



Roger Chams, M.D.
Orthopaedic Surgery
Sports Medicine
Arthroscopic and
Reconstructive
Surgery of the Knee
and Shoulder

Board Certified,
*American Board of
Orthopaedic Surgery*

Fellow,
*American Academy of
Orthopaedic Surgeons*

Member & Instructor,
• *Arthroscopy Association of North
America (AANA)*
• *American Orthopaedic Society for
Sports Medicine (AOSSM)*

Fellowship,
*Sports Medicine/
Arthroscopic Surgery,
Southern California
Orthopaedic Institute
(SCOI)*

Residency,
*Orthopaedic Surgery,
University of Illinois at
Chicago*

Medical School,
*University of Illinois at
Chicago School of Medicine*

Team Physician,
• *Chicago Wolves Hockey (AHL)*
• *Lake Forest College (NCAA)*
• *Grayslake High School*
• *Vernon Hills High School*

720 Florsheim Dr.
Libertyville, IL 60048
847.247.4000

1200 N. Westmoreland Dr.
Suite 100
Lake Forest, IL 60045
847.247.4000



ILLINOIS BONE & JOINT INSTITUTE
Lake Forest Orthopaedics

My Professional Philosophy:

To evaluate each patient individually and understand their unique needs and concerns. I believe it is essential to help my patients understand their disease process, as well as the rationale behind available treatment options. Together with each patient, I seek to establish a treatment plan which meets their specific needs, whether sports or work related. I believe that well educated patients can best participate in their care.

Professional Training and Sports Medicine Experience:

During my fellowship training in Sports Medicine and Arthroscopic Surgery at the Southern California Orthopedic Institute (SCOI), I had the privilege of working with many of the worlds' experts in knee and shoulder reconstruction and minimally invasive arthroscopic surgery. This training has given me the opportunity to master many procedures that were not previously performed in the community. My training has given me extensive experience treating professional, olympic, collegiate, and amateur athletes. I continue to be active in local athletics as team physician for two area high schools, a college, and a professional hockey team.

Continuing Education/Professional Activities:

Being an active member of the Arthroscopy Association of North America (AANA) and the American Orthopedic Society for Sports Medicine (AOSSM) has given me the opportunity to continue to exchange ideas with many of the worlds' prominent surgeons. Through these organizations I have:

- lectured at national meetings
- written a textbook chapter on advanced shoulder arthroscopy
- instructed advanced knee and shoulder surgical courses for other orthopaedic surgeons at the Academy Learning Center

I continue to regularly lecture local therapists and athletic trainers and am active on the Medical Advisory Board for the Lake Forest Health and Fitness Institute.

State of the Art/Minimally Invasive Surgery:

Sports medicine and arthroscopic surgery is a dynamic and ever changing field. Through my fellowship I have brought many minimally invasive procedures to the area that previously were not commonly performed. These include:

- entirely arthroscopic rotator cuff reconstructions
- ligament reconstructions and stabilizations of the shoulder
- multiple ligament reconstructions and cartilage transplantations of the knee

These procedures have given my patients the advantages of being performed as an outpatient with minimal discomfort, virtually no scarring, and easier rehabilitation. All surgical procedures are videotaped or digitally recorded for additional patient education and to aid the therapist during the rehabilitative process.