Michael Finnegan Shepard M.D.
Orthopaedic Specialty Institute

NOT YET RETAINED

Professional Experience

2002-2003	Sports Fellowship - American Sports Medicine Institute James Andrews MD and William Clancy MD
1998-1999	UCLA Department of Orthopaedic Surgery Research Fellowship
1997-2002	UCLA Department of Orthopaedic Surgery Resident
1996-1997	UCLA Department of General Surgery Internship

Education

1992-1996	UCLA School of Medicine, M.D., graduated with AOA honors
1988-1992	UC Davis, B.S. in Biochemistry, Summa Cum Laude

Faculty

2015-present	Assistant Clinical Professor – Loma Linda School of Medicine
2015-present	Faculty – Hoag Orthopaedic Institute Sports Medicine Fellowship
2010-present	UC Irvine School of Medicine - Sports Medicine Rotation
2010-2020	Chapman University - Athletic Training Program
2009-present	Orange County Kaiser Permanente Sports Medicine Fellowship Director of On Field Sports Team Coverage
2007-2011	Assistant Clinical Faculty, UC Irvine Department of Orthopaedic Surgery

Certification

2014	Recertification – American Board of Orthopaedic Surgery
2004	Diplomate American Board of Orthopaedic Surgery
1998	California State Medical License – A 65213
1998	Drug Enforcement Agency License - BS5970618

Affiliations

2020-present	Team Physician Orange County Profession Soccer Club. USL
2021-present	California Community College Athletic Trainers Association medical advisory board – CCCATA MAB
2019	Journal Reviewer – HSS Journal
2019-present	Hoag Orthopaedic Institute Ambulatory Surgery Board
2018	Team Physician, World Tennis Association, Newport Beach Oracle Challenger Series
2017	Team Physician, USA Gymnastics National Championship
2013-2016	Los Angeles Angels of Anaheim – Team Orthopaedic Surgeon
2015-present	Head Team Physician, Orange Coast College Junior College

2013-present USA Olympic Volleyball – Men's and Women's Team Physician
2005- present California State High School CIF Medical Subcommittee
2003- present Team Physician, University of California, Irvine
2003- present Team Physician, Chapman University
2003- present Head Team Physician, Santa Ana Junior College
2006- present Head Team Physician, Servite HS
2006- 2016 Head Team Physician, Rosary HS
2003- 2012 Head Team Physician, Villa Park HS
2002-2003 Assistant Team Physician to Jim Andrews – Troy State Universty

Awards and Honors

2022 Orange County Medical Association top doctor – Orthopaedic Surgery
2020 Orange County Medical Association top doctor – Orthopaedic Surgery
2019 Orange County Medical Association top doctor – Orthopaedic Surgery
2018 Africa Adventure Company Photo Competition – 1st place - Birds
2018 Orange County Medical Association top doctor – Orthopaedic Surgery
2017 Wilderness Safaris Photographic Finalist, Best Moments
2017 Orange County Medical Association top doctor – Orthopaedic Surgery
2017 Knight of the Equestrian Order of the Holy Sepulchre
2017 Philanthropic Business of the Year – National Football Foundation
2016 Orange County Medical Association top doctor – Orthopaedic Surgery
2016 Top Photo Portfolio East Africa – Africa Adventure Company
2015 Orange County Medical Association top doctor – Orthopaedic Surgery
2014 Orange County Medical Association top doctor – Orthopaedic Surgery
2014 Medical Advisor, Orange County Athletic Directors Association
2013 Orange County Medical Association top doctor – Orthopaedic Surgery
2013 Medical Advisor, Orange County Athletic Directors Association
2013 Top Doctors America – Orthopaedic Surgery
2012 Orange County Medical Association top doctor – Orthopaedic Surgery
2012 Medical Advisor, Orange County Athletic Directors Association
2011 OCMA top doctor – Orthopaedic Surgery
2011 UCI non-Faculty Teaching Award UCI Dept Orthopaedic Surgery
2010 OCMA top doctor – Orthopaedic Surgery
2009 OCMA top doctor – Orthopaedic Surgery
2008 UCI non-Faculty Teaching Award UCI Dept Orthopaedic Surgery
2008 OCMA top doctor – Orthopaedic Surgery
2008 President Orange County Chapter - Western Orthopaedic Association
2006 Vice President Western Orthopaedic Association
2004 Most Outstanding Scientific Poster Presentation – AOSSM Annual Meeting
2001 Lloyd W Taylor Orthopaedic Research Award –
California Orthopaedic Association Top Resident Paper
2000 Frank Stinchfield Award - Hip Society Research Award –
Outstanding Contribution to Hip Research
1999 Lloyd W Taylor Orthopaedic Research Award – COA top resident paper
1996 Alpha Omega Alpha Medical Honor Society
1994 McGraw Hill Scholarship - top UCLA medical student, basic science years

