

JAMIE L. LYNCH, MD
Curriculum Vitae

jll@truortho.us

18626 Hardy Oak Blvd., Suite 101
San Antonio, TX 78258
(630) 853-4368

PROFESSIONAL EXPERIENCE

- 04/2019- present **TruOrtho** **San Antonio, TX**
Co-Owner; Orthopaedic Surgeon
Specializing in Sports Medicine and Shoulder Reconstruction
- 08/2012-04/2019 **Northeast Orthopaedics & Sports Medicine** **San Antonio, TX**
Orthopaedic Surgeon
Specializing in Sports Medicine and Shoulder Reconstruction

CONSULTING

- 2022- present Stryker Orthopaedics **San Antonio, TX**
Surgical Educator; surgeon education meetings 2022–present
Advisory Board Member 2024–present
- 2026- present Enovis **San Antonio, TX**
Surgical Consultant; instrument evaluation and workflow streamlining
- 2025- present Moximed **San Antonio, TX**
Surgical Consultant; company training and surgical education
- 2026- present Tigon Medical **San Antonio, TX**
Surgical Educator; educational lecture faculty

POSTGRADUATE EDUCATION AND TRAINING

- 08/2011-07/2012 **William Beaumont Hospital** **Royal Oak, MI**
Fellowship, Orthopaedic Surgery Sports Medicine
Fellowship Director: Kyle Anderson, MD
- 07/2007-06/2011 **McGaw Medical Center of Northwestern University** **Chicago, IL**
Residency, Orthopaedic Surgery
Chairman: Michael Schafer, MD
- 07/2006-06/2007 **McGaw Medical Center of Northwestern University** **Chicago, IL**
Internship, General Surgery

EDUCATION

- 2002-2006 **UNIVERSITY OF ILLINOIS AT CHICAGO - College of Medicine** **Chicago, IL**
Doctor of Medicine
Outstandings in clinical rotations: Obstetrics and Gynecology, Psychology,
Surgery, Pediatrics, Family Practice, and Internal Medicine
- 2002-2004 **Longitudinal Primary Care Program** **Chicago, IL**
General Surgery with Joseph Espat, M.D.
- 2002-2003 **Chicago, IL**
Obstetrics and Gynecology with Donna Perry, M.D.

07/2003	SALUD IMMERSION PROGRAM Participated in a study abroad medically focused immersion program; observed and assisted a general surgeon in Mexico City; gained clinical experience in an operating room in an urban hospital; volunteered in a small clinic in rural Buena Vista, Mexico	Cuernavaca, México
1997-2001	UNIVERSITY OF ILLINOIS at Urbana-Champaign Bachelor of Science - 3.75/4.0 Major: Cell and Structural Biology Minor: Chemistry	Champaign, IL
Fall 1999	UNIVERSITY OF NEW SOUTH WALES Study Abroad Program in the Faculty of Life Sciences	Sydney, Australia

FACULTY APPOINTMENT

2021- present	Physician's Assistant Preceptor- Idaho State University	San Antonio, TX
2011- 2012	Adjunct Assistant Professor Oakland University School of Medicine	Rochester, MI

LICENSURE AND CERTIFICATIONS

Texas Physician License	Current
2014	ABOS Step II Passed
2011	ABOS Step I Passed
2011	ACLS/BLS Certified
2007	USMLE Step 3 Passed
2005	USMLE Step 2 Passed
2004	USMLE Step 1 Passed

PROFESSIONAL SOCIETIES

2022-present	Society of the American Shoulder and Elbow Surgeons
2015-present	Forum
2013-2019	San Antonio Orthopaedic Society
2011-present	Arthroscopy Association of North America
2011-present	American Orthopaedic Society for Sports Medicine
2006-present	American Academy of Orthopaedic Surgeons
2005-2010	Ruth Jackson Society
2002-2006	American Medical Association

BOARDS AND COMMITTEES

2022- present	Texas Medical Liability Trust Board of Governors	Austin, TX
2019- present	Texas Medical Liability Trust Claims Review Committee	Austin, TX

