

Roger V. Ostrander, MD

Andrews Orthopaedic and Sports Medicine Center
850-916-3700
www.andrewsortho.com

CURRENT EMPLOYMENT

Andrews Orthopaedic and Sports Medicine Center 2004 - Present

Co-Founder of the practice

Specialty: Orthopaedic Surgery, Sports Medicine & Arthroscopy

Andrews Institute

1040 Gulf Breeze Pkwy, Suite 200

Gulf Breeze, FL 32561

ACADEMIC AFFILIATIONS

Associate Fellowship Director

Andrews Institute Sports Medicine & Arthroscopy Fellowship Program

Andrews Institute

Clinical Faculty Primary Care Sports Medicine Fellowship

Florida State University College of Medicine

Clinical Assistant Professor

University of West Florida

Associate Faculty; Health, Leisure & Exercise Science Program

University of South Alabama

Adjunct Assistant Professor, Department of Orthopaedic Surgery

APPOINTMENTS

Chairman, Sports Medicine Service, Andrews Institute 2017

Andrews Research and Education Foundation - Board member

Andrews Institute Surgical Center - Board Member, 2010-2016

Chairman, Bylaws Committee, American Orthopaedic Society for Sports Medicine 2013-2016

Chief of Surgery, Gulf Breeze Hospital 2009-2013

Bylaws Committee, American Orthopaedic Society for Sports Medicine 2010-2013

EDITORIAL APPOINTMENTS

Editorial Board, American Journal of Sports Medicine

CERTIFICATION

Board Certified, American Board of Orthopaedic Surgery

Certificate of Added Qualification, Sports Medicine

EDUCATION

American Sports Medicine Institute 2003-2004

Birmingham, AL

Sports Medicine & Arthroscopy Fellowship

Fellowship Directors: James Andrews, MD & William Clancy, MD

University of California, San Diego 1998-1999

San Diego, CA

Musculoskeletal Research Fellowship

University of California, San Diego 1997-2003

San Diego, CA

General Surgery Internship and Orthopaedic Surgery Residency

Boston University School of Medicine 1993-1997

Boston, MA

Doctor of Medicine

Magna Cum Laude, class rank #2 of 169

Bowdoin College 1987-1991

Brunswick, ME

Bachelor of Arts, Major: Biology

Cum Laude

The Taft School 1983-1987

Watertown, CT

College Preparatory School Diploma

Cum Laude

HONORS AND AWARDS

Award of Service Excellence for Outstanding Patient Satisfaction 2007 & 2008

Awarded to the physicians in the hospital system who ranked in the top 1% in patient satisfaction.

California Orthopaedic Association's Depuy Resident Award 2003

AOA-Zimmer 14th Annual Travel Award for USA Orthopaedic Residents 2001

Western Orthopaedic Association's Vernon P. Thompson Award 2001

California Orthopaedic Association's Orthopaedic Hospital Award 2001

Presented to the most outstanding resident paper in basic orthopaedic research.

James Esch, MD Award 2000

Awarded to the best research paper given by an Orthopaedic Resident based on work in their clinical year.

Resident Research Day Award 1999

Awarded to the best Orthopaedic Resident research project.

Merk Manual Award 1997

Presented annually to the three most outstanding students in medical studies.

Alpha Omega Alpha Honor Medical Society 1997

Dora Savenor Memorial Prize for Excellence in Surgery 1997

Presented to the graduating medical student who achieved the highest score during his third year surgical clerkship.

Pathology Chairs Honor Society 1997

E.K. Van Swearingen Scholarship 1993, 1994, 1995, 1996

Awarded to the best premedical students graduated from Bowdoin College.

Dean's List, Bowdoin College 1989, 1990, 1991

LICENSURE

Florida Medical License 2004

Alabama Medical License 2003

California Medical License 1998

Emergency Medical Technician 1992
Massachusetts Department of Public Health

WORK EXPERIENCE AND RESEARCH

Research Fellow 1998-1999
San Diego, CA
Connective Tissue Laboratory, University of California, San Diego

NOVA Biomedical 1991-1993
Waltham, MA
Participated in the research and development of a new analytical instrument technique for performing low level immunoassays in blood.

University of Connecticut Health Center 1991
Farmington, CT
Studied free-calcium mediated lysosomal enzyme release by neutrophils.

