

36 Lacrosse Active Kids Association of Sport All Star Series Baseball - Metro West Team American Legion Baseball Hub Andover High School Anoka - Hennepin Education Foundation Apple Valley High School Armstrong High School Art in Bloom at Minneapolis Institute of Art Artistry Augsburg University Augsburg Holiday Basketball Classic Bailey Elementary Benilde St. Margaret Bethel University Bigsy Golf Tournament Blaine Area Traveling Baseball Association Blaine High School Blaine Soccer Club Blaine Youth Girls Traveling Basketball Blaine Youth Hockey Association Blake School Blizzard Baseball Bloomington Fastpitch Association Bloomington Girls Hockey Club Bloomington Ice Garden Bloomington Jefferson High School Bloomington Jefferson Hockey Bloomington Kennedy High School Bloomington Mite Hockey Jamboree Bloomington United Soccer Club Bloomington - Minneapolis Regional Chamber of Commerce Brooklyn Center Little League Buck Hill Ski Racing Club Burnsville Chamber of Commerce Burnsville Family Fest Burnsville High School Burnsville Hockey Club Burnsville Minnesota Valley Figure Skating Club Burnsville Traveling Baseball Burnsville Traveling Fastpitch Association CAER Food Shelf Cathedral Dance Festival Centennial High School Centennial Youth Hockey Association Central Roadracing Association Champlin Park High School Chanhassen High School Charlie Wittier Wheelchair Athletics Foundation Chaska Chanhassen Hockey Association Chaska High School Chaska Men's League Softball Childrens Hospital Circus Juventas City of Woodbury Kids Race Series Concordia St. Paul Health Screenings Coon Rapids High School Coon Rapids Ice Center Cottage Grove Athletic Association Cottage Grove Hockey Association Crown College Dakota County Chamber of Commerce Dakota United Hawks Dance With Courage Dance Marathon Deerwood Elementary School District 179 Foundation Reading is Fun 5K Duck Cup Memorial Fund Eagan Citizens Crime Prevention Association Eagan Civic Arena Eagan Fastpitch Association Eagan High School Eagan July 4th FunFest Eagan Wave Soccer Club Eagan Wrestling Association Eagan Youth Lacrosse Association Eagle Creek Elementary East Ridge Athletic Association East Ridge High School Eastview High School Eastview High School Unified 5K Eclipse Select Eden Prairie Chamber of Commerce Eden Prairie Community Foundation Eden Prairie Fastpitch Association Eden Prairie Figure Skating Club Eden Prairie Fire Department Eden Prairie Girls Basketball Association Eden Prairie High School Eden Prairie Hockey Association Edina Athletic Booster Club Edina Baseball Association Edina Chamber of Commerce Edina Fastpitch Association Edina Football Association Edina High School Edina Hockey Association Edina Lacrosse Association Edina Youth Wrestling Education Foundation of Bloomington Elite Gymnastics Academy Elk River High School Emma B. Howe YMCA Benefit Dinner Excelsior - Minnetonka Chamber of Commerce Fairview Current Concepts in Sports Medicine Conference Faithful Shepard School Gala Families FORE Kids Farmington High School Fight For Joe Cancer Benefit Forest Lake High School Foundation for Eden Prairie Schools Frassatic Catholic Academy Gala for Goals Gina Morri Invitational at Midwest Gymnastics Girls on the Run Hamline University Henry Sibley High School Hill Murray School Holy Family Academy Homegrown Lacrosse Hoops for Hayley Hope Fieldhouse Hopkins American Legion Baseball Hopkins High School Hudson Benchwarmers Hudson Chamber of Commerce Hudson High School Hudson Soccer Association i94 West Chamber of Commerce Inland Lake Yachting Association National Regatta InSports Foundation Isanti Ice Arena Jacob Wetterling Resource Center Jake Flynn Memorial Scholarship Fund Jacobus Invitational John Will Demenex School Jordan High School Josh Gunderson Memorial Golf Tournament Kappa Kappa Gamma Memorial Golf Tournament Kappa Kappa Gamma University of Minnesota Kennedy Boys Traveling Basketball Kennedy Richfield Youth Hockey Association La Danse Fatale Lacrosse Day Minnesota Lake Elmo Ducks Baseball Club Lake Harriet Community School Lake Minnetonka Athletic Association Lakeview Health Foundation Lakeville Chamber of Commerce Lakeville North High School Lakeville South High School Life Time Lakeville Pickleball Tournament

2018 | YEAR IN REVIEW

LETTER FROM THE PRESIDENT

The health care industry is rapidly evolving. As health care consumers, you have more choice than ever before, and it is humbling that you continue to choose TCO. We want you to have decision-making power and be educated, informed, and confident in your care. We encourage you to be savvy and research your physician. We hope you'll dig into testimonials and hear what others have to say. It elevates the industry, and we're all held accountable.

At TCO, we've always prided ourselves on service. It's our first core value. It's why we've achieved a 98% patient satisfaction score across more than 50,000 patient surveys. It's the reason we're trusted by communities stretching all corners of the Twin Cities metro.

We have a responsibility to our patients and their families, and to our communities as a whole, to make health care better for everyone. That's why for the past several years we've been analyzing surgical outcomes, gathering feedback about your experiences, and putting the data to good use.

You've inspired us to enhance innovative programs and grow our capabilities to meet your changing needs. Our EXCEL Surgery & Recovery program is an achievement for patient-first care and price transparency. Orthopedic Urgent Care is available when you need it most and in more places than ever before. And our approach to sports medicine is quickly becoming as

comprehensive as any in the country. Our sports science lab is pushing the limits of biomechanical analysis. Our nutrition program is fueling champions. And our fellowship programs are developing the next generation of orthopedic leaders. It's an exciting time to be at TCO.

