

BENJAMIN TODD RAINES, MD, MA, ATC

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Education	Orthopaedic Surgery Sports Medicine Fellowship University of Pittsburgh Medical Center, Pittsburgh, PA	2019 – 2020
	Orthopedic Surgery Residency Training Program University of Missouri/Missouri Orthopaedic Institute, Columbia, MO	2014 – 2019
	Doctor of Medicine University of Alabama School of Medicine, Birmingham, AL	2010 - 2014
	Master of Arts University of Alabama, Tuscaloosa, AL	2008 - 2010
	Bachelor of Science (<i>cum laude</i>) University of Alabama, Tuscaloosa, AL	2004 - 2008
Professional Licenses/ Board Certifications	American Board of Orthopaedic Surgery Part II Board Certification Exam (ABOS Board Certified)	July 24, 2022
	American Board of Orthopaedic Surgery Part I Board Certification Exam	July 11, 2019
	State of Florida – Department of Health Division of Medical Quality Assurance	June 11, 2020
	Commonwealth of Pennsylvania Department of State Bureau of Professional and Occupational Affairs	Aug 2019 – July 2020
	Missouri State Board of Registration for the Healing Arts	July 2014 – June 2019
	National Athletic Trainers’ Association Board of Certification Certified Athletic Trainer (ATC #050802396)	2008 - Present
	Alabama Athletic Trainers’ Association Licensed Athletic Trainer (LAT #1092) (Inactive – In good standing)	2008 - 2010
Honors and Awards	University of Alabama – College of Human Environmental Sciences Jack Davis Professional Achievement Award	2022
	University of Missouri – Department of Orthopaedic Surgery Olson Chief Resident Research Award	2019
	Missouri State Orthopaedic Association Annual Meeting 1st Place Resident Research Award <i>“Detrimental Effects of Caffeine on Intervertebral Disc Health in a Whole Organ Culture Model”</i>	2017
	OREF/ORS St. Louis Region Resident Research Symposium 3rd Place Research Award <i>“Detrimental Effects of Caffeine on Intervertebral Disc Health in a Whole Organ Culture Model”</i>	2016
	University of Alabama School of Medicine Senior Medical Student Clinical Research Award	2014
		September 28, 2022

American Orthopaedic Society for Sports Medicine O'Donoghue Sports Injury Research Award <i>"Long-Term Outcomes After Ulnar Collateral Ligament Reconstruction in Competitive Baseball Players: A Minimum of 10 Years Follow-up"</i>	2013
University of Alabama at Birmingham - Department of Surgery Excellence in Research Award	2013
University of Alabama SOM CCHS Research Day 2nd Place Poster Award <i>"Surgical Site Infection After Arthroplasty: Comparative Effectiveness of Prophylactic Antibiotics; Do Surgical Care Improvement Project Guidelines Need to be Updated?"</i>	2013
University of Alabama SOM CCHS Research Day 3rd Place Poster Award <i>"Hospital Acquired Conditions Are the Strongest Predictor for Early Readmission: An Analysis of 26,710 Arthroplasties"</i>	2013
University of Alabama School of Medicine Honors Distinction in Surgery, Medicine and Neurology Clerkships	2012 - 2013
University of Alabama School of Medicine Medical Student Research Award <i>"Hospital Acquired Conditions Are the Strongest Predictor for Early Readmission: An Analysis of 26,710 Arthroplasties"</i>	2012
American Sports Medicine Fellowship Society Clinical Science Award <i>"Long-Term Outcomes After Ulnar Collateral Ligament Reconstruction in Competitive Baseball Players: A Minimum of 10 Years Follow-up"</i>	2010 - 2011
University of Alabama Who's Who Among American College Students	2008
University of Alabama Nominee for USA Today Academic All-American	2007
University of Alabama American Sports Medicine Institute Scholarship	2007
University of Alabama Kappa Sigma Endowment Fund Scholarship	2005, 2006, 2007
University of Alabama J.R. Knouff Scholarship	2005

