

- CURRICULUM VITAE -

KEITH MEISTER, M.D.

BUSINESS ADDRESS:

Texas Metroplex Institute for Sports Medicine & Orthopedics
515 West Mayfield Road, Suite 116
Arlington, TX 76014

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Email: KeithMeister@TMIsportsmed.com

PERSONAL:

Place of Birth: Yonkers, NY

Foreign Language: Spanish

EDUCATION:

Boston University, Boston, MA

College of Liberal Arts

Six-year combined BA/MD - Honors Program

Bachelor of Arts - Cum Laude 1980-1986

Boston University, Boston, MA

School of Medicine

Six-year BA/MD Honors Program

BA/MD Conferred 1986

INTERNSHIP:

Mt. Sinai Hospital, New York, NY

Department of General Surgery

Chairman: Arthur A. Aufses, Jr., M.D.

July 1986 - June 1987

RESIDENCY:

Boston University Medical Center, Boston, MA

Department of Orthopaedic Surgery

Chairman: Robert E. Leach, M.D.

July 1987 - June 1991

BOSTON UNIVERSITY MEDICAL CENTER AFFILIATIONS

Keith Meister, M.D.

University Hospital, Boston, MA

January 1988 - March 1988

October 1989 - December 1989

January 1991 - March 1991

Shriner's Hospital for Crippled Children

Springfield, MA

October 1988 - June 1989

Boston City Hospital, Boston, MA

October 1987 - December 1987

July 1988 ---- September 1990

July 1990 ---- September 1990

April 1991 --- June 1991

Lahey Clinic, Burlington, MA

April 1988 --- June 1988

April 1990 --- June 1990

October 1990 - December 1990

Baystate Medical Center, Springfield, MA

July 1987 ---- September 1987

July 1989 ---- September 1989

FELLOWSHIPS:

Sports Medicine

Orthopaedic & Fracture Clinic of Eugene

Eugene, Oregon

Kenneth M. Singer, M.D.

July 1991 - December 1991

Hand/Sports Medicine

University of Virginia Medical Center

Charlottesville, VA

Frank C. McCue, III, M.D.

January 1992 - June 1992

Sports Medicine

American Sports Medicine Institute

Keith Meister, M.D.

Birmingham, Alabama
James R. Andrews, M.D. / William G. Clancy, Jr., M.D.
July 1992 - December 1992

Johnson & Johnson Knee Surgery Fellowship
The Institute of Orthopaedics
Royal National Orthopaedic Hospital
Middlesex, England
Professor George Bentley, ChM, FRCS
January 1993 - June 1993

**CURRENT
APPOINTMENTS:**

Head Team Physician Texas Rangers Baseball (MLB)
March 2004 – Present

**Director, Texas Metroplex Institute of Sports Medicine &
Orthopedics**
March, 2004 – Present

Director Sports Medicine – MCA Hospital, South Arlington
Arlington, Texas
April, 2005 – Present

Orthopedic Consultant, Dallas Baptist University
2004 – Present

**CURRENT ACADEMIC
APPOINTMENTS:**

Adjunct Assistant Professor
Department of Kinesiology
University of Texas at Arlington
August 2006 - Current

HOSPITAL

Keith Meister, M.D.

AFFILIATIONS: **Medical Center of Arlington
Arlington, TX**

**PAST ACADEMIC
APPOINTMENTS:** **Associate Professor (Tenured)**
Department of Orthopaedic Surgery
Division of Sports Medicine
University of Florida, Gainesville
July, 1998 – 2004

Adjunct Associate Professor
Department of Exercise and Sports Science
College of Health and Human Performance
University of Florida, Gainesville
July, 1998 – 2004

Director Sports Medicine Fellowship
Department of Orthopaedic Surgery
Division of Sports Medicine
University of Florida, Gainesville
1995 - 1998

Adjunct Assistant Professor
Department of Exercise and Sports Science
College of Health and Human Performance
University of Florida, Gainesville
1994 - 1998

Assistant Professor
Department of Orthopaedic Surgery
Division of Sports Medicine
University of Florida, Gainesville
June, 1993 – 1998

Medical Director, Student Injury Care Center
University of Florida Gainesville, Florida
1993 – 2004

Keith Meister, M.D.

**PAST TEAM
APPOINTMENTS**

Professional:

Head Team Physician Dallas Stars (NHL)

August, 2005 – June 2008

Head Team Physician Fort Worth Flyers (NBA-DL)

September 2005- 2007

Gainesville Growlers – Semi-Pro Football Team.

Team Physician. Gainesville, Florida, 1997.

Birmingham Barons – Chicago White Sox (AA).

Assistant Team Physician. Birmingham, Alabama, 1992.

Collegiate:

University of Florida Athletic Association

*Football, Basketball, Baseball, Gymnastics, Softball, Volleyball,
Soccer, Swimming, Track & Field, Tennis, Golf*

Gainesville, Florida

1993 – 2004

Orthopedic Consultant, Northwood University

Dallas, TX

2004 – 2014

University of Virginia Athletic Association.

Assistant Team Physician. Charlottesville, Virginia, 1992.

University of North Alabama. Division II – Football.

Assistant Team Physician. Florence, Alabama, 1992.

Boston University Athletic Association.

Assistant Team Physician. Boston, Massachusetts, 1987 – 1990.

Bentley College. Intercollegiate Athletics.

Assistant Team Physician. Waltham, Massachusetts, 1987 - 1990.

Keith Meister, M.D.

University of Massachusetts - Boston. Intercollegiate Athletics.
Assistant Team Physician. Boston, Massachusetts, 1987 – 1990.

National Team Programs: **Team Physician**
U.S.A. Hockey
Colorado Springs, CO
1992 – 1999

High School: **Team Physician**
Alachua County High School Athletics
Alachua County, Florida
1993 – 2004

Team Physician
Gilcrest County High School Athletics
Gilcrest County, Florida
1993 – 2004

Team Physician
Levy County High School Athletics
Levy County, Florida
1993 – 2004

Team Physician
Bradford County High School Athletics
Bradford County, Florida
1993 – 2004

Midfield High School – Football.
Team Physician. Birmingham, Alabama, 1992.

AWARDS: Distinguished Alumnus, 2001
Boston University, Department of Orthopedics
Boston, MA

Residents' Writer's Award, 1990, Orthopaedic Review
First Place.

Keith Meister, M.D.

Topic: "The Role of Bone Grafting in the Treatment
of Delayed/Nonunions of the Tibia"

**BOARD
CERTIFICATION:**

National Board of Medical Examiners

Part I - June 1984

Part II - March 1986

Part III- April 1987

American Board of Orthopaedic Surgeons

Written Exam - July, 1991

Oral Exam - July 1995

Re-certified – April 2005, November 2014

ABOS – Subspecialty Sports Medicine CAQ

November, 2011

**MEDICAL
LICENSURE:**

Texas 2004 - # L8431

Arizona 2006 - #34932

Oregon 1991 - # MD-17250 (Expired)

Alabama 1992 - # 16550 (Expired)

Florida 1993 - # ME0064439 (Expired)

Massachusetts 1990 - # 71654 (Expired)

**EDITORIAL
DUTIES:**

Editorial Board, American Journal of Sports Medicine

1998 - 2004

Editorial Board, American Journal of Orthopedics

1992 – 2001

Reviewer, American Journal of Sports Medicine

1992 - Present

Guest Editor, Operative Techniques in Sports Medicine

Collateral Ligament Injuries of the Knee

July 1997.

Keith Meister, M.D.

**OTHER TEAM
EXPERIENCE:**

U.S. Junior National Hockey Team. Team Physician.
World Championships Dec./Jan. 1999. Winnipeg, Canada.

U.S. Junior National Hockey Team. Team Physician.
World Championships Dec./Jan. 1998. Helsinki, Finland.

U.S. Junior National Hockey Team. Team Physician.
Tampere Cup, Aug. 1997. Tampere, Finland.

U.S. Junior National Hockey Team. Team Physician.
World Championships Dec./Jan. 1997. Geneva, Switzerland.

U.S. Junior National Hockey Team. Team Physician.
U.S. Select "16" National Hockey Team. Finnish Cup, Aug. 1996.
Verumaki, Finland.

