

Curriculum Vitae

EDWIN M. TINGSTAD, M.D.

EXPERIENCE:

- 2000 – Present Edwin M. Tingstad, M.D.
Inland Orthopaedic Surgery & Sports Medicine Clinic
825 Bishop Boulevard, Suite 120
Pullman, WA 99163
- 2000 – Present Washington State University Team Physician
Department of Intercollegiate Athletics
P.O. Box 641602
Pullman, WA 99164
- 2017 – Present Assistant Professor, Elson Floyd School of Medicine
Washington State University
- 2001 – Present Clinical Instructor, Department of Orthopaedics and Sports Medicine
University of Washington

EDUCATION:

- 1999 – 2000 Clinical Fellowship
University of Washington Department of Orthopaedics, Sports Medicine
Seattle, WA
- 1994 – 1999 Orthopedic Surgery Residency
Vanderbilt University Medical Center
Nashville, TN
- 1993 – 1994 Family Medicine Internship
Spokane-University of Washington,
Spokane, WA
- 1989 – 1993 Medical School, Doctor of Medicine Degree
University of Washington School of Medicine
Seattle, WA
- 1984 – 1988 Bachelor of Arts, History
Washington State University
Pullman, WA

AREAS OF INTEREST:

- Basic science and clinical orthopedic research
- Grant and literature review, learning
- Public speaking to community groups, topics including motivational, injury prevention and drug programs
- Overseas traveling, fishing, reading, hiking, cycling, weight training, diving and skiing.

HONORS:

MEDICAL SCHOOL

- Graduation with Honors, 1993
- Alpha Omega Alpha, 1993
- Theodore J. Phillips Award for Excellence, 1993 (for outstanding achievement in family practice)
- Selected to Medical School Admissions Committee, 1991-93
- Lange Medical Publication Award, 1991 (in recognition of high academic achievement)

UNDERGRADUATE

- Most Outstanding Graduating Senior, College of Arts and Sciences awarded at graduation, summa cum laude 1988
- Phi Beta Kappa, 1988
- Raymond Muse Award for Excellence in Scholarship, 1987
- Phi Alpha Theta, Honorary Historical Society, 1988
- First Team Academic All Pacific-Ten Conference, Running Back 1988
- National Football Foundation and Hall of Fame Scholar Athlete, 1988 (one of 11 awards given nationwide for academic excellence, athletic performance and display of leadership on the campus.)

ACTIVITIES:

- 2000 – Present Team Physician, Washington State University
- 2002 – Present Chairman, Pullman Regional Hospital Surgical Staff
- 2017 – Present Principal Reviewer, American Journal of Sports Medicine
- 2004 Graduation Speaker, Washington State University, College of Liberal Arts
- 1995 – Present Promise Keepers
- 1989 Rural Underserved Opportunities Program
- 1987 – 1989 Campus co-leader, Fellowship of Christian Athletes
- 1987 – 1989 Member, Student-Athlete Advisory Board

BOARD CERTIFICATION:

American Board of Orthopaedic Surgery, 2002

American Board of Orthopaedic Surgery in Orthopaedic Sports Medicine, 2007

CURRENT LICENSURE:

Washington 37180, Issued July 2000

Idaho M-8045, Issued July 2000

Oregon 37849, Issued January 2006

PROFESSIONAL ORGANIZATIONS:

- Phi Beta Kappa
- Alpha Omega Alpha
- American Board of Orthopaedic Surgery, Diplomate 2002
- American Academy of Orthopaedic Surgeons, Active Fellow
- American Orthopaedic Society for Sports Medicine, Active Member / State Delegate
- American College of Sports Medicine
- Arthroscopy Association of North America
- National Football Foundation and Hall of Fame
- Christian Medical and Dental Society
- American Heart Association – ACLS Provider 2018

BIBLIOGRAPHY:

a. Publications:

1. Multicenter ACL Revision Study (MARS) Publications

Brophy RH, Haas AK, Huston LJ, Nwosu SK, Wright RW. Association of Meniscal Status, Lower Extremity Alignment, and Body Mass Index With Chondrosis at Revision Anterior Cruciate Ligament Reconstruction. Am J Sports Med. 2015 Apr 21; PubMed PMID: 25899434.

Matava MJ, Arciero RA, Baumgarten KM, Carey JL, DeBerardino TM, et al. Multirater agreement of the causes of anterior cruciate ligament reconstruction failure: a radiographic and video analysis of the MARS cohort. Am J Sports Med. 2015 Feb;43(2):310-9. PubMed PMID: 25537942.

Effect of graft choice on the outcome of revision anterior cruciate ligament reconstruction in the Multicenter ACL Revision Study (MARS) Cohort. *Am J Sports Med.* 2014 Oct;42(10): 2301-10. PubMed PMID: 25274353.

