

# C Scott Humphrey, MD

Humphrey Shoulder Clinic  
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## **EMPLOYMENT**

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Orthopaedic Surgeon, Shoulder Specialist, and Founder  
Humphrey Shoulder Clinic  
Eagle, ID  
2006-present.

Research and Fellowship Director, Founder  
Idaho Shoulder Education and Research Foundation (ISERF)  
Eagle, ID  
2014-present.

Founder, CEO, and Surgeon Design Team Leader  
Shoulder Options, Inc.  
Eagle, ID  
2007-2017.

## **EDUCATION**

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Orthopaedic Surgery Fellow  
Shoulder and Upper Extremity Surgery  
Tom R Norris, MD and Relton H McCarroll, MD  
California Pacific Medical Center  
San Francisco, CA  
August 2005- July 2006

Chief Resident in Orthopaedic Surgery and Rehabilitation  
University of Nebraska Medical Center/Creighton University Medical Center  
Omaha, NE  
July 2004 - June 2005

Orthopaedic Surgery and Rehabilitation Resident  
University of Nebraska Medical Center/Creighton University Medical Center  
Omaha, NE  
July 2000 - June 2005

MD, University of Utah School of Medicine  
Salt Lake City, UT  
September 1996 – June 2000

BA, University of Oregon  
Eugene, OR  
Major: Political Science  
Minor: Economics  
September 1986 – March 1989

## RESEARCH/PUBLICATIONS/PRESENTATIONS

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### Papers:

Humphrey CS, Bravman J. A Method to Facilitate Improved Positioning of a Reverse Prosthesis Stem during Arthroplasty Surgery: The Metaphyseal Centering Technique. *Techniques in Shoulder & Elbow Surgery* (in press).

Sanders WE, Raizman EA, Humphrey CS, and Johnson AJ. Prevalence and associated factors of injury in bovine practitioners in the United States and Canada. *The Bovine Practitioner*, 51(2): 205-214, Summer 2017.

Humphrey CS, Sears BW, and Curtin MJ. An anthropometric analysis to derive formulae for calculating the dimensions of anatomically shaped humeral heads. *Journal of Shoulder and Elbow Surgery*, 25(9): 1532 – 1541, September 2016. Epub 2016 April 8.

Humphrey CS, Brown TC, Kuhlman S, and Sabick MB. The fixable suture anchor plate: a mechanical comparison to other devices commonly used for tendon anchorage to bone during rotator cuff repair surgery. Research to Reality. *Orthopreneur*. May/June 2010.

Humphrey CS and Giangarra CE. A Humeral-Sided, Subscapularis-Splitting Capsulorrhaphy Procedure for Multidirectional Shoulder Instability. *Techniques in Shoulder & Elbow Surgery*. 9(3):151-163, September 2008.

Kelly JD, Humphrey CS, Norris TR. Optimizing Glenosphere Position and Fixation in Reverse Shoulder Arthroplasty: Part I, The 12mm Rule. *Journal of Shoulder and Elbow Surgery*. 17(4):589-94, Jul-Aug 2008.

Humphrey CS, Kelly JD, Norris TR. Optimizing Glenosphere Position and Fixation in Reverse Shoulder Arthroplasty: Part II, The 3-column Concept. *Journal of Shoulder and Elbow Surgery*. 17(4):595-601, Jul-Aug 2008. Epub 2008 Jun 9.

Johnson DAL, Humphrey CS, Norris TR. Glenoid Resurfacing With Use of a Lateral Meniscal Allograft. *Techniques in Orthopaedics. Biologics in Shoulder Surgery*. 22(1):55-61, March 2007.

Norris TR, Kelly JD, Humphrey CS. Management of Glenoid Bone Defects in Revision Shoulder Arthroplasty: A New Application of the Reverse Total Shoulder Prosthesis. *Techniques in Shoulder and Elbow Surgery* 8(1):37-46, March 2007.

Humphrey CS, Izadi KD, Esposito PW. Osteonecrosis of the Capitate: A Pediatric Case Report. *Clin Orthop Relat Res*. 447:256-9, June 2006.

Vajda EG, Humphrey CS, Skedros JG, Bloebaum RD. Influence of topography and specimen preparation on backscattered electron images of bone. *Scanning*. 21(6):379-387, Nov-Dec 1999.