We provided medical coverage at more than 800 local events, including the Minneapolis Miracle that captivated the country during the Minnesota Vikings' playoff run. We witnessed

first-time marathoners crossing the finish line, hometown heroes winning state championships, and lifelong golfers getting their swings back. It was amazing watching communities cheer for one another, and we were proud to be a part of the action.

With every new partnership and every new patient, the thread that binds us to our communities weaves deeper and stronger. Of course, none of this would be possible without our talented team of passionate employees. It's clear they're proud to be a part of Team TCO and impact the lives of patients and families every single day.

*It's an exciting
time to be
at TCO.*



DAVID C. HOLTE, MD

President | Twin Cities Orthopedics

TCO

ONE OF THE LARGEST
INDEPENDENT ORTHOPEDIC
PRACTICES IN THE COUNTRY

124

PHYSICIANS

39

LOCATIONS

9

ORTHOPEDIC
URGENT CARE CLINICS

17

PHYSICAL THERAPY
LOCATIONS

16

HAND THERAPY
LOCATIONS

5

PROSTHETICS &
ORTHOTICS LOCATIONS

11

IMAGING
LOCATIONS

8

SAME-DAY
SURGERY CENTERS

1,900+

DEDICATED
EMPLOYEES

8

YEARS AS
TOP WORKPLACE

75+

YEARS OF ORTHOPEDIC
EXCELLENCE

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ABOUT TCO

Why Independence Matters

In 1940, a small group of doctors in Minnesota realized that health care was getting bigger and more complicated, and as a result, some patients were paying the price. Recognizing that people deserved better, this group of seven small, independent orthopedic practices banded together to form what eventually became Twin Cities Orthopedics.

They remained an independent practice, preserving the ability for their patients to make their own health care choices and decisions. By sharing resources and expertise, they were able to maintain strong relationships and spend quality time with patients.

Today that independent model still holds true and is perhaps more important than ever. Independence grants us the freedom to think outside the box. It's why we create solutions for better price transparency and simpler billing. It's why we contribute important research to the field of medicine. It's why we're not afraid to measure our outcomes and publish the results.

By proving time and time again that our top priority is our patients, their families, and our communities, we've earned your trust. And we're just getting started.



*I always feel
like a human,*

never a number.

Ryan A. // Military Veteran with 13 Surgeries

*I love the teamwork. Everybody working together makes for a
great patient experience,*

which makes being a provider here more rewarding.

Chase F. // TCO Physician Assistant



**PATIENTS WHO WOULD RECOMMEND
TCO TO THEIR FRIENDS & FAMILY**

98%

Patient satisfaction—delivering on our promises of quality and service—remains our top priority. In 2018, we made an impact in more local communities than ever before. It's an exciting time to be a part of the TCO family, and in many ways we're just getting started.

Troy Simonson // CEO, Twin Cities Orthopedics



**TOTAL NEW
PATIENT VISITS // 2018**

98,760



**TOTAL CLINIC
VISITS // 2018**

413,892





COMMUNITY PARTNERSHIPS

Our communities are our inspiration. Every logo on a soccer jersey, name on a scoreboard, and high five at a 5K is our little way of saying thank you to the neighbors, coaches, families, and friends who we have the privilege of calling our patients.

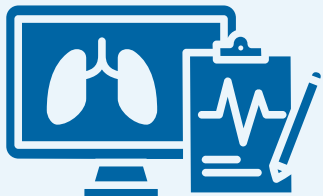
Our mission is to ignite everyone's inner athlete, and TCO helps us accomplish that as a title sponsor of Women Run the Cities.

Virginia A. // Executive Director, Twin Cities In Motion



COMMUNITY SPONSORSHIPS // 2018

475+



**FREE HIGH SCHOOL
SPORTS PHYSICALS**

2,820

It's so convenient. Even if you forget to sign up,

you can still walk in.

Debbie W. // Parent of High School Sports Physicals Athlete

It was very simple and flexible.

I have 10 kids, so this is convenient for me.

Tammy D. // Parent of High School Sports Physicals Athlete



**EVENTS COVERED BY TCO
MEDICAL PROVIDERS // 2018**

808



**FREE IMPACT CONCUSSION
TESTS PROVIDED**

12,666



SPORTS MEDICINE

We're proud to work with incredible athletes at every level of competition. It doesn't matter if you're a gold medalist or a middle school goalie, our promise to you is the same. We will utilize all of our resources—decades of experience, incredible facilities, years of research data, and specialized training—to make you a better, safer, and more complete athlete.

As a family,

we have complete trust and respect

for the sports medicine care we have encountered at Apple Valley High School. We appreciate being able to work through our athletic trainer, who can also be the liaison if doctor referral is recommended.

Carla C. // Parent of Apple Valley High School Athlete



SCHOOLS SERVED WITH
TCO MEDICAL COVERAGE

35



CHAMPIONSHIP
TEAMS

66



SPORTS MEDICINE
PHYSICIANS

54



SPORTS MEDICINE PROVIDER

PROFESSIONAL



Minnesota Vikings



Minnesota Twins



St. Paul Saints



USA Curling



Augsburg



Bethel



Crown



Hamline



St. Thomas



UW-River Falls

COLLEGIATE

HIGH SCHOOL



Apple Valley



Blake



Bloomington Jefferson



Eagan



Eastview



Edina



Henry Sibley



Minnehaha Academy



North St. Paul



Osseo



Rockford



Rosemount



St. Anthony Village



St. Paul Academy



Simley



Spring Lake Park



Tartan

CLUB



Blaine Soccer Club



Blizzard Baseball



Eagan Wave Soccer Club



Eclipse Select Soccer Club



Minneapolis City Soccer Club



Minnesota Blue Ox Hockey



Minnesota Thunder Academy



Salvo Soccer Club



White Bear Soccer Club

TCO is a game changer for us in Blake Athletics. We think our athletic trainer is the best in the business.

It's about relationships.

Our coaches trust her. The players communicate with her. And the parents support her.