GRANTS

Arthrex, Inc. 2014
“Femoral ACL suspensory fixation.”
Principal Investigator: Roger V. Ostrander, MD \$24,000

Breg, Inc. 2010
"Efficacy of Medial Compartment Unloading Brace Use for Osteoarthritis of the Knee: a Prospective Randomized Study."
Principal Investigator: Roger V. Ostrander, MD \$60,000

Arthrex, Inc. 2009
“Evaluation of footprint contact area and pressure using a triple row rotator cuff repair technique.”
Principal Investigator: Roger V. Ostrander, MD \$9,000

Biomet, Inc. 2004
“Anatomy and Dimensions of the Ulnar Collateral Ligament.”
Principal Investigators: Roger V. Ostrander, MD & Jeff Dugas, MD \$15,000

CARE-TECH Laboratories 2001
“Efficacy of Surgical Preparation Solutions Used in Foot and Ankle Surgery”
Principal Investigator: Roger V. Ostrander, MD \$24,000

Medi-Flex, Inc. 2001
“Efficacy of Surgical Preparation Solutions Used in Foot and Ankle Surgery”

Principal Investigator: Roger V. Ostrander, MD \$24,000

Orthopaedic Research and Education Foundation Resident Research Grant 2000

“Donor Cell Fate in Tissue Engineering for Articular Cartilage Repair”

Principal Investigator: Roger V. Ostrander, MD \$15,000

PUBLICATIONS

Wilcox L, Plummer H, Rendos N, **Ostrander R**. Comparison of Glenohumeral Range of Motion Deficits in Youth, Collegiate, and Professional Baseball Players. *Athletic Training and Sports Health Care*. [IN PRESS].

Plummer H, Wilkerson, Bruce J, Lamour R, **Ostrander R**. Lower Extremity Injury Risk Categorization through Lumbopelvic-Hip Endurance Screening of High School Basketball Players – Preliminary Findings. *Athletic Training and Sports Health Care*. [IN PRESS].

Hendawi TK, Rendos NK, Warrell CS, Hackel JG, Jordan SE, Andrews JR, **Ostrander RV**. Medial Elbow Stability Assessment after Ultrasound Guided Ulnar Collateral Ligament Transection in a Cadaveric Model: Ultrasound vs. Stress Radiography. *J Shoulder Elbow Surg*. [IN PRESS].

Ostrander R, Escamilla R, Hess R, Witte K, Wilcox L, Andrews J. Glenohumeral Rotation Deficits in High School, College, and Professional Baseball Pitchers With and Without an Ulnar Collateral Ligament Injury. *J Shoulder Elbow Surg* [IN PRESS].

Nyland J, Douglass L, Whitaker J, Judson P, Andrews J, **Ostrander R**. Return to Play and Performance Perceptions of Baseball Players after Isolated SLAP Tear Repair. *Orthop J Sports Med*. [IN PRESS].

Saper M, Pearce S, Shung J, Zondervan R, **Ostrander R**, Andrews J. Outcomes and Return to Sports After Revision ACL Reconstruction in Adolescent Athletes. *Orthop J Sports Med*. 2018 Apr 5;6(4).

Gilliam B, Douglas L, Flesig G, Aune K, Mason K, Dugas J, Cain, E, **Ostrander R**, Andrews J. Return to play and outcomes in baseball players after Superior Labral Anterior-Posterior (SLAP) repairs. *Am J Sports Med*. 2018 Jan;46(1):109-115.

Hendawi T, Milchtein C, **Ostrander R**. Bankart Repair Using Modern Arthroscopic Technique. *Arthroscopy Techniques*, Vol 6, No 3 (June), 2017: pp e863-e870.

Nye D, Mitchell R, Ostrander R: Biomechanical Comparison of Fixed Loop and Adjustable Loop Cortical Suspensory Devices for Femoral Sided Soft Tissue Graft Fixation in Anatomic ACL Reconstruction. *Arthroscopy*. 2017 Jun;33(6):1225-1232.

Saper M, Milchtein C, **Ostrander R**. Outcomes After Arthroscopic Bankart Repair in Adolescent Athletes Participating in Collision and Contact Sports. *Orthop J Sports Med*. 2017 Mar 28;5(3).

