

LUKAS FOSTER, MD

4902 W State Street, Boise, ID 83703 | Office phone: 208-579-7200|

CURRENT POSITION – Orthopaedic Trauma Attending Surgeon Cornerstone Orthopaedic Trauma Associates, Boise, ID

Orthopaedic Trauma Attending

09/01/2026 - Present

Employer: Dave Zamorano, MD

EDUCATION/TRAINING

University of California - Davis, Sacramento, CA Orthopedic

Trauma Fellow

08/2025 – 08/2026

Fellowship Director: Mark Lee, MD

Cedars-Sinai Medical Center, Los Angeles, CA

Orthopedic Surgery Resident

06/2020 – 07/2025

Department of Orthopaedic Surgery

Administrative Chief Resident

07/2023 – 07/2025

94th percentile on ABOS Part I Exam

Chair: Mark S. Vrahas, MD, MHCDS

Program Director: Eugene Tsai, MD/Guy Paiement, MD

Creighton University School of Medicine, Omaha, NE/Phoenix, AZ

Graduation May 2020, *cum laude*

Degree: Doctor of Medicine

USMLE Step I Score: 250

USMLE Step II CK Score: 250

USMLE Step III Score: 242

Colorado State University, Fort Collins, CO Graduation: May 2016

Degree: Bachelor of Science in Biomedical Sciences

Honors College Graduate

GPA: 3.952

LICENSE AND CERTIFICATION/MEMBERSHIPS

Orthopaedic Trauma Association

Member, 06/2024 – Present

AO North America

Member, 08/2025 – Present

American Academy of Orthopaedic Surgeons

Member, 08/2026 - Present

American Heart Association

Basic Life Support

Advanced Cardiac Life Support

American College of Surgeons

Advanced Trauma Life Support

COURSES (Attendee)

AO Pelvis: Advanced Techniques in Pelvis and Acetabular Fractures

Tampa, FL, April 2026

Stryker Pelvis: Advanced Techniques in Pelvis and Acetabular Fractures

Houston, TX, February 2026

AO Masters Course Fellows Experience

AO Davos Annual Meeting, Davos, Switzerland, December 2025

OTA Soft Tissue Coverage Skills Course

OTA Annual Meeting, Phoenix, AZ, October 2025

AO Trauma: Advanced Principles of Fracture

Management Bellevue, WA May 2025

Miller's Orthopaedic Review Course

Denver, CO, May 2025

J&J Institute Future Leaders: Southern California Trauma

Course Irvine, CA, December 2024

**AO Trauma NA Special Ops Course – Lower Extremity Posttraumatic
Reconstruction with Ring Fixation**

Raynham, MA, November 2024

Stryker Southern California Trauma Summit

Redondo Beach, CA, October 2024

Globus MERC: Complete Fracture Care Summit

San Diego, CA April 2024

Foundations of Orthopedic Trauma Upper Extremity Dissection Course Las Vegas, NV February 2023

**Orthopedic Trauma Association Annual Meeting
Tampa, FL October 2022**

**AO Trauma: Basic Principles of Fracture Management
La Jolla, CA December 2021**

HONORS AND AWARDS

2025 AO Davos Fellows Experience

- Selected as one of 12 orthopedic trauma fellows in the US to travel to Davos, Switzerland for AO Fellows masters course training experience

2024 AAOS Resident Rumble Team National Champion

- May 2024
- Won AAOS resident rumble with co-resident teammates after advancing through bracket style national competition against other residencies

2023 Highest OITE in Residency

- November 2023
- 97% percentile

2023 AAOS Resident Rumble Team Finalist

- February 2024
- Won October 2023 resident rumble round to advance to AAOS annual meeting competition with coresident teammates

Outstanding Resident Teaching by a Junior Resident Award

- June 2023
- “In recognition of outstanding resident teaching throughout the academic year, as voted by the Orthopaedic Surgery Residents at Cedars-Sinai Medical Center”

Western Orthopaedic Association Resident Research Award Nominee

- August 2023
- “Outcome comparison of Open Reduction Internal Fixation versus Reverse Total Shoulder Arthroplasty for the treatment Three and Four-Part Proximal Humerus Fractures in Patients >55 years old.” Manuscript.