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Related Work Experience	The Hughston Clinic – Fort Walton Beach, FL Board Certified Orthopaedic Surgeon – Orthopaedic Trauma, Sports Medicine, Shoulder, Hip and Knee Reconstruction	2020 - Present
	Pittsburgh Penguins - National Hockey League Assistant Team Physician	2019 - 2020
	Pittsburgh Steelers - National Football League Assistant Team Physician	2019 - 2020
	University of Pittsburgh Varsity Athletics, Pittsburgh, PA Assistant Team Physician	2019 - 2020
	Carnegie Mellon University Varsity Athletics, Pittsburgh, PA Assistant Team Physician	2019 - 2020
	Duquesne University Varsity Athletics, Pittsburgh, PA Assistant Team Physician	2019 - 2020
	Robert Morris University Varsity Athletics, Pittsburgh, PA Assistant Team Physician	2019 - 2020
	University of Missouri Varsity Athletics, Columbia, MO Assistant Team Physician	2017 - 2019
	Tipton High School Football, Tipton, MO Head Team Physician	2014 – 2015
	University of Alabama Varsity Athletics, Tuscaloosa, AL Certified Athletic Trainer	2008 - 2010
DCH Sports Medicine, Northport, AL Certified Athletic Trainer	2008 – 2010	
Academic Appointments	Edward Via College of Osteopathic Medicine - Auburn Fort Walton Beach, FL Clinical Faculty – Orthopaedic Surgery – Trauma and Sports Medicine	2020 - Present
	College of Human Environmental Sciences, University of Alabama Tuscaloosa, AL Adjunct Instructor	2008 – 2010
	Athletic Training Education Program, University of Alabama Tuscaloosa, AL Clinical Instructor	2008 – 2010
Professional Affiliations	American Academy of Orthopaedic Surgeons Candidate Member	2014 - Present
	American Orthopaedic Society for Sports Medicine Candidate Member	2019 - Present
	Arthroscopy Association of North America Fellow Member	2019 - Present
	International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine Fellow Member	2019 - Present
	North American Spine Society	2017 - 2019

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Resident Member

Editorial Positions

Journal Referee: *American Journal of Sports Medicine* 2020 - Present
 Journal Referee: *Therapeutics and Clinical Risk Management* 2018 - Present
 Journal Referee, *The Journal of Public Health Research* 2014 - Present

Inventions & Patents

Title: **Guardian** (Smart Phone/Smart Watch Application) Filed: August 6, 2018
 Disclosure No. 19UMC-CR004
 University of Missouri Office of Technology Management
 & Industry Relations

Funded Research

Detrimental Effects of Caffeine on Intervertebral Disc Health in a Whole Organ Culture Model
 Resident PI: Benjamin Todd Raines
 Amount \$10,000
 Granting Agency: University of Missouri Orthopaedic Association Resident Research Grant
 Date Awarded: December 1, 2015

Publications and Presentations

Publications:

Textbook Chapters:

1. **Raines BT**, Waterman BR. Complications with Rotator Cuff Surgery – Preoperative Issues. Schmitz MR, Thompson SR Complications in Orthopaedics: Sports Medicine. Philadelphia, PA, Elsevier. 2020. Ch 21.
2. **Raines BT**, Oakes JE. Chapter 17: Anatomic Variants in the Hand and Wrist. Tubbs RS, Shoja MM, Loukas M. (eds) Bergman’s Comprehensive Encyclopedia of Human Anatomic Variation. New York NY, John Wiley and Sons, Inc. May 6, 2016. DOI: 10.1002/9751118430309.ch17

Peer Reviewed -

1. Gabrielli AS, Hughes JD, Dalton J, **Raines BT**, Crasto C, Musahl V, Lesniak BP. More Anterior Placement of Femoral Tunnel Position in ACL-R is Associated with Postoperative Meniscus Tears. (Manuscript under review – *Journal of ISAKOS*)
2. Paras T, **Raines BT**, Kohut K, Sebzevari S, Chang YF, Yeung M, Li R, Tublin J, Baradaran A, Lin A. Clinical outcomes of reverse total shoulder arthroplasty for elective indications versus acute 3- and 4-part proximal humeral fractures: a systematic review and meta-analysis. *J Shoulder Elbow Surg.* 2022;31(1):e14-e21. doi:10.1016/j.jse.2021.07.014.
3. **Raines BT**, Stannard JT, Stricklin OE, Stoker AM, Choma TJ, Cook JL. Detrimental effects of caffeine on intervertebral disc health in a whole organ culture model. *Global Spine J.* Sept 16, 2020. PMID 32935580.
4. **Raines BT**, Pomajzl RJ, Ray TE, Bley JA, Sherman SL. Isolated complete rupture of the biceps femoris insertion: A surgical repair technique manuscript. *Arthroscopy Techniques.* 2019; 8(4): e407–e411.
5. **Raines BT**, Ponce BA, Deierhoi RJ, Richman JS, Hawn MT. Hospital acquired conditions are the strongest predictor for early readmission: An analysis of 26,710 arthroplasties. *J Arthroplasty.* 2015;30(8):1299-1307.