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1993	Short Term Science Training Program - UCLA research scholarship
1992	Chancellor's Award - top campus and community leadership at UC Davis
1992	National Football Foundation and College Football Hall of Fame Scholar Athlete
1992	NCAA Postgraduate Scholarship
1992	Woody Hayes National Scholar Athlete Award - Top Div II student athlete in nation
1991	Division II All American Defensive Tackle, UCD
1990-1991	Two Time GTE Academic All American Defensive Tackle, UCD
1991	Phi Kappa Phi and Golden Key Honor Societies
1990-1992	University of California Regents Scholarship

Publications

2024	Graft Choice in Anterior Cruciate Ligament Reconstruction, Either Quadriceps Autograft or Bone-Patellar Tendon-Bone Autograft, was Not Associated with Increased Return to OR for Arthrofibrosis. OJSM/2023/067635
2020	Park AJ, Liu J, Sethi P, McMillan S, Ford E, Shepard MF, Amin NH. Identification of the Sensory Dependent Locations of the Shoulder Joint to Optimize Surgical Approaches and Reduce Postoperative Pain: A Systematic Review. Surg Technol Int. 2020 Oct 19;37:sti37/1355. PMID: 33080040
2018	Simple Arthroscopic Menisectomy: A performance-improvement strategy for prescribing recommendations and community safety. V Gardner, D Gazzaniga, MF Shepard, RC Grumet, B Rubin, M Dempewolf, Camille Bray, C Prietto. *JBJS open access.* d 2018:e0033. http://dx.doi.org/10.2106/JBJS.OA.18.00033
2017	Pectoralis major tendon rupture in a professional baseball player. Dempewolf MJ; Grumet, RC; Shepard, MF; Kocher, K; Munson, E; Hostetter, G; *Current Orthopaedic Practice*: March/April 2017, Vol 28, Issue 2, pp 235-7
2011	Shepard MF. Frozen Shoulder. Orange County Family Magazine
2011	Shepard MF. STOP overuse Injuries. Orange County Family Magazine
2004	Shepard MF, Dugas JR, Zheng N, Andrews JR. Differences in the Ultimate Strength of the Biceps Anchor and the Generation of Type II SLAP Lesions in a Cadaveric Model. *Am J Sports Med,* 2004 July-August: 32(5):1197-1202.
2003	Clancy WM, Shepard MF, Cain LE. The Pinnacle Series: Posterior Lateral

NOT YET RETAINED

Corner Reconstruction. *American Journal of Orthopaedics.* 2003 Apr; 32(4): 171-7

2002 Shepard MF, Wang J, Kabo JM. The effects of polyaxial pedicle screws on the stiffness of lumbar fusion constructs. *J Spinal Disord Tech.* 2002 Jun;15(3):233-6.

2002 Shepard MF, Wang JC, Oshtory R, Yoo J, Kabo JM. Enhancement of pedicle screw fixation through washers. *Clin Orthop.* 2002 Feb;(395):249-54.

2002 Shepard MF, Hunter DM, Davies MR, Shapiro MM, Seeger L. The clinical significance of anterior horn meniscal tears diagnosed on magnetic resonance images. *Am J Sports Med*. 2002 Mar-Apr;30(2):189-92.

