

# **B. CHRISTIAN BALLDIN, M.D.**

Board Certified Orthopaedic Sports Medicine Surgeon  
TSAOG

150 E. Sonterra Blvd., #300  
San Antonio, TX 78258

Website: [www.tsaog.com/drballdin](http://www.tsaog.com/drballdin)

## **EDUCATION**

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<b>2014</b>	<b>American Board of Orthopaedic Surgery (ABOS) Part II</b>
<b>2011</b>	<b>American Board of Orthopaedic Surgery (ABOS) Part I</b>
<b>2011-2012</b>	<b>The Steadman Clinic</b> Orthopaedic Sports Medicine Fellowship, Vail, Colorado
<b>2006-2011</b>	<b>University of Texas Southwestern Medical Center</b> Orthopaedic Surgery Residency, Dallas, Texas
<b>2002-2006</b>	<b>University of Texas Medical School at Houston</b> M.D.
<b>2001-2002</b>	<b>University of Texas at San Antonio</b> B.S.
<b>1998-2000</b>	<b>Saint Edward's University, Austin, Texas</b> B.A.

## **EMPLOYMENT / POSITIONS**

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<b>2019-Present</b>	<b>Team Physician</b> Missions Baseball Triple A Team, San Antonio, Texas
<b>2019-Present</b>	<b>Team Physician SACS</b> San Antonio Christian School
<b>2018-Present</b>	<b>TSAOG Management Committee</b> Elected Representative Member
<b>2017-Present</b>	<b>Member of Council of Delegates – American Orthopedic Society for Sports Medicine (AOSSM)</b> Elected Representative for Texas
<b>2016-Present</b>	<b>Texas Society of Sports Medicine</b> President
<b>2016-Present</b>	<b>Assistant Clinical Professor</b> University of the Incarnate Word School of Osteopathic Medicine
<b>2015-Present</b>	<b>Burkhart Research Institute for Orthopaedics (BRIO)</b>

- Vice Chair
- 2015-2018**      **Baptist Sports Medicine Program**  
Medical Director
- 2014-Present**   **TSAOG Peer Review Committee**  
Elected Representative
- 2012-Present**   **TSAOG**  
Orthopaedic Sports Medicine Surgeon
- 2012-2015**      **Team Physician**  
Scorpions Professional Soccer Team, San Antonio, Texas
- 2009-2011**      **ER Physician/Hospitalist Coverage**  
Texas Institute for Surgery, Dallas, Texas
- 2010-2011**      **Physician Weekend Coverage**  
DFW Sarcoma Group, Dallas, Texas
- 2003**             **Student Researcher**  
The University of Texas Health Science Center at Houston
- Summer Research Program in Department of Surgery
- 2002**             **Research Assistant**  
Diabetes & Glandular Disease Clinic, San Antonio, Texas
- Clinical Trials
- 2001**             **Student Researcher**  
The University of Texas Health Science Center at San Antonio
- Department of Obstetrics and Gynecology

## **HONORS AND AWARDS**

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- 2019**             **San Antonio Scene**  
Listed as Physician to see
- 2018**             **AAOS Achievement Award**  
Recipient at 2019 AAOS Annual Meeting
- 2018**             **San Antonio Scene**  
Listed as Physician to see
- 2018**             **San Antonio Business Journal Healthcare Hero Award**  
Outstanding Physician Non-hospital based
- 2017**             **San Antonio Scene**  
Listed as Physician to see
- 2016**             **Texas Monthly Magazine**  
Listed as a Texas Rising Star
- 2016**             **San Antonio Scene**  
Listed as Physician to see

- 2015**            **San Antonio Scene**  
Listed as Physician to see
- 2014**            **San Antonio Scene**  
Listed as Physician to see
- 2014**            **Texas Monthly Magazine**  
Listed as a Texas Rising Star
- 2013**            **San Antonio Scene**  
Listed as Physician to see
- 2006**            **Merck Scholar**  
University of Texas Medical School at Houston
- 2002**            **Magna Cum Laude**  
University of Texas at San Antonio
- 2000**            **Brother Daniel Lynch Scholar**  
Saint Edward's University
- 2000**            **Summa Cum Laude**  
Saint Edward's University
- 1999**            **Alpha Chi Honors Society**  
Saint Edward's University

