Chief Autobiographies (2018)



Like a lot of the great Duke Orthopaedic surgeons, I was born in West Virginia. Unfortunately I did not stick around the Mountain State long enough to capture all of the legendary skills seen in our great surgeons, as I moved to Virginia Beach when I was 2 years old. It was there that I truly grew up and developed a passion for the water. I have been blessed all of my life and I attribute this to having a tremendous family. As the son of an orthopedic spine surgeon and an internist, I have always had a predilection for science and medicine. My parents have provided me with every opportunity imaginable and I am forever grateful to them. Perhaps the best gift they have given me is a solid set of core values and living my life under the mantra of "if you want something done right, you have to do it yourself." Whether this alluded to working around the house, keeping the boats afloat, or working hard toward my career, I feel that they have instilled in me a work ethic and passion that I look forward to carrying into my practice.

I am the youngest of three and have my two older sisters to thank for paving the way for me in high school at Norfolk Academy and then even in college at Princeton University. It was in these years that I developed a passion for the pole vault and decathlon. As a two-time All-American in the pole vault, I captained my Princeton track team to an Ivy League championship. After leaving college, I enrolled at the Medical College of Virginia where I met my wife. Being a year behind me in school and not having the luxury of the couples match, we were extremely fortunate that she ended up being the valedictorian and could keep us geographically close by hand picking her residency at that school with the wrong color blue.

My time at Duke has been a dynamic one as there have been significant changes to our program yearly. Despite these changes, there has been the constant sense of family and collegiality that I know I am going to miss tremendously as I pursue a fellowship in adult reconstruction at the Southern Joint Replacement Institute in Nashville, TN. As I am writing this bio and reflecting on my life, I realize that I have had the fortune of being surrounded by incredible mentors. Whether it was my parents, sisters, wife, or Drs Bolognesi and Wellman, I have always had someone to model behavior after. I look forward to the next chapter in my life and take with me the wealth of knowledge that I gained at Duke and take solace in the fact that I am never truly leaving Duke as the Piedmont is for life.

William Byrd



It has been quite the journey getting to Duke University for residency, and I wouldn't have changed a thing about it. I was born in New Haven, CT where my father was completing his orthopedic residency. We moved to southern New Hampshire where I spent my childhood hiking the White Mountains, exploring the Maine Coast, and skiing the Vermont Green Mountains. Growing up, I was inspired by my father's work as an orthopedic spine surgeon—I have never known someone who loved their job as much as he did. I went to Colgate University where I studied molecular biology and raced on the alpine ski team. I did a summer internship at the National Institutes of Health working in vaccine development for malaria and decided to spend an additional year after college working there before entering medical school. I returned to my previous lab working toward a vaccine for leishmaniasis using proteins

from the salivary glands of sand flies. I was incredibly honored to be accepted to the medical school of my dreams at the University of Vermont. It was there that I met my husband, Mikkel, and our mutual passion for skiing and the mountains made us instant best friends. Duke was not even on my radar as I looked for residency programs, but I was blown away by my interview day here and could not believe that such an amazing place existed. We feel so privileged to have had the opportunity to work and train with the incredible faculty at Duke and will never forget our time here. Over the last 5 years our family of two has expanded to include our two Jack Russell terriers (Salz and Pfeffer) and our new son Aksel Mikkel Forsthuber. We are thrilled to be returning to the mountains next year in Colorado as I join Colorado Joint Replacement for a fellowship in adult reconstruction. We will miss everyone at Duke and are so appreciative for the time, dedication, and love everyone has given us in helping us to achieve our dreams.

Lindsay Kleeman



I was born and raised in Durham with my parents, Beth and Jeff Crawford, and my older brother, Andy. My dad is an oncologist at Duke, and I grew up as a ball boy at Duke soccer games and in the stands at Cameron Indoor Stadium. Despite my Blue Devil ties, soccer led me to the University of North Carolina for college and later to play for Major League Soccer's Colorado Rapids. It was a privilege to play the sport I loved for many years and the game taught me invaluable lessons about passion, commitment, and teamwork. While my soccer career was cut short by a hip injury and three subsequent surgeries, it also opened a new door. I attended medical school at the University of California, San Francisco, before Dr Hardaker granted me the opportunity to come home to Durham to train in the best orthopedic surgery residency program.

The opportunities that Duke Orthopedics affords are immense. I am indebted to the department's numerous faculty mentors for setting an example of adherence to the ultimate standard in clinical excellence. I am grateful for the relationships I forged with the residents I worked alongside and learned from, and am honored to call them my friends. I look forward to my fellowship in sports medicine at the Steadman Philippon Research Institute in Vail, CO and feel secure in the foundation that Duke has bestowed.