Nick R. // Blake School Athletic Director

EAGAN – VIKING LAKES



Our public, full-service orthopedic and sports medicine facility was designed in true partnership with the Vikings and City of Eagan. We're proud to offer a comprehensive suite of services to the local community.

**Walk-In Orthopedic Urgent Care | Orthopedic Clinic
Physical & Hand Therapy | Eagan Orthopedic Surgery Center | Imaging**



The headquarters of the Minnesota Vikings features a players-only fieldhouse and training facility, as well as the Vikings' business offices. We became the naming-rights partner to bring more visibility to our strong partnership with the team.



We're proud to welcome TCO to the neighborhood. Their new facilities are an asset to the people of Eagan and surrounding cities, and their strong support for our local schools, teams, and organizations

will benefit the community for years to come.

Mike Maguire // Mayor, City of Eagan



The 6,500-seat venue opens its doors to the public for several events each year, including Vikings Training Camp, High School Prep Spotlight football games, and the annual TCO Vikings 5K.



Training HAUS is an elite sports performance and training facility for serious athletes at all levels of competition. High school and collegiate athletes seeking a competitive advantage, and professional athletes refining their crafts, benefit from a full team of experts all under one roof.

**Performance Training | Physical Therapy | Sports Science
Acupuncture | Fitness Classes | Massage | Nutrition | Recovery
Sports Chiropractic | Sport Psychology | Concussion Management**



SPORTS PERFORMANCE

Our innovative programs challenge athletes to compete at their highest levels. Combining next-generation science and data with state-of-the-art facilities and equipment, our expert-designed training serves as a competitive advantage for any athlete looking to elevate their game.



Return to Sport

Sports Science

- ACE Program // *Athletic Competition Enhancement (ACE) for ACL Return to Sport*
- TRAC-ACL Program // *Testing for Return to Athletic Competition (TRAC) for ACL Injuries*



Recovery

- Acupuncture
- Chiropractic
- Concussion
- Massage
- Nutrition



Performance

- Fitness Classes
- Group Training
- Personal Training
- Sport Psychology
- Vision Training



Prevention

- ACL Education
- Dance Medicine
- Golf Medicine
- Throwing Program
- Running Program



**TOTAL ACE PROGRAM
PARTICIPANTS // 2018**

145



**FITNESS CLASS
PARTICIPANTS // 2018**

17,093

SPORTS SCIENCE

Our sports science lab is at the forefront of medical innovation. Highly trained professionals measure quantitative and qualitative human performance using state-of-the-art technology, including high-speed cameras, digital force plates, and pressure-sensor treadmills. Research-quality data collection and analysis drives informed decision making, allowing our team to build and optimize training and rehabilitation programs for each individual athlete.

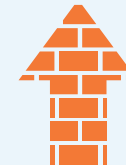
Quadriceps strength symmetry is associated with
knee re-injury rate.