Ostrander R, Klauser J, Menon S, Hackel J. Ultrasound and Functional Assessment of Transtendinous Repairs of Partial-Thickness Articular Sided Rotator Cuff Tears. *Orthop J Sports Med*. 2017 Mar 27;5(3).

Aspey B, Poage C, **Ostrander R**, Roth C. Effect of Subchondral Bone Needling on Suture Anchor Pull Out Strength: A Cadaveric Study. *EC Orthopaedics*. 4.6(2016): 641-652.

Ostrander R, Smith J, Saper M: Triple Row Modification of the Suture Bridge Technique for Arthroscopic Rotator Cuff Repair. *Arthrosc Tech*. 2016 Sep 5;5(5):e1007-e1013.

Ostrander R, Leddon C, Hackel J, O'Grady C, Roth C: The efficacy of unloader bracing in reducing symptoms of knee osteoarthritis. *Am J Orthop*. 2016;45(5):306-311.

Ostrander R, Saper M, Juelson T: A Biomechanical Comparison of Novel Modified Krackow and Locking Loop Suture Patterns for Soft-tissue Graft Fixation. *Arthroscopy*. 2016 Jul;32(7):1384-8.

Milchtein C, Tucker S, Nye D, Lamour L, Andrews J, **Ostrander R**: Outcomes of Bankart repairs using modern arthroscopic technique in an athletic population. *Arthroscopy*. 2016 Jul;32(7):1263-70.

Aspey B, **Ostrander R**: Extensive Heterotopic Ossification after Arthroscopic Rotator Cuff Repair. *J Bone Joint Surg Am*. Aug 12; 5 (3): e66, 2015.

Ostrander R, McKinney B: Evaluation of footprint contact area and pressure using a triple row modification of the suture bridge technique for rotator cuff repair. *J Shoulder Elbow Surg*, Oct;21(10):1406-12, 2012.

Bellapianta JM, Andrews JR, **Ostrander RV**: Bilateral Os Subtibiale and Talocalcaneal Coalitions in a College Soccer Player: A Case Report. *J Foot Ankle Surg*, Jul-Aug;50(4):462-5, 2011.

Ostrander R, Andrews J: Arthroscopic triple row rotator cuff repair: a modified suture-bridge technique. *Orthopedics*. Aug;32(8):566, 2009.

Dugas J, **Ostrander R**, Cain EL, Kingsley D, Andrews J: Anatomy of the Anterior Bundle of the Ulnar Collateral Ligament. *J Shoulder Elbow Surg*. Sep-Oct;16(5):657-60, 2007.

Reinhold M, Macrina L, **Ostrander R**, Cain E, Dugas J: Rehabilitation after articular cartilage repair procedures: Osteochondral autograft transplantation and autologous chondrocyte implantation. In: Manske RE, editor. *Postsurgical Orthopedic Sports Rehabilitation: Knee & Shoulder*. St. Louis: Mosby, Inc.; 2006. p. 383-407.

Ostrander R, Botte M, Brage M: Efficacy of surgical preparation solutions in foot and ankle surgery. *J Bone Joint Surg Am*. 87:980-985, 2005.

Ball ST, Goomer RS, **Ostrander RV**, Tontz WL, Williams SK, Amiel D: Pre-incubation of tissue engineered constructs enhances donor cell retention. *Clinical Orthopaedics and Related Research*. 1 (420), 276-285, 2004.

Ostrander R, Dugas J, Campbell J: The team physician and PDAs. *Sports Medicine Update: Newsletter of the American Orthopaedic Society for Sports Medicine*. Jan-Feb, 2004.

Tasto JP, **Ostrander R**, Bugbee W, Brage M: The diagnosis and management of osteochondral lesions of the talus: osteochondral allograft update. *Arthroscopy*. Dec; 19 Supplement 1:138-41, 2003

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery. *Clinical Orthopaedics and Related Research*. 406:246-252, 2003.

Coutts RD, Healey RM, **Ostrander RV**, Sah RL, Goomer RS, Amiel D: Tissue engineering, cells, scaffolds, and growth factors: Matrices for cartilage repair. *Clinical Orthopaedics and Related Research*. October Supplement. 391:S271-S279, 2001.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: Donor cell fate in tissue engineering for articular cartilage repair. *Clinical Orthopaedics and Related Research*. 389:228-237, 2001.

