

Lake Cook Orthopedic Associates
27401 West Highway 22, #125
Barrington, Illinois 60010
(847) 381-0388

EMPLOYMENT:

Aug 2001- Present

Position: *Orthopaedic Surgeon*
Subspecialty: *Shoulder Surgery and Sports Medicine*
Practice: Lake Cook Orthopedic Associates
Hospital Privileges: Good Shepherd Hospital

EDUCATION:

Fellowship
2000-2001

Shoulder Surgery and Sports Medicine
University of New South Wales
Director: George Murrell, MD, PhD
Location: Sydney, Australia

Residency
1996-2000

Orthopaedic Surgery
Northwestern University Medical School
Chairman: Michael Schafer, MD
Location: Chicago, Illinois

Internship
1995-1996

Surgery
Northwestern University Medical School
Chairman: David Narwald, MD
Location: Chicago, Illinois

Post-Graduate
1991-1995

Degree: Doctor of Medicine
University of Florida, College of Medicine
Location: Gainesville, Florida
Honors: Alpha Omega Alpha, 1994
Class Rank: 4 / 120

Undergraduate
1987-1991

Degree: Bachelors of Science, Major: Zoology
University of Florida, College of Liberal Arts and Sciences
Location: Gainesville, Florida
Honors: Phi Beta Kappa, 1991

CERTIFICATION / EXAMINATION:

United States Medical Licensing Examination:

Step I: Passed, June 1993
Step II: Passed, September 1994
Step III: Passed, December 1996

The American Board of Orthopaedic Surgery:

Part I: Passed, July 2000
Part II: Passed, July 11, 2003

INSTRUCTOR/FACULTY POSITIONS:

Arthroscopy Association of North America: Associate Master Instructor, Shoulder Arthroscopy, 2001

Midwestern University: Clinical Preceptor, Physician Assistant Program

CONSULTANT:

Mitek Surgical Products: Surgical technique/arthroscopy instructor.

TEAM COVERAGE:

Barrington High School: Team Orthopaedic Physician (Assist Dr. Locher), 2001-2004

Dundee Crown High School: Team Physician, 2001-2002

Lake Zurich High School: Team Orthopaedic Physician, 2002-present

SOCIETY/ORGANIZATION MEMBERSHIPS:

American Academy of Orthopaedic Surgeons

American Orthopaedic Society of Sports Medicine

Arthroscopy Association of North America

American Medical Association

Illinois Medical Society

Lake County Medical Society

REVIEWER:

British Journal of Sports Medicine

RESEARCH EXPERIENCE:**Publications:**

Cummins CA, Scarborough M, Enneking W: *Multicentric Giant Cell Tumor of Bone*. Clin Orthop, 322: 245-252, 1996.

Cummins CA, Anderson K, Bowen M, Nuber G, Roth SI: *Anatomy and Histological Characteristics of the Spinoglenoid Ligament*. J Bone and Joint Surg, 80-A: 1622-1625, 1998.

Cummins CA, Anderson K, Nuber G, Messer T, Bowen M: *Suprascapular Nerve Entrapment at the Spinoglenoid Notch in a Professional Baseball Pitcher*. Am J Sports Med, 27: 810-812, 1999.

Cummins CA, Messer TM, Nuber GW: *Current Concepts Review: Suprascapular Nerve Entrapment*. J Bone Joint Surg, 82-A: 415-424, 2000.

Messer TM, Cummins CA, Ahn J, Kelikian AS: ***Outcome of the Modified Brostrom Procedure for Chronic Lateral Ankle Instability Using Suture Anchors.*** Foot Ankle Int, 21(12): 996-1003, 2000.

Mehta S, Cummins C, Milgram R: ***Anterior Tibial Artery Impingement by a Distal Interlocking Screw: A Case Report.*** The University of Pennsylvania Orthopaedic Journal. 16: 35-37, 2003.

Cummins CA, Sabrina S, Appelyard R, Szomor Z, Marshall J, Murrell G: ***Rotator Cuff Repair with Bio-Absorbable Screws: An In Vivo and Ex Vivo Investigation.*** Arthroscopy. 19(3): 239-248, 2003.

Cummins CA, Murrell GAC: ***Mode of Failure for Rotator Cuff Repair with Suture Anchors.*** J Shoulder Elbow Surg, 12: 128-33, 2003.

Cummins CA, Messer TM, Schafer M: ***Infraspinatus Muscle Atrophy in Major League Baseball Players.*** Am J Sports Med. 32: 116-120, 2004.

