

CURRICULUM VITAE

Abdullah Foad, MD, FAAOS

Morrison Community Hospital-Specialty Clinic
303 North Jackson Street
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Areas of Expertise

Sports Medicine focusing on Shoulder and Knee Surgery
Single-Incision Endoscopic Carpal Tunnel Release
Orthopaedic and Reconstructive Surgery
Workers Compensation Injuries
Independent Medical Examinations
Impairment Ratings
Medical Records Review

EDUCATION

Undergraduate	1984 - 1988	B.S. in Biology, Minor in Sociology Ursinus College - Collegeville, Pennsylvania Magna Cum Laude Graduate (Pre-med) Freeland Scholarship Academic All-American - Varsity Track and Field
	2008	Ursinus College Alumni Professional Achievement Award
Medical School	1988 - 1992	M.D., The Pennsylvania State University College of Medicine Hershey, Pennsylvania Honors: Surgery, Obstetrics and Gynecology, Psychiatry, Clinical Correlations, Clinical Nutrition High Pass: Neurology, Internal Medicine, Family and Community Medicine
Residency	1992 - 1997	The University of Texas Medical Branch (UTMB), Residency in Orthopaedics, Galveston, Texas.
	7/95 - 6/97	Chief Resident, Orthopaedic Surgery, UTMB
	1994	97th percentile on Orthopaedic-In-Training Examination (OITE)
	1995	95th percentile on Orthopaedic-In-Training Examination (OITE)
	1994	Awarded the "OITE Master" Award for achieving the highest OITE score at UTMB
	1995	Awarded the "OITE Master" Award for achieving the highest OITE score at UTMB
Fellowship	2007	The University of Oslo - Ullevaal University Hospital

Oslo, Norway
Fellowship in Orthopaedic Sports Medicine & Arthroscopy

LICENSURE INFORMATION

July 1993	Diplomat: National Board of Medical Examiners
July 1999	Board Certified by the American Board of Orthopaedic Surgery
Jan 2010 - Dec 2019	Board Re-certified by the American Board of Orthopaedic Surgery
Nov 2008 - Dec 2018	Subspecialty Board Certified (Certificate of Added Qualification in Orthopaedic Sports Medicine), American Board of Orthopaedic Surgery
December 31, 2029	Subspecialty Board Re-Certified (Certificate of Added Qualification in Orthopaedic Sports Medicine), American Board of Orthopaedic Surgery
1997 - Present	Permanent Medical Licensure – Iowa
2020 – Present	Permanent Medical Licensure - Illinois Texas (1992-97) - Inactive

PROFESSIONAL EXPERIENCE

Medical Staff Appointments

2020-Present	Active Staff of the Morrison Community Hospital (MCH)
2021-Present	Active Member of the Morrison Community Hospital (MCH) Credentialing Committee (4/1/2021-5/6/2023)
2019-2020	MercyOne Clinton Physician Governance Council (MPGC) Board Member
2017-2020	Full Employment Status at Mercy Specialty Clinic-Clinton, Iowa
2005-2021	Courtesy Status UnityPoint Health-Trinity Bettendorf; Bettendorf, Iowa
2003 - Present	Foad Orthopaedic Surgery & Sports Medicine, PC, Clinton, Iowa
2003 - 2017	Co-Medical Director, Quality Care Clinic and Surgicenter, Clinton, Iowa
2002	Board Member, Keokuk Area Hospital, Keokuk, Iowa
2001 - 2003	Chief of Surgery, Keokuk Area Hospital, Keokuk, Iowa (<i>on-call every other night</i>)
2000 - 2003	Medical Director of Physical Therapy, Keokuk Area Hospital, Keokuk, Iowa
Apr 2000 - 2003	Tri-State Medical Group, Keokuk, Iowa (<i>on call every other night</i>)
Aug 1997 - Mar 2000	Orthopaedics and Reconstructive Surgery Associates, Burlington, Iowa

Academic Appointments

2025-2027	Member Experience Committee for ASES
2022-Present	ASES Partial Thickness Rotator Cuff Study Group
2022	ABOS Sports Medicine Standard Setting Exercise Committee
2021-Present	Associate Member of American Shoulder and Elbow Surgeons (ASES) Society
2009 - Present	Active Member of the American Orthopaedic Society for Sports Medicine (AOSSM)
2005 - Present	Active Member of the Arthroscopy Association of North America (AANA)
2021-Present	Active Member of the Arthroscopy Association of North America (AANA) Membership Committee (4/1/2021-5/6/2023)
2001 - Present	Active Member of the Iowa Orthopaedic Society (IOS)
2017-Present	Preceptor for the Physician Assistant Studies Program-St. Ambrose University
2017-Present	Clinical Affiliate Faculty at St. Ambrose University Physician Assistant Program
2016-2017	Past President of the Iowa Orthopaedic Society
2015 - 2016	Immediate Past President of the Iowa Orthopaedic Society

