

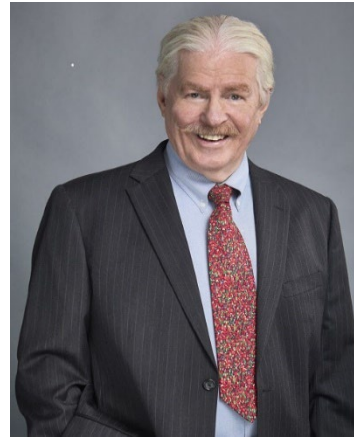
## Curriculum Vitae

Airell L Nygaard M.D.  
Orthopedic Surgeon  
Board Certified  
FAAOS, FAAHKS

545 2<sup>nd</sup> St. #192  
Excelsior MN 55331  
Cell: 763-298-5558

Email: [nygaard.medlegal@gmail.com](mailto:nygaard.medlegal@gmail.com)

LinkedIn: airellnygaardmd



### Summary of Expertise

Forty-two years experience as a practicing Orthopedic Surgeon with extensive General Orthopedic experience in upper and lower extremity care, arthroscopy, fractures, soft tissue injuries, amputations, non-surgical spine care; with subspecialty interests in Sports Medicine and Arthritis care, including Joint Replacements. His experience includes over 100,000+ office visits and 15,000+ surgical procedures.

He was appointed as an Associate Clinical Professor in the Department of Family Medicine in 1986 at the University of Colorado, based on his years of teaching in their Residency Program, including teaching Family Practice Residents in his office and multiple local Family Practice Conferences.

He served as Orthopedic Team Physician for the Denver Nuggets NBA basketball team, as well as an Orthopedic Consultant for Regis University and several South Denver High School teams. He founded and served as Medical Director of the Denver Institute for Sports Medicine.

He transitioned to a private practice in Sonora, CA, in 2002. His general orthopedic practice focused on Sports Medicine and Arthroscopy, along with extensive fracture care and Joint Replacement surgeries. He founded and served as Medical Director of the Joint Replacement Center at Sonora Regional Medical Center from 2012-2021. Progressive hand/thumb arthritis forced his retirement from active clinical practice in 2021.

Dr. Nygaard has prior and current experience in medical-legal consulting, IMEs, and as an Expert Witness. His focus is on personal injuries sustained during slips and falls, or transportation-related accidents involving auto, truck, motorcycle, train, airplane or agricultural vehicles.

## **ORTHOPEDIC EXPERTISE**

- Fractures and soft tissue injuries of the upper extremity and hand
- Fractures, soft tissue injuries, amputations of the lower extremity and foot
- Non-surgical care of cervical, thoracic, and lumbar spine
- Sports medicine
- Arthritis care and joint replacements of the shoulder, hip, and knee

## **EMPLOYMENT**

- 2023-present. Nygaard ML&W PA. Orthopedic Forensic Medicine
- 2021-2023. Retired from private practice
- 2002-2021. Private practice, Sonora CA
- 2001-2002. Locums Tenens Orthopedics, Bismarck ND
- 1979-2001. Private practice, Denver, CO

## **MEDICAL LICENSURE & CERTIFICATIONS**

- Diplomate American Board of Orthopedic Surgery, 1980
- Fellow American Academy of Orthopedic Surgeons, 1980
- Fellow American Association of Hip & Knee Surgeons, 2018
- Certified Physician in Osteoporosis Testing & Screening, International Society of Clinical Densitometry, 2006-2011
- Current Active Medical Licenses: MN #75923
- Prior Inactive Licenses: TX #E-1911, CO #19033, ND #8905, CA #C37479

## **TRAINING AND EDUCATION**

- Orthopedic Surgery Residency. University of Colorado Health Sciences, 1975-1979
- General Surgery Residency, PG-2. University of Colorado Health Sciences, 1974-1975
- Rotating Internship. Presbyterian Medical Center, Denver, CO. 1973-1974
- Baylor College of Medicine, Houston, Texas. Doctor of Medicine. 1970-1973.
- Augsburg University, Minneapolis, MN. B. A., Chemistry, with honors. 1966-1970.
- Centennial High School, Circle Pines MN, Valedictorian, Senior Class President. 1966.