Grindem, et al // 2016, British Journal of Sports Medicine

TRACKING QUAD SYMMETRY INDEX



250+
HOURS COLLECTING
SPORTS SCIENCE
LAB DATA

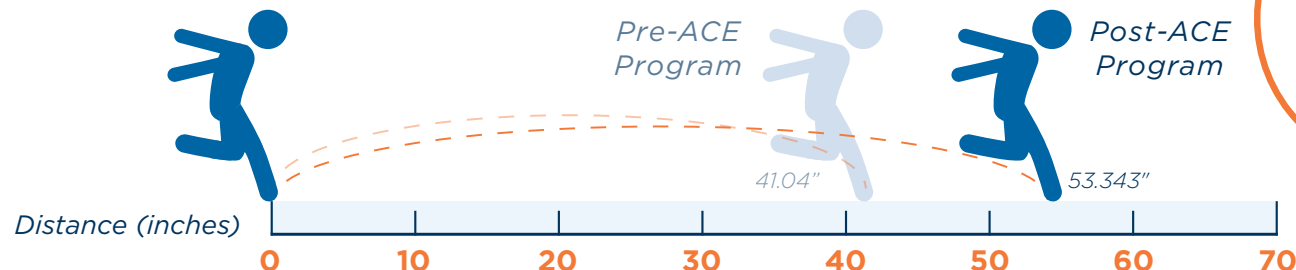


10%
AVG. QUAD
STRENGTH
SYMMETRY

Results of a 2018 analysis of 250+ TCO athletes

Quad Jump Improvement

SINGLE-LEG, SINGLE-HOP IMPROVEMENT // 8-WEEK ACE PROGRAM



12"
DISTANCE
IMPROVEMENT

COMPREHENSIVE CARE

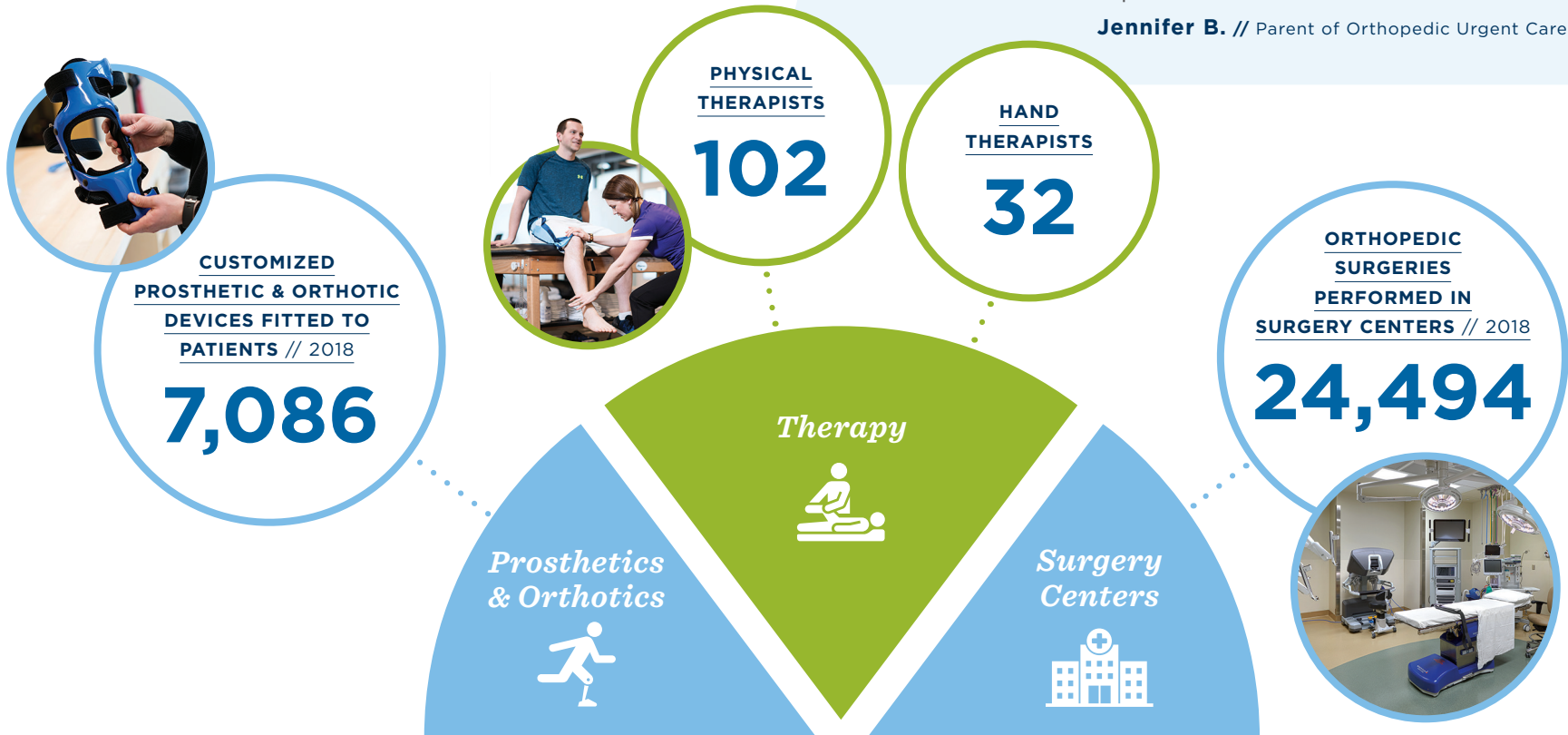
After an injury, the last thing anyone wants is to bounce around from one provider to the next. Our philosophy is simple: give patients access to a full team of experts who will work together to treat muscle, bone, and joint injuries and conditions properly from the start.

The doctor took time to explain our options and allowed us to make a decision that we felt was

best for our child.

I want to say 'thank you' to everyone that helped us and took care of us that day.

Jennifer B. // Parent of Orthopedic Urgent Care Patient



*Sports
Performance*



*Orthopedic
Urgent Care*



Imaging



**X-RAYS
PERFORMED BY
TCO STAFF // 2018**

221,099

ORTHOPEDIC URGENT CARE

Sudden injuries are scary, and it can be hard to know where to turn for help.

Our walk-in clinics are open 7 days a week so you can see a specialist right away, on your schedule.



**ORTHOPEDIC URGENT
CARE VISITS // 2018**

37,372



8AM – 8PM

OPEN DAILY // NO APPOINTMENT NEEDED



**SPORTS
PERFORMANCE
PROGRAM
PARTICIPANTS // 2018**

1,038

VALUE-BASED CARE

Value is measured as quality plus patient experience, divided by cost. It's a simple equation that dictates everything we do. In order to justify the costs—be that financial, time away from normal life, or strain on yourself and your family—your care experience must be of the highest, most incredible quality from start to finish.

We were founded on the promise that no matter what, the care of our patients would always come first. It's in our DNA, and it's what drives us every single day. The freedom we are granted as an independent practice allows us to be innovative, create meaningful solutions to complex problems, and deliver on that fundamental promise. Ultimately, it's how we provide value to you.

It's not perfect yet, but we're working to break down established health care boundaries to get back to a true, patient-first focus across the entire care continuum. It's the same approach you see in small-town communities where doctors know your name, you're not afraid to ask questions, and you feel like people actually care about you.

We understand the struggles, and we're with you. But the good news is there IS a better way. It CAN be done. In fact, we're already doing it.

*Everyone made me feel
as if I was their only patient.*

The quality of health care I received, the coaching, and the encouragement and support was more than I expected.