**ACTIVITIES**

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- 2020**            **Texas Orthopedic Association Annual Meeting.** Presenter for the Sports Medicine Case Presentations. Feb 8, 2020
- 2020**            **Texas Orthopedic Association Annual Meeting.** Moderator for the Texas Society of Sports Medicine (TSSM) Sports Symposium. Feb 7, 2020
- 2019**            **Texas Orthopedic Association Annual Meeting.** Moderator for the Texas Society of Sports Medicine (TSSM) Sports Symposium. Feb 1, 2019.
- 2018**            **Vail International Complex Knee Symposium V (VICKS).** Faculty lecturer and lab instructor. Vail, Colorado. June 13-16, 2018.
- 2018**            **The Dark Corners of the Knee.** UT Health San Antonio Grand Rounds. San Antonio, Texas April 9, 2018.
- 2018**            **Texas Orthopedic Association Annual Meeting.** Moderator for the Texas Society of Sports Medicine (TSSM) Sports Symposium. April 13, 2018.
- 2018**            **Running of the Mules.** 5K race Medical coverage. San Antonio, Texas April 7, 2018.
- 2018**            **ACL Prevention Talk.** Lecturer. Girls teams. Classics Elite Soccer Academy. San Antonio, Texas. February 21, 2018.

- 2018**            **ACL Prevention Talk.** Lecturer. Boys teams. Classics Elite Soccer Academy. San Antonio, Texas. February 22, 2018.
- 2018**            **International Friendly: Mexico vs Bosnia-Herzegovina (Men's Soccer).** Venue Medical Director. Alamodome, San Antonio, Texas. January 31, 2018.
- 2017**            **AANA Fall Meeting.** Lecturer during Knee Symposium. Palm Desert, California Nov 2-4, 2017.
- 2017**            **AANA Shoulder Arthroscopy Course: Mission Possible for Today's Shoulder Surgeon.** Lecturer and lab instructor. Rosemont, Illinois. July 28-30, 2017.
- 2017**            **AOSSM Council of Delegates.** Representative from Texas. Meeting at annual meeting in Toronto, Canada July 20, 2017.
- 2017**            **CONCACAF Gold Cup.** Assistant venue medical director for Jamiaca v El Salvador & Mexico v Curacao. Alamodome, San Antonio, Texas July 16, 2017.
- 2017**            **Vail International Complex Knee Symposium (VICKS) IV.** Faculty lecturer and lab instructor. Vail, Colorado. June 22-24, 2017.
- 2017**            **Texas Orthopedic Association Annual Meeting.** Moderator for the Texas Society of Sports Medicine (TSSM) Sports Symposium. May 5, 2017.
- 2016**            **AANA Fall Meeting.** Lecturer during Knee Symposium. Las Vegas, Nevada. Nov 10-12, 2017.
- 2016**            **AANA Knee Course: Surgical Management of the Knee.** Lab instructor. Rosemont, Illinois. June 3-5.
- 2016**            **AANA Shoulder Arthroscopy Course. Mission Possible: A New Standard for a New Century.** Lab instructor. Rosemont, Illinois. Feb 19-21.
- 2015**            **Vail International Complex Knee Symposium (VICKS) II**  
Lecturer and laboratory instructor. Vail, Colorado.
- 2014**            **Vail International Complex Knee Symposium (VICKS)**  
Lecturer and laboratory instructor. Vail, Colorado.
- 2012-Present**    **Team Physician Coverage**  
High School Football, San Antonio, Texas
- 2012-2015**      **Team Physician Coverage**  
Scorpions Professional Soccer Team, San Antonio, Texas
- 2012-2014**      **Team Physician**  
Talons Professional Football Team, San Antonio, Texas
- 2012**            **Arthrex Physician Assistant Shoulder Lecture & Lab**  
Lecturer and laboratory instructor, Vail, Colorado

<b>2012</b>	<b>Smith &amp; Nephew Vail Hip Arthroscopy Symposium</b> Instructor Cadaveric Hip Arthroscopy Lab. Vail, Colorado
<b>2011-2012</b>	<b>US Ski Team Physician</b> Colorado
<b>2011-2012</b>	<b>High School Athletic Teams Physician</b> Vail Valley area, Colorado
<b>2011</b>	<b>Instructor during dissection sessions RMAOT Meeting</b> Vail, Colorado
<b>2011</b>	<b>Instructor in Shoulder Workshop</b> The Super Sports Medicine Conference: Current Concepts in Sports UTSW, Dallas, Texas
<b>2006-2011</b>	<b>Performing athletic physicals for local schools</b> North Texas
<b>2006-2010</b>	<b>Covering high school football games</b> Dallas area, Texas
<b>1997-2002</b>	<b>Personal Soccer Trainer</b> San Antonio and Austin, Texas
<b>1998-2000</b>	<b>NCAA Collegiate Athlete</b> Saint Edward's University Soccer Team, Austin, Texas
<b>1997</b>	<b>NCAA Collegiate Athlete</b> Furman University Soccer Team, Greenville, South Carolina