Cummins CA, Appelyard R, Strickland S, Stijin-Haen P, Chen S, Murrell G: ***Rotator Cuff Repair: An Ex-Vivo Analysis of Suture Anchor Repair Techniques on Initial Load to Failure.*** Arthroscopy. 21(10): 1236-1241, 2005.

Cummins CA: ***Lateral Epicondylitis: In-Vivo Assessment of Arthroscopic Debridement and Correlation with Patient Outcomes.*** Am J Sports Med. *In Press.*

Abstracts (Presentations and Posters):

Scarborough M, Cummins CA, Enneking W: ***Multicentric Giant Cell Tumor of Bone.*** International Symposium on Limb Salvage. Podium and Poster Presentation. Florence, Italy, 1995

Cummins CA, Anderson K, Nuber G, Bowen M, Roth SI: ***Anatomy of the Spinoglenoid Ligament.*** Mid-America Orthopaedic Association, Seventeenth Annual Meeting. Podium and Poster Presentation. Bermuda, May 1999.

Messer T, Cummins C, Kelikian A: ***Modified Brostrom Procedure Using Implantable Suture Anchors for Chronic Lateral Ankle Instability.*** Mid-America Orthopaedic Association, Seventeenth Annual Meeting, Bermuda, May 1999; Podium Presentation.

Shapiro J, Cummins C, Shafer M: ***Radiation Exposure in Orthopaedic Residents.*** American Academy of Orthopaedic Surgery, Annual Meeting, Orlando, Florida, March 16, 2000; Podium Presentation.

Cummins CA, Messer T, Schafer M: ***Prevalence and Characteristics of Suprascapular Nerve Injury in Major League Baseball Players.*** Mid-America Orthopaedic Association, Eighteenth Annual Meeting, Scottsdale Arizona, April 2000; Podium Presentation.

Cummins CA, Messer T, Schafer M: ***Prevalence and Characteristics of Suprascapular Nerve Injury in Major League Baseball Players.*** American Academy of Orthopaedic Surgery, AOSSM Specialty Day, San Francisco, California, March 2001; Poster Presentation.

Cummins CA, Marshall J, Murrell, GAC: ***Rotator Cuff Repair with Sutureless Bio-Absorbable Soft Tissue Fixation Screws, a Note of Caution.*** AOSSM Annual Meeting, Keystone, Colorado, June 28-July 1, 2001; Poster Presentation.

Cummins CA, Murrell G: ***Mode of Failure for Rotator Cuff Repair: Intra-Operative Findings at Revision Surgery.*** American Academy of Orthopaedic Surgery, Annual Meeting, Dallas, Feb 13-17, 2002, Podium Presentation.

Cummins CA, Strickland S, Appleyard RC, Szomor ZL, Grant C, Murrell GAC: ***Rotator Cuff Repair: An Ex Vivo Mechanical Study Comparing Trans-Osseous Sutures, Suture Anchors and Bio-Absorbable Screws.*** Orthopaedic Research Society, Annual Meeting, Dallas, Feb 2002, Podium Presentation.

Cummins CA, Strickland S, Appleyard RC, Szomor ZL, Grant C, Murrell GAC: ***Rotator Cuff Repair: An Ex Vivo Mechanical Study Comparing Trans-Osseous Sutures, Suture Anchors and Bio-Absorbable Screws.*** American Shoulder and Elbow Surgeons, 3rd Biennial Meeting, April 2002, Orlando Florida.

Walton J, Cummins CA, Marshall J, Murrell GAC: ***Rotator Cuff Repair Patients: Their Temporal Pain and Function Outcomes Over Two Years.*** American Academy of Orthopaedic Surgery, Annual Meeting, 2004, San Francisco (Paper #214).

Cummins CA: ***Lateral Epicondylitis: In-Vivo Assessment of Arthroscopic Debridement and Correlation with Patient Outcomes.*** AOSSM Annual Meeting, Keystone, Colorado, June 2005, Podium Presentation.

Current Projects (Selected):

Cummins CA: ***Arthroscopic Rotator Cuff Repair: Temporal Outcome of 150 Consecutive Patients Treated by a Single Surgeon.***

Cummins, CA: ***Impingement Syndrome: Temporal Outcomes of Non-Operative Treatment.***

Cummins CA: ***Adhesive Capsulitis, Inflammatory Phase: Outcomes of Arthroscopic Capsular Release.***

LECTURES (Selected):

Shoulder and Sports Medicine Lecture Series: A lecture series (6 per year) for local physicians and physical therapists. The lectures focus is on diagnosis and evidenced based management of common shoulder and sports injuries.

ACL Prevention, Focus on the Female Athlete: A biannual lecture series for local therapists, team trainers, strength coaches and the general public.