Carol H. // EXCEL Patient



ABOUT **EXCEL** // *Services Offered*

JOINT REPLACEMENT

Total Knee

Unicompartmental Knee

Total Hip

Total Shoulder

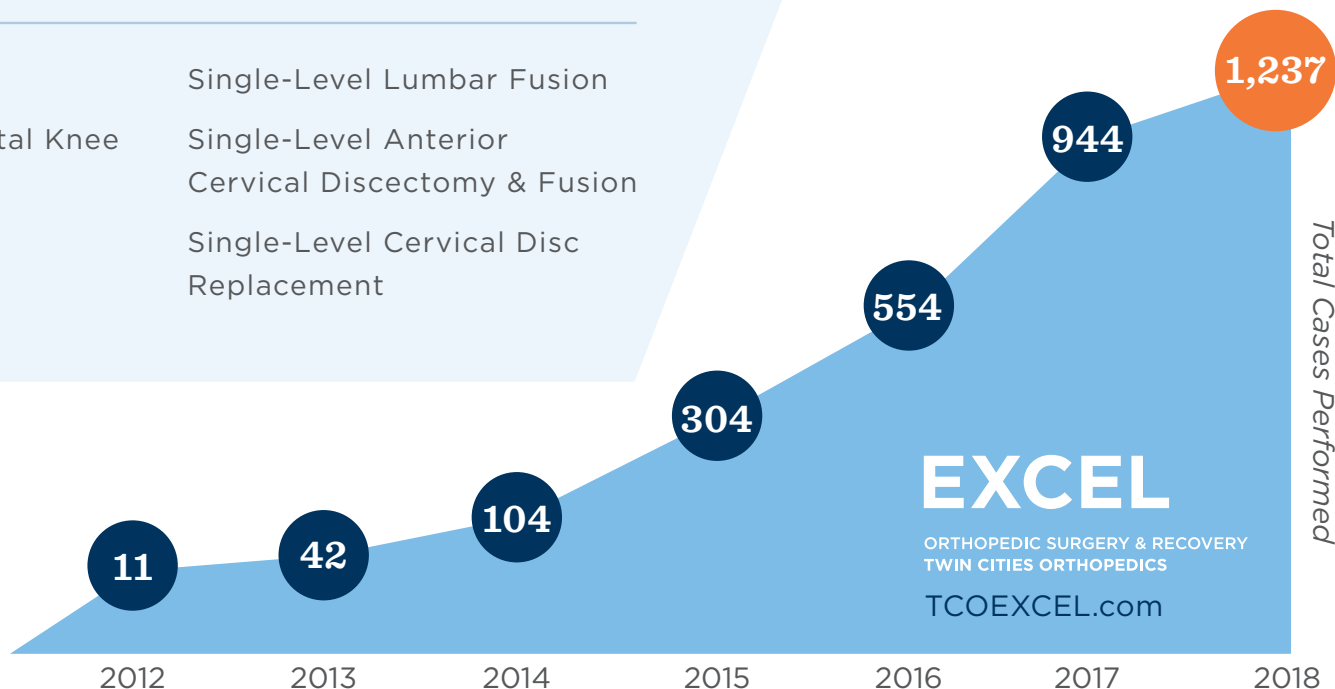
Total Ankle

SPINE

Single-Level Lumbar Fusion

Single-Level Anterior
Cervical Discectomy & Fusion

Single-Level Cervical Disc
Replacement



HOURS SPENT

EDUCATING PATIENTS // 2018

2,245



REVISION RATE // 2018

0.2%



HEALTH PLAN SAVINGS // 2018

\$12_M



PATIENT SATISFACTION

9.9/10

PATIENT RESULTS

It has been a pleasure to participate in the extraordinary success that TCO has achieved in quantifying patient care in 2018. In the past several years, the physicians, administration, and employees of TCO have been dedicated to improving orthopedic care throughout the greater metropolitan area.

This started with TCO physicians' commitment to providing resources and energy to collect practice data, which were used to implement quality care pathways and protocols. This year alone we reviewed 50,000 cases, and we have ongoing and reportable patient-satisfaction results for all our providers. In addition to patient-reported outcomes, we conduct an unprecedented level of outcome studies through our service lines.

Our goal continues to be to provide an unbeatable experience to our patients for cost and quality of musculoskeletal care. We thank our patients for the feedback they provided to help TCO work toward achieving these goals.

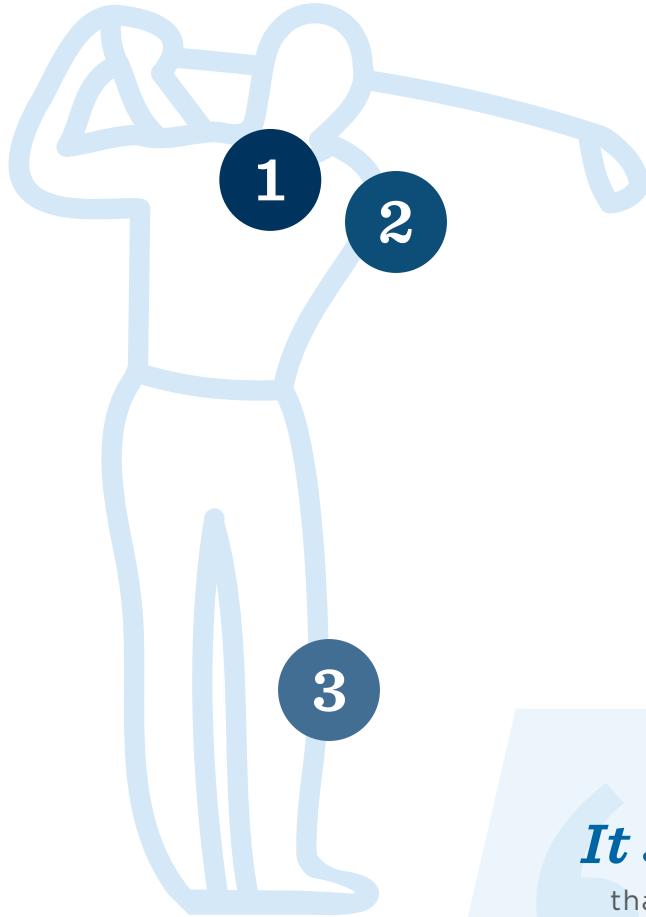
Gary Wyard, MD // Chief Medical Officer, TCO



TCO PATIENT-REPORTED
OUTCOME FORMS COMPLETED

479,148

OUTCOME DATA



1 | BACK & NECK

Laminotomy

99.45%

*of patients would have the surgery again, if needed
1 month post-surgery*

Discectomy

96.23%

*of patients reported reduced neck pain after surgery
1 year post-surgery*

2 | SHOULDER & ELBOW

Rotator Cuff Repair

91.38%

*of patients reported little to no difficulty with daily activities
1 year post-surgery*

3 | KNEE

TKA // Total Knee Arthroplasty

98.42%

*of patients said they would have the surgery again, if needed
6 months post-surgery*

It still amazes me

that I can move around with NO pain. Why did I wait so long?

Rita H. // Knee Replacement Patient

4 | HAND & WRIST

CMC Arthroplasty // Thumb Joint Replacement

96.09%

*of patients reported satisfaction with surgical results
6 months post-surgery*

I feel like I have my life back!

I didn't realize how withdrawn
from friends and family I had been.
It feels like this is a new lease on life!

