

CURRICULUM VITAE
JONAS R. RUDZKI, M.D.

PERSONAL INFORMATION:

Place of Birth: Washington, D.C.

ADDRESS AND TELEPHONE NUMBER:

Work: Washington Orthopaedics & Sports Medicine
2021 K St., N.W. Ste 516 5454 Wisconsin Ave., Ste 1000 5215 Loughboro Rd, Ste 200
Washington, DC 20006 Chevy Chase, MD 20815 Washington, DC 20016
(202) 466-5151 (301) 657-1996 (202) 787-5601

Email: jrrudzki@gmail.com

EDUCATION:

Undergraduate: 1995 – B.A., Anthropology
Vanderbilt University

Graduate: 1996 – M.Sc., Physiology
Georgetown University

2000 – M.D., *With Distinction*
The George Washington University School of Medicine

Postgraduate: 2000-2001, Orthopaedic Surgery / General Surgery Internship
Barnes-Jewish Hospital
Washington University School of Medicine, St. Louis, Missouri

2001-2005, Orthopaedic Surgery Residency
Barnes-Jewish Hospital
Washington University School of Medicine, St. Louis, Missouri

2005-2006, Sports Medicine & Shoulder Fellowship
Hospital for Special Surgery
Weill Medical College of Cornell University & New York-Presbyterian Hospital
New York, New York

MEDICAL LICENSURE: Washington, D.C.
Maryland
Virginia
New York*

CERTIFICATION:

2008 Diplomate, American Board of Orthopaedic Surgery

2016 Sports Medicine, Certificate of Added Qualification, American Board of Orthopaedic Surgery

2018 Recertification, Orthopaedic Surgery, American Board of Orthopaedic Surgery

ACADEMIC APPOINTMENT:

- 2008 – Clinical Assistant Professor, Department of Orthopedic Surgery
2014 The George Washington University School of Medicine
- 2006 - Clinical Instructor, Department of Orthopaedic Surgery
2008 The George Washington University School of Medicine

AWARDS AND HONORS:

- 2021- Present Top Doctor, Northern Virginia Magazine *Chantilly, VA*
- 2019 - Present Top Doctor, Bethesda Magazine *Bethesda, MD*
- 2010 - Present Top Doctor, Orthopaedic Surgery & Sports Medicine
Washingtonian Magazine *Washington, DC*
- 2012 - Present U.S. News & World Report / Castle Connolly Top Doctor *Washington, DC*
- 2011 Leadership Fellows Program
American Academy of Orthopaedic Surgeons *Rosemont, IