

CURRICULUM VITAE

Richard C. Lehman
Missouri Sports Hall of Fame Inductee 2012

Office:

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Personal Data

Date of Birth: November 14, 1954
Place of Birth: Louisville, Kentucky
Citizenship: U.S.A.

Educational Background

Undergraduate:

University of Minnesota, 1972-1976
B.A. Major, Psychology
B.A. Minor, Chemistry

Graduate:

University of Miami School of Medicine, 1980, M.D. Degree

Post Graduate/Special Training:

Internship Barnes Hospital/Washington University, St. Louis, Missouri, 1981
Orthopedic Surgery Residency Barnes Hospital/Washington University, St. Louis, Missouri, 1981-1985
Sports Medicine Fellowship, University of Pennsylvania, Philadelphia, Pennsylvania, 1985-1986

Military Service

Not applicable

Academic or Other Teaching Assignments

Chief Instructor (Orthopedic Curriculum) Washington University School of Physical Therapy and Irene Walter Johnson Institute of Rehabilitation, 1984, 1985

Research Assistant Professor, Washington Univ. School of Medicine. Program in Physical Therapy and Irene Walter Johnson Institute of Rehabilitation, 1986 – 1992

Orthopedic Peer Review Committee, Prudential Insurance Company of America, 1989

Hospital Appointments:

Des Peres Hospital
St. Joseph Hospital of Kirkwood
Webster Surgical Center

Current Medical/Civic Appointments:

Board of Directors, St. Louis Sports Commission
Committee Member, National Multiple Sclerosis Society, Gateway Area Chapter
Medical Director, U.S. Center for Sports Medicine
Medical Director, Webster Surgery Center
Medical Director/Ownership Group, Florida Panthers Hockey Franchise
Team Physician, St. Louis Tennis Aces
Consulting Physician, UCLA Track & Field
Board of Governors, National Hockey League
Missouri Athletic Trainer Association, Sports Medicine Hall of Fame Award
Board Member, Dwight Davis Tennis Center
Board of Directors, Jackie Joyner-Kersey Youth Foundation
Board of Directors, General Resonance
Inductee, Missouri Sports Hall of Fame Class 2012

Previous Medical/Civic Appointments:

Medical Director, State Games of America
Team Physician, Fox High School
Team Physician, Maryville College
Team Physician, Mehlville High School
Team Physician, Missouri Baptist College
Team Physician, Philadelphia Flyers Hockey Franchise
Team Physician, St. Louis Blues Hockey Franchise
Team Physician, St. Louis Sting Hockey Franchise
Team Physician, United States Power Lifting
Team Physician, United States Swimming
Team Physician, United States Tennis Davis Cup Team
Medical Advisory Board, American Red Cross
Medical Director, HealthSouth Rehabilitation

Medical Director, Tampa Bay Lightning

Educational Honors:

Phi Beta Kappa, University of Minnesota, 1976
Phi Kappa Phi, University of Minnesota, 1976
Williams' Scholarship Award, University of Minnesota, 1973 - 1976
Academic All American Tennis, 1973, 1974
National Academic Award for Scholastic Athletes, Univ. of Minn., 1974-76
University of Miami Selected Exchange Student (6 students selected),. 1980
Lake Tahoe Fracture Clinic Selection, 1983
Eastern Orthopedic Cervical Spine Research Award, 1986

Scholarly Society Memberships:

American Academy of Orthopaedic Surgeons
American Board of Orthopedic Surgery
American College of Sports Medicine
American Medical Association
Missouri State Medical Association
St. Louis Arthroscopy Association
St. Louis Metropolitan Medical Society
The Society for Tennis Medicine & Science
Southern Medical Association
Southern Orthopedic Association
Suffolk Academy of Medicine
University of Pennsylvania Orthopedic Alumni

Licensure and Certification Specifics:

Licensure:

Missouri	R5B91
California	G5015

Certification:

American Board of Orthopaedic Surgeons, July 8, 1988-December 31, 1998
American Board of Orthopaedic Surgeons, January 1, 1999-December 31, 2008, Re-certified
American Board of Orthopaedic Surgeons, January 1, 2009- December 31, 2018
Orthopedic subspecialty Certification in Sports Medicine, November 11, 2007- December 31, 2017

PUBLICATIONS:

Refereed Articles

“Effect of Internal Fixation Device on Bone Blood Flow in Intact Canine Femur.” Daum, W.J., Simmons, D.J., Chang, S.L., Webster, D., Lehman, R.C. *Clinical Orthopedics and Related Research*. Vol. 180 pp. 291

“Field Evaluation and Management of Head and Neck Injuries.” Vegso, J.J., Lehman, R.C. *Clinics in Sports Medicine*. Vol. 6, No. 1, January 1987.

“Iselin’s Disease.” Lehman, R.C., Gregg, J.R. and Torg, B. *American Journal of Sports Medicine*. Vol 14, No. 6, 1986.

“Osteochondritis Desiccans of the Midfoot.” Lehman, R.C., Gregg, J.R. *Foot and Ankle*. Vol. 7, No. 3, pp. 177-182. 1986.

“Fractures of the Base of the Fifth Metatarsal Distal to the Tuberosity: A Review.” Lehman, R.C., Torg, J.S., Pavlov, H., and DeLee, J.C. *Foot and Ankle*. Vol. 7, No. 4 pp. 245-252.

A Modified Bristow-Helfet- May Procedure for Recurrent Dislocation and Subluxation of the Shoulder.” Torg, J.S., Baldvini, F.C., Bonci, C., Lehman, R.C., Gregg, J.R., Esterhigh, J.L. and Hensal, F.J. *The Journal of Bone and Joint Surgery*. Vol. 69-A, No. 6, pp. 904-913.

“Thoracoabdominal Musculoskeletal Injuries in Racquet Sports.” Lehman, R.C. *Clinics in Sports Medicine*. Saunders, Philadelphia. pp. 267-277, April 1988.

“Stretching, Strengthening and, Conditioning for the Competitive Tennis Player.” Hageman, C.E., Lehman, R.C. *Clinics in Sports Medicine*. Saunders, Philadelphia. pp. 211-229 April 1988.

“Shoulder pain in the Competitive Tennis Player.” Lehman, R.C. *Clinics in Sports Medicine*. Saunders, Philadelphia. pp. 309-329. April 1988

“Surface and Equipment Variables in Tennis Injuries.” Lehman, R.C. *Clinics in Sports Medicine*. Saunders, Philadelphia. pp. 229-233. April 1988.

“Electrical Stimulation of Quadriceps Femoris in an Elite Weight Lifter: A Single Subject Experiment. Delitto, A., Brown, M., Strube, M.J., Rose, S.J., Lehman, R.C. *International Journal of Sports Medicine*. Accepted.

“Electrical Stimulation Versus Voluntary Exercise in Strengthening Thigh Musculature After Anterior Cruciate Ligament Surgery.” Delitto, A., Rose, S.J., McKowen, J.M., Lehman, R.C., Thomas, J.A., Shively, R.A. *Physical Therapy*. pp. 660-663. Vol. 68, No. 5. May 1988.

"Complications of Surgical Reconstruction of the Anterior Cruciate Deficient Knee." Lehman, R.C., Raskas, D. Submitted 1990 AAOS.

"Rehabilitation of the Athlete with a Knee Injury". Delitto, A., Lehman, R.C. Clinics in Sports Medicine. Saunders, Philadelphia pp. 805-840, October 1989.

"Rehabilitation of patellofemoral Dysfunction in the Athlete." Beckman, M., Craig, R., Lehman, R.C. Clinics in Sports Medicine. Saunders, Philadelphia. pp. 841-860, October 1989.

"The Utility Medial Portal: A New Arthroscopic Approach to the Knee." Lehman, R.C. Contemporary Orthopaedics, pp. 143-148, Vol. 21, No. 2, August 1990.