PROFESSIONAL GROUPS

2022- 2025	San Antonio Shoulder Society; Co-creator, treasurer	San Antonio, TX
------------	---	------------------------

JOURNAL REVIEWER

2022- present	Journal of Shoulder and Elbow Surgery
2015- present	The American Journal of Sports Medicine

HONORS AND AWARDS

2024	Women Leader in Medicine-BCMS	San Antonio, TX
2022-2024	Top San Antonio Surgeons	San Antonio, TX
2020-2024	Top Women in Medicine	San Antonio, TX
2000-2001	Dean's List	Champaign, IL
1997-2001	James Scholar	Champaign, IL
1997-1998	Alpha Lambda Delta, Phi Eta Sigma	Champaign, IL

TEAM COVERAGE EXPERIENCE

2011-2012	NFL: <i>Detroit Lions</i> Game coverage and training room	Detroit, MI
2011-2012	<i>Oakland University Soccer and Basketball</i> Game coverage	Rochester, MI
2011-2012	<i>Clawson High School Football</i> Game coverage	Clawson, MI
2010-2011	NHL: <i>Chicago Blackhawks</i> Physicals, game coverage and training room	Chicago, IL
2009-2010	<i>Northwestern University Football and Volleyball</i> Game coverage and training room	Evanston, IL
2009-2011	<i>Chicago Public Schools Football grades 6-12</i> Game coverage and physicals	Chicago, IL

PUBLICATIONS

Ross D, Maerz T, **Lynch JL**, Norris S, Baker K, and Anderson K. Rehabilitation Following Arthroscopic Rotator Cuff Repair: A Review of Current Literature. *J Am Acad Orthop Surg* January 2014; 22:1-9.

Lynch JL, Maerz T, Kurdziel MD, Davidson AA, Baker KC, Anderson K. The GraftLink UCL Reconstruction: Biomechanical Comparison to the Docking Technique in both Kinematics and Failure Tests. *Am J Sports Med.* 2013 Oct; 41(10): 2278-87.

Lynch JL, Maerz T, Kurdziel MD, Davidson AA, Baker KC, Anderson K. Biomechanical Evaluation of the TightRope Versus Traditional Docking Ulnar Collateral Ligament Reconstruction Technique: Kinematic and Failure Testing. *Am J Sports Med.* 2013 May; 41(5):1165-73.

Lynch, JL, Anderson K. Anterior Cruciate Ligament Reconstruction: All-Inside Reconstruction. *Operative Techniques in Sports Medicine.* 2013 Mar; 21(1): 40-6.

Rabuck SJ, **Lynch JL**, Guo X, Zhang LQ, Edwards SL, Nuber GW, Saltzman MD. Biomechanical comparison of 3 methods to repair pectoralis major ruptures. *Am J Sports Med.* 2012 Jul;40(7):1635-40. Epub 2012 Jun 7

Puri L, Lapinski B, Wixson RL, **Lynch JL**, Hendrix R, Stulberg SD. Computed Tomographic Follow-Up Evaluation of Operative Intervention for Periacetabular Lysis. *The Journal of Arthroplasty* Vol. 21 No.6 2006

PRESENTATIONS

Tigon's Women's Course. Charlston, NC. May 15-16, 2026. Presenter. **Lynch JL**. Billing and Coding.

Tigon's Women's Course. Charleston, NC. May 15-16, 2026. Presenter. **Lynch JL.** How to build a practice.

Orthopaedic Summit Evolving Techniques, OSET. Las Vegas, NV. September 18-21, 2025. Presenter. **Lynch JL.** How I Chose the Right Humeral Stem: Standard, Stubby, Stemless

Orthopaedic Summit Evolving Techniques, OSET. Las Vegas, NV. September 18-21, 2025. Presenter. **Lynch JL.** Augmentarama! Look at this Awesome Reamer!

