Lucas S. Rylander M.D.

Education & Certifications

B.A.: Augustana College, Rock Island, IL 1997-2001
Summa cum laude, Phi Beta Kappa, European Study Abroad Term
M.D.: University of Illinois, Peoria, IL 2001-2005
Heritage Enterprises Endowed Leadership Award
Residency: Southern Illinois University, Springfield IL 2005-2010
Fellowship: University of Colorado Sports Medicine and Shoulder Fellowship 2010-2011
ABOS Board Certified 7/24/2014-12/31/2034
Sports Subspecialty (CAQ) exam certified 10/8/2015-12/31/2034

Employment Experience & Positions Held

Orthopedic Medical Director, CPMG Orthopedics Jan 2025-present
Kaiser Surgical Sourcing and Standards Team Vice Chair Jan 2025-present
Orthopedic Associate Medical Director, CPMG Orthopedics Oct 2022-Dec 2024
Kaiser Surgical Sourcing and Standards Team committee, 2019-present
Colorado Permanente Medical Group, Denver, CO March 2017-present
University of Colorado Associate Program Director, Denver, CO May 2014-March 2017
VA Eastern Colorado Healthcare System, Denver, CO August 2012-March 2017
University of Colorado Assistant Professor, Denver, CO Aug 2012-June 2017
Orthopedic Center of Illinois, Springfield, IL Sept 2011-June 2012
-Involved with orthopedic residents as adjunct faculty
AthletiCare- Springfield, IL Sept 2011-June 2012
-Sports medicine team physician for multiple area high schools, other athletes

Orthopaedic Awards and Honors

Outstanding Service Line Medical Director CPMG, March 2026
Permanente Award, October 2021
Denver 5280 Top Doc 2019
University of Colorado Excellence in Resident Education Faculty Award, 2015
AOSSM Aircast Award for Clinical Study (best study submitted by Fellow), 2012
Best Fellow Research Project June 2011, University of Colorado Sports Fellowship Research Day
AOA Emerging Leaders Program 2009-Present
AOA Resident Leadership Program June 2009
SIU Resident Researcher of the Year 2010
Best Poster Award Mid-America Orthopaedic Meeting April 2010
JOT PGY3 Best Teaching Resident Award 2008
Medical Student Teaching Award 2007
Orthopaedic Governance Council 2007-2010

Team Coverage

VA Winter Sports Clinic Physician, April 2013, April 2014, April 2015, April 2016
AthletiCare Team Physician- Southeast & Litchfield High Schools, Sept 2011-June 2012
University of Colorado, Assistant Team Physician, August 2010-July 2011
University of Denver, Assistant Team Physician, August 2010-July 2011
Northglenn High School, Team Physician, August 2010-July 2011
Bear Tooth Ultra-marathon, Assistant Physician, October 2010

Peer-reviewed Journal Publications

1. Rylander LS**,** Milbrandt JC, Armington E, Wilson B, Olysav DJ. Trace Metal Analysis following Locked Volar Plating for Unstable Fractures of the Distal Radius. *Iowa Orthopaedic Journal* June 2010;30 .
2. Rylander L, Froelich JM, Novicoff W, Saleh K. Femoracetabular Impingement and Acetabular Labral Tears. *Orthopedics* 2010; 33(5): 342-52.
3. Rylander L, Milbrandt JC, Wallace A, Allan DG. Clinical and Radiographic Evaluation of Midterm Failure Rates Following Metal-On-Metal Hip Resurfacing. *J Arthroplasty* 2011 Sep;26(6):897-902. doi: 10.1016/j.arth.2010.09.001. Epub 2010 Dec 4.
4. Gerhardt DC, VanDerWerf JD, Rylander LS, McCarty EC. Postoperative Coracoid Fracture Following Transcoracoid Acromioclavicular Joint Reconstruction. *J Shoulder Elbow Surg. 2011 Jul;20(5):e6-10. doi: 10.1016/j.jse.2011.01.017. Epub 2011 Apr 12.*
5. Rylander L, Brunelli J, Taylor M, Baldini T, Ellis B, Hawkins M, McCarty E. A biomechanical comparison of anterior cruciate ligament suspensory fixation devices in a porcine cadaver model. *Clinical Biomechanics Epublished Nov 2013 ahead of print.* *http://dx.doi.org/10.1016/j.clinbiomech.2013.11.001*.
6. Rylander L, Baldini T, Mitchell J, Messina M, Justl Ellis I, McCarty E. Coracoclavicular Ligament Reconstruction: coracoid tunnel diameter correlates with failure risk. *Orthopedics* 2014; 37(6): 377. Doi: 10.3928/01477447-20140528-52.
7. Friedman JL, FitzPatrick JL, Rylander LS, Bennett C, Vidal AF, McCarty EC. Biceps Tenotomy Versus Tenodesis in Active Patients Younger Than 55 Years: is there a difference in strength and outcomes? *Orthopaedic Journal of Sports Medicine.* 2015 Feb; 3(2): 2325967115570848. doi:10.1177/2325967115570848.
    a. ***Winner of 2012 Aircast Clinical Award.***
8. Mitchell JJ, Fader RR, Munkwitz M, Rylander LS. Arthroscopic Treatment of Suprascapular Neuropathy from a Suprascapular Notch Cyst Using a Lateral Subacromial Approach. *JBJS Essent Surg Tech, 2015 Mar 11;5(1):e5.* *http://dx.doi.org/10.2106/JBJS.ST.N.00103*
9. Joyce CD, Mitchell JJ, Munkwitz M, Rylander LS. Management of massive bone loss in infected reverse shoulder arthroplasty using an articulating hip antibiotic spacer: a case report. *J Shoulder Elbow Surg.* 2015 Apr; e1-6. http://dx.doi.org/10.1016/j.jse.2015.02.002