2014 - 2015	President of the Iowa Orthopaedic Society (Organizer of the largest IOS member turn-out and sole Moderator for the Annual Meeting which included Live Cadaver Dissection, World-Class guest speakers: <i>Lars Engebretsen, MD, PhD.</i> (Chief Medical Director for the International Olympic Committee, Professor & Chief of Research University of Oslo Hospital & Co-Chair of Oslo Sports Trauma Research Center, Oslo, Norway) <i>Robert F. LaPrade, MD, PhD.</i> (Chief Medical Officer; Co-Director of the Sports Medicine Fellowship Program & Director of the International Research Scholar Program at the Steadman Clinic, Vail, Colorado) <i>Matthew T. Provencher, MD</i> (Chief of Sports Medicine at Massachusetts General Hospital and Head Team Physician for the New England Patriots, Boston, Massachusetts)
2013 - 2014	President-Elect of the Iowa Orthopaedic Society
2012 - Present	Active Board Member of the Iowa Orthopaedic Research Foundation (IORF)
2012 - 2013	Treasurer for the Iowa Orthopaedic Society (Responsible for financial decisions and book keeping, investments and expenses.)
2009-2018	Preceptor for Integrated Therapy Specialists-Muscatine, Iowa
2018-Present	Preceptor for Rock Valley Physical Therapy-Muscatine, Iowa
2018-Present	Preceptor for Rock Valley Physical Therapy-North Liberty, Iowa
2018-Present	Preceptor for Rock Valley Physical Therapy-Burlington, Iowa
2003-2019	Preceptor for Midwest Physical Therapy
2019-Present	Preceptor for Genesis Physical Therapy-Clinton, Iowa
2017-Present	Preceptor for Genesis Physical Therapy-DeWitt, Iowa
2017-Present	Preceptor for Genesis Physical Therapy-Bettendorf, Iowa
2009 - 2013	Preceptor for Unity Point Hospital Osteopathic Medical Education
2008 - 2018	Board Member of the Iowa Orthopaedic Society (IOS)
2008	Helped Organize the Annual Hawkeye Sports Medicine Symposium with the University of Iowa and Iowa Medical Society (December 2008)
2008 - 2010	Chair of the James J. Puhl, MD Humanitarian Committee of the Iowa Orthopaedic Society (IOS)
2008 - 2010	J.J. Puhl, MD Humanitarian Committee, Iowa Orthopaedic Society (IOS)
2007 - Present	Active and Contributing Member to The Orthopaedic Research & Education Foundation (OREF)
2005 - 2006	Vice-President of G.W.N. Eggers Society, University of Texas Medical Branch (UTMB), Galveston, Texas

Awards in Private Practice

2020	Awarded the Distinguished Arthroscopy Leader (DAL) from AANA
2015	Co-Author for the Winner of the 2015 Achilles Award – ISAKOS
2014 - 2015	Leadership as President Award: Iowa Orthopaedic Society (Largest Attendance in the History of the IOS)
April 2013	Awarded the Advanced Arthroscopy Traveling Fellowship by the Arthroscopy Association of North America (AANA): April 14-28, 2013
May 2008	Ursinus College Alumni Professional Achievement Award

Team Physician Coverage

1993 & 1994	Team Physician, Clear Brook High School Football, Clear Brook, Texas
1993 - 1997	Performed screening physical examinations for La Marque, Texas City, Galveston and Clear Lake High School Athletic Programs, Texas
1994	Physician Member of United States Amateur Boxing, Inc.

Aug 1997 - Mar 2000 Team Physician, Burlington Bees Minor League Baseball Team, Burlington, Iowa
 Aug 1997 - Mar 2001 Team Physician, Southeastern Community College Blackhawk Basketball, Burlington, Iowa
 2003 - Present Team Physician, Clinton Muddy River Semi-Pro Rugby Team, Clinton, Iowa
 2003 - 2016 Team Physician, Ashford University Athletic Program, Clinton, Iowa
 2007 Fellow Physician for the International Olympic Committee and Norwegian Olympic Team under Lars Engebretsen, MD, PhD
 2007 Team Physician for the International Bislett Games, Oslo, Norway
 2019 Official for USA Swimming
 2019-Present Board Member (Vice President) for Mississippi Valley Track Club (MVTC)

Activities

1993 Attended AO/ASIF course, San Antonio, Texas (August 1993)
 Attended G.W.N. Eggers Lectureships, Galveston, Texas

1994 Certificate of Attendance in "New Concepts in Long Bone Fracture Fixation" Course, Houston, Texas (May 1994)
 Attended G.W.N. Eggers Lectureships, Galveston, Texas
 Attended Dallas Short Course in Orthotics/Prosthetics, Dallas, Texas (October 1994)

