

# KENNETH J. WILKENS, MD

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54 Half Moon Trail  
Ladera Ranch, CA 92694

## EDUCATION

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<b>MD</b>	University of California, Davis Department of Orthopaedic Surgery Sacramento, California Orthopaedic Trauma Fellow	2006-2007
<b>MD</b>	University of California, Irvine Department of Orthopaedic Surgery Orange, California Orthopaedic Resident Physician	2001-2006
<b>MD</b>	University of Medicine and Dentistry of New Jersey Robert Wood Johnson Medical School New Brunswick, New Jersey Doctor of Medicine, May 2001	1997-2001
<b>BS</b>	Rutgers University, Cook College New Brunswick, New Jersey Biological Sciences- <i>Magna Cum Laude</i> , May 1997	1993-1997

## PROFESSIONAL AFFILIATIONS

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American Academy of Orthopaedic Surgery-Active Fellow	2009
Orthopaedic Trauma Association-Active Member	2011

## LICENSES

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Medical Board of California: Physician and Surgeon (A80116)	2002
United States Department of Justice Drug Enforcement Administration	2002
California Department of Health Sciences: X-Ray Supervisor and Operator	2001

## WORK EXPERIENCE

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**Orthopedic Trauma Director, Mission Hospital RMC—Mission Viejo, CA** 2007-18

De novo organization of level-two trauma center specific comprehensive orthopedic trauma coverage program including recruitment of five additional traumatologists and hiring/training five orthopedic trauma physician extenders. Served as consultant for hospital administration for restructuring Labor & Delivery and General Surgery Trauma programs. Created care plans and organized the Hip Fracture Program, volunteered on orthopedic service line implant negotiations committee, developed operating room wide infection prevention protocols, served on orthopedic executive committee, served as orthopedic liaison for multiple American College of Surgeons accreditation surveys, developed standardized protocols for orthopedic trauma care, provided staff education to multiple departments and nurses, worked with administration to attain yearly performance goals.

**Orthopaedic Surgeon On-Call, Kaiser Permanente—Baldwin Park, CA** 2004-6

Per diem work in orthopedic surgery covering inpatients, emergency department, and operating room.

**Carpenter, Clemens Construction Company—Princeton, NJ** 1999-03

Individual and crew construction work in all aspects of residential remodeling.

**Director, Medical Student Anesthesia Technicians—New Brunswick, NJ** 1997-99

Recruited, selected, scheduled, and trained medical student technicians. Assisted the anesthesiologist and surgical team with intraoperative patient care.

**Research Assistant, Lam Molecular Biology Lab—New Brunswick, NJ** 1995-7

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.

**Child Life Intern, Cooper Hospital University Medical Center—Camden, NJ** 1996

Helped patients and families at the Children's Regional Hospital of South Jersey to become acquainted with the hospital setting and enhance coping strategies

**Certified Tutor, College Learning Association—New Brunswick, NJ** 1994-6

Group and individual peer tutoring for students in chemistry I and II, algebra, precalculus, calculus I and II.

## HONORS AND AWARDS

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<b>Physicians of Excellence/Top Doctor, Orange Coast Magazine</b>	2018-9
<b>Western Orthopaedic Association Resident Research Award</b>	2008
<b>Lloyd Taylor, MD Resident Research Award</b>	2005
<b>Pfizer Scholars in Pain Management Award</b>	2004
<b>Disabled American Veterans Certificate of Appreciation</b>	2002
<b>New Jersey Psychiatric Association Best Paper</b>	2001
<b>Alpha Omega Alpha Medical School Honor Society</b>	2000
<b>Scottish Rite of New Jersey Academic Scholarship</b>	2000
<b>U. Magazine Academic Scholarship</b>	1996
<b>Golden Key National Honor Society</b>	1994-7
<b>Cook College Academic Scholarship</b>	1994-7
<b>Rutgers University Deans List</b>	1993-7
<b>Masonic Academic Scholarship</b>	1993-7
<b>Moorestown Education Association Academic Scholarship</b>	1993-4

## PUBLICATIONS

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### *Journal Publications*

Wilkins KJ, Nicolaou DA, Lee MA. Novel Venting Technique for Intramedullary Rod Fixation of Pathologic Fractures. *Orthopedics*. 2011;34(10):776-779.

Wilkins KJ, Curtiss S, Lee MA. Polyaxial Locking Plate Fixation in Distal Femoral Fractures: A Biomechanical Comparison. *Journal of Orthopaedic Trauma*. 2008;22(9):624-628.

Wilkins KJ, McGarry MH, Lee TQ, et al. Biomechanical Effects of Kneeling after Total Knee Arthroplasty. *Journal of Bone & Joint Surgery*. 2007;89(12):2745-2751.

Ricci AR, Yue JJ, Wilkins KJ, et al. DA, Lee MA. Less Invasive Stabilization System for Treatment of Distal Femur Fractures. *American Journal of Orthopedics*. 2004;33(5):250-255.

### *Books*

Skinner HB, Fitzpatrick MJ. Current Essentials-Orthopedics: McGraw-Hill, 2008. (14 chapters)

Yue JJ, Wilkins KJ. Spine Surgery-Tricks of the Trade: Thieme Publishing, 2003. (2 chapters)

## *Other*

UCI Orthopaedics Guide for Transition into Residency 2002  
Author of a manual turned website to aid incoming interns with the transition from medical student to physician. ([www4.umdj.edu/rwjcweb/stusite/resident/resident](http://www4.umdj.edu/rwjcweb/stusite/resident/resident))

Robert Wood Johnson Student-to-Student Advice Website 2000  
Author and site designer of a web site designed to aid new medical students beginning their training, based on surveys and tips from senior students. ([www4.umdj.edu/rwjcweb/stusite](http://www4.umdj.edu/rwjcweb/stusite))

Robert Wood Johnson Medical School-Guide to the History and Physical 2000  
Author of a user-friendly student handbook written for second year medical students in the physical diagnosis course. ([www4.umdj.edu/rwjcweb/docs/redbook/Redbook.pdf](http://www4.umdj.edu/rwjcweb/docs/redbook/Redbook.pdf))

## **PRESENTATIONS AND LECTURES**

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**Podium Presentation**, “Polyaxial Locking Plate Fixation in Distal Femoral Fractures: A Biomechanical Comparison,” Western Orthopaedic Association Annual Meeting, 2008.

**Podium Presentation**, “Biomechanical Effects of Kneeling after Total Knee Arthroplasty,” California Orthopaedic Association Annual Meeting, 2005.

**Poster Presentation**, “Biomechanical Effects of Kneeling after Total Knee Arthroplasty,” Orthopaedic Research Society Annual Meeting, 2005.

**Poster Presentation**, “Biomechanical Effects of Kneeling after Total Knee Arthroplasty,” Western Orthopaedic Association Annual Meeting, 2004.

## **ADDITIONAL RESEARCH EXPERIENCE**

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Prevalence of Sacroiliac Joint Disruption, and Neurologic Injury Patients with Acetabular Fracture/Dislocations. Medical student researcher performing data collection in a study evaluating associated injuries in acetabular fracture/dislocations. (2000-1)

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. 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. (2000-1)

## **TEACHING EXPERIENCE/EDUCATIONAL ACTIVITIES**

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Pelvic External Fixation Lab Instructor, Orthopaedic Trauma Association	2018
Tibia Intramedullary Nailing Lab Instructor, Orthopaedic Trauma Association	2018
Resident Course Lecturer-Pilon Fractures Orthopaedic Trauma Association	2014-7
Anatomy Lab Tutor, UCI Medical School	2004
American Academy of Orthopaedic Surgery Resident Liaison	2002-6
UCI Orthopaedic Resident Interview Welcome Committee	2002-3
UMDNJ Student Mentor for Physical Diagnosis (99-00)	1999-0
Admissions Program Presenter	1999-0
Student Curriculum Committee	1999-0
Social Activities Coordinator	1999-0
Student Leadership Counsel	1999-0
Family Day Participant	1999
PennStar Ride-Along, helicopter rescue service	1998-0
Emergency Medicine Elective	1998-9
Students Teaching AIDS to Students	1998-9
Student Health & Risk Reduction Group	1998-9
Instructor- Student Intubation Clinic	1998
Preceptorship in Internal Medicine	1998
Robert Wood Johnson Soccer Team	1997-9

## **VOLUNTEER & COMMUNITY SERVICE**

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Ladera Ranch Little League Assistant Coach	2016
AYSO-Ladera Ranch Soccer Coach	2014
UCI Orthopaedic Surgery Resident Interviewer	2004
Cooper Hospital Emergency Department	1998
Senior Health Day in New Brunswick	1997
Robert Wood Johnson Medical School Fundraiser	1997
Lazarus at the Gate Food Distribution	1995-6
Habitat for Humanity	1995
Cooper Hospital Child Life Department	1995

## **INTERESTS**

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Two young boys, offshore fishing, flying helicopters, snowboarding.