

Timothy Martin Steiner, M.D.

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Indiana University Health
Southern Indiana Physicians
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Bloomington, IN 47401
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Personal

Born October 8, 1973 Indianapolis, Indiana

Affiliations

Staff Orthopedic Surgeon and Fellowship-Trained Sports Medicine Specialist
Orthopedics and Sports Medicine
Indiana University Health – Southern Indiana Physicians
Bloomington, Indiana
2007-Current

Volunteer Associate Professor of Orthopedic Surgery
Indiana University School of Medicine
Indianapolis, Indiana
2007-Current

Staff Lecturer
Indiana University
Bloomington, Indiana
2007-Current

Orthopedic Consultant and member
Sports Medicine Advisory Council
Indiana State High School Athletic Association (IHSAA)
2021-Current

Physician Member
Sports Medicine Commission
Indiana State Medical Association (ISMA)
2010-Current

Medical Director
Orthopedics of Southern Indiana
A Division of Indiana University Health – Southern Indiana Physicians
Bloomington, Indiana

2011-2020

Staff Orthopedic Surgeon and Fellowship-Trained Sports Medicine Specialist
Indiana University Student Health Center
Bloomington, Indiana
2007-2018

Director of Sports Medicine
Rehabilitation and Sports Medicine Center
Indiana University Health Bloomington
2007-2018

Board Member
Athletic Trainers Licensing Board
Indiana Professional Licensing Association
State of Indiana
2015-2020

Full Medical Staff Privileges
Indiana University Health Bloomington Hospital - Bloomington, IN
Southern Indiana Surgery Center - Bloomington, IN
IU Health Paoli Hospital - Paoli, IN
IU Health Bedford Regional Medical Center – Bedford, IN
IU Health Morgan Hospital – Martinsville, IN

Certification

Board Certified in Orthopedic Surgery
American Board of Orthopedic Surgery
Expires 12/31/2029

Board Certified in Sports Medicine
American Board of Orthopedic Surgery
Expires 12/31/2029

Academic

Fellowship in Sports Medicine and Arthroscopy
Accredited by the American Orthopedic Society for Sports Medicine
August 2006 to July 2007
Department of Orthopedic Surgery
The Cleveland Clinic Foundation
Cleveland, Ohio

Resident Physician
July 2001 to June 2006

Department of Orthopedic Surgery
Wayne State University and Detroit Medical Center
Detroit, Michigan

Doctor of Medicine
August 1997 to May 2001
Indiana University School of Medicine
Indianapolis, Indiana

Bachelor of Science in Mechanical Engineering
August 1992 to December 1996
Purdue University
West Lafayette, Indiana

Awards

Richard L Lamont Resident Award for Excellence in Orthopedic Surgery
Department of Orthopedic Surgery
Wayne State University
2006

Bachelor of Science with Highest Distinction
99th Percentile of Graduating Engineers
Purdue University

Boeing Corporation Academic Scholarship in Mechanical Engineering
Academic years 1993 and 1994
Purdue University

Purdue University Department of Mechanical Engineering Academic Scholarship
Academic years 1995 and 1996
Purdue University

Publications

A Ten-Year Retrospective Review of Collegiate Bicycle Racing Injuries
Timothy M. Steiner, MD, Jennifer Black, PA-C, Nancy Macklin, NP
In progress

Technical Tips: Broken Drill Bit Removal with a Common Depth Gauge
Timothy M Steiner, MD and Jason Holcomb, MD
Submitted, but not published

Chapter 22: Acute Patellar Dislocations
Timothy M Steiner, MD and Richard D Parker, MD
DeLee and Drez's Orthopedic Sports Medicine: Principles and Practice, 3rd Edition

2010

Chapter 22: Recurrent Patellar Dislocations

Timothy M Steiner, MD and Richard D Parker, MD

DeLee and Drez's Orthopedic Sports Medicine: Principles and Practice, 3rd Edition

2010

Revision Anterior Cruciate Ligament Reconstruction with Combined Medial or Lateral Instability.

Timothy M Steiner, MD, Michael J Matava, MD and Richard D Parker, MD.

Journal of Knee Surgery

October 2007

Medial Patellofemoral Ligament Reconstruction in Patients with Lateral Patellar Instability and Trochlear Dysplasia

Timothy M Steiner, MD, Roger Torga-Spak, MD, and Robert A Teitge, MD

American Journal of Sports Medicine

August 2006

Presentations

Shoulder Arthritis – Diagnosis and Treatment

Continuing Medical Education Presentation

Indiana University Health Bloomington Hospital

April 2014

Rotator Cuff Tears

Continuing Medical Education Presentation

Indiana University Health Bloomington Hospital

August 2012

A Five-Year Retrospective Review of Collegiate Bicycle Racing Injuries

Cleveland Clinic Sports Medicine Alumni Meeting

Manaus, Amazonas, Brazil

May 2011

The Anterior Cruciate Ligament

Orthopedic Nursing Conference

Indiana University Health Bloomington

May 2011

Workers Compensation: Behind the OR Doors

Indiana Self-Insured Conference

Indianapolis, Indiana

June 2009

Shoulder Instability: Evaluation and Treatment
IU Health Sports Medicine and Rehabilitation Conference
April 2009