U.S. Junior National Hockey Team. Team Physician.
World Championships, Dec./Jan. 1996. Boston, Massachusetts.

U.S. Junior National Hockey Team. Team Physician.
World Championships, Dec./Jan. 1995. Red Deer, Canada.

U.S. Select "17" Hockey Team. Team Physician.
"La Copa Mexico", August 1994. Mexico City, Mexico.

U.S. Select "16" Hockey Team. Team Physician.
World Cup Challenge, Dec./Jan. 1994. Montreal, Canada.

U.S. Junior National Hockey Team. Team Physician.
4 Nation Tournament, Dec. 1992. Oslo, Norway.

U.S. Junior National Hockey Team. Team Physician.
World Championships, Dec./Jan. 1993. Gavle, Sweden.

Keith Meister, M.D.

**PROFESSIONAL
MEMBERSHIPS:**

American Orthopaedic Society for Sports Medicine

1997 – Present

American Academy of Orthopaedic Surgeons

1996 – Present

Herodicus Sports Medicine Society

2000 - 2013

Arthroscopy Association of North America

1999 – 2005

McCue Orthopedic Society, Member. 1992 - Present

Alabama Sports Medicine Fellowship Society. 1993 - Present

Seddon Society. RNOH, Stanmore, England. 1993 - Present

Texas Orthopedic Association. 2006 – Present

Texas Medical Association. 2004- Present

Tarrant County Medical Society. 2004 - Present

Florida Orthopaedic Society. 1993 - 2004

Florida Medical Association. 1993 - 2004

Alachua County Medical Society. 1993 – 2004

American College of Surgeons, Fellow. 1997 – 1998

Keith Meister, M.D.

COMMITTEES:

Hall of Fame Committee, AOSSM, 2010 - 2012

Nominating Committee, AOSSM, 2007 – 2008

Council of Delegates, AOSSM, 2003 – 2004

Tarrant County Medical Society Sports Medicine Committee
2005 - Present

Member, Search Committee for Family Practice Physician
Department of Orthopaedic Surgery and Rehabilitation
April 2001 - 2002

Member, University of Florida Athletic Association Medical
Advisory Board

September 2000 - 2004

Member, Search Committee PM&R Spine Fellowship Program
August 1999 - 2004

Department of Orthopedics Residency Selection Committee
University of Florida, 1997 - 1998

Department of Orthopedics Research Committee
University of Florida, 1997 - 2004

G.S.O.C. – Medical Committee. 1993 - 2004

Gainesville Sports Organizing Committee. 1993 - 2004

REFEREED PUBLICATIONS:

Laudner K, Wong R, Onuki T, Lynall R, **Meister K**. The relationship between clinically measured hip rotational motion and shoulder biomechanics during the pitching motion. J Sci Med Sport. 2014 Jul 30.

Laudner KG, Selkow NM, Burke NC, Lynall RC, **Meister K**. Decreased blood flow in the throwing arm of professional baseball pitchers. J Shoulder Elbow Surg. 2014 Dec;23(12):1753-6

Wong R, **Meister K**. Interval Throwing Program and Baseball Pitching: Letter to the Editor. Am J Sports Med. 2014 May 30;42(6).

Laudner KG, Lynall R, Williams JG, Wong R, Onuki T, **Meister K**. Thoracolumbar range of motion in baseball pitchers and position players. Int J Sports Phys Ther. 2013 Dec;8(6):777-83.

Laudner KG, Lynall R, **Meister K**. Shoulder adaptations among pitchers and position players over the course of a competitive baseball season. Clin J Sport Med. 2013 May;23(3):184-9.

Laudner KG, **Meister K**, Kajiyama S, Noel B. The Relationship Between Anterior Glenohumeral Laxity and Proprioception in Collegiate Baseball Players. Clin J Sport Med. 2012 Aug 14.

Laudner KG, Wilson JT, **Meister K**. Elbow isokinetic strength characteristics among Collegiate baseball players. Phys Ther Sport. 2012 May;13(2):97-100.

Laudner K, **Meister K**, Noel B, Deter T. Anterior Glenohumeral Laxity Is Associated With Posterior Shoulder Tightness Among Professional Baseball Pitchers. Am J Sports Med. 2012 Feb 17

Laudner KG, Moline M, **Meister K**. Lack of a relationship between glenohumeral external-rotation strength and posterior shoulder tightness in baseball players. J Sport Rehabil. 2012 Feb;21(1):12-7.

Laudner KG, Moline MT, **Meister K**. The relationship between forward scapular posture and posterior shoulder tightness among baseball players. Am J Sports Med. 2010 Oct;38(10):2106-12.

Keith Meister, M.D.

Werner SL, Guido JA, Delude NA, Stewart GW, Greenfield JH, **Meister K**. Throwing arm dominance in collegiate baseball pitching: a biomechanical study. *Am J Sports Med*. 2010 Aug;38(8):1606-10.

Laudner KG, Moore SD, Sipes RC, **Meister K**. Functional Hip Characteristics of Baseball Pitchers and Position Players. *Am J Sports Med*. 2009 Oct 1.

Guido JA Jr, Werner SL, **Meister K**. Lower-extremity ground reaction forces in youth windmill softball pitchers. *J Strength Cond Res*. 2009 Sep;23(6):1873-6.

Schickendantz MS, Kaar SG, **Meister K**, Lund P, Beverley L. Latissimus Dorsi and Teres Major Tears in Professional Baseball Pitchers: A Case Series. *Am J Sports Med*. 2009 Jun 18.

Werner SL, Suri M, Guido JA Jr, **Meister K**, Jones DG. Relationships between ball velocity and throwing mechanics in collegiate baseball pitchers. *J Shoulder Elbow Surg*. 2008 Nov-Dec; 17(6):905-8.

Laudner KG, Stanek JM, **Meister K**. The Relationship of Periscapular Strength on Scapular Upward Rotation in Professional Baseball Pitchers. *J Sport Rehab*, 2008, 17, 95-105.

Laudner KG, Stanek JM, **Meister K**. Differences in Scapular Upward Rotation Between Baseball Pitchers and Position Players. *Am J Sports Med*. 2007 Aug 8

Rappe M, Horodyski M, **Meister K**, Indelicato PA. Nonirradiated versus irradiated Achilles allograft: in vivo failure comparison. *Am J Sports Med*. 2007 Oct; 35(10):1653-8.

Laudner KG, Stanek JM, **Meister K**. Assessing posterior shoulder contracture: the reliability and validity of measuring glenohumeral joint horizontal adduction. *J Athl Train*. 2006 Oct-Dec; 41(4):375-80.

Borsa PA, Scibek JS, Jacobson JA, **Meister K**. Sonographic stress measurement of glenohumeral joint laxity in collegiate swimmers and age-matched controls. *Am J Sports Med*. 2005 Jul; 33(7):1077-84.

LaPrade RF, Bollom TS, Wentorf FA, Wills NJ, **Meister K**. Mechanical properties of the posterolateral structures of the knee. *Am J Sports Med*. 2005 Sep;33(9):1386-91.

Keith Meister, M.D.

Meister K, Day T, Horodyski MB, Kaminski T, Tillman S. Glenohumeral rotational motion changes in the adolescent baseball player. *Am J Sports Med* 33(5); 693 - 698, 2005.

Borsa P, Scibek JS, Jacobson JA, **Meister K**. Sonographic Stress Measurement of Glenohumeral Joint Laxity In Collegiate Swimmers And Age-Matched Controls. Accepted for publication *Am J Sports Med*, 2005.

Meister K, Buckley B, Batts J. The posterior impingement sign: diagnosis of rotator cuff and posterior labral tears secondary to internal impingement in overhand athletes. *Am J Orthop* 33(8); 412-5, 2004.

Meister K, Thesing J, Montgomery WJ, Indelicato PA, Walczak S, Fontenot W. MR Arthrography of partial thickness tears of the undersurface of the rotator cuff: an arthroscopic correlation. *Skel Rad* 33(3); 136-141, 2004.

Meister K, Franklin J, Spanier S, Indelicato PA, Batts J. Histology of the torn meniscus: A comparison of histologic differences in tears. *Am J Sports Med* 32(6); 1479-1483, 2004.

