Stanford



Tim McAdams, MD

Clinical Professor, Orthopaedic Surgery

CLINICAL OFFICE (PRIMARY)

- **Stanford Sports Medicine Clinic**

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ACADEMIC CONTACT INFORMATION

- **Alternate Contact**

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Bio

BIO

Dr. Tim McAdams is an orthopedic surgeon with over 25 years of experience, specializing in sports medicine. He is currently the head team physician of the San Francisco 49ers since 2014 and 49er team physician since 2007, as well as team orthopedic surgeon for Stanford Men's and Women's soccer. He has also served as team physician for the Golden State Warriors, San Francisco Giants, San Jose Earthquakes, Stanford Football, Stanford Men's basketball, and USA Men's Soccer.

He is on the Board of the NFL Physicians Society, serving as President from 2022-2024. He is also on the Advisory Board of the Naval Postgraduate School, in Monterey, CA.

When not doing surgery or covering sporting events, Dr. McAdams enjoys spending time with family, playing soccer and golf, surfing, and skiing.

CLINICAL FOCUS

- Sports Medicine
- Sports Injuries
- knee surgery
- Knee Injuries
- shoulder and elbow surgery
- Ankle Injuries
- Orthopaedic Sports Medicine

ACADEMIC APPOINTMENTS

- Clinical Professor, Orthopaedic Surgery

ADMINISTRATIVE APPOINTMENTS

- Head Team Physician, Medical Director, San Francisco 49ers, (2014- present)
- Team Physician, San Francisco Giants, (2014- present)

- Consutant Team Physician, San Francisco Giants, (2012-2013)
- Team Physician, Golden State Warriors, (2011-2013)
- Team Physician, San Francisco 49ers, (2007- present)
- Team Physician, Stanford Men's Basketball, (2004-2007)
- Program Director, Department of Orthopaedic Surgery, (2002-2008)

HONORS AND AWARDS

- San Francisco Magazine "Top Doctors", San Francisco Magazine (2018, 2019)
- Rettig Award for Academic Excellence, National Football League Physician Society (2017)
- San Francisco Magazine "Top Doctors", San Francisco Magazine (2017)
- Certificate of Added Qualification (CAQ), Sports Medicine (2007)
- Certificate of Added Qualification (CAQ), Hand Surgery (2004)
- Teacher of the Year Award, Stanford Orthopaedic Surgery (2002)
- Magna Cum Laude, Georgetown University School of Medicine (1995)
- Alpha Omega Alpha Medical Honor Society, Georgetown University School of Medicine (1994)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Vice President, National Football League Physician Society (2020 - present)
- Board Member, National Football League Physician Society (2017 - present)

PROFESSIONAL EDUCATION

- Residency: University of New Mexico Hospital (2000) NM
- Internship: University of New Mexico Hospital (1996) NM
- Board Certification: Orthopaedic Surgery, American Board of Orthopaedic Surgery (2025)
- Board Certification: Orthopaedic Sports Medicine, American Board of Orthopaedic Surgery (2025)
- Medical Education: Georgetown University School of Medicine (1995) DC
- MD, Santa Monica Sports Medicine , Knee, Sports Medicine (2007)
- Fellowship: Stanford University Hand Surgery Fellowship (2001) CA
- MD, Georgetown University , Medicine, Magna Cum Laude (1995)

LINKS

- Get a Second Opinion: https://stanfordhealthcare.org/second-opinion/overview.html

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

ACL knee injury: Graft options in the athlete.

Athlete's shoulder: Dynamic open MRI evaluation of "peel-back" SLAP lesions of the shoulder.

Elbow MCL: Biomechanical comparison of two techniques for reconstruction of the elbow MCL with palmaris autograft.

Athlete's knee articular cartilage: Investigation of articular cartilage replacement techniques.

Elbow arthroscopy: Arthroscopy lab set up in Anatomy building (both wrist and elbow). Looking at lateral ligament complex of the elbow and its role in stability.

Rotator cuff: Rabbit study in which massive rotator cuff tears are simulated and grafted with either fascia lata alone, or fascia lata with a deltoid flap procedure. Histological and Biomechanical analysis of specimens at 3 and 6 months post-operatively.

