

Dr. Florin Costache

| | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| Cherry Creek Foot Clinic Owner/Podiatrist | 2017 – Present |
| Podiatry Clinical Director Department of Surgery / Surgery Department Podiatry Section University of Colorado Health Sciences Center | 2003 - 2017 |
| Assistant Professor, Clinical Director Division: Plastic & Reconstructive Surgery Podiatry Section University of Colorado Health Sciences Center | 2002 - 2003 |
| Assistant Professor Department of Surgery, Podiatry Section University of Colorado Health Sciences Center | 1999 - 2002 |
| Instructor Department of Surgery, Podiatry Section University of Colorado Health Sciences Center Denver, Colorado | 1996 - 1999 |
| Clinical Instructor, Externship Director Veterans Administration Medical Center Denver, Colorado | 1998 – 1999 |
| Private Practice Denver, Colorado | 1996 - 1999 |

Florin Costache, DPM

Academic Degrees:

- B.S. Biology State University of New York at Albany 1987 – 1991
1400 Washington Ave., Albany NY 12222
- D.P.M Kent State University College of Podiatric
Medicine, (formerly known as The Ohio College
of Podiatric Medicine) 1991 - 1995
6000 Rockside Woods Blvd., Independence OH 44131

Residency

| | |
|--------------------------------------------------------------------------|-------------|
| Podiatric Orthopedic Residency Denver Veterans Affairs Medical Center | 1995 – 1996 |
|--------------------------------------------------------------------------|-------------|

| | | |
|------------------------------------|----------------------------------------------------------------------------------------------------|----------------|
| | Podiatric Surgical Residency Denver Veterans Affairs Medical Center | 1996 - 1997 |
| <i>Fellowship</i> | Diabetic Foot Surgery/Research Fellowship Denver Veterans Affairs Medical Center | 1997- 1998 |
| <i>Board Certification</i> | American Board of Foot & Ankle Surgery | 2005 - Present |
| <i>State Licensure</i> | State of Colorado # 496 | 1996 - Present |
| | Continuing Medical Education as per CO State | |
| <i>Committees</i> | | |
| <i>National and Local</i> | Operating Room Committee, University of Colorado Hospital | 2001 - 2010 |
| | Colorado Podiatric Medical Association Board of Directors | 2004 – 2006 |
| | Appeals Panel Committee / Anthem-Blue Cross and Blue Shield and HMO Colorado | 2004 - 2010 |
| | UC Denver, Conflict of Interest and Commitment Committee | 2011 - 2012 |
| | UPI CREDENTIALING COMMITTEE | 2011- 2017 |
| Expert Case Review | Elite Medical Experts -Medical legal case review and Expert Testimony | 2015 - Present |
| <i>Community Activities</i> | 9 Health Fair-foot and ankle screening and special focus on the diabetic foot-Aurora and Denver | 2001 - Present |
| | Shoes and Socks for the Homeless | 2004 - Present |
| | Summer Health Institute mentor for Job Shadowing | 2004 |
| | Women’s Integrated Services in Health, Volunteer | 2007 |

Regional Invited Lectures:

35th Annual Internal Medicine Program, Estes Park, CO (Guest Lecturer) 1999
Topic: Podiatry / Primary Care

24th National Primary Care Nurse Practitioner Symposium, Keystone, CO 1999
Topic: Diabetic Foot

Johnson & Johnson Wound Management -(Guest Lecturer) 2004
Use of Regranex Gel in Diabetic Wounds

Visiting Professor

Division of General Internal Medicine, University of Colorado Hospital. 2006
Topic: Challenges in the Diabetic Foot

Grand Rounds

General Internal Medicine-University of Colorado/School of Medicine 2013 - 2017
Primary Foot Care and Foot and Leg Trauma

Vascular Conference

Diagnosis and Treatment of Diabetic Charcot Arthropathy 2014 - 2017

Teaching

UCH Inpatient Duties: Inpatient resident and fellow teaching 1999 - 2017

Clinical: Rheumatology Fellow Podiatry Rotation 2001 - 2017

Internal Medicine Resident Rotation 2004 - 2017

Operative Room: Anesthesia Residents 1999 - 2017

Certified Nurse Practitioners 1999 - 2017

Course Development: Internal Medicine-Resident Goals and Objectives 2006 - 2017
as it applies to foot and ankle evaluation

Ongoing Clinical and Operative Room Research Projects

Tendo Achilles Lengthening and its role in Forefoot Surgery

Prevent forefoot Lesions in Diabetics

Use in common foot procedures to increase the short term and long term success of forefoot procedures

Review of Soft Tissue tumors/masses in the foot

Case studies, with use of histology slides

Plantar Fascitis-Review-Case Study-Fracture

Case study and review of rare occurrence

Ankle Equinus

Long term data collection to show the influence of ankle equinus on the lower extremity, how it prevents the successful treatment of common foot and ankle pathology when the ankle equinus is not addressed.

Bleomycin Treatments of Plantar Verruca

Long term use to show its efficacy when compared to all the other current available treatments.

Plan to propose its use in patch form and approach industry for this study and its delivery to the market.

Surgical Procedure Upgrades

Hallux Rigidus Osteotomy

Keller Arthroplasty Modification

Keller Arthroplasty and the use of biologic products-case study

Case Studies

Jobs Syndrome Presentation in the Foot and Ankle.

Levaquin induced Achilles tendon rupture.

Singulair and its adverse effects on foot surgery.

Polypropylene mesh use in complete Achilles tendon rupture.

Gout vs. Hallux Rigidus.

Primary Closure of Chronic Wounds

Plastic techniques, undermining of subcutaneous tissue to advance and close chronic wounds, decrease the use of grafting for foot and ankle larger and chronic wounds.

Efficacy of Custom Polypropylene-Rigid Orthotics

Long term data collection that tracks the use, compliance and symptom relief for lower extremity pathology, both for short term and long term.

1st MTPJ Cutout with Polypropylene Custom Orthotics

Compare cutout vs. the neutral forefoot posting type orthotics.

Use of Rocker Bottom Correction with Diabetic Shoe

Premise for the diabetic patient and the increased tightness of the Achilles tendon. Such pathology creates forefoot pressure lesions, breakdown in the midfoot architecture of the foot and encourages Charcot foot along with its destructive properties, chronic ulcerations and amputation. Long term prevention of such pathology when the rocker bottom is incorporated.

