

Roger V. Ostrander, MD

Andrews Orthopaedic and Sports Medicine Center
850-916-3700
www.andrewsortho.com

CURRENT EMPLOYMENT

Andrews Orthopaedic and Sports Medicine Center 2004 - Present
Specialty: Orthopaedic Surgery and Sports Medicine
Andrews Institute
1040 Gulf Breeze Pkwy, Suite 200
Gulf Breeze, FL 32561

ACADEMIC AFFILIATIONS

Andrews Institute / American Sports Medicine Institute
Faculty, Sports Medicine & Arthroscopy Fellowship Program

Florida State University College of Medicine
Clinical Assistant Professor

CERTIFICATION

Board Certified, American Board of Orthopaedic Surgery

EDUCATION

American Sports Medicine Institute 2003-2004
Birmingham, AL
Sports Medicine & Arthroscopy Fellow
Fellowship Directors: James Andrews, MD & William Clancy, MD

University of California, San Diego 1997-2003
San Diego, CA
General Surgery Internship and Orthopaedic Surgery Residency

Boston University School of Medicine 1993-1997
Boston, MA
Doctor of Medicine
Magna Cum Laude

Bowdoin College 1987-1991
Brunswick, ME
Bachelor of Arts, Major: Biology
Cum Laude

The Taft School 1983-1987
Watertown, CT
College Preparatory School Diploma
Cum Laude

HONORS AND AWARDS

California Orthopaedic Association's Depuy Resident Award 2003

AOA-Zimmer 14th Annual Travel Award for USA Orthopaedic Residents 2001

Western Orthopaedic Association's Vernon P. Thompson Award 2001

California Orthopaedic Association's Orthopaedic Hospital Award 2001

Presented to the most outstanding resident paper in basic orthopaedic research.

James Esch, MD Award 2000

Awarded to the best research paper given by an Orthopaedic Resident based on work in their clinical year.

Resident Research Day Award 1999

Awarded to the best Orthopaedic Resident research project.

Merk Manual Award 1997

Presented annually to the three most outstanding students in medical studies.

Alpha Omega Alpha Honor Medical Society 1997

Dora Savenor Memorial Prize for Excellence in Surgery 1997

Presented to the graduating medical student who achieved the highest score during his third year surgical clerkship.

Pathology Chairs Honor Society 1997

E.K. Van Swearingen Scholarship 1993, 1994, 1995, 1996

Awarded to the best premedical students graduated from Bowdoin College.

Dean's List, Bowdoin College 1989, 1990, 1991

LICENSURE

Florida Medical License 2004

Alabama Medical License 2003

California Medical License 1998

Emergency Medical Technician 1992
Massachusetts Department of Public Health

WORK EXPERIENCE AND RESEARCH

Research Fellow 1998-1999
San Diego, CA
Connective Tissue Laboratory, University of California, San Diego

NOVA Biomedical 1991-1993
Waltham, MA
Participated in the research and development of a new analytical instrument technique for performing low level immunoassays in blood.

University of Connecticut Health Center 1991
Farmington, CT
Studied free-calcium mediated lysosomal enzyme release by neutrophils.

GRANTS

Biomet, Inc. 2004
“Anatomy and Dimensions of the Ulnar Collateral Ligament.”
Principal Investigators: Roger V. Ostrander, MD & Jeff Dugas, MD \$15,000

CARE-TECH Laboratories 2001
“Efficacy of Surgical Preparation Solutions Used in Foot and Ankle Surgery”
Principal Investigator: Roger V. Ostrander, MD \$24,000

Medi-Flex, Inc. 2001
“Efficacy of Surgical Preparation Solutions Used in Foot and Ankle Surgery”
Principal Investigator: Roger V. Ostrander, MD \$24,000

Orthopaedic Research and Education Foundation Resident Research Grant 2000
“Donor Cell Fate in Tissue Engineering for Articular Cartilage Repair”
Principal Investigator: Roger V. Ostrander, MD \$15,000

