

Jamie L. Friedman, M.D.

Office Information

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Employment

October 2020- Sports Medicine Orthopaedic Surgeon
Colorado Springs Orthopaedic Group
4110 Briargate Parkway, Suite 300
Colorado Springs, CO 80920

Education

August 2010-May 2014 Virginia Commonwealth University SOM; Richmond, VA
Doctor of Medicine

September 2002- University of California - Santa Barbara; Santa Barbara, CA
September 2006 Bachelor of Science, Major: Biochemistry
Bachelor of Arts, Major: Mathematics

Post Graduate Education

August 2019-July 2020 Orthopaedic Sports Medicine Fellowship
University of Colorado; Denver, CO

July 2014-May 2019 Orthopaedic Surgery Residency
University of Connecticut Health Center; Farmington, CT

Professional Licensure and Certifications

October 2018 ATLS/ACLS

May 2008 Emergency Medical Technician - Basic

January 2007 Professional Ski Instructor of America

June 2019 Colorado State Medical License

Professional Society Memberships

Arthroscopic Association of North America	Member since 2019
American Academy of Orthopaedic Surgeons	Member since 2014
Ruth Jackson Orthopaedic Society	Member since 2013
American Orthopaedic Society of Sports Medicine	Member since 2011

Sports Teams

Colorado Avalanche
University of Colorado Buffaloes (Football and Men's Basketball)
Denver University (Hockey)

Awards

June 2017	“Incidence of Post-Operative Complications Following Implementation of a Checklist” 1st Place Poster at the Dean’s Symposium for Continuous Quality Improvement & Patient Safety Farmington, CT
July 2012	“Biceps Tenotomy Versus Tenodesis in Active Patients Younger Than 55 Years: Is There a Difference in Strength and Outcomes?” Aircast Award for Clinical Science American Orthopaedic Society for Sports Medicine Baltimore, MD

Peer Reviewed Publications

1. **Friedman JL**, FitzPatrick JL, Rylander LS, Bennett C, Vidal AF, McCarty EC. Biceps Tenotomy Versus Tenodesis in Active Patients Younger Than 55 Years: Is There a Difference in Strength and Outcomes? *Orthop J Sports Med.* 2015 Feb. 12;3(2):2325967115570848.
2. **Friedman J**, Ly A, Mauffrey C, Stahel PF. Temporary Transarticular K-wire Fixation of Critical Ankle Injuries at Risk: A Neglected "Damage Control" Strategy? *Orthopedics.* 2015 Feb. 38 (2):122-7.

Publications Under Review

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1. **Friedman JL**, Szolomayer LK, Baldino JB, Obopilwe E, Mazzocca AD, Arciero RA, Otto A. Semitendinosus vs. Gracilis in One vs. Two-Tunnels Coracoclavicular Ligament Reconstruction: A Biomechanical Study.
 2. **Friedman JL**, Vogel LA, O'Brien DF, Arcerio RA. Correlation of the Load and Shift Exam Under Anesthesia with On-Track/Off-Track Measurements for Anterior Shoulder Instability: A clinical tool to assess significant bone loss
 3. Wolf MR, Williams AA, **Friedman JL**, Shea KP. Arthroscopic Capsular Release and Debridement of Painful Shoulder Osteoarthritis in Patients with Loss of Motion: A Mid- to Long-Term Follow-up Study.
 4. Smith JR, Belk JW, **Friedman JL**, Dragoo JL, Frank RM, Bravman JT, Wolcott ML, McCarty EC. Predictors of Mid- to Long-Term Outcomes in Patients Experiencing a Knee Dislocation: A Review of Clinical Studies (Accepted at ISAKOS 2021).
 5. Salem H, Park D, **Friedman JL**, Bravman JT, McCarty EC, Frank RM. Return to Driving after Anterior Cruciate Ligament Reconstruction: A Systematic Review.

Ongoing Research

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1. **Friedman JL**, Bravman JT, Seidl A, McCarty EC. The Predictive Value of Ultrasound-Guided Biceps Sheath Injection on Surgical Outcomes.
 2. **Friedman JL**, Bravman JT, Seidl A, McCarty EC. Biceps Ultrasound Findings and Function (BUFF) Score: Validating a Scoring System of Proximal Biceps Tendon Pathology to Guide Treatment.

Book Chapters

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1. **Friedman JL**, Coyner KJ. Ligament Reconstruction in the Knee. "Biologics in Orthopaedics Surgery." (Undergoing editing)

Podium Presentations

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1. "Biceps Tenotomy Versus Tenodesis in Active Patients Younger Than 55 Years: Is There a Difference in Strength and Outcomes?"
American Orthopaedic Society for Sports Medicine; Baltimore, MD. 2012
 2. "Correlation of the Exam Under Anesthesia with Glenoid Track Measurements for Shoulder Instability: A Clinical Tool to Assess Bone Loss"
Arthroscopic Association of North America; Orlando, FL. 2019

Hobbies and Interests

Born and raised in Boulder, Colorado, I naturally love spending time outdoors enjoying activities such as skiing, mountain biking, and rock climbing.