Goomer RS, Maris T, **Ostrander RV**, Amiel D: PT-12, a putative ras-activated proliferation-dependent gene, is expressed in patellar tendon and not in anterior cruciate ligament. *Journal of Orthopaedic Research*. 17(5):745-7, 1999.

INSTRUCTOR

Associate Masters Instructor, Masters Experience-Arthroscopic Surgical Skills Series; Fundamentals in Arthroscopy Resident Course, Orthopaedic Learning Center, Rosemont , IL, Summer 2007.

AOSSM Surgical Skills Course: Arthroscopy for the Athlete's Shoulder
Gulf Breeze, FL, May 2008

Arthrex Fellows Course
Naples Florida, August 2010

PRESENTATIONS

Mangin S, Kamali A, Flanigan D, Kaeding C, Farr J, Roeshot D, Ellis T, Sensiba P, Skrepnik N, Slagis S, Nielsen B, Housman L, O'Grady C, Roth C, **Ostrander R**. Safety and effectiveness of Coblation (radio frequency plasma) for knee chondroplasty. 12th Biennial ISAKOS Congress . Cancun, Mexico. May 12-16, 2019

Mangin S, Kamali A, Flanigan D, Kaeding C, Farr J, Roeshot D, Ellis T, Sensiba P, Skrepnik N, Slagis S, Nielsen B, Housman L, O'Grady C, Roth C, **Ostrander R**. Long term safety and effectiveness of Coblation (radio frequency plasma) for knee chondroplasty. 39th SICOT Orthopaedic World Congress. Montreal, Canada. October 2018.

Milchtein C, Parker K, Warrell C, Andrews J, **Ostrander R**; Revision arthroscopic Bankart repair in contact athletes. Annual Meeting of the American Academy of Orthopaedic Surgeons, New Orleans, LA, March, 2018.

Ostrander R: Ulnar Collateral Ligament Injuries in the Throwing Athlete: Evaluation & Surgical Technique. Andrews Institute Upper Extremity Symposium. March, 2018

Ostrander R: The Evaluation and Management of Elbow Injuries in the Throwing Athlete Andrews Institute Sports Medicine Conference, September, 2017

Saper M, Andrews J, Milchtein C, **Ostrander R**: Outcomes After Arthroscopic Bankart Repair in Adolescent Athletes Participating in Collision and Contact Sports" Annual Meeting of the Arthroscopy Association of North America, May 18-20, 2017, Denver, Colorado.

Saper M, Andrews J, Milchtein C, **Ostrander R**: Outcomes After Arthroscopic Bankart Repair in Adolescent Athletes Participating in Collision and Contact Sports. Annual Meeting of the American Academy of Orthopaedic Surgeons, San Diego, CA, 2017

Ostrander R, Saper M. Triple-Row Modification of the Suture-Bridge Technique for Arthroscopic Rotator Cuff Repair. Orthopaedic Video Theater Annual Meeting of the American Academy of Orthopaedic Surgeons, San Diego, CA, 2017

Saper M, Andrews J, Milchtein C, **Ostrander R**: Outcomes After Arthroscopic Bankart Repair in Adolescent Athletes Participating in Collision and Contact Sports, Pediatric Research in Sports Medicine Society (PRiSM) Annual Meeting, Dallas, Texas, January 2017.

Ostrander R: The Evaluation and Management of Elbow Injuries in the Throwing Athlete Andrews Institute Sports Medicine Conference, September, 2016

Ostrander R: Rotator Cuff Tears in Football
Andrews Institute Injuries in Football Course, Sandestin, FL April 2016

Ostrander, R: Diagnosis and Management of Elbow Injuries in the Throwing Athlete.
Andrews Institute Upper Extremity Symposium. February, 2016.

Hess, H, Witte K, **Ostrander R**, Andrews J: Glenohumeral Motion in 102 Baseball Players Undergoing Ulnar Collateral Ligament Reconstruction. Annual Meeting of the American Academy of Orthopaedic Surgeons, Las Vegas NV, 2015.

Ostrander, R: Elbow Injuries in Throwing Athletes. Encore Sports Medicine Symposium. Orange Beach, AL, July 2015.