"Patellofemoral dysfunction in tennis players. A dynamic problem." Host, J., Craig, R, Lehman, R. Clinic in Sports Medicine. Saunders, Philadelphia. Pp. 177-203, No. 1, January, 1995.

"Modified Osteochondral Autograft Implantation for Full-Thickness Articular Cartilage Lesions." Lehman, R.C., Perry, C.R. Arthroscopy: The Journal of Arthroscopic and Related Surgery, Vol. 19. No 3, March, 2003, pp 318-320.

"Arthroscopic Surgery for Partial Rotator Cuff Tears." Lehman, R.C., Perry, C.R. Arthroscopy: The Journal of Arthroscopic and Related Surgery, Vol 19. No 7, September, 2003, E65.

"Lateral Elbow Reconstruction Using a New Fixation Technique." Lehman, R.C. Arthroscopy: The Journal of Arthroscopic and Related Surgery, Vol 21. No 4, 2005, pp 503-505.

Posters: International Cartilage Repair Society Meeting- Page 264: The Clinical Safety and utility of an osteoconductive, bioabsorbable, scaffold for the use in Treatment of full thickness chondral and osteochondral defects of the distal femur, 2010.

International Cartilage Repair Society Meeting- Free Papers, Page 184: Evaluation of a Biphasic Graft for Osteochondral Repair in an Equine Model, 2010

Non Refereed Articles:

"Anabolic Steroids: Positive and Adverse Effects During Athletic Weight Training." Lehman, R.C. Weight Training Monthly, 1984.

"Synthetic Ligaments, Scaffold, Stents and Prostheses." Baldvini, F.C., Lehman, R.C., Clemow, A.J.T. Slack, USA 1986.

"Life Threatening Injuries Incurred by Athletes." Lehman, R.C., Vegso, J.J., Torg, J.J. Journal of Musculoskeletal Medicine. pp. 14-25. Oct. 1986.

"Injuries in Runners." Lehman, R.C., Torg, J.S. Current Therapy in Emergency Medicine. pp. 886-890. B.C. Decker. 1987.

"Arthroscopic Anterior Acromioplasty and Coraco-acromial Ligament Resection. Surgical Technique. Lehman, R.C., Raskas, D.S. Orthopedics Today, Jan. 1989.

"Meniscal Injuries In Athletes: Your Management Options." Raskas, D., Lehman, R.C. Journal of Musculoskeletal Medicine. pp. 71-79. July 1988.

"Meniscal Injuries in Athletes: Pinpointing The Diagnosis." Raskas, D., Lehman, R.C. Journal of Musculoskeletal Medicine. pp. 20-28. May 1988.

Submitted:

"A New Technique for Arthroscopic Rotator Cuff Repairs." Lehman, R.C. Arthroscopy: The Journal of Arthroscopic and Related Surgery. Submitted 5/05.

Projects:

Effect of Beta Blockers (PS-6 Methylprednisolone) on Heart Contractibility, Heart Rate, Coronary Artery Resistance, and Peripheral Resistance in Canines. 1979-80. Peter Somani, M.D., Ph.D., Dept. of Pharmacology, University of Miami School of Medicine.

Analysis of Diaphyseal Bone Blood Flow in Canine Femurs. W.J. Daum, M.D., D.J. Simmons, Ph.D., Dept. of Orthopedic Surgery, Washington University School of Medicine, St. Louis, MO. 1983

Decisions in Sports Medicine. Decker, B.C., Torg, J.S., Lehman, R.C., Gecha, S., Vegso, J. Textbook in process of being written.

Clinics in Sports Medicine. Injuries in Racquet Sports. R.C. Lehman - Editor, April 1988.

Video Text Book of Arthroscopic Surgery. R.C. Lehman. In conjunction with Video Journal of Orthopedics.

Clinics in Sports Medicine. Rehabilitation of the Competitive Athlete. R.C. Lehman - Editor. October 1989. Saunders, Philadelphia.

Clinics in Sports Medicine. Tennis Injuries. R.C. Lehman - Editor. January 1995. Saunders, Philadelphia.