## **VOLUNTEER EXPERIENCE**

- Chief of Orthopedic Section, Sonora Regional Medical Center 2012-2018
- Founder & Medical Director, Center for Joint Replacement, Sonora Regional Medical Center, 2011-2021 (retirement). Focus on community education, staff training, and achievements in joint replacement care with excellent metrics in patient satisfaction, LOS, and complication rates.
- Cub Master Pack 52 Cub Scouts, 1990-1991
- Cub Scouts Den Leader, 1987-1991
- Orthopedic Team Physician, Littleton High School, Denver, CO, 1988-1998
- Orthopedic Consultant, Columbine High School, Denver, CO, 1985-1989
- Orthopedic Consultant, Regis University Athletic Teams, Denver, CO, 1982-1990

- Associate Clinical Professor Department of Family Medicine, University of Colorado Health Sciences Center, 1985-1990
- Founder & Medical Director, Denver Institute for Sports Medicine, 1982-1986, Denver, CO
- Co-Medical Director, Department of Physical Medicine and Rehabilitation, Rose Medical Center, Denver, CO, 1981-1983,
- Denver Nuggets Pro NBA Basketball Team, Orthopedic Team Physician, 1979-1986

#### **AWARDS**

- Adventist Health Western Region 5,000+ Physicians, awarded Top 10 Percentile Patient Satisfaction Scores, Multiple Year Awards, 2012-2021
- Health Information Department, Sonora Regional Medical Center, yearly awards for clarity, organization, and timely completion of medical Records, 2012-2021
- Denver 5280 Magazine. Top Orthopedic Surgeon in General & Sports Medicine Categories, 1993, peer-selected

#### **MEDIA PRESENTATIONS**

- 1992 Interviewed by the McNeil-Lehrer Report, Denver Office
- 1986 March KOA Radio Sports Talk
- 1986 January KWGN Television, interviewed regarding proper methods of initiating an exercise program
- 1985 July KNUS Radio "Sports Tips," KNUS Sports Superstars
- 1985 June KOA Radio Sports Talk
- 1985 January, KHOW Radio "Beneficial Effects of Cross-Country Skiing"

#### **PUBLICATIONS**

- Shoulder, Hip, and knee Joint, individual joint Patient Education Manuals: Each 35-page Joint Manual covered arthritis management, joint replacement benefits, pre-surgery preparations, post-op recovery and rehab, pain management, and available community resources
- Easy to Miss Fractures, Co-Author, Jan 15, 1989, Patient Care Magazine
- Update: Who Really Needs Knee Arthroscopy? Co-Author, May 15, 1988, Patient Care Magazine
- Optimal Care for Acute Knee Injuries, Co-Author, Feb 28, 1987, Patient Care Magazine
- Who Really Needs Knee Arthroscopy? Co-Author, July 15, 1984, Patient Care Magazine
- Lateral Compartment Hemiarthroplasty Knee, A 5-Year Follow-up. Co-Author, paper presented at the American Academy of Orthopedic Surgery Meeting, 1983
- The Late Postoperative Effects of Hypoparathyroidism, Co-Author, Colorado Medical Journal, 1975

#### **PRESENTATIONS**

1. 2002-2021. Tri-annual community seminar lectures on "What To Do For My Aching Joints," Arthritis Management, Shoulder Pain, Joint Replacement Topics, Sonora CA

2. 2000 Orthopedic Section Meeting, "Results of DVT Prophylaxis Study Group, Swedish Medical Center"
3. 1999 Orthopedic Section Meeting, "DVT Prophylaxis with the AVI Pump," Swedish Medical Center
4. 1991 Seminar Leader & Speaker for One Day, Meeting for Family Practice MDs & Physical Therapists, Porter Hospital, "Update: The Shoulder"
5. 1992 Denver Broncos Sports Medicine Physical Therapy Group, "Accelerated ACL Rehab"
6. 1991 Therex Physical Therapists Journal Club, Denver CO, "Accelerated ACL Rehab"
7. 1991 Boulder Physical Therapy Study Group "Evaluation & Treatment of Degenerative Rotator Cuff Disease," "Evaluation & Treatment of Glenohumeral Shoulder Instability"
8. 1991 Littleton Hospital Patient Education Seminar, "Why Does My Knee or Hip Hurt?"
9. 1990 Southwest Physical Therapy Knee Education Day, Denver CO "Arthroscopic ACL Reconstruction & Rehab"
10. 1989 Brookside Physical Therapy, 'Arthroscopic ACL Reconstruction"
11. 1989 THEREX Physical Therapy Education Day, University of Colorado Health Sciences Center, Dept of Physical Therapy, "Shoulder Examination"  
"Evaluation & Treatment of Glenohumeral Shoulder Instability"
12. 1989 ROMED Physician Staff, Rose Medical Center, "Examination of the Knee"
13. 1989 Sectional Meeting Dept. of Podiatry, Porter Hospital, ACL Reconstruction-  
Arthroscopic Technique"
14. 1988 Orthopedic Section Meeting, Porter-Swedish Combined Orthopedic Staff, Denver, CO, "Shoulder Arthroscopy"
15. 1986-90. Volunteer Instructor, Multiple Orthopedic Topics & Sessions, Williams Family Practice Residency, Rose Medical Center
16. 1985 Williams Family Practice Teaching Conference, Rose Medical Center, "Examination of the Shoulder"
17. 1985 Instructor, Williams Family Practice Residency, Rose Medical Center, Four Sessions of Sports Medicine
18. 1984 Regional Arthritis and Rheumatology Conference, Rose Medical Center, "Sports Medicine: Exam and Treatment of Knee & Shoulder Injuries"
19. 1984 Regional Arthritis and Rheumatology, Conference, Rose Medical Center, "Sports Medicine"
20. 1983 Top 20 Conference in Family Practice, Vail CO, featured speaker in "Management of Common Fractures, Arthritis & Soft Tissue Disorders, Back Pain"
21. 1982 Regional Arthritis and Rheumatology Conference, Rose Medical Center, 'Indications for Total Joint Replacement in Rheumatoid Arthritis"
22. 1982 City-Wide Orthopedic Grand Rounds, University of Colorado Health Sciences Center, "Shoulder Impingement Syndrome"