6. Osbahr DC, Cain EL, **Raines BT**, Fortenbaugh D, Dugas JR, Andrews JR. Long-term outcomes after ulnar collateral ligament reconstruction in competitive baseball players: A minimum of 10 years follow-up. *Am J Sports Med.* 2014;42(6):1333-1342.
7. Ponce BA, **Raines BT**, Deierhoi RJ, Vick CD, Richman JS, Hawn MT. Surgical site infection after arthroplasty: Comparative effectiveness of prophylactic antibiotics; Do surgical care improvement project guidelines need to be updated? *J Bone Joint Surg.* 2014;96(12):970-977.
8. Osbahr DC, Cain EL, **Raines BT**, Fortenbaugh D, Dugas JR, Andrews JR. Long-term outcomes after ulnar collateral ligament reconstruction in competitive baseball players: A minimum of 10 years follow-up. *J Shoulder Elbow Surg.* 2013;22(4):e43.

Invited Submissions:

9. Sherman SL, **Raines BT**, Burch MB, Ray TE, Shubin Stein BE. Dr. Yanke's Patellofemoral Techniques: Patellofemoral Imaging and Analysis. *Op Tech Sports Med.* Published online: September 20, 2019. pp. 150684
10. **Raines BT**, Naclerio E, Sherman SL. Management of anterior cruciate ligament injury: What's in and what's out? *Indian J Orthop.* 2017;51(5):563-575.
11. **Raines BT**, Ponce BA, Deierhoi RJ, Richman JS, Hawn MT. Hospital acquired conditions are the strongest predictor for early readmission: An analysis of 26,710 arthroplasties. *AAOS Headline News Now.* 2015, July 29.

Presentations:

International –

1. **ICL 408: Musculoskeletal Infection Society (MSIS) Update on Infection in Shoulder Arthroplasty.**
Raines BT, Lin A.
2020 American Academy of Orthopaedic Surgeons Annual Meeting
Orlando, FL
2. **ICL 464: Proximal humerus fractures: leave it alone, fix it, or replace it.**
Raines BT, Lin A.
2020 American Academy of Orthopaedic Surgeons Annual Meeting
Orlando, FL
3. **Detrimental Effects of Caffeine on Intervertebral Disc Health in a Whole Organ Culture Model**
Raines BT, Stannard JT, Stricklin OE, Stoker AM, Choma TJ, Cook JL.
2017 North American Spine Society Annual Meeting
Podium Presentation
4. **Surgical Site Infection After Arthroplasty: Comparative Effectiveness of Prophylactic Antibiotics; Do Surgical Care Improvement Project Guidelines Need to be Updated?**
Ponce BA, Raines BT Deierhoi RJ, Vick CD, Richman JS, Hawn MT.
2013 American Academy of Orthopaedic Surgeons Annual Meeting
Podium Presentation
5. **Long-term outcomes after ulnar collateral ligament reconstruction in competitive baseball players: A minimum of 10 years follow-up.**
Osbahr DC, Cain EL, Raines BT, Fortenbaugh D, Dugas JR, Andrews JR.

2013 American Academy of Orthopaedic Surgeons Annual Meeting
Podium Presentation

6. **Long-term outcomes after ulnar collateral ligament reconstruction in competitive baseball players: A minimum of 10 years follow-up.**
Osbaahr DC, Cain EL, Raines BT, Fortenbaugh D, Dugas JR, Andrews JR.
2013 American Orthopaedic Society for Sports Medicine Annual Meeting
Podium Presentation
7. **Long-term outcomes after ulnar collateral ligament reconstruction in competitive baseball players: A minimum of 10 years follow-up.**
Osbaahr DC, Cain EL, Raines BT, Fortenbaugh D, Dugas JR, Andrews JR.
2013 American Academy of Orthopaedic Surgeons Annual Meeting, AOSSM
Specialty Day
Podium Presentation
8. **Long-term outcomes after ulnar collateral ligament reconstruction in competitive baseball players: A minimum of 10 years follow-up.**
Osbaahr DC, Cain EL, Raines BT, Fortenbaugh D, Dugas JR, Andrews JR.
2012 American Orthopaedic Society for Sports Medicine APOSSM and SLARD
Traveling Fellowship Program
Podium Presentation

National –

9. **Detrimental Effects of Caffeine on Intervertebral Disc Health in a Whole Organ Culture Model**
Raines BT, Stannard JT, Stricklin OE, Stoker AM, Choma TJ, Cook JL.
2017 Orthopaedic Research Society Annual Meeting
Poster Presentation
10. **Detrimental Effects of Caffeine on Intervertebral Disc Health in a Whole Organ Culture Model**
Raines BT, Stannard JT, Stricklin OE, Stoker AM, Choma TJ, Cook JL.
2017 Mid-America Orthopaedic Association Annual Meeting
Podium Presentation
11. **Long-term Outcomes After Ulnar Collateral Ligament Reconstruction in Competitive Baseball Players: A Minimum of 10 years Follow-up**
Osbaahr DC, Cain EL, Raines BT, Fortenbaugh D, Dugas JR, Andrews JR.
2013 American Orthopaedic Association Annual Meeting
Special Emphasis Poster
12. **Surgical Site Infection After Arthroplasty: Comparative Effectiveness of Prophylactic Antibiotics; Do Surgical Care Improvement Project Guidelines Need to be Updated?**
Ponce BA, Raines BT, Deierhoi RJ, Vick CD, Richman JS, Hawn MT.
2013 Mid-America Orthopaedic Association Annual Meeting
Plenary Session Podium Presentation
13. **Hospital Acquired Conditions are the Strongest Predictor for Early Readmission: An Analysis of 26,710 Arthroplasties**
Raines BT, Ponce BA, Deierhoi RJ, Richman JS, Hawn MT. Spine Lecture
2013 Mid-America Orthopaedic Association Annual Meeting

Podium Presentation

14. Long-term outcomes after ulnar collateral ligament reconstruction in competitive baseball players: A minimum of 10 years follow-up.

Osbaahr DC, Cain EL, Raines BT, Fortenbaugh D, Dugas JR, Andrews JR.

2012 American Shoulder and Elbow Society Annual Closed Meeting

Podium Presentation

Regional –

15. Non-anatomic Femoral Tunnel Position in ACL Reconstruction Increases Risk for Post-Operative Meniscus Tears

Gabrielli AS, Crasto C, Raines BT, Hughes JD, Musahl V, Lesniak BP.

2020 UPMC Orthopaedic Sports Medicine Fellows Research Day.

Podium Presentation

16. Detrimental Effects of Caffeine on Intervertebral Disc Health in a Whole Organ Culture Model

Raines BT, Stannard JT, Stricklin OE, Stoker AM, Choma TJ, Cook JL.

2017 Missouri State Orthopaedic Association Annual Meeting

Podium Presentation

17. Detrimental Effects of Caffeine on Intervertebral Disc Health in a Whole Organ Culture Model

Raines BT, Stannard JT, Stricklin OE, Stoker AM, Choma TJ, Cook JL.

2016 OREF/ORS St. Louis Regional Resident Research Symposium

Podium Presentation

18. Surgical Site Infection After Arthroplasty: Comparative Effectiveness of Prophylactic Antibiotics; Do Surgical Care Improvement Project Guidelines Need to be Updated?

Ponce BA, Raines BT Deierhoi RJ, Vick CD, Richman JS, Hawn MT.

2013 Surgery Residents Research Day

Podium Presentation

19. Hospital Acquired Conditions are the Strongest Predictor for Early Readmission: An Analysis of 26,710 Arthroplasties

Raines BT, Ponce BA, Deierhoi RJ, Richman JS, Hawn MT. Spine Lecture

2013 UASOM CCHS Research Day

Poster Presentation

20. Hospital Acquired Conditions are the Strongest Predictor for Early Readmission: An Analysis of 26,710 Arthroplasties

Raines BT, Ponce BA, Deierhoi RJ, Richman JS, Hawn MT.