Orthopaedic Summit Evolving Techniques, OSET. Las Vegas, NV. September 18-21, 2025. Presenter. **Lynch JL.** Safe, Smart & Profitable

Shoulder 360, Miami, FL. April 3-5, 2025. Presenter. **Lynch JL.** "How to Stay True to your Mission : Starting a DeNovo Orthopedic Practice"

TOPL Case Review. Airrosti. San Antonio, TX. April 15, 2025. Presenter. **Lynch JL.** "Comprehensive Strategies for ACL Injury Prevention, Surgical Management and Postoperative Rehabilitation.

Orthopaedic Summit Evolving Techniques, OSET. Las Vegas, NV. September 13-18, 2024. Presenter. **Lynch JL.** "Why I Changed from The School of Hard Knocks to Technology-Assisted Anatomic Glenoid Component Placement Makes It Easy- Mixed Reality is Here to Stay"

Orthopaedic Summit Evolving Techniques, OSET. Las Vegas, NV. September 13-18, 2024. Presenter. **Lynch JL.** "Distal Tibial Allograft for Complex Instability."

Arthroscopy Association of North America. Boston, MA. May 9-11, 2024. Presenter. **Lynch JL.** "270 Degree Capsular Plication, Here are my Tricks."

Arthroscopy Association of North America. Boston, MA. May 9-11, 2024. Presenter. **Lynch JL.** "Shoulder Stabilization Surgery in the Female Athlete, Not Everyone Has Multidirectional Instability."

30th Anniversary Tampa Shoulder Course, FORE. Tampa, FL. February 1-3, 2024. Presenter. **Lynch JL.** "Biceps Tenodesis: What Does the Latest Evident Say"

30th Anniversary Tampa Shoulder Course, FORE. Tampa, FL. February 1-3, 2024. Presenter. **Lynch JL.** "Bankart plus Remplissage, Tips to Make it Easier."

TOPL Case Review. Airrosti. San Antonio, TX. October 4, 2023. Presenter. **Lynch JL.** "Rotator Cuff Repair, Augments & Alternatives."

Orthopaedic Summit Evolving Techniques, OSET. Boston, MA. September 20-23, 2023. Presenter. **Lynch JL.** "The ASC Wants To Save Money, No Surprise! Picking the Correct Stem: Short, Traditional or Stemless"

Orthopaedic Summit Evolving Techniques, OSET. Boston, MA. September 20-23, 2023. Presenter. **Lynch JL.** "Shoulder instability Bankart Alone"

Orthopaedic Summit Evolving Techniques, OSET. Boston, MA. September 20-23, 2023. Presenter. **Lynch JL.** "Distal Tibial Allograft for Complex Instability."

TOPL Case Review. Airrosti. San Antonio, TX. October 4, 2021. Presenter. **Lynch JL.** "Comprehensive Arthroscopic Management of Glenohumeral Joint Arthritis."

Musculoskeletal Symposium Common Injuries: From Head to Toe. Orthopaedic, San Antonio, TX. October 12, 2019. Presenter. **Lynch JL.** "Adhesive Capsulitis: A Little Insight."

Orthopaedic Update 2019 Conference, San Antonio, TX. September 28, 2019. Presenter. **Lynch JL**. “Shoulder Pain: Common Causes of Shoulder Pain in Sports Medicine. What can be done!”

ATI Physical Therapy, San Antonio, TX. August 23, 2019. Presenter. **Lynch JL**. “Quadriceps Tendon Autograft: New Option for ACL Reconstruction”

Perry Initiative. San Antonio, TX. March 30, 2019. Presenter. **Lynch JL**. “Orthopaedics: A Career for Women”

TOPL Case Review. Airrosti. San Antonio, TX. October 2018. Presenter. **Lynch JL**. “Adhesive Capsulitis”

Perry Initiative. San Antonio, TX. April 7, 2018. Presenter. **Lynch JL**. “The ABC's of Success”

Perry Initiative. San Antonio, TX. May 14, 2017. Presenter. **Lynch JL**. “The ABC's of Success”

San Antonio Orthopaedic Society. San Antonio, TX. October 13, 2014. Presenter. **Lynch JL**. “Reverse Total Shoulder Arthroplasty, Who? Why? & When?”