23. 1978 Arthritis-Orthopedic Conference, Rose Medical Center, “Knee Synovectomy in Rheumatoid Arthritis,” “Cervical Spine Fusions in Rheumatoid Arthritis”
24. 1978 Finalist, Residency Research Paper Competition, University of Colorado Health Sciences Center, “The Measurement of Long-Term Treatment Results of Femoral Anteversion in Children”

## CONTINUING MEDICAL EDUCATION

1. 2025 6<sup>th</sup> Edition AMA Guides to Impairment, Upper and Lower Extremities, Spine and Pelvis, AAOS Webinars
2. 2024 AAOS Maintenance of Certification, Preparation and Review, General Orthopedics, 30 CME
3. 2024 How To Excel at Your Expert Witness Deposition, SEAK Inc., 14 CME
4. 2024 How to Start, Build, & Run a Successful Expert Witness Practice, SEAK Inc., 17.5 CME
5. 2024 Is It The Neck or The Shoulder or Both?, AAOS Webinar, 1 CME
6. 2024 MTUS, online course on CA-MTUS-ACOEM Guidelines, 1.5 CME
7. 2024 ODG Guidelines, Training Modules: Workers Comp. Auto, & Disability
8. 2024 MTUS, online course on CA-MTUS-ACOEM Guidelines, 1.5 CME
9. 2024 ODG Guidelines, Training Modules: Workers Comp. Auto, & Disability
10. 2024 AMA Guides 6<sup>th</sup> ed 2023 Digital Guides, ongoing course work
11. 2024 Osteotomies and Cartilage Repair in the Knee: How to Manage in 2024, AAOS, 1 CME
12. 2023 How To Start, Build, & Run A Successful Disability & File Review Practice, SEAK Inc., 11.75 CME
13. 2023 How To Start, Build, & Run A Successful IME Practice, SEAK Inc., 12.5 CME
14. 2023 Greater Trochanteric Pain Syndrome, AAOS, 1 CME
15. 2023 Enhancing Your Diagnostic Skills & Reasoning, AAOS, 1 CME
16. 2023 Anterolateral Approach for Treatment of Pilon Fractures, AAOS, 0.75 CME
17. 2018 Fluoroscopic Radiation Safety Online Module, 1 CME
18. 2018 Joint Arthroplasty Mountain Meeting, Park City UT 19.5 CME
19. 2017 Orthopedic Summit Evolving Techniques Sports Medicine & Arthroscopic Surgery, Las Vegas NV. 31 CME
20. 2016 ACS Advanced Cardiac Life Support Certification Training, San Fran, CA, 17 CME
21. 2016 2<sup>nd</sup> Annual Spring Hip & Knee Course: Controversies in Joint Replacement, 12 CME
22. 2014 Amer Assoc Hip & Knee Surgeons Annual Mtg, Dallas TX. 17 CME
23. 2012 Computer Assisted Uni-compartmental Arthroplasty of the Knee, Sonora CA, 1 CME
24. 2012 Amer Assoc Hip & Knee Surgeons Annual Mtg, Dallas TX. 14 CME
25. 2011 MSK Ultrasound: Diagnostic & Intervention Uses, 4 CME
26. 2011 Amer Assoc Hip & Knee Surgeons Annual Mtg, Dallas TX. 14 CME
27. 2011 Total Shoulder Arthroplasty: Lecture & Cadaver Skills Lab, Dr Carl Basamania
28. 2011 Medicare: A System in Turmoil, 2 CME
29. 2011 Total Shoulder Arthroplasty: Primary to Revision
30. 2011 Health Care Reform: Understanding the Changing Landscape, 1.5 CME
31. 2011 AAOS OKO. TKA Perioperative Pain Management, 2 CME