Wilk KE, **Meister K**, Fleisig G, Andrews JR. The biomechanics of the overhead throwing motion. *Sports Med and Arthroscopy*, 2003.

Hatzel BM, Horodyski MB, Kaminski TW, **Meister K**, Powers M, Brunt D. Measurement of glenohumeral joint laxity using the KT-2000 knee ligament arthrometer: A reliability analysis. (Accepted, *Sport Physical Therapy*, May 2005)

Meister K, Batts J, Gilmore M. The posterior impingement sign for evaluation of postero-superior glenoid impingement in the overhand athlete. *Am J Orthop* 33(8); 412 – 416, 2004.

Stephenson A, Horodyski MB, **Meister K**. The effect of hockey equipment on cervical alignment. (In Review) *J Athletic training*, July 2002.

Meister K, Seroyer S. Arthroscopic management of the thrower's shoulder: internal impingement. *Orthopaedic Clinics of North America* 34: 539-547, 2003.

Dover GC, Kaminski TM, **Meister K**, Powers ME, Horodyski MB. Assessment of shoulder proprioception in the female overhand athlete. *Am J Sports Med* 31(3): 431-437, 2003.

Keith Meister, M.D.

Reagan KM, **Meister K**, Horodyski MB, Werner DW, Carruthers C, Wilkes K. Humeral retroversion and its relationship to glenohumeral rotation in the shoulder of collegiate baseball players. *Am J Sports Med* 30(3): 354–360, 2002.

Harris NL, Indelicato PA, Enneking W, **Meister K**, Wheeler D. Radiographic and histologic analysis of the tibial tunnel after allograft ACL reconstruction in goats. *Am J Sports Med* 30(3); 368 – 373, 2002.

Crockett HC, Gross LB, Wilk KE, Schwartz ML, Reed J, O'Mara J, Reilly MT, Dugas JR, **Meister K**, Lyman S, Andrews JR. Osseous adaptation and range of motion at the glenohumeral joint in professional baseball pitchers. *Am J Sports Med* 30(1): 20 - 26, 2002.

Wilk K, **Meister K**, Andrews JR. Current concepts in the rehabilitation of the overhead throwing athlete. *Am J Sports Med* 30(1); 136 – 151, 2002.

Jassem M, Rose A, **Meister K**, Wheeler D, Indelicato PA. Biomechanical analysis of the effect of varying suture pitch in tendon graft fixation: Varying suture pitch in tendon graft fixation. *Am J Sports Med* 29(6); 734-737, 2001.

Meister K. Internal impingement in the shoulder of the overhand athlete: Pathophysiology, diagnosis and treatment. *Am J Orthop* 29(6); 433 – 439, 2000.

Meister K. Injuries to the Shoulder in the Throwing Athlete: Part One: Biomechanics/ Pathophysiology/Classification of injury. *Current Concepts*. *Am J Sports Med* 28(2); 265 – 275, 2000.

Meister K. Injuries to the Shoulder in the Throwing Athlete: Part Two: Evaluation / Treatment. *Current concepts*. *Am J Sports Med* 28(4); 587 – 601, 2000.

Peterson DM, Carruthers CE, Wolverton BL, **Meister K**, Werner M, Duensing GR, Fitzsimmons JR. Application of a birdcage coil at 3 Tesla to imaging of the human knee using MRI. *Magn Res Med*. 1999 Aug; 42(2): 215-21.

Meister K, Andrews JR, Batts J, Baumgartner T, Wilk K. Symptomatic Thrower's Exostosis: Arthroscopic Evaluation and Treatment. *Am J Sports Med* 27: 133 – 136, 1999.

Meister K, Talley C, Horodyski MB, Indelicato PA, Hartzel J. The effect of caudal tibial slope on non-contact ACL injuries to the knee. *Am J Knee Surg* 11: 217 – 219, 1998.

Keith Meister, M.D.

Meister K, Bentley G, Cobb A. Carbon fibre grafting for cartilage defects in the patella. *J Bone Joint Surg* 80-B(6): 965-970, 1998.

Messina D, **Meister K**, Montgomery W. Bilateral congenital absence of the patellar tendon. A case report. *Am J Knee Surg* 10(1): 23 - 26, 1997.

Meister K, Harris NL, Indelicato PA, Miller G. A comparison of an optical catheter office arthroscope with a standard rigid rod-lens arthroscope in the evaluation of the knee. *Am J Sports Med* 24(6): 819 - 823, 1996.

Meister K, James SL. Proximal tibial derotation osteotomy for anterior knee pain in the miserably malaligned extremity. *Am J Orth* 24(2): 149-155, 1995.

Meister K, Jackson A. Longitudinal stress fracture of the patella, an auto-lateral release. A case report. *Amer J Knee Surg* 7(1): 49-52, 1994.

Meister K, Demos HA. Fracture dislocation of the tarsal navicular with medial column disruption of the foot. *J Foot Ankle Surg* 33(2): 135-137, 1994.

Andrews JR, **Meister K**. Classification and treatment of rotator cuff tears in the overhand athlete. *J Orth Sports Phys Ther* Vol 18(2): 413-421, 1993.

McCue FC, **Meister K**. Common Sports Hand Injuries: An overview of etiology, management and prevention. *Sports Med* 15(4): 281-289, 1993.

Meister K, Segal D, Whitelaw GP. The role of bone grafting in the treatment of delayed/nonunions of the tibia. *Orth Rev* 19(3): 260-271, 1990.

PUBLISHED ABSTRACTS:

Laudner K, *Meister K*. The Relationship between Scapular Protraction and Posterior Shoulder Tightness among Baseball Players. Med Sci Sport Exercise, Volume 42:5 Supplement.

Laudner K, *Meister K*. Decreased Scapular Upward Rotation is Associated with Decreased Shoulder Flexion and Lower Trapezius Strength. Med Sci Sport Exercise, Volume 38:5 Supplement

LaPrade RF, Bollom TS, Wentorff F, *Meister K*. The biomechanical property of anatomic structures of the posterolateral knee. Proceedings of the ISAKOS Meeting. Auckland, New Zealand, March 2003.

Hatzel BM, Horodyski MB, Brunt D, *Meister K*, Powers M, Kaminski TW. Muscle function in response to rotational perturbation of the glenohumeral joint. Proceedings of the SEATA conference. Atlanta, GA, 2003.

Bollom T, *Meister K*, Indelicato PA, and McCue III FC. The varus-hyperextension knee: distal avulsion of the lateral and posterolateral structures of the knee with concomitant injury to the cruciate ligaments. Proceedings of Florida Orthopaedic Society. Orlando, FL, May 2002.

Hatzel BM, Horodyski MB, Brunt D, *Meister K*, Powers M, Kaminski TW. Muscle function in response to rotational perturbation of the glenohumeral joint. National Athletic Trainer Association. December 2002.

Hatzel BM, Horodyski MB, Brunt D, *Meister K*, Powers M, Kaminski TW. Muscle function in response to rotational perturbation of the glenohumeral joint. (Submitted) J Athletic Training, November 2002.

Hatzel BM, Kaminski TW, Horodyski MB, *Meister K*, Powers M. Measurement of glenohumeral joint laxity using the KT-2000 knee ligament arthrometer. Journal of Athletic Training. 37(2 supplement). 2002.

Reagan K, Horodyski MB, *Meister K*, Kaminski TW. Humeral retroversion of collegiate baseball players. Proceedings of American Academy of Orthopaedic Surgeons. March, 2001.

Keith Meister, M.D.

Dover GC, Kaminski TW, **Meister K**, Buckley BD, Powers ME, Horodyski MB. A comparison of shoulder joint position sense between overhand and non-overhand athletes. *Journal of Athletic Training*. 36(2 supplement): 40. 2001.

Dover GC, Kaminski TW, **Meister K**, Buckley BD, Powers ME, Horodyski MB. A comparison of shoulder joint position sense between overhand and non-overhand athletes. SEATA Proceedings. March 2001.

Ashley CS, Horodyski MB, Kaminski T, **Meister K**, Buckley BD. Measurement of upper extremity range of motion, stability, and isokinetic strength in collegiate baseball players. *J Athl Tr* 35; 63, 2000.

