

AOSSM PROFILE- W. BEN KIBLER

Dr W. Ben Kibler attended undergraduate studies at Vanderbilt University, where he played baseball and was co-captain, received an NCAA post graduate scholarship, and graduated magna cum laude in 1968. He attended Vanderbilt University School of Medicine on a Justin Potter Merit Scholarship, graduating in 1972. He completed an internship in Surgery at Parkland Hospital in 1972-1973. After a Fellowship in Neuromuscular Diseases in 1973- 1974, he completed his residency in Orthopedic Surgery at Vanderbilt University from 1974- 1977.

He joined the Lexington Clinic in 1977 and worked there until his retirement in 2021. He developed the Lexington Clinic Sports Medicine Center, the Shoulder Center of KY, and the Society of Tennis Medicine Center as centers of excellence in patient care, research, and education. He established the first community and school based athletic care networks in the state.

He has been a member of AOSSM since 1983, and has served the organization in many capacities. He has been a member of the Council of Delegates, the Education Committee, the Program Committee, and has been the Instructional Course chair. He has worked with partner organizations to advance sports medicine education and care, serving on the AOSSM/AMSSM/ACSM collaborations in the Team Physician Course, the Advanced Team Physician Course, and the Team Physician Consensus Conference. He has made many contributions to AOSSM educational programs, presenting 55 ICLs and 48 podium presentations at the annual meeting and 127 presentations at AOSSM sponsored meetings. He has received the Thomas Brady Award for lifetime service to the local community.

He has been involved with many other national and international Orthopedic Surgery and Sports Medicine organizations, including the American College of Sports Medicine (ACSM), Arthroscopy Association of North America (AANA), American Shoulder and Elbow Surgeons (ASES), American Academy of Orthopedic Surgeons (AAOS), Society of Tennis Medicine and Science (STMS), and International Society of Arthroscopy, Knee Surgery, and Sports Medicine (ISAKOS). In addition, he is an honorary member of the American Academy of Physical Medicine, National Athletic Trainers Association, and American Physical therapy Association. He has been a medical consultant to many individual professional athletes and sports organizations, including the US Tennis Association, the Women's Tennis Association, the Professional Tennis Registry, Houston Astros baseball, and Kansas City Royals baseball.

His educational and research activities have resulted in him presenting over 1100 presentations and workshops in 40 states and 28 countries and 115 Instructional Course Lectures in medical meetings. He has been the visiting or distinguished professor 72 times at 42 USA residency programs and 48 times in 33 international meetings. He has authored 75 book chapters and has edited or co-edited 14 books. He has 217 peer reviewed publications, and 2 publications have been rated in the top 15 most influential papers in Shoulder and Elbow Surgery. He is listed as one of the top 28 Shoulder Surgeons in North America.

He is associated with many Innovations in medical care and sports medicine scholarship

- First to describe the clinical features of the kinetic chain in sports activities and relate it to performance, injury risk, evaluation, and treatment- 1995
- First to describe, quantitate, and demonstrate alterations in shoulder joint motion Glenohumeral Internal Rotation Deficit (GIRD) that may be related to shoulder injury- 1989
- First to describe scapular kinematics and scapular dyskinesis as important components of shoulder function and dysfunction- 1998
- Developed eccentric exercise based training program for addressing and modifying injury risk in throwing and overhead athletes- 1999
- First to describe closed chain rehabilitation- 2000
- First to describe scapular based impingement- 2001
- Co-described the concept of the Disabled Throwing Athlete and describe the spectrum of injury that may be seen- 2003, updated- 2013
- Developed protocols and programs that set the basis for comprehensive shoulder rehabilitation- 2004
- Developed concepts of core stability- 2006
- Described evaluation and treatment of scapular disorders- consensus statements 2009, 2013, described scapular muscle detachment 2013, co-authored book on scapular disorders 2017
- Wrote and co-edited first and only book on scapular disorders 2017
- Developed diagnostic screening and algorithm for scapular evaluation- 2018
- Developed and described 3 clinical exam tests for shoulder pathology- Anterior Slide 1996, Modified Dynamic Labral Shear (M-DLS) 2009, Upper Cut test- 2009
- Developed and determined outcomes for 2 operations for AC injury and scapular muscle detachment- - Scapular Muscle Reattachment- 2013, follow up 2018, MADOK AC joint reconstruction 2017