

Tom Antkowiak, MD, MS

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Education

ALBANY MEDICAL COLLEGE, Albany, New York
Doctor of Medicine (MD) | Graduated cum laude (2007)

MCGILL UNIVERSITY, Montreal, Quebec, Canada
Master of Science in Neurobiology (2003)
Bachelor of Science in Biology (2001)

Residency & Fellowship

SOUTHERN CALIFORNIA ORTHOPEDIC INSTITUTE (SCOI), Los Angeles, California | 2012 – 2013
Fellow, Sports Medicine (2012-2013)

UNIVERSITY OF CALIFORNIA, DAVIS MEDICAL CENTER, Sacramento, California | 2007 - 2012
Chief Resident, Orthopedic Surgery (2011 – 2012)
Resident, Orthopedic Surgery (2008 – 2011)
Intern, Orthopedic Surgery (2007 – 2008)

Credentials & Licensing

American Board of Orthopedic Surgery, Fellow – Orthopedic Surgery Board Certification (2015 - 2025)
State of Illinois Licensed Physician & Surgeon (2013 - 2026)
Licensed Physician Controlled Substance (2013-2026)
State of Indiana Licensed Physician & Surgeon (2015 - 2017)
State of California Licensed Physician & Surgeon (2009 - 2014)

Honors & Awards

Top Orthopedic Surgeon, Will County (2023)
Top Orthopedic Surgeon, Will County (2019)
Outstanding Patient Satisfaction, Silver Cross Hospital (2016)
Reno Trauma Award, Outstanding Orthopedic Trauma, Organization Name (2012)
Emerging Leader, American Orthopedic Surgery (2011)
Alpha Omega Alpha (2006)
Class of 1955 Merit Scholarship, Albany Medical College (2005 & 2006)
Joseph Collins Merit Scholarship, Albany Medical College (2005 & 2006)

Continuing Education & Conferences

2022 AANA Annual Meeting, Arthroscopy Association of North America (2022)
20th Annual AAOS/AOSSNA/AANA Sports Medicine Course, American Academy of Orthopaedic Surgeons (2020)
AAOS ROSA Mobile Lab, Las Vegas, Nevada (2019)
Annual AAOS Workers' Compensation and Musculoskeletal Injuries, American Academy of Orthopaedic Surgeons (2018)
SCOI Fourth Quinquennial Sports Medicine Symposium, California Medical Association (2018)

2018 AANA Annual Meeting, Arthroscopy Association of North America (2018)

2018 OrthoForum OrthoConnect Meeting, University of Tennessee College of Medicine (2018)

2016 AANA Fall Course General Lecture, Arthroscopy Association of North America (2018)

Oxford Partial Knee Advanced Instructional Regional Course, Minneapolis, Minnesota (2016)

Biomet Oxford Masters Course Unicompartamental Knee Arthroplasty, Minneapolis, Minnesota (2015)

Joint Preservation Featuring Subchondroplasty (2015)

Advanced Techniques in Anterior Total Hip Arthroplasty, Zimmer, Chicago, Illinois (2014)

Master's Course in Shoulder Arthroplasty, Tornier, Chicago, Illinois (2014)

AAOS Annual Meeting, New Orleans, Louisiana (2014)

Zimmer® Patient Specific Instruments (PSI) for Reverse Shoulder Arthroplasty Burr Ridge (2014)

AOSSM Annual Meeting, Chicago, Illinois (2013)

MIS Anterior Supine Hip Procedures Instructional Course (2013)

International Articular Cartilage Repair and Hip Arthroscopy Conference, Carlsbad, California (2013)

Metcalf/AANA Winter Meeting – Arthroscopic Surgery Seminar 2013, Snowbird, Utah (2013)

The Napa Course: Advancements in Shoulder & Hip Arthroscopy, Napa, California (2013)

Sports Medicine Symposium, Mitek, Las Vegas, Nevada (2013)

AAOS Annual Meeting, San Francisco, California (2012)

Anterior Approach Total Hip Arthroplasty, Joel Matta, Depuy (2010)

Orthopedic Trauma Association Annual Meeting, San Diego, California (2009)

AO Trauma Course, Marco Island, Florida (2008)