2001 Shepard MF, Markolf K, Dunbar, A. The effects of partial and total interosseous membrane transection on load sharing in the cadaveric forearm. *Journal of Orthopaedic Research* 19 (4): 587-92, 2001

2001 Shepard MF, Markolf KL, Dunbar, A. The effects of radial head excision and radial shortening on load sharing in the forearm - a cadaveric study. *Journal Bone and Joint Surgery*. 83-A (1): 92-100, 2001.

2000 Shepard MF, Kabo JM, and Lieberman JR. **The Frank Stinchfield Award**: Influence of cement technique on the interface strength of femoral components. *Clinical Orthopaedics and Related Research*. (381): 26-35, 2000.

1999 Shepard MF, Kabo JM, and Lieberman JR: UHMWPE Wear: An in vitro analysis comparing metal type and polished surfaces in modular total hip prosthesis. *Journal of Arthroplasty.*14(7):860-6, 1999.

1995 Markolf KL, Burchfield DM, Shapiro MM, Shepard MF, Slauterbeck JL: Combined knee loading states that generate high anterior cruciate ligament forces. *Journal of Orthopaedic Research.* 13(6):930-5, 1995.

Research in Process / Publications in Review

Presentations

2026 – Apr Shepard MF. Master Instructor KP Multiligamentous Knee Injury Course. Posterior Lateral Corner Live Dissection.

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2025 – Apr	Shepard MF. Master Instructor KP Multligamentous Knee Injury Course. Posterior lateral corner injuries of the knee. PL Corner Dissection
2024 – Aug	Shepard MF. Westerrn Orthopaedic Association Annual Meeting. Practice Management : 20 year perspective
2024 – Aug	Shepard MF. Westerrn Orthopaedic Association Annual Meeting. Moderator Shoulder Elbow Rapid Fire Session.
2024 – Mar	Shepard MF. Master Instructor KP Multligamentous Knee Injury Course. Medial Collateral ligament injuries.
2023- May	Shepard MF. What I am looking for in a junior partner. USC Dept Orthopaedic Surgery – The Business of Orthopaedic Surgery
2023 – Mar	Shepard MF. Master Instructor KP Multligamentous Knee Injury Course. Posterior Lateral Corner Injuries of the Knee.
2023 – Jan	Shepard MF. Private Practice Models and Contract Considerations. UCLA Core Curriculum.
2022-April	Shepard MF. The Thrower's Shoulder. Far West Athletic Trainers Association. San Diego, CA.
2022-April	Shepard MF. The Tommy John Epidemic. FWATA. San Diego, CA.
2021-Aug	Shepard MF. Thrower's elbow. UCI Dept Orthopaedic Surgery Grand Rounds. Irvine, CA
2021-Feb	Shepard MF. Posterior Lateral Corner Injuries of the Knee. Loma Linda Medical Center – Grand Rounds. Loma Linda, CA
2019-Nov	Shepard MF. What I am looking for in a junior partner. USC Dept Orthopaedic Surgery – The Business of Orthopaedic Surgery
2019-May	Shepard MF. The Thrower's Elbow. Loma Linda Medical Center – Grand Rounds. Loma Linda, CA
2109-April	Shepard MF. Injection Therapy for Elbow Injuries. FWATA. San Diego, CA.
2019-April	Shepard MF. The Tommy John Epidemic. FWATA. San Diego, CA.
2019-April	Shepard MF. Posterior Lateral Corner Injuries. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca.

NOT YET RETAINED

2019-March Shepard MF. Rotator cuff tears – Surgical Management. Physical Therapy Course – What they don't teach you in school. Costa Mesa, Ca.

2018-April Shepard MF. Treatment of Medial Collateral Ligament Injuries in the Multi-Lig Knee. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca.

2018-April Shepard MF. Posterior Lateral Corner Injuries. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca.

2018-Mar Shepard MF. Management of Multi-Ligamentous Knee Injuries. Loma Linda Medical School Annual Postgraduate Conference.