Ostrander R: Rotator Cuff Tears in Football "In-season Management - To Play or Not To Play". Andrews Institute Injuries in Football Course, Sandestin, FL April 2015

Ostrander R: Surgical Management of Anterior Shoulder Instability.
Andrews Institute Injuries in Football Course, Sandestin, FL April 2015

Ostrander R. Laterjet Procedure indicated in Football Players/Collision Sports
Andrews Institute Injuries in Football Course, Sandestin, FL April 2015

Poage C, **Ostrander R**, Roth C, Aspey B: Using NanoFracture to the Rotator Footprint Does Not Reduce Anchor Pullout Strength. 34th Annual Meeting of the Arthroscopy Association of North America. Los Angeles, CA, April 2015.

Poage C, **Ostrander R**, Roth C, Aspey B: Using Nanofracture To Augment Rotator Cuff Repair Does Not Adversely Affect Anchor Pullout Strength: 10th Biennial International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine Congress, Lyon, France, June 2015.

Milchtein C, Tucker S, Lamour R, Nye D, Andrews J, **Ostrander R:** Outcomes Of Bankart Repairs Using Modern Arthroscopic Technique In An Athletic Population, American Orthopaedic Society for Sports Medicine 2015 Annual Meeting, Orlando, FL.

Ostrander R: The Evaluation and Management of Elbow Injuries in the Throwing Athlete
Andrews Institute Sports Medicine Conference, September, 2014

Ostrander R, Leddon C, Hackel J, O'Grady C, Roth C. The efficacy of unloader bracing in reducing symptoms of knee osteoarthritis. 23rd Annual American Medical Society for Sports Medicine National Meeting, New Orleans, Louisiana, April 2014.

Ostrander R: The Evaluation and Management of Elbow Injuries in the Throwing Athlete
Andrews Institute Sports Medicine Conference, September, 2013

Klauser J, Guevara B, Menon S, Hackel J, **Ostrander R**: Long Term Follow Up of Transtendinous Repairs of Partial-Thickness Articular Sided Rotator Cuff Tears. 32nd Annual Meeting of the Arthroscopy Association of North America, San Antonio, TX; April 2013.

Ostrander R: Surgical Management of Anterior Shoulder Instability
Andrews Institute Injuries in Football Course, Sandestin, FL February 2013

Ostrander R: The Evaluation and Management of Elbow Injuries in the Throwing Athlete
Andrews Institute Sports Medicine Conference, October, 2012

Juelson T, **Ostrander R**, Russell E, Winnier S, Andrews J: Modified Krackow vs. modified locking SpeedWhip suture pull-out and elongation in Achilles allografts.
Arthroscopy Association of North America, Orlando, FL, July 2012

Ostrander R: Anterior Shoulder Instability, Surgical Management
Andrews Institute Injuries in Football Course, Sandestin, FL May 2012

Ostrander R: Evaluation and Management of Elbow Injuries in the Throwing Athlete.
University of West Virginia Annual Sports Medicine Conference, Morgantown, WV, October 2011.

Ostrander R: Surgical Management of Shoulder Dislocation
Andrews Institute Injuries in Football Course, Sandestin, FL May 2011

Ostrander R: Basic Science of Cartilage Structure, Injury, Repair and Healing
Andrews Institute Sports Medicine Conference, February, 2011.

Ostrander R: Cartilage Restoration Procedures
Andrews Institute Sports Medicine Conference, May, 2010.

Ostrander R: Sports Injuries of the Hip & Pelvis and Hamstring Injuries
Andrews Institute Sports Medicine Conference, April, 2010

Ostrander R: SLAP lesions in Football
Andrews Institute Injuries in Football Course, Pensacola Beach, FL February, 2010

Ostrander R: Sports Injuries of the Hip & Pelvis and Hamstring Injuries
Andrews Institute Sports Medicine Conference, July, 2009

Ostrander R: SLAP lesions in Football, Surgical Options
Andrews Institute Injuries in Football Course, Pensacola Beach, FL February, 2009

Ostrander R: Basic Science of Cartilage Structure, Injury, Repair and Healing
Andrews Institute Sports Medicine Conference, November, 2008.