Staff Appointments

OAK SURGICAL CENTER, Bourbonnais, Illinois | 2022 – Present

Active Staff

SILVER CROSS SURGERY CENTER, New Lenox, Illinois | 2019 - Present

Active Staff

CENTER FOR MINIMALLY INVASIVE SURGERY, Mokena, Illinois | 2019 - Present

Active Staff

ADVOCATE GOOD SAMARITAN HOSPITAL, Downers Grove, IL | 2019 – Present

Active Staff

SILVER CROSS HOSPITAL, New Lenox, Illinois | 2013 - Present

Active Staff

PRESENCE ST. MARY'S HOSPITAL, Kankakee, Illinois | 2013 - Present

Active Staff

RIVERSIDE MEDICAL CENTER, Kankakee, Illinois | 2013 - 2022

Former Staff

OAK SURGICAL INSTITUTE, Bradley, Illinois | 2013 - 2021

Former Staff

MUNSTER SPECIALTY SURGERY CENTER, Munster, Indiana | 2015 - 2017

Former Staff

VALLEY PRESBYTERIAN HOSPITAL, Van Nuys, California | 2012 - 2013

Former Staff

CENTER OF ORTHOPEDIC SURGERY, Van Nuys, California | 2012 - 2013

Former Staff

CONEJO SURGICAL CENTER, Thousand Oaks, California | 2012 - 2013

Former Staff

THE VALENCIA SURGICAL CENTER, Valencia, California | 2012 - 2013

Former Staff

UNIVERSITY OF CALIFORNIA DAVIS MEDICAL CENTER, Sacramento, California | 2007 - 2012

Former Staff

KAISER PERMANENTE SOUTH SACRAMENTO MEDICAL CENTER, Sacramento, California | 2007 - 2012

Former Staff

SUTTER MEDICAL CENTER, Sacramento, California | 2007 - 2012

Former Staff

Teaching Experience

ZIMMER BIOMET, Consultant, Sports Medicine and Medical Education | 2016 – 2024

Speaker, Lab instructor – 2023 Sports and Upper Extremity Course (2023)

Course Chair and Keynote Speaker – Comprehensive Solutions in Sports Medicine (2022)

Fellow/Resident Spotlight lecture – Innovations in Sports Medicine (2021)

Speaker – Management of Meniscus Pathology – Surgeon Education (2021)

Speaker, Sales Team Education – 2020 Americas Sales Meeting (2020)

Course Chair & Keynote Speaker, Sales Team Education, Innovations in Sports Medicine Medical Education Course (2019)

Course Chair & Keynote Speaker, Sports Medicine Advancements in Arthroscopy (2018)

Educator, Complex Rotator Cuff Tears, BioWick (2018)

Speaker, Sports Medicine Education Course (2017)

ARTHROSCOPY ASSOCIATION OF NORTH AMERICA, Chicago, Illinois | 2014

Associate Master Instructor, Hip Arthroscopy

SOUTHERN CALIFORNIA ORTHOPEDIC INSTITUTE, NAPA VALLEY, Los Angeles, California | 2013

Assistant Instructor, Hip Arthroscopy Laboratory

Assistant Instructor, Shoulder Arthroscopy Laboratory

MCGILL UNIVERSITY, Montreal, Quebec, Canada | 2001 - 2003

Teaching Assistant, Neurobiology Laboratory

Teaching Assistant, Methods in Organismal Biology

Team Coverage

TRINITY COLLEGE (NAIA) Palos Heights, Illinois | 2022 – Present

Associate Team Physician, Surgical Consultant

OLIVET NAZARENE UNIVERSITY FOOTBALL (NAIA), Bourbonnais, Illinois | 2013 – Present

Associate Team Physician

LINCOLN WAY EAST VARSITY FOOTBALL, Frankfort, Illinois | 2016 – Present

Associate Team Physician, Surgical Consultant

LINCOLN WAY WEST VARSITY FOOTBALL, Frankfort, Illinois | 2016 – Present

Head Team Physician

LINCOLN WAY CENTRAL VARSITY FOOTBALL, Frankfort, Illinois | 2016 – Present

Associate Team Physician, Surgical Consultant

PROVIDENCE CATHOLIC VARSITY FOOTBALL, Frankfort, Illinois | 2019 – Present

Associate Team Physician, Surgical Consultant

LINCOLN WAY NORTH VARSITY FOOTBALL, Frankfort, Illinois | 2013 – 2016

Head Team Physician

CHICAGO BEARS, NFL, Bourbonnais, Illinois | 2014 - 2016

Assistant with Dr. Michael Corcoran (OAK Orthopedics), Training Camp

CRESPI CARMELITE HIGH SCHOOL, Encino, California | 2012 – 2013

Assistant Team Physician

Leadership Appointments

Executive Committee: Illinois Bone and Joint Institute (2020 – Present)

Medical Director: OAK Surgery Center (2022 – Present)

Board of Directors: OAK Surgery Center (2022 – Present)

Medical Executive Committee Silver Cross Hospital (2021-2022)

Executive Committee: OAK Orthopedics (2017 – Present)