1995 Attended Zimmer Residency Program, Chicago, Illinois (August 1995)
 Attended G.W.N. Eggers Lectureships, Galveston, Texas
 Attended 1st Annual Current Concepts on Surgery of the Spine Galveston, Texas (May 1995)

1996 Attended Enneking 33rd Annual Seminar in Musculoskeletal Pathology, St. Augustine, Florida (April 1996)
 Attended G.W.N. Eggers Lectureships, Galveston, Texas
 Attended 2nd Annual Current Concepts on Surgery of the Spine Galveston, Texas (May 1996)

1997 Attended Arthroscopic Shoulder Cadaveric Training at Arthrex, Inc. Naples, Florida (December 1997)

1998 Attended 15th Annual San Diego Arthroscopic Surgery of the Shoulder Course (June 1998)

2000 Attended 67th AAOS Annual Meeting, Orlando, Florida (March 2000)

2001 Attended 68th AAOS Annual Meeting, San Francisco, California (February/March 2001)
 Attended Occupational Orthopaedics and Worker's Compensation Las Vegas, Nevada (November 2001)
 Attended 17th Annual Hawkeye Sports Medicine Symposium & Annual University of Iowa Orthopaedic Sports Medicine Society Meeting, Iowa City, Iowa (November/December 2001)

2002 Attended the Holiday Total Knee Course, Hospital for Special Surgery, New York City, New York (December 2002)

2003 Attended University Of Minnesota Sports Medicine Symposiums Minneapolis, Minnesota (May 2003)
 Attended 19th Annual Hawkeye Sports Medicine Symposium & Annual University of Iowa Orthopaedic Sports Medicine Society Meeting, Iowa City, Iowa (December 2003)

2004 Attended University Of Minnesota Sports Medicine Symposiums Minneapolis, Minnesota (May 2004)
 Traveled to Oslo, Norway to experience meniscal allograft transplants (September 2004)
 Attended Grand Rounds, Current Concepts in Meniscal Transplantation, University of Oslo, Oslo Norway (September 20, 2004)

- 2005** Attended AANA Masters Comprehensive Shoulder Arthroscopic Skills Course Rosemont, Illinois (June 2005)
- 2007** Attended the Annual Hawkeye Sports Medicine Symposium with the University of Iowa and Iowa Medical Society, Iowa City, Iowa (December 2007)
- 2008** Attended the Iowa Orthopaedic Society Spring Meeting, West Des Moines, Iowa (April 18, 2008)
Attended the Annual Hawkeye Sports Medicine Symposium with the University of Iowa and Iowa Orthopaedic Society Combined Meeting, Iowa City, Iowa (December 2008)
- 2009** Attended the Iowa Orthopaedic Society Spring Meeting, Des Moines, Iowa (April 17, 2009)
Attended AOSSM Annual Meeting, Keystone, Colorado (July 2009)
- 2010** Attended 14th Annual ESSKA Congress, Oslo, Norway (June 9-13, 2010)
Attended 29th AANA Fall Course Phoenix, Arizona (November 18-20, 2010)
Attended 26th Hawkeye Sports Medicine Symposium and Iowa Orthopaedic Society Combined Meeting, Iowa City, Iowa (December 3 & 4, 2010)
- 2011** Attended 27th Hawkeye Sports Medicine Symposium Iowa City, Iowa (December 1 & 2, 2011)
- 2012** Attended AANA 2012 LC Patellofemoral Knee Course Rosemont, Illinois (January 19 & 20, 2012)
Attended 12th Annual AAOS/AOSSM Sports Medicine Course: Elite Athletes to Weekend Warriors #3243 Vail, Colorado (March 21-25, 2012)
Attended 31st Annual AANA Annual Meeting Orlando, Florida (May 17-19, 2012)
- 2013** Attended the Iowa Orthopaedic Society Spring Meeting, West Des Moines, Iowa (April 11 & 12)
Attended 31st G.W.N. Eggers Lectureship, UTMB, Galveston, Texas (May 16-18, 2013)
Attended AOSSM Annual Meeting, Chicago, Illinois (July 11-14, 2013)
- 2014** Attended the 2014 Iowa Orthopaedic Society Meeting, Des Moines, Iowa (April 11, 2014)
Attended the National Orthopaedic Leadership Conference (NOLC) Washington, DC (April 29 - May 3, 2014)
- 2015** Attended the 2015 Iowa Orthopaedic Society Meeting Des Moines, Iowa (April 10, 2015)
Attended the 34th AANA Fall Course, Grapevine/Dallas, Texas (November 12 – 14, 2015)
- 2016** Attended the 2016 Iowa Orthopaedic Society Meeting Coralville, Iowa (April 26, 2016)
- 2017** Attended the Arthroscopy Association of North America (AANA) 601 Resident/Fellow Course: Fundamentals in Arthroscopy. Rosemont, Illinois (January 12-14, 2017)
Attended the 2017 Iowa Orthopaedic Society Meeting Des Moines, Iowa (April 7, 2017)
Attended Arthrex: Advanced Shoulder Arthroscopy the Cowboy Way (April 21-22, 2017)
Attended the Arthroscopy Association of North America (AANA) 605 Mission Possible for Today's Shoulder Surgeon. Rosemont, Illinois (July 28-30, 2017)
- 2018** Attended the Arthroscopy Association of North America (AANA) 801 Resident/Fellow Course: Foundations in Arthroscopy. Rosemont, Illinois (January 18-20, 2018)
Attended the American Academy of Orthopaedic Surgeons (AAOS) Annual