2018-Feb Shepard MF. The Thrower's Elbow. The Dale Daniel's Course – Kaiser Permanente. Los Angeles, CA

2017-Sep Shepard MF. Shoulder Evaluation and Physical Exam. Chapman University – School of Physical Therapy

2017-Aug Shepard MF. Knee Dislocations and the Treatment of Posterior Lateral Corner Injuries. HOI Grand Rounds. Irvine, Ca.

2017-June Shepard MF. Posterior Lateral Corner Injuries. UC Irvine Orthopaedic Surgery Residency Graduation Day. Irvine, Ca.

2017-April Shepard MF. Treatment of Medial Collateral Ligament Injuries in the Multi-Lig Knee. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca.

2017-April Shepard MF. Posterior Lateral Corner Injuries. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca.

2017-Feb Shepard MF. The Thrower's Elbow. Loma Linda Medical Center – Grand Rounds. Loma Linda, CA

2016-Nov Shepard MF. Diagnosis and Treatment of Hip and Oblique injuries in Major League Baseball Players. MLB Injuries Course. Santa Domingo, Dominican Republic

2016-Mar Shepard MF. Prospective comparison of Ultrasound Guided Interscalene Block Versus Suprascapular Nerve Block in Patients undergoing Rotator Cuff Surgery. Amercian Academy of Orthopaedic Surgeons. Annual Meeting. Orlando, FL

2016-Jan Shepard MF. Rotator cuff tears in elite throwers. 34th Annual American Sports Medicine Institute Injuries in Baseball Course – Costa Mesa, Ca.

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2016-Jan Shepard MF. Elbow Anatomy. 34th Annual American Sports Medicine Institute Injuries in Baseball Course – Costa Mesa, Ca.

2015-April Shepard MF. Posterior Lateral Corner Injuries. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca.

2015-April Shepard MF. Master Instructor. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca

2015-April Shepard MF. Upper Extremity Orthopaedic Surgery Update. 2015 ACBSP Chiropractic Sports Science Symposium

2014-April Shepard MF. Treatment of LCL and PLC injuries in the setting of the Dislocated Knee. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca.

2014-April Shepard MF. Lab Instructor. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca

2013-April Shepard MF. Surgical Treatment of Posterior Lateral Corner injuries of the Knee. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca

2012-Oct Shepard MF. Lab Instructor – Master's Techniques in Arthroscopic Shoulder Surgery AANA Shoulder Arthroscopy Course #114. Chicago, IL

2012-July Shepard MF, Davis B, Rubin B. Can a posture shirt decrease injury rates in elite level athletes? AOSSM, Annual Meeting – Baltimore,Md.

2012-April Shepard MF. Lab Instructor. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca

2012-April Shepard MF. Surgical Treatment of Posterior Lateral Corner injuries of the Knee. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca

2010-April Shepard MF. Lab Instructor. Kaiser Permanente Multi-Ligamentous Knee Injury Course. Irvine, Ca

2007-June Shepard MF. Elbow injuries in the Throwing Athlete
Annual Meeting of the National Athletic Trainers Association – Anaheim, Ca

2005-Jan Shepard MF, Dugas JR, Andrews JR. SLAP lesions in high level athletes – Panel Discussion. 23rd Annual Injuries in Baseball Course – Phoenix, Az.

2004-Jan Shepard MF, Dugas JR, Zheng N, Andrews JR. Differences in the Ultimate Strength of the Biceps Anchor and the Generation of Type II SLAP Lesions in a Cadaveric Model. 22nd Annual Injuries in Baseball Course – Orlando, Fl

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2003-June Shepard MF, Dugas JR, Zheng N, Andrews JR. Differences in the Ultimate Strength of the Biceps Anchor and the Generation of Type II SLAP Lesions in a Cadaveric Model. American Sports Medicine Fellowship Society Meeting – Birmingham, Al

2001-May Shepard MF, Markolf KL, Dunbar, A. The effects of radial head excision and radial shortening on load sharing in the cadaveric forearm.
California Orthopaedic Association, Annual Meeting – Las Vegas, Nv.
Lloyd Taylor Award - top resident clinical paper

2000-Mar Shepard MF, Kabo JM, and Lieberman JR. Does cement technique influence the interface strength of roughened and polished femoral components?
Hip Society (AAOS Specialty Day) – Orlando Fl.
The Frank Stinchfield Award - outstanding contribution to hip arthroplasty

2000-Mar Shepard MF, Hunter DM, Shapiro MM, Seeger L. Are MRI diagnosed anterior horn meniscal tears clinical significant?
AOSSM (AAOS Specialty Day) – Orlando, Fl.