32. 2011 AAOS OKO. Methods of Pain Management, 2 CME
33. 2010 ACLS Certification Course
34. 2008 Risk Management Seminar, Cooperative of American Physicians
35. 2008 American Academy of Orthopedic Surgeons, Annual Meeting
36. 2007 "Controversies In Total Joint Arthroplasties" Napa CA
37. 2006 "Updated Position Statement for Calcium Intake in Postmenopausal Women",
38. 2006 AMA Chronic Pain Seminar Series, 12 modules
39. 2006 Prevention of Venous Thromboembolism, Sonora CA
40. 2006 Negative Pressure Wound Therapy, Sonora CA
41. 2005 International Society of Clinical Densitometry Certification Course, Denver CO
42. 2005 19<sup>th</sup> Annual Osteoporosis Symposium, Denver CO
43. 2004 Advances in Technique & Technology for Primary Total Joint Replacement, San Francisco, CA
44. 2002 International Distal Radius Course, San Francisco, CA
45. 2002 Shoulder Surgery Controversies in 2002, Laguna Hills, CA
46. 2002 Panorama Orthopedics, 1<sup>st</sup> Annual Orthopedic Trauma Day, Denver CO.
47. 2000 Two Day Personal Visit, Dr. Frederick Matsen, Chairman Dept. of Orthopedics, Univ. of Washington
48. 1999 "Evolving Technologies & Techniques in Total Joint Replacement", Castle Rock, CO
49. 1999 "Colorado Sports Medicine Symposium", Lakewood, CO
50. 1998 "Hips & Chips Total Joint Course", Denver CO
51. 1998 "Comprehensive Shoulder Course", 1<sup>st</sup> Open Meeting ASES/AAOS, Kiawah Island, SC
52. 1997 Presented paper at an International Orthopedic Meeting, Milan, Italy, "Postoperative DVT Prophylaxis with the AVI Foot Pump"
53. 1996 "Winning at Risk" AAOS, Phoenix, AZ
54. 1996 "Strategies for Excellence in Managed Care", San Diego, CA
55. 1995 Two Day Personal Visit, Dr. Frederick Matsen, Chairman Dept. of Orthopedics, Univ. of Washington, Seattle WA
56. 1995 Managed Care Seminar, AAOS, Dallas TX
57. 1994 "The Knee: Current Concepts", St. Thomas, Virgin Islands
58. 1993 Western Orthopedic Association, Rocky Mountain Chapter, Annual Summer Meeting, Aspen. CO
59. 1992 Clinical Orthopedic Society meeting, Denver, CO. Author presented a paper on "Arthroscopic ACL Reconstructions in the Over 40 yr. Old Athlete"
60. 1992 "Shoulder Update", AAOS
61. 1991 "Colorado Sports Medicine, Symposium", Lakewood, CO
62. 1991 "Total Knee Replacement", DePew Clinical Course, St Louis
63. 1991 Two-day personal visit, Dr. Leo Whitesides, Designer, Whitesides Total Knee Prosthesis, St. Louis
64. 1991 "Practical Symposium on ACL Reconstruction and Meniscus Repair", Dr.'s Lonnie Paulos & Tom Rosenberg, Salt Lake City UT
65. 1991 Two-day personal visit, Dr. K. Donald Shelbourne, Methodist Sports Med Center, Indianapolis, Indiana

66. 1989 "Controversies in Total Joint Replacement", Hilton Head, South Carolina
67. 1989 "The Shoulder 1989, The State of the Art" AAOS
68. 1989 Two Day Personal Visit, Dr. James Andrews, Alabama Sports Medicine & Orthopedic Center
69. 1988 "Advanced Arthroscopy Seminar" Dr. Robert Metcalf, Salt Lake City
70. 1987 "Pediatric Orthopedics", AAOS, Dallas Texas
71. 1987 Two Day Personal Visit, Dr Lonnie Paulos, Salt Lake Knee & Sports Medicine Center
72. 1986 "The Upper Extremity & Cervical Spine in Sports Medicine", AAOS Instructional Course
73. 1985 "Advanced Arthroscopy Seminar" Dr. Robert Metcalf, Salt Lake City
74. 1984 "The Upper Extremity in Sports Medicine", AAOS Instructional Course, Wash DC
75. 1982 "The Knee in Sports", Cincinnati Sports Medicine Institute