Catherine A. // Total Hip Arthroplasty Patient

5 | HIP

THA // Total Hip Arthroplasty

98.13%

*of patients increased their hip function after surgery
1 year post-surgery*

OUTCOME DATA

6 | SPORTS MEDICINE

ACL Reconstruction

91.20%

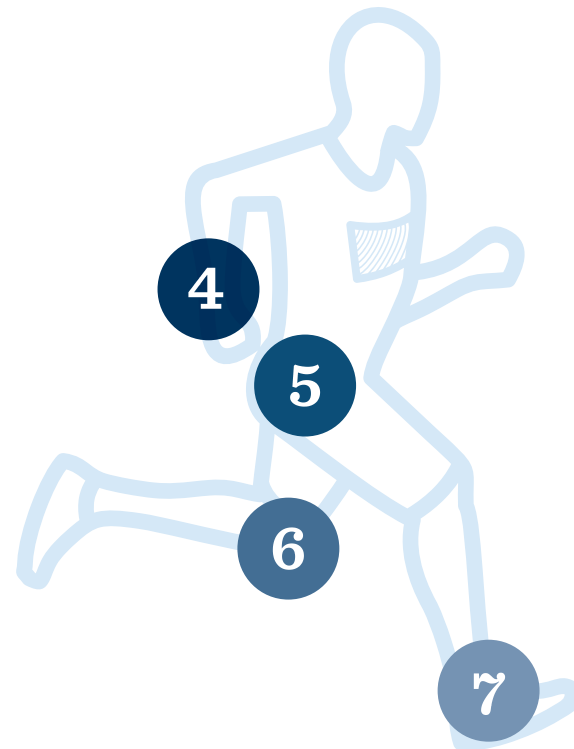
*of patients were able to perform activities as normal
1 year post-surgery*

7 | FOOT & ANKLE

Total Ankle Replacement

97.03%

*of patients reported reduced pain after surgery
1 year post-surgery*



IMPACT OF DATA

How We're Putting Patient Survey Data to Good Use

Thanks to the generosity of patients who filled out forms after their visits, we've collected nearly half a million patient surveys. That's an incredible amount of information, and we're grateful for every single participant. We're using this data to make improvements across our practice and elevate the experience for everyone at TCO.

We're working on making it easy for you to fill out forms at home because we know it results in higher patient satisfaction and more efficient clinic visits. We also know you want more guidance after surgery, so we've begun testing easy-to-follow post-op treatment plans. So far, 100% of patients who received a plan say their care experience exceeded their expectations. In the future, expect to see expanded initiatives. We're rapidly improving, and it's all thanks to you.

OPIOID PRESCRIBING PROGRAM

In early 2018, we introduced better patient education about narcotic medications and formal standardization of dosing protocols, with tremendous results.



46%

**ZERO NARCOTIC
MEDICATIONS PRESCRIBED
AFTER OUTPATIENT SURGERY***

*Improvement of 34% from 2017
(Industry Competitor reports 15%)*



**AVERAGE NUMBER OF
PILLS PRESCRIBED
PER PATIENT****

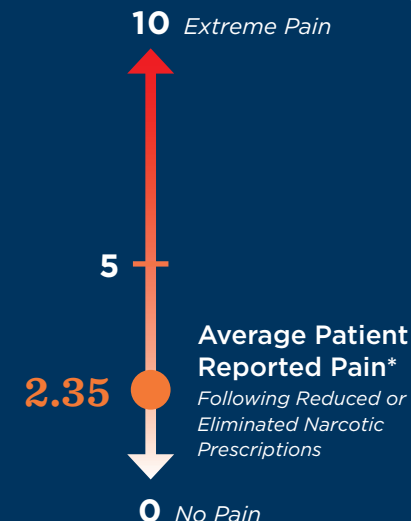


89%

**PATIENT SATISFACTION
WITH PAIN CONTROL***

*Following Reduced or
Eliminated Narcotic
Prescriptions*

PATIENT REPORTED PAIN SCALE



* Data collected from 1,700+ patient charts and surveys

**Data collected from 3,000+ patient charts and surveys over a 2-year period

RESEARCH & EDUCATION

Research and education are core foundations of our practice because, simply put, “good” isn’t “good enough.” The world is rapidly changing. We are determined to remain on the forefront of medical innovation and technology so that patients across the globe receive the best care and nothing less.

The smartest equipment is getting smarter. The fastest recoveries are getting faster. The best doctors are getting better. How? It’s the time dedicated to research by measuring patient-reported outcomes, reviewing cases, and collaborating with other great minds to make a difference.

Conducting research ourselves ensures that we are
***practicing the most
up-to-date management***

of orthopedics in the world.

Christopher M. Larson, MD // TCO Physician



RESEARCH STUDIES // 2018

55





**PUBLISHED PEER-REVIEWED
JOURNALS // 2018**

39

+



**PUBLISHED BOOK
CHAPTERS // 2018**

2

=



**TOTAL
PUBLICATIONS // 2018**

41

Research in orthopedics is no different than research in other industries. Without forward-thinking and innovative research, we would still drive Model T's, but because of quality research we have GPS and 360-degree camera technology in our cars. Research in orthopedics is the same.

***Quality and innovation makes
treatment options vastly better***

and more predictable than a generation ago.