2000-Mar Shepard MF, Markolf KL, Dunbar, A. The effects of radial head excision on loading in the cadaveric forearm.
67th Annual Meeting AAOS – Orlando Fl.

2000-Mar Shepard MF, Hunter DM, Shapiro MM, Seeger L. Are MRI diagnosed anterior horn meniscal tears clinical significant?
67th Annual Meeting AAOS – Orlando Fl.

2000-Mar Shepard MF, Kabo JM, Gupta V, Bhatia M, and Lieberman JR. Does cement technique influence the interface strength for roughened and polished femoral components?
46th Annual Meeting of the Orthopaedic Research Society – Orlando, Fl.

1999-Oct Shepard MF, Wang JC, Kabo JM. Enhancement of Pedicle Screw Fixation through the use of washers.
North American Spine Society, Annual Meeting - Chicago, IL

1999-Sep Shepard MF, Wang JC, Kabo JM. Pedicle Screw Fixation.
Scoliosis Research Society, Annual Meeting - San Diego, Ca.
Hibbs Award Finalist - top basic science presentation

1999-May Shepard MF, Lieberman JR, Kabo JM
UHMWPE Wear: an in vitro analysis comparing metal type and polished surfaces in modular total hip prosthesis.
California Orthopaedic Association, Annual Meeting - Monterey, Ca.
Lloyd Taylor Award - top resident clinical paper

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Poster Presentations

2024 – April Johnson B. Shepard MF. Et al. AAOS Annual Meeting Poster. A comparison Of ACL reconstruction with quadriceps autograft versus bone patellar tendon bone Autograft and return to OR for arthrofibrosis. Las Vegas, NV.

2020-Jun Shepard MF. Can Platelet Rich Plasma (PRP) be effective in the prevention of UCL reconstructive surgery in baseball players' elbows? The Orthobiologic Institute Symposium. TOBI Las Vegas, NV.

2019-Jul Shepard MF. Surgical repair of MRI diagnosed moderate and high grade common extensor origin tears. Western Orthopaedic Assosciation. Monterey, CA

2016-Mar Shepard MF. Prospective comparison of Ultrasound Guided Interscalene Block Versus Suprascapular Nerve Block in Patients undergoing Rotator Cuff Surgery. Amercian Academy of Orthopaedic Surgeons. Annual Meeting. Orlando, FL

2012-June Shepard MF, Davis B, Rubin B. Can a posture shirt decrease injury rates in elite level athletes? AOSSM, Annual Meeting – Baltimore,Md.

2004-June Shepard MF, Dugas JR, Zheng N, Andrews JR. Differences in the Ultimate Strength of the Biceps Anchor and the Generation of Type II SLAP Lesions in a Cadaveric Model. AOSSM, Annual Meeting – Quebec City, Canada.
AOSSM Most Outstanding Scientific Poster Presentation

2003-May Yen YM, Shepard MF, Otsuka N. Complications associated with pediatric triple arthrodesis.
Pediatric Orthopaedic Society of North America, Annual Meeting - Amelia Island, FL

2000-Mar Shepard MF, Markolf KL, Dunbar, A. The effects of radial shortening on loads at the wrist - a cadaveric study.
46th Annual Meeting of the Orthopaedic Research Society – Orlando, Fl

2000-Mar Shepard MF, Kabo JM, and Lieberman JR. Does cement technique influence the interface strength of roughened and polished femoral components.
67th Annual Meeting AAOS – Orlando Fl.

1999-June Shepard MF, Wang JC, Kabo JM. Enhancement of Pedicle Screw Fixation Through the Use of Washers.
International Society for the Study of the Lumbar Spine, Annual Meeting - Kona, Hi

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