Ostrander R: Articular Cartilage Injuries: Basic Science & Treatment Options
Kevin Wilk's Evaluation & Treatment of the Knee & Shoulder, Gulf Breeze, FL July, 2008

Ostrander R: Knee Dislocations, Cartilage Injuries in the Athlete
Andrews Institute Injuries in Football Course, Pensacola Beach, FL February, 2008

Ostrander R: Knee Dislocations.
Andrews Institute Injuries in Football Course, Pensacola Beach, FL February, 2007

Ostrander R: Knee Dislocations.
Andrews Institute Injuries in Football Course, Pensacola Beach, FL February, 2006.

Ostrander R; Anatomy of the Ulnar Collateral Ligament: Clinical Implications.
The ASMI 23rd Annual Injuries in Baseball Course. Scottsdale, AZ. January, 2005.

Ostrander R, Botte M, Brage M: Efficacy of surgical preparation solutions used in foot and ankle surgery.
American Orthopaedic Foot and Ankle Society's Annual Summer Meeting, Seattle, WA; July, 2004. Poster

Andrews J, **Ostrander R,** Zemanovic J: Modified Tommy John method with subcutaneous ulnar nerve transposition.
American Orthopaedic Society for Sports Medicine, Surgical Skills Course: Surgery for the Athlete's Elbow. Rosemont, IL; September, 2003.

Jablonski M, **Ostrander R,** Davies M: Live video demonstration - Anatomy of the shoulder.
The 22nd Annual Injuries in Baseball Course, Orlando FL, January 2004.

Ball ST, Goomer RS, **Ostrander RV,** Tontz WL, Williams SK, Amiel D: Pre-incubation of tissue engineered constructs enhances donor cell retention.
California Orthopaedic Association's 2003 Annual Meeting, San Francisco, CA, May 2003.

Tasto J, **Ostrander R:** Instructional Course: Advanced techniques in arthroscopic ankle surgery.
22nd Annual Meeting of the Arthroscopy Association of North America, Phoenix, AZ, April, 2003.

Tasto J, **Ostrander R:** The Use of Allografts for Osteochondral Lesions of the Talus.
American Orthopaedic Foot and Ankle Society's Sports Medicine of the Foot and Ankle, Snowmass, CO, March, 2003.

Tasto J, **Ostrander R,** Bugbee W, Brage M: Presidential Symposium: Diagnosis and Management of Osteochondral Lesions of the Talus – Osteochondral Allograft Update.
69th Annual Meeting of the American Academy of Orthopaedic Surgeons, Dallas, TX, 2002.

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery.
Orthopaedic Trauma Association's 17th Annual Meeting, San Diego CA, October, 2001. Poster.

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery.
Western Orthopaedic Association's 65th Annual Meeting, San Francisco, CA, September 2001.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: Donor cell fate in tissue engineering for articular cartilage repair.
Western Orthopaedic Association's 65th Annual Meeting, San Francisco, CA, September 2001.

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery.
American Orthopaedic Foot and Ankle Society's 17th Annual Summer Meeting, San Diego, CA, July 2001.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: Donor cell fate in tissue engineering for articular cartilage repair.
114th Annual Meeting of the American Orthopaedic Association, Palm Beach, FL, June 2001. Poster.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: Donor cell fate in tissue engineering for articular cartilage repair.
California Orthopaedic Association and the Nevada Orthopaedic Society's 2001 Annual Meeting, Las Vegas, NV, May 2001.

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery.
Orthopaedic Rehabilitation Association's 12th Annual Meeting, San Diego, CA, April 2001.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: Donor cell fate in tissue engineering for articular cartilage repair.
The American Orthopaedic Association / Orthopaedic Research and Education Foundation's 34th Annual Residents' Conference Hershey, PA, March 2001.

Tontz W, **Ostrander R**, Ball S, Goomer R, Harwood F, Maris T, Amiel D: Long term donor cell fate following articular cartilage repair in a rabbit model.
47th Annual Meeting of the Orthopaedic Research Society, San Francisco, CA, 2001. Poster

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery.
68th Annual Meeting of the American Academy of Orthopaedic Surgeons, San Francisco, CA, 2001. Poster

Goomer RS, Harwood FL, Carmichael D, **Ostrander RV**, Mishima H, Maris T, Amiel D: Ex-vivo gene therapy with connective tissue growth factor (CTGF) upregulates the chondrocytic phenotype of perichondrium cells following tissue engineered repair of osteochondral defects. 46th Annual Meeting of the Orthopaedic Research Society, Orlando, FL, 2000.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: SRY gene as a marker for the assessment of donor cell fate in tissue engineering for the repair of osteochondral defects in a rabbit model. 46th Annual Meeting of the Orthopaedic Research Society, Orlando, FL, 2000.

