

William Buchanan Workman, M.D.

[www.calsportsdoc.com](http://www.calsportsdoc.com)

101 Ygnacio Valley Road, Suite 400

Walnut Creek, CA 94596

(925) 944-0110

CERTIFICATION: Double Board Certified: Orthopedic Surgery and Orthopedic Sports  
Medicine, **American Board of Orthopedic Surgery**

CURRENT  
POSITIONS:

Oakland Athletics Baseball Organization

• **Team Orthopedic Surgeon**

**Oakland, CA**

Walnut Creek Orthopedics & Sports Medicine, P.C.

• **President and Orthopedic Surgeon**

**Walnut Creek, CA**

Staff Orthopedic Surgeon

• **John Muir Medical Center**

**Concord, CA and Walnut Creek, CA**

Medical Board of California

• **Expert Medical Reviewer**

The American Journal of Sports Medicine

• **Principal Reviewer**

University of California, Berkeley

• **Orthopedic Team Physician**

Los Medanos College, Pittsburg CA

• **Orthopedic Team Physician**

Acalanes High School, Lafayette CA

• **Head Team Physician**

Northgate High School, Walnut Creek CA

• **Head Team Physician**

Conformis, Inc.

**Surgeon Consultant for Knee Arthroplasty**

The Doctors Company, Inc.

**Physician Advisory Board**

EDUCATION:

Harvard Medical School/ Massachusetts General Hospital

**Fellow in Orthopedic Sports Medicine, 1999-2000.**

Yale University School of Medicine/Yale-New Haven Hospital

**Chief Resident, Orthopedic Surgery, 1998-99**

**Assistant Resident, Orthopedic Surgery, 1995-98**

**Intern, General Surgery, 1994-95**

Tulane University School of Medicine

**Doctor of Medicine, June 1994**

University of California, Berkeley  
**Bachelor of Arts in Physiology, May 1989**

EXPERIENCE: New England Patriots (NFL), Boston Bruins (NHL), New England Revolution (MLS), and Harvard University Athletics. **Assistant Team Physician, August 1999-July 2000**  
Harvard University Health Service. **Assistant Orthopedic Surgeon, August 1999-July 2000**  
Yale University School of Medicine. **Instructor, Orthopedic Surgery, 1998-99**

HONORS: **Achilles Orthopaedic Sports Medicine Research Award. International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine. 2001.**  
**Marmelzat Award for Outstanding Research and Writing, Tulane History of Medicine Society, 1992.**  
**Athletic Scholarship, University of California.**  
**Professional Baseball Amateur Draft: California Angels (1989, signed) and Detroit Tigers (1988).**

RESEARCH: Publications:  
**Zarins B, Workman W. B., and Petruska A. Accelerated Rehabilitation Following Anterior Cruciate Ligament Replacement Surgery. Harvard Orthopaedic Journal. Vol. 2, July 2000**

RESEARCH: Presentations:  
Workman, W.B. and Galloway, M.T. **Quantitative Histomorphometric Comparison of Host Response to Intraarticular and Extraarticular Bioabsorbable Implants.**  
**Arthroscopy Association of North America Annual Meeting, Miami Beach, FL. April 15, 2000.**  
**7<sup>th</sup> Annual Linvatec Residents and Fellows Conference, Useppa Is, FL. May 11, 2000**

Workman, W.B., Ounpuu S, and Deluca P. **The Effect of Running Shoes on Running Biomechanics**  
**ISAKOS World Congress. Montreux, Switzerland May 2001.**

SYMPOSIA: **Walnut Creek Sports Medicine Update 2007.** Two day course with lectures, live surgery, and anatomical dissections for sports medicine health care providers and athletic trainers. Program Director 2007

**Spring Training Shoulder Symposium: Diagnosis and Treatment of Shoulder Injuries in Overhead Athletes.** Lectures, live surgery, and anatomical dissections for sports medicine health care providers and athletic trainers. Program Director 2003, 2005, 2006.

**Mid-Season Minicamp: Diagnosis and Treatment of Knee Injuries in Football and Soccer.** Lectures, live surgery, and anatomical dissections for sports medicine health care providers and athletic trainers. Program Director 2003, 2004, 2005.

LECTURES: Workman W.B. **Arthroscopic Capsulolabral Reconstruction** Smith & Nephew Master Instructor Series. San Diego, CA. October 2007  
Workman W.B. Orthopedic Considerations for the Shoulder: *What a surgeon wants to know.* UCSF MRI Visiting Fellowship. University of California, San Francisco. November 2006

Workman W.B. Live from the Left Coast: The UniSpacer Experience Yale Orthopaedic Surgery Grand Rounds. August 4, 2006.

Workman W.B. Biomechanics and Injury Patterns in Baseball Pitchers 11<sup>th</sup> Annual Sports Medicine Conference, Sun Mountain Lodge, Winthrop, WA. January 2005.

Workman W.B. Treatment Options for Degenerative Knee Conditions in Older Athletes, 11<sup>th</sup> Annual Sports Medicine Conference, Sun Mountain Lodge, Winthrop, WA. January 2005.

Workman W.B. Throwing Injuries in Athletes John Muir Hospital Medical Lecture Series. Walnut Creek, CA March 2001.

Workman W.B. The Etymology of Orthopaedic and Sports Medicine Terminology. Harvard/MGH Sports Medicine Fellowship Annual Thesis Day. July 2000.

Workman W.B. The Effect of Shoewear on Running Biomechanics: A Gait Analysis. Yale Orthopaedic Association Annual Post-Graduate Seminar and Disputations. June 1999.

Workman W.B. Scapular Winging: Multiple Etiologies and Surgical Treatment. Yale Orthopaedic Surgery Grand Rounds. January 1998.

Workman W.B. The Diagnosis and Treatment of the Dislocated Knee. Yale Orthopaedic Surgery Grand Rounds. October 1996.

**ATHLETICS:**

**Triathlon: Qualified for 1999 and 2003 USA Triathlon National Championship. First place in age group: 2003 Pacific Grove Sprint Triathlon, Second place in age group: 2003 Trione Triathlon and 1998 overall Connecticut Triathlon Series. Third place in age group: 1998 Falmouth Sprint Triathlon, 1998 Milford Triathlon, and 1997 Cheshire Chase Race.**

**Professional: Baseball Pitcher, California Angels Organization, 1989 & 1990**

**College: Varsity Baseball Pitcher, University of California Golden Bears, 1986-1989. Member of 1988 regional champion and College World Series team. 1989 Pac-10 Conference E.R.A. leader.**

**SOCIETIES:**

**American Academy of Orthopaedic Surgeons  
American Orthopaedic Society for Sports Medicine  
Arthroscopy Association of North America  
International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine  
American College of Sports Medicine  
International Cartilage Repair Society**

**PERSONAL:**

**Married to: Janis Lynn Workman, Esq.**

**Children: Kenneth Buchanan Workman, b. 11/27/99, Emma Buchanan Workman, b. 9/26/01, and Walter Buchanan Workman, b. 5/25/03**