Alpha Sigma Nu Jesuit Honor Society Member

- February 2020
- Inducted in recognition of scholarship, loyalty, and service while attending Creighton University • Highest honor Creighton University bestows upon students, with only 2% of students from each college receiving final approval

Doris Norton Scholars Award Dr. Charles and Kathryn Hustead Scholarship in Medicine John, Josephine, and Mary Coates Medical Scholarship

- April 2019
- Voted unanimously by the Scholarship Committee of Creighton University School of Medicine to receive awards for distinguished record of academic achievement

Doris Norton Scholars Award

- May 2018
- Voted unanimously by the Scholarship Committee of Creighton University School of Medicine to receive award for student attending Creighton University School of Medicine Phoenix Regional Campus with distinguished record of academic achievement and financial need

Merle and Betty Burmester Memorial Scholarship John, Josephine, and Mary Coates Medical Scholarship School of Medicine Class of 1974 Endowed Scholarship Dr. Charles and Kathryn Hustead Scholarship in Medicine

- May 2018
- Voted unanimously by the Scholarship Committee of Creighton University School of Medicine to receive awards for distinguished record of academic achievement

Dr. George and Ruby Hyatt Scholarship

- February 2017
- Awarded by the Scholarship Committee of Creighton University School of Medicine for academic achievement

John, Josephine, and Mary Coates Scholarship

- August 2016, October 2017
- Awarded by vote of the Scholarship Committee of Creighton University School of Medicine for academic achievement and financial need

Eben J. Carey, MD Memorial Award, Phi Chi Medical Fraternity

- Fall 2016
- Awarded to Creighton Phi Chi first-year medical student with highest anatomy grade *magna cum laude*,

Colorado State University Spring 2016

University Honors Scholar, Colorado State University Spring 2016 Dean's List, College of Veterinary Medicine and Biomedical Sciences, CSU Fall 2012 – Spring 2016

Colorado State University Celebrate Undergraduate Research and Artistry Symposium Award

- Winner**
- April 2016: Highest Honors
 - April 2015: High Honors
 - April 2014: Best in Show
 - April 2013: High Honors

Honors Undergraduate Research Scholar, Colorado State University

- Spring 2015
- Selected to present Parkinson's Disease research poster to Nobel Laureate, Dr. Carol Greider

RESEARCH EXPERIENCE

Publications

Michael A Stone, MD; Harin Parikh, MD; **Lukas Foster, MD**; Adam Wright-Chisem, MD; Brett Ewing, Amir H. Karimi BS; Joshua Langberg, BS. "Proximal Humerus Open Reduction Internal Fixation with and without Biceps Tenodesis: Assessment of Early Clinical Outcomes." *Journal of Shoulder and Elbow Surgery International*. Volume 8. Issue 4. July 2024. Pages 751755.

Kevin Huang, Zachary Rockov, **Lukas Foster** Jawad Najdawi, Abrianna Robles, Geoffrey Marecek. "Optimizing the Start Point for Medullary Hip Screws." *Journal of the American Academy of Orthopaedic Surgeons*. January 4, 2024. PMID 38181514.

Dave Huang D, **Lukas Foster**, Michael Stone, David Kulber, Melodie Metzger. "Biomechanical Properties of Knee Medial Collateral Ligament compared to Palmaris Longus for Ulnar Collateral Ligament Reconstruction." *Annals of Biomedical Engineering*. August 2023. PMID 37076695.

Raphael Parrado, Lukas Foster, Megan Gilbert, Nellie Movtchan, Lois Sayrs, Emily Khoury, Timothy Schaub. "Clinical Characteristics and Treatment Patterns of Open Hand Fractures in the Pediatric Population." *Journal of Pediatric Orthopedics*. May 2023. PMID 36882896.

Evan H. Richman; Nicolas P. Kuttner; **Lukas O. Foster**; Christopher J. Bruske; Jordan R. Pollock; Joseph C. Brinkman; Milton TM Little. "Characterizing Single-Star Negative Online Reviews of Orthopedic Trauma Association Members." *Journal of the American Academy of Orthopaedic Surgeons*. March 6, 2023. PMID 36727955.

Jacquelin Peck, Ivan Urits, Sandy Peoples, **Lukas Foster**, Akshara Malla, Amnon Berger, Elyse Cornett, Hisham Kassem, Jared Herman, Alan Kaye, Omar Viswanath. "A Comprehensive Review of Over-The-Counter Treatment for Chronic Low Back Pain." *Pain and Therapy*. June 2021. PMID 33150555.

