

Curriculum Vitae: **Tim R. Lenters, M.D.**

**EDUCATION:**

8/2004-7/2005: **Department of Orthopedics and Sports Medicine**  
**University of Washington**  
Seattle, WA  
Acting Clinical Instructor

7/1999-6/2004: **Grand Rapids Orthopedic Surgery Residency Program**  
Grand Rapids, MI

8/1995-6/1999: **Rush Medical College**  
Chicago, IL  
M.D.

8/1991-5/1995: **Calvin College**  
Grand Rapids, MI  
B.S. Major: Biology  
Minor: Biochemistry



**AWARDS/HONORS:**

***Residency:***

2000, 2001, 2003: Golden Cadaver Award

***Medical School:***

Alpha Omega Alpha, junior member  
Paul E. Carson, M.D. Award for Excellence in Pharmacology

***Undergraduate:***

1991-1995: Dean's List  
1991-1995: Presidential Scholarship  
1993-1995: Hoekstra Memorial Scholarship  
1994-1995: Dirkse Health Care Scholarship  
1994-1995: MIAA academic athlete  
1994: Hurdle squad leader

**COMPETENCY TESTING:**

ABOS:

Part I, 7/9/2004: pass  
Part II, 7/12/2007: pass

USMLE:

Step I, 6/1997: 257  
Step II, 3/1999: 255  
Step III, 5/2001: 229

AAOS In-Training Exam:

11/1999: 97  
11/2000: 100  
11/2001: 100  
11/2002: 99  
11/2003: 99

**PROFESSIONAL COMMITTEES:**

2001-2004: Grand Rapids Orthopaedic Surgery Annual Alumni Day Committee  
2004: Emergency Medicine Residency Internal Review Committee  
2007- current: Curriculum Director, Shoulder and Elbow, Grand Rapids  
Orthopedic Surgery Residency Program  
2010- 2015: Chair, Orthopedics Operations Committee, St. Mary's Hospital  
2011-current: Vice President, River Valley Orthopedics, P.C.  
2012-2016: AAOS Shoulder/Elbow ICL subcommittee  
2015: Grand Rapids Orthopedic Surgery Residency Director Search  
Committee  
2018-current: Social Media Editor, Journal of Shoulder and Elbow Surgery  
2018-current: Social Media Editor, American Shoulder and Elbow Surgeons

**PROFESSIONAL APPOINTMENTS:**

10/2016-current: Associate Member, American Shoulder and Elbow  
Surgeons  
8/2006-current: Private Practice, River Valley Orthopedics,  
Grand Rapids, MI  
10/2005-current: Clinical Instructor, Department of Surgery,  
Michigan State University  
8/2004-7/2005: Acting Clinical Instructor, Department of Orthopaedics and  
Sports Medicine, University of Washington  
7/1999-6/2004: Clinical Instructor/Resident, Department of Surgery,  
Michigan State University

## **HOSPITAL AFFILIATIONS:**

Saint Mary's Health Care, 200 Jefferson St., SE, Grand Rapids, MI 49503  
Spectrum Health, 100 Michigan St., NE, Grand Rapids, MI 49503

## **RESEARCH:**

Swatzke A, Lenters T. "Open Bankart with glenoid bone loss"

Lenters T. "Managing pain after shoulder arthroplasty with a standardized pain protocol, in the absence of interscalene block."

Bollinger A, Otte, RS, Lenters T. "Augmented Glenoid Component in Shoulder Arthroplasty."

Beuchal M, Lenters T. "Partial Humeral Resurfacing for Hill Sachs Lesions."

Beuchal M, Lenters T. "Deltoid Advancement for Closure after ORIF of clavicle fracture."

Herzog M, Lenters T. "Functional outcome of TSA correlation with radiographic outcome."

Hamilton K, Lenters T. "Surgical technique for glenoid autogenous bone grafting for reverse shoulder arthroplasty."

Stirton, J, Dolan C, Johnson D, Lenters T. "Poor quality evidence for acromioplasty."

Lenters TR, Davies J, Matsen FA 3rd. "The types and severity of complications associated with interscalene brachial plexus block anesthesia: local and national evidence." J Shoulder Elbow Surg. 2007 Jul-Aug;16(4):379-87.

