

America's Best in Medicine: Dr. Nathan J. Kopydlowski, Expands Advanced Shoulder and Elbow Surgical Care in Milwaukee

Fellowship-Trained Orthopedic Surgeon at Advocate Aurora Grafton Hospital Delivers Expertise in Sports Medicine, Trauma, and Complex Upper Extremity Reconstruction



Milwaukee, Wisconsin Jul 10, 2026 (Issuewire.com) - Nathan Kopydlowski, MD, a fellowship-

trained orthopedic surgeon specializing in shoulder and elbow surgery, continues to advance patient care at Advocate Aurora Grafton Hospital in Milwaukee, Wisconsin, where he has been serving since October 2022. Recognized for his surgical precision, research contributions, and patient-centered philosophy, Dr. Kopydlowski is dedicated to helping individuals regain mobility, reduce pain, and return to the activities that define their quality of life.

With a focus on restoring function and improving long-term outcomes, Dr. Kopydlowski treats a broad range of shoulder and elbow conditions, including rotator cuff injuries, shoulder instability, tendon disorders, fractures, and complex sports-related trauma. His clinical approach emphasizes individualized treatment planning, combining evidence-based surgical techniques with compassionate, goal-oriented care tailored to each patient's lifestyle and recovery objectives.

Dr. Kopydlowski's academic and clinical training reflects a deep commitment to excellence in orthopedic surgery. He completed his Shoulder and Elbow Fellowship at Columbia University Medical Center and New York-Presbyterian Hospital in New York City, where he served as a Postdoctoral Clinical Fellow and Assistant Attending Physician in the Department of Orthopedic Surgery. Prior to his fellowship, he completed a rigorous six-year Orthopedic Surgery Residency at Saint Louis University, gaining extensive experience in trauma, reconstruction, and complex musculoskeletal conditions.

His medical education began at the University of Michigan Medical School, where he earned his Doctor of Medicine degree. He further advanced his academic foundation by completing a Master of Science in Clinical Research at the University of Michigan Rackham Graduate School. Dr. Kopydlowski graduated magna cum laude from Kalamazoo College with a Bachelor of Arts in Biology and a minor in Economics, demonstrating early academic distinction and interdisciplinary interest in science and analytical thinking.

Throughout his career, Dr. Kopydlowski has maintained an active and respected presence in orthopedic research and academic scholarship. His work spans shoulder and elbow surgery, sports medicine, biomechanics, trauma, and clinical outcomes research. He has authored and co-authored numerous peer-reviewed journal articles and contributed to multiple orthopedic textbook chapters, helping to advance the understanding of surgical techniques and rehabilitation strategies.

His research has been published in leading medical journals, including the *Journal of Shoulder and Elbow Surgery*, *Frontiers in Sports and Active Living*, *Journal of Arthroplasty*, and the *Orthopaedic Journal of Sports Medicine*. His studies have explored topics such as biceps tenodesis outcomes, acetabular morphology, labral tear correlations, and sports-related injury trends. His academic contributions have been recognized with grants, awards, and invitations to present at regional, national, and international conferences.

In addition to his publications, Dr. Kopydlowski has contributed to several influential orthopedic textbooks, including *Insall & Scott Surgery of the Knee*, *Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine*, and *Sports Injuries to the Shoulder and Elbow*. His expertise has helped inform best practices in treating upper extremity injuries and improving surgical outcomes across diverse patient populations.

Dr. Kopydlowski is an active member of the orthopedic community and participates in leading professional organizations, including the American Academy of Orthopaedic Surgeons (AAOS) and the American Shoulder and Elbow Society (ASES). He regularly delivers lectures and educational presentations on topics such as shoulder instability, rotator cuff pathology, tendon injuries, and fracture management, contributing to the ongoing education of orthopedic surgeons and trainees.

His research presentations have earned recognition at prestigious scientific meetings, including awards for innovative work examining immersive virtual reality applications in shoulder arthroplasty training. These contributions reflect his commitment to integrating emerging technologies into surgical education and improving procedural precision and safety.

Beyond his academic and clinical accomplishments, Dr. Kopydlowski has been recognized for sustained excellence in leadership and achievement throughout his career. A former collegiate football scholar-athlete, he earned multiple Academic All-American and Academic All-District honors and was inducted into Phi Beta Kappa and the National Football Foundation Hampshire Honor Society. His background as a student-athlete reflects the discipline, teamwork, and resilience that continue to inform his medical practice today.

Honors and distinctions include recognition on the Kalamazoo College Dean's List, membership in the Alpha Lambda Delta National Honor Society, receipt of a merit scholarship, and multiple academic honors spanning his undergraduate and athletic career. He has also received top placements at research symposia, including first place at the NYSSOS Annual Meeting & Symposium and third place at the OREF Northeast Regional Resident Research Symposium.

At Advocate Aurora Grafton Hospital, Dr. Kopydlowski remains focused on delivering high-quality, compassionate orthopedic care to the Milwaukee community. He emphasizes restoring patients' independence and helping them return to work, recreation, and family life with improved function and reduced pain.

“What I enjoy most about practicing medicine is helping people get back to their lives,” Dr. Kopydlowski said. “Being able to take care of patients here in Milwaukee—hardworking, down-to-earth people who want to stay active and engaged with their families—is incredibly rewarding. Surgery allows for meaningful, immediate impact, and that’s what drives my commitment every day.”

Through his continued clinical practice, research contributions, and dedication to education, Dr. Kopydlowski remains at the forefront of orthopedic innovation in shoulder and elbow surgery, advancing care standards and improving outcomes for patients across the region.

Learn more about Nathan Kopydlowski:

Through his America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/nathan-kopydlowski>

America's Best in Medicine

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