



**Angela K. Freehill, M.D.**  
**2013 Jingle Bell Run/Walk**  
**Ina, Illinois**

Dr. Freehill is a Diplomate of the American Board of Orthopaedic Surgeons and a member of the American Academy of Orthopaedic Surgeons. She joined the Orthopaedic Center of Southern Illinois in 2007.

Dr. Freehill attended medical school at Washington University School of Medicine, St. Louis, Missouri and completed her Orthopaedic surgical residency at Barnes-Jewish Hospital / Washington University School of Medicine. She completed a Sports Medicine Fellowship at Pennsylvania Hospital 3B Orthopaedics/University of Pennsylvania, Philadelphia and has participated in numerous Orthopaedic research projects and publications.

Dr. Freehill devotes her practice to the treatment of injured athletes and the promotion of safety in sporting activities. She specializes in the treatment of knee, shoulder and elbow injuries, especially in female athletes.

Dr. Freehill is one of few physicians in Illinois now offering the Customized Knee Replacement – Patient Specific technology. This technology is a remarkable system which *"uses a patient's MRI and X-ray images to design and build surgical instruments customized for his or her unique knee anatomy before the patient is ever admitted."* Using the patient-customized technology, the surgeon comes to the operating room equipped with single-use instruments engineered exclusively for that patient's knee, and a computer-guided system is used to reduce the risk of misalignment that can cause wear on the knee. The new technology eliminates several steps from the traditional surgery, which, in turn, reduces the operating time - meaning less blood loss. For patients, that means less time under anesthesia and a reduced risk of complications.

Dr. Freehill has interest in the following surgeries; knee arthroscopy, ACL reconstruction, total knee replacement, shoulder arthroscopy, subacromial decompression, and rotator cuff repair. She has clinics at the Mt. Vernon and Centralia locations.

The Arthritis Foundation is proud to recognize Dr. Angela K. Freehill as the Medical Honoree for the 2013 Jingle Bell Run/Walk in Ina, Illinois.

**About the Arthritis Foundation**

The Arthritis Foundation ([www.arthritis.org](http://www.arthritis.org)) is committed to raising awareness and reducing the unacceptable impact of arthritis, which strikes one in every five adults and 300,000 children, and is the nation's leading cause of disability. To conquer this painful, debilitating disease, we support education, research, advocacy and other vital programs and services.