Lenters TR, Franta AK, Wolf FM, Leopold SS, Matsen FA 3rd. "Arthroscopic compared with open repairs for recurrent anterior shoulder instability. A systematic review and meta-analysis of the literature." J Bone Joint Surg Am. 2007 Feb;89(2):244-54.

Franta AK, Lenters TR, Mounce D, Neradilek B, Matsen FA 3rd. "The complex characteristics of 282 unsatisfactory shoulder arthroplasties." J Shoulder Elbow Surg. 2007 Sep-Oct;16(5):555-62.

## **RESEARCH (CONTINUED):**

Lynch JR, Franta AK, Montgomery WH Jr, Lenters TR, Mounce D, Matsen FA 3rd. "Self-assessed outcome at two to four years after shoulder hemiarthroplasty with concentric glenoid reaming." J Bone Joint Surg Am. 2007 Jun;89(6):1284-92.

Clinton J, Franta AK, Lenters TR, Mounce D, Matsen FA 3rd. "Nonprosthetic glenoid arthroplasty with humeral hemiarthroplasty and total shoulder arthroplasty yield similar self-assessed outcomes in the management of comparable patients with glenohumeral arthritis." J Shoulder Elbow Surg. 2007 Sep-Oct;16(5):534-8.

"Heterotopic ossification of the distal clavicle after acute subluxation of the acromioclavicular joint," with Thomas Matelic, M.D., Associate Clinical Professor, Michigan State University.

"Compression plate fixation of pediatric femoral shaft fractures," with Clifford Jones, M.D., Associate Clinical Professor, Michigan State University.

"Central dislocation of a total hip arthroplasty: a case report," with Thomas Malvitz, M.D., Associate Clinical Professor, Michigan State University.

"An accurate measure to predict progression of femoral head avascular necrosis after core decompression," with Richard Berger, M.D., Rush-Presbyterian-St. Luke's Medical Center, Department of Orthopedics. Contributed to work while at Rush Medical School.

"The effect of orthopedic implant wear debris particles on lymphocyte proliferation", with David DeHeer, Ph.D., Calvin College Dept. of Biology.

## **PRESENTATIONS:**

Lenters, T. "Form and Function of Bone." Orthopedic Grand Rounds, Grand Rapids, MI, August 2, 2000.

Lenters, T. "Bilateral pediatric femur fractures." Orthopedic Grand Rounds, Grand Rapids, MI, August 16, 2000.

Lenters, T. "Hematopoietic diseases in childhood and their importance for Orthopaedics." Orthopaedic Grand Rounds, Grand Rapids, MI, October 10, 2001.

Lenters, T. "Tarsal Coalition." Orthopaedic Grand Rounds, Grand Rapids, MI, December 12, 2001.

Lenters, T. "Shoulder instability." Orthopaedic Grand Rounds, Grand Rapids, MI, February 27, 2002.

**PRESENTATIONS (CONTINUED):**

Lenters, T., Orton, D., Jones, C. "Compression plate fixation of pediatric femoral shaft fractures." American Orthopedic Society Annual Residents Conference, Memphis, TN, April 12-14, 2002.

Lenters, T., Orton, D., Jones, C. "Compression plate fixation of pediatric femoral shaft fractures."  
GRAMEC Research Day, Grand Rapids, MI, April 30, 2002.

Lenters, T., Malvitz, T. "Central Dislocation of a total hip arthroplasty: a case report." GRAMEC Research Day, Grand Rapids, MI, April 30, 2002.

Lenters, T., Orton, D., Jones, C. "Compression plate fixation of pediatric femoral shaft fractures." Michigan Orthopedic Society, Mackinac Island, MI, June 21-23.

Lenters, T. "Elbow arthritis and reconstruction." Orthopaedic Grand Round, Grand Rapids, MI, September 18, 2002.

Lenters, T., Matelic T. "Heterotopic ossification of the distal clavicle after an acute subluxation of the acromioclavicular joint." Michigan Orthopaedic Society, Traverse City, MI, June 14, 2003.

Lenters, T., Malvitz, T. "Central dislocation of a total hip arthroplasty: a case report." Michigan Orthopaedic Society, Traverse City, MI, June 14, 2003.

Lenters, T. "Total shoulder arthroplasty." Orthopaedic Grand Rounds, Grand Rapids, MI, August 13, 2003.