Meeting. New Orleans, Louisiana (March 6-10, 2018)
Attended the American Shoulder and Elbow Surgeons (ASES) Open Meeting/Specialty Day. New Orleans, Louisiana (March 10, 2018)
Attended the American Orthopaedic Society for Sports Medicine and Arthroscopy Association of North America (AOSSM/AANA) Specialty Day. New Orleans, Louisiana (March 10, 2018)
Attended the 2018 Iowa Orthopaedic Society Meeting Coralville, Iowa (April 6, 2018)
Attended the American Orthopaedic Society for Sports Medicine (AOSSM) Annual Meeting. San Diego, California (July 5-8, 2018)
Attended the American Shoulder and Elbow Surgeons (ASES) Open Symposium. Chicago, Illinois (October 11, 2018)

2019
Attended the Arthroscopy Association of North America (AANA) 901 Resident/Fellow Course: Foundations in Arthroscopy. Rosemont, Illinois (January 17-19, 2019)
Attended the 2019 Surgical Management Professionals Board Retreat. Oranjestad, Aruba (February 15-16, 2019)
Attended the American Academy of Orthopaedic Surgeons (AAOS) Annual Meeting. Las Vegas, Nevada (March 12-16, 2019)
Attended the American Shoulder and Elbow Surgeons (ASES) Open Meeting/Specialty Day. Las Vegas, Nevada (March 16, 2019)
Attended the 2019 Iowa Orthopaedic Society Meeting West Des Moines, Iowa (April 26, 2019)

2020
Attended the American Orthopaedic Society for Sports Medicine (AOSSM) 2020 Virtual Annual Meeting (July 8-9)
Attended the American Shoulder and Elbow Society (ASES) 2020 Virtual Annual Meeting (October 2-3)
Attended the AAOS/ASES Anatomic and Reverse Total Shoulder Arthroplasty Virtual Course #3082 (November 7, 2020; Online)

2021
Attended the AANA/AOSSM Specialty Day Virtual Course (March 17 & 18, 2021)
Attended the AANA Webinar on "AC Joint Injuries" (March 24, 2021)
Attended the AANA Webinar on "Knee Injuries in Elite Soccer/Futbal" (April 7, 2021)

2022
Attended the ASES 2021 Annual Meeting, Tampa, FL (December 15-17, 2021)
Attended the AAOS 2022 Annual Meeting, Chicago, IL (March 22-26, 2022)
Attended the ASES 2022 Specialty Day Meeting, Chicago, IL (March 26, 2022)

2023
Attended the Arthroscopy Association of North America (AANA) 1301 Resident/Fellow Course: Foundations in Arthroscopy. Rosemont, Illinois (January 19-21, 2023)

2024
Attended the AAOS 2024 Annual Meeting, San Francisco, CA (February 14-16, 2024)
Attended the AANA/ISAKOS Specialty Day, San Francisco, CA (February 16, 2024)
Attended the AOSSM Specialty Day 2024, San Francisco, CA (February 16, 2024)
Attended the ASES Specialty Day 2024, San Francisco, CA (February 16, 2024)
Attended the AANA/ISAKOS Knee and Shoulder Arthroscopy Course. Miami Anatomical Research Center, Doral, Florida (April 5-6, 2024)

2025
Attended the Iowa Orthopaedic Society 2025 Spring Meeting, Cedar Rapids, IA (May 2, 2025)
Attended the AANA E.L.I.T.E. Elevating Knee Arthroscopy Course, Rosemont, IL (October 25, 2025)

MEMBERSHIPS AND SCIENTIFIC SOCIETIES

Regional	2001 - Present	Active member of the Iowa Orthopaedic Society (IOS)
	2012 - Present	Active Board Member of the Iowa Orthopaedic Research Foundation (IORF)
	2006 - 2010	Active Member of the Mid-America Orthopaedic Association
National	2001 - Present	Active Fellow of the American Academy of Orthopaedic Surgeons (AAOS)
	2001 - Present	Active Fellow of the American Association of Orthopaedic Surgeons
	2005 - Present	Active Member of the Arthroscopy Association of North America (AANA)
	April 2021-May 2023	Membership Committee Member for AANA
	June 2021-Present	Associate Member of American Shoulder and Elbow Surgeons (ASES) Society
	Oct.2025-Oct.2027	Member Experience Committee for ASES
2009 - Present	Active Member of the American Orthopaedic Society for Sports Medicine (AOSSM)	
June 2006 - Present	Active Member of the Association of American Physicians and Surgeons	
International	2010 - 2017	Active Member of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA)