Dannecker EA, Stopka CB, Horodyski MB, **Meister K**, Indelicato PA. Prognostic factors for recovery from anterior cruciate ligament surgery. *J Athl Tr* 35; 79, 2000.

Pearson E., Horodyski MB, **Meister K**, Kaminski TW. Range of motion, glenohumeral laxity, and isokinetic tests as indices for shoulder pain and pathology in collegiate swimmers. *J Ath Tr* 35; 89, 2000.

Stephenson AJ, Horodyski MB, **Meister K**. The effect of hockey equipment on alignment of the cervical spine. *Med Sci Sports Exer* 30(5), 1999.

Batts J, Horodyski MB, **Meister K**, Pollock ML. Bone mineral density differences in female athletes and reference populations. *Med Sci Sports Exer Supplement* 30(5); s-291, 1998.

Horodyski MB, Laws TEV, **Meister K**, Kaminski T, Ernst M, Batts J. Injury incidence and relative risk of injury during fall and spring high school football. *J Athl Tr Supplement* 33(2); S-22, 1998.

Meister K, Walczak S, Batts J, Fontenot W, Montgomery WJ. MRI arthrography versus arthroscopy in the diagnosis of partial thickness tears of the rotator cuff. *Arthroscopy* 14(4); 451-452, 1998.

Meister K, Franklin J, Spanier S, Indelicato PA. Histology of the torn meniscus: a comparison of histologic changes in tears of ACL-intact and ACL-deficient knees. *Arthroscopy* 14(4); 442, 1998.

Keith Meister, M.D.

Meister K, Talley MC, Horodyski MB, Indelicato PA, Batts J. Caudal slope of the tibia and its relationship to non-contact injuries to the ACL. *Med Sci Sports Exer* 30(5); s-268, 1998.

Meister K, Batts J, Gilmore M. The posterior impingement sign for evaluation of internal impingement in the overhand athlete. *Proceedings of AOSSM*. 1998

Folkowski P, Brunt D, Tillman M, Bauer J, Trimble M, **Meister K**. The effects of posted orthotics on plantar pressures in gait. *Proceedings of the Clinical Gait and Movement Analysis Society*, March 1998

Franklin J, **Meister K**, Spanier S, Indelicato PA. Histology of the torn meniscus: a comparison of histologic changes in tears of ACL intact and ACL deficient knees. *Proceedings of AAOS*, 1998.

Huegel M, **Meister K**, Rolle G, Indelicato PA, Horodyski MB. The effect of lower extremity alignment on non-contact injuries to the ACL in the female athlete. *Proceedings of AOSSM*, 1997.

Horodyski MB, **Meister K**, Batts J, Tillman K, Pollock ML. Body composition assessment differences between skin fold and dexta measurements. *J Athl Training Supplement* 32(2): S11, 1997.

Eaves K, Horodyski MB, **Meister K**. The effects of three prophylactic ankle supports on the athletic and functional abilities in chronically unstable ankles. *J Athl Training Supplement* 32(2): S23, 1997.

Flynn WL, Horodyski MB, **Meister K**. Changes in dynamic postural stability following cryotherapy. *J Athl Training Supplement* 32(2): S6, 1997.

Meister K, Harris NL, Indelicato PA, Miller G. A comparison of an optical catheter office arthroscope with a standard rigid rod-lens arthroscope in the evaluation of intra-articular pathology of the knee. *Orth Trans* 20(2): 420, 1996.

Middleton R, **Meister K**, Pringle J, Bentley G. Histological response of synovium to carbon fibre pads in the knee. *J Bone Joint Surg Supplement - BOA Meeting in Aberdeen*, 1995.

Harris NL, **Meister K**, Indelicato PA, Miller G. Evaluation of Office Arthroscopy in Detecting Intra-articular Pathology of the Knee. *Proceedings of the American Orthopaedic Society of Sports Medicine*. July 1995, Toronto, Canada.

Keith Meister, M.D.

Harris NL, **Meister K**, Indelicato PA, Miller G. Evaluation of office arthroscopy in evaluating intra-articular knee pathology. Proceedings of the Florida Orthopaedic Society. October 1995, Amelia Island, Florida.

NON-REFEREED PUBLICATIONS:

Meister K, Seroyer S. Arthroscopic management of internal impingement in the overhead athlete. Orth Clinics of North Am, 2004.

Wilk KE, Hurd WJ, **Meister K**, Andrews JR. Rehabilitation of the overhead athlete following thermal assisted anterior capsulorrhaphy, in DeCarlo M, Oneacre K(eds): Current Concepts in Musculoskeletal Medicine: a case study approach. SLACK, Thorofare, NJ; 41 – 50, 2001.

Meister K, Huegel M, Indelicato PA, Petrella A, Bollom T: “ACL Reconstructive Surgery and Rehabilitation: Variations in Rehabilitation Based on Graft Source” in Wilk, K(ed): Current Concepts in the Recognition and Treatment of Knee Injuries. Home Study Course for Sports Physical Therapy. 1 – 42, 2000.

Meister, K. Introduction: Collateral ligament injuries of the knee. Oper Tech Sports Med 4(3): 133, 1996.

Andrews JR, **Meister K**. Overuse injuries of the elbow in athletes. In: Orthopaedic Knowledge Update in Sports Medicine, American Academy of Orthopaedic Surgeons, Rosemont, 179 – 190, 1994.

Meister K. Evaluation and treatment of the painful elbow in the athlete. Stanmore Update. Stanmore Press, Middlesex, England, 1993.

Meister K, Clancy WG. Overuse and inflammatory conditions. Sports Medicine Update, Vol. 7(3): 4-7, 1992.

Meister K. Writing for medical journals: tips and techniques. PGY Vol. 2(1): 5-7, 1992.

McCue FC, **Meister K**. Valgus extension overload and collateral ligament injuries of the elbow. 1992 Sports Medicine Symposium series on "The Shoulder and Elbow".

McCue FC, **Meister K**. Ulnar nerve transposition. 1992 Sports Medicine Symposium Series on "The Shoulder and Elbow".

McCue FC, **Meister K**. Athletic Injuries to the hand and wrist. Postgraduate Advances in Sports Medicine, Course V, 1992.

McCue FC, **Meister K**, Shaffrey CS. Athletic injuries involving the elbow, wrist, and hand. Current Opinion on Orthopaedics Vol 3 (6), 1992.

CHAPTERS:

Guido JA, **Meister K**. Shoulder Exercises for Injury Prevention in the Throwing Athlete. In Brotzman SB, Manske RC (eds): Clinical Orthopaedic Rehabilitation, an evidence-based approach. Elsevier, Memphis, 142-147, 2011.

Meister K, Bollom T. Surgical principles: Biodegradable materials. in Delee J, Drez D(eds): Orthopedic Sports Medicine: Principles and Practice. Sanders, Philadelphia, 194-204, 2003.

Meister K. Diagnostic arthroscopy of the shoulder, in Timmerman LA, Andrews JR (eds): Diagnostic and Operative Arthroscopy. Saunders, Philadelphia; 35 – 59, 1997.

Meister K. Injuries to the hand and wrist. In: On Field Evaluation and Treatment of Common Athletic Injuries, Andrews JR, Clancy WG, Whitesides (eds), Mosby, St. Louis, MO; 233 – 246, 1997.

Andrews JR, **Meister K**. Elbow Arthroscopy: Indications and Techniques in the Throwing Athlete. In: Arthroscopy of the Upper Extremity, Vastamaki M, Roth JH (eds), Churchill Livingstone; (17) 1 – 14, 1997.

Andrews JR, **Meister K**. Valgus extension overload in the pitching elbow. In: Current Therapy in Sports Medicine 3rd ed.(eds. Torg JS and Shephard RJ), Mosby, New York; 109 - 113, 1995.

Clancy WG, **Meister K**, Craythorne CB. Posterolateral corner collateral ligament reconstruction. In: Master Techniques in Orthopaedic Surgery: Reconstructive Knee Surgery, Jackson DW (ed), Raven Press, 1995, 143 - 159.

Clancy WG, **Meister K**. Surgical repair of acute grade III acromioclavicular joint separations. In: Master Techniques in Orthopaedic Surgery - The Shoulder, Craig E (ed), Raven Press, NY, 1995, 213 - 229.