2012 UAB Medical Student Research Day

Podium Presentation

21. Surgical Site Infection After Arthroplasty: Comparative Effectiveness of Prophylactic Antibiotics; Do Surgical Care Improvement Project Guidelines Need to be Updated?

Ponce BA, Raines BT Deierhoi RJ, Vick CD, Richman JS, Hawn MT.

2012 UAB Medical Student Research Day

Poster Presentation

22. **Long-term outcomes after ulnar collateral ligament reconstruction in competitive baseball players: A minimum of 10 years follow-up.**
Osbaahr DC, Cain EL, Raines BT, Fortenbaugh D, Dugas JR, Andrews JR.
2011 American Sports Medicine Institute Fellows Research Symposium
Podium Presentation
23. **Clinical success of meniscal repairs using FasT-Fix all-inside meniscal repair system at 4.1 years follow-up.**
Cain EL, Sytsma MJ, Swymm JP, McGough BW, Hurst C, Raines BT, Dugas JR, Andrews JR.
2011 American Sports Medicine Institute Fellows Research Symposium
Podium Presentation
24. **Long-term outcomes after ulnar collateral ligament reconstruction in competitive baseball players: A minimum of 10 years follow-up.**
Osbaahr DC, Cain EL, Raines BT, Fortenbaugh D, Dugas JR, Andrews JR.
2011 UAB Medical Student Research Day
Poster Presentation

**Continuing
Medical Education
& Professional
Development**

- 2020 UPMC Hip Preservation Conference**
Pittsburgh, PA
- 2020 Panther ACL Symposium**
Pittsburgh, PA
- 2019 AOSSM Fellows Course**
Rosemont, IL
- 2019 Annual Sports Medicine Update**
Columbia, MO
- 2017 North American Spine Society Annual Meeting**
Orlando, FL
- 2017 American Orthopaedic Society for Sports Medicine Annual Meeting**
Toronto, Canada
- 2017 Mid-America Orthopaedic Association Annual Meeting**
Amelia Island, Florida
- 2017 Missouri State Orthopaedic Association Annual Meeting**
St. Louis, MO
- 2016 OREF/ORS St. Louis Region Resident Research Symposium**
St. Louis, MO
- 2015 AOTrauma Basic Principles of Fracture Management**
Phoenix, AZ
- 2013 Mid-America Orthopaedic Association Annual Meeting**
Amelia Island, FL
- 2013 AAOS Annual Meeting AOSSM Specialty Day**
Chicago, IL
- 2013 American Academy of Orthopaedic Surgeons Annual Meeting**
Chicago, IL

**Committees &
Service**

- Electronic Medical Record Development and Optimization** 2016 - 2019
Volunteer – University Hospital – Columbia, MO

University of Missouri School of Medicine Orthopaedic Interest Group Mentor	2015 - 2019
University of Missouri BioDesign and Innovation Program Member	2014 - 2015
University of Alabama School of Medicine, Tuscaloosa Campus Student Research Liaison	2013 - 2014
Hospice of West Alabama, Tuscaloosa, AL Volunteer	2013
Larry Mayes Research Society, Tuscaloosa, AL Member	2012 - 2013
American Sports Medicine Institute Biomechanical Pitching Evaluations Volunteer	2011 – 2012
Tornado Disaster Relief, Tuscaloosa, AL Volunteer	2011
Equal Access Birmingham Student-Run Medical Clinic Volunteer	2010 – 2013
Equal Access Birmingham Community Outreach Educator	2010 – 2013
North River Village Assisted Living Community, Tuscaloosa, AL Volunteer	2009 – 2010
Caring Days Dementia and Neurologic Disability Adult Day Care Volunteer	2009 – 2013
University of Alabama Academic Honor Council President and Chief Justice	2008 – 2009
University of Alabama College of Human Environmental Sciences Academic Honor Council Chief Justice	2008 - 2009
Big Brothers Big Sisters of America, Tuscaloosa, AL Volunteer	2007 – 2010
Kappa Sigma Fraternity Risk Management Co-Chair	2004 – 2007