Healthlink Physical Therapy, San Antonio, TX. September 20, 2014. Presenter. **Lynch JL**. “Shoulder Arthroplasty from Beginning to End”

Orthopaedic Update 2014 Conference, San Antonio, TX. April 5, 2014. Moderator and presenter. **Lynch JL**. “Shoulder Pain”

Perry Initiative. San Antonio, TX. March 16, 2013. Presenter. **Lynch JL**. “The ABC's of Success”

Anderson K, **Lynch JL**, Maerz T, Kurdziel M, Lilly R, Baker, K. Biomechanical Evaluation of the New Tight Rope and Traditional Docking UCL Reconstruction Techniques: Kinematic and Failure Testing. American Shoulder and Elbow Surgeons Closed Meeting. October 11-14, 2012.

Williams J, **Lynch JL**, Kodros S, Kelikian A. A Retrospective Review of Total Ankle Arthroplasty versus Arthroscopically Assisted Ankle Fusion Outcomes. Poster Presentation: American Academy of Orthopaedic Surgeons 2012 Annual Meeting: San Francisco, California, February 7-11, 2012.

Rabuck S, **Lynch JL**, Saltzman M. A Biomechanical Comparison of Three Methods to Repair Pectoralis Major Ruptures. American Journal of Sports Medicine. Poster Presentation: American Academy of Orthopaedic Surgeons 2012 Annual Meeting: San Francisco, California, February 7-11, 2012.

Lynch JL. Concussions: Recognizing the Symptoms. USA Hockey Coaching Education Program. 9/25/2011, 10/02/2011, 11/5/2011

Lynch JL, Trawicki M, Johnson B, Harris E, Ghatge R. Tourniquet Pressure in Total Knee Arthroplasty: A Randomized Clinical Trial. Mid-America Orthopaedic Association. Lost Pines, TX 04/2010

CHAPTERS

Cole and Sekiya. 2013. Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine, 2nd edition. Elbow Synovitis, Loose Bodies, and Posteromedial Impingement. **Lynch JL**, Kippe MA, Anderson K Philadelphia, PA : Saunders

SOCIAL MEDIA

Facebook Live: About to Have Shoulder Surgery. Global Pain Association. November 13, 2021. **Lynch JL**, <https://fb.watch/9inyofjwbh/>

WEB-BASED/MULTIMEDIA

2020	Arthroscopy Podcast. April 17, 2020. Ultrasound Assessment of the Superior Capsule Reconstruction with Dermal Allograft: An Evaluation of Graft Thickness and Vascularity. Moderator- Lynch JL . https://podcasts.apple.com/us/podcast/arthroscopy-podcast/id1441179280?i=1000507600177	
2012	AAOS WEBSITE Lynch JL : Anatomy of the shoulder. American Academy of Orthopaedic Surgeons website: OrthoInfo, 2012. http://www.orthoinfo.org/topic.cfm?topic=A00662 .	
2008-2011	CHILDREN'S MEMORIAL HOSPITAL Hearty T, Lynch JL , Sarwark JF, Janicki J, Miazal M: E-Learning In Orthopaedic Residency Training For Closed Reduction Percutaneous Pinning Of Pediatric Supracondylar Fractures http://courses.chexweb.com/hosted/chic/CEVL/ORTHO/supracondylar_fx/index.html	Chicago, IL
2008	AAOS WEBSITE Sullivan JA, Sarwark JF, Lynch JL : Supracondylar Fractures of the Humerus in Children CME. Orthopaedic Knowledge Online 2008;6(9): http://www5.aaos.org/oko/cme/templates/template_2/information.cfm?topic=CME078 .	
2000-2001	UNIVERSITY OF ILLINOIS - Department of Microbiology Principle Investigator- Deanna Raineri Collaborated with the National Center for Supercomputing Applications (NCSA) to simplify a comprehensive assemblage of research tools for users that are unfamiliar with the bioinformatics resources. Synthesized tutorials for the Biology Workbench and developed an on-line Sickle Cell Anemia Tutorial	Champaign, IL

