

Jamie L. Friedman, M.D.

Office Information

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Education

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

September 2002-
September 2006 University of California - Santa Barbara; Santa Barbara, CA
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

April 2019 Colorado Physician License

October 2018 ATLS/ACLS (active)

May 2008 Emergency Medical Technician - Basic

January 2007 Professional Ski Instructor of America

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

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| 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. Biceps Tenotomy Versus Tenodesis in Active Patients Younger Than 55 Years: Is There a Difference in Strength and Outcomes? **Friedman JL**, FitzPatrick JL, Rylander LS, Bennett C, Vidal AF, McCarty EC. Orthop J Sports Med. 2015 Feb. 12;3(2):2325967115570848.
2. Temporary Transarticular K-wire Fixation of Critical Ankle Injuries at Risk: A Neglected "Damage Control" Strategy? **Friedman J**, Ly A, Mauffrey C, Stahel PF. Orthopedics. 2015 Feb. 38 (2):122-7.
3. Arthroscopic Capsular Release and Debridement of Painful Shoulder Osteoarthritis in Patients with Loss of Motion: A Mid-to Long-Term Follow-Up Study. Wolf MR, Williams, AA, **Friedman JL**, Shea KP. Arthroscopy, Volume 33, Issue 10, e166 - e167
4. Semitendinosus vs Gracilis Grafts With 1- vs 2-Tunnel Techniques for Coracoclavicular Ligament Reconstruction: A Biomechanical Study. Otto, A; **Friedman, JL**; Szolomayer, LK; Baldino, JB; Obopilwe, E; Cote, MP; Mazzocca, AD; Arciero, RA. The American Journal of Sports Medicine 2022 Apr;3635465221092131
5. Predictors of Mid- to Long-Term Outcomes in Patients Experiencing a Knee Dislocation: A Systematic Review of Clinical Studies. Smith JR, Belk JW, **Friedman JL**, Dragoo JL, Frank RM, Bravman JT, Wolcott ML, McCarty EC. Journal of Knee Surg. 2022 Oct;35(12):1333-1341.
6. Return to Driving after Anterior Cruciate Ligament Reconstruction: A Systematic Review. Salem H, Park D, **Friedman JL**, Bravman JT, McCarty EC, Frank RM. Orthop J Sports Med 2021 Jan 21;9(1):2325967120968556.

Book Chapters

1. Coyner K, **Friedman J**, Pavano C. Mazzocca A, Lindsay A, (eds). Biologics in Orthopaedic Surgery: Ligament Reconstruction in the Knee Elsevier. 2019

Podium Presentations

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 backpacking. I enjoy sharing these adventures with my husband and two daughters.