Healey WL, **Meister K**. The Use of CPM in Total Knee Arthroplasty. In: Total Knee Arthroplasty: A Comprehensive Approach, Hungerford DS, Krackow KA, Kenna R (eds), Baltimore, Williams and Wilkins

RESEARCH/IRB APPROVED PROJECTS:

<u>Project #</u>	<u>Name</u>	<u>Role</u>
2003-0004	The correlation between humeral head retroversion with rotational motions in the glenohumeral joint in the collegiate female softball player	PI
2003-0002	Intramuscular temperatures during and following liquid ice treatment	Sub-Inv
2002-0561	MRI evaluation of the asymptomatic collegiate pitcher's elbow	PI
2002-0438	Surgery simulation of high tibial osteotomy	Sub-Inv
2002-0437	Prediction of dynamic knee joint contact stress to optimize correction of lower extremity alignment: Cadaveric knee joint testing for development of knee joint computer models	Sub-Inv
2002-0315 Inv	Evaluation of the effects of nutritional supplementation with glucosamine/chondroitin on the structure and integrity of degenerating cartilage	Sub-Inv
2002-0226	Knee extensor mechanism in total knee replacement individuals	Sub-Inv
2002-0213	Cadaveric knee joint testing for development of knee joint computer models	Sub-Inv
2002-0163	Biocleanse™ Achilles Tendon for ACL Surgery	Sub-Inv
2002-0144	Muscle latencies in response to an external rotation perturbation Of the glenohumeral joint	Sub-Inv
2002-0141	Evaluation of ROM in the shoulder of youth baseball players	PI
2002-0009	Injuries and illness in the women's national basketball association	Sub-Inv

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2000-0443	Functional simulation of the human knee joint: MRI scans for creation of a subject specific musculoskeletal computer model	Sub-Inv
2000-0438	Surgery simulation of high tibial osteotomy	Sub-Inv
2000-0437	Prediction of dynamic knee joint contact stress to optimize correction of lower-extremity alignment: Cadaveric knee joint testing for development of knee joint computer models	Sub-Inv
2000-0436	Functional simulation of the human knee joint: Computer simulation of human movement experiments	Sub-Inv
2000-213	Cadaveric knee joint testing for development of knee joint computer models	

GRANTS:

HHRRP - \$2000, intradepartmental – MRI evaluation of acute elbow dislocations
University CIF Grant - \$3,415 – Hockey helmet cervical alignment study
University of Florida DSR - \$17,600 – Women’s injury study

SCIENTIFIC PRESENTATIONS:

Laudner KG, **Meister K**, Noel B, Deter T. Glenohumeral Anterior Laxity is Associated with Posterior Shoulder Tightness Among Baseball Players. International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine Conference, Rio D Janeiro, Brazil, May 15, 2011.

Meister, K. Scapular Stress Fractures in the Professional Baseball Pitcher. Herodicus Society, Newport, RI, July, 2010.

Laudner KG, Moline M, **Meister K**. The Relationship between Shoulder External Rotation Strength and Posterior Shoulder Tightness in Baseball Players. National Athletic Trainers' Association Annual Meeting and Clinical Symposia. 2008.

Moline M, Laudner KG, **Meister K**. Correlation between External Shoulder Rotation Strength and Posterior Shoulder Range of Motion in Professional Baseball Players. American College of Sports Medicine Annual Meeting. 2008.

Werner SL, **Meister K**, Guido JA. Biomechanical Differences in Left-Handed versus Right-Handed Pitchers. Herodicus Society. Naples, FL, May, 2008.

Meister K, Seroyer S, Werner D, Vogler S, Montgomery WG, Horodyski MB. A Correlation Between Pitching History and Physical Exam Parameters and MRI Changes in the UCL of the Elbow. ISAKOS Annual Meeting, Hollywood, Florida, 2005.

Meister K, Seroyer S, Werner D, Vogler S, Montgomery WG, Horodyski MB. A Correlation Between Pitching History and Physical Exam Parameters and MRI Changes in the UCL of the Elbow. AOSSM Annual Meeting, Quebec City, Quebec, 2004.

Meister K, Kaminski TW, Day T, Wasik M, Horodyski MB. Rotational Motion Changes in the Glenohumeral Joint of the Adolescent/Little League Baseball Player. Annual Meeting of the AOSSM, San Diego, CA. 2003

Meister, K. MRI Evaluation of the Asymptomatic Collegiate Pitcher's Elbow. Annual Meeting of the Herodicus Society, Dana Point, CA. 2003

Meister K. Biomechanical and Histological Evaluation of Biocleansed Soft Tissue Allografts. Early Clinical Results. Annual Meeting of the Herodicus Society, Ponte Vedra, FL. 2002

Keith Meister, M.D.

Bollom T, **Meister K**, Indelicato PA, McCue III FC. The varus-hyperextension knee: distal avulsion of the lateral and posterolateral structures of the knee with concomitant injury to the cruciate ligaments. Annual Meeting of the FOS, Orlando, FL. 2001

Reagan K, Horodyski MB, **Meister K**, Kaminski TW. Humeral Retroversion Differences in the Collegiate Baseball Player. Annual Meeting of the American Academy of Orthopaedic Surgeons, San Francisco, CA. 2001

Meister K, Batts J, Gilmore M. The posterior impingement sign for evaluation of internal impingement in the overhand athlete. Annual Meeting of the American Orthopaedic Society Sports Medicine, Vancouver, British Columbia. July 1998

Meister K, Franklin J, Spanier S, Indelicato PA. Histology of the torn meniscus: a comparison between tears in ACL intact and deficient knees. Annual Meeting of the AANA, Orlando, FL. May 1998

Meister K, Walczak S, Batts J, Fontenot W, Montgomery WJ. MRI arthrography versus arthroscopy in the diagnosis of partial thickness tears of the rotator cuff. Annual Meeting of the AANA. May 1998, Orlando, FL.

Meister K, Talley MC, Horodyski MB, Indeliato PA, Batts J. Caudal slope of the tibia and its relationship to non-contact injuries to the ACL. Annual Meeting of the ACSM. June 1998, Orlando, FL.

Huegel M, **Meister K**, Rolle G, Indelicato PA, Horodyski MB. Rotational alignment of the lower extremity in non-contact ACL injuries in the female athlete. Annual Meeting of the ACSM. June 1998, Orlando, FL.

Horodyski MB, Laws TEV, **Meister K**, Kaminski T, Ernst M, Batts J. Injury incidence and relative risk of injury during fall and spring high school football. Annual Meeting of the ACSM. June 1998, Orlando, FL.

Batts J, Horodyski MB, **Meister K**, Pollock ML. Bone mineral density differences in female athletes and reference populations. Annual Meeting of the ACSM. June 1998, Orlando, FL.

Huegel M, **Meister K**, Rolle G, Indelicato PA, Horodyski MB. Rotational alignment of the lower extremity as a risk factor for non-contact injuries to the ACL in the female athlete. Annual Meeting of the American Academy of Orthopaedic Surgeons. March 1998, New Orleans, LA.

Keith Meister, M.D.

Meister K, Franklin J, Spanier S, Indelicato PA. Histology of the torn meniscus: a comparison of histologic changes in tears of ACL intact and deficient knees. Annual Meeting of the Annual Academy of Orthopaedic Surgeons. March 1998, New Orleans, LA.

Meister K, Franklin J, Spanier S, Indelicato PA. Histology of the torn meniscus: a comparison between tears in ACL intact and deficient knees. Annual Meeting of the Florida Orthopaedic Society. May 1998, Coral Gables, FL.

Meister K, Walczak S, Batts J, MRI arthrography versus arthroscopy in the diagnosis of partial thickness tears of the rotator cuff. Annual meeting of the Florida Orthopaedic Society. May 1998. Coral Gables, FL.

Huegel M, **Meister K**, Rolle G, Indelicato PA, Horodyski MB. Rotational alignment of the lower extremity as a risk factor for non-contact ACL tears in the female population. Annual Meeting of the American Orthopaedic Surgeon Sports Medicine. June 1997, Sun Valley, Idaho.

Bryan JM, Indelicato PA, **Meister K**, Batts J. Endobutton versus femoral interference screw fixation in ACL reconstruction. Annual Meeting of the Florida Orthopaedic Society. May 1997, Orlando, FL.