### Textbook chapters:

Humphrey CS, Kelly JD, Norris TR. Management of Glenoid Deficiency in Reverse Total Shoulder Arthroplasty. In: Fealy S, Warren RF, Craig EV, Sperling JW, eds. *Shoulder Arthroplasty. Complex Issues in the Primary and Revision Setting*. New York: Thieme; 2008.

Durrall CJ, Giangarra CE, Humphrey CS. Anterior Capsulolabral Reconstruction. In: Robert C. Manske M, MPT, SCS, ATC, CSCS, ed. *Postsurgical Orthopedic Sports Rehabilitation: Knee and Shoulder*. First ed. Wichita: MOSBY; 2006.

### Editorial articles:

Humphrey CS. How to Get Rich and Not Pay Taxes in Today's Healthcare Environment: A Satire in 12 Steps. *Orthopreneur*. Sept 2012.

Humphrey CS. Doctor with Ideas, or Doctor Who's Intoxicated? *Orthopreneur*. 10-13, Mar-Apr 2010.

### **Podium Presentations:**

Humphrey CS, Gale AL (presenter). Spherical versus Elliptical Prosthetic Humeral Heads: A Comparison of Anatomical Fit. *American Shoulder and Elbow Surgeons 2017 Fellow's Day Symposium (San Diego Shoulder Course)*. San Diego, CA. June 16, 2017.

Humphrey CS (surgeon), Frankle MA (moderator). Live surgery streaming: reverse total shoulder arthroplasty. *International Congress of Joint Replacement (ICJR) 5<sup>th</sup> Annual Shoulder Course*. Las Vegas, NV. November 4, 2016.

Humphrey CS. Humeral Head Shape: Implications for Shoulder Arthroplasty. *ISERF Shoulder Surgery Update 2016 Course*. Middle Fork of the Salmon River, Idaho: August 23-28, 2016.

Humphrey CS. Surgeon as Entrepreneur: the Importance of Protecting Your Ideas. *ISERF Shoulder Surgery Update 2016 Course*. Middle Fork of the Salmon River, Idaho: August 23-28, 2016.

Humphrey CS. The Painful Shoulder: Common Conditions and Treatments. *ACMEC Grand Rounds*. St. Luke's RMC, Boise, Idaho: May 11, 2016.

Humphrey CS. Rotator Cuff Treatment Update. *ISERF Shoulder Surgery Update 2015 Course*. Middle Fork of the Salmon River, Idaho: August 23-28, 2015.

Humphrey CS. Non Operative Treatment of Rotator Cuff Tears: When is it Appropriate? *Geisinger Orthopaedic Institute 2nd Annual Shoulder and Elbow Course*. Hershey, PA: June 19-20, 2015.

Humphrey CS. Does Impingement Syndrome exist? The Role of Isolated Arthroscopic SAD. *Geisinger Orthopaedic Institute 2nd Annual Shoulder and Elbow Course*. Hershey, PA: June 19-20, 2015.

Humphrey CS. Mid to Long Term Results in Reverse Total Shoulder Arthroplasty. *Geisinger Orthopaedic Institute 2nd Annual Shoulder and Elbow Course*. Hershey, PA: June 19-20, 2015.

Humphrey CS (guest faculty). Ask the Expert Workshop Session: Treatment of Proximal Humerus Fractures. *2014 Current Solutions in Shoulder and Elbow Surgery*. Tampa, FL: Jan 17, 2014.

Kelly JD, Hobgood R, Humphrey CS (presenter), *P. acnes* in Shoulder Surgery. *Idaho Hand Society Conference*. Boise, ID: August 23, 2012.

Humphrey CS (presenter), Giangarra CE. A Humeral-Sided, Subscapularis-Splitting Capsulorrhaphy Procedure for Multidirectional Shoulder Instability. *Idaho Orthopaedic Society 2008 Annual Meeting*. McCall, ID: Oct. 25, 2008.

Humphrey CS. Shoulder Arthritis: Diagnosis and Treatment Options. *Idaho – Arthritis in Motion (I-AIM) Lecture Series*. Boise, ID: May 5, 2008.

