

PROFESSIONAL VITAE

JEFFREY PLACZEK MD, PT

OFFICE:

Michigan Orthopaedic Surgeons
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EDUCATION:

2003-2004	Fellow in Hand and Upper Extremity Surgery	Washington University St. Louis, Missouri
1998-2003	Resident Physician in Orthopaedic Surgery	William Beaumont Hospital Royal Oak, MI
1994-1998	Doctor of Medicine	Wayne State University Detroit, Michigan
1990-1992	Graduate Certificate Orthopaedic Manual Physical Therapy	Oakland University Rochester, Michigan
1984-1988	Bachelor of Science Physical Therapy	Oakland University Rochester, Michigan

EMPLOYMENT:

2023 – present	Hand Surgeon	Michigan Orthopaedic Surgeons Novi, Michigan
2004 – 2023	Hand Surgeon	Michigan Hand and Wrist Novi, Michigan
2003-2004	Fellow in Hand and Upper Extremity Surgery	Washington University St. Louis, Missouri
1998-2003	Resident Physician in Orthopaedic Surgery	William Beaumont Hospital Royal Oak, Michigan

1998	Visiting Faculty - Program in Physical Therapy	Univ. of Southern California Los Angeles, California
1996	Visiting Faculty - Program in Physical Therapy	Central Michigan University Mt. Pleasant, Michigan
1991-1994	Assistant Coordinator Orthopaedic PT Program	Oakland University Rochester, Michigan
1991-2003	Assistant Professor in Orthopaedic Physical Therapy	Oakland University Rochester, Michigan
1988-1998	Senior Physical Therapist	Physical Therapy Specialists Troy, Michigan

LICENSURE:

Physical Therapy License - State of Michigan , #3652.

Medical License - State of Michigan, #4301071986

CERTIFICATION:

Certified Strength and Conditioning Specialist, CSCS
NSCA Examination, 1991.

Orthopaedic Manual Physical Therapy Certification Part I, OMPT.
Spinal and Extremity Mobilization, Oakland University/AAOMPT Examination, May 1992.

Orthopaedic Manual Physical Therapy Certification Part II, OMPT.
Spinal and Extremity Manipulation, Oakland University/AAOMPT Examination, Dec. 1992.

Board Certified Orthopaedic Specialist, OCS.
American Board of Physical Therapy Specialties Examination, 1994.

Fellow American Academy of Orthopaedic Manual Physical Therapists, FAAOMPT, 1994.

PROFESSIONAL ORGANIZATIONS:

American Academy of Orthopaedic Surgeons, 1998 – present
American Society for Surgery of the Hand, 2003- present
American Medical Association, 1994-present
Michigan Medical Association, 1994-present
American Physical Therapy Association, 1986 - 1998
Orthopaedic Section of APTA, 1986 - 1998
Sports Physical Therapy Section of APTA, 1986 - 1991
Michigan Physical Therapy Association, 1986 - 1998
National Strength and Conditioning Association, 1989 - 2003
American Academy of Orthopaedic Manual Physical Therapists, 1992-2002

BOOK PUBLICATIONS:

Placzek, JD, Boyce, DA, Lonneman, P and Lonneman E (Editors). *Orthopaedic Physical Therapy Secrets Fourth Edition*. Elsevier 2023. 76 chapters devoted to outcome studies and evidence based orthopaedics are presented. Each region of the body is reviewed with individual chapters covering functional anatomy, fractures and dislocations, nerve entrapments and common orthopaedic problems specific to that joint. Sections devoted to basic science, common disease manifestations, modalities and a wide variety of specialty topics make this a particularly well-rounded reference. Surgical interventions and their specific rehab considerations are covered. (Print summer 2023)

Placzek, JD and Boyce, DA (Editors). *Orthopaedic Physical Therapy Secrets Third Edition*. Elsevier 2017. 78 chapters devoted to outcome studies and evidence based orthopaedics are presented. Each region of the body is reviewed with individual chapters covering functional anatomy, fractures and dislocations, nerve entrapments and common orthopaedic problems specific to that joint. Sections devoted to basic science, common disease manifestations, modalities and a wide variety of specialty topics make this a particularly well-rounded reference. Surgical interventions and their specific rehab considerations are covered.

Placzek, JD and Boyce, DA (Editors). *Orthopaedic Physical Therapy Secrets Second Edition*. Elsevier 2006. 78 chapters devoted to outcome studies and evidence based orthopaedics are presented. Each region of the body is reviewed with individual chapters covering functional anatomy, fractures and dislocations, nerve entrapments and common orthopaedic problems specific to that joint. Sections devoted to basic science, common disease manifestations, modalities and a wide variety of specialty topics make this a particularly well-rounded reference. Surgical interventions and their specific rehab considerations are covered.

Placzek, JD and Boyce, DA (Editors). *Orthopaedic Physical Therapy Secrets*. Hanley and Belfus Publishers, Philadelphia, PA. (Now Elsevier) December, 2000. Eighty-two chapters devoted to outcome studies and evidence based orthopaedics are presented. Each region of the body is reviewed with individual chapters covering functional anatomy, fractures and dislocations, nerve entrapments and common orthopaedic problems specific to that joint. Sections devoted to basic science, common disease manifestations, modalities and a wide variety of specialty topics make this a particularly well-rounded reference. Surgical interventions and their specific rehab considerations are covered. Currently beginning work on 2nd edition.

