

Burton F. Elrod, MD

Sports Medicine
Arthroscopic Surgery of the Knee, Shoulder, Elbow



A native of Centerville, TN, Dr. Elrod attended Lipscomb University for his undergraduate degree and received his medical degree from the University of Tennessee. After completing his orthopedic residency at the University of Tennessee, Dr. Elrod continued his post-graduate studies in Sports Medicine at the Kerlan-Jobe Orthopaedic Foundation.

Certified by the American Board of Orthopaedic Surgery, Dr. Elrod holds memberships in numerous professional societies including the American Orthopaedic Society for Sports Medicine, Arthroscopy Association of North America, the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine, and a 19 year veteran of the National Football League (NFL) Physicians Society.

Dr. Elrod's specialties include: sports-related injuries and arthroscopic surgery of the knee, shoulder and elbow. Dr. Elrod has been an NFL physician for 19 years and is a team physician for Lipscomb University and Lipscomb Academy.

He has authored many scientific articles and book chapters and has served as a master clinical instructor for the Arthroscopy Association of North America.

During his spare time Dr. Elrod enjoys running, racquetball, driving race cars, snow skiing, scuba diving, diving with sharks, listening to music, and spending time with his family.

EDUCATION

Undergraduate

B.S. David Lipscomb University – Nashville, Tennessee, 9/67-3/72

Graduate

M.D. University of Tennessee – Memphis, Tennessee, 1/73-12/75

POST GRADUATE TRAINING

Internship

Flexible Internship, City of Memphis Hospital, Memphis, Tennessee, 6/76-6/77.

General Surgery, Methodist Hospital, Memphis, Tennessee, 7/77-6/78.

Residency

Orthopaedic Surgery, University of Tennessee, Baroness Erlanger Hospital, Chattanooga, Tennessee, 7/78-6/82.

Fellowship

Sports Medicine, Kerlan-Jobe Orthopaedic Clinic (formally The Southwestern Orthopaedic Group), Inglewood, California, 7/82-6/83.

BOARD CERTIFICATION

American Board of Orthopaedic Surgery Certification

July 1985

LICENSURE

- Tennessee
- California

PROFESSIONAL ORGANIZATIONS / SOCIETY MEMBERSHIPS

- American Academy of Orthopaedic Surgeons
- American Orthopaedic Society for Sports Medicine (Candidate Member 7/85, Associate Member 7/90)
- Arthroscopy Association of North America (Master Instructor)
- International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (Active Member 9/90)
- Nashville Academy of Medicine
- National Football League Physician's Society
- Tennessee Medical Association

PROFESSIONAL TEAM AFFILIATIONS

1997 – 2016 Tennessee Titans, Head Team Physician
1992 Music City Jammers, Team Physician
1983 Los Angeles Lasers, Assistant Team Physician
1982 – 1983 Los Angeles Rams, Assistant Team Physician

1982 – 1983 Los Angeles Dodgers, Physician in Attendance
1982 – 1983 Los Angeles Lakers, Physician in Attendance
1982 – 1983 Los Angeles Kings, Physician in Attendance
1982 – 1983 Los Angeles Express, Assistant Team Physician
2002 NFL Pro Bowl, Head Team Physician

SPORTS TEAM AFFILIATIONS

1983 – Present David Lipscomb University, Team Physician

1983 – Present Lipscomb Academy, Team Physician

UNIVERSITY APPOINTMENTS

Clinical Instructor

Department of Orthopaedics and Rehabilitation

Vanderbilt University Medical Center

Nashville, Tennessee

12/1/87 -11/30/88

HOSPITAL APPOINTMENTS

Baptist Hospital

Nashville, Tennessee

Provisional – 6/2/88

Associate – 6/20/91

Columbia Centennial Medical Center

Nashville, Tennessee

Courtesy – 03/05/93

Active – 10/30/95

PUBLICATIONS

Tibone JE, Elrod B, Jobe FW, et al: "Surgical Treatment of Tears of the Rotator Cuff in Athletes".
Journal of Bone and Joint Surgery, 68(6): 887-91, 1986.

Barber FA, Elrod BF, McGuire DA, Paulos LE. Preliminary results of an absorbable interference screw.
Arthroscopy, 11:537-538, 1995.

Barber FA, Elrod BF, McGuire DA, Paulos LE: "Is An Anterior Cruciate Ligament Reconstruction
Outcome Age Dependent? Arthroscopy, 12(6): 720-725, 1996.

Elrod BFE: Arthroscopic Reconstruction of Traumatic Anterior Instability. In Drez D and DeLee JC (eds)
Operative Techniques in Sports Medicine. WB Saunders, Philadelphia, 1997, 215-225.

