

Lindsey S. Urband, MD, FAAOS

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San Diego, CA 92123

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Current Position

Board Certified Orthopaedic Surgeon	2018
Subspecialty Certified in Hand Surgery	2020
Hand and Upper Extremity Surgeon: San Diego Hand Specialists	September 2015-present
Secretary: San Diego Hand Specialists	
Qualified Medical Examiner	2018-present
President of the Board of Directors: San Diego Outpatient Ambulatory Surgical Center	2020-present
Vice Chair Orthopaedic Surgery Supervisory Committee Sharp Memorial Hospital	2021-present
Orthopaedic Surgeon Representative for Radiologic Technician Certification Committee	2018-2022
Board of Councilors American Academy of Orthopaedic Surgery	2021-present
Board of Directors, California Orthopaedic Association	2021-present
American Society for Surgery of the Hand Delegate to the AMA	2023-present

Education

Hand and Upper Extremity Fellowship; Hand Center of San Antonio. San Antonio, TX	August 2014-2015
Orthopaedic Surgery Resident: University at Buffalo. Buffalo, NY.	July 2009-June 2014
General Surgery Resident (Preliminary): University of Minnesota. Minneapolis, MN	June 2008-July 2009
University of Minnesota Medical School: Doctorate of Medicine. Minneapolis, MN	2004-2008
University of Rochester: Bachelor of Arts: Spanish and Biology. Rochester, NY	2000-2004

Presentations and Research

“Board Preparation” for Residents and Fellows Forum at COA Annual Meeting May 2016, 2017, 2018, 2019

“Scapholunate Instability” for San Diego Chapter of Hand Therapists Surgical Interest Group January 2018

Urband LS, Wong S, Cage DN. Diagnosis and Physical Examination Fractures of the Hand and Wrist. Chapter 32: The Art of the Musculoskeletal Physical Exam. Springer. 2023.

Hagstrom LS, Marzo JM. Simple versus Horizontal Suture Anchor Repair of Bankart Lesions: Which Better Restores Labral Anatomy? Arthroscopy. 2013 Feb;29(2):325-9.

Bisson LJ, Kluczynski MA, Hagstrom, LS, Marzo JM. A Prospective Study of the Association Between Bone Contusion and Intra-articular Injuries Associated with Acute Anterior Cruciate Ligament Tear. Am J Sports Med. 2013 Aug;41(8):1801-7.

Hagstrom LS, Ferrick M, Galpin R. Outcomes of Non-Operative versus Operative Treatment of Displaced Clavicle Fractures: A Retrospective Review. Orthopedics 2015 Feb 38(2):e135-e138.

Poster Presentation Arthroscopy Association of North America (AANA) Annual Meeting Orlando, FL. May 2012. Simple versus Horizontal Suture Anchor Repair of Bankart Lesions: Which Better Restores Labral Anatomy?

Podium Presentation American Academy of Pediatrics Orlando, FL. October 2013. Outcomes of Non-operative versus Operative Treatment of Displaced Pediatric Clavicle Fractures.

Podium Presentation Clinical Orthopaedic Society Annual Meeting Buffalo, NY. September 2013. Outcomes of Non-Operative versus Operative Treatment of Displaced Pediatric Clavicle Fractures: A Retrospective Review.

Podium Presentation Clinical Orthopaedic Society Annual Meeting Buffalo, NY September 2013. Simple versus Horizontal Suture Anchor Repair of Bankart Lesions: Which Better Restores Labral Anatomy?

Poster Presentation Clinical Orthopaedic Society Annual Meeting Buffalo, NY A Prospective Study of the Association Between Bone Contusion and Intra-articular Injuries Associated with Acute Anterior Cruciate Ligament Tear.

Hagstrom LS, Callahan D, Green D. Injury to the Colon During Revision Total Hip Arthroplasty: A Case Report. J Bone Joint Surg Am. 2008;90:881-884.

American Society of Hematology Scholar: L. Hagstrom. A Comparison of phenotype and function of Natural Killer cells in umbilical cord blood compared to adult peripheral blood. Blood. 2003.

Professional Affiliations

- Fellow American Academy of Orthopaedic Surgeons *2015-present*
 - Hand and Wrist Program Committee
 - New Member Ambassador
 - Board of Councilors
- American Society for Surgery of the Hand (ASSH) *2015-present*
 - ASSH delegate to the AMA
 - Government Affairs Committee Member
- California Orthopaedic Association (COA) *2015-present*
 - Board of Directors
 - Residents and Fellows Education
 - Radiologic Technician Certification Committee Representative
- Scripps Mercy Physicians Partners *2015-present*
- Ruth Jackson Orthopaedic Society *2016-present*

- San Diego Orthopaedic Society *2015-present*
- San Diego Medical Society *2015-present*
- American Medical Association *2018-present*
- California Medical Association *2015-present*

Volunteerism

- Surgical mission to Guatemala: Interpreter, assistant surgeon *2004, 2007, 2008*
- Surgical mission to Esteli, Nicaragua: Orthopaedic Surgeon *March 2017, 2018*
- Surgical mission to Ecuador: Orthopaedic Surgeon *May 2019*
- Surgical mission to Honduras: Orthopaedic Surgeon *October 2021*
- Surgical mission to Taveuni, Fiji *May 2023*

Special Skills

Language Fluency

- Spanish