TEACHING EXPERIENCE

07/2024	Event: AOSSM/AAOS Fellows Course @ OLC Role: Faculty Focus: Sideline & training room management, RTP decisions, surgical skills labs, and advanced lectures.	Rosemont, IL
---------	---	--------------

EDUCATIONAL COURSES

04/2026	Shoulder 360	Miami, FL
09/2025	Orthopaedic Summit and Evolving Techniques	Las Vegas, NV
04/2025	Shoulder 360	Miami, FL
09/2024	Orthopaedic Summit and Evolving Techniques	Las Vegas, NV
05/2024	Arthroscopy Association of North America	Boston, MA
02/2024	30 th Anniversary Tampa Shoulder Course	Tampa, FL
09/2023	Orthopaedic Summit and Evolving Techniques	Boston, MA
07/2023	American Orthopaedic Society of Sport Medicine Annual Meeting	Washington, DC
04/2023	Shoulder 360	Miami, FL
10/2022	American Shoulder & Elbow Surgeons-Annual meeting	Atlanta, GA
02/2022	28 th Annual Tampa Shoulder Conference: Arthroplasty & Sports	Tampa, FL
10/2021	2021 10th Annual ICJR Shoulder Course [virtual]	Las Vegas, NV
05/2017	Arthroscopy Association of North America	Denver, CO
04/2013	Arthroscopy Association of North America	San Antonio, TX
03/2013	American Association of Orthopaedic Surgeons Annual Meeting	Chicago, IL
06/2012	Sports Medicine Fellows Forum	Naples, FL
05/2012	DePuy Mitek Fellows Advanced Arthroscopy Forum	Miami, FL
01/2012	Sports Medicine Fellows Conference: Approaches to Articular Cartilage Repair	Carlsbad, CA
04/2011	Minimally Invasive Plate Osteosynthesis	Fort Lauderdale, FL

02/2011	American Association of Orthopaedic Surgeons Annual Meeting	San Diego, CA
11/2010	Surgical Approaches for Internal Fixation	Great Neck, NY
09/2009	The Wider Scope of Arthroscopy - Hip, Knee, and Shoulder	Andover, MA
08/2009	11th Annual Chicago Trauma Symposium	Chicago, IL
09/2008	Resident Anatomy Skills Workshop Shoulder	Mawhaw, NJ
08/2008	10th Annual Chicago Trauma Symposium	Chicago, IL
08/2008	AO Basic Principles and Techniques of Operative Fracture Management	Madison, WI

LEADERSHIP ROLES

2005-2006	UNIVERSITY OF ILLINOIS - College of Medicine Society of Prospective Surgeons President/Student Advisor	Chicago, IL
-----------	---	-------------

VOLUNTEERING

2012-current	<i>Perry Initiative</i> A group committed to inspiring young women to be leaders in the exciting fields of Orthopaedic Surgery and Engineering. This is done by sponsoring hands-on outreach programs for high school women.	San Antonio, TX Royal Oak, MI
2013-2014	<i>Crossfit Regional, Medical Director</i> Organized a team of medical volunteers to assist athletes and cared for athletes as necessary during the competition.	San Antonio, TX
2004-2006	<i>Chicago Youth Program</i> Tutoring and mentoring program for inner city youth in the Uptown Neighborhood	Chicago, IL
2003	<i>Adolescent Substance Abuse Program</i> Researched designed lessons on the medical consequences of drug and ethanol misuse and abuse on biological systems and instructed students to making informed decisions	Chicago, IL

OTHER INTERESTS

Family; Holistic patient healing; mentoring high school, college and medical students; physical fitness; nutrition; international travel