PUBLISHED ABSTRACTS

Mangin S, Kamali A, Flanigan D, Kaeding C, Farr J, Roeshot D, Ellis T, Sensiba P, Skrepnik N, Slagis S, Nielsen B, Housman L, O'Grady C, Roth C, **Ostrander R**. Long term safety and effectiveness of Coblation (radio frequency plasma) for knee chondroplasty. 39th SICOT Orthopaedic World Congress. Montreal, Canada. October 2018.

Milchtein C, Parker K, Warrell C, Andrews J, **Ostrander R**; Revision arthroscopic Bankart repair in contact athletes. Annual Meeting of the American Academy of Orthopaedic Surgeons, New Orleans, LA, March, 2018.

Saper M, Andrews J, Milchtein C, Ostrander R: Outcomes After Arthroscopic Bankart Repair in Adolescent Athletes Participating in Collision and Contact Sports" Annual Meeting of the Arthroscopy Association of North America, May 18-20, 2017, Denver, Colorado.

Saper M, Andrews J, Milchtein C, Ostrander R: Outcomes After Arthroscopic Bankart Repair in Adolescent Athletes Participating in Collision and Contact Sports. Annual Meeting of the American Academy of Orthopaedic Surgeons, San Diego, CA, 2017

Ostrander R, Saper M. Triple-Row Modification of the Suture-Bridge Technique for Arthroscopic Rotator Cuff Repair. Orthopaedic Video Theater Annual Meeting of the American Academy of Orthopaedic Surgeons, San Diego, CA, 2017

Saper M, Andrews J, Milchtein C, Ostrander R: Outcomes After Arthroscopic Bankart Repair in Adolescent Athletes Participating in Collision and Contact Sports, Pediatric Research in Sports Medicine Society (PRiSM) Annual Meeting, Dallas, Texas, January 2017.

Hess, H, Witte K, **Ostrander R**, Andrews J: Glenohumeral Motion in 102 Baseball Players Undergoing Ulnar Collateral Ligament Reconstruction. Annual Meeting of the American Academy of Orthopaedic Surgeons, Las Vegas NV, 2015.

Ostrander R, Leddon C, Hackel J, O'Grady C, Roth C. The efficacy of unloader bracing in reducing symptoms of knee osteoarthritis. Proceedings, 23rd Annual American Medical Society for Sports Medicine National Meeting, New Orleans, Louisiana, April 2014.

Klauser J, Guevara B, Menon S, Hackel J, **Ostrander R**: Long Term Follow Up of Transtendinous Repairs of Partial-Thickness Articular Sided Rotator Cuff Tears. Proceedings, 32nd Annual Meeting of the Arthroscopy Association of North America, San Antonio, TX; April 2013.

Juelson T, **Ostrander R**, Russell E, Winnier S, Andrews J: Modified Krackow vs. modified locking SpeedWhip suture pull-out and elongation in Achilles allografts. Proceedings, Annual Meeting of the Arthroscopy Association of North America, Orlando, FL, July 2012.

Ostrander R, Botte M, Brage M: Efficacy of surgical preparation solutions used in foot and ankle surgery. Proceedings, American Orthopaedic Foot and Ankle Society's Annual Summer Meeting, Seattle, WA; July, 2004.

Ball ST, Goomer RS, **Ostrander RV**, Tontz WL, Williams SK, Amiel D: Pre-incubation of tissue engineered constructs enhances donor cell retention. Proceedings, California Orthopaedic Association's 2003 Annual Meeting, San Francisco, CA, May 2003.