Board of Directors: OAK Orthopedics (2015 – Present)

Recruitment Committee: OAK Orthopedics (2017 – Present)

Ancillary Committee: Illinois Bone and Joint Institute 2023 – Present)

Ambulatory Surgery Center Committee: Illinois Bone and Joint Institute (2020 – Present)

Medical Director: OAK Surgical Institute (2020 – 2021)

Board of Directors: OAK Surgical Institute (2020 – 2021)

Ambulatory Surgery Center Transition Committee: OAK ASC (2020 – 2021)

Orthopedic Consulting & Product Development

Product Development Consultant, Sports Medicine Advisory Panel, Zimmer Biomet (2016 – Present)

Product Development Consultant, ROSA Partial Knee Arthroplasty Evaluation Development Lab, Zimmer Biomet (2021 - Present)

Product Development Consultant, ROSA Partial Knee Usability & Validation Development Lab, Zimmer Biomet (2020)

Product Development Consultant, Trilogy Evaluation Development Lab, Zimmer Biomet (2020)

Product Development Consultant, Ventix Validation Development Lab, Zimmer Biomet (2020)

Product Development Consultant, Dragon Tongue Validation Development Lab, Zimmer Biomet (2019)

Product Development Consultant, Sports ACL Tensioner Development Lab, Zimmer Biomet (2018)

Product Development Consultant, Sports Evaluation Development Lab, Zimmer Biomet (2017)

Product Development Consultant, SpeedSnare Validation Development Lab, Zimmer Biomet (2017)

Product Development Consultant, Sports JugggerStitch Validation Development Lab, Zimmer Biomet (2016 & 2017)

Product Development Consultant, Sports Med Evaluation Lab, Zimmer Biomet (2016)

Professional Affiliations

Fellow, American Academy of Orthopedic Surgery (2015 – 2025)

Member, American Orthopedic Society for Sports Medicine (2013 – Present)

Member, Arthroscopy Association of North America (2012 – Present)

Member, Illinois State Medical Society (2013 – 2021)

Entrepreneurship

Co-Founder & Chief Product Officer: CareUpdate, a technology startup, HIPAA compliance, secure communication platform for medical institutions. Exited successfully after company acquisition.

Advisor: Skyscape, Buzz - Board of Advisors, a medical software and technology company.

Service to Profession

Co-Editor in Chief, Albany Medical College Student Newspaper (2003 – 2006)

Officer, Albany Medical College Wilderness First-Aid & Outing Club (2003 – 2006)

Vice President & Medical Responder, McGill University First Aid Service (1999 – 2003)

Research Experience

MCGILL UNIVERSITY, Montreal, Quebec | 2004 - 2005

Research Assistant, Department of Neuroscience – Ronald Chase, PhD

Developed microscopic electrophysiological methodologies to gather and analyze data related to the neuronal control of ovulation in *Helix aspersa*.

UNIVERSITY OF MASSACHUSETTS MEDICAL CENTER, Worcester, Massachusetts | 2004

Research Assistant, Jane Lian, PhD

Researched and elucidated the molecular mechanisms for the preferential metastasis of breast and prostate cancer cell to bone.

Publications

Michael J Carlson, **Tomasz T Antkowiak**, Nicholas J Larsen, Gregory R Applegate, Richard D Ferkel (2020). "Arthroscopic Treatment of Osteochondral Lesions of the Talus in a Pediatric Population: A Minimum 2-Year Follow-up." *American Journal of Sports Medicine*.

Antkowiak T, Ferkel R, Sullivan M, Kreulen C, Giza E, Whitlow S. (2014). *Rehabilitation After Cartilage Reconstruction*. Chapter 16. *Talar Osteochondral Defects*.

Amanatullah D, **Antkowiak T**, Pillay K, Refaat M, Patel J, and Jamali A. (2012) *Femoroacetabular Impingement: Current Concepts in Diagnosis, Part I*. *American Journal of Orthopedics*.

Amanatullah D, **Antkowiak T**, Pillay K, Refaat M, Patel J, and Jamali A. (2012) *Femoroacetabular Impingement: Current Concepts in Treatment, Part II*. *American Journal of Orthopedics*.

Antkowiak T, Polage C, Wiedeman J, Meehan J, Jamali A. (2011) Chondrolysis of the tibial plateau caused by articular aspergillosis after ACL autograft reconstruction managed with a fresh osteochondral allograft. A Case Report. *The Journal of Bone and Joint Surgery*. 93:e124, p 1-6.

Calafi L, **Antkowiak T**, Curtiss S, Neu C, Moehring D. (2010) A biomechanical comparison of the surgical implant generation network (SIGN) tibial nail with the standard hollow nail. *Injury*. 41:7, p 753-757.

