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Loews Miami Beach Hotel

Speaker Biography

Carolyn M. Hettrich, MD, MPH

A native of Portland, Oregon, Dr. Hettrich earned her undergraduate degree in Human Biology from Pomona College and her medical degree from the University of Washington School of Medicine. Her residency training in Orthopaedic Surgery was completed at Hospital for Special Surgery and included a one-year research fellowship. During that same time, she also obtained a Master's in Public Health (MPH) from Columbia University. Following her residency, Dr. Hettrich completed a fellowship in sports medicine and shoulder surgery at Vanderbilt University.

Clinically, Dr. Hettrich treats a wide variety of shoulder and elbow conditions, including:

- Arthroscopic shoulder surgery (rotator cuff repair and shoulder stabilization/labrum repair)
- Shoulder replacement (including conventional, reverse, and revision replacement)
- Open shoulder surgery (shoulder stabilization, massive rotator cuff repairs, and muscle transfers)
- Elbow arthroscopy/ligament reconstruction (Tommy John surgery/tendon repair)
- Surgery for the disorders of the scapula (shoulder blade)
- Proximal humerus, clavicle, and scapula fractures

Dr. Hettrich has been involved in both clinical and laboratory research for over 15 years. She has performed research on tendon to bone (rotator cuff) healing, determinants of outcome after shoulder instability surgery, as well as ways to improve the design and function of shoulder replacements. She is the co-PI of the MOON Shoulder Instability cohort, which is the largest prospective cohort of shoulder instability patients in the world.