The Anterior Cruciate Ligament
Graduate Athletic Training Program
Indiana University
March 2008, 2010, 2012, 2014

Articular Cartilage Injuries
Graduate Athletic Training Program
Indiana University
April 2008, 2010, 2012, 2014

The Anterior Cruciate Ligament
Department of Orthopedic Surgery
The Cleveland Clinic Foundation
November 2006

Hand and Wrist in Sports Medicine
Sports Medicine Conference
Department of Orthopedic Surgery
The Cleveland Clinic Foundation
March 2007

Labral Tears – MRI and Surgical Correlation
Combined Radiology and Orthopedic Surgery Conference
The Cleveland Clinic Foundation
January 2007

Shoulder Anatomy in the Throwing Athlete
First Annual Baseball Medicine Conference
The Cleveland Clinic Foundation
January 2007

Foot and Ankle in Sports Medicine
Sports Medicine Conference
Department of Orthopedic Surgery
The Cleveland Clinic Foundation
January 2007

The Anterior Cruciate Ligament in 2006
Sports Medicine Conference
Department of Orthopedic Surgery
The Cleveland Clinic Foundation
November 2006

Medial Patellofemoral Ligament Reconstruction in Trochlear Dysplasia
Podium Presentation
American Academy of Orthopedic Surgeons
2006 Annual Meeting, Chicago, Illinois

Medial Patellofemoral Ligament Reconstruction in Trochlear Dysplasia
Abstract and Poster Presentation
American Orthopedic Society for Sports Medicine
2004 Annual Meeting, Quebec City, Canada

MRI of the Knee: Anatomy and Pathology
Wayne State University Orthopedic Grand Rounds
February 2006

Total Shoulder Arthroplasty
Wayne State University Orthopedic Grand Rounds
October 2004

Recurrent Anterior Shoulder Dislocations
Wayne State University Orthopedic Grand Rounds
September 2004

Anterior Knee Pain and Instability Following Patellectomy
Wayne State University Orthopedic Grand Rounds
September 2002

Research Interests

A Ten-Year Retrospective Review of Collegiate Bicycle Racing Injuries
Indiana University Health Bloomington
2011-Present

Femoral Anteversion and Tibial Torsion as Predictors of Non-Contact ACL Injury
The Cleveland Clinic Foundation
2006-2007

Rectus Femoris Transfer for Spastic Diplegia: A Gait Study
Indiana University School of Medicine
1999-2001

Musculoskeletal Radiology Website
An interactive approach to teaching students and residents musculoskeletal radiology
Indiana University School of Medicine
2000 to 2001 – website no longer active

Porcine small intestine submucosa (SIS) for use in prosthetic heart valves
Department of Biomedical Engineering
Purdue University
1994 to 1996

Team Coverage

Team Physician
Indiana University Rugby
2008 to 2011

Team Physician
Indiana University Hockey
2008 to 2010

Team Physician
Mitchell High School
Mitchell, Indiana
2007 to 2011

Team Physician
Brown County High School
Nashville, Indiana
2007 to Present

Consulting Physician for NFL Combine
Cleveland Browns, National Football League
2007 to 2009

Team Physician
Varsity Sports
John Carroll University, NCAA Division III
2006-2007

Assistant Team Physician
Cleveland Browns, National Football League
2006-2007

Assistant Team Physician
Cleveland Cavaliers, National Basketball Association
2006-2007

Assistant Team Physician
Cleveland Indians and Minor League Affiliates, Major League Baseball
2006-2007

Team Physician
Cleveland Public Schools
2006

Prior Work Experience

Process Development Engineer
Global Process Development Facility
The Procter and Gamble Company
Cincinnati, Ohio
May to August 1995 and 1996

Heating, Ventilation, and Air Conditioning Design Engineer
BSA Design
Indianapolis, Indiana
January 1997 to August 1997

Associations

American Academy of Orthopedic Surgeons (AAOS)
Candidate Member
2001 to Present

American Orthopedic Society for Sports Medicine (AOSSM)
Candidate Member
2006 to Present

Indiana State Medical Association
2007 to Present

Monroe Owen County Medical Society
2007 to Present

Licensure

Permanent Medical License # 01062951A
State of Indiana
Current
December 2006 to Present

Permanent Medical License #87305
State of Ohio
Expired
December 2005 to 2007

Educational Medical License # 4301078239
State Of Michigan
Expired
July 2001 to June 2006

Volunteer

Board of Directors
Wonderlab Museum of Science and Technology
Bloomington, Indiana
2008-2020

Board of Directors
YMCA of Monroe County
Bloomington, Indiana
2015-2018

Personal Interests

Road Bicycling
Mountain Bike Racing
Alpine Skiing
Youth Baseball Coaching