



## Dr. Ian J. Dempsey

Dr. Ian J. Dempsey is the newest addition to Orthopaedic Associates of Zanesville. He is a fellowship trained orthopaedic surgeon and specializes in conditions of the shoulder, knee, and elbow. Dr. Dempsey's practice caters to individualized treatment for each patient that combines joint preserving techniques and restorative interventions. He was born and raised in Rome, New York where he was valedictorian of his high school class. After high school, he was accepted into the Leadership in Medicine program at Union College, a combined BS/MD/MBA program and graduated Magna cum Laude with an interdepartmental degree in Chemistry and Economics. Additionally, he obtained a graduate degree in Masters in Business Administration with a focus in healthcare at Union Graduate College. It was also during this time that he played Division III lacrosse for the Union College Dutchmen and was selected for the all-academic team four years in a row. He then attended Albany Medical College and realized his passion for orthopaedics. He then matched for residency in orthopaedic surgery at University of Virginia in Charlottesville, Virginia. Through the mentorship of the faculty members of the sports division at University of Virginia, he then matched at the world-renowned Rush University medical Center for fellowship in Sports medicine and shoulder surgery.

Dr. Dempsey has extensive experience providing care for athletes of all levels. He has been a professional team physician for the Chicago Bulls, Chicago White Sox, Chicago Fire, Chicago Joffrey Ballet, and cared for professional tennis players during the 2018 Laver cup. It was also during this time he provided care for the Chicago State University Men's and Women's Basketball team. He has also provided care for the Chicago Steel, a United States Hockey League top junior ice hockey team. During residency, he cared for University of Virginia to include the Men's Lacrosse and Basketball team in addition to the Men's Basketball team at James Madison University. He has provided high school coverage for two teams while in Virginia; Fork Union Military Academy and Abermarle High school for both lacrosse and football. He also provided high school football coverage for Thornton Fractional North while in Chicago.

Dr. Dempsey has over 50 peer reviewed publications, book chapters, abstracts and presentations. He is also the editor of the first edition book "Making the Diagnosis in Orthopaedics" with his longtime mentor Dr. Mark Miller. As a medical student Dr. Dempsey received The Daggett Trust Prize for displaying the most effective professional performance and conduct. He also received the James and Rita Dougherty Alumni Award for the top medical student entering orthopaedic surgery residency. He was also elected to the prestigious Alpha Omega Alpha Honor Medical Society as a 4<sup>th</sup> year medical student. During residency he continued to excel and scored highest in the yearly orthopaedic in service examination during

his PGY-1 and PGY-4 year. During his chief year he was elected to be an administrative chief by the faculty of University of Virginia overseeing day to day activities of the orthopaedics residency. He was also elected to attend the American Orthopaedic Association McCollister Everts Resident Leadership Forum. He finished residency receiving the Frank Shen Research award for his work on a randomized controlled trial investigating local anesthetic use after knee arthroscopy during his chief year.

Dr. Dempsey's clinical and research interests are focused on state of the art surgical and non-surgical interventions that optimize return to sport for athletes with shoulder, knee, and elbow pathology. Specific areas of interest include joint specific preservation techniques that include state of the art biologics and stem cell administration. His other areas of interest arthroscopic shoulder stabilization with labral repair, open shoulder stabilization, arthroscopic rotator cuff repair, anatomic total shoulder arthroplasty, reverse total shoulder arthroplasty, arthroscopic superior capsular reconstruction, anterior cruciate ligament reconstruction, articular cartilage repair and transplantation, and meniscus repair or transplantation.

## **Procedures:**

### **Shoulder**

Shoulder Arthroscopy  
Rotator Cuff Repair  
Shoulder Dislocation  
Instability Repairs both soft tissue and bony  
Labral Repairs  
Proximal Biceps Surgery  
AC Joint Injury and Reconstruction  
Tendon Repairs  
Pectoralis Major Repairs  
Latissimus Repairs  
Total Shoulder Replacement:  
- Anatomic Total Shoulder Arthroplasty  
- Reverse Total Shoulder Arthroplasty  
Shoulder Fractures  
Clavicle Fractures  
Frozen Shoulder

### **Knee**

Knee Arthroscopy  
Articular Cartilage Restoration  
Articular Cartilage Transplantation (Allograft)  
Cruciate Ligament Reconstructions (ACL, PCL)  
Collateral Ligament Reconstructions (MCL, LCL, PLC)  
Meniscal Repair  
Meniscectomy  
MPFL Reconstruction

Patella Dislocation

Tendon Repairs

Osteotomies about the knee:

- High tibial osteotomy
- Distal femoral osteotomy

Knee Replacement:

- Unicompartamental Knee Arthroplasty
- Patellofemoral Knee Arthroplasty
- Total Knee Arthroplasty

## **Elbow**

Elbow arthroscopy

Distal Biceps Repair and Reconstruction

Triceps Repair

Ulnar Collateral Ligament Reconstruction (Tommy John)

Miscellaneous:

General fracture care of the upper and lower extremities

Awards

Residency/Fellowship

- 2018: Recipient Frank Shen Research Award
- 2016: Elected to attend 15th Annual AOA C. McCollister Evarts Resident Leadership Forum
- 2016: Elected Administrative Chief Resident
- 2016: Highest OITE Score Entire Residency Program (98%)
- 2015: Resident Scholar AOFAS Annual Meeting
- 2014: Highest OITE Score of PGY-1 Class (92%)

Medical School

- 2013: The Daggett Trust Prize presented to the medical student displaying the most effective professional performance and conduct
- 2013: The James and Rita Dougherty Alumni Award presented to the top medical student entering orthopaedic surgery residency
- 2012: Albany Medical College Scholastic Excellence Award for Third Year
- 2011: Albany Medical College Scholastic Excellence Award for Second Year
- 2010-2013: The Fuller Scholarship awarded to a student for scholastic excellence in medical school

Undergraduate

- 2009: Union College Award for Academic Excellence given to a senior student-athlete who excelled on and off the field
- 2009: Union College Meritorious Service Award given to a student for excellence in community service
- 2009: Robert L. Royal Award (1938) given to a student with the highest grade point average in chemistry pursuing medical education
- 2009: Member of Economics Honor Society Omicron Delta Epsilon

- 2006- 2009: 4-time All-academic team selection Union College Men's Lacrosse team

High school

- 2005: Valedictorian, Rome Free Academy, Rome, NY
- 2005: Recipient University of Rochester Bausch and Lomb Honorary Science Award
- 2005: Recipient Herbert Dyett Scholarship



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