

Michael Finnegan Shepard M.D.

Orthopaedic Specialty Institute
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Professional Experience

2002-2003 Sports Fellowship - American Sports Medicine Institute
James Andrews MD and William Clancy MD
1998-1999 UCLA Department of Orthopaedic Surgery Research Fellowship
1997-2002 UCLA Department of Orthopaedic Surgery Resident
1996-1997 UCLA Department of General Surgery Internship

Education

1992-1996 UCLA School of Medicine, M.D., graduated with AOA honors
1988-1992 UC Davis, B.S. in Biochemistry, Summa Cum Laude

Faculty

2010-present UC Irvine School of Medicine - Sports Medicine Rotation
2015-present Assistant Clinical Professor – Loma Linda School of Medicine
2010-present Chapman University - Athletic Training Program
2009-present Orange County Kaiser Permanente Sports Medicine Fellowship
Director of Sport Teams / Coverage
2007-2011 Assistant Clinical Faculty, UC Irvine Department of Orthopaedic Surgery

Certification

2014 Recertification – American Board of Orthopaedic Surgery
2004 Diplomate American Board of Orthopaedic Surgery
1998 California State Medical License – A 65213
1998 Drug Enforcement Agency License - BS5970618

Affiliations

2013-2016 Los Angeles Angels of Anaheim – Team Orthopaedic Surgeon
2013-present USA Olympic Volleyball – Men’s and Women’s Team Physician
2005- present California State High School CIF Medical Subcommittee
2003- present Team Physician, University of California, Irvine
2003- present Team Physician, Chapman University
2003- present Head Team Physician, Santa Ana Junior College
2006- present Head Team Physician, Servite HS
2006- 2016 Head Team Physician, Rosary HS
2003- 2012 Head Team Physician, Villa Park HS
2002-2003 Assistant Team Physician to Jim Andrews – Troy State Universty

Awards and Honors

2017	Philanthropic Business of the Year – National Football Foundation
2017	Orange County Medical Association top doctor – Orthopaedic Surgery
2016	Orange County Medical Association top doctor – Orthopaedic Surgery
2016	Top Photo Portfolio East Africa – Africa Adventure Company
2015	Orange County Medical Association top doctor – Orthopaedic Surgery
2014	Orange County Medical Association top doctor – Orthopaedic Surgery
2014	Medical Advisor, Orange County Athletic Directors Association
2013	Orange County Medical Association top doctor – Orthopaedic Surgery
2013	Medical Advisor, Orange County Athletic Directors Association
2013	Top Doctors America – Orthopaedic Surgery
2012	Orange County Medical Association top doctor – Orthopaedic Surgery
2012	Medical Advisor, Orange County Athletic Directors Association
2011	OCMA top doctor – Orthopaedic Surgery
2011	UCI non-Faculty Teaching Award UCI Dept Orthopaedic Surgery
2010	OCMA top doctor – Orthopaedic Surgery
2009	OCMA top doctor – Orthopaedic Surgery
2008	UCI non-Faculty Teaching Award UCI Dept Orthopaedic Surgery
2008	OCMA top doctor – Orthopaedic Surgery
2008	President Orange County Chapter - Western Orthopaedic Association
2006	Vice President Western Orthopaedic Association
2004	Most Outstanding Scientific Poster Presentation – AOSSM Annual Meeting
2001	Lloyd W Taylor Orthopaedic Research Award – California Orthopaedic Association Top Resident Paper
2000	Frank Stinchfield Award - Hip Society Research Award – Outstanding Contribution to Hip Research
1999	Lloyd W Taylor Orthopaedic Research Award – COA top resident paper
1996	Alpha Omega Alpha Medical Honor Society
1994	McGraw Hill Scholarship - top UCLA medical student, basic science years
1993	Short Term Science Training Program - UCLA research scholarship
1992	Chancellor's Award - top campus and community leadership at UC Davis
1992	National Football Foundation and College Football Hall of Fame Scholar Athlete
1992	NCAA Postgraduate Scholarship
1992	Woody Hayes National Scholar Athlete Award - Top Div II student athlete in nation
1991	Division II All American Defensive Tackle, UCD
1990-1991	Two Time GTE Academic All American Defensive Tackle, UCD
1991	Phi Kappa Phi and Golden Key Honor Societies
1990.1992	University of California Regents Scholarship