Publications

PUBLICATIONS

- **Strengthening the Pipeline: Promoting Diversity into Orthopedic Surgery.** *Clinics in sports medicine*
  van Niekerk, M., O'Mara, A., Kha, S., Zhou, J., McAdams, T. A., Ladd, A., Shea, K., Frick, S., Maloney, W. J., Chu, C. R.
  2024; 43 (2): 253-270
- **The Use of Biologics in NFL Athletes: An Expert Consensus of NFL Team Physicians.** *Orthopaedic journal of sports medicine*
  Murray, I. R., McAdams, T. R., Hammond, K. E., Haddad, F. S., Rodeo, S. A., Abrams, G. D., Bankston, L., Bedi, A., Boublik, M., Bowen, M., Bradley, J. P., Cooper, D. E., Craythorne, et al
  2023; 11 (2): 23259671221143778
- **Pectoralis Major Tendon Rupture While Bouldering.** *Wilderness & environmental medicine*
  Forrester, J. D., Chona, D. V., McAdams, T. R.
  2022
- **Return-to-play and performance after operative treatment of Achilles tendon rupture in elite male athletes: a scoping review.** *British journal of sports medicine*
  LaPrade, C. M., Chona, D. V., Cinque, M. E., Freehill, M. T., McAdams, T. R., Abrams, G. D., Sherman, S. L., Safran, M. R.
  2022
- **Biologics in professional and Olympic sport: a scoping review.** *The bone & joint journal*
  Murray, I. R., Makaram, N. S., Rodeo, S. A., Safran, M. R., Sherman, S. L., McAdams, T. R., Murray, A. D., Haddad, F. S., Abrams, G. D.
  2021; 103-B (7): 1189-1196
- **Biologics in professional and Olympic sport: a scoping review** *BONE & JOINT JOURNAL*
  Murray, I. R., Makaram, N. S., Rodeo, S. A., Safran, M. R., Sherman, S. L., McAdams, T. R., Murray, A. D., Haddad, F. S., Abrams, G. D.
  2021; 103B (7): 1189-1196
- **Infographic: Biologics in professional and Olympic sport: a scoping review.** *The bone & joint journal*
  Murray, I. R., Makaram, N. S., Rodeo, S. A., Safran, M. R., Sherman, S. L., McAdams, T. R., Murray, A. D., Haddad, F. S., Abrams, G. D.
  2021; 103-B (7): 1187-1188
- **Editorial Commentary: Operative Versus Nonoperative Management of Shoulder Instability in the National Football League Athlete: Do What Needs to Be Done-Treatment Choice Does Not Affect Future Performance or Games Played.** *Arthroscopy : the journal of arthroscopic & related surgery : official publication of the Arthroscopy Association of North America and the International Arthroscopy Association*
  McAdams, T. R.
  2021; 37 (5): 1446–48
- **The use of biologics in professional and Olympic sport: a scoping review protocol.** *Bone & joint open*
  Makaram, N. S., Murray, I. R., Rodeo, S. A., Sherman, S. L., Murray, A. D., Haddad, F. S., McAdams, T. R., Abrams, G. D.
  2020; 1 (11): 715–19
- **Delayed Union of a Diaphyseal Forearm Fracture Associated With Impaired Osteogenic Differentiation of Prospectively Isolated Human Skeletal Stem Cells.** *JBMR plus*
  Goodnough, L. H., Ambrosi, T. H., Steininger, H., DeBaun, M. R., Abrams, G. D., McAdams, T. R., Gardner, M. J., Chan, C. K., Bishop, J. A.
  2020; 4 (10): e10398
- **Cartilage Subsurface Changes to Magnetic Resonance Imaging UTE-T2*2 Years After Anterior Cruciate Ligament Reconstruction Correlate With Walking Mechanics Associated With Knee Osteoarthritis** *AMERICAN JOURNAL OF SPORTS MEDICINE*

Titchenal, M. R., Williams, A. A., Chehab, E. F., Asay, J. L., Dragoo, J. L., Gold, G. E., McAdams, T. R., Andriacchi, T. P., Chu, C. R.
2018; 46 (3): 565–72