PUBLICATIONS

Dugas J, **Ostrander R**, Cain EL, Kingsley D, Andrews J: Anatomy of the Anterior Bundle of the Ulnar Collateral Ligament. J Shoulder Elbow Surg. Sep-Oct;16(5):657-60, 2007.
Reinhold M, Macrina L, **Ostrander R**, Cain E, Dugas J: Rehabilitation after articular cartilage repair procedures: Osteochondral autograft transplantation and autologous chondrocyte

implantation. In: Manske RE, editor. *Postsurgical Orthopedic Sports Rehabilitation: Knee & Shoulder*. St. Louis: Mosby, Inc.; 2006. p. 383-407.

Ostrander R, Botte M, Brage M: Efficacy of surgical preparation solutions in foot and ankle surgery. *J Bone Joint Surg Am*. 87:980-985, 2005.

Ball ST, Goomer RS, **Ostrander RV**, Tontz WL, Williams SK, Amiel D: Pre-incubation of tissue engineered constructs enhances donor cell retention. *Clinical Orthopaedics and Related Research*. 1 (420), 276-285, 2004.

Ostrander R, Dugas J, Campbell J: The team physician and PDAs. *Sports Medicine Update: Newsletter of the American Orthopaedic Society for Sports Medicine*. Jan-Feb, 2004.

Tasto JP, **Ostrander R**, Bugbee W, Brage M: The diagnosis and management of osteochondral lesions of the talus: osteochondral allograft update. *Arthroscopy*. Dec; 19 Supplement 1:138-41, 2003

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery. *Clinical Orthopaedics and Related Research*. 406:246-252, 2003.

Coutts RD, Healey RM, **Ostrander RV**, Sah RL, Goomer RS, Amiel D: Tissue engineering, cells, scaffolds, and growth factors: Matrices for cartilage repair. *Clinical Orthopaedics and Related Research*. October Supplement. 391:S271-S279, 2001.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: Donor cell fate in tissue engineering for articular cartilage repair. *Clinical Orthopaedics and Related Research*. 389:228-237, 2001.

Goomer RS, Maris T, **Ostrander RV**, Amiel D: PT-12, a putative ras-activated proliferation-dependent gene, is expressed in patellar tendon and not in anterior cruciate ligament. *Journal of Orthopaedic Research*. 17(5):745-7, 1999.

INSTRUCTOR

Associate Masters Instructor, Masters Experience-Arthroscopic Surgical Skills Series; Fundamentals in Arthroscopy Resident Course, Orthopaedic Learning Center, Rosemont, IL, Summer 2007.

PRESENTATIONS

Ostrander R: Knee Dislocations.

1st Annual Injuries in Football Course, Pensacola Beach, FL February, 2006.

Ostrander R; Anatomy of the Ulnar Collateral Ligament: Clinical Implications.

The ASMI 23rd Annual Injuries in Baseball Course. Scottsdale, AZ. January, 2005.

Ostrander R, Botte M, Brage M: Efficacy of surgical preparation solutions used in foot and ankle surgery.

American Orthopaedic Foot and Ankle Society's Annual Summer Meeting, Seattle, WA; July, 2004. Poster

Andrews J, **Ostrander R**, Zemanovic J: Modified Tommy John method with subcutaneous ulnar nerve transposition.

American Orthopaedic Society for Sports Medicine, Surgical Skills Course: Surgery for the Athlete's Elbow. Rosemont, IL; September, 2003.

Jablonski M, **Ostrander R**, Davies M: Live video demonstration - Anatomy of the shoulder. The 22nd Annual Injuries in Baseball Course, Orlando FL, January 2004.

Ball ST, Goomer RS, **Ostrander RV**, Tontz WL, Williams SK, Amiel D: Pre-incubation of tissue engineered constructs enhances donor cell retention.

California Orthopaedic Association's 2003 Annual Meeting, San Francisco, CA, May 2003.

Tasto J, **Ostrander R**: Instructional Course: Advanced techniques in arthroscopic ankle surgery.

22nd Annual Meeting of the Arthroscopy Association of North America, Phoenix, AZ, April, 2003.