Humphrey CS (co-presenter), Kelly JD (co-presenter), Norris TR. Surgical Technique for Reverse Total Shoulder Arthroplasty. Part I: the 12mm Rule. Part II: the 3-column Concept. *3<sup>rd</sup> Annual Orthopaedic Education Day. Shoulder to Hand: Hot Topics*. San Francisco, CA: July 27, 2007.

Humphrey CS, Kelly JD (presenter), Norris TR. Optimizing glenoid component position and fixation in reverse shoulder arthroplasty: the 3-column concept. *American Academy of Orthopaedic Surgeons 2007 Annual Meeting*. San Diego, CA: February 14-18, 2007.

Johnson DAL (presenter), Humphrey CS. Technical Tips: The Reverse Prosthesis. *New England Shoulder and Elbow Society Meeting*. Jay Peak, VT: 2007.

Humphrey CS, Kelly JD, Norris TR (presenter). Preoperative Planning for Reverse Shoulder Arthroplasty: Glenoid Component Positioning. *American Shoulder and Elbow Surgeons: 23rd Annual Closed Meeting*. Chicago, IL: September 13, 2006.

Humphrey CS, Johnson DAL (presenter), Norris TR. Meniscal Allograft Interposition Arthroplasty for Shoulder Osteoarthritis: Two-year Follow-up Results. *American Shoulder and Elbow Surgeons: Biologics in Shoulder Surgery Meeting*, Chicago, Illinois: September 16, 2006.

#### **Poster Presentations and Abstracts:**

Humphrey CS, Gale AL. Spherical Versus Elliptical Prosthetic Humeral Heads: A Comparison of Anatomical Fit (ePoster). *American Shoulder and Elbow Surgeons 2017 Annual Meeting*. New Orleans, LA: October 11-14, 2017.

Norris TR, Humphrey CS (presenter), Kelly JD, II. Management of glenoid bone defects in revision shoulder arthroplasty: A new application of the reverse shoulder prosthesis. *American Academy of Orthopaedic Surgeons 2007 Annual Meeting*, San Diego, CA: February 14-18, 2007.

Humphrey CS, Giangarra C, Buck D (presenter). A modified T-capsular shift surgical technique for anteroinferior shoulder instability with associated capsular redundancy. *Mid-America Orthopaedic Association, 22nd Annual Meeting*. Amelia Island, Florida; 2005.

Humphrey CS (presenter), Tarkin I, Knight RQ, Garvin KL. Orthopaedic Patients Expect Web Sites from their Physicians. *Mid-America Orthopaedic Association, 21st Annual Meeting*. Hilton Head Island, South Carolina: 2003.

#### **Surgical Industry Courses:**

Course Faculty. Shoulder Summit (DJO). Chicago, IL: August 11-13, 2017.

Course faculty. Upper Extremity MasterMinds Roundtable: Current Concepts and Future Innovations in Upper Extremity Surgery (DJO). Vista, CA: May 20, 2017.

Course co-chairman, speaker, cadaver lab instructor. New Solutions for Challenging Shoulder Problems (CONMED). Henderson, NV: April 29, 2017.

Guest speaker on proximal humerus fracture treatment. Journal Club (DJO). Seattle, WA: April 24, 2017.

Course co-chairman, speaker, cadaver lab instructor. Advances in Shoulder & Elbow Arthroplasty (DJO). Tampa, FL: September 23-24, 2016.

Course co-chairman, speaker, cadaver lab instructor. Advances in Shoulder & Elbow Arthroplasty (DJO). Las Vegas, NV: April 29-30, 2016.

Course co-chairman, speaker, cadaver lab instructor. Advances in Shoulder Arthroplasty (DJO). Las Vegas, NV: July 24-25, 2015.

Course director, speaker, cadaver lab instructor. Clinic Concepts in Shoulder Arthroplasty (DJO). Denver, CO: February 6-7, 2015.

Speaker, cadaver lab instructor, faculty. Masters Course in Shoulder Arthroplasty (DJO). Vista, CA: October 24-25, 2014.

Speaker, cadaver lab instructor, faculty. Shoulder Arthroplasty Course (DJO). Tampa, FL: January 19, 2014.

Humphrey CS. 73-year-old female with fracture dislocation of the right shoulder. *Tornier Masters Course*. Chicago, IL: September 23, 2011.

