

Adam R. Cochran, M.D.

Employment:

Hand, Wrist, Elbow Specialist

Athens Orthopedic Clinic – Athens, GA

Snellville, Loganville, Hamilton Mill

September 2018 - Present

Education:

Hand Surgery Fellowship: August 2017 – July 2018

Virginia Commonwealth University

Department of Orthopedic Surgery

Richmond, VA

Orthopedic Surgery Residency: July 2012 – June 2017

University of Louisville

Department of Orthopaedic Surgery

Louisville, KY

Doctorate of Medicine: August 2008 - May 2012

Georgia Health Sciences University (GHSU)

Medical College of Georgia

Augusta, GA

B.S. Poultry Science: August 2003 - December 2007

University of Georgia

College of Agriculture

Athens, GA

High School Diploma: May 2003

Commerce High School
Commerce, GA

Certifications

ABOS Part 1 - Passed June 2017
USMLE Step 3 - Passed Nov 2012
USMLE Step 2 CS/CK - Passed Aug 2011
USMLE Step 1 - Passed June 2010

National Memberships:

American Association of Anatomists: April 2010- Jan 2012
AO Trauma April 2013 – April 2015
American Academy of Orthopedic Surgery
Mid-America Orthopaedic Association
Georgia Orthopedic Association
American Academy of Hand Surgery
American Society of Surgery of the Hand

Professional Appointments:

Joint Conference Ad Hoc Committee on Quality Care: Summer/Fall 2010

AAOS Residency Representative for U of L Department of Orthopedics: September 2015
– Oct 2016

University of Louisville Department of Orthopaedic Surgery Administrative Chief
Resident AY 2016-17.

University of Louisville Orthopedic Service Quality Improvement Task Force: A multi-disciplinary group focused on improving the quality and access of orthopedic care throughout University of Louisville Hospital. Member July 2016 – June 2017.

University of Louisville Orthopedic Service Resident Education Committee: Modifying the Orthopedic Curriculum to improve learning of all Residents. June 2016 – June 2017.

Gwinnett Medical Center Sports Medicine Committee. Feb 2019 – Present

Awards and Recognitions:

OJ Hurt Award 2017: Highest OITE Score

K. Armand Fischer Award 2016: Most improved OITE score.

Kentucky Orthopedic Society: Sept 2016, 2nd place in research.

AAHKS 2015 Annual Meeting – Best poster in its category.

AMA Scholars Fund Scholarship: Fall 2011

Nomination for the Faculty and Spouse Club Scholarship: Spring 2010

Recognizes five students at the Medical College of Georgia based on academics, as well as service to classmates and community.

Dean's Summer Research Fellowship: Exploring the relationship of glutamine with osteogenesis and fibrogenesis, Summer 2009 GHSU/Medical College of Georgia Dept of Cellular Biology and Anatomy

Employment Experiences:

Medical Doctor, Athens Orthopedic Clinic, Snellville, GA

September 2018

Hand Surgery Fellow at Virginia Commonwealth University

August 2017 – July, 2018 Richmond, VA

Orthopedic Surgery Resident at University of Louisville
July 2012 - June 2017, Louisville, KY

U of L School of Medicine, Louisville, KY
Private Medical Gross Anatomy Tutor: Fall 2013

The Omni Club, Athens, GA
Full-time Personal Trainer: December 2007 – July 2008

Vitamin World, Athens, GA
Assistant Manager: August 2007 – December 2007

Alumni Hall, Athens, GA
Assistant Manager: May 2007 – August 2007

Poultry Diagnostic and Research Center, Athens, GA
Weekend/Holiday Facilities Manager Oct 2005 – Dec 2006

Roper Pumps Inc., Commerce, GA
Machinist: May 2004 – August 2004

University of Georgia Veterinary Teaching Hospital and College of Veterinary Medicine.
Athens, GA Admissions Clerk: May 2003 – May 2005, Courier: June 2005 – Dec 2005

Volunteer Experiences:

Orthopedic Surgery Mentor/Teacher: July 1-16, 2016
Kilimanjaro Christian Hospital, Moshi, Tanzania

Volunteer Tutor in Gross Anatomy: May 2011 – August 2011

Medical College of Georgia, GHSU

Volunteer Tutor in Medical Gross Anatomy: December 2010 – March 2011

Medical College of Georgia, GHSU

Volunteer – taking vital signs and histories: Fall 2008

Christ Community Clinic, Augusta, GA

Teaching Experience:

Guest Lecturer Georgia State Assembly of AST State meeting March 9, 2019

Hand and Upper Extremity Trauma

Guest lecturer for the U of L Department of Emergency Medicine: “Easily Missed Orthopedic Injuries”. An educational talk looking at a number of clinical scenarios in which significant musculoskeletal injuries can be easily overlooked. April 2017

Guest Lecturer for the U of L Department of Emergency Medicine: Pelvic ring injuries, proper binder placement, and acetabular fractures. An instructional talk regarding initial management including hands on teaching for proper binder placement. Dec 2015

Orthopedic and Anesthesia Journal Club: Improving communication regarding types of anesthesia and operative fracture care. Nov 2015

Guest Lecturer for the U of L School of Medicine Orthopaedic Interest Group: How to read upper extremity radiographs: a systematic approach. 2014-15.

Guest Lecturer in Shoulder, Anterior and Posterior Arm Anatomy: Summer 2010

GHSU School of Allied Health Sciences Dept of Cellular Biology and Anatomy

Physician Assistant Program

Teaching Assistant in

Head and Neck Anatomy: Spring 2010

GHSU School of Dentistry Dept of Oral Biology and Anatomy

Systemic Anatomy: Fall 2009

GHSU School of Dentistry Dept of Oral Biology and Anatomy

Systemic Gross Anatomy Summer 2009

GHSU School of Allied Health Sciences Dept of Cellular Biology and Anatomy

Physician Assistant Program

UGA Young Scholars Program: Summer 2007

University of Georgia College of Agriculture Dept of Poultry Science

Avian Anatomy and Physiology: Fall 2006

University of Georgia College of Agriculture Dept of Poultry Science

Research Experience:

Plating Versus Flexible Intramedullary Nailing of Adolescent Both Bone Forearm Fractures: A retrospective Study. University of Louisville/Norton Healthcare

PI: Dr. Charity Burke. Co-Investigators: Dr. Jennifer Brey, Dr. Adam Cochran, Charles Long, BS

Compact Cancellous Grafting for Diaphyseal Defects of the Upper Extremity: Technique and Case Examples. University of Louisville/Norton Healthcare. A.Cochran and A. Gupta. Submitted for final edits and submission to the Journal of Hand Surgery pending.

THA in Patients with Previous Lumbar Fusion Surgery: Are there more Dislocations and Revisions. University of Louisville/KentuckyOne/Norton Healthcare

Malkani A, Garber A, Ong K, Dimar J, Baykal, D, Glassman S, Cochran A, Berry D

Accepted to JOA

Does Tourniquet Use affect Blood Loss in Press Fit Total Knee Arthroplasties? A Prospective Randomized Study.

University of Louisville/Kentucky One Hospitals. PI: Dr. Arthur Malkani.
IRB approved. Cancelled due to recent paper results on same subject

Risk of Re-infection Following Treatment of Infected Total Knee Arthroplasty
University of Louisville/Kentucky One Hospitals. PI: Dr. Arthur Malkani

Medical Student Research Assistant: March 2011 – May 2012

Project: Outcomes of patients being converted from total shoulder arthroplasty to reverse TSA using the same humeral stem post-subscapularis tendon rupture.

GHSU/Medical College of Georgia, Dept of Orthopedic Surgery. PI: Dr. Lynn Crosby

Teaching and Research Assistant: Summer 2009 – Present

Project: Popularity versus effectiveness of two methods to teach gross anatomy.

GHSU Department of Cellular Biology and Anatomy, PI: Dr. Carol Nichols

Medical Student Research Assistant: Summer 2009 – Fall 2009

Project: Systemic injection versus hydrogel local delivery of glutamine; comparing their effects on bone callus formation and fibrosis reduction.

GHSU Dept of Cellular Biology and Anatomy, PI: Dr. Mark Hamrick

Undergraduate Research Assistant and Primary Surgeon, April 2006 – Sept 2007

Project: Analysis of surgical outcomes based on a comparison of techniques in poultry cecectomies.