PUBLICATIONS (VIDEOTAPES)

"Knee Education and Exercise Series"

1. Anatomy

2. Arthroscopic Surgery

3. Your Menisci: Their Injury and Treatment

4. The Anterior Cruciate Ligament: Its Injury and Treatment

5. The Articular Surface of your Knees: Its Injury and Treatment

6. Exercise: Your Body and You

7. Genu Varum and Genu Valgum: Their Cause and Treatment

8. Living Normally With Your Knee After an Injury

9. Your Patellofemoral Joint: Its Injury and Treatment

10. Living With Your Knee After an Anterior Cruciate Ligament Injury

11. Steroids: A Body to Die For Educational videotape directed at high school athletes in a cooperative effort by
Southern Sports Medicine & Orthopaedic Center, The Quarterback Legends, and The Sports Medicine Center at
Baptist Hospital, 1992

EDITORIAL APPOINTMENTS

Arthroscopy: The Journal of Arthroscopic

And Related Surgery

Publisher: Raven Press, New York, New York

Appointed to editorial board 1/90 – 12/95

OTHER APPOINTMENTS

Arthroscopy Association of North America

Educational Committee

Appointed 4/97

Quarterback Legends

Medical Director

8/27/89 – Present

American Orthopaedic Society for Sports Medicine

Member of National Educational Program Committee

TEACHING EXPERIENCE

David Lipscomb University

Nashville, Tennessee

Health Sciences Internship

PRESENTATIONS

Biodegradable Stent for ACL Reconstruction

Concept, Inc.

Third Annual Study Group

Paris, Tennessee

August 11-18, 1989

Vascular Syndromes in the Lower Extremity in the Athlete

Winter Meeting of Major League Baseball

Nashville, Tennessee

December 4-5, 1989

Knee Problems and the Anatomy of the Knee in the Female Athlete

The Female Athlete Sports and Fitness Symposium

Nashville, Tennessee

January 20, 1990

Arthroscopic Reconstruction of the Anterior Cruciate Ligament with Allograft

Issues in Transplantation

Nashville, Tennessee

May 4, 1990

Use of the Concept Biotak for Arthroscopic Repair of the Unstable Shoulder

Concept Arthroscopy Study Group

Paris, Tennessee

June 13, 1990

Current Arthroscopic Techniques for Anterior Shoulder Instability

AANA 10th Annual Meeting

San Diego, California

April 24-27, 1991

Anterior Cruciate Ligament – Clinical Assessment, Injury, Mechanisms, and Treatment Options,

Surgical Considerations for Anterior Cruciate Ligament Reconstruction;

Gross Anatomy Dissection of the Lower Quadrant, laboratory supervisor;

Surgical Demonstration for ACL Reconstruction, laboratory supervisor;

The Advanced Knee and Foot- Ankle Seminar.

Clinical Specialists, Inc.

Tampa, Florida

May 8-11, 1991

Clinical Follow-up of the Concept Biotak in Shoulder Instabilities

Concept Arthroscopy Study Group

May 24, 1991

Alternative Techniques for Shoulder Stabilization

Concept Arthroscopy Study Group

June 10, 1992

Arthroscopic Shoulder Stabilization With a Bioabsorbable Tak

AANA 12th Annual Meeting

Palm Desert, California

April 1-4, 1993

Hawkeye Suture Retriever;
A New Test for Shoulder Instability
Seventh Annual Concept Arthroscopy Study Group
May 20, 1993

The Blitz
Linvatec (formerly Concept) Eighth Annual Arthroscopy Study Group
June 5 – 10, 1994

Arthroscopic Capsulorrhaphy for Shoulder Instability;
New Concepts in Sports Medicine & Arthroscopy & Its Impact of Rehabilitation
Tennessee Physical Therapy Association
Nashville, Tennessee
October 2, 1994

Suture Anchor with Nonabsorbable Sutures and Blitz (Trochar-Loop Technique)
AANA Specialty Day
Orlando, Florida
February 19, 1995

Arthroscopic Shoulder Capsulorrhaphy
Harkess Society Meeting
Nashville, Tennessee
April 29, 1995

Tibial and Femoral Bone Tunnel Enlargement Following Allograft Replacement of the Anterior Cruciate Ligament
C. Robinson Dyer, M. D. And Burton F. Elrod, M. D. co-authors
AANA 14th Annual Meeting
San Francisco, California
May 5, 1995

Repair of Anterior Instability Using Suture Anchor Technique and Follow-up
AANA 14th Annual Meeting
San Francisco, California
May 6, 1995

Results Using Suture Anchor Technique Using Perforating Suture Retriever
AANA 14th Annual Fall Course
San Antonio, Texas
December 8 – 9, 1995