Publications

- 2016 Pectoralis major tendon rupture in a professional baseball player. Dempewolf MJ; Grumet, RC; Shepard, MF; Kocher, K; Munson, E; Hostetter, G; *Current Orthopaedic Practice*: March/April 2017, Vol 28, Issue 2, pp 235-7
- 2011 Shepard MF. Frozen Shoulder. Orange County Family Magazine
- 2011 Shepard MF. STOP overuse Injuries. Orange County Family Magazine
- 2004 Shepard MF, Dugas JR, Zheng N, Andrews JR. Differences in the Ultimate Strength of the Biceps Anchor and the Generation of Type II SLAP Lesions in a Cadaveric Model. *Am J Sports Med*, 2004 July-August: 32(5):1197-1202.
- 2003 Clancy WM, Shepard MF, Cain LE. The Pinnacle Series: Posterior Lateral Corner Reconstruction. *American Journal of Orthopaedics*. 2003 Apr; 32(4): 171-7
- 2002 Shepard MF, Wang J, Kabo JM. The effects of polyaxial pedicle screws on the stiffness of lumbar fusion constructs. *J Spinal Disord Tech*. 2002 Jun;15(3):233-6.
- 2002 Shepard MF, Wang JC, Oshtory R, Yoo J, Kabo JM. Enhancement of pedicle screw fixation through washers. *Clin Orthop*. 2002 Feb;(395):249-54.
- 2002 Shepard MF, Hunter DM, Davies MR, Shapiro MM, Seeger L. The clinical significance of anterior horn meniscal tears diagnosed on magnetic resonance images. *Am J Sports Med*. 2002 Mar-Apr;30(2):189-92.
- 2001 Shepard MF, Markolf K, Dunbar, A. The effects of partial and total interosseous membrane transection on load sharing in the cadaveric forearm. *Journal of Orthopaedic Research* 19 (4): 587-92, 2001
- 2001 Shepard MF, Markolf KL, Dunbar, A. The effects of radial head excision and radial shortening on load sharing in the forearm - a cadaveric study. *Journal Bone and Joint Surgery*. 83-A (1): 92-100, 2001.
- 2000 Shepard MF, Kabo JM, and Lieberman JR. **The Frank Stinchfield Award**: Influence of cement technique on the interface strength of femoral components. *Clinical Orthopaedics and Related Research*. (381): 26-35, 2000.
- 1999 Shepard MF, Kabo JM, and Lieberman JR: UHMWPE Wear: An in vitro analysis

comparing metal type and polished surfaces in modular total hip prosthesis.
Journal of Arthroplasty. 14(7):860-6, 1999.

- 1995 Markolf KL, Burchfield DM, Shapiro MM, Shepard MF, Slauterbeck JL: Combined knee loading states that generate high anterior cruciate ligament forces. *Journal of Orthopaedic Research*. 13(6):930-5, 1995.

Research in Process / Publications in Review

Shepard MF. Can a unique MRI sequence increase the efficacy of UCL injury diagnosis? Enrolling patients

Shepard MF. Prospective comparison of Ultrasound Guided Interscalene Block Versus Surgeon Administered Suprascapular Nerve Block in Patients undergoing Rotator Cuff Surgery. A Multicenter Trial conducted at the Hoag Orthopaedic Institute and its Hospitals.

Shepard MF. Davis BR. Rubin BD. Can a posture shirt improve shoulder mechanics and decrease injury rates in elite level Volleyball players? *Sports Health* – 4th review.

Shepard MF. Diagnosis and Treatment of External Oblique Injuries in Major League Baseball.

Dempewolf M, Grumet RC, Shepard MF. Pectoralis Major repair in a professional baseball player – A case report.

Dempewolf M, Grumet RC, Shepard MF. Patellar Tendon Reconstruction in a professional baseball player – A case report.

Presentations

- 2017-April Shepard MF. Posterior Lateral Corner Injuries. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca.
- 2017-April Shepard MF. Treatment of Medial Collateral Ligament Injuries in the Multi-Lig Knee. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca.
- 2017-Feb Shepard MF. The Thrower's Elbow. Loma Linda Medical Center – Grand Rounds. Loma Linda, CA

- 2016-Nov Shepard MF. Diagnosis and Treatment of Hip and Oblique injuries in Major League Baseball Players. MLB Injuries Course. Santa Domingo, Dominican Republic
- 2016-Mar Shepard MF. Prospective comparison of Ultrasound Guided Interscalene Block Versus Suprascapular Nerve Block in Patients undergoing Rotator Cuff Surgery. American Academy of Orthopaedic Surgeons. Annual Meeting. Orlando, FL
- 2016-Jan Shepard MF. Rotator cuff tears in elite throwers. 34th Annual American Sports Medicine Institute Injuries in Baseball Course – Costa Mesa, Ca.
- 2016-Jan Shepard MF. Elbow Anatomy. 34th Annual American Sports Medicine Institute Injuries in Baseball Course – Costa Mesa, Ca.
- 2015-April Shepard MF. Posterior Lateral Corner Injuries. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca.
- 2015-April Shepard MF. Master Instructor. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca
- 2015-April Shepard MF. Upper Extremity Orthopaedic Surgery Update. 2015 ACBSP Chiropractic Sports Science Symposium
- 2014-April Shepard MF. Treatment of LCL and PLC injuries in the setting of the Dislocated Knee. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca.
- 2014-April Shepard MF. Lab Instructor. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca
- 2013-April Shepard MF. Surgical Treatment of Posterior Lateral Corner injuries of the Knee. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca
- 2012-Oct Shepard MF. Lab Instructor – Master’s Techniques in Arthroscopic Shoulder Surgery AANA Shoulder Arthroscopy Course #114. Chicago, IL
- 2012-July Shepard MF, Davis B, Rubin B. Can a posture shirt decrease injury rates in elite level athletes? AOSSM, Annual Meeting – Baltimore, Md.
- 2012-April Shepard MF. Lab Instructor. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca
- 2012-April Shepard MF. Surgical Treatment of Posterior Lateral Corner injuries of the Knee. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca

- 2010-April Shepard MF. Lab Instructor. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca
- 2007-June Shepard MF. Elbow injuries in the Throwing Athlete Annual Meeting of the National Athletic Trainers Association – Anaheim, Ca
- 2005-Jan Shepard MF, Dugas JR, Andrews JR. SLAP lesions in high level athletes – Panel Discussion. 23rd Annual Injuries in Baseball Course – Phoenix, Az.
- 2004-Jan Shepard MF, Dugas JR, Zheng N, Andrews JR. Differences in the Ultimate Strength of the Biceps Anchor and the Generation of Type II SLAP Lesions in a Cadaveric Model. 22nd Annual Injuries in Baseball Course – Orlando, Fl
- 2003-June Shepard MF, Dugas JR, Zheng N, Andrews JR. Differences in the Ultimate Strength of the Biceps Anchor and the Generation of Type II SLAP Lesions in a Cadaveric Model. American Sports Medicine Fellowship Society Meeting – Birmingham, Al
- 2001-May Shepard MF, Markolf KL, Dunbar, A. The effects of radial head excision and radial shortening on load sharing in the cadaveric forearm. California Orthopaedic Association, Annual Meeting – Las Vegas, Nv.
Lloyd Taylor Award - top resident clinical paper
- 2000-Mar Shepard MF, Kabo JM, and Lieberman JR. Does cement technique influence the interface strength of roughened and polished femoral components? Hip Society (AAOS Specialty Day) – Orlando Fl.
The Frank Stinchfield Award - outstanding contribution to hip arthroplasty
- 2000-Mar Shepard MF, Hunter DM, Shapiro MM, Seeger L. Are MRI diagnosed anterior horn meniscal tears clinical significant? AOSSM (AAOS Specialty Day) – Orlando, Fl.
- 2000-Mar Shepard MF, Markolf KL, Dunbar, A. The effects of radial head excision on loading in the cadaveric forearm. 67th Annual Meeting AAOS – Orlando Fl.
- 2000-Mar Shepard MF, Hunter DM, Shapiro MM, Seeger L. Are MRI diagnosed anterior horn meniscal tears clinical significant? 67th Annual Meeting AAOS – Orlando Fl.
- 2000-Mar Shepard MF, Kabo JM, Gupta V, Bhatia M, and Lieberman JR. Does cement technique influence the interface strength for roughened and polished femoral components? 46th Annual Meeting of the Orthopaedic Research Society – Orlando, Fl.

- 1999-Oct Shepard MF, Wang JC, Kabo JM. Enhancement of Pedicle Screw Fixation through the use of washers.
North American Spine Society, Annual Meeting - Chicago, IL
- 1999-Sep Shepard MF, Wang JC, Kabo JM. Pedicle Screw Fixation.
Scoliosis Research Society, Annual Meeting - San Diego, Ca.
Hibbs Award Finalist - top basic science presentation
- 1999-May Shepard MF, Lieberman JR, Kabo JM
UHMWPE Wear: an in vitro analysis comparing metal type and polished surfaces in modular total hip prosthesis.
California Orthopaedic Association, Annual Meeting - Monterey, Ca.
Lloyd Taylor Award - top resident clinical paper

Poster Presentations

- 2012 Shepard MF, Davis B, Rubin B. Can a posture shirt decrease injury rates in elite level athletes? AOSSM, Annual Meeting – Baltimore, Md.
- 2004-June Shepard MF, Dugas JR, Zheng N, Andrews JR. Differences in the Ultimate Strength of the Biceps Anchor and the Generation of Type II SLAP Lesions in a Cadaveric Model. AOSSM, Annual Meeting – Quebec City, Canada.
AOSSM Most Outstanding Scientific Poster Presentation
- 2003-May Yen YM, Shepard MF, Otsuka N. Complications associated with pediatric triple arthrodesis.
Pediatric Orthopaedic Society of North America, Annual Meeting - Amelia Island, FL
- 2000-Mar Shepard MF, Markolf KL, Dunbar, A. The effects of radial shortening on loads at the wrist - a cadaveric study.
46th Annual Meeting of the Orthopaedic Research Society – Orlando, FL
- 2000-Mar Shepard MF, Kabo JM, and Lieberman JR. Does cement technique influence the interface strength of roughened and polished femoral components.
67th Annual Meeting AAOS – Orlando FL.
- 1999-June Shepard MF, Wang JC, Kabo JM. Enhancement of Pedicle Screw Fixation Through the Use of Washers.
International Society for the Study of the Lumbar Spine, Annual Meeting - Kona, HI