## **ABSTRACTS**

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**BC Balldin, CW Nuelle, TD DeBerardino. Is intraoperative fluoroscopy necessary to confirm device position for femoral sided cortical suspensory fixation during anterior cruciate ligament reconstruction?** AANA Annual Meeting 2019 Podium Presentation. May 2-4, 2019.

BC Balldin, JR Zide, CC Chen, GT Liu. **Biomechanical Cadaveric Analysis of Biotenodesis Screw versus Bone Tunnel Fixation Methods in Flexor Hallucis Longus Transfers.** American Society of Medical Engineering (ASME) 2013 Summer Bioengineering Conference (SBC 2013). June 26-29, Sunriver, Oregon, USA.

BC Balldin, CA Wijdicks, J Stull, K Jansson, MJ Philippon. **Effect of arthroscopic notching during osteoplasty of cam lesions for the treatment of femoroacetabular impingement: A biomechanical analysis.** ISAKOS Congress Toronto, Canada May 12–16, 2013.

BC Balldin, K Jansson, MJ Philippon, J Stull, CA Wijdicks. **Biomechanical Analysis On The Effect Of Arthroscopic Notching During Osteoplasty Of Cam Lesions For The Treatment Of Femoroacetabular Impingement.** International Society of Hip Arthroscopy (ISHA) 2012 Conference. Boston, MA. September, 2012.

BC Balldin, JR Zide, CC Chen, GT Liu. **A Biomechanical Analysis of Biotenodesis Screw versus Bone**

**Tunnel Methods in FHL Tendon Transfer for Chronic Achilles Tendon Ruptures.** Southern Biomedical Engineering Conference (SBEC), Arlington, TX April 30, 2011.

BA McKinley, EA Gonzalez, BC Balldin, TH Majid, A Valdivia, CS Cocanour, RA Kozar, FA Moore. **Revisiting the 'Bloody Vicious Cycle.'** 27<sup>th</sup> Annual Conference on Shock, Casino Nova Scotia Hotel, Halifax, Nova Scotia Canada, 5-8 Jun 2004. Shock: Injury, Inflammation, and Sepsis: Laboratory and Clinical Approaches. 2004; 21(supplement 2):47.

## **ARTICLES**

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CW Nuelle, **BC Balldin**, JA Nuelle. **Open Reduction Internal Fixation of a Traumatic Osteochondral Lesion of the Patella With Bioabsorbable Screw Fixation.** Arthroscopy Techniques, Vol 8, No 11 (November), 2019: pp e1361-e1365.

**BC Balldin**, CW Nuelle, TD DeBerardino. **Is intraoperative fluoroscopy necessary to confirm device position for femoral sided cortical suspensory fixation during anterior cruciate ligament reconstruction?** Journal of Knee Surgery. Feb 8, 2019.

GT Liu, **BC Balldin**, JR Zide, CC Chen. **A Biomechanical Analysis of Interference Screw versus Bone Tunnel Fixation of Flexor Hallucis Longus Tendon Transfers to the Calcaneus.** The Journal of Foot & Ankle Surgery. 56 (2017) 813-816.

CA Wijdicks, **BC Balldin**, K Jansson, J Stull, MJ Philippon. **Cam lesion femoral osteoplasty: in vitro biomechanical evaluation of iatrogenic femoral cortical notching and risk of neck fracture.** Arthroscopy. 2013 Oct; 29 (10): 1608-14.

EA Gonzalez, FA Moore, JB Holcomb, CC Miller, RA Kozar, SR Todd, CS Cocanour, **BC Balldin**, BA McKinley. **Fresh Frozen Plasma Should be Given Earlier to Patients Requiring Massive Transfusion.** Journal of Trauma-Injury Infection & Critical Care. 62(1):112-119, January 2007.

## **PRESENTATIONS**

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**BC Balldin. Sports Medicine Case Presentations: My Experience.** Texas Orthopedic Association Annual Meeting / Texas Society of Sports Medicine (TSSM) Sports Symposium. San Antonio, Feb 8, 2020.