Most importantly, during residency I started dating a friend of many years—Julie Mallory—who was also in medical training. We were married in February of 2016 and welcomed our first child, Luke, in September of 2017. We look forward to continuing to be a part of the Duke Orthopedics and Piedmont family for many years to come!

Matthew Crawford



I was born and raised in Albuquerque, New Mexico, with my siblings Paige (27) and Luke (21). My parents (Diane and Dale) instilled values of dedication, loyalty, and perseverance. I graduated from the United States Air Force Academy. The Academy afforded me the privilege to start at tight end for the Fighting Falcons for four years, build life-long friendships, and prepare for a career of service in the military. Thanks to a few surgeries of my own and a great team physician, mentor, and now friend, JT Tokish, my sights were set on pursuing a career in orthopedic sports medicine.

After enjoying the mountains of Colorado, the next chapter of my life led me to Georgetown School of Medicine. These four years of training and education were filled with the development of the clinical principles of cura personalis as well as enjoying the city life of fine dining, Happy Hours, and countless good times with friends. With the strong mentorship

of John Delahay and Dean Mitchell, orthopedic surgery was the only profession for me. Orthopedic surgery offers the opportunity to restore and maintain a desired level of physical activity while practicing innovative techniques with cutting-edge technology to provide the optimal and most up-to-date treatment for patient's multiple pathologies.

I am lucky and honored to be part of Dr Hardaker's legacy of residents he brought in to carry on the strong tradition of Duke Orthopaedics. Duke has afforded me the privilege of receiving more than simply a surgical training program that turns out "competent" surgeons—Duke has given me a professional family of amazingly supportive experts, mentors, leaders, friends, and colleagues. I can only hope that I have contributed and positively reflected the legacy that Drs Hardaker and Urbaniak have established through the Piedmont Society. I will forever be indebted to Dr Hardaker for the opportunity he gave me to train in a program that will give me a professional and personal foundation for the rest of my life.

Outside of orthopedics, I am happily married to my incredibly beautiful, motivated, driven, and supportive wife and mother, Kathryn. My admiration for her as both a mother and as a professional grows with each passing day. She has given me the most precious gift and blessing in our little bundle of joy and happiness—Ruth Evelyn.

I am excited to be heading to the Steadman Clinic in Vail, CO, to further my education and training in a fellowship for Orthopedic Sports Medicine. Words cannot express what Dr Hardaker, Duke Orthopaedics, and the Piedmont Society have done for both me and my family. I look forward to being an active member in the Piedmont Society promoting future Duke resident education and continuing a tradition rich program of Duke Orthopaedics.

Travis Dekker



I was born in Lexington, KY but was raised in Greenville, SC which was a phenomenal place to grow up. Being the oldest of five boys, my four brothers are a constant source of entertainment and they have done an excellent job of keeping me humble (a job my new wife is quickly picking up). After High School I went to Clemson University for two years and then after my Sophomore year transferred to Harvard. I received an AB in Organismic and Evolutionary Biology in 2008 and then returned to South Carolina for medical school in Charleston.

It was in medical school that my interest in orthopedics was solidified. During my second year of medical school I began to join my parents on a yearly mission trip to Central America to perform joint replacement surgeries. These trips are an integral part of my love for my field and I hope to continue to be engaged in this rewarding opportunity for years to come.

After medical school, I was lucky enough to garner acceptance to Duke for residency. At Duke I have been able to further explore a long-time interest in translational research efforts, thanks in large part to the support of our Department and our Chair's passion for these pursuits. Nevertheless, the true value of my time at Duke is owed to the people I have met and worked with here. Daily I am humbled and honored to have learned the practice of orthopedics from world leaders in the clinical practice. Furthermore, I could not ask for a better group of coresidents. From my past senior residents, to my classmates, to the impressive junior residents, I am constantly awed by the caliber of my coresidents. I consider many to be my closest friends.

Duke also gave me my wife Stephanie, which is what I consider this institution's greatest gift. We met at the beginning of my postgraduate second year when she was a medical student, a little over three years later we were married on October 21, 2017. She is now an Anesthesia Resident at Brigham and Women's in Boston. I look forward to completing my fellowship in Adult Reconstruction there next year, after which I plan to work feverishly to live up to the legacy of previous Duke Orthopedic Residency graduates.