Ivan Urits, Ruben Schwartz, Joseph Brinkman, **Lukas Foster**, Paulo Miro, Amnon Berger, Hisham Kassem, Alan Kaye, Laxmaiah Manchikanti, Omar Viswanath. "An Evidence-Based Review of Epidurolysis for the Management of Epidural Adhesions." *Psychopharmacology Bulletin*. October 2020. PMID 33633419.

Morgan Hasegawa, Ivan Urits, Vwaire Orhurhu, Mariam Salisu Orhurhu, Joseph Brinkman, Stephen Giacomazzi, **Lukas Foster**, Laxmaiah Manchikanti, Alan Kaye, Rachel Kaye, Omar Viswanath. "Current Concepts of Minimally Invasive Treatment Options for Plantar Fasciitis: A Comprehensive Review." *Current Pain and Headache Reports*. August 2020. PMID 32785856.

Ivan Urits, Morgan Hasegawa, Vwaire Orhurhu, Jacquelin Peck, Angele C Kelly, Rachel J Kaye, Mariam Salisu Orhurhu, Joseph Brinkman, Stephen Giacomazzi, **Lukas Foster**, Laxmaiah Manchikanti, Alan D Kaye, Omar Viswinath. "Minimally Invasive Treatment Options For Chronic Ankle Instability: A Comprehensive Review." *Current Pain and Headache Reports*. February 2020. PMID 32020393.

Andrew Hasebroock, Joseph Brinkman, **Lukas Foster**, Joseph Bowens. "Management of primary anterior shoulder dislocations: a narrative review." *Sport Med – Open*. July 2019. PMID 31297678.

Peer-Reviewed Abstract Presentations

Stevin Lu BS, **Lukas Foster MD**; Brett Ewing MS, Milton Little MD, Charles Moon MD, John Garlich MD, Geoffrey Marecek MD, Mark Vrahas MD, Carol Lin MD. “Patient-Reported Outcomes Comparison by StartSite Approach for Tibial Shaft Fractures.” Western Orthopedic Association Meeting. 8/9/2024. Huntington Beach, CA

Stevin Lu BS, **Lukas Foster MD**; Brett Ewing MS, Milton Little MD, Carol Lin MD, “Hinged-Knee Brace Use Effect on ROM following Tibial Plateau ORIF.” Western Orthopedic Association Meeting. 8/8/2024. Huntington Beach, CA

Lukas O. Foster, MD; Abrianna S. Robles, BS; Christian Blough (Presenter), MD; Harin Parikh, MD; Adam Wright-Chisem, MD; Brett Ewing, MS; Milton T.M. Little, MD; Michael Stone, MD. “Patient-Reported Outcomes of Open Reduction Internal Fixation versus Reverse Shoulder Arthroplasty for Three and Four-Part Proximal Humerus Fractures.” Western Orthopedic Association Annual Meeting. 8/2-8/5/2023. Coeur d’Alene, ID.

Adam G. Wright-Chisem, MD (Presenter); Abrianna S. Robles, BS; **Lukas O. Foster, MD**; Zachary A. Rockov, MD; Donald J. DeSanto, MD; Brett A. Ewing, MS; Charles Moon, MD; Geoffrey Marecek, MD; Milton T.M. Little, MD. “Patient-Reported and Clinical Outcomes of Patients with U-Type Sacral Fractures.” Western Orthopedic Association Annual Meeting. 8/2-8/5/2023. Coeur d’Alene, ID.

Lukas O. Foster, MD; Abrianna S. Robles, BS; Christian Blough (Presenter), MD; Harin Parikh, MD; Adam Wright-Chisem, MD; Brett Ewing, MS; Milton T.M. Little, MD; Michael Stone, MD. “Patient-Reported Outcomes of Open Reduction Internal Fixation versus Reverse Shoulder Arthroplasty for 3- and 4-Part Proximal Humerus Fractures in Patients > 55 years old.” International Orthopedic Trauma Association Meeting. 12/14 – 12/16, 2022. Amsterdam, Netherlands.

Michael A. Stone, MD (Presenter); **Lukas O. Foster, MD**; Abrianna S. Robles, BS; Christian Blough, MD; Harin Parikh, MD; Adam Wright-Chisem, MD; Brett Ewing, MS; Milton T.M. Little, MD. “Patient-Reported Outcomes of Open Reduction Internal Fixation versus Reverse Shoulder Arthroplasty for 3- and 4-Part Proximal Humerus Fractures in Patients > 55 years old.” American Shoulder and Elbow Surgeons Annual Meeting. October 6-9, 2022. Atlanta, GA.