Lenters, T. "Rotator Cuff 2004 – Perspectives from Academy." Orthopaedic Grand Rounds, Grand Rapids, MI, March 31, 2004.

Lenters, T. "Complications of interscalene brachial plexus block." Shoulder and Elbow Days, Seattle, WA, July 20, 2005.

Lenters, T. "Meta-analysis of open versus arthroscopic Bankart repair."  
Shoulder and Elbow Days, Seattle, WA, July 20, 2005.

Lenters, T. "Rotator cuff disease: a plea for the acromion." Orthopaedic Grand Rounds, Grand Rapids, MI, January 11, 2006.

Lenters, T. "Shoulder arthroplasty 201." Gentiva Home Health Care, Grand Rapids, MI, March 15, 2006; Spectrum Health VNA June 2008.

Lenters, T. "Surgical and medical interventions for common shoulder problems."  
Family Practice Residency Grand Rounds, Grand Rapids, MI, April 11, 2006.

**PRESENTATIONS (CONTINUED):**

Internal Medicine Residency Grand Rounds, Grand Rapids, MI. Physical Therapy Lecturer, Grand Valley State University, February 3, 2006; February 2, 2007, February 1, 2008, February 2, 2009.

Lenters, T., Franta, A., Wolf, F., Leopold, S., Matsen, F. "Open Versus Arthroscopic Techniques for Treatment of Recurrent Anterior Shoulder Instability: A Systematic Review and Meta-analysis." Michigan Orthopaedic Society Annual Meeting, Mackinac Island, MI, June 17, 2006.

Lenters, T., Davies, J., Matsen F. "Complications of interscalene brachial plexus anesthesia: local and national evidence." Michigan Orthopaedic Society Annual Meeting, Mackinac Island, MI, June 17, 2006.

Lynch, J., Franta, A., Montgomery, W., Lenters, T. Mounce, D., Matsen, F. "Functional Recovery of Self-Assessed Shoulder Function Following Humeral Hemiarthroplasty with Non-Prosthetic Glenoid Arthroplasty." Michigan Orthopaedic Society Annual Meeting, Mackinac Island, MI, June 17, 2006.

Franta, A., Lenters, T., Mounce, D., Neradilek, B., Matsen, F. "Shoulder arthroplasty failure experience: a study of 282 unsatisfactory shoulder arthroplasties." Michigan Orthopaedic Society Annual Meeting, Mackinac Island, MI, June 17, 2006.

Lenters, T. "Interscalene brachial plexus blockade can be accompanied by substantial and long lasting complications." American Academy of Orthopaedic Surgeons Annual Meeting, San Diego, CA, February 16, 2007.

Lenters, T. "Traumatic Anterior Shoulder Instability." Grand Rapids Orthopedic Surgery Residency Grand Rounds, March 2008.

Lenters, T. "The Stiff Shoulder." Grand Rapids Orthopedic Surgery Residency Grand Rounds, September 2008.

Lenters, T. "Shoulder Instability: Lessons learned from an evidence-based medicine approach." Calvin College Research Seminar, November 2008.

Lenters, T. "The Geriatric Shoulder." Holland Home, Grand Rapids, MI, March 26, 2009.

Lenters, T. "Rotator Cuff Disease". Hulst-Jepson physical therapy lecture series, April 2009.

**PRESENTATIONS (CONTINUED):**

Lenters, T. "Tips for Total Shoulder Arthroplasty". Depuy special guest lecturer, Muskegon, MI, June 8, 2009.

Lenters, T. "Reverse Shoulder Arthroplasty". Depuy special guest lecturer, Muskegon, MI, June 8, 2009.

Lenters, T. "Debridement vs. partial repair for irreparable rotator cuff tear." Michigan Orthopedic Society, June 2009.

Lenters, T. "Rotator Cuff Disease." Mary Free Bed Grand Rounds, Grand Rapids, MI, May 8, 2009.

Lenters, T. "Reverse Shoulder Arthroplasty." Grand Rapids Orthopedic Surgery Residency Grand Rounds, September 2009.

Lenters, T. "Tips for Total Shoulder Arthroplasty." Grand Rapids Orthopedic Surgery Residency Grand Rounds, September 2009.

