



Michael T. Freehill, MD, FAOA

Associate Professor of Orthopaedic Surgery at the Stanford University Medical Center

 Curriculum Vitae available Online

CLINICAL OFFICES

- **Stanford University Dept of Orthopaedic Surgery**

450 Broadway St

Pavilion A MC 6120

Redwood City, CA 94063

Tel (650) 723-5256

Fax (650) 498-5947

ACADEMIC CONTACT INFORMATION

- **Alternate Contact**

Nicole Matson - Administrative Associate

Email nicole.matson@stanford.edu

Tel 650-721-1836

Bio

BIO

Dr. Freehill is a board-certified, double fellowship-trained specialist in orthopaedic surgery with a sub-specialty certification in sports medicine. His concentration is in shoulder and elbow. Dr. Freehill is a team physician for the Stanford University athletics program and head physician for the Stanford University baseball team. Dr. Freehill also teaches in the Department of Orthopaedic Surgery at Stanford University School of Medicine.

Dr. Freehill's practice focuses on all shoulder conditions. He treats rotator cuff tears, shoulder instability, shoulder arthritis, sports shoulder, arthropathy, complex shoulder pathology, and sports-related shoulder injury. In addition, he is also passionate about sports-related elbow injuries, with an emphasis on thrower's elbow.

Professional and amateur athletes, as well as non-athletes, come to Dr. Freehill for expert care. His sports medicine training and specialization in shoulder replacement procedures enable him to treat patients across the lifespan. Depending on factors including the patient's condition and occupation, he may recommend treatment ranging from non-operative solutions (such as physical therapy) to cutting-edge biologics procedures or complex surgery.

In addition to his positions within the Stanford University athletics program, Dr. Freehill serves as assistant team physician for the Oakland A's. Previously, he was a team physician for the Detroit Tigers and the Winston-Salem Dash (affiliated with the Chicago White Sox); he assisted with the Baltimore Orioles. He has also served as Director of Sports Medicine for Wake Forest University Athletics.

As director of the imminent Stanford Performance and Pitching Lab, Dr. Freehill draws on his previous experience as a professional baseball player to help athletes of all skill levels. In the lab, he conducts cutting edge research on the biomechanics of overhead throwers in order to support advances in throwing performance. He has conducted a study on pitch counts in adolescent players funded by Major League Baseball. Dr. Freehill was also awarded a research grant from the National Institutes of Health to investigate stromal vascular fractionated mesenchymal cells and their potential for healing rotator cuff tendon tears.

Dr. Freehill has pioneered the use of some of the latest techniques and technology for leading-edge care. Among the advanced technologies he utilizes is a virtual reality (VR) system that enables him to perform a simulated shoulder arthroplasty procedure prior to entering the operating room with a patient. The system also enables him to predict and order customized implants if needed, which is believed to enable a more positive outcome for patients.

Peer-reviewed articles authored by Dr. Freehill explore rotator cuff injuries, shoulder arthroplasty, baseball-related injuries and performance interests, and more. His work has been featured in the American Journal of Sports Medicine, the Orthopedic Journal of Sports Medicine, Journal of Shoulder and Elbow Surgery, Arthroscopy, and elsewhere. He has written numerous book chapters and made over 200 presentations at conferences around the world.

Dr. Freehill's honors include an Orthopaedic Residency Research Award while at Johns Hopkins University. He is also a Neer Award winner, denoting the highest research award selected annually by the American Shoulder and Elbow Society.

Currently, he serves on the Medical Publishing Board of Trustees for the American Orthopaedic Society for Sports Medicine. He is a member of the American Orthopaedic Association, and the Major League Baseball Team Physician Association. He is a committee member for the American Shoulder and Elbow Surgeons Society, International Congress of Arthroscopy and Sports Traumatology, the Arthroscopy Association of North America, and the American Academy of Orthopaedic Surgeons.

CLINICAL FOCUS

- Orthopaedic Surgery

ACADEMIC APPOINTMENTS

- Associate Professor - Med Center Line, Orthopaedic Surgery

PROFESSIONAL EDUCATION

- Board Certification: Sports Medicine, American Board of Orthopaedic Surgery (2017)
- Board Certification: Orthopaedic Surgery, American Board of Orthopaedic Surgery (2014)
- Fellowship: Massachusetts General Hospital Dept of Orthopaedic Surgery (2012) MA
- Fellowship: Stanford University Orthopaedic Sports Medicine Fellowship (2011) CA
- Residency: Johns Hopkins Univ Hospital Orthopaedic Surgery (2010) MD
- Medical Education: Tulane University School of Medicine Registrar (2005) LA

Publications

PUBLICATIONS

- **Superior Capsular Reconstruction: A Systematic Review of Surgical Techniques and Clinical Outcomes.** *Arthroscopy: the journal of arthroscopic & related surgery: official publication of the Arthroscopy Association of North America and the International Arthroscopy Association*
Gao, I., Sochacki, K. R., Freehill, M. T., Sherman, S. L., Abrams, G. D.
2020
- **Quantifying Throw Counts and Intensities Throughout a Season in Youth Baseball Players: A Pilot Study.** *Journal of biomechanical engineering*
Rose, M., McCollum, K. A., Freehill, M. T., Cain, S.
2020
- **Optimizing the Double-Row Construct: An Untied Medial Row Demonstrates Equivalent Mean Contact Pressures in a Rotator Cuff Model** *ORTHOPAEDIC JOURNAL OF SPORTS MEDICINE*
Stone, A., Luo, T., Sharma, A., Danelson, K. A., De Gregorio, M., Freehill, M. T.
2020; 8 (4): 2325967120914932
- **Thrower's Exostosis of the Shoulder: A Systematic Review With a Novel Classification.** *Orthopaedic journal of sports medicine*
Freehill, M. T., Mannava, S., Higgins, L. D., Lädermann, A., Stone, A. V.

2020; 8 (7): 2325967120932101

- **Osseous Healing With Nonrigid Suture Fixation in the Arthroscopic Latarjet Procedure.** *Orthopaedic journal of sports medicine*
Weick, J. W., Kalia, V., Pacheco, E., Jacobson, J. A., Freehill, M. T.
2020; 8 (11): 2325967120964489
- **Outcomes Evaluation of the Athletic Elbow** *SPORTS MEDICINE AND ARTHROSCOPY REVIEW*
Freehill, M. T., Mannava, S., Safran, M. R.
2014; 22 (3): E25-E32
- **Biomechanical evaluation of a coracoclavicular and acromioclavicular ligament reconstruction technique utilizing a single continuous intramedullary free tendon graft.** *Journal of shoulder and elbow surgery*
Abrams, G. D., McGarry, M. H., Jain, N. S., Freehill, M. T., Shin, S., Cheung, E. V., Lee, T. Q., Safran, M. R.
2013; 22 (7): 979-985
- **Diagnosis and Management of Ulnar Collateral Ligament Injuries in Throwers** *CURRENT SPORTS MEDICINE REPORTS*
Freehill, M. T., Safran, M. R.
2011; 10 (5): 271-278
- **The Labrum of the Hip: Diagnosis and Rationale for Surgical Correction** *CLINICS IN SPORTS MEDICINE*
Freehill, M. T., Safran, M. R.
2011; 30 (2): 293-?