Adam G. Wright-Chisem, MD (Presenter); Abrianna S. Robles, BS; **Lukas O. Foster, MD**; Zachary A. Rockov, MD; Donald J. DeSanto, MD; Brett A. Ewing, MS; Charles Moon, MD; Geoffrey Marecek, MD; Milton T.M. Little, MD. “Patient Reported Outcomes for U-Type Sacral Fractures.” National Medical Association Annual Convention & Scientific Assembly. July 30 – August 3, 2022. Atlanta, GA.

Mollie Walton, MD; Timothy Schaub, MD (Presenter); Joseph Kelling, MD; Alex Pham, MD; **Lukas Foster, BS**. “Institutional Review of Radial Polydactyly.” Oral presentation presented at: 2018 American Association for Hand Surgery Annual Meeting. January 10-13, 2018. Phoenix, AZ. Abstract #52.

Posters

Stevin Lu, **Lukas Foster**; Brett Ewing, Carol Lin, “Hinged-Knee Brace Use Effect on ROM following Tibial Plateau ORIF.” Accepted as a poster at 2024 Annual Orthopedic Trauma Association Meeting.

Kevin Huang, Zachary Rockov, Jawad Najdwai, **Lukas Foster**, Abrianna Robles, Geoffrey Marecek. All Medullary Hip Screws Should Enter Medial to the Tip of the Greater Trochanter. Western Orthopedic Association Annual Meeting. August 2-5, 2023. Coeur d’Alene, ID.

Lukas Foster, MD; Abrianna Roble, BS; Michael Stone, MD; Milton Little, MD. “Outcome comparison of

Open Reduction Internal Fixation versus Reverse Total Shoulder Arthroplasty for the treatment Three and FourPart Proximal Humerus Fractures in Patients >55 years old.” One AO and LearnX Annual Meeting. April 28-30, 2023. Santa Ana Pueblo, NM.

Dave Huang, **Lukas Foster**, Michael Stone, David Kulber, Melodie Metzger. “Biomechanical Properties of Knee Medial Collateral Ligament compared to Palmarus Longus for Ulnar Collateral Ligament Reconstruction.” Orthopaedic Research Society 2023 Annual Meeting. February 10 – 14, 2023. Dallas, TX.

Lukas Foster, MD; Abrianna Roble, BS; Michael Stone, MD; Milton Little, MD. “Outcome comparison of Open Reduction Internal Fixation versus Reverse Total Shoulder Arthroplasty for the treatment Three and FourPart Proximal Humerus Fractures in Patients >55 years old.” Orthopedic Trauma Association Conference 2022. October 13 -15, 2022. Tampa, FL.

Raphael Parrado, MD (Presenter); Nellie Movtchan, MD; **Lukas Foster, BS**; Emily Khoury, BSN; Megan Gilbert CPNP-AC; Timothy Schaub, MD. “Clinical Characteristics and Treatment Patterns of Open Hand Fractures in the Pediatric Population.” Accepted for iPoster at 74th Annual Meeting of American Society for Surgery of the Hand. September 5-7, 2019. Las Vegas, NV. Abstract #1148.

Gilbert M (Presenter), Parrado RH, Movtchan N, **Foster L**, Khoury E, Greenberg J, Ballan W, Schaub T. “Assessing Adherence to a New Pediatric Open Hand Fracture Clinical Pathway.” Phoenix Children’s Hospital Quality Day. Phoenix, AZ, April 2019.

Joseph Brinkman, MS (Presenter); Christina Momchev, BS; **Lukas Foster, BS**; Navid Ziran, MD; Naftaly Attias, MD. “The Incidence and Epidemiology of Iliosacral Screw Loosening.” St. Joseph’s Hospital and Medical Center Academic Excellence Day, Phoenix, AZ, April 2019.

Joseph Brinkman, MS (Presenter); **Lukas Foster, BS**; Christina Momchev, BS; Navid Ziran, MD. “Is Iliosacral Screw Loosening A Clinical Problem? A Retrospective Study.” Midwest Student Biomedical Research Forum, Creighton University, Omaha NE, April 2019.