JOURNAL REVIEWER

Scientific Reviewer, *Journal of Shoulder and Elbow Surgery (JSES)*
Scientific Reviewer, *Iowa Orthopedic Journal (IOJ)*
Scientific Reviewer, *The Archives of Bone and Joint Surgery (ABJS)*
Scientific Reviewer, *Journal of Orthopaedic Surgery and Research (JOSR)*

PUBLICATIONS

Laughlin RT, Mader JT, Calhoun JH, **Foad A.** *Calcaneal Osteomyelitis: An Analysis of Etiology and Pathogenic Organisms.* FOOT AND ANKLE SURGERY, 5:171-177, 1999

Foad A. *Problems of Modern Medical Life Prove Younger Doctors' Dedication.* AMERICAN MEDICAL NEWS. March 15 2004; Pg.19

Foad A, LaPrade RF, Case Report: *"Bilateral Luxatio Erecta Humeri and Bilateral Knee Dislocations in the Same Patient"*. THE AMERICAN JOURNAL OF ORTHOPEDICS, 2007 November, 36(2): 611-13

Foad A, Wijdicks CA, *The Accuracy of Magnetic Resonance Imaging and Magnetic Resonance Arthrogram Versus Arthroscopy in the Diagnosis of Subscapularis Tendon Injury.* ARTHROSCOPY: The Journal of Arthroscopic and Related Surgery. 2012 May; 28(5): 636-41

Foad A, Self-Limited Healing of a Radial Tear of the Lateral Meniscus. KNEE SURGERY SPORTS TRAUMATOLOGY ARTHROSCOPY. 2012 May; 20(5): 933-36

Faruqui S, Wijdicks CA, **Foad A.** *The Accuracy of the Physical Exam Versus Arthroscopy in the Diagnosis of Subscapularis Tendon Injury.* ORTHOPEDICS, 2014 January: 37(1): e29-e33. (Grant from the Iowa Orthopaedic Research Foundation)

Faruqui S, Wijdicks CA, **Foad A.** *The Accuracy of the Physical Exam Versus Arthroscopy in the Diagnosis of Subscapularis Tendon Injury.* E-Poster Presentation at the AOSSM 2013 Annual Meeting, Chicago, IL. July 11-14, 2013

Foad A, Faruqui S, Hanna, C.C. *The Modified Norwegian Method (MNM) of Arthroscopic Biceps Tenodesis-Surgical Technique*, ARTHROSCOPY TECHNIQUES. 2014 February, 3(1):e1-e5 (Grant from the Iowa Orthopaedic Research Foundation)

Saleh Z, Faruqui S, **Foad A**, Case Report: “Onset of Frozen Shoulder Following Pneumococcal and Influenza Vaccines” JOURNAL OF CHIROPRACTIC MEDICINE, Volume 14, Issue 4, Pages 285-289

Foad A. *Transit Teaching*. INSIDE AANA: Arthroscopy Association of North America. 2013
July:29(2):14-15

Killinger LZ, **Foad A**. *The Shoulder: Perspectives on Health Literature and Patient Care*, D.C. TRACTS. Fall 2013, 25(3): 17-20.

LaPrade CM, **Foad A**. *Greater Auricular Nerve Palsy After an Arthroscopic Anterior and Posterior Inferior Labral Repair Using Beach-chair Positioning and a Standard Universal Headrest*. THE AMERICAN JOURNAL OF ORTHOPEDICS. 2015 April, 44(4): 188-91

LaPrade CM, **Foad A**, Smith SD, Turnbull TL, Dorman GJ, Engebretsen L, Wijdicks CA, LaPrade RF. *Biomechanical Consequences of a Nonanatomic Medial Meniscus Posterior Root Repair After a Root Avulsion*. AMERICAN JOURNAL OF SPORTS MEDICINE. 2015 April 43(4):912-920. **(Winner of the 2015 Achilles Award-ISAKOS)**

“The Achilles Orthopaedic Sports Medicine Award was created in 1995 to recognize the researchers who have performed the most outstanding clinical or laboratory research in the field of sports medicine, such as the care and prevention of injuries”

Foad A, Faruqui S. Case Report: “Absence of the Long Head of the Biceps Brachii Tendon”. The Iowa Orthopedic Journal. 2016 Volume 36: 88-93.

Faruqui S, Hanna CC, Kotob AM, **Foad A**. “The Modified Norwegian Method of Biceps Tenodesis: How Well Does it Work?” (Accepted into KNEE SURGERY SPORTS TRAUMATOLOGY ARTHROSCOPY [KSSTA] 4/20/16) (Published online 5/3/16).