Rolle G, **Meister K**, Indelicato PA. Arthroscopic versus mini-open reconstruction of the anterior cruciate ligament. Annual Meeting of the Florida Orthopaedic Society. May 1996, West Palm Beach, Florida.

Harris NL, **Meister K**, Indelicato PA, Miller G. Evaluation of Office Arthroscopy in Detecting Intra-articular Pathology of the Knee. Annual Meeting of the American Orthopaedic Society of Sports Medicine. July 1995, Toronto, Canada.

Harris NL, **Meister K**, Indelicato PA, Miller G. Evaluation of office arthroscopy in evaluating intra-articular knee pathology. Annual Meeting of the Florida Orthopaedic Society. October 1995, Amelia Island, Florida.

Meister K, Messina D, Miller G, Grooms J. Allograft bone interference screws in ACL reconstruction. Annual Meeting of the Florida Orthopaedic Society. October 1995, Amelia Island, FL.

Meister K. Evaluation and Treatment of the Painful Elbow in the Athlete. Orthopaedic Grand Rounds - Royal National Orthopaedic Hospital. May 1993, London, England.

Keith Meister, M.D.

SCIENTIFIC EXHIBITS: POSTERS

Messina D, **Meister K**, Miller G, Grooms J. An allograft bone interference screw for ACL reconstruction. A biomechanical study. American Academy of Orthopaedic Surgeons. Annual Meeting. Atlanta, GA, February 1996.

Powell A, Montgomery W, **Meister K**. Gadolinium versus saline in MR arthrography of the shoulder. Annual Meeting of the American Roentgen & Ray Society. April 1994, New Orleans, LA

INVITED LECTURES\SYMPOSIA:

Development of the Youth and Adolescent Baseball Pitcher – From the Little Leagues to the Big Leagues

THSAA Baseball Coaches Meeting

Waco, TX, January, 2012

Physical Examination of the Throwing Shoulder

Radiologic Evaluation of the Throwing Shoulder

Combined Team Physician / Trainers Meeting – Winter Baseball Meetings

Dallas, TX, December, 2011.

Socratic Debate: Surgical vs Nonsurgical Treatment of SLAP lesions in the Throwing Shoulder

Emerging Techniques in Sports Medicine

Las Vegas, NV, December, 2011

Nerve Injuries to the Throwing Extremity

UVA Arts and Science of Sports Medicine

Charlottesville, VA, June, 2011

Scapular Stress Fractures in the Baseball Pitcher

Surgical Outcomes in the Throwing Shoulder

Clinical Examination of the Throwing Shoulder

Sports Medicine Symposium of the Americas

Houston, TX, June, 2011

Evaluation and Treatment of Injuries to the Throwing Shoulder

UT Southwestern Super Bowl Weekend Sports Medicine Symposium

Keith Meister, M.D.

Dallas, TX, January, 2011

Scapular Stress Fractures in the Baseball Pitcher
How I Treat SLAP Lesions in the Throwing Athlete
Annual PBAT's Meeting
Fort Worth, TX, January, 2011.

How I Treat SLAP Lesions in the Throwing Athlete.
Treatment of Rotator Cuff Tears in the Throwing Athlete.
APTA – Sports Section Meeting.
Las Vegas, NV. Nov 2010

How I Treat SLAP lesions in the Throwing Athlete.
Development of the Youth and Adolescent Baseball Player
Sports Medicine Symposium of the Americas
Houston, TX, June, 2010.

Symposium: The UCL in the Throwing Athlete
“Surgery and Rehabilitation of UCL in the Baseball Athlete”
NATA Annual Meeting
San Antonio, TX, June, 2009

“Posterior Impingement and Lateral Plica Syndrome of the Elbow”
“Miscellaneous Problems (NV, Stress Fx, and Tendinitis)”
DFW Sports Medicine Symposium
Arlington, TX
March 2009

Internal Impingement/ GIRD: Current Knowledge and Treatment.
Emerging Treatment of RTC Tears in Overhead Athlete.
The Head Team Physician and Athletes: Rules to Live By.
Comprehensive Physical Exam of the Shoulder/ Case Studies.
Sports Medicine Symposium of the Americas
Houston TX, May, 2009

“Development of the Youth / Adolescent Baseball Player” Surgery Lecture Series
Methodist Dallas Medical Center
Dallas, January, 2009

Keith Meister, M.D.

“Valgus Extension Overload: Pathophysiology and Treatment of Posterior problems in the
Throwers Elbow”

“Physical Exam of the Thrower’s Elbow”

ASMI 27th Annual Injuries in Baseball Course

Houston TX, January, 2009

Treatment of Rotator Cuff Injuries in the Throwing Athlete: Current Concepts

Internal Impingement / GIRD – current Knowledge and Treatment

Biomechanical Differences in Left-Handed versus Right-Handed Pitchers As Related to Stress
Fractures of the Proximal Humerus

Sports Medicine Symposium of the Americas

Houston, TX, June, 2008

Current Concepts in the Surgical Treatment of Partial and Complete Rotator Cuff Tears in the
Overhead Athlete

Traumatic Shoulder Instability: Diagnosis and Surgical Approach: Arthroscopic and Open

Socratic Debate: Immediate Surgical Stabilization vs Nonoperative Treatment for the First-time
Dislocation

Team Concept Conference – Sports Section of the APTA Annual Meeting

Las Vegas, NV, December, 2007

The Elbow Physical Exam

Upper Extremity Injuries: The Adolescent Player

AOSSM & MLB Sports Medicine & Baseball

Hollywood, CA, October, 2007

Reconstruction of the Ulnar Collateral Ligament of the Elbow

SWATA National Meeting

Arlington, TX, July, 2007

Internal Impingement / GIRD – current Knowledge and Treatment

Sports Medicine Symposium of the Americas

Houston, TX, May, 2007

Physical Exam of the Throwing Shoulder

Latissimus and Teres Major Injuries about the Shoulder: Diagnosis and Treatment”

ASMI – 25th Annual Injuries in Baseball

Birmingham, AL, January, 2007

Keith Meister, M.D.

“Shoulder Instability in Athletes: What to do and when?”
“Elbow Injuries in Athletes”

Baylor Orthopedic & Sports Medicine Congress
Dallas, Texas, August 2006

The Elbow and the Throwing Athlete
Central Texas Sports Medicine Symposium
Austin, Texas, June 2006

The Tissue Issue
Major / Minor League Strength and Conditioning Coaches
Major League Baseball Winter Meetings
Dallas, Texas, December, 2005

Development of the Youth / Adolescent Baseball Player
Grand Rounds Dallas Methodist Hospital
Dallas, Texas, March, 2005

Microinstability in the Thrower’s Shoulder
Throwing Adaptation in Youth Thrower's; do they need to throw to develop?
Diagnostic and Rx algorithm for Medial Elbow Pain in the Thrower: My Philosophy
23rd Annual ASMI Injuries in Baseball Course
Scottsdale, Arizona, January, 2005

Sports Injuries in the Adolescent Athlete
Grand Rounds –Charlton Methodist Hospital
Fort Worth, Texas, December, 2004

Reconstruction of the ACL: Current Concepts
Pathophysiology of Injury in the Throwing Shoulder
Concepts in Bracing and Sports Medicine Update – DJ Orthopedics
Arlington, Texas, November, 2004

Advances in MR Imaging in the Shoulder
AOSSM – Annual Meeting
Quebec City, Quebec, Canada, June, 2004.

Keith Meister, M.D.

Range of Motion Adaptation in the Overhead Thrower: Osseous, or Soft Tissue?

ASMI 22nd Annual Injuries in Baseball Course

Orlando, FL, January 2004.

Patellofemoral Disorders in the Pediatric / Adolescent Athlete

Instructional Course: Adolescent Sports: Lower Extremity

Annual Meeting of the AOSSM. 2003, San Diego, CA.

Elbow Injuries in the Throwing Athlete

University of Virginia 28th Annual Arts and Science of Sports Medicine Symposium

Charlottesville, VA, June 2003.

Shoulder Injuries in the Overhand Athlete

Carolina Sports Medicine Institute

Wilmington, NC, May 2003.

The Riddle of the Throwing Shoulder

Grand Rounds, University of Virginia

Charlottesville, VA, April 2003.