Clinics in Sports Medicine. Racquet Sports, Vol. 14, No. 1, Jan. 1995. R.C. Lehman - Guest Editor.

"Laser Assisted Capsular Shift". Lehman, R.C. MVP Video Journal of Orthopaedics, Vol. X, No. 1, February 1995.

Presentations:

Proximal Tibial Metaphyseal Injuries in the Skeletally Immature Patient. Shriners Hospital for Crippled Children, December, 1982, St. Louis, Missouri.

Athletic Conditioning in the Young Athlete. Fontbonne College. September, 1983, Clayton, Missouri

Difficult Adult Skeletal Fractures. Barnes Hospital, July, 1983, St. Louis, Missouri,

The Efficacy of Arthroscopy with Normal Exams. Missouri Orthopedic Association, May 4, 1985, Columbia, Missouri

Modified Helfet-May-Bristow Procedure. Presented January 1986. American Academy of Orthopaedic Surgeons. January 1986, New Orleans, Louisiana.

“Cervical Spinal Cord Neuropraxia with Transient Quadriplegia”. Poster Presentation, American Academy of Orthopaedic Surgeons, January 1986, New Orleans, Louisiana.

Electrical Stimulation vs. Voluntary Exercise in Strengthening Thigh Musculature After Anterior Cruciate Ligament Surgery. Delitto, A., Rose, S.J., McKowen, J.M., Lehman, R.C., Thomas, J.A., Shively, R.A. Presented to the American Physical Therapy Conference, June 1987.

Modified Helfet-May-Bristow Procedure. Presented July, 1987 American Academy of Orthopaedic Surgeons, Orlando, Florida.

“Shoulder Pain in the Competitive Tennis Player”. Shenk, S., Lehman, R.C., Hageman, S., Etheridge, G. Poster Presentation at National Association of Athletic Trainers, July, 1988.

Athletic Cervical Spine Injuries. Presented to the Missouri Athletic Trainers Meeting, August, 1988.

“Recognition and Diagnosis of Common Running Injuries.” Lehman, R.C. Presented at HealthSouth Rehabilitation Center of St. Louis Conference. October 1, 1988.

Course Director. Orthopedic Pathophysiology, Washington University Program in Physical Therapy. Fall 1988.

“Athletic Injuries in Triatheletes”. Presented to the Missouri Triatheletes Federation, September, 1988.

“Arthroscopy of the Shoulder”. Presented to the Missouri Association of Physical Therapists, October 17, 1988.

Arthroscopic Anterior Acromioplasty and coraco-acromial Ligament Resection. Presented to Missouri. Physical Therapy Association/Missouri Orthopedic Assoc. Springfield, Missouri, March 11, 1989.

Shoulder Arthroscopy in Elite Athletes. Presented to National Athletic Trainers Association. March 19, 1989, Lincoln, Nebraska.

Surface & Equipment Variables in Elite Tennis Players. Presented at Miami Sports Medicine Seminar. March 29, 1989, Miami, Florida.

Epicondylitis in Competitive Tennis Players. Presented at Miami Sports Medicine Seminar. March 31, 1989, Miami, Florida.

Acromioclavicular Injuries. Presented at Miami Sports Medicine Seminar. April 2, 1989, Miami, Florida.

Throwing Injuries in Elite Athletes. State Missouri Physical Therapy Conference. November 1989, St. Louis, Missouri.

Shoulder Injuries. Washington University Curriculum Course. November 1989, St. Louis, Missouri.

Gymnastic Injuries. Midwest Coaches Conference, August 1989, St. Louis, Missouri.

Gymnastic Injuries. Midwest Coaches Conference, August 1990-1991, St. Louis, Missouri.

Shoulder Pain in the Elite Weight Lifter. Presented Mid-America Orthopedic Meeting, March 1990.

Shoulder Pain in the Elite Weight Lifter. Combined Congress of the International Arthroscopy Association and the International Society of the Knee. May 1991, Toronto, Canada.

Rotator Cuff Injuries. Health South Upper Extremity Symposium. May 1992, St. Louis, Missouri.