Faruqui S, Hanna CC, Kotob AM, **Foad A**. “The Modified Norwegian Method of Biceps Tenodesis: How Well Does it Work?” KNEE SURGERY SPORTS TRAUMATOLOGY ARTHROSCOPY [KSSTA]. October 2017, Volume 25, Issue 10: 3264-3269.

Humes C, Aguero S, Chahla J, **Foad A**. “Blood Flow Restriction and Its Function in Post-Operative Anterior Cruciate Ligament Therapy: Expert Opinion” Archives of Bone and Joint Surgery (ABJS); Volume 8, Issue 5:570-574.

PARCIAL Group: Champ L. Baker 3rd, MD, Leslie F. Barnes, MD, R. Alexander Creighton, MD, Frances Cuomo, MD, Matthew J. DiPaola, MD, **Abdullah Foad, MD**, James M. Gregory, MD, Brian F. Grogan, MD, Scott G. Kaar, MD, MBA, H. Mike Kim, MD¹, Eitan M. Kohan, MD, Eddie Y. Lo, MD, John Moor, MD. “Analyzing Practice Pattern in Treating Partial-Thickness Rotator Cuff Tears: A Dual Perspective from National Database and ASES PARCIAL Research Group” International Journal of Shoulder and Elbow Surgery (International JSES); (accepted 8/16/24)

Wong AM, Hofmann HL, Guerra GA, Le JL, Singh Z, Petrigliano F, **Foad A**. “Effects of Enhanced Recovery After Surgery (ERAS) on Perioperative Outcomes in Shoulder Arthroplasty” *Cureus*. September 2025; 17(9):e92284

Steika R, Choi J, **Foad A**. “Superior Capsule Augmentation for Massive Rotator Cuff Repair Using the Long Head of the Biceps Tendon” *Arthroscopy Techniques*; September 2025.

Book Chapter

Foad A, Sanchez G. “Transitioning from Open to Arthroscopic Rotator Cuff Repair: Pearls”. Disorders of the Rotator Cuff and Biceps Tendon. Provencher MT, Boileau P, Cole BJ, Romeo AA. Elsevier, 2020, Chapter 14.

Abstract

Foad A, Humes Charles, Nicholas DePhillipo, Elander E, Cobb TY. *Outpatient Treatment of Displaced 3- and 4-part Proximal Humerus Fractures Using Minimally Invasive Percutaneous Fixation*. Accepted as e-Poster for 2020 ESSKA Congress; Milan, Italy; May 2020.

Other

LaPrade RF, Wills NJ, Spiridonov SI, Perkinson S. *A Prospective Outcomes Study of Meniscal Allograft Transplantation*. **The American Journal of Sports Medicine**, 2010;38(9):1804-12. **(Consultation – provided patients)**

LaPrade RF, Spiridonov SI, Coobs BR, Ruckert PR, Griffith CJ. *Fibular Collateral Ligament Anatomical Reconstructions: A Prospective Outcomes Study*. **The American Journal of Sports Medicine**, 2010;38(10): 2005-11. **(Consultation – provided patients)**

INVITED LECTURES, INSTRUCTIONAL COURSES, MODERATOR, SYMPOSIA

Foad, A. Grand Rounds Presentation-UTMB Department of Orthopaedic Surgery “Acetabular Fractures” Galveston, Texas (1995)

Foad, A. Grand Rounds Presentation-UTMB Department of Orthopaedic Surgery “Acromioclavicular Joint Injuries” Galveston, Texas (January, 1996)

Foad, A. RE Jensen, AG Hadjipavlou. Senior Resident Research Day, UTMB “Biomechanical Characteristics and Pitfalls of Axial Lateral Mass Plate Fixation of the Cervical Spine” Galveston, Texas (Spring, 1997)

Jensen RE, Hadjipavlou AG, Maggio WW, Nicodemus C, **Foad A**, Yang J. “Biomechanical Characteristics and Pitfalls of Cervical Axis Lateral Mass Plate Fixation of the Cervical Spine”. 8th Annual Meeting of the European Spine Society, Kos, Zurich (Sept. 11, 1997)

Jensen RE, Hadjipavlou AG, Maggio WW, Nicodemus C, **Foad A**, Yang J. “Biochemical Characteristics and Pitfalls of Axis Lateral Mass Plate Fixation of the Cervical Spine”. North American Spine Society (October 22-25, 1997)

Foad, A. Guest Speaker at Burlington Area Education “Proper Biomechanics of Weightlifting for the Overhead Athlete” Burlington, Iowa (Spring, 1998)

Foad, A. Guest Speaker at Burlington Area Education “Prevention of Injuries in the Weekend Athlete” Burlington, Iowa (Spring, 1999)

Foad, A. Guest Speaker at Clinton Community College “Prevention of Injuries in the Weekend Athlete” Clinton, Iowa (2003)

Foad, A. Guest Speaker at Clinton Rotary Club “Prevention of Injuries in the Weekend Athlete” Clinton, Iowa (2003)