- **Video Analysis of Anterior Cruciate Ligament Tears in Professional American Football Athletes.** *The American journal of sports medicine*
  Johnston, J. T., Mandelbaum, B. R., Schub, D., Rodeo, S. A., Matava, M. J., Silvers-Granelli, H. J., Cole, B. J., ElAttrache, N. S., McAdams, T. R., Brophy, R. H.
  2018; 46 (4): 862-868
- **Tendon Excision Following Distal Semitendinosus Injury in the Elite Athlete: A Surgical Technique.** *HSS journal : the musculoskeletal journal of Hospital for Special Surgery*
  Rebolledo, B. J., McAdams, T. R., Cooper, D. E.
  2018; 14 (2): 181–85
- **Chondral Rib Fractures in Professional American Football: Two Cases and Current Practice Patterns Among NFL Team Physicians.** *Orthopaedic journal of sports medicine*
  McAdams, T. R., Deimel, J. F., Ferguson, J., Beamer, B. S., Beaulieu, C. F.
  2016; 4 (2): 2325967115627623-?
- **Ultrasound-guided musculoskeletal interventions in American football: 18 years of experience.** *AJR. American journal of roentgenology*
  Dave, R. B., Stevens, K. J., Shivaram, G. M., McAdams, T. R., Dillingham, M. F., Beaulieu, C. F.
  2014; 203 (6): W674-83
- **Prevalence of abnormal patellofemoral congruence in elite american football players and association with quadriceps isokinetic testing.** *The journal of knee surgery*
  Brown, C. A., Carragee, C., Sox-Harris, A., Merchant, A. C., McAdams, T. R.
  2014; 27 (1): 47-52
- **ACL Reconstruction in Patients Aged 40 Years and Older A Systematic Review and Introduction of a New Methodology Score for ACL Studies** *AMERICAN JOURNAL OF SPORTS MEDICINE*
  Brown, C. A., McAdams, T. R., Harris, A. H., Maffulli, N., Safran, M. R.
  2013; 41 (9): 2181-2190
- **Biomechanical Evaluation of a Novel Reverse Coracoacromial Ligament Reconstruction for Acromioclavicular Joint Separation** *AMERICAN JOURNAL OF SPORTS MEDICINE*
  Shu, B., Johnston, T., Lindsey, D. P., McAdams, T. R.
  2012; 40 (2): 440-446
- **New Frontiers for Cartilage Repair and Protection** *CARTILAGE*
  Zaslav, K., McAdams, T., Scopp, J., Theosadakis, J., Mahajan, V., Gobbi, A.
  2012; 3 (1): 77S-86S
- **New Frontiers for Cartilage Repair and Protection.** *Cartilage*
  Zaslav, K., McAdams, T., Scopp, J., Theosadakis, J., Mahajan, V., Gobbi, A.
  2012; 3 (1 Suppl): 77S-86S
- **Pectoralis Major Tendon Rupture: A Biomechanical Analysis of Repair Techniques** *JOURNAL OF ORTHOPAEDIC RESEARCH*
  Hart, N. D., Lindsey, D. P., McAdams, T. R.
  2011; 29 (11): 1783-1787
- **An anatomic study of the coracoid process as it relates to bone transfer procedures** *JOURNAL OF SHOULDER AND ELBOW SURGERY*
  Dolan, C. M., Hariri, S., Hart, N. D., McAdams, T. R.
  2011; 20 (3): 497-501
- **Arthroscopic repair of the scapholunate interosseous ligament.** *Techniques in hand & upper extremity surgery*
  Stuffmann, E. S., McAdams, T. R., Shah, R. P., Yao, J.
  2010; 14 (4): 204-208
- **Nerve Injuries About the Elbow** *CLINICS IN SPORTS MEDICINE*
  Hariri, S., McAdams, T. R.
  2010; 29 (4): 655-?

