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# Adam C. Young, M.D.

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## EMPLOYMENT HISTORY

- 2019-Present **Illinois Bone & Joint Institute, Morton Grove, Illinois**  
Advocate Lutheran General Hospital, Illinois Sports Medicine & Orthopedic Surgery  
Center, Golf Surgical Center, Ravine Way Surgical Center
- 2019 **Anesthesia Associates LLC, Aurora, Illinois**  
AMITA Mercy Medical Center
- 2013-2019 **University Anesthesiologists SC, Chicago, Illinois**  
Rush University Medical Center, Rush Oak Park Hospital, Rush Pain Clinics

## EDUCATION

- 2004-2008 **University of Illinois College of Medicine, Rockford, Illinois**  
Doctor of Medicine
- 1998-2002 **University of Illinois at Urbana-Champaign, Illinois**  
Bachelor of Science, Biology; Minors in Chemistry and Spanish

## POSTGRADUATE TRAINING

- 2012-2013 **Rush University Medical Center, Chicago Illinois**  
Interventional Pain Medicine Fellowship
- 2009-2012 **Rush University Medical Center, Chicago Illinois**  
Anesthesiology Residency
- 2008-2009 **Northwestern-McGaw Medical Center, Chicago Illinois**  
General Surgery Internship

## PROFESSIONAL AND SOCIETY APPOINTMENTS

- 2024-Present Vice President (Illinois Society of Anesthesiologists)
- 2022-Present Vice Chair, Pain Division (Illinois Bone & Joint Institute)
- 2020-Present Delegate (American Society of Anesthesiologists)
- 2022-2024 Speaker of the House (Illinois Society of Anesthesiologists)
- 2018-2022 Vice Speaker (Illinois Society of Anesthesiologists)
- 2014-2020 District 1 Delegate (Illinois Society of Anesthesiologists)
- 2016-2020 Alternate Delegate (American Society of Anesthesiologists)
- 2016-2019 Chair, Clinical Competency Committee (Rush Anesthesiology Residency)
- 2015-2019 Director, Acute Pain Service (Rush University Medical Center)
- 2015-2018 District 1 Director (Illinois Society of Anesthesiologists)
- 2013-2019 Assistant Professor, Department of Anesthesiology (Rush Medical College)
- 2013-2019 Assistant Attending, Department of Anesthesiology (Rush University)
- 2013-2019 Courtesy Faculty, Department of Anesthesiology (Rush Oak Park)

## LICENSURE AND BOARD CERTIFICATIONS

- 2014 American Board of Anesthesiology, Subspecialty Certification in Pain Management
- 2013 American Board of Anesthesiology, Primary Certification in Anesthesiology

Medical State Licenses:

Illinois, expires 7/31/2026;

Wisconsin, expires 7/31/2026

Controlled Substance Permit(s): Illinois Bone & Joint Institute, expires 7/31/2026

DEA Registration, expires 5/31/2026

NPI Number: 1073769287

## PEER-REVIEWED GRANTS

1. **Principal Investigator:** (\$100,000): A Phase 3, Randomized, Double-Blind, Placebo-Controlled, Multicenter, Evaluation of the Safety of N1539 Following Major Surgery; **Recro** 2016 – 2017.
2. **Principal Investigator:** (\$300,000): Athena-1: A phase 3, Open-label Study to Evaluate the Safety of Oliceridine (TRV130) in Patients with Acute Pain for which Parenteral Opioid Therapy is Warranted; **Trevena** 2016 – 2017.

## PEER-REVIEWED PUBLICATIONS

1. Ilfeld BM, Khatibi B, Maheshwari K [and 38 others including **Young AC**]. Patient-centered secondary outcomes from a multicenter randomized trial of continuous peripheral nerve blocks on post-amputation phantom and residual limb pain. *Regional Anesthesia and Pain Medicine*, ePub. PMID: 36894197
2. Ilfeld BM, Khatibi B, Maheshwari K [and 38 others including **Young AC**]. Immediate effects of a continuous peripheral nerve block on post-amputation phantom and residual limb pain. *Anesthesia & Analgesia*, ePub. PMID: 34314392.
3. Ilfeld BM, Khatibi B, Maheshwari K [and 38 others including **Young AC**]. Ambulatory continuous peripheral nerve blocks to treat post-amputation phantom limb pain: A multicenter, randomized, quadruple-masked, placebo-controlled clinical trial. *PAIN*, In Press.
4. Jensen D, **Young AC**. Continuous Spinal Anesthetic in a Patient with Severe Aortic Stenosis for Total Knee Arthroplasty. *The Journal of Clinical Anesthesia and Pain Management*, 2019; 3(1): 51-2.
5. Ramesh A, **Young AC**. Perioperative Management of a Patient On Opioid-Substitution Therapy undergoing Complex Spine Surgery. *ISA Today*, Winter 2018.
6. **Young, AC**. Buprenorphine and the Anesthesiologist: A Contentious Relationship. *ISA Today*, Winter 2018.
7. Kayupov E, Okroj K, **Young AC**, Moric M, Luchetti TJ, Zisman G, Buvanendran A, Gerlinger TL, and Della Valle CJ. Continuous Adductor Canal Block Provide Superior Ambulation and Pain Control Compared to Epidural Analgesia for Primary Knee Arthroplasty: A Randomized Controlled Trial. *The Journal of Arthroplasty*, 2018; 33(4): 1040-44.
8. Ramesh A, **Young AC**. Incidence of Clinically Overt Hematoma Formation Following Removal of Adductor Canal Catheters During Concomitant Factor Xa Inhibitor Therapy. *Regional Anesthesia and Pain Medicine*, 2017; 42(6): 798-99.

9. **Young AC**, Buvanendran A. Medical Necessity, Documentation, Coding, and Billing for Spinal Cord Stimulation. ASRA Neuromodulation Special Interest Group Guidelines, available at <https://www.asra.com/page/199/resources>,2015.
10. **Young AC**, Jaycox MP, Lubenow T. Perioperative Management of Intrathecal Therapy. ASRA Neuromodulation Special Interest Group Guidelines, available at <https://www.asra.com/page/199/resources>,2015.
11. **Young AC**, Buvanendran A, and Lubenow T. The Parturient with Implanted Spinal Cord Stimulator: Management and Review of the Literature. *Regional Anesthesia and Pain Medicine*, 2015; 40(3): 276-83.
12. **Young AC**, Shah S, and Buvanendran A. Use of a quantitative platelet function test to guide epidural catheter removal in a patient who inadvertently received clopidogrel. *The Journal of Pain Medicine*, 2015; 15(5): 1029-30.
13. Saltzman BM, Dave A, **Young A**, Ahuja M, Amin SD, Bush-Joseph CA. Prolonged Epidural Infusion Improves Functional Outcomes Following Knee Arthroscopy in Patients with Arthrofibrosis After Total Knee Arthroplasty: A Retrospective Evaluation. *Journal of Knee Surgery*, 2014; 27(6): ePub ahead of print.
14. **Young AC** and Buvanendran A. Pain Management for Total Hip Arthroplasty. *Journal of Surgical Orthopaedic Advances*. 2014; 23(1): 13-21.
15. Okpareke I, **Young A**, Amin S. Spinal Cord Stimulation in a Patient with CRPS and Ankylosing Spondylitis: A Novel Approach with Dual Benefits. *Anesthesia & Analgesia Case Reports*. 2014; 2(10): 117-120.
16. Buvanendran A, **Young AC**. Spinal Epidural Hematoma following Spinal Cord Stimulator Trial Lead Placement in a Patient taking Aspirin. *Regional Anesthesia and Pain Medicine*. 2014; 39(1): 70-72.
17. **Young A**, Buvanendran A. Recent Advances in Multimodal Analgesia. *Anesthesiology Clinics*. 2012; 30(1): 91-100.
18. **Young A**, Buvanendran A. Multimodal Systemic and Intra-articular Analgesics. *International Anesthesia Clinics*. 2011; 49(4): 117-133.

## BOOK CHAPTERS

1. Ramesh A, Church J, **Young AC**. (2020.) Post-mastectomy pain syndrome. In Malik T (Ed) *Practical Chronic Pain Management: A Case-Based Approach*. Philadelphia, PA: Springer.
2. Kim DH, Ramesh A, **Young AC**. (2020.) Pudendal neuralgia. In Malik T (Ed) *Practical Chronic Pain Management: A Case-Based Approach*. Philadelphia, PA: Springer.
3. Church J, **Young AC**. (2020.) Cervical facet arthralgia. In Malik T (Ed) *Practical Chronic Pain Management: A Case-Based Approach*. Philadelphia, PA: Springer.
4. **Young AC**. (2019.) Optimizing the pain pathway. In Gerlinger T (Ed), *Unicompartmental knee arthroplasty: Indications, Surgical Techniques, and Complications*. Philadelphia, PA: Springer.
5. **Young AC** and Buvanendran A. (2019.) Nonsteroidal Anti-inflammatory Medications and Acetaminophen. In Ballantyne JC, Fishman SM, Rathmell JP (Eds), *Bonica's Management of Pain, 5<sup>th</sup> Ed*. Philadelphia, PA: Lippincott.

6. Jaycox MP, **Young AC**, Lubenow TL. (2017). Cervical Spinal Cord Stimulation Trial. In Pope J and Kapural L (Eds), *Advanced Procedures for Interventional Pain Management: A Step-by-Step Atlas*. Philadelphia, PA: Springer.
7. **Young AC** and Buvanendran A. (2017.) Multimodal analgesia and prevention of persistent postoperative pain. In Hadzic A (Ed), *Textbook of Regional Anesthesia and Acute Pain Medicine*. New York, NY: McGraw-Hill.
8. **Young AC**, Buvanendran A, Della Valle CD. (2017.) Pain Management After TKA Patients Leave the Hospital. In Scott WN (Ed), *Insall & Scott's Surgery of the Knee, 6<sup>th</sup> Ed.* Cambridge, MA: Elsevier.
9. Buvanendran A and **Young AC**. (2015.) Pain Management. In Cashman J, Goyal N, Parvizi J (Eds), *The Hip: Preservation, Replacement and Revision*. Towson, MD: Data Trace Publishing Company.
10. **Young A**. (2014.) The Use of Perioperative Multimodal Analgesia. In **Young A** and Buvanendran A (Eds), *Advances in postoperative pain management*. Future Medicine, Ltd., London UK. Electronic book.
11. **Young A** and Buvanendran A. (2014.) Acute and Postoperative Pain. In Aminoff MJ and Daroff RB (Eds), *Encyclopedia of Neurological Sciences, 2<sup>nd</sup> Ed.* Cambridge, MA: Elsevier.
12. Thilainathan V, **Young A**, Buvanendran A. (2013.) Chronic Pain in the Elderly. In Barnett SR (Ed), *Manual of geriatric anesthesia*. Philadelphia, PA: Springer.

## BOOKS

1. **Young A** and Buvanendran A. *Advances in postoperative pain management*. Future Medicine, Ltd., London UK. Published online August 2014.

## ABSTRACTS

1. Brzezinski M, **Young A**, Rider P, Cochrane K, Wase L, and Beard T. Risk of opioid-induced respiratory depression after colorectal surgery in patients treated with oliceridine: analysis from a phase 3 open-label study, ATHENA. Poster presentation at American Society for Enhanced Recovery 2019.
2. Sagarwala S, **Young AC**. Erector Spinae Block for Perioperative Analgesia in a Patient Undergoing Scapulothoracic Fusion. Poster presentation at American Society of Anesthesiologists Meeting 2018.
3. Suleiman L, Kim DK, Moric M, Della Valle C, **Young A**, Nam D. Genicular Nerve Block and Radiofrequency Ablation for the Management of Knee Osteoarthritis and Persistent Pain Following Total Knee Arthroplasty. Poster Presentation at 2018 American Academy of Orthopedic Surgery Meeting.
4. Srinivasan S, **Young AC**. Chronic Sacroiliac Joint Pain Successfully Treated with Dorsal Root Ganglion Stimulation. Poster presentation at American Society of Regional Anesthesia, Spring 2018.
5. Kim DH, **Young AC**, Moric M. Spinal Anesthesia Plus Continuous Adductor Canal Block (CACB) Provides Better Outcomes Compared To Combined Spinal Epidural For Total Knee Arthroplasty. Poster presentation at Midwest Anesthesia Residents Conference 2017.

6. Kim DH, Kapuyov E, **Young AC**, Della Valle CJ. Spinal Anesthesia Plus Continuous Adductor Canal Block (CACB) Provides Better Outcomes Compared to Combined Spinal Epidural for TKA. Oral Presentation at 2017 Rush Surgical Society Meeting.
7. Gumbrecht D, **Young AC**, Lubenow TL. Treatment of Post-Knee Arthroplasty Pain with Dorsal Root Ganglion Stimulation. American Society of Regional Anesthesia Meeting Spring 2017.
8. Kayupov E, Okroj K, Luchetti T, **Young AC**, Della Valle CJ, Gerlinger T, Buvanendran A. Adductor Canal Blocks Provide Superior Ambulation and Pain Control for Primary Knee Arthroplasty: A Randomized Controlled Trial. Poster presentation at American Academy of Orthopaedic Surgeons Meeting 2017.
9. **Young AC**, Moric M, Della Valle CJ, Kayupov E, Kroin JS, Buvanendran A. Spinal anesthesia plus continuous adductor canal block (CACB) provides better outcomes compared to combined spinal epidural for TKA. Poster presentation at American Society of Anesthesiologists Meeting 2016.
10. Singa R, Choi R, **Young AC**. Utility of a P2Y<sub>12</sub> assay in removal of an epidural catheter after clopidogrel administration. Poster presentation at American Society of Regional Anesthesia Meeting Fall 2016.
11. Jagannathan R, **Young AC**. Intrathecal drug delivery for treatment of chronic pain due to cervicothoracolumbar DISH syndrome. Poster presentation at American Society of Regional Anesthesia Meeting Fall 2016.
12. Kamdar N, **Young A**, Amin S. Lead fracture of Boston Scientific Spinal Cord Stimulator implanted with Clik Anchor. Poster presentation at North American Neuromodulation Society Meeting 2015.
13. Kamdar N, **Young A**, Lubenow T. Lumbar Epidural Injections with Platelet Rich Plasma for the Treatment of Radiculopathy. Poster presentation at American Society of Regional Anesthesia Meeting Fall 2015.
14. Malhotra N, **Young A**. Pain Management in Sever's Disease. Poster presentation at American Society of Anesthesiologists Meeting 2015.
15. Saghbini A, **Young A**. The Power of Anxiety. Medically challenging case presentation at American Society of Anesthesiologists Meeting 2015.
16. Kayupov E, Luchetti T, **Young A**, Zisman G, Moric M, Gerlinger T, Buvanendran A, Della Valle C. Adductor Canal Blocks Provide Superior Pain Control for Primary Knee Arthroplasty: A Randomized Controlled Trial. Oral presentation at Mid-America Orthopaedic Association Annual Meeting 2015.
17. Samee I, **Young A**, Buvanendran A. Use of a quantitative platelet function test to guide epidural catheter removal in a patient who inadvertently received clopidogrel. Poster presentation at American Society of Regional Anesthesia Meeting Spring 2015.
18. Malburg I, **Young A**. Prevention of post-op cognitive dysfunction in an elderly patient undergoing spine surgery by avoiding general anesthesia. Oral presentation at Midwest Anesthesia Residents Conference 2015.
19. Patel S, **Young A**. Traumatic epidural rupture and subsequent CSF leak. Oral presentation at Midwest Anesthesia Residents Conference 2014.

20. Patel S, Lubenow T, **Young A**. Traumatic epidural rupture and subsequent CSF leak. Poster presentation at American Society of Regional Anesthesia Meeting Fall 2013.
21. Shiveley T, Rajagopal A, Biala J, Bhatia M, **Young A**, Toleikis S. Digital Multimedia Educational Resources for Teaching Regional Anesthesia in the Mobile Computing Era. Scientific and educational exhibit at American Society of Anesthesiologists Meeting 2012.
22. **Young A**, Buvanendran A, Moric M, Shah MK. Ketamine May Attenuate Chronic Pain Following Knee and Hip Arthroplasty. Poster presentation at American Society of Anesthesiologists Meeting 2012.
23. **Young A**, Lubenow T. Spinal Cord Stimulation: Safe in Pregnancy? Oral presentation at Midwest Anesthesia Residents Conference 2012.
24. **Young A**, Lubenow T. Spinal Cord Stimulation: Safe in Pregnancy? Poster presentation at American Society of Anesthesiologists Meeting 2011.
25. **Young A**, Buvanendran A. Effect of Oral Opioid Dosing on Driving Performance in Chronic Pain Patients. Poster presentation at Midwest Anesthesia Conference 2010.
26. **Young A**, Moric M, Buvanendran A. Gender: Differences in Prescription Pain Medication Abuse Rates and Rehabilitation Admissions. Oral presentation at Midwest Anesthesia Residents Conference 2010.
27. Lee S, **Young A**, Oppenheimer J, Zhao LC, Meeks JJ, Perry KT, Smith ND, Nadler RB. Use of intraurethral alprostadil in patients following robotic-assisted laparoscopic prostatectomy. Poster presentation at American Urological Association Meeting 2009.
28. **Young A**. Prostate Awareness: How Much Do Men Know About Prostate Cancer and Symptoms of BPH? University of Illinois College of Medicine Annual Research Symposium 2008.