Book Chapters:

1. Evaluation of Acute Sports Injuries in the Adult Athlete. Rebecca Sjostrom, MD, Eric McCarty, MD, Jennifer FitzPatrick, MD, Amy K. MacDougall, MD, and Lucas Rylander, MD. Lifestyle Medicine, Second Edition Chapter 63.

Scientific Podium Presentations

"*Short-term Clinical Outcome of Patients Treated with a Metal-on-Metal Resurfacing Hip Replacement"*
-SIU Department of Surgery Research Day 2006

"Clinical Outcomes of a Metal-on-Metal Hip Resurfacing System: an analysis of revision rates & causes for failure"
-Mid-America Orthopedic Society Meeting 2008
-SIU Department of Surgery Research Day 2008

"Resident Satisfaction with a Newly Instituted Research Program"
-SIU Department of Surgery Research Day 2010

"Coracoid Fracture Following Transcoracoid Drilling: a biomechanical study"
-U of Colorado Resident/Fellow Research Day
-U of Colorado Sports Fellowship Research Day
"Biceps Tenotomy vs Tenodesis in the Younger Active Patient Under Age 55: Is There a Difference in Strength and Outcomes?"
-AOSSM Annual Meeting 2012 (not the presenting author)
-Aircast Clinical Award Winner 2012

Scientific Poster Presentations

"Analysis of Metal Ion Levels after Volar Plating of Distal Radii for Distal Radius Fractures"
-SIU Department of Surgery Research Day 2009
-Mid-America Orthopaedic Society Meeting 2010
"Clinical and Radiographic Evaluation of Midterm Failure Rates Following Metal-On-Metal Hip Resurfacing"
-Mid-America Orthopaedic Society Meeting 2010
-AOA Annual Meeting 2010
"Biomechanical Analysis of Femoral Suspensory Fixation Devices: A Practical Comparison"
-AOSSM Annual Meeting 2012
"Management of massive bone loss in infected reverse shoulder arthroplasty using an articulating hip antibiotic spacer: a case report."
-University of Colorado Annual Research Day 2015
*Best Intern level poster award (Faculty mentor)

Professional Organizations

Mid-America Orthopedic Association 2008 - 2011
AOA Emerging Leaders Program 2009-2016
Associate Member, Arthroscopy Association of North America 2011-present
Active Member, AOSSM Aug 2015-present
Fellow, American Academy of Orthopaedic Surgeons, March 2016-present
Colorado Medical Society September 2017-present

Committees:

Kaiser Lone Tree Surgery Center Executive Committee November 2022-present
SkyRidge Hospital Trauma Committee January 2023-present
Kaiser Permanente Sports SST National Committee 2019-present
Kaiser Permanente Sports CPC Local Committee 2018-present
University of Colorado Program Evaluation Committee April 2014-March 2017
University of Colorado Clinical Competence Committee June 2014-March 2017

Primary Clinical Interests

Shoulder and Knee Arthroscopy; Sports Medicine; Shoulder Arthroplasty