PEER REVIEWED PUBLICATIONS:

Roubal PJ, Busuito MJ, Freeman DC, Placzek JD. A noninvasive mechanical treatment to reduce the visible appearance of cellulite. *Cutis*. 2016 Dec;98(6):393-398. PMID: 28099534.

Roubal PJ, Placzek JD. Long-Lever-Arm Manipulation Under Anesthesia With Resultant Traumatic Anterior Shoulder Dislocation. *J Orthop Sports Phys Ther*. 2016 Aug;46(8):707. doi: 10.2519/jospt.2016.0412. PMID: 27477474.

Placzek JD, Roubal PJ. Translational Manipulation after Failed Arthroscopic Release for recalcitrant adhesive capsulitis: a case report, *J Manip Phys Ther*, 2008 Oct, 31:632-636

Placzek JD, Boyer MI, Raaii F, Freeman DC, Gelberman RH. Proximal row carpectomy with capitate resection and capsular interposition for treatment of scapholunate advanced collapse. *Orthopedics*. 2008 Jan;31(1):75. doi: 10.3928/01477447-20080101-37. PMID: 19292163.

Placzek JD, Boyer MI, Raaii F, Freeman DC, Gelberman RH. Proximal row carpectomy with capitate resection and capsular interposition for treatment of scapholunate advanced collapse. *Orthopedics*. 2008 Jan;31(1):75. doi: 10.3928/01477447-20080101-37. PMID: 19292163.

Bales CP, Placzek JD, Malone KJ, Vaupel Z, Arnoczky SP. Microvascular supply of the lateral epicondyle and common extensor origin. *J Shoulder Elbow Surg*. 2007 Jul-Aug;16(4):497-501. doi: 10.1016/j.jse.2006.08.006. Epub 2007 Jan 24. PMID: 17254813.

Placzek JD, Boyer MI, Gelberman RH, Sopp B, Goldfarb CA. Nerve decompression for complex regional pain syndrome type II following upper extremity surgery. *J Hand Surg Am*. 2005 Jan;30(1):69-74. doi: 10.1016/j.jhsa.2004.08.006. PMID: 15680558.

Malone KJ, Magnell TD, Freeman DC, Boyer MI, Placzek JD. Surgical correction of dorsally angulated distal radius malunions with fixed angle volar plating: a case series. *J Hand Surg Am*. 2006 Mar;31(3):366-72. doi: 10.1016/j.jhsa.2005.10.017. PMID: 16516729.

Kusano N, Zaegel MA, Placzek JD, Gelberman RH, Silva MJ. Supplementary core sutures increase resistance to gapping for flexor digitorum profundus tendon to bone surface repair - an in vitro biomechanical analysis. *J Hand Surg Br*. 2005 Jun;30(3):288-93. doi: 10.1016/j.jhsb.2005.01.002. Epub 2005 Apr 8. PMID: 15862370.

Placzek JD, Sobol GV, Arnoczky SP, Quinn M, Magnell T. The effect of an extended flexor carpi radialis approach on blood flow to the distal radius: a cadaveric study. *Orthopedics*. 2005 Nov;28(11):1364-7. doi: 10.3928/0147-7447-20051101-17. PMID: 16295196.

Placzek JD, Lukens SC, Badalanmenti S, Roubal PJ, Freeman DC, Walleman KM, Parrot A, Wiater JM. Shoulder outcome measures: a comparison of 6 functional tests. *Am J Sports Med*. 2004 Jul-Aug;32(5):1270-7. doi: 10.1177/0363546503262193. Epub 2004 May 18. PMID: 15262653.

Placzek, J., Roubal, P., Kulig, K., Freeman, C., Padgett, B. Translational Manipulation for Adhesive Capsulitis - Description of a New Treatment Technique. *The American Journal of Orthopaedics* 33:173-179, 2004

Placzek JD, Freeman DC, Lukens SC, Badalamenti S, Roubal PJ, Wiater JM. Predicting shoulder strength using allometry: implications for shoulder outcome assessments. J Orthop Res. 2004 Jul;22(4):884-8. doi: 10.1016/j.orthres.2003.11.005. PMID: 15183450.

Roubal, P., Freeman, D.C., Placzek, J. Cost Effectiveness of Scoliosis Screening. Physiotherapy (5):259-268, 1999

Placzek, J., Roubal, P., Padgett, B. The Influence of Cervical Strength and Posture on Headache in Women. The Journal of Manual and Manipulative Therapy (1): 33 - 40, 1999.

Placzek, J., Kulig, K. Translational Manipulation Under Anesthesia - New Concepts in the Treatment of Adhesive Capsulitis. Erhard D. (ed), In: Physical Therapy Clinics of North America. W.B. Saunders, 4:541-563, 1998.

Placzek, J., Roubal, P., Freeman, C., Kulig, K., Nasser, S., Padgett, B. Long Term Effectiveness of Translational Manipulation for Adhesive Capsulitis. Clinical Orthopaedics and Related Research, 356:181-191, 1998.

Roubal P., Dobritt D., Placzek J. Gliding Manipulation of the Glenohumeral Joint Following Interscalene Brachial Plexus Block in Patients with Adhesive Capsulitis. Journal of Orthopaedic and Sports Physical Therapy, 2: 66-77, 1996.

Professional Vitae
Jeffrey Placzek