- **Articular Cartilage Injury in Athletes** *CARTILAGE*
  McAdams, T. R., Mithoefer, K., Scopp, J. M., Mandelbaum, B. R.
  2010; 1 (3): 165-179
- **Articular Cartilage Injury in Athletes.** *Cartilage*
  McAdams, T. R., Mithoefer, K., Scopp, J. M., Mandelbaum, B. R.
  2010; 1 (3): 165-79
- **New developments in magnetic resonance imaging techniques for shoulder instability in athletes.** *Open access journal of sports medicine*
  McAdams, T. R., Fredericson, M., Vogelsong, M., Gold, G.
  2010; 1: 137-142
- **New developments in magnetic resonance imaging techniques for shoulder instability in athletes** *OPEN ACCESS JOURNAL OF SPORTS MEDICINE*
  McAdams, T. R., Fredericson, M., Vogelsong, M., Gold, G.
  2010; 1: 137–42
- **Clinical Efficacy of the Microfracture Technique for Articular Cartilage Repair in the Knee An Evidence-Based Systematic Analysis** *AMERICAN JOURNAL OF SPORTS MEDICINE*
  Mithoefer, K., McAdams, T., Williams, R. J., Kreuz, P. C., Mandelbaum, B. R.
  2009; 37 (10): 2053-2063
- **Arthroscopic Treatment of Triangular Fibrocartilage Wrist Injuries in the Athlete** *34th Annual Meeting of the American-Orthopaedic-Society-for-Sports-Medicine*
  McAdams, T. R., Swan, J., Yao, J.
  SAGE PUBLICATIONS INC.2009: 291–97
- **An analysis of four ulnar collateral ligament reconstruction procedures with cyclic valgus loading** *JOURNAL OF SHOULDER AND ELBOW SURGERY*
  Shah, R. P., Lindsey, D. P., Sungar, G. W., McAdams, T. R.
  2009; 18 (1): 58-63
- **Emerging Options for Treatment of Articular Cartilage Injury in the Athlete** *CLINICS IN SPORTS MEDICINE*
  Mithoefer, K., McAdams, T. R., Scopp, J. M., Mandelbaum, B. R.
  2009; 28 (1): 25-?
- **Articular Cartilage Injury in the Athlete** *Clin Sports Med*
  Kai Mithoefer, Timothy R McAdams, Bert Mandelbaum
  2009; 28 (1): 25-40
- **Tibial aperture bone disruption after retrograde versus antegrade tibial tunnel drilling: a cadaveric study** *KNEE SURGERY SPORTS TRAUMATOLOGY ARTHROSCOPY*
  McAdams, T. R., Biswal, S., Stevens, K. J., Beaulieu, C. F., Mandelbaum, B. R.
  2008; 16 (9): 818-822
- **Articular cartilage regeneration in the knee** *CURRENT ORTHOPAEDIC PRACTICE*
  McAdams, T. R., Mandelbaum, B. R.
  2008; 19 (2): 140–46
- **Surgical decompression of the quadrilateral space in overhead athletes** *AMERICAN JOURNAL OF SPORTS MEDICINE*
  McAdams, T. R., Dillingham, M. F.
  2008; 36 (3): 528-532
- **Articular cartilage regeneration in the knee** *Current Opinions in Orthopaedics*
  McAdams TR, Mandelbaum BR
  2008; 19: 37-43
- **Deltoid flap combined with fascia lata autograft for rotator cuff defects: a histologic study** *KNEE SURGERY SPORTS TRAUMATOLOGY ARTHROSCOPY*
  McAdams, T. R., Knudsen, K. R., Yalamanchi, N., Chang, J., Goodman, S. B.