Arthroscopic Evaluation and Treatment of Shoulder Instability – Anterior, Posterior, Multidirectional
And S.L.A.P. Lesions
Instructional Course #403
American Academy of Orthopaedic Surgeons
Atlanta, Georgia
February 23, 1996

Blitz Technique for Instability Arthroscopic Surgery of the Shoulder
13th Annual Meeting
San Diego, California
June 26 – 29, 1996

Arthroscopic Evaluation and Treatment of Shoulder Instability-Anterior, Posterior,
Multidirectional and S.L.A.P. Lesions
Instructional Course #462
American Academy of Orthopaedic Surgeons
San Francisco, California
February 17, 1997

Shoulder Instability
Instructional Course #201
Arthroscopy Association of North America Annual Meeting
San Diego, California
April 25, 1997

Elbow Dissection
Tennessee Athletic Trainers Society
Nashville, Tennessee
January 18, 1998

MRI of the Shoulder – What’s New?;
Instability of the A/C Joint: Classification and Imaging
The Athlete’s Shoulder
American Orthopaedic Society for Sports Medicine
Lake Buena Vista, Florida
January 30 – February 1, 1998

Miscellaneous Knee Problems: Distal and Proximal Patellar Tendinitis
The American Orthopaedic Society For Sports Medicine
Sports Medicine 1999: An NFL Prospective
May 7, 1999

Osteitis Pubis The American Orthopaedic Society For Sports Medicine
Sports Medicine 1999: An NFL Prospective
May 7, 1999

AC Joint Injuries: Acute and Chronic
The Hughston Clinic, Shoulder Symposium
April 28, 2000

Arthroscopic Bankart Repair, Cadaveric Demonstration
The Hughston Clinic, Shoulder Symposium
April 28, 2000

Osteitis Pubis
The American Orthopaedic Society For Sports Medicine
Sports Medicine 1999: An NFL Prospective
May 11-13, 2001

Sternal Injuries
NFL Physicians Society Annual Scientific Meeting
February 25, 2005
Clinical Instructor
The Masters Experience

Shoulder Course, Master Instructor
Arthroscopy Association of North America's Orthopaedic Learning Center
Rosemont, Illinois
March 9 – 10, 1996

The Masters Experience
Knee Course, Associate Master Instructor
Arthroscopy Association of North America's Orthopaedic Learning Center
Rosemont, Illinois
October 7 – 8, 1995

The Masters Experience
Shoulder Course, Associate Master Instructor
Arthroscopy Association of North America's Orthopaedic Learning Center
Rosemont, Illinois
August 12 – 13, 1995

The Masters Experience
Shoulder Course, Associate Master Instructor
Arthroscopy Association of North America's Orthopaedic Learning Center
Rosemont, Illinois
January 21 – 22, 1995

The Masters Experience
Shoulder Course, Associate Master Instructor
Arthroscopy Association of North America's Orthopaedic Learning Center
Rosemont, Illinois
October 15 – 16, 1994

The Masters Experience
Shoulder Course, Associate Master Instructor
Arthroscopy Association of North America's Orthopaedic Learning Center
Rosemont, Illinois
April 16 – 17, 1994

The Masters Experience
Shoulder Course, Associate Master Instructor
Arthroscopy Association of North America's Orthopaedic Learning Center
Rosemont, Illinois
May 22-23, 1999

ABSTRACTS PRESENTED AND PUBLISHED

Tibone, James E., Elrod, B., Jobe, F., et al: "Surgical Treatment of Rotator Cuff Tears in Athletes", American Academy of Orthopaedic Surgeons 53rd Annual Meeting, New Orleans, Louisiana, February 22, 1986.

Tibone, James E., Elrod, B., Jobe, F., et al: "Surgical Treatment of Rotator Cuff Tears in Athletes", American Shoulder and Elbow Surgeons 2nd Open Meeting, New Orleans, Louisiana, February, 1986.

VIDEOS PRESENTED AND PUBLISHED

Byrd JWT, Elrod BF: "Current Trends in Elbow Arthroscopy" Individual Orthopaedic Instruction Videotapes.

American Academy of Orthopaedic Surgeons Annual Meeting, New Orleans, Louisiana, February 16 – 21, 1995.

COMMITTEES AND OFFICES HELD

Arthroscopy Association of North America
Chairman of Communications Committee

Arthroscopy Association of North America
Tennessee Representative
Committee of State Representatives

Arthroscopy Association of North America
Education Committee

Nashville Branch
Arthritis Foundation
Board of Directors

RESEARCH AND OTHER EXTERNAL SUPPORTS

Linvatec, Incorporated
Biotak, Clinical Investigator

Linvatec, Incorporated
Bioscrew, Clinical Investigator

Smith & Nephew Dyonics, Incorporated
Fluid Management System, Clinical Investigator

Linvatec, Incorporated
Bio-Anchor, Clinical Investigator