Joseph Kavolus



I grew up outside of Philadelphia in Reading, PA. In early high school I took an interest in water polo and subsequently was offered a scholarship to play as a division 1 athlete at Bucknell University. It was there that I met my wife and together we graduated and moved to Philadelphia to pursue my medical degree. Orthopedics was on my radar from the start, despite attempts to be open- minded about other subspecialties. When I began interviewing for residency programs, I quickly found myself comparing each program to Duke. I had been impressed with everything Duke stood for, and ultimately the decision became very easy to rank it as my top program. The past 5 years at Duke has not only been challenging but also an incredible learning opportunity for me. I am grateful to the many mentors and colleagues who have influenced my learning and guided in my development to becoming an orthopedic surgeon. Durham and Duke will always be special places for us: it was where my career began, where we started our family, where our children were born, and where I was afforded the privilege to be among some of the greatest teachers and leaders in the field. We are looking forward to moving to Indianapolis, IN, this summer where I will begin my fellowship in hand and upper extremity training at the Indiana Hand to Shoulder Center. It will be a bittersweet change; however, I look forward to reuniting with everyone at Piedmont in the years to come.

With gratitude,

Alex Lampley



I was born just outside of Boston in Norwood, MA, and grew up in Providence, RI, as the oldest of four children. My parents were both teachers and coaches at a small K through 12 school in Providence where we lived on school campus and where I attended school.

It was here where I would meet my now-wife Elizabeth in the 7th grade. Though our initial relationship as 12-year-olds was a bit rocky, she managed to get a last minute invitation to my bar mitzvah, which started a story of friendship that has since evolved into a family.

With numerous athletic facilities in my backyard and two coaches as parents, sports were a huge part of my upbringing and instilled many of the values—hard work, preparation, focus, and resilience—that I have tried to carry with me into orthopedic surgery.

After high school, I attended Middlebury College in Vermont where I studied biochemistry and economics and played football and baseball. For medical school, I returned to Rhode Island and attended Brown. This brought me closer to my family and to Elizabeth whom I was dating at the time as she started her career as an educator.

When I ventured out of New England for the first real amount of time as a medical student, it was for my subinternship in orthopedic surgery at Duke. I was immediately impressed by the resident camaraderie, attending surgeon expertise and collegiality, and the opportunity to live in Durham and work at a top-notch medical institution.

Though I have many fond memories of my time at Duke and I am truly grateful for so many mentors, my most memorable time has been working with Dr Hardaker. I am honored to have been with him during the last days and weeks of his life to recruit residents and represent Duke Orthopaedic Surgery to applicants. Having now spent 5 years as a resident, I have truly reaped the benefits of a stellar residency team and reputation for which Dr Hardaker worked so hard to establish. This is particularly true for the class of 2018 whom I feel lucky to be able to associate myself with as classmates.

My wife Elizabeth and I got married in 2014 and increased our family size by one in 2018 with the birth of our daughter, Sophie. Elizabeth has continued to work in education and is now an elementary school assistant

principal. We are both excited to go to Boston after residency where I will complete my fellowship at Harvard in hand and upper extremity surgery. We are grateful for our incredibly positive experience at Duke and for the wonderful people that make this place special. We look forward to attending the Piedmont meeting this Spring, which will hopefully be our first attendance of many to come!

Andrew Matson



Though I was born in Bismarck, ND, I spent my childhood in many places along the East Coast before I graduated high school. During this time, my family taught me the value of resiliency, hard work, commitment, and always giving more than what was asked of me. I attended Johns Hopkins University where I earned my Bachelor's degree in biomedical engineering. I was fueled by understanding human structure and function and melding it with technology and innovation, and so I sought my master's degree in mechanical engineering also at Hopkins. During this time, I was involved in biomechanical research that exposed me to the field of orthopedics.

The experience changed my path and propelled me to medical school at Duke where my interactions with the orthopedic surgery residents and faculty only strengthened my desire to be an orthopedic surgeon. Fortunately, I was able to stay at Duke for residency and since joining the Duke ortho family I have learned not only about orthopedics but also the importance of culture and relationships. I am constantly inspired by those around me and their commitment to excellent patient care and surgical outcomes, dedication to resident education, and simply being good people.

Next year, I will be heading to Rush University in Chicago for fellowship in adult reconstruction. I met my wife Joanne in my second year of residency and we were married in September of 2016. She is also a physician, and so we support and push each other, and she keeps me a balanced and thoughtful surgeon. She will also be starting her fellowship in cardiology. In March of 2018 our son, Sebastian, was born and we are all excited to continue our journey together in the Chicago area.

I hope to, first and foremost, be an excellent orthopedic surgeon and also perform impactful research to further the field. I believe that my time at Duke has prepared me for this endeavor. It has been the most impactful time of my life and I am incredibly grateful to have been here and had the opportunity to work with such amazing people. Wherever my career takes me, I will carry with me the Duke legacy and the pride of being part of the Duke ortho family. I look forward to seeing everyone at Piedmont.

Grant Sutter