2007; 15 (9): 1144-1149

- **Abduction and external rotation in shoulder impingement: An open MR study on healthy volunteers - Initial experience** *RADIOLOGY*
  Gold, G. E., Pappas, G. P., Blemker, S. S., Whalen, S. T., Campbell, G., McAdams, T. A., Beaulieu, C. F.
  2007; 244 (3): 815-822
- **Two ulnar collateral ligament reconstruction methods: The docking technique versus bioabsorbable interference screw fixation - A biomechanical evaluation with cyclic loading** *JOURNAL OF SHOULDER AND ELBOW SURGERY*
  McAdams, T. R., Lee, A. T., Centeno, J., Giori, N. J., Lindsey, D. P.
  2007; 16 (2): 224-228
- **Ligament and tendon injury to the elbow: clinical, surgical, and imaging features.** *Topics in magnetic resonance imaging*
  Saliman, J. D., Beaulieu, C. F., McAdams, T. R.
  2006; 17 (5): 327-336
- **Injury to the deep motor branch of the ulnar nerve during hook of hamate excision** *ORTHOPEDICS*
  Fredericson, M., Kim, B., Date, E. S., McAdams, T. R.
  2006; 29 (5): 456-458
- **In vivo anatomy of the Neer and Hawkins sign positions for shoulder impingement** *JOURNAL OF SHOULDER AND ELBOW SURGERY*
  Pappas, G. P., Blemker, S. S., Beaulieu, C. F., McAdams, T. R., Whalen, S. T., Gold, G. E.
  2006; 15 (1): 40-49
- **Acute compartment syndrome of the thigh in a football athlete - A case report and the role of the vacuum-assisted wound closure dressing** *JOURNAL OF ORTHOPAEDIC TRAUMA*
  Lee, A. T., Fanton, G. S., McAdams, T. R.
  2005; 19 (10): 748-750
- **The effect of arthroscopic sectioning of the lateral ligament complex of the elbow on posterolateral rotatory stability** *JOURNAL OF SHOULDER AND ELBOW SURGERY*
  McAdams, T. R., Masters, G. W., Srivastava, S.
  2005; 14 (3): 298-301
- **CT angiography in complex upper extremity reconstruction.** *Journal of hand surgery (Edinburgh, Scotland)*
  Bogdan, M. A., Klein, M. B., Rubin, G. D., McAdams, T. R., Chang, J.
  2004; 29 (5): 465-469
- **CT angiography in complex upper extremity reconstruction** *JOURNAL OF HAND SURGERY-BRITISH AND EUROPEAN VOLUME*
  Bogdan, M. A., Klein, M. B., Rubin, G. D., McAdams, T. R., Chang, J.
  2004; 29B (5): 465-469
- **Arthroscopic evaluation of scaphoid waist fracture stability and the role of the radioscaphocapitate ligament** *ARTHROSCOPY-THE JOURNAL OF ARTHROSCOPIC AND RELATED SURGERY*
  McAdams, T. R., Srivastava, S.
  2004; 20 (2): 152-157
- **Central screw placement in percutaneous screw scaphoid fixation: a cadaveric comparison of proximal and distal techniques.** *journal of hand surgery*
  Chan, K. W., McAdams, T. R.
  2004; 29 (1): 74-79
- **Magnetic resonance imaging in diagnosis of chronic posterolateral rotatory instability of the elbow.** *American journal of orthopedics (Belle Mead, N.J.)*
  Grafe, M. W., McAdams, T. R., Beaulieu, C. F., Ladd, A. L.
  2003; 32 (10): 501-503
- **Improving resident work environment: Evaluation of a novel cooperative program** *64th Annual Meeting of the Society-of-University-Surgeons*
  Curet, M. J., McAdams, T. R.
  MOSBY-ELSEVIER.2003: 158–63
- **The effect of pronation and supination on the minimally displaced scaphoid fracture** *CLINICAL ORTHOPAEDICS AND RELATED RESEARCH*

McAdams, T. R., Spisak, S., Beaulieu, C. F., Ladd, A. L.
2003: 255-259

- **Injury to the dorsal sensory branch of the ulnar nerve in the arthroscopic repair of ulnar-sided triangular fibrocartilage tears using an inside-out technique: a cadaver study.** *journal of hand surgery*
  McAdams, T. R., Hentz, V. R.
  2002; 27 (5): 840-844

- **Long-term follow-up of surgical release of the A(1) pulley in childhood trigger thumb** *JOURNAL OF PEDIATRIC ORTHOPAEDICS*
  McAdams, T. R., Moneim, M. S., Omer, G. E.
  2002; 22 (1): 41-43

- **The role of plain films and computed tomography in the evaluation of scapular neck fractures** *JOURNAL OF ORTHOPAEDIC TRAUMA*
  McAdams, T. R., Blevins, F. T., Martin, T. P., DeCoster, T. A.
  2002; 16 (1): 7-11

- **Frostbite: an orthopedic perspective.** *American journal of orthopedics (Belle Mead, N.J.)*
  McAdams, T. R., Swenson, D. R., MILLER, R. A.
  1999; 28 (1): 21-26