Tasto J, **Ostrander R**: Instructional Course: Advanced techniques in arthroscopic ankle surgery. Proceedings, 22nd Annual Meeting of the Arthroscopy Association of North America, Phoenix, AZ, April, 2003

Tasto J, **Ostrander R**: The Use of Allografts for Osteochondral Lesions of the Talus. Proceedings, American Orthopaedic Foot and Ankle Society's Sports Medicine of the Foot and Ankle, Snowmass, CO, March, 2003

Tasto J, **Ostrander R**, Bugbee W, Brage M: Presidential Symposium: Diagnosis and Management of Osteochondral Lesions of the Talus – Osteochondral Allograft Update. Proceedings, 69th Annual Meeting of the American Academy of Orthopaedic Surgeons, Dallas, TX, 2002.

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery. Proceedings of the Orthopaedic Trauma Association's 17th Annual Meeting, San Diego CA, October, 2001.

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery. Proceedings, Western Orthopaedic Association's 65th Annual Meeting, San Francisco, CA, September 2001.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: Donor cell fate in tissue engineering for articular cartilage repair. Proceedings, Western Orthopaedic Association's 65th Annual Meeting, San Francisco, CA, September 2001.

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery. Proceedings, Orthopaedic Rehabilitation Association's 12th Annual Meeting, San Diego, CA April 2001.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: Donor cell fate in tissue engineering for articular cartilage repair. The Journal of Bone and Joint Surgery Orthopaedic Transactions from the American Orthopaedic Association / Orthopaedic Research and Education Foundation's 34th Annual Residents' Conference, Hershey, PA, March 2001.

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery. Proceedings, 68th Annual Meeting of the American Academy of Orthopedic Surgeons, San Francisco, CA, 2001.

Tontz WL, **Ostrander RV**, Ball S, Goomer RS, Harwood FL, Maris TM, Amiel D: Long term donor cell fate following articular cartilage repair in a rabbit model. Transactions of the 47th Annual Meeting of the Orthopaedic Research Society, San Francisco, CA, 2001.

Goomer RS, Harwood FL, Carmichael D, **Ostrander RV**, Mishima H, Maris T, Amiel D: Ex-vivo gene therapy with connective tissue growth factor (CTGF) upregulates the chondrocytic phenotype of perichondrium cells following tissue engineered repair of osteochondral defects. The Journal of Bone and Joint Surgery Orthopaedic Transactions from the 46th Annual Meeting of the Orthopaedic Research Society, Orlando, FL, 2000.

Goomer RS, Harwood FL, Carmichael D, **Ostrander RV**, Mishima H, Maris T, Amiel D: Ex-vivo gene therapy with connective tissue growth factor (CTGF) upregulates the chondrocytic phenotype of perichondrium cells following tissue engineered repair of osteochondral defects. Transactions of the 46th Annual Meeting of the Orthopaedic Research Society, Orlando, FL 2000.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: SRY Gene as a marker for the assessment of donor cell fate in tissue engineering for the repair of osteochondral defects in a rabbit model. The Journal of Bone and Joint Surgery Orthopaedic Transactions from the 46th Annual Meeting of the Orthopaedic Research Society, Orlando, FL 2000.

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Transactions of the 46th Annual Meeting of the Orthopaedic Research Society, Orlando, FL 2000.

TEAM PHYSICIAN EXPERIENCE

Pensacola Blue Wahoos AA Baseball, Medical Director and Team Physician 2012, 2013, 2014

United States National Indoor Lacrosse Team, Team Physician, 2007

University of West Florida, Team Physician, 2005-Present

West Florida High School, Team Physician, 2007-Present

Gulf Breeze High School, Team Physician, 2018-Present

United States Tennis Association (USTA) Pro Tour Tournament Physician 2014-2017

Escambia High School, Team Physician, 2006

Pensacola Ice Pilots Minor League Hockey, 2006

Auburn University Football & Athletics, 2003-2004

Tampa Bay Devil Rays Physicals, 2004

Birmingham Barons AA Baseball, 2003-2004

Alabama Slammers Minor League Hockey, ECHL, 2003-2004

Mountain Brook, AL High School Football, 2003-2004

Pensacola Marathon, 2005

SOCIETY MEMBERSHIP

American Academy of Orthopaedic Surgery

Arthroscopy Association of North America

American Orthopaedic Society for Sports Medicine

Florida Medical Association

ACTIVITIES & INTERESTS

Boating, Golf, Skiing, Fishing: Special interest in fly-fishing, fresh water and salt water.