

## **K. Donald Shelbourne, M.D.**

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K. Donald Shelbourne, M.D. began his Orthopaedic Sports Medicine career in 1982. He graduated from Wabash College in 1972, where he was a first team Academic All-American as a football player and he received an NCAA post-graduate scholarship for wrestling. He completed Medical School and his Orthopaedic Residency at Indiana University Medical School from 1972 through 1981. Dr. Shelbourne obtained additional training by doing a Sports Medicine Fellowship with Bill Clancy at the University of Wisconsin in 1981-82.

Dr. Shelbourne served as the team physician for the Indianapolis Colts from 1984 through 1998, and has been an orthopaedic consultant to Purdue University, Wabash College, and area high schools since 1982. Dr. Shelbourne is an associate clinical professor at Indiana University School of Medicine at Indianapolis, Indiana. He is on the editorial board at *American Journal of Sports Medicine* and serves as a reviewer for many orthopaedic journals.

Dr. Shelbourne became interested in sports medicine when he tore his anterior cruciate ligament while playing football in college. He knew when he began his practice that he wanted to concentrate on the treatment, rehabilitation, and research of ACL injuries. Since the beginning of his practice, he established a research department and prospective database for continually recording and evaluating his outcomes after surgery. He has performed over 6500 ACL reconstructions, and the follow-up he has obtained on these patients has allowed him to identify problems with treatment and the factors associated with optimum long-term outcome. Dr. Shelbourne is best known for his advancement of ACL rehabilitation for obtaining a predictable successful result while returning patients back to athletic activities quickly. In addition, the successful results from surgery have been maintained in the long-term without causing range of motion or strength loss in the knees. He has published over 250 journal articles and chapters in books, and has presented his findings at national and international meetings.

Dr. Shelbourne won the prestigious Hughston Award in 2000 for his study of the natural history of PCL injuries and again in 2010 for his study of the effect of range of motion loss on long-term results after ACL reconstruction. He was given an honorary Doctorate of Science Degree from Wabash College in 2001 and he serves on the Board of Trustees at Wabash College. He was inducted into the Wabash College Athletic Hall of Fame in 1986, the Indiana High School Wrestling Hall of Fame in 1991, the Indiana Football Hall of Fame in 2000, and the Division III Wrestling Hall of Fame in 2011.

Dr. Shelbourne was elected to the Herodicus Society in 1988. In addition to the Herodicus Society, Dr. Shelbourne is a member of American Academy of Orthopedic Surgeons, The American Orthopaedic Association, American Orthopedic Society for Sports Medicine, ACL Study Group, and Arthroscopy Association of North America.

Dr. Shelbourne is currently the medical director for the Shelbourne Knee Center at Community Westview Hospital in Indianapolis and he continues to conduct long-term outcome research for knee conditions and injuries.