Foad, A. Guest Speaker at Ashford University “Nutritional Supplements” Clinton, Iowa (Spring, 2003)

Foad, A. Guest Speaker at Clinton High School “Creatine & Nutritional Supplements” Clinton, Iowa (Fall, 2003)

Foad, A. Guest Speaker and Moderator at the G.W.N. Eggers Lectureship, UTMB “Proper Biomechanics of Weightlifting for the Overhead Athlete” Galveston, Texas (April 22-24, 2004)

Foad, A. Guest Speaker and Moderator at the G.W.N. Eggers Lectureship, UTMB “Creatine & Nutritional Supplements” Galveston, Texas (April 22-24, 2004)

Foad, A. Guest Speaker at Clinton Community College “Nutritional Supplements” Clinton, Iowa (Spring, 2004)

Foad, A. Guest Speaker at Ashford University “Nutritional Supplements” Clinton, Iowa (Spring, 2003)

Foad, A. Guest Speaker at Clinton Chamber of Commerce “Prevention of Injuries in the Weekend Athlete” Clinton, Iowa (Spring, 2004)

Foad, A. Guest Speaker at Clinton High School “Prevention of Injuries in the Weekend Athlete” Clinton, Iowa (Fall, 2004)

Foad, A. Guest Speaker at Clinton High School “Creatine & Nutritional Supplements” Clinton, Iowa (Fall, 2004)

Foad, A. Guest Speaker at Clinton Rotary Club “Prevention of Injuries in the Weekend Athlete” Clinton, Iowa (2004)

Foad, A. Guest Speaker at Clinton Chiropractic Society “Meniscal Allograft Transplant” Clinton, Iowa (Fall, 2004)

Foad, A. Guest Speaker at Clinton Community College “Nutritional Supplements” Clinton, Iowa (Spring, 2005)

Foad, A. Guest Speaker at Clinton Chamber of Commerce “Prevention of Injuries in the Weekend Athlete” Clinton, Iowa (Spring, 2005)

Foad, A. Moderator at the G.W.N. Eggers Lectureship, UTMB. Galveston, Texas (April 21-23, 2005)

Foad, A. Guest Speaker at Clinton Rotary Club “How To Take Care Of Your Bones” Clinton, Iowa (Fall, 2006)

Foad, A. Guest Speaker at Clinton Chamber of Commerce “How To Take Care Of Your Bones” Clinton, Iowa (Winter, 2007)

Foad, A. Guest Speaker at Partnership Way “How To Take Care Of Your Bones” Clinton, Iowa (Winter, 2007)

Foad, A. Grand Rounds Presentation at University of Oslo-Ullevaal University Hospital “The Single-Incision Endoscopic Carpal Tunnel Surgery” Oslo, Norway (May 8, 2007)

Foad, A. Guest Speaker at the Department of Hand Surgery at University of Oslo-Ullevaal University Hospital “The Single-Incision Endoscopic Carpal Tunnel Surgery” Oslo, Norway (June, 2007)

Foad, A. Guest Speaker at Clinton Chamber of Commerce “Norway in a Nutshell: My Experience” Clinton, Iowa (Fall, 2007)

Foad, A. Guest Speaker at Palmer College of Chiropractic “Norway in a Nutshell: My Experience” Davenport, Iowa (Fall, 2007)

Foad, A. Guest Speaker at the CorVel State Meeting-2008 “Single Incision Endoscopic Carpal Tunnel Incision” Des Moines, Iowa (September 16, 2008)

Foad, A. Guest Speaker at the CorVel State Meeting-2009 “What’s New in Sports Medicine – Norwegian Experience” Des Moines, Iowa (September 15, 2009)

Foad, A. Grand Rounds Presentation- Trinity Medical Center “Single Incision Endoscopic Carpal Tunnel Release” Rock Island, Illinois (April 22, 2011)

Foad, A. Grand Rounds Presentation at Mercy Medical Center-Clinton “Single Incision Endoscopic Carpal Tunnel Surgery” Clinton, Iowa (July 13, 2011)

Foad, A. Guest Speaker at the CorVel Sponsored Presentation “Single Incision Endoscopic Carpal Tunnel Surgery” Dubuque, Iowa (November 2, 2011)

Foad, A. Guest Speaker at the AANA Advanced Arthroscopy Traveling Fellowship: April 14-28, 2013 “Diagnosis of Subscapularis Tendon Tears” Steadman Philippon Research Institute (SPRI). Vail, Colorado (April 15, 2013)

Foad, A. Guest Speaker at the AANA Advanced Arthroscopy Traveling Fellowship: April 14-28, 2013 “Diagnosis of Subscapularis Tendon Tears” Southern California Orthopedic Institute (SCOI). Van Nuys, California (April 18, 2013)