Lukas Foster, BS; Katriana Popichak, PhD; Ronald Tjalkens, PhD. “Novel Diindolylmethane Analogs Suppress Neuroinflammation in Parkinsonian Model of Glia.” Celebrate Undergraduate Research and Creativity Symposium. Colorado State University, Fort Collins, CO. April 2016.

Lukas Foster, BS; Katriana Popichak, PhD; Ronald Tjalkens, PhD. “Novel diindolylmethane analog enhances nuclear receptor, Nur77, to downregulate neuroinflammatory gene expression in astrocytes.” Celebrate Undergraduate Research and Creativity Symposium. Colorado State University, Fort Collins, CO. April 2015.

Lukas Foster, BS; Briana De Miranda, PhD; Ronald Tjalkens, PhD. “A novel diindolylmethane analog, DIM CpPhBr, suppresses neuroinflammatory gene expression in BV-2 microglia cells.” Celebrate Undergraduate Research and Creativity Symposium. Colorado State University, Fort Collins, CO. April 2014.

Lukas Foster, BS; James Miller, PhD; Ronald Tjalkens, PhD. “The Diindolylmethane analog, cDIM5, suppresses the NF-kB Signaling Pathway in Glia through Recruitment of Corepressor Proteins and blocking of NF-kB DNA binding.” Celebrate Undergraduate Research and Creativity Symposium. Colorado State University, Fort Collins, CO. April 2013.

LEADERSHIP

Cedars-Sinai Orthopedic Surgery Administrative Chief Resident

• July 2023 – July 2025

Cedars-Sinai Orthopedic Surgery Residency Admissions Committee

- January 2022 - 2025
 - Selected to interview residency applicants and participate as part of the selection committee

President & Co-Founder, Creighton University – Phoenix Regional Campus Orthopedic Surgery Interest Group

- April 2019 - Present
- Coordinated the Creighton University - Phoenix Regional Campus' incorporation with the longstanding Orthopedic Surgery Interest Group in Omaha, NE
- Created platform for medical students to expand orthopedic surgery knowledge and relationships with local orthopedic surgeons via casting workshops and educational meetings

Pre-Med Student Mentor, Creighton University School of Medicine-ASU Pre-Med Mentoring Partnership •

November 2018 – Present

- Presented on several school-sponsored medical student Q&A panels to undergraduate students • Guided Arizona State University pre-med students through Creighton-sponsored mock interview exercise
- Specifically mentoring two current Arizona State University undergraduate students in one-on-one setting through mentoring program

Simulation Center Director, Creighton University – Phoenix Regional Campus Surgery Interest Group •

August 2018 – July 2019

- Responsible for preparing simulation lab activities for the surgery interest group

Creighton Phi Chi Medical Fraternity – Chi Upsilon Chapter

- August 2016 – May 2020
- Vice President: March 2017 – March 2018
- Coordinated roof, gutter, and downspout replacement project to prolong the life of the house following 10-year fundraising effort

Member of Committee on Admissions, Creighton University School of Medicine

- May 2017 – June 2018
- Interviewed and evaluated applicants for the Creighton University School of Medicine Class of 2022 • Answered applicant questions during interview lunches
- Coordinated applicant dinner where interviewees shared a meal with current students

WORK EXPERIENCE**Medical Scribe, Associates in Family Medicine, Windsor, CO**

- July 2015 – May 2016
- Responsible for patient electronic medical record documentation for family medicine physician, Dr. Margaret Lesage

Research Associate, Colorado State University, Fort Collins, CO

- January 2013 – May 2015
 - Assisted with wet lab Parkinson's Disease research on anti-inflammatory analogs as therapeutics

Orientation Leader, Colorado State University Orientation and Transitions Program, Fort Collins, CO •

January 2015 – August 2015

- Responsible for leading ten different groups of first-year Colorado State University students through the orientation curriculum to assist with their transitions to college and connections with all necessary

resources

Service Center Assistant, Colorado State University Recreation Center, Fort Collins,

CO • July 2015 – May 2016

- Operated front desk of 24,000 square-foot campus recreation center, including responsibilities of guest check-in, till operation, and AED emergency response

“Cam The Ram” Mascot, Colorado State University Athletics Department, Fort Collins,

CO • January 2016 – May 2016

- Performed as “Cam The Ram” at various Colorado State University athletic, promotional, and fundraising events,
- Promoted school spirit and camaraderie while taking pictures with students and fans