Humphrey CS. Total Shoulder Arthroplasty Using the Ascend Shoulder System. *Tornier Instructional Course*. Minneapolis, MN: August 12, 2011.

Speaker, cadaver lab instructor, faculty. Clinical Concepts in Shoulder Arthroplasty (Tornier). Minneapolis, MN: August 12, 2011.

Speaker, cadaver lab instructor, faculty. Reversed Shoulder Clinical Concepts (Tornier). Henderson, NV. April 9, 2010.

Kelly JD (presenter), Humphrey CS, Norris TR. Optimizing Glenosphere Baseplate Position. Masters Shoulder Symposium (Tornier). Chicago, IL: Sept. 27, 2008.

Humphrey CS (presenter), Kelly JD, Norris TR. Optimizing Glenosphere Position and Fixation in Reverse Shoulder Arthroplasty: Part I, The 12mm Rule; Part II, The 3-column Concept. *Tornier 2008 Clinic Concepts in Shoulder Arthroplasty*. San Diego, CA: January 25, 2008.

Speaker, cadaver lab instructor, faculty. 2008 Clinic Concepts in Shoulder Arthroplasty (Tornier). San Diego, CA: January 25, 2008.

#### **Web sites:**

Creator of *ShoulderSurgeon.com*, a website for patients who are interested in learning more about conditions affecting the shoulder. Humphrey CS, Norris TR, Kelly JD, editors. *www.ShoulderSurgeon.com*. San Francisco: Humphrey; 2006-present.

Webmaster for the Department of Orthopedics at the University of Nebraska Medical Center 2000-2001.

Creator of the company Boards Prep Interactive, LLC, which produced *Interactive Prep for the USMLE Step 1*, a computer software product that was sold internationally from the internet ([www.boardsprep.com](http://www.boardsprep.com)), 1998-2001.

#### **Surgical Videos:**

Author/producer of five surgical technique videos on VuMedi.com.

#### **COMMITTEE/BOARD APPOINTMENTS**

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Journal of Shoulder and Elbow Surgery, Reviewer, 2014-present.

American Shoulder and Elbow Surgeons, Industry Committee, 2016-present.

Guest Editorial Board Member, *Orthopreneur*. 2009-present.

#### **BOARD CERTIFICATIONS**

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Successfully passed USMLE Boards Step 1,2, and 3.

Certified by the American Board of Orthopaedic Surgery, 2008-2018, and recertified from 2018-2028.

#### **ORTHOPAEDIC DEVICE DESIGN**

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Inventor on the following granted US Patents:

- US 8968371 B2 – Proximal humerus fracture repair plate and system
- US 8945234 B2 – Prosthesis having a metaphyseal element
- US 8267973 B2 – Fixable suture anchor plate and method for tendon-to-bone repair
- US D662205 S – Suture Anchor
- US D745157 S – Prosthetic Device
- US D760900 S1 – Keeled glenoid

Surgeon design team member/inventor, DJO Altivate reverse shoulder stem (US patent: US 8945234 B2), DJO Surgical, 2013-present.

Founder, current CEO, and inventor/designer of *Shoulder Options, Inc.* ([www.shoulderoptions.com](http://www.shoulderoptions.com)). Lead design surgeon for the following for the following Shoulder Options orthopaedic devices:

- Cuff Repair Plate™
- AFT™ Proximal Humerus Fracture Plate and Fracture Reduction System
- Luna™ Stemless Humeral Arthroplasty Prosthesis and Resurfacing System
- Proteus™ Universal Shoulder Arthroplasty Prosthesis System

Surgeon design team member for broaching instrumentation system to support the Tornier Aequalis® Reversed Fracture stem, 2010-2011.

## **INTERESTS/HONORS/AWARDS**

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White-water river guide on the Middle Fork of the Salmon River, Stanley, ID. Summers 1985-1996.

Certified Acute Trauma Life Saving instructor (ATLS), 2000-2002.

Stipend recipient for orthopaedic research project, University of Utah School of Medicine, 1997.

President of Kappa Sigma Fraternity, University of Oregon, 1987-1988.

Recipient of Idaho Boys State Academic Scholarship, 1985.

## **HOBBIES**

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Whitewater rafting

Skiing

Guitar playing

Building musical instruments and amplifiers