Tasto J, **Ostrander R**: The Use of Allografts for Osteochondral Lesions of the Talus.

American Orthopaedic Foot and Ankle Society's Sports Medicine of the Foot and Ankle, Snowmass, CO, March, 2003.

Tasto J, **Ostrander R**, Bugbee W, Brage M: Presidential Symposium: Diagnosis and Management of Osteochondral Lesions of the Talus – Osteochondral Allograft Update.

69th Annual Meeting of the American Academy of Orthopaedic Surgeons, Dallas, TX, 2002.

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery.

Orthopaedic Trauma Association's 17th Annual Meeting, San Diego CA, October, 2001. Poster.

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery.

Western Orthopaedic Association's 65th Annual Meeting, San Francisco, CA, September 2001.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: Donor cell fate in tissue engineering for articular cartilage repair.

Western Orthopaedic Association's 65th Annual Meeting, San Francisco, CA, September 2001.

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery.

American Orthopaedic Foot and Ankle Society's 17th Annual Summer Meeting, San Diego, CA, July 2001.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: Donor cell fate in tissue engineering for articular cartilage repair.
114th Annual Meeting of the American Orthopaedic Association, Palm Beach, FL, June 2001. Poster.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: Donor cell fate in tissue engineering for articular cartilage repair.
California Orthopaedic Association and the Nevada Orthopaedic Society's 2001 Annual Meeting, Las Vegas, NV, May 2001.

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery.
Orthopaedic Rehabilitation Association's 12th Annual Meeting, San Diego, CA, April 2001.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: Donor cell fate in tissue engineering for articular cartilage repair.
The American Orthopaedic Association / Orthopaedic Research and Education Foundation's 34th Annual Residents' Conference Hershey, PA, March 2001.

Tontz W, **Ostrander R**, Ball S, Goomer R, Harwood F, Maris T, Amiel D: Long term donor cell fate following articular cartilage repair in a rabbit model.
47th Annual Meeting of the Orthopaedic Research Society, San Francisco, CA, 2001. Poster

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery.
68th Annual Meeting of the American Academy of Orthopaedic Surgeons, San Francisco, CA, 2001. Poster

Goomer RS, Harwood FL, Carmichael D, **Ostrander RV**, Mishima H, Maris T, Amiel D: Ex-vivo gene therapy with connective tissue growth factor (CTGF) upregulates the chondrocytic phenotype of perichondrium cells following tissue engineered repair of osteochondral defects.
46th Annual Meeting of the Orthopaedic Research Society, Orlando, FL, 2000.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: SRY gene as a marker for the assessment of donor cell fate in tissue engineering for the repair of osteochondral defects in a rabbit model.
46th Annual Meeting of the Orthopaedic Research Society, Orlando, FL, 2000.

PUBLISHED ABSTRACTS

Ostrander R, Botte M, Brage M: Efficacy of surgical preparation solutions used in foot and ankle surgery.
Proceedings, American Orthopaedic Foot and Ankle Society's Annual Summer Meeting, Seattle, WA; July, 2004.

Ball ST, Goomer RS, **Ostrander RV**, Tontz WL, Williams SK, Amiel D: Pre-incubation of tissue engineered constructs enhances donor cell retention.
Proceedings, California Orthopaedic Association's 2003 Annual Meeting, San Francisco, CA, May 2003.

Tasto J, **Ostrander R**: Instructional Course: Advanced techniques in arthroscopic ankle surgery.
Proceedings, 22nd Annual Meeting of the Arthroscopy Association of North America, Phoenix, AZ, April, 2003

Tasto J, **Ostrander R**: The Use of Allografts for Osteochondral Lesions of the Talus.
Proceedings, American Orthopaedic Foot and Ankle Society's Sports Medicine of the Foot and Ankle, Snowmass, CO, March, 2003

Tasto J, **Ostrander R**, Bugbee W, Brage M: Presidential Symposium: Diagnosis and Management of Osteochondral Lesions of the Talus – Osteochondral Allograft Update.
Proceedings, 69th Annual Meeting of the American Academy of Orthopaedic Surgeons, Dallas, TX, 2002.