Lenters, T. "Hemiarthroplasty for Proximal Humerus Fracture." Michigan Orthopedic Society Annual Fall Meeting, October 2009.

Lenters, T. "Traumatic Anterior Shoulder Instability." Mary Free Bed Grand Rounds, January 2010.

Lenters, T. "Impingement syndrome: A Plea for the Acromion." Grand Rapids Orthopedic Surgery Residency Grand Rounds, September 2010.

Lenters, T. "Partial Humeral Head Resurfacing." Grand Rapids Orthopedic Surgery Residency Grand Rounds, September 2011.

Lenters, T. "Arthroscopic Instability Repair." Mitek Current Concepts Shoulder Course. Henderson, NV, January 2012.

Lenters, T. "Innovations in Shoulder Arthroplasty." Local Depuy Course, Grand Rapids, MI, May 2012.

Beuchal, M., Lenters, T. "Deltoid Advancement Closure for ORIF of clavicle fracture." MOS, Mackinac Island, MI, June 2012.

Beuchal, M., Lenters, T. "Partial Humeral Resurfacing for Hill-Sachs Lesions." MOS, Mackinac Island, MI, June 2012.

Lenters, T. "Multidirectional and Posterior Shoulder Instability." Depuy-Mitek combined Masters Course, Las Vegas, NV, September 2012.

**PRESENTATIONS (CONTINUED):**

Lenters, T. "Shoulder Arthroplasty." AAORN local meeting, Grand Rapids, MI. January 2013.

Lenters, T. "Elbow." Grand Valley State University Physical Therapy Student Lecture. January 2013.

Lenters, T. "Arthroscopic Treatment of Shoulder Instability." Depuy-Mitek Sports Medicine Central Regional Shoulder Arthroscopy Course, Miami, FL, April 2013.

Lenters, T. "A plea for the acromion." Grand Rapids Orthopedic Surgery Residency Grand Rounds, September 2013.

Lenters, T. "Management of the Difficult Glenoid in Total shoulder arthroplasty." Michigan Orthopedic Society, Grand Rapids, MI, October 2013.

Lenters, R. "Elbow". Grand Valley State University Physical Therapy Student Lecture. January 2014.

Lenters, T. "Management of the Difficult Glenoid", Grand Rapids Orthopedic Surgery Residency Grand Rounds, September 2014.

Lenters, T. "Elbow". Grand Valley State University Physical Therapy Student Lecture. January 2015.

Lenters, T. "Arthroscopic Management of Shoulder Instability", Mitek Regional Seminar, February 2015.

Lenters, T. "Evaluation and Management of Common Shoulder Problems." Forest Hills Community Seminar, May 2015.

Lenters, T. "The Difficult Glenoid", Grand Rapids Orthopedic Surgery Residency Grand Rounds, September 2015.

Lenters, T. "PSI in shoulder arthroplasty." Grand Rapids Orthopedic Surgery Residency Grand Rounds, September 2015.

Lenters, T. "PSI in shoulder arthroplasty." Arthrex Regional Arthroplasty Seminar. Grand Rapids, MI, November 2015.

Lenters, T. "Reverse TSA." Arthrex Regional Arthroplasty Seminar. Grand Rapids, MI, November 2015.



**PRESENTATIONS (CONTINUED):**

Lenters, T. "Tips for TSA." Arthrex Regional Arthroplasty Seminar. Grand Rapids, MI, November 2015.

Lenters, T. "The 155 degree humeral cup is alive and well." Arthrex OTIF, Naples, FL, April 2016.

Lenters, T. "Surgical Interventions for Common Shoulder Problems." GVSU PT Program, Grand Rapids, MI. January 2017.

Lenters, T. "Value and Future of VIP." Arthrex Arthroplasty OTIF, Naples, FL. March 2017.

Lenters, T. "The Difficult Glenoid." Grand Rapids Orthopedic Residency Alumni Day, Grand Rapids, MI. June 2017.

Lenters, T. "Acromial Preservation". Grand Rapids Orthopedic Residency, Grand Rapids, MI. September 2017.

Lenters, T. "Pain Management without use of ISB." Grand Rapids Orthopedic Residency, Grand Rapids, MI. September 2017.

