

**Augustus Thorndike, M.D.**  
**1896-1986**

The “Father of Sports Medicine in the United States” is the late Dr. Augustus Thorndike. A member of the Harvard College class of 1919 and a 1921 graduate of Harvard Medical School, Dr. Thorndike spent more than three decades caring for the growing population of Harvard athletes, while serving as the chief of surgery for the Harvard University Health Service. He was a surgeon on the staff of the Massachusetts General Hospital.



Dr. Thorndike seemed unaware he was on the threshold of developing a new specialty. He simply focused on providing thoughtful, comprehensive care to every patient, including Harvard athletes. In 1926, Dr. Thorndike was appointed physician to the Harvard hockey team. “It was the first time any hockey team anywhere, pro or otherwise, ever had a doctor present at games,” he noted. In his new role, he insisted that all players wear helmets. This was the beginning of the Thorndike “canon” – a comprehensive list of rules and practices designed to preserve the health of the athlete. He designed a multitude of taping and bandaging techniques to prevent recurrent injuries, invented new braces and protective splints and casts, and designed and improved padding and protective gear for football players, notably the suspension helmet.

More importantly, Dr. Thorndike developed major sports medicine principles that in the 1930s represented breakthrough thinking. He decreed that every contact sport must have a physician in attendance at all games, established that physicians, not managers or coaches, would determine whether or not an athlete should play, and decided that any player who suffers three concussions should be barred from playing contact sports. These rules formed the basis for the modern discipline of sports medicine.

Dr. Thorndike also introduced nutritional guidelines for athletes, initiated on-site use of x-ray equipment – something unheard of at the time, and whirlpools. He upgraded the examination rooms and devised a meticulous record-keeping system. He wrote the first book in the United States on sports medicine, “Athletic Injuries” and “A Manual of Bandaging, Strapping & Splinting.”

After he retired in 1962, Dr. Thorndike received an honorary degree from Harvard.

Previous Augustus Thorndike Lecturers are Ramon Cugat, MD, PhD (2008), Mitsuo Ochi, MD (2009), Robert E. Leach, MD (2010), Frank R. Noyes, MD (2011), James R. Andrews, MD (2012), Matthew T. Provencher, MD (2013), Neal S. ElAttrache, MD (2014), Jo A. Hannafin, MD, PhD (2015), David W. Altchek, MD (2016), K. Donald Shelbourne, MD (2017), Scott A. Rodeo, MD (2018), Marcus C.C.W. Elliott, MD (2019), Jon JP Warner, MD (2021), Gus Mazzocca, MD (2022), and Robert Smi-gielski, MD PhD, DSc (2023).

**MASSACHUSETTS GENERAL HOSPITAL**  
**DEPARTMENT OF ORTHOPAEDIC SURGERY**  
**HARVARD MEDICAL SCHOOL**

**16<sup>TH</sup> ANNUAL**  
**AUGUSTUS THORNDIKE LECTURE**

**Andreas B. Imhoff, MD**

*Emeritus Professor, Sports Orthopaedics, Orthopaedic Surgery  
and Traumatology,  
Technical University of Munich (TUM)  
Director, Orthopaedic Sports Program  
ADAM Vital, Hospital Al Garhoud, Dubai  
Scientific Advisor, Sports Clinic Ravensburg  
Past Chairman, Department of Orthopaedic Sports Medicine  
University Hospital Rechts der Isar  
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**“Shoulder Instability Across the Life Span”**



**Thursday, November 21, 2024**  
**6:30am - 7:30am**

**Massachusetts General Hospital**  
**HYBRID**  
**(In-person in O’Keeffe & on Zoom)**



**Thursday, November 21, 2024  
Massachusetts General Hospital  
Department of Orthopaedic Surgery**

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**6:30am - 7:30am  
HYBRID**

**Andreas B. Imhoff, MD** is Director of the Orthopaedic Sports Medicine Department at the Adam Vital Hospital in Dubai and a Scientific Advisor at the Sports Clinic Ravensburg. He is a world-renowned Orthopaedic Sports Medicine Surgeon from Germany with more than 40 years of experience.

Prof. Imhoff graduated from Basel University in 1980 and completed his orthopaedic residency at the Balgrist University Hospital in the University of Zurich under the direction of Prof. Adam Schreiber, Prof. Hans Zollinger, Prof. Christian Gerber (1983-1996); a one-year fellowship exchange program at the University of Pittsburgh, Center of Sports Medicine (1994-1995) under the direction of top league surgeons such as Prof. Freddie Fu, Prof. Jon J.P. Warner, Prof. Chris Harner, as well as the Musculoskeletal Research Center under the direction of Professor Savio L.Y. Woo. From April 1996 - March 2022, he served as the Director & Chairman of the Department of Sports Medicine at the Technical University Munich (TUM).

Prof. Imhoff is an active member and founder (1983) of the AGA (German Society of Arthroscopy and Joint Surgery) that now has 6000 members. Since 1996, he has been on the board of directors of the DGOOC (German Society of Orthopaedics) and the DGOU (German Society of Orthopaedics and Traumatology).

He is also member of ISAKOS (International Society of Arthroscopy, Knee Surgery and Orthopedic Sports Medicine); past chairman of the ISAKOS shoulder committee (2015-2025); member of several societies like: SGO (Swiss Society for Orthopaedics), ESSKA (European Society of Sports Traumatology, Knee Surgery and Arthroscopy), SECEC (European Society for Surgery of the Shoulder and the Elbow), AOSSM (American Orthopedic Society for Sports Medicine), DVSE (German Society for Shoulder and Elbow), DGU (German Society for Traumatology), SICOT (Société Internationale de Chirurgie Orthopédique et de Traumatologie), AFOR (Association of Orthopedic Research) and member of the board 2010, DKG (German Knee Society) and member of the board 2012, . GOTS (Society of Orthopaedic and Trauma Sports Medicine) 1996-2004, and Rotary Club München-Land President elect 2026/27. He has won several International Awards for his unmatched contribution to the field of Orthopaedics & Traumatology and serves as a global expert and scientific advisor for Orthopaedics Sports Medicine. . He has edited thirty-eight books and published over 511 journal articles. In 2019 he received the OTIF Award and became one of the legends of orthopaedics.

6:30am	<b>Welcome, Introduction, &amp; Overview</b> <i>'Augustus Thorndike, MD - Father of Sports Medicine in the United States'</i>	Bertram Zarins, MD <i>Emeritus Chief, Sports Medicine Division Orthopaedic Surgery, Massachusetts General Hospital Augustus Thorndike Clinical Professor of Orthopaedic Surgery Harvard Medical School</i>
6:40am	<b>Introduction of Andreas Imhoff, MD</b> <b>16<sup>th</sup> Thorndike Lecture</b>	Augustus D. Mazzocca, MD <i>Medical Director, Mass General Brigham Sports Medicine Chief, Sports Medicine Division Orthopaedic Surgery, Massachusetts General Hospital Harvard Medical School</i>
6:45am	<b>"Shoulder Instability Across the Life Span"</b>	Andreas B. Imhoff, MD
7:20am	<b>Discussion</b>	
7:30am	<b>Wrap-up / Adjourn</b>	Bertram Zarins, MD