Overview of Injuries and Pathomechanics in the Throwing Shoulder

University of Colorado - Boulder

Boulder, CO, April 2003.

SLAP Lesions: Injury and Repair

University of Colorado – Boulder

Boulder, CO, April 2003.

Surgical Management of Biceps (SLAP) Injuries

2003 Combined Sections Meeting - Sports Physical Therapy Section

Tampa, FL, February 2003.

Recent Advances in the Arthroscopic management of Rotator Cuff Lesions

2003 Combine Sections Meeting – Sports Physical Therapy Section

Tampa, FL, February 2003

Compression Syndrome: The Radial Nerve on the Lateral Aspect of the Upper Humerus

ASMI 21st Annual Injuries in Baseball Course

Atlanta, GA, January 2003

Keith Meister, M.D.

Growth Plate Injuries of the Shoulder

ASMI 21st Annual Injuries in Baseball Course

Atlanta, GA, January 2003

The Riddle of the Throwing Shoulder

Visiting Professor, Baylor University – Grand Rounds

Houston, Texas, January 14-16, 2003

Injuries to the Glenohumeral Joint in the Pediatric and Adolescent Athlete

Annual Meeting of the AOSSM– Instructional Course–Adolescent Sports Injuries

Orlando, FL, June 2002

Overview of the Throwing Shoulder

Annual Meeting of the Professional Baseball Athletic Trainers Society

Tampa, FL, March 2, 2002

Physical Examination of the Thrower's Elbow Laxity vs. Instability in the Shoulder of the

Throwing Athlete Soft Tissue Injuries in the Throwing Elbow

ASMI 20th Annual Injuries in Baseball Course

Birmingham, AL, January 2002

Shoulder and Elbow injuries in the Pediatric and Adolescent Throwing Athlete

Annual Meeting of the AOSSM, Instructional Course–Adolescent Sports Injuries

Keystone, CO, June 2001

Glenohumeral Range of Motion and Humeral retroversion Changes in the Throwing Athlete

Distinguished Alumni Lecture for Boston University, Department of Orthopedics

Boston, MA, June 2001.

Range of Motion and Humeral Retroversion Changes in the Pediatric and Adolescent Baseball Player

University of Virginia 26th Annual Arts and Science of Sports Medicine Symposium

Charlottesville, VA, June 2001

Keynote Address: Sports Medicine, Where are we now and where are we going?

University of Virginia 26th Annual Arts and Science of Sports Medicine Symposium

Charlottesville, VA, June 2001

Keith Meister, M.D.

Internal Impingement: Pathophysiology, Evaluation, and Treatment
51st Annual Meeting of the NATA, Challenge 2000: New Frontiers in Orthopedics
Nashville, TN, June 2000

Internal Impingement: Fact versus Fiction
ASMI 18th Annual Injuries in Baseball Course
St. Petersburg, FL, January 2000

Anatomy and Biomechanics of the PCL
Annual Sports Physical Therapy Section Meeting - Sports Medicine Team Concept Conference Cincinnati, OH, October 1999

Mechanisms of Injury to the PCL
Annual Sports Physical Therapy Section Meeting - Sports Medicine Team Concept Conference Cincinnati, OH, October 1999

Double Bundle Reconstruction of the PCL
Annual Sports Physical Therapy Section Meeting - Sports Medicine Team Concept Conference Cincinnati, OH, October 1999

Internal Impingement: pathophysiology, evaluation, treatment
ASMI 17th Annual Injuries in Baseball Course
Birmingham, Alabama, January 1999

Scapulothoracic injuries in the throwing athlete
ASMI 17th Annual Injuries in Baseball Course
Birmingham, Alabama, January 1999

Posterior Shoulder Impingement: pathophysiology, diagnosis, and treatment
Annual Sports Physical Therapy Section Meeting - Sports Medicine Team Concept Conference
Denver, Colorado, October 1998

Thermal capsulorrhaphy for the treatment of shoulder instability
Annual Sports Physical Therapy Section Meeting - Sports Medicine Team Concept Conference
Denver, Colorado, October 1998

Keith Meister, M.D.

Postero-superior glenoid impingement in the overhand athlete: Pathophysiology, diagnosis, and treatment

University of Virginia 25th Annual Arts and Science of Sports Medicine Symposium
Charlottesville, VA, June 1998

Ergogenic Aids in the Athlete

University of Virginia 24th Annual Arts and Science of Sports Medicine Symposium
Charlottesville, VA, June 1997.

Mechanisms of Knee Ligament Injuries

University of Virginia 23rd Annual Arts and Science of Sports Medicine Symposium
Charlottesville, VA, June 1996

The Shoulder in the Overhand Athlete

G.S.O.C. - 3rd Annual Sports Medicine Seminar
Gainesville, Florida, May 1996

Acute Assessment of the Upper Extremity, Thorax, Abdomen in the Athlete

G.S.O.C. - 3rd Annual Sports Medicine Seminar
Gainesville, Florida, May 1996.

Examination of the Knee

G.S.O.C. - 3rd Annual Sports Medicine Seminar
Gainesville, Florida, May 1996

Orthopaedic Issues in the Female Athlete

Athletic Trainer's Association of Florida
Orlando, Florida, February 1996

Examination of the knee

Outcome Management in Orthopedic Rehabilitation
Jupiter, FL, September 1995

Problems in Women's Athletics

G.S.O.C. - 2nd Annual Sports Medicine Seminar
Gainesville, Florida, April 1995

Athletic Injuries to the Elbow

Keith Meister, M.D.

G.S.O.C. - 2nd Annual Sports Medicine Seminar

Gainesville, Florida, April 1995

Evaluation and Treatment of Hip and Pelvic Injuries

Office Based Sports Medicine - 6th Annual Symposium

Springfield, MA, March 1995

Mechanisms / Epidemiology of Knee Ligament Injuries

Office Based Sports Medicine - 6th Annual Symposium

Springfield, MA, March 1995

Injury in the Female Athlete

Team Approach to Sports Medicine

Tampa, Florida, February 1995

Injury in the Pediatric / Adolescent Athlete

Team Approach to Sports Medicine

Tampa, Florida, February 1995

Mechanisms of Knee Ligament Injuries

15th Annual Sports Physical Therapy Section Meeting -Sports Medicine Team Concept Conference

Orlando, Florida, October 1994

Arthroscopic Reconstruction of the ACL

15th Annual Sports Physical Therapy Section Meeting - Sports Medicine Team Concept Conference

Orlando, Florida, October 1994

Injuries in the Pediatric/Adolescent Athlete

N.P.A.C.E.- National Primary Care Conference

Orlando, Florida, April 1994

Surgical Alternatives in the Reconstruction of the ACL

Knee and Shoulder Series

Orlando, Florida, April 1994

Surgical Treatment of the Rotator Cuff

Keith Meister, M.D.

Knee and Shoulder Series

Orlando, Florida, April 1994

Surgical Treatment of Anterior Instability of the Shoulder

Knee and Shoulder Series

Orlando, Florida, April 1994

Injuries to the Upper Extremity in the Pediatric / Adolescent Athlete

University of Florida Spring Family Practice Review & Primary Care Update

Orlando, Florida, April 1994

Injuries to the Lower Extremity in the Pediatric / Adolescent Athlete

University of Florida Spring Family Practice Review & Primary Care Update

Orlando, Florida, April 1994

The Athlete's Shoulder

G.S.O.C. - 1st Annual Sports Medicine Seminar

Gainesville, Florida, April 1994

The Athlete's Elbow

G.S.O.C. - 1st Annual Sports Medicine Seminar

Gainesville, Florida, April 1994

Special Problems in Women's Athletics

Team Approach to Sports Medicine

Tampa, Florida, March, 1994.

Thoracic Outlet Syndrome

Orthopaedic Grand Rounds - HealthSouth Hospital

Birmingham, Alabama, November 1992

Arthroscopic Decompression and Evaluation of the Rotator Cuff and Glenoid Labrum

Rehabilitation of the Overhead Athlete

Vail, CO, October 1992

Compression Neuropathies of the Lower Extremity

University of Virginia 19th Annual Art and Science of Sports Medicine Symposium

Charlottesville, VA, June 1992

Keith Meister, M.D.