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery.
Proceedings of the Orthopaedic Trauma Association's 17th Annual Meeting, San Diego CA, October, 2001.

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery.
Proceedings, Western Orthopaedic Association's 65th Annual Meeting, San Francisco, CA, September 2001.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: Donor cell fate in tissue engineering for articular cartilage repair.
Proceedings, Western Orthopaedic Association's 65th Annual Meeting, San Francisco, CA, September 2001.

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery.
Proceedings, Orthopaedic Rehabilitation Association's 12th Annual Meeting, San Diego, CA April 2001.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: Donor cell fate in tissue engineering for articular cartilage repair.
The Journal of Bone and Joint Surgery Orthopaedic Transactions from the American Orthopaedic Association / Orthopaedic Research and Education Foundation's 34th Annual Residents' Conference, Hershey, PA, March 2001.

Ostrander RV, Brage ME, Botte MJ: Residual bacterial skin contamination following surgical preparation in foot and ankle surgery.
Proceedings, 68th Annual Meeting of the American Academy of Orthopedic Surgeons, San Francisco, CA, 2001.

Tontz WL, **Ostrander RV**, Ball S, Goomer RS, Harwood FL, Maris TM, Amiel D: Long term donor cell fate following articular cartilage repair in a rabbit model.
Transactions of the 47th Annual Meeting of the Orthopaedic Research Society, San Francisco, CA, 2001.

Goomer RS, Harwood FL, Carmichael D, **Ostrander RV**, Mishima H, Maris T, Amiel D: Ex-vivo gene therapy with connective tissue growth factor (CTGF) upregulates the chondrocytic phenotype of perichondrium cells following tissue engineered repair of osteochondral defects. The Journal of Bone and Joint Surgery Orthopaedic Transactions from the 46th Annual Meeting of the Orthopaedic Research Society, Orlando, FL, 2000.

Goomer RS, Harwood FL, Carmichael D, **Ostrander RV**, Mishima H, Maris T, Amiel D: Ex-vivo gene therapy with connective tissue growth factor (CTGF) upregulates the chondrocytic phenotype of perichondrium cells following tissue engineered repair of osteochondral defects. Transactions of the 46th Annual Meeting of the Orthopaedic Research Society, Orlando, FL 2000.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: SRY Gene as a marker for the assessment of donor cell fate in tissue engineering for the repair of osteochondral defects in a rabbit model.
The Journal of Bone and Joint Surgery Orthopaedic Transactions from the 46th Annual Meeting of the Orthopaedic Research Society, Orlando, FL 2000.

Ostrander RV, Goomer RS, Tontz WL, Khatod M, Harwood FL, Maris TM, Amiel D: SRY Gene as a marker for the assessment of donor cell fate in tissue engineering for the repair of osteochondral defects in a rabbit model.
Transactions of the 46th Annual Meeting of the Orthopaedic Research Society, Orlando, FL 2000.

TEAM PHYSICIAN EXPERIENCE

United States National Indoor Lacrosse Team, Team Physician, 2007
University of West Florida, Team Physician, 2005-Present
West Florida High School, Team Physician, 2007
Escambia High School, Team Physician, 2006
Pensacola Ice Pilots Minor League Hockey, 2006 - Present
Auburn University Football & Athletics, 2003-2004
Tampa Bay Devil Rays Physicals, 2004
Birmingham Barons AA Baseball, 2003-2004
Alabama Slammers Minor League Hockey, ECHL, 2003-2004
Mountain Brook, AL High School Football, 2003-2004

Pensacola Marathon, 2005

SOCIETY MEMBERSHIP

American Academy of Orthopaedic Surgery
Arthroscopy Association of North America
American Orthopaedic Society for Sports Medicine
Florida Medical Association

ACTIVITIES & INTERESTS

Athletics: Golf, Skiing.

Fishing: Special interest in fly-fishing, fresh water and salt water.