



# SHOULDER360<sup>TM</sup> COURSE

LOEWS MIAMI BEACH

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## Rachel Frank, MD

Dr. Rachel Frank is a board certified orthopaedic surgeon and sports medicine specialist who focuses on the surgical and non-surgical management of knee, shoulder, and elbow injuries. Dr. Frank has specialized training and technical expertise in the areas of advanced knee and shoulder arthroscopy, cartilage/meniscus restoration surgery, shoulder instability surgery, and care of the female athlete.

Dr. Frank earned her undergraduate degree at the University of Illinois while playing 4 years of Division I Soccer, with majors in Molecular and Cellular Biology and Spanish, and her medical degree (MD) at Northwestern University's Feinberg School of Medicine. She then completed her Orthopaedic Surgery Residency at the renowned Rush University Medical Center in Chicago, where she was a Chief Resident.

After residency, Dr. Frank completed a Sports Medicine and Shoulder Fellowship at Rush University Medical Center, where she was involved with the medical and surgical care of the Chicago Bulls, Chicago White Sox, Chicago Fire, USA Rugby, and DePaul University, and a variety of local colleges and high schools within Chicago. Following this fellowship, Dr. Frank completed a Traveling Fellowship throughout Canada and Europe, training with some of the world's best knee and shoulder surgeons to develop additional expertise in the areas of knee joint preservation surgery, advanced ligament repair and reconstruction, complex shoulder reconstruction, and techniques in Biologic Therapies.

Currently, Dr. Frank serves as an Associate Professor in Orthopaedic Surgery at the University of Colorado School of Medicine, is Director of the Joint Preservation Program at the University of Colorado, and is the Biologics Physician Champion for the Department of Orthopaedic Surgery at the University of Colorado.

Dr. Frank is a team physician for the University of Colorado Buffaloes and University of Denver Pioneers and is co-medical director for the Colorado Storm Soccer Association. She is a former Division I collegiate soccer player and enjoys cycling, hiking, and long-distance triathlon. She is passionate about taking care of athletes of all levels in Denver and Boulder, from the weekend warrior to the competitive athlete. Having had multiple orthopaedic surgeries herself, Dr. Frank understands what it means to be a patient, and strives to provide individualized care to every single patient, with the ultimate goal of eliminating pain, optimizing function, and maintaining a healthy, active lifestyle.