Javed A, Barnes G, Pratap J, **Antkowiak T**, Gerstenfeld L, van Wijnen A, Stein J, Lian J, Stein G. (2005) Impaired intranuclear trafficking of runx2 (AML3/CBFA1) transcription factors in breast cancer cells inhibits osteolysis in vivo. *Proceedings of the National Academy of Science*. 102:5, p 1454-1459.

Antkowiak T and Chase R. (2003) Sensory innervation in the snail *Helix aspersa*. *The Journal of Experimental Biology*. 206, p 3913-3921.

Posters & Presentations

Antkowiak T, Guanche C, Altbuch T. (2014). "Fascia Iliaca Compartment Block for Hip Arthroscopy: A Double Blind, Randomized, Controlled Trial." Paper #8 - ISHA Annual Scientific Meeting 2014.

Antkowiak T, Carlson M, Larsen N, Applegate G, Ferkel R. (2014). "Arthroscopic Treatment of Osteochondral Lesions of the Talus in Children: A Minimum Two-year follow up." American Academy of Orthopedics Surgery. Podium Presentation.

Antkowiak T (2015). "Partial Knee replacement: Minimally invasive approach, navigation, robotic assistance." Riverside Medical Center presentation.

Antkowiak T (2015). "Treatment of hip pain: FAI, labral tears and osteoarthritis." Community lecture; Riverside Medical Center.

Antkowiak T (2015). "Outpatient total hip replacement: the minimally invasive anterior approach." Silver Cross Hospital lecture.

Antkowiak T (2014). "Treatment of cartilage injury in the athlete; current concepts review." ATI Sports Medicine Symposium.

Antkowiak T (2014). "Shoulder instability; evaluation and treatment of recurrent shoulder dislocations." ATI Sports Medicine Summit.

Antkowiak T (2014). "Hip preservation: Minimally invasive arthroscopic surgery for the treatment of hip pain." Riverside Medical Center community lecture.

Antkowiak T, (2013). "Hip Arthroscopy for the treatment of femoral acetabular impingement and acetabular labral tears." Silver Cross Hospital presentation.

Antkowiak T, (2013). "Evaluation of the painful hip. Diagnosis and management of femoral acetabular impingement." Riverside Medical Center presentation.

Antkowiak T, (2013). "Minimally invasive surgery of the knee. Arthroscopy, cartilage restoration and partial knee replacement." Presence Healthcare presentation.

Antkowiak T, (2013). "Shoulder Arthroscopy and the treatment of Rotator Cuff tears." ATI Symposium for athletic trainers and therapists.

Antkowiak T, (2013). "Advances in arthroscopic surgery of the shoulder, hip and knee." Athletico Symposium for athletic trainers and therapists.

Antkowiak T. (2013). "Treatment of Cartilage Lesions in the Knee: A review." Southern California Orthopedic Institute Symposium.

Antkowiak T, Jamali A. (2012). "Acetabular Labral Tears and cartilage injury; Assessing the diagnostic accuracy of pre-operative MRI." Presentation, University of California Davis Research Symposium.

Snow KD; Klineberg EO; Haudenschild DR; Christiansen BA, **Antkowiak T**; Acharya C; Maitra S; Gupta (2012). "The effect of noggin interference in a rabbit posterolateral spinal fusion model." Presentation. Orthopaedic Research Society.

Antkowiak T, Moehring D, Calafi L, Neu C. (2009). "Biomechanical evaluation of the surgical implant generation network (SIGN) intramedullary tibial nail." Orthopaedic Research Society. Poster Session 13 Fracture # 838.

Newsletter Articles

Antkowiak T (2015). "Treatment of Anterior Cruciate Ligament injury in athletes." OAK Orthopedics publication.

Antkowiak T (2015). "Hip replacement using the minimally invasive anterior approach." OAK Orthopedics publication.

Antkowiak T (2013) "Hip Pain - Can We Prevent the Early Onset of Hip Arthritis?" OAK Orthopedics publication.

Surgical Videos

SCOI 15-Point Arthroscopic Shoulder Exam and 8-Point Bursal Exam. **Tom Antkowiak** and Stephen Snyder (2013).

SLAP Lesion with MGHL Repair. **Tom Antkowiak** and Stephen Snyder (2013).

Arthroscopic Suprapectoral Intraosseous Biceps Tenodesis (SPIBiT) Nels Sampatacos. Stephen Snyder, **Tom Antkowiak** (2013).

ABIT procedure: Arthroscopic Biceps Intraosseous Tenodesis. **Tom Antkowiak** and Mark Getelman (2013).