## EDITORIAL ACTIVITIES

### Editorial Board

2017-Present *Journal of Medicine: Study & Research* (Herald Scholarly Open Access)

2017-Present *Journal of Clinical Research in Anesthesiology* (Asclepius)

### Ad hoc Reviewer

2018-Present *Neurosurgery* (Oxford)

2016-Present *The Open Anesthesiology Journal* (Bentham Open)

2016-Present *Journal of Clinical Anesthesia* (Elsevier)

2015-Present *Advances in Therapy* (Springer Healthcare)

2015-Present *Pain Management* (Future Medicine)

2014-Present *Journal of Opioid Management* (Weston Medical Publishing)

2014-Present *Journal of Minimally Invasive Orthopedics* (Asia Press)

2014-2023 *Pain and Therapy* (Springer Healthcare)

## COMMITTEE APPOINTMENTS

2022-Present Governmental Affairs Committee (Illinois State Medical Society)  
 2022-Present Near North Operations Committee (Illinois Bone & Joint Institute)  
 2020-Present Bylaws Committee (Illinois Society of Anesthesiologists)  
 2020-Present Advocacy and Policy Committee, North American Neuromodulation Society  
 2018-2020 Member-at-Large, Industry Relations Committee, American Society of Regional Anesthesia  
 2016-2020 Abstract Review Subcommittee on Regional Anesthesia & Acute Pain, American Society of Anesthesiologists  
 2018-2019 Leadership Committee Member, Illinois Medical District Opioid Workgroup  
 2017-2018 Committee on Committees, Rush Medical College  
 2016-2019 Clinical Competency Committee, Rush Pain Medicine Fellowship  
 2014-2016 Reference Committee, Illinois Society of Anesthesiologists  
 2014-2019 Admissions Committee, Rush Anesthesiology Residency  
 2014-2019 Clinical Competency Committee, Rush Anesthesiology Residency  
 2013-2019 Admissions Committee, Rush Pain Medicine Fellowship

#### **MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS**

Illinois State Medical Society (2019 - Present)  
 North American Neuromodulation Society (2019 - Present)  
 American Society of Anesthesiologists (2009 - Present)  
 Illinois Society of Anesthesiologists (2009 - Present)  
 American Society of Regional Anesthesia and Pain Management (2010 - 2022)

#### **RESIDENT AND FELLOW EDUCATION**

September 2013 Anatomy of the Epidural Space  
 October 2013 Postdural Puncture Headache  
 March 2014 Intercostal Neuralgia and Postherpetic Neuralgia  
 May 2014 Cryoneurolysis  
 August 2014 Intrathecal Drug Delivery Consensus Statement  
 September 2014 Stellate Ganglion and Lumbar Sympathetic Blocks  
 October 2014 Infectious Complications of Pain Management Procedures  
 December 2014 Complex Regional Pain Syndrome  
 August 2015 Local Anesthetics  
 August 2015 Stellate Ganglion and Lumbar Sympathetic Blocks  
 September 2015 Neurolysis  
 July 2016 Anatomy and Pathology of the Cervical Spine  
 August 2016 Physical Examination of the Hip & Knee  
 December 2016 Disability in Pain Medicine  
 February 2017 Intraoperative Management of the Patient with Respiratory Disease for Mediastinoscopy  
 March 2017 Management of Respiratory Failure: Mode of Ventilation  
 April 2017 Interventional Pain Medicine in the Terminal and Hospice Patient  
 May 2017 Ischemic Heart Disease: Perioperative Diagnosis and Treatment

May 2017	The first 6 months to 1 year in Practice
May 2017	Perioperative Management of Patients on Buprenorphine
August 2017	Post-mastectomy and Post-thoracotomy Pain Syndromes
September 2017	Hip & Knee Pain Pathologies
September 2017	What is the Role of Perioperative Ketamine?
October 2017	Acute Postoperative Pain
November 2017	Complications of spinal cord stimulation, reducing incidence
November 2017	Cancer Pain Management
December 2017	Disability in Pain Management