J. Chris Coetzee, MD // TCO Physician

RESEARCH PUBLICATIONS

Peer-Reviewed Journals:

HIP

1. **Larson CM**. Editorial Commentary: Subspine Hip Abnormalities: Exploring the difference between “Morphology” and “Impingement.” *Arthroscopy*. 2019 Jan;35(1):97-98.
2. Nakashima H, Utsunomiya H, Kanezaki S, Suzuki H, Nakamura E, **Larson CM**, Sakai A, Uchida S. Is arthroscopic hip labral repair / reconstruction surgery effective for treating femoroacetabular impingement in the presence of osteoarthritis? *Clin J Sports Med*. Accepted for publication January 2019.
3. Naimark M, **Larson CM**. Three-Dimensional Analysis of Hip Impingement After Slipped Capital Femoral Epiphysis. *J Ped Orthop*. Submitted November 2018.
4. Lynch TS, Minkara A, Aoki A, Bedi A, Bharam S, Clohisy J, Harris J, **Larson CM**, Nepple J, Nho S, Philippon M, Rosneck J, Safran M, Stubbs A, Westermann R, Byrd JTW. Best Practice Guidelines for Hip Arthroscopy in Femoroacetabular Impingement: Results of a Delphi Process. *J AAOS*. 2018 Accepted November.
5. **Murar J**, Dias LS, Swaroop VT. San Diego pelvic osteotomy in patients with closed triradiate cartilage. *J Child Orthop*. 2018 Oct 1;12(5):461-471.
6. Schmitz MR, Clohisy JC, Garrido P, Schoenecker P, Nepple JJ, Millis M, Matheney T, Y-Meng Y, Ellis H, Sucato, Padeszwa D, Beaulé P, Zaltz I, **Larson CM**, Ross J, Sink EL, Peters C, Wudbhav S, Stover M, Murtha A. Developmental Dysplasia of the Hip in Adolescents and Young Adults. *JAAOS*. Submitted August 2018.
7. Nepple JJ, Faucett S, **Larson CM**. An RCT of FAI Surgery vs. Physical Therapy – What Does It Really Teach Us? *AAOS Now Letter*. Submitted July 2018.
8. Aoki S, Bedi A, Byrd JWT, **Larson CM**, et al. Randomized Control Trial of Hip Arthroscopy vs Physical Therapy: Letter to the Editor. *Am J Sports Med*. 2018;46(8):NP35–NP39.
9. **Larson CM**, Zaltz I. Extra-articular Hip Impingement: Anterior Inferior Iliac Spine/ Subspine Impingement, Ischiofemoral, and Anterior and Lateral Greater Trochanteric-Pelvic Impingement. *J. Hip Surg Special Section Article*. 2018; 02(03): 126-134.
10. Bhatia S, Ellman MB, Nho S, Mather RC, Bedi A, Aoki SK, **Larson CM**, Kelly BT, Griffin DR, O'Donnell J, Med Dan O. Letter to the Editor: Bilateral Hip Arthroscopy: Direct Comparison of Primary Acetabular Labral Repair and Primary Acetabular Labral Reconstruction. *Arthroscopy*. 2018 June;34(6):1748-1751.
11. Tateishi S, Ohnishi Y, Suzuki H, Shiraishi J, **Larson CM**, Uchida S. Arthroscopic Anterior Inferior Iliac Spine Decompression Does Not Alter Postoperative Muscle Strength: A Matched Comparative Study. *Knee Surg Sports Traumatol Arthrosc*. 2018 Jun 28. [Epub ahead of print].
12. Sprague S, Schemitsch EH, Swiontkowski M, Della Rocca GJ, Jeray KJ, Liew S, Slobogean GP, Bzovsky S, Heels-Ansdell D, Zhou Q, Bhandari M, **Lafferty PM**; FAITH Investigators. Factors Associated With Revision Surgery After Internal Fixation of Hip Fractures. *J Orthop Trauma*. 2018 May;32(5):223-230.
13. Westermann R, **Larson CM**, Clohisy JC, Bedi A, Zaltz, I. Should Acetabular Retroversion be managed with Hip Arthroscopy, Surgical Dislocation or PAO? Data from a Multicenter Cohort. Submitted May 2018.
14. Johnson JD, Nessler JM, **Horazdovsky RD**, Vang S, Marston SB. Response to the Letter to the Editor on “Serum and Wound Vancomycin Levels Following Intrawound Administration in Primary Total Joint Arthroplasty”. *J Arthroplasty*. 2018 Apr;33(4):1303-1304. Published online 12 Feb 2018.
15. Mather RC 3rd, Nho SJ, Federer A, Demiralp B, Nguyen J, Saavoss AD, Salata MJ, Philippon MJ, Bedi A, **Larson CM**, Byrd JWT, Koenig L. Effects of Arthroscopy for Femoroacetabular Impingement Syndrome on Quality of Life and Economic Outcomes. *Am J Sports Med*. 2018 Apr;46(5):1205-1213.
16. **Larson CM**, Safran MR, Brcka DA, Vaughn ZD, Giveans MR, **Stone RM**. Predictors of Clinically Suspected Intra-articular Hip Symptoms and Prevalence of Hip Pathomorphologies Presenting to Sports Medicine and Hip Preservation Orthopaedic Surgeons. *Arthroscopy*. 2018 Mar;34(3):825-831.
17. Sprague S, Bhandari M, Heetveld MJ, Liew S, Scott T, Bzovsky S, Heels-Ansdell D, Zhou Q, Swiontkowski M, Schemitsch EH, **Lafferty PM**; FAITH Investigators. Factors associated with health-related quality of life, hip function, and health utility after operative management of femoral neck fractures. *Bone Joint J*. 2018 Mar 1;100-B(3):361-369.

KNEE

1. Delaloye JR, **Murar J**, Vieira TD, Saithna A, Barth J, Ouanezar H, Sonnerly-Cottet B. Combined Anterior Cruciate Ligament Repair and Anterolateral Ligament Reconstruction. *Arthrosc Tech*. 2018 Dec 10 Epub. In Press.
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LOOKING AHEAD

We have a lot to be proud of this year. We formed new bonds and established strategic partnerships that will benefit patients for years to come. All of this contributes to the evolution of health care as we know it, and we hope you recognize and experience the difference. Independence is a more difficult path, but in the long run we believe it's best for everyone. Our continued growth will open more doors and give doctors more time to focus on what matters most—caring for their patients.

Because in medicine, just like in life, it's the little things that make all the difference.



Revo Health

We launched a new venture called Revo Health, aimed at helping health care providers build sustainable, value-based care solutions that put patients at the forefront.



Burnsville Family Physicians

Our partnership with this primary care family practice, a long-standing pillar of the south metro community, enables the best patient experience possible across the entire care continuum.

2017



Woodbury



Vadnais Heights

2018



USA Curling™



Edina - MN Drive

Looking ahead, our vision is unwavering.

We will continue to put patients first,

embrace our independence, and never settle for a one-size-fits-all, cookie-cutter approach.

David C. Holte, MD // *President, TCO*



Eagan



Blaine

CATALYST
Medical Clinic

Catalyst Medical Clinic

Our partnership with this group of family doctors in Chaska and Watertown allows them to remain independent while creating innovative, sustainable solutions to truly put patients first.

2019



Minnesota Twins



Waconia
Therapy & Performance

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Blaine, MN	Osceola, WI
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Chaska, MN	Plymouth, MN
Coon Rapids, MN	River Falls, WI
Delano, MN	Robbinsdale, MN
Eagan, MN	Shoreview, MN
Eden Prairie, MN	St. Anthony, MN
Edina, MN	St. Croix Falls, WI
Fridley, MN	Stillwater, MN
Hudson, WI	Vadnais Heights, MN
Lake Elmo, MN	Waconia, MN
Maple Grove, MN	Watertown, MN
Minnetonka, MN	Woodbury, MN
Mound, MN	Wyoming, MN

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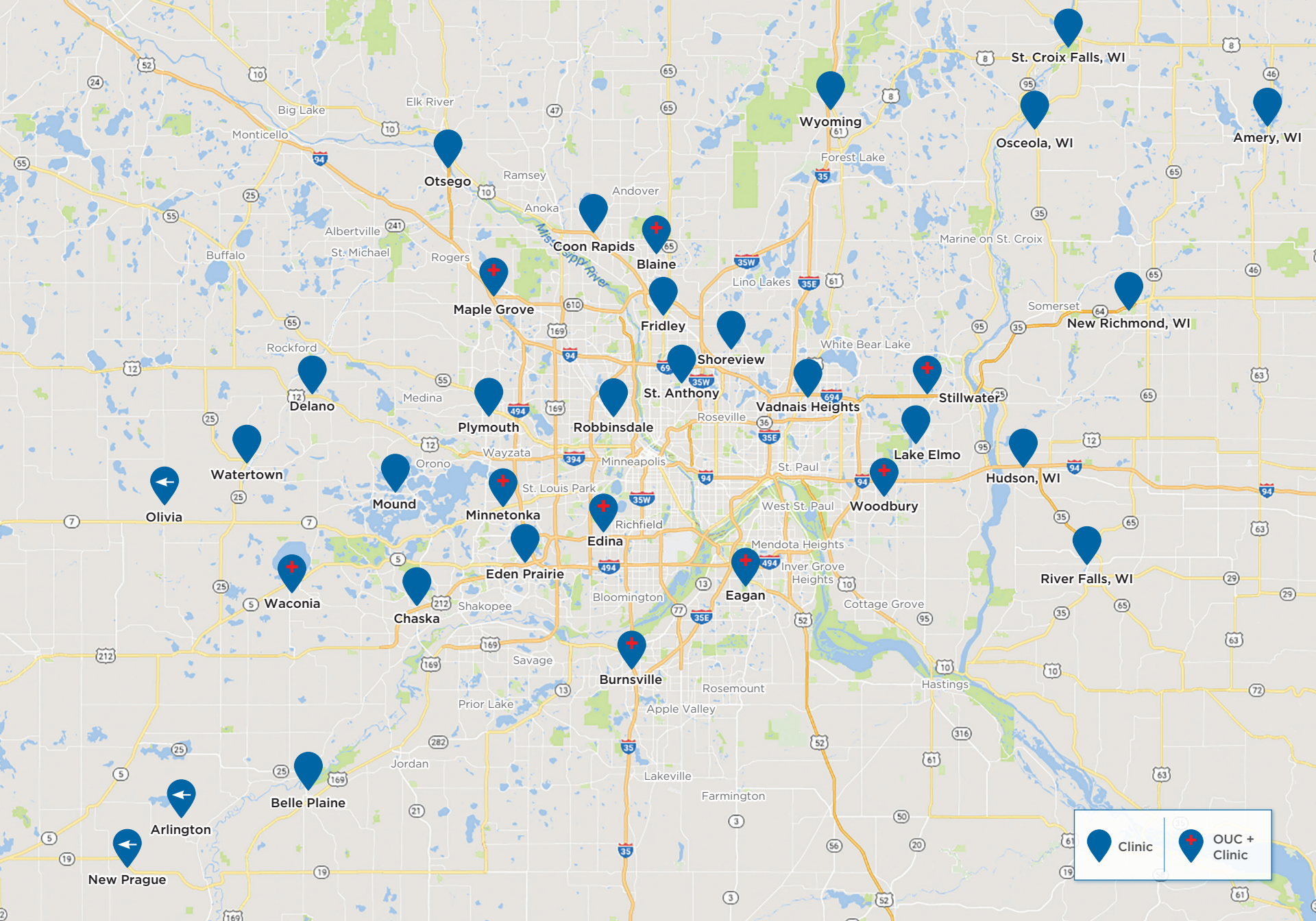
Blaine	Edina	Stillwater
Burnsville	Maple Grove	Waconia
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Burnsville – Minnesota Valley Surgery Center
Chaska – Two Twelve Surgery Center
Eagan – Eagan Orthopedic Surgery Center
Edina – Crosstown Surgery Center
Lake Elmo – High Pointe Surgery Center
Maple Grove – North Memorial Surgery Center
Plymouth – WestHealth Surgery Center

TCO EXCEL

Blaine	Edina	Plymouth
Chaska	Lake Elmo	
Eagan	Maple Grove	



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THANK YOU

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