**BC Balldin. Lateral Patellar Dislocations: Why they need MPFL reconstruction.** Texas Orthopedic Association Annual Meeting / Texas Society of Sports Medicine (TSSM) Sports Symposium. Feb 1, 2019.

**BC Balldin. Live Surgical Demonstration: Arthroscopic Posterior Capsular Release.** Vail International Complex Knee Symposium V (VICKS). Vail, Colorado. June 15, 2018.

**BC Balldin. Fibular Collateral Ligament: Tears & Anatomic Treatment/Outcomes.** Vail International Complex Knee Symposium V (VICKS). Vail, Colorado. June 14, 2018

**BC Balldin. The Dark Corners of the Knee.** UT Health San Antonio Grand Rounds. San Antonio, Texas. April 9, 2018.

**BC Balldin. ACL Injury Prevention.** Lecturer. Boys teams. Classics Elite Soccer Academy. San Antonio, Texas. February 22, 2018.

**BC Balldin. ACL Injury Prevention.** Lecturer. Girls teams. Classics Elite Soccer Academy. San Antonio, Texas. February 21, 2018.

**BC Balldin. Posterolateral Corner Reconstructions: Anatomic Options.** Knee Symposium. Fall AANA Meeting 2017. Palm Desert, California. November 3, 2017.

BC Balldin. **How to Treat Shoulder Injuries & Pain.** Baptist Hospital System Community Outreach Lectures. Baptist Orthopedic Hospital. October 16, 2017.

BC Balldin. **AANA Shoulder Arthroscopy Course: Lateral Decubitus Setup & Portals.** AANA Apex Course. Rosemont, Illinois. July 28, 2017.

BC Balldin, Joao Espregueira-Mendes. **Live Surgical Demonstration: Arthroscopic Posterior Capsular Release.** Vail International Complex Knee Symposium (VICKS) IV. Vail, Colorado. June 23, 2017.

BC Balldin, Richard von Boormann. **Live Surgical Demonstration: Anatomic fibular collateral ligament reconstruction.** Vail International Complex Knee Symposium (VICKS) IV. Vail, Colorado. June 22, 2017.

BC Balldin. **Fibular Collateral Ligament: Tears & Anatomic Treatment/Outcomes.** Vail International Complex Knee Symposium (VICKS) IV. Lecture. Vail, Colorado. June 22, 2017.

BC Balldin. **Posteromedial Corner Reconstructions: Indications & Anatomic based technique.** AANA Fall Meeting. Lecturer. Las Vegas, Nevada. Nov 11, 2016.

BC Balldin. **ACL Reconstruction: Autografts are the best option in all indications.** AANA Fall Meeting. Lecturer. Las Vegas, Nevada. Nov 11, 2016

BC Balldin. **Meniscal Root Tears: Diagnosis, treatment and outcomes.** Texas Orthopaedic Association Annual Meeting. Texas Society of Sports Medicine Symposium. April 8, 2016.

BC Balldin. **Orthopedics: What is it?** Texhill Middle School Medicine Interest Group. San Antonio, Texas. April 4, 2016

BC Balldin. **Popliteus and Posterior Oblique Ligament Tears: Anatomic Treatments and Outcomes.** Vail International Complex Knee Symposium (VICKS) II. Vail, Colorado. June 25, 2015.

BC Balldin, LaPrade RF. **Live Surgical Demonstration: Anatomic Posterolateral Corner Reconstruction.** Vail International Complex Knee Symposium (VICKS) II. Vail, Colorado. June 25, 2015.

BC Balldin. **Shoulder Pain: Reasons for it and Treatment Options.** North Central Baptist Hospital Community Outreach Program. San Antonio, Texas. March 11, 2015.

BC Balldin. **Joint Replacements: The past, present and future.** Texas Association of Peri Operative Nurses (TAPAN). 5<sup>th</sup> Annual Peri Anesthesia Nursing Fall Seminar. San Antonio, Texas. November 8, 2014.

BC Balldin. **Meniscal root tears and radial root tears – A Missed Epidemic?** Vail International Complex Knee Symposium (VICKS). Lecture. Vail, Colorado. July 17, 2014.

BC Balldin, LaPrade RF. **Live Surgical Demonstration: Anatomic Posterolateral Corner Reconstruction.** Vail International Complex Knee Symposium (VICKS). Vail, Colorado. July 17, 2014.