Lenters, T. "Complications of Reverse Arthroplasty." Grand Rapids Orthopedic Residency, Grand Rapids, MI. September 2017.

Lenters, T. "Single Row Repair is Best." Grand Rapids Orthopedic Residency, Grand Rapids, MI. September 2017.

Lenters, T. "Planning and Outcomes of Shoulder Arthroplasty.". Sports Medicine OTIF 2018. Naples, Fl. January 2018.

Lenters, T. "Novel Approaches to Management of the B2 Glenoid." Midwest technology consultant forum. Chicago, IL. July 2018.

Lenters, T. "Traumatic Anterior Shoulder Instability." Grand Rapids Orthopedic Residency, September 2018.

Lenters, T. "Avoiding Complications in Reverse Shoulder Arthroplasty." Arthrex Shoulder Arthroplasty Course, Naples, Fl. November 2018.

Lenters, T. "Management of Common Shoulder Problems." GVSU PT course. January 2019.

Lenters, T. "Management of Common Shoulder Problems." GVSU PT course. January 2019.

## **PRESENTATIONS (CONTINUED):**

Lenters, T. "Patient specific Instrumentation in Shoulder Arthroplasty: why you should be using this technology". Arthrex Revision Shoulder Arthroplasty Course. Naples, Fl. March 2020.

Lenters, T. "Management of the failed reverse shoulder arthroplasty." Arthrex Revision Shoulder Arthroplasty Course. Naples, Fl. March 2020.

## **PROFESSIONAL GROWTH**

Foot and Ankle Review, Ann Arbor, MI, October 16, 1999

William Beaumont Hospital Musculoskeletal Tumor Review, Royal Oak, MI, October 22, 1999

American Academy of Orthopaedic Surgery Annual Meeting, Orlando, FL, March 15-19, 2000

Orthopaedic Trauma Association Resident's Basic Fracture Course, San Antonio, TX, October 11-14, 2000

Arthroscopy Association of North America Annual Meeting, Seattle, WA, April 19-22, 2001

35<sup>th</sup> Annual AOA Residents Conference, Memphis, TN, April 12-14, 2002

Current Concepts in Joint Replacement Semiannual Meeting, Las Vegas, NV, May 19-23, 2002

Michigan Orthopaedic Society Annual Meeting, Mackinac Island, MI, June 21-23, 2002

7<sup>th</sup> Annual Residents Symposium, Phoenix, AZ, September 20-22, 2002

Vail Trauma Symposium, Vail, CO, January 16-20, 2003

American Academy of Orthopaedic Surgery Annual Meeting, New Orleans, LA, February 5-9, 2003

American Shoulder and Elbow Surgeons Open Meeting, New Orleans, LA, February 8, 2003

AO ASIF Principles of Fracture Management, Colorado Springs, CO, March 22-27, 2003

**PROFESSIONAL GROWTH (CONTINUED):**

Michigan Orthopaedic Society Annual Meeting, Traverse City, MI, June 12-16, 2003

Practical Anatomy Workshop: "Anatomy of the shoulder and surgical dissection," St. Louis, MO, October 24, 2003

William Beaumont Hospital Musculoskeletal Tumor Review, Royal Oak, MI, November 1, 2003

Whistler 2004 Orthopaedic Symposium: Upper Extremity Session, Whistler, CA, February 27, 2004

American Academy of Orthopaedic Surgery Annual Meeting, San Francisco, CA, March 9-14, 2004

Michigan Orthopaedic Society Annual Meeting, Mackinac Island, MI, June 18-20, 2004

Depuy Shoulder and Elbow Symposium, Seattle, WA, October 21-22, 2004

Depuy Delta Course, Seattle, WA, April 15, 2005

Shoulder and Elbow Days, Seattle, WA, July 20, 2005

American Academy of Orthopaedic Surgery Annual Meeting, Chicago, IL, March 22-26, 2006

American Shoulder and Elbow Surgeons Open Meeting, Chicago, IL, March 25, 2006

Michigan Orthopaedic Society Annual Meeting, Mackinac Island, MI, June 16-18, 2006

American Academy of Orthopaedic Surgery Annual Meeting, San Diego, CA, February 15-19, 2007.

Michigan Orthopaedic Society Annual Meeting, Traverse City, MI, June 21-23, 2007.