Biomechanical Analysis of Track and Field Athletes. Illinois State Track and Field Coaches. February 1994, Springfield, Illinois.

Patellofemoral Pain - A Dynamic Problem. International Congress for Tennis Sport and Science. February 1994, Essen, Germany.

Anterior Knee Pain. Society for Tennis Medicine and Science. August 1994, Indianapolis, Indiana.

Arthroscopic Ankle Fusion: Results and Outcomes in Post Traumatic Degenerative Arthritis in Heavy Laborers. Mid-America Orthopedic Association. April 1995. Palm Beach, Florida.

Clinical application for the Ossatron, NHL Physicians meeting in Denver, Colorado, 2001.

DVD Surgical Technique, St. Louis, MO 01/02/08 Video Teaching Film Osseofit Technique.

Sales Training, AAOS, San Francisco, CA 03/07/08
Osseofit Porus Tissue Matrix
Booth Presentation AAOS

Lab Presentation & Instruction, Celebration, FL 05/09/08
Cartilage Reconstruction Using Allograft Surgical Technique

Presentation, National Sales Meeting, Orlando, FL 07/16/08

Presentation and Lab Instruction- Biomet Sports Medicine Lab, OLC, Rosemont, IL 08/20/08

Wrote article regarding Osseofit TM for BSM surgeon newsletter "Game Plan" 10/06/08

Webcast presentation- sales rep/distributor training- St. Louis, MO 10/08/08

Bradica G, Lehman RC, Goldman S, Kronengold RT. Accellular Osteochondral Device Implanted to Correct Cartilaginous Defects in the New Zealand White Rabbit Model. Orthopaedic Research Society 55th Annual Meeting Las Vegas, NV February 2009

Fortier LA, McCarrel TM, Bradica G, Castiglione E, Saska R, Lehman RC, Kronengold RT. Evaluation of a biphasic graft for osteochondral repair in an equine model. 8th World Congress (International Cartilage Repair Society) Miami, FL May 2009

Fortier LA, McCarrel TM, Bradica G, Castiglione E, Saska R, Lehman RC, Kronengold RT. Evaluation of a biphasic graft for osteochondral repair in an equine model. Orthopedic Research Society Annual Meeting. New Orleans, LA March 2010

Fortier LA, McCarrel1 TM, Bradica G, Castiglione E, Saska R, Lehman RC. Evaluation of a biphasic graft for osteochondral repair in an equine model. 9th World Congress (International Cartilage Repair Society) Barcelona, SP September 2010

Lehman RC, Davidson PA, The Clinical safety and utility of an osteoconductive, bioabsorbable, scaffold for the use in treatment of full thickness chondral and osteochondral defects of the distal femur. 9th World Congress (International Cartilage Repair Society) Barcelona SP September 2010

Athletic Awards:

University of Minnesota, Varsity, Tennis, 1972-1976.

University of Minnesota, M-Award, 1973

Williams' Scholarship, University of Minnesota, 1973, 1974, 1975, 1976

Big Ten Conference Championships, 1973, 1974

Professional Award:

Missouri Athletic Trainers Association Sports Medicine Hall of Fame Award
2006

Media Segments: Fox News KTVI

Ankiel Not Only Athlete To Use Questionable Substances,
September 8, 2007

Does Your Teen Suffer From Texting Tendonitis?
August 3, 2009

Why Orthopedic Surgeons Are Concerned About The Swine Flu,
December 21, 2009

How To Prevent Pain In Bone Chilling Cold,
January 8, 2010

Flip Flops,
June 10, 2010

The Cost Of Wearing High Heels,
July 19, 2010

Foot Face Lift,
August 3, 2010

Explaining The Oshi Ankle Break,
November 15, 2010

Is It Possible To Reverse The Aging Process,
December 31, 2011

Looks and Bones: How To Maintain Your Beauty,
January 5, 2011

What Is Shingles?
May 11, 2011

Fox 2: "Ask The Doctor" Spring Training Workout,
May 13, 2011