BC Balldin. **Getting Back In The Game: Surgery or Nonoperative Treatment.** North Central Baptist Hospital Community Outreach Program, San Antonio, Texas. April 8, 2014.

BC Balldin. **Anterior Cruciate Ligament Injuries: Function, treatment options, rehabilitation.** Alamo Area Athletic Training Association (AAATA) Annual Meeting. San Antonio, Texas. March 28, 2014.

BC Balldin. **Athletic Injuries: In the saddle and on the court.** National Association of Orthopaedic Nurses (NAON) Annual Meeting, San Antonio, Texas May 19, 2013.

BC Balldin, CA Wijdicks, J Stull, K Jansson, MJ Philippon. **Effect of arthroscopic notching during osteoplasty of cam lesions for the treatment of femoroacetabular impingement: A biomechanical analysis.** ISAKOS Congress Toronto, Canada May 12–16, 2013.

BC Balldin, CA Wijdicks, J Stull, K Jansson, MJ Philippon. **Effect of arthroscopic notching during osteoplasty of cam lesions for the treatment of femoroacetabular impingement: A biomechanical analysis.** Orthopaedic Research Society (ORS) Annual Meeting in San Antonio, Texas, January 26, 2013.

BC Balldin. **The Evolution of Shoulder, Hip and Knee Replacements.** YMCA San Antonio, Texas. October 1, 2012.

BC Balldin, JR Zide, CC Chen, GT Liu. **A biomechanical analysis of bionodesis screw versus bone tunnel methods to restore function of chronic ruptured Achilles tendon by flexor hallucis longus transfer.** American Academy of Orthopaedic Surgeons Annual Meeting, February 7, 2012

BC Balldin. **A Biomechanical Analysis of Bionodesis Screw Versus Bone Tunnel Methods in Flexor Hallucis Longus Tendon Transfer for Chronic Achilles Tendon Ruptures.** Charles F. Gregory Memorial Lecture. Dallas, Texas June 10, 2011.

BC Balldin, JR Zide, CC Chen, GT Liu. **A biomechanical analysis of bionodesis screw versus bone tunnel methods to restore function of chronic ruptured Achilles tendon by flexor hallucis longus transfer.** Southern Biomedical Engineering Conference. Arlington, TX April 30, 2011.

## **POSTERS**

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BC Balldin. **“Coagulopathy Correction in Trauma Patients.”** The University of Texas Medical School at Houston summer Research Program, 2003.

## **MEETINGS/COURSES**

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TOA Annual Meeting. San Antonio, Texas February 6-8, 2020.

TOA Annual Meeting. Houston, Texas January 21 – February 2, 2019.

TOA Annual Meeting. Fort Worth, Texas April 12-14, 2018.

AOSSM Annual Meeting. Toronto, Canada. July 20-23, 2017.

TOA Annual Meeting. Dallas, Texas. May 4-6, 2017.

AANA Fall Meeting. Las Vegas, Nevada. November 10-12, 2016.

AOSSM Annual Meeting. Colorado Springs, Colorado. July 7-10, 2016.

AANA Annual Meeting. Boston, Massachusetts. April 14-16.

Orthopaedic Technology & Innovation Forum (OTIF). Naples, Florida. January 10-11, 2016.

Sports Medicine Fellowship Forum. Arthrex Facilities, Naples, FL. May 31-June 2 2012.

Maine Orthopaedic Review (MOR) Orthopaedic Board Review Course. June 2011.



AANA Optimizing and Broadening Your Arthroscopic Skills: A Course for Senior Residents & Fellows (December 2009)

Surgical Approaches for Internal Fixation (SAIF) (September 2009)

AANA Fundamentals in Arthroscopy - Junior Resident Course (January 2009)

AO Basic Principles and Techniques of Operative Fracture Management Course for Residents (February 2008)

## **PROFESSIONAL ORGANIZATIONS**

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American Orthopaedic Society for Sports Medicine

American Association of Orthopaedic Surgeons

Arthroscopy Association of North America

Bexar County Medical Society

Texas Medical Association

Texas Orthopaedic Association

Texas Society of Sports Medicine

## **PERSONAL DATA**

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Born October 2, 1978 in Stockholm, Sweden

Languages: English, Swedish, medical Spanish.

Became a U.S. citizen in 2002.

Married his wife Dominique on September 2, 2006 and they have four children.

Avid fan of all sports, outdoor activities and competitions.