

# **Mitros Orthopaedics**

**Stephen F. Mitros, M.D.**

**Orthopaedic Surgery, Orthopaedic Sports Medicine  
621 Memorial Drive, Suite 612 South Bend, Indiana 46601  
Telephone: 574 232-7064 FAX: 574 232-7136  
www.mitrosortho.com**

## **CURRICULUM VITAE**

### **EDUCATIONAL BACKGROUND**

Brother Rice High School  
Birmingham, Michigan

University of Notre Dame  
Summa cum Laude  
Phi Beta Kappa  
Designated Notre Dame Scholar  
President, Notre Dame Chapter Alpha Epsilon Delta  
(National Pre-medical Honor Society)  
Degree: Bachelor of Science, Pre-professional Studies

University of Michigan Medical School  
Ann Arbor, Michigan

Degree: Doctor of Medicine

### **INTERNSHIP & RESIDENCY**

Served at the University of Michigan and affiliated hospitals  
July 1976 – June 1981

Residency: Specialized in Orthopaedic Surgery

Licensed to practice in Michigan 1976-1981

Licensed to practice in Indiana in June 1981  
Community practice with emphasis on arthritis, joint replacement  
and sports medicine

I have practiced Orthopaedic Surgery in South Bend, Indiana since that time

**CURRICULUM VITAE**  
**Stephen F. Mitros, M.D.**

**PROFESSIONAL SOCIETIES, HONORS & ELECTED POSITIONS**

Diplomate, National Board of Medical Examiners – 1977  
Member of the American Medical Association – 1977-1998, 2004-present  
Member of the American College of Emergency Physicians – 1978-1981  
Member of the University of Michigan Orthopaedic Society – 1981-present  
President – 2006  
Member of the St. Joseph County Medical Society – 1981-present  
Member of the Indiana State Medical Association – 1981-present  
Board Certified in Orthopaedic Surgery – July 22, 1983  
Fellow, American Academy of Orthopaedic Surgeons – January 1985-present  
Board of Councilors, American Academy of Orthopaedic Surgeons – 2013-present  
Member of the Mid-America Orthopaedic Society – 1986-present  
Vice-Chairman, Department of Orthopaedic Surgery,  
Memorial Hospital, South Bend – 1985-1986  
Chairman, Department of Orthopaedic Surgery,  
St. Joseph’s Medical Center, South Bend – 1985-1987, 2001-2004  
Member of the Clinical Orthopaedic Society – 1987-1992  
Associate Team Physician, University of Notre Dame (basketball) – 1981-1984  
Team Physician, Marian High School, Mishawaka (all sports) – 1981-present  
Team Physician, Bethel College (all sports) – 1987-present  
Team Physician, South Bend White Sox/South Bend Silver Hawks/South Bend Cubs  
1988-present  
(Midwest League Class A affiliate of the Chicago White Sox – 1988-1997  
Midwest League Class A affiliate of the Arizona Diamondbacks – 1998-2014  
Midwest League Class A affiliate of the Chicago Cubs – 2015-present)  
Indiana Orthopaedic Society – 1993-present  
Indiana Orthopaedic Society Board of Directors – 2003-present  
President – Indiana Orthopaedic Society – 2008-2009  
South Bend Medical Foundation Board of Directors – 2006-2012  
Associate Member, Major League Baseball Team Physicians Association – 2007-present  
Fellow, American Association of Hip and Knee Surgeons – 2008-present  
Consultant to EXPAREL Curriculum Development Meeting in Hard Tissues Procedures  
New York, New York October 9, 2016  
Orthopaedic Research Society – 2017-present

**INVITED PRESENTATIONS**

April 2014                   “Impact of Tranexamic Acid on a Community Practice”  
Podium presentation at the Indiana Orthopaedic  
Society Annual Meeting

**CURRICULUM VITAE**  
**Stephen F. Mitros, M.D**

**INVITED PRESENTATIONS**  
(Continued)

- January 2015      “Recent Advances in Perioperative Care of the Total Joint Patient”  
Podium presentation at St. Joseph Regional Medical Center, Mishawaka Indiana
- June 2015-present      Speakers Bureau - Pacira Pharmaceuticals
- April 2016      “Successful Introduction of a Reduced Opioid Program for Total Joint Replacement”  
Podium presentation at the Indiana Orthopaedic Society Annual Meeting
- June 2016      “Successful Introduction of a Reduced Opioid Program for Total Joint Replacement”  
Podium presentation, Memorial Hospital, South Bend, Indiana
- October 2016      “Reducing Perioperative Narcotics in South Bend, Indiana”  
Podium Presentation to Indiana’s mayors at the annual meeting of the Indiana Association of Cities and Towns  
French Lick, Indiana      October 4, 2016
- November 2016      Invited Faculty for “Managing the Episode of Pain: Less Pain Means More Gain” at the annual Meeting of the American Academy of Association of Hip and Knee Surgeons  
Dallas, Texas      November 10, 2016
- September 15, 2017      Successful Implementation of a Reduced Opioid Program in Total Joint Replacements  
Podium presentation, 105<sup>th</sup> Annual Meeting of Clinical Orthopaedic Society  
Indianapolis, Indiana
- May 16, 2018      “A Surgeon’s Perspective on the Opioid Crisis”  
Podium presentation to Congressional Staffers  
Washington D.C.

**PUBLICATIONS**

- 2012 Spring      “Which Hip Implant is Best for You?”  
Michiana Medical Update
- 2014 Spring/  
Summer      “Tranexamic Acid Improves Joint Replacement Outcomes”  
Michiana Medical Update
- 2014-2015      Monthly Sports Medicine Column for the South Bend Silver Hawks/Cubs program
- 2015      “Surgeons Explore Non-opioid Techniques of Total Joint Replacement”  
Beacon Health Quarterly
- September 2015      “Exparel Technique – Total Knee Arthroplasty”  
You-Tube video

CURRICULUM VITAE  
Stephen F. Mitros, M.D.

POSTERS

March 2017                      “Reduced Opioid Program in Total Knee Arthroplasty  
Utilizing Liposomal Bupivacaine: A Prospective Observational  
Trial” Presented at Annual Meeting of the Orthopaedic Research  
Society, San Diego, CA

REFERENCES

Robert Hensinger, M.D.	Section of Pediatric Orthopaedics University of Michigan Former president AAOS
Bryan Boyer, M.D.	100 Navarre Place, Suite 5500 South Bend, Indiana 46601
Brian Ratigan, M.D.	53880 Carmichael Drive South Bend, Indiana 46635

06/14/2018 Update