated Superior  
Clinical Stability to Single-Bundle ACL reconstruction: A  
Matched-Pairs Analysis of Instrumented Test of Tibial  
Anterior and Internal Rotation Laxity. Approved by:  
Springer-Verlag on August 9<sup>th</sup>, 2010

A Matched Pairs Comparison of Single-vs.-Double Bundle Anterior  
Cruciate Ligament Reconstructions, Clinical Results and  
Manual Laxity Testing Knee Surgery, Sports  
Traumatology, Arthroscopy. Approved by: Elodi Reyter-  
Mertz on February 24, 2011

ISAKOS Podium: Inconsistent Manual Techniques Make  
Qualitative and Quantitative Analyses of the Pivot Shift

### **CERTIFICATIONS COURSES:**

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

Midwest Bio-Laser Institute. Completion of Certification Course  
Ravenswood Hospital Medical Center, May 23, 1994

Arthroscopy Association of North America Shoulder  
Reconstruction, Learning Center. Craig Morgon, M.D.,  
April 1994



## **Howard I. Freedberg, MD**

### **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  
M-G Unicompartmental Minimally Invasive Solutions.  
Ruth-Presbyterian-St. Luke's Medical Center.  
Richard Berger, M.D., Mitchell Sheinkop, M.D.  
February 6, 2001  
Genzyme Biosurgery. Completion of Certificate  
Training requirements for implantation of Carticel  
January 30, 2009  
Carticept Medical Musculoskeletal Ultrasound St. Joseph's  
Translational Research Center. Atlanta, GA. February 25,  
2012.  
MAKO Robotically Assisted Total Joint Arthroplasty Certification  
2018

### **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