Radiographic findings in revision anterior cruciate ligament reconstructions from the Mars cohort. *J Knee Surg.* 2013 Aug;26(4):239-47. PubMed PMID: 23404491; NIHMSID: NIHMS460914; PubMed Central PMCID: PMC3716860.

Chen JL, Allen CR, Stephens TE, Haas AK, Huston LJ, et al. Differences in mechanisms of failure, intraoperative findings, and surgical characteristics between single- and multiple-revision ACL reconstructions: a MARS cohort study. *Am J Sports Med.* 2013 Jul;41(7): 1571-8. PubMed PMID: 23698386; NIHMSID: NIHMS507422; PubMed Central PMCID: PMC3839418.

Katz JN, Brophy RH, Chaisson CE, de Chaves L, Cole BJ, et al. Surgery versus physical therapy for a meniscal tear and osteoarthritis. *N Engl J Med.* 2013 May 2;368(18):1675-84. PubMed PMID: 23506518; NIHMSID: NIHMS477331; PubMed Central PMCID: PMC3690119.

Brophy RH, Wright RW, David TS, McCormack RG, Sekiya JK, et al. Association between previous meniscal surgery and the incidence of chondral lesions at revision anterior cruciate ligament reconstruction. *Am J Sports Med.* 2012 Apr;40(4):808-14. PubMed PMID: 22374942; NIHMSID: NIHMS460907; PubMed Central PMCID: PMC3650832.

Borchers JR, Kaeding CC, Pedroza AD, Huston LJ, Spindler KP, et al. Intra-articular findings in primary and revision anterior cruciate ligament reconstruction surgery: a comparison of the MOON and MARS study groups. *Am J Sports Med.* 2011 Sep; 39(9):1889-93. PubMed PMID: 21646434; NIHMSID: NIHMS460906; PubMed Central PMCID: PMC3643140.

Wright RW, Huston LJ, Spindler KP, Dunn WR, Haas AK, et al. Descriptive epidemiology of the Multicenter ACL Revision Study (MARS) cohort. *Am J Sports Med.* 2010 Oct; 38(10):1979-86. PubMed PMID: 20889962; NIHMSID: NIHMS460894; PubMed Central PMCID: PMC3655411.

2. NCAA ACL Study Publication

Jimmy H. Daruwalla, Patrick E. Greis, Robert Hancock, ASP Collaborative Group and John W. Xerogeanes

Rates and Determinants of Return to Play After Anterior Cruciate Ligament Reconstruction in NCAA Division 1 College Football Athletes: A Study of the ACC, SEC, and PAC-12 Conferences *Orthopaedic Journal of Sports Medicine* 2014 2: DOI: 10.1177/2325967114543901

3. Bashaw RT, Tingstad E.M., Rehabilitation of the osteoarthritic patient: Focus on the knee. *Clinic of Sports Med* 2005 Jan; 24(1): 101-31.

4. Grauer JN, Tingstad E.M., Rand N, Christie MJ, Hilibrand AS, Predictors of paralysis in the rheumatoid cervical spine in patients undergoing total joint arthroplasty. *J Bone Joint Surgery Am* 2004 Jul; 86-A(7): 1420-4.
 5. McCarty EC, Spindler KP, Tingstad, E.M., Shyr Y, Higgins, M, Does Intraarticular Morphine Improve Pain Control After Anterior Cruciate Ligament Reconstruction? *Am J Sports Medicine*, 2001 May-June 29 (3) 327-332.
 6. Tingstad, E.M., Teitz, CC, Simonian, PT., Complications Associated with the use of Meniscus Arrows. *Am J Sports Medicine*, 2001 Jan-Feb 29(1) 96-98.
 7. Christie, MJ, Deboer, DK, Tingstad, E.M., Capps, M, Brinson MF, Trick, L.W., Clinical Experience with a Modular Noncemented Femoral Component in Revision Total Hip Arthroplasty: 4 to 7 Year Results. *Journal of Arthroplasty* 2000 Oct; 15(7):840-8.
 8. Tingstad, E.M., Wolinsky, PR., Shyr, Y. Johnson, KD., Effect of Immediate Weightbearing on Plated fractures of the Humeral Shaft. *Journal of Trauma* 2000 Aug;49(2): 278-80.
 9. Tingstad, E.M., Farrow, J., Deisher, R. "Teenage Fathers: Their perceived influence on pregnancy outcome and attitudes toward condom use and AIDS. East Coast Medical Scientific Symposium, Health of Black Adolescent Male. 1990
- b. Book Chapters:
1. Larson, RV, Tingstad, E.M., Reconstruction of the posterolateral corner of the knee. In *Orthopaedic Sports Medicine*, ed. DeLee & Drez et al.
 2. Tingstad E.M., Arthroscopic Anatomy of the Knee, in *The Adult Knee*, Callaghan JJ et al 2003 Lippincott, 45-54.
 3. Tingstad E.M., Arthroscopic Anatomy: The Knee, in *Operative Arthroscopy* 3rd ed., McGinty JB Lippincott, 2003, 178-176
 4. Edwin M. Tingstad, MD, Sarah N. Bratt, PA-C,ATC, Kasee J. Hildenbrand, PhD, ATC, Brittany A. O'Malley, ATC, Elisabeth R. Mitchell, Corinne E. Gaddis, ATC, Charles A. Jacobson, MD, Platelet rich plasma does not decrease blood loss in total knee arthroplasty

c. Current Research:

1. MARS Group Publications -Revision Anterior Cruciate Ligament Reconstructions
2. Rates and Determinants of Return to Play After Anterior Cruciate Ligament Reconstruction in NCAA Division 1 College Football Athletes: A Study of the ACC, SEC, and PAC-12 Conferences
3. Washington State University Baseball Shoulder MRI Study

LOCAL AND NATIONAL INVITATIONAL LECTURES:

1. Clinical Experience with a modular Noncemented Femoral Component in Revision Total Hip Arthroplasty: Four to Seven Year Results. Christie, M.J., Trick, L.W., Tingstad, E.M., Deboer, D.K., Podium Presentation (M.J. Christie) at the American Academy of Orthopaedic Surgeons Annual Meeting, February 13-17, 1997 San Francisco, CA.
2. Operatively Treated Humeral Shaft Fractures: Review of a nine-year experience. Tingstad, E.M., Wolinsky, P.R., Shyr, Y., Johnson, K.D., Podium Presentation at the American Orthopaedic Association 30th Annual Residents Conference, March 14-16, 1997 New York, NY.
3. Effect of Immediate Weightbearing on Plated Fractures of the Humerus. Tingstad, E.M., Wolinsky, P.R. Shyr, Y., Johnson, K.D., Poster Presentation at Orthopaedic Trauma Association Annual Meeting, October 16-19 1997, Louisville, KY.
4. Cervical Spondylitis in Rheumatoid Arthritis Patients Undergoing Total Joint Arthroplasty, Tingstad, E.M., Rand, N., Hilibrand, A.H.. Poster Presentation at the Cervical Spine Research Society 25th Annual Meeting, December 4-6, 1997, Rancho Mirage, CA.
5. Effect of Immediate Weightbearing on Plated Fractures of the Humerus., Tingstad, E.M., Wolinsky, P.R., Shyr, Y Johnson, K.D., Podium Presentation the American Academy of Orthopaedic Surgeons Annual Meeting, March 19-23, 1998, New Orleans, LA.
6. Intra-articular Morphine with a Femoral Nerve Block after Anterior Cruciate Reconstruction., Tingstad, E.M., McCarty, E.M., Phaneuf, M.A., Edkin, B., Higgins, M. Spindler, K.P., Podium Presentation at the 5th Annual Residents and Fellows Arthroscopy Conference, April 16-19, 1998 Scottsdale, AZ.
7. A Nine-Year Experience with plating of Humeral Shaft Fractures., Tingstad, E.M., Wolinsky, P.R., Shyr, Y., Johnson, K.D., Podium Presentation at the American Fracture Association 60th Annual Meeting and Scientific Program, May 8-10 1998, Nashville, TN.

8. Rheumatoid Arthritis of the Cervical Spine in Patients Undergoing Total Joint Arthroplasty, Tingstad, E.M., Rand, N., Hilibrand, A.H.. Poster Presentation at the North American Spine Society 13^h Annual Meeting, October 28-31, 1998.
9. Meniscal Allografts in 2005, Tingstad, E.M. Podium presentation at North Pacific Orthopaedic Society Annual Meeting, Spokane, WA September 18, 2005.
10. Current Topics in Critical Care Medicine, Tingstad, E.M. Podium presentation at Gritman Medical Center, Moscow, ID February 21, 2006.
11. Articular Cartilage Injuries, Tingstad, E.M. Podium presentation at Gritman Medical Center, Moscow, ID March 11, 2008.
12. Meniscus Repair Update 2011, Tingstad, E.M. Podium presentations at CU Sports Medicine 2011 Fall Symposium, Boulder, CO September 30, 2011.
13. Revision ACL Surgery: Management and Technical Problems, Tingstad, E.M. Podium presentation at CU Sports Medicine 2011 Fall Symposium, Boulder, CO September 30, 2011.
14. Osteoarthritis Update, Tingstad, E.M. Podium presentation at Gritman Medical Center, Moscow, ID November 20, 2012.
15. Common Orthopaedic Emergencies, Tingstad, E.M. Podium presentation at Gritman Medical Center, Moscow, ID September 17, 2013.