

## Russell DeGroot, MD FRCS (C)

Orthopedic Consultant -  
USHL Sioux City Musketeers  
CPIFL Sioux City Bandits  
NHL Calgary Flames Alumni,  
NHL St. Louis Blues Alumni

Associate Professor WVU – Department of  
Orthopedics

### PROFILE

Canadian board certified orthopaedic surgeon with 14 years experience specializing in arthroscopic surgery of the shoulder, knee and carpal tunnel. Certified in partial knee replacement and minimally invasive total joint arthroplasty and have a special interest in care of the aging athlete. Currently performing private research in the use of mesenchymal stem cells for cartilage injury and platelet rich plasma for tendon injury.

### TRAINING

2009 – 2011	Fellowship in Preventative Medicine, Nutrition and Sports Medicine American Academy of Aging Medicine Boca Raton, Florida
1995 – 1999	Orthopaedic Residency University of Calgary – Foothills Hospital Calgary, Alberta
1994 – 1995	Rotating Internship University of Calgary – Foothills Hospital Calgary, Alberta

### EDUCATION

1991 – 1994	University of Calgary Medical School Calgary, Alberta
1989 – 1991	University of Guelph Major: Human Biology Guelph, Ontario <ul style="list-style-type: none"><li>Accepted to medical school after two years of under grad</li></ul>

### BOARD CERTIFICATION

1999	Fellow of the Royal College of Surgeons (Canada)
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### MEDICAL EXPERIENCE

2013 – Present	Tri-State Specialists, LLP Sioux City, Iowa
2012 – Present	DeGroot Orthopedics Norfolk, Nebraska
2009 – Present	DeGroot Orthopedics West Virginia University

Associate Professor, Department of Orthopedics  
Martinsburg, WV

- 2003 – 2009 DeGroote Orthopedics  
Pueblo, Colorado
- 2000 – 2003 DeGroote Orthopedics  
Greenville, Kentucky (H1B1 Visa)
- 1999 – 2000 Orthopaedic Advancements  
Punxsutawney, Pennsylvania (H1B1 Visa)

## **NON-MEDICAL EXPERIENCE**

- 2012 - Present Sportisa LLC  
Chief Executive Officer
- 2004 – Present Alumni Sports & Entertainment  
Chief Executive Officer
- Internet based sports marketing firm developed and managing the St. Louis Blues, Calgary Flames and Edmonton Oilers alumni sites.
- 1982 – 1989 Montego Forest Productions
- A pre-eminent wholesaler in forest product industry, servicing Ontario with gross sales of \$10 million
- Vice President – Lumbar Division 1987 – 1989
- Reported directly to the chief executive office. Accountable for all aspects of the lumbar division, managing a budget of \$4.5 million
- Area Sales Representative 1982 – 1987
- Serviced two territories, increasing sales each year by more than 10%
  - Prepared and trained new sales representatives
- 1982 – 1987 Peloton Industries  
Founder and Chief Executive Officer
- Distributor and developer of devices related to the fermentation industry

## **RESEARCH EXPERIENCE**

Mesenchymal stem cells for the treatment of cartilage defects of the knee, 2009 – present  
Mesenchymal stem cells for the treatment of lateral epicondylitis, 2009 – present  
Orthopedic Trauma Association: Raleigh, NC, October 1999  
Delayed union rates for reamed vs. unreamed femoral shaft fractures: research posters  
AAOS Annual Meeting 1999: Anaheim, CA, February 1999  
Assessment of pulmonary dysfunction following acute femoral shaft fracture: presentation  
Orthopedic Trauma Association Subspecialty Meeting: Anaheim, CA, February 1999

Assessment of pulmonary dysfunction following acute femoral shaft fractures: presentation  
North Pacific Orthopedic Society Meeting: Chelan, WA, 1997  
Assessment of pulmonary dysfunction following acute femoral shaft fractures: presentation  
Canadian Orthopedic Association Meeting: Ottawa, Canada, June 1998  
Assessment of pulmonary dysfunction following acute femoral shaft fractures: presentation  
Orthopedic trauma Association: Vancouver, British Columbia, October 1998

## **CERTIFICATES, AWARDS, EVALUATIONS**

2008 Endoscopic Carpal Tunnel Release  
2006 Oxford Unicondylar Knee Arthroplasty  
1999 Award of Merit for Residents in Surgery  
1998 Award of Merit for Residents in Surgery  
1997 Award of Merit for Residents in Surgery  
1997 Frank B. Smith Memorial Award of the Pacific Northwest Orthopedic Society  
1996 Award of Merit for Residents in Surgery

## **MEMBERSHIPS**

Canadian Association Sports Medicine  
American College of Sports Medicine  
Arthroscopy Association of North America  
American Associates of Orthopedic Surgeons  
Canadian Association of Orthopedic Surgeons  
American Medical Association