The Elbow in the Throwing Athlete
Orthopaedic Grand Rounds - University of Virginia
Charlottesville, VA, May 1992

Valgus Extension Overload and Collateral Ligament Injuries of the Elbow Ulnar Nerve
Transposition
HealthSouth Sports Medicine Seminar - The Shoulder
Los Angeles, CA, March 1992

Lab Instructor
Lahey Clinic Total Joint Reconstruction Course.
Cape Cod, MA, August 1990.

LOCAL PRESENTATIONS:

Family Practice Grand Rounds – University of Florida. Gainesville, FL, October 2003.
The Painful Shoulder

Sports Medicine Grand Rounds – University of Florida. Gainesville, FL, August 2003.
On Field Assessment of Upper Extremity Injuries

Sports Medicine Grand Rounds - University of Florida. Gainesville, FL, August 2002.
On Field Assessment of Upper Extremity Injuries

Sports Medicine Grand Rounds – University of Florida. Gainesville, FL, January 2002.
Acute / Chronic Elbow Instability

Shands Hospital, Department of Physical Therapy. Gainesville, FL, December 2001
Surgical Management of the Throwing Shoulder

Sports Medicine Grand Rounds – University of Florida. Gainesville, FL, August 2001.
Acute Assessment of the Upper Extremity in the Injured Athlete

Sports Medicine Grand Rounds – University of Florida. Gainesville, FL, May, 1998.
Surgical Intervention for Acute / Chronic Patellar Instability

Sports Medicine Grand Rounds – University of Florida. Gainesville, FL, August 1997.
Acute Assessment of the Upper Extremity in the Injured Athlete

Keith Meister, M.D.

- Sports Medicine Grand Rounds – University of Florida. Gainesville, FL, October 1996.
Mechanisms of Knee Ligament Injuries
- Sports Medicine Grand Rounds – University of Florida. Gainesville, FL, September 1996
Acute Assessment of the Upper Extremity in the Injured Athlete
- Sports Medicine Grand Rounds – University of Florida. Gainesville, FL, January 1996.
Lower Extremity Nerve Entrapment
- Sports Medicine Grand Rounds – University of Florida. Gainesville, FL, August 1995.
Acute Assessment of the Upper Extremity, Thorax, and Abdomen in the Injured Athlete
- Sports Medicine Grand Rounds – University of Florida. Gainesville, FL, August 1995
Acute Assessment of the Lower Extremity in the Injured Athlete
- Sports Medicine Grand Rounds - University of Florida. Gainesville, Fl, January 1995
Athletic Injuries to the Pelvis and Hip
- Sports Medicine Grand Rounds - University of Florida. Gainesville, Fl, August 1994.
Sideline Decision Making
- Ciba-Geigy Invited Lecturer. Gainesville, Fl, April 1994.
Injuries in Tennis
- Sports Medicine Grand Rounds - University of Florida. Gainesville, Florida, March, 1994.
Problems in Women's Athletics
- Sports Medicine Grand Rounds - University of Florida. Gainesville, Florida, October 1993.
Evaluation & Treatment of the Elbow in the Throwing Athlete
- Sports Medicine Grand Rounds - University of Florida. Gainesville, Florida, September 1993.
Evaluation & Treatment of Acute Knee Injuries

COURSE CHAIRMANSHIP:

G.S.O.C. - 3rd Annual Sports Medicine Seminar. Gainesville, Florida. April 1996

G.S.O.C. - 2nd Annual Sports Medicine Seminar. Gainesville, Florida. April 1995

Keith Meister, M.D.

G.S.O.C. - 1st Annual Sports Medicine Seminar. Gainesville, Florida. April 1994

CONTINUING EDUCATION:

MLB Team Physicians Association Academic Meeting, Nashville TN 2012
Sports Medicine Symposium of the Americas, Houston TX 2012
AAOS Annual Meeting, San Fransisco, CA 2012
AMA American Board of Medical Speciality Certification ABOS 2011
Emerging Techiques in Orthopedics: Sports Medicine & Arthroscopic Surgery. Las Vegas 2011
MLB Team Physicians Association Academic Meeting, Dallas TX 2011
AAOS Annual Meeting, San Diego, CA 2011
The Super Sports Medicine Conference, Dallas TX 2011
PBATS Meeting, Ft Worth TX, 2011
MLB Team Physicians Association Academic Meeting, Orlando FL 2010
Herodicus Society, Annual Meeting , Rhode Island 2010
AOSSM Annual Meeting , Rhode Island 2010
AAOS Annual Meeting, New Orleans, LA 2010
MLB Team Physicians Association Academic Meeting, Indianapolis 2009
Herodicus Society, Annual Meeting, Isle of Palm, South Carolina, 2009
AAOS Annual Meeting, Las Vegas, NV 2009
ASMI 27th Annual Injuies in Baseball Course, Houston, TX 2009
AOSSM Annual Meeting, Orlando, FL 2008
Symposium of Americas Sports Medicine Meeting, (speaker) Houston, TX 2008
Herodicus Society, Anuual Meeting, Naples FL 2008
AAOS Annual Meeting, San Fransisco, CA 2008
NHL Team Physicians Association Meeting, Atlanta, GA 2008
APT Sports PT Meeting, (speaker) Las Vegas, NV 2007
AOSSM Sports Medicine and Baseball Meeting, (speaker) Hollywood, CA 2007
ASMI 25th Annual Injuries in Baseball Course, Birmingham, AL 2007
AOSSM Annual Meeting , Calgary AB Canada 2007
MLB Team Physician Association Academic Meeting, Nashville, TN 2007
AOSSM Annual Meeting, Hershey, PA, 2006
Herodicus Society, Annual Meeting, Hershey, PA, 2006
AAOS Bachelors / Masters in Orthopedic Coding, Dallas, TX, 2005
AOSSM Annual Meeting, Keystone, CO, 2005
Herodicus Society, Annual Meeting, Vail, CO, 2005
ASMI 23rd Annual Injuries in Baseball Course, Scottsdale, AZ, 2005

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AOSSM Annual Meeting, Quebec City, Quebec, 2004.
ASMI 22nd Annual Injuries in Baseball Course, Orlando, FL, 2004
AOSSM Annual Meeting, San Diego, CA, 2003.
Herodicus Society, Annual Meeting, Dana Point, CA, 2003.
AAOS Annual Meeting, New Orleans, LA, 2003
AOSSM Annual Meeting, Orlando, FL, 2002
Herodicus Society, Annual Meeting, Ponte Vedra Beach, FL, 2002.
AAOS Annual Meeting, Dallas, TX, 2002.
Herodicus Society, Annual Meeting, Vail, CO, 2001.
AOSSM Annual Meeting, Keystone, CO, 2001
AANA Annual Meeting, Miami, FL, 2000
AOSSM Annual Meeting, Sun Valley, ID, 2000
AAOS Annual Meeting, Orlando, FL, 2000
AOSSM Annual Meeting, Travers City, MI, 1999
AOSSM Annual Meeting, Vancouver, BC, 1998
AANA Annual Meeting, Orlando, FL, 1998
AAOS Annual Meeting, New Orleans, LA, 1998
AAOSM Annual Meeting, Sun Valley, ID, 1997
AAOS Annual Meeting, San Francisco, CA, 1997
AAOSM Annual Meeting, Orlando, FL, 1996
AAOS Annual Meeting, Atlanta, GA, 1996
FOS Annual Meeting, Amelia Island, FL, 1995.
AAOSM Annual Meeting, Toronto, Canada, 1995.
AAOS Annual Meeting, Orlando, FL, 1995.
AOSSM Annual Meeting, Palms Springs, CA, 1994.
AAOS Annual Meeting, New Orleans, LA, 1994.
European Society for Shoulder and Elbow Surgery, Aarhus, Denmark, 1993.
Controversies in Knee Surgery, London, England, 1993.
1st European Congress of Orthopaedics, Paris, France, 1993.
AAOS Annual Meeting, Washington, D.C., 1992.
AAOS Course: Common Shoulder Problems. Vail, CO, 1991.
AAOS Orthopaedic Review Course. Chicago, IL, 1991.
AAOS Annual Meeting, Anaheim, CA, 1991.
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