American Shoulder and Elbow Society Biennial Meeting, Orlando, FL, April 3-6, 2008.

**PROFESSIONAL GROWTH (CONTINUED):**

Michigan Orthopedic Society Annual Meeting, Mackinac Island, MI, June 20-22, 2008.

Master Series: Advanced Techniques in Shoulder Arthroplasty (Depuy). Chicago, IL, October 8, 2008.

American Academy of Orthopedic Surgery Annual Meeting, Las Vegas, NV, February 2009.

Michigan Orthopedic Society, Mackinac Island, MI, June 2009.

Michigan Orthopedic Society, Grand Rapids, MI, October 2009.

7<sup>th</sup> Biennial AAOS/ASES Shoulder and Elbow, Aventura, FL April 2010.

Michigan Orthopedic Society, Mackinac Island, MI, June 2010.

Shoulder Arthroscopy: The Cowboy Way, San Antonio, TX, October 2010.

American Academy of Orthopedic Surgery Annual Meeting, San Diego, CA, February 2011.

American Shoulder and Elbow Society Specialty Day, San Diego, CA, February 2011.

Arthroscopy Association of North America Specialty Day, San Diego, CA, February 2011.

Mitek Masters Shoulder Arthroscopy Course, Raynham, MA, October 2011.

Michigan Orthopedic Society, Mackinac Island, June 2012.

American Academy of Orthopedic Surgery Annual Meeting, Chicago, IL, March 2013.

9<sup>th</sup> Biennial AAOS/ASES course, Orlando, FL, April 2014.

AAOS Annual Meeting, New Orleans, LA, March 2014.

Arthrex Faculty Forum, Naples, FL, January 2015.

American Academy of Orthopedic Surgery Annual Meeting, Las Vegas, NV, March 2015.

### **PROFESSIONAL GROWTH (CONTINUED):**

Arthrex VIP PSI Summit, San Diego, CA, June 2015.

Arthrex Global Shoulder Arthroplasty Summit, Munich, Germany, October 2015.

Arthrex 2016 Orthopedic Technology Innovation Forum, Naples, FL, January 2016.

AAOS Annual Meeting, Orlando, FL, March 2016.

AAOS/ASES Specialty Day open meeting, Orlando, FL, March 2016.

Arthrex 2016 Arthroplasty Technology Innovation Forum, Naples, FL, April 2016.

Arthrex Sports Medicine OTIF, Naples, FL. January 2017.

Arthrex Arthroplasty OTIF. Naples, FL. March 2017.

ASES Annual Closed Meeting, New Orleans, LA. October 2017.

Arthrex Sports Medicine OTIF. Naples, FL. January 2018.

### **COURSE INSTRUCTION**

Depuy-Mitek Shoulder Arthroscopy Symposium, Instructor, Las Vegas, NV, January 2012.

Arthroscopy Association of North America, Associate Master Instructor, Shoulder Course, Chicago, IL, April 2012.

Depuy-Mitek Combined Masters Shoulder Course, Instructor, Las Vegas, NV, September 2012.

AANA Resident Arthroscopy Course, Associate Master Instructor, Chicago, IL, January 2013.

Depuy-Mitek Sports Medicine Central Regional Shoulder Arthroscopy Course, Instructor, Miami, FL, April 2013.

Arthrex Regional Reverse Total Shoulder Arthroplasty Instructional Course, Grand Rapids, MI, November 2013.

AANA Master's Shoulder Course, Associate Master Instructor, October 2014.

**COURSE INSTRUCTION (CONTINUED):**

Mitek Regional Instability Seminar, Royal Oak, MI, February 2015.

Arthrex Regional Arthroplasty Seminar, Grand Rapids, MI, November 2015.

Arthrex ATIF, April 2016.

Arthrex Arthroplasty OTIF, March 2017. Naples, Fl.

Arthrex Sports Medicine OTIF 2018, Naples, Fl, January 2018.

Arthrex Arthroplasty course, Naples, FL, March 2018

Medwest Technology Consultant Forum. Chicago, IL. July 2018.

Arthrex Arthroplasty course, Naples, FL, Nov 2018

**PERSONAL/HOBBIES:**

Fitness/health, golfing, cycling, splitting wood, family, reading, options trading

Updated 4-10-2021