Foad, A. Guest Speaker at the AANA Advanced Arthroscopy Traveling Fellowship: April 14-28, 2013 “Proximal Biceps Tenodesis: A Modified Norwegian Method (MNM)” The San Antonio Orthopaedic Group. San Antonio, Texas (April 23, 2013)

Foad, A. Guest Speaker at the 31st G.W.N. Eggers Lectureship, UTMB. “Diagnosis of Subscapularis Tendon Injuries” Galveston, Texas (May 16-18, 2013)

Foad, A. Guest Speaker and Instructor Live Cadaveric Demonstration on the Single-Incision Endoscopic Carpal Tunnel Release for Attending Physicians, Fellows & Residents in the Department of Orthopaedic Surgery and Rehabilitation at the University of Iowa Hospitals and Clinics, Iowa City, Iowa (Spring 2013)

Foad, A. Guest Speaker at Palmer College of Chiropractic “Diagnosis of Subscapularis Tendon Injuries” Davenport, Iowa (January 15, 2014)

Foad, A. Program Director and Moderator for the 2015 Iowa Orthopaedic Society (IOS) Annual Meeting. West Des Moines, Iowa (April 10, 2015)

Foad, A. Speaker at the 2015 Iowa Orthopaedic Society (IOS) Annual Meeting “Diagnosis of Subscapularis Tendon Injuries” West Des Moines, Iowa (April 10, 2015)

Foad, A. Guest Speaker at Palmer College of Chiropractic “Diagnosis of Subscapularis Tendon Injuries”
Davenport, Iowa (May 26, 2015)

LaPrade, CM, **Foad, A.**, Smith SD, Turnbull TL, Dorman, GJ, Engebretsen L, Wijdicks, CA, LaPrade RF.
Biomechanical Consequences of a Nonanatomic Medial Meniscus Posterior Root Repair After a Root Avulsion.
10th Biennial ISAKOS Congress (June 7-11, 2015)
Lyon, France (**Winner of the 2015 Achilles Award-ISAKOS**)

Foad, A. Guest Speaker at Intergrated Therapy Specialists “Diagnosis of Subscapularis Tendon Injuries”
Muscatine, Iowa (September 14, 2016)

Foad, A. Associate Lab Instructor for Arthroscopy Association of North America (AANA) 601 Resident/Fellow
Course: Fundamentals in Arthroscopy. Rosemont, Illinois (January 12-14, 2017)

Foad, A. Guest Speaker at Genesis Physical Therapy & Wellness “Diagnosis of Subscapularis Tendon Injuries”
Bettendorf, Iowa (May 8, 2017)

Foad, A. Associate Shoulder Lab Instructor for Arthroscopy Association of North America (AANA) 605 Mission
Possible for Today’s Shoulder Surgeon. Rosemont, Illinois (July 28-30, 2017)

Foad, A. Guest Speaker at Genesis Physical Therapy & Wellness “Diagnosis of Subscapularis Tendon Injuries”
DeWitt, Iowa (October 25, 2017)

Foad, A. Faculty Lab Instructor for Arthroscopy Association of North America (AANA) 801 Resident/Fellow
Course: Foundations in Arthroscopy. Rosemont, Illinois (January 18-20, 2018)

Foad, A. Faculty Lab Instructor for Arthroscopy Association of North America (AANA) 901 Resident/Fellow
Course: Foundations in Arthroscopy. Rosemont, Illinois (January 17-19, 2019)

Foad, A. Guest Speaker at Morrison Community Hospital “Diagnosis of Subscapularis Tendon Injuries” Morrison,
Illinois (March 10, 2021)

Foad, A. Guest Speaker at Palmer College of Chiropractic “Diagnosis of Subscapularis Tendon Injuries”
Davenport, Iowa (September 22, 2021)

Foad, A. Guest Speaker for Grand Rounds at University of Texas Medical Branch “Diagnosis of Subscapularis
Tendon Injuries” Virtual Meeting (August 17, 2022)

Foad, A. Faculty Lab Instructor for Arthroscopy Association of North America (AANA) 1301 Resident/Fellow
Course: Foundations in Arthroscopy. Rosemont, Illinois (January 19-21, 2023)

Foad, A. Guest Speaker at Rock Valley Physical Therapy “Diagnosis of Subscapularis Tendon Injuries”
Bettendorf, Iowa (March 30, 2023)

Foad, A. Faculty Lab Instructor for AANA/ISAKOS Knee and Shoulder Arthroscopy Course. Miami Anatomical
Research Center, Doral, Florida (April 5-6, 2024)

Foad, A. Guest Speaker for AANA/ISAKOS Knee and Shoulder Arthroscopy Course. *Case Presentation on the
Biceps SCR.* Miami Anatomical Research Center, Doral, Florida (April 5-6, 2024)

Foad, A. Faculty Lab Instructor for AANA E.L.I.T.E. Elevating Knee Arthroscopy Course,
Rosemont, IL (October 25, 2025)

