

Stanford



Tim McAdams, MD

Clinical Professor, Orthopaedic Surgery

CLINICAL OFFICE (PRIMARY)

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ACADEMIC CONTACT INFORMATION

- **Alternate Contact**

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Bio

CLINICAL FOCUS

- Sports Medicine
- Sports Injuries
- knee surgery
- Knee Injuries
- shoulder and elbow surgery
- hand 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)
- Consultant 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

- 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
- Residency: University of New Mexico Office of GME (2000) NM
- Internship: University of New Mexico Office of GME (1996) NM
- 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

- **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-Graneli, 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
- **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
 - **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
 - **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
 - **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