University of Georgia Dept of Poultry Science, PI: Dr. Amy Batal

Publications

Isaacs, J. Cochran, A. Nerve Transfers for Peripheral Nerve Injury in the Upper Limb: A Case Based Review. Bone Joint J. Feb 2019 PMID 30700118

Cochran, A., Gupta, A. Compact Cancellous Grafting of Diaphyseal Defects of the Upper Extremity: Technique Guide. JHS – Submission pending final photos.

Cochran, A., Isaacs, J., Flexor Tendon Injuries. Chapter 83. Essential Orthopedics by Miller, Hart, & MacKnight. Submitted to Elsevier for publication

THA in Patients with Previous Lumbar Fusion Surgery: Are there more Dislocations and Revisions. University of Louisville/KentuckyOne/Norton Healthcare

Malkani A, Garber A, Ong K, Dimar J, Baykal, D, Glassman S, Cochran A, Berry D
Journal of Arthroplasty. 2017 Oct. PMID 29174406

Cochran A., Ong, K., Lau, E., Mont, M., Malkani, A.

Risk of Re-infection After Treatment of Infected Total Knee Arthroplasty.

Journal of Arthroplasty. 2016 Sept. PMID 27113946

Cochran, A., Barre, J., Crosby, L., Sinus Tract Formation After Arthroplasty of the Shoulder Secondary to Tuberculosis: A Case Report and Review of the Literature.

JBJS Case Connector, June 2013

De Golian, E; Aiyekorun, A; Cochran, A; Kellum, E; Arounleut, P; Hamrick, M.
Hydrogel delivery of suramin decreases muscle fibrosis after injury.

Med Sci Sports Exerc. 42(10):31, October 2010.

Cochran, A. and Nichols, C. Popularity versus effectiveness of two methods to teach gross anatomy: a preliminary study. *FASEB J.* 24: 827.4, April 2010.

Presentations

THA in Patients with Previous Lumbar Fusion Surgery: Are there more Dislocations and Revisions. University of Louisville/KentuckyOne/Norton Healthcare

Malkani A, Garber A, Ong K, Dimar J, Baykal, D, Glassman S, Cochran A, Berry D
June 2016 – Fischer-Owen Resident Research Day

Risk of Re-infection Following Treatment of Infected Total Knee Arthroplasty

Cochran A., Ong, K., Lau, E., Mont, M., Malkani, A.

September 2016 - Kentucky Orthopedic Society

June 2015 - Fischer-Owen Resident Research Day

October 2015 – Research Louisville

November 2015 – AAHKS Annual Meeting. Dallas, TX

March 2016 – Podium presentation at AAOS Annual Meeting. Orlando, FL

Popularity versus effectiveness of two methods to teach gross anatomy: a preliminary study.

A. Cochran and C. Nichols, GHSU/Medical College of Georgia

Experimental Biology 2010, Anaheim, CA

Systemic injection versus hydrogel local delivery of glutamine: comparing their effects on bone callus formation and fibrosis reduction.

A. Cochran, A. Aiyegoro, P. Arounleut, M. Elkasrawy, M. Hamrick, GHSU/Medical College of Georgia

Dean's Summer Research Fellowship Presentations 2009, Augusta, GA

Suramin: the effects of myostatin suppression and enhanced growth of musculoskeletal development in traumatic injury.

A. Aiyegoro, A. Cochran, P. Arounleut, T. Elkasrawy, M. Hamrick. GHSU/Medical College of Georgia

Dean's Summer Research Fellowship Presentations 2009, Augusta, GA

Course Work:

AO Basic Principles of Fracture Management, April 2013

Microsurgery course at U of L, July 2013

AO Advanced Principles of Fracture Management, June 2014

DePuy Synthes Hip and Knee Reconstruction 2014

Zimmer Advanced Hip and Knee Reconstruction 2014

Upper Extremity Nerve Repair Course, Neurolon 2014

AO Hand and Upper Extremity Trauma 2015

AAHKS Resident Course Nov 2015

Zimmer/Biomet Elbow Trauma Course, Warsaw IN. May 2016

AOA Resident Leadership Conference, Seattle WA, June 2016

Axogen Peripheral Nerve Repair, Louisville, KY, Oct 2016

Axogen Fellows Course, Marina del Rey, CA, Jan 2017

Miller Board Review Course, Denver, CO. March 2017

ASSH Electives in Hand Surgery, New Orleans, LA. Jan 2018

Axogen Advanced Trauma Course, Orlando FL, Feb 2019