

# Kenneth J. Wilkens, MD

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## **Education**

- 2006-2007 U.C. Davis Department of Orthopaedic Surgery- Sacramento, California  
Trauma Fellow.
- 2002-2006 U.C. Irvine Department of Orthopaedic Surgery- Orange, California  
Resident Physician.
- 2001-2002 U.C. Irvine Department of Surgery- Orange, California  
Surgical Intern.
- 1997-2001 UMDNJ/Robert Wood Johnson Medical School—Camden, New Jersey  
Degree: Doctor of Medicine, May 2001
- 1993-1997 Rutgers University, Cook College—Piscataway, New Jersey  
Degree: BS, Biological Sciences, *magna cum laude*, May, 1997

## **Honors and Awards**

- WOA Resident Research Award (2008)
- Lloyd Taylor, MD Resident Research Award (2005)
- Pfizer Scholars in Pain Management Award (2004)
- Disabled American Veterans Certificate of Appreciation (2002)
- NJ Psychiatric Association Best Paper (2001)
- Alpha Omega Alpha Honor Society (2000)
- Scottish Rite Scholarship (2000)
- U. Magazine Academic Scholarship (1996)
- Golden Key National Honor Society (1994-7)
- Cook College Scholarship (1994-7)
- Rutgers University Deans List (1993-7)
- Masonic Academic Scholarship (1993-7)
- Moorestown Education Association (1993,4)

## **Publications**

- Polyaxial Locking Plate Fixation in Distal Femoral Fractures: A Biomechanical Comparison (Accepted for publication 2008, JOT) Presented at Western Orthopaedic Association Annual Meeting 2008. Author and lead researcher of study comparing novel peri-articular plating system for distal femoral fracture fixation.
- Biomechanical Effects of Kneeling after Total Knee Arthroplasty (2007, JBJS) Presented at California Orthopaedic Association Annual Meeting 2005, Received 2005 Lloyd Taylor, MD Resident Award, Poster accepted for 2005 Orthopaedic Research Society Annual Meeting and 2004 Western Orthopaedic Association Annual Meeting) Author, and lead researcher of a study to examine the biomechanical effects of kneeling following knee arthroplasty in a cadaveric model.
- Less Invasive Stabilization System for Treatment of Distal Femur Fractures (2004, Am J Orthop.) with A. Ricci, J. Yue, R. Taffet, J. Catalano, and R. DeFalco. Data collection and co-author of a study evaluating patients after fixation of unstable periarticular femoral and tibial fractures with a novel plating technique.
- Current Essentials-Orthopedics (2008, McGraw-Hill) with H. Skinner and M. Fitzpatrick. Author of 14 chapters in an orthopaedic quick reference text.
- Spine Surgery-Tricks of the Trade (2003, Thieme Publishing) with J. Yue. Co-authored 2 chapters in an orthopaedic surgery textbook: Anterior Iliac Crest Harvest, and Posterior Iliac Crest Harvest.
- UCI Orthopaedics Guide for Transition into Residency (4/2002). Author of a manual turned website to aid incoming interns on the transition from medical student to physician. ([www4.umdnj.edu/rwjcweb/stusite/resident/resident](http://www4.umdnj.edu/rwjcweb/stusite/resident/resident)).

- Robert Wood Johnson Student to Student Advice Website (6/00). Author and site designer of a web site designed to aid new medical students beginning their training, based on tips from senior students ([www4.umdnj.edu/rwjcweb/stusite](http://www4.umdnj.edu/rwjcweb/stusite)).
- Robert Wood Johnson Medical School-Camden's Guide to the History and Physical (1/00). Author of a user-friendly student handbook written for second year medical students in the physical diagnosis course. ([www4.umdnj.edu/rwjcweb/docs/redbook/Redbook.pdf](http://www4.umdnj.edu/rwjcweb/docs/redbook/Redbook.pdf)).

### **Current Projects**

- Tips of the Trade-Use of the Wound VAC System (submission pending) Author of a paper instructing technique tips on the use of the vacuum assisted closure device.

### **Other Research Experience**

- Prevalence of Sacroiliac Joint Disruption, and Neurologic Injury Patients with Acetabular Fracture/Dislocations (6/00-5/2001) with J. Yue. Medical student researcher assisting in data collection in a study evaluating the presence of associated injuries in acetabular fracture/dislocations.
- A Feasibility and Safety Study of Recombinant Human Bone Morphogenic Protein-2/Absorbable Collagen Sponge and Allograft Compared to Autogenous Bone Graft in Patients with Severe Tibial Shaft Fractures Requiring Staged Reconstruction with Bone Graft (6/00-5/2001) with J. Yue. Medical student researcher assisting in patient entry and data collection for a study comparing the use of recombinant bone morphogenic protein versus iliac crest bone autograft in comminuted tibial fractures.

### **Work Experience**

- 8/07-Current **Mission Hospital Orthopaedic Trauma Director—Mission Viejo, CA**  
Organization and recruitment of orthopaedic call panel for level 2 trauma center.
- 1/04-8/06 **Orthopaedic Surgeon On-Call, Kaiser Permanente—Baldwin Park, CA**  
Per Diem work in orthopaedic surgery covering inpatients, ER, and OR.
- 7/99-5/2003 **Carpenter, Clemens Construction Company—Princeton, NJ**  
Individual and crew construction work in all aspects of residential remodeling.
- 11/97-1/99 **Student Director, Medical Student Anesthesia Technicians—New Brunswick, NJ**  
Recruited, selected, scheduled, and trained medical student technicians. Assisted the anesthesiologist and surgical team with intraoperative patient care.
- 9/95-1/97 **Research Assistant, Lam Molecular Biology Laboratory—New Brunswick, NJ**  
Performed research involving genetic manipulation of the plant species *Arabidopsis thaliana* including: bacterial plasmid DNA isolation, polymerase chain reaction, gel electrophoresis, Southern blotting, Sanger gene sequencing, and DNA transformation.
- 6/96-9/96 **Child Life Intern, Cooper Hospital University Medical Center—Camden, NJ**  
Helped patients and families in the Children's Regional Hospital of South Jersey to become acquainted with the hospital setting and enhance coping strategies.
- 9/94-5/96 **Certified Tutor, College Reading and Learning Association—New Brunswick, NJ**  
Group and individual peer tutoring for students in chemistry I and II, algebra, precalculus, calculus I and II.

## **Volunteer and Community Service**

- UCI Medical School Anatomy Tutor (2004)
- Orthopaedic Surgery Resident Interviewer (2004)
- Cooper Hospital Emergency Department (1998)
- Senior Health Day in New Brunswick (10/97)
- Lazarus at the Gate (1995-6)
- Habitat for Humanity (1995)
- Cooper Hospital Child Life (1995)

## **Educational Activities**

- AAOS Resident Liaison (02-06)
- Interview Welcome Committee (02-03)
- Student Mentor for Physical Diagnosis (99-00)
- Admissions Program Presenter (99-00)
- Student Curriculum Committee (99-00)
- Social Activities Coordinator (99-00)
- Student Leadership Counsel (99-00)
- Family Day Participant (1999)
- Emergency Medicine Elective (98-99)
- Students Teaching AIDS to Students (98-99)
- Pennstar Ride-Along, helicopter service (98-00)
- Student Health & Risk Reduction Group (98-99)
- Instructor- Student Intubation Clinic (1998)
- Preceptorship in Internal Medicine (1998)
- Robert Wood Johnson Soccer Team (97-99)
- Robert Wood Johnson Fundraiser (1997)

## **Professional Licenses**

- Medical Board of California: Physician and Surgeon (8/2002-current)
- United States Department of Justice Drug Enforcement Administration: Practitioner (9/2002-current)
- State of California Department of Health Sciences: X-Ray Supervisor and Operator (10/2001-current)

## **Personal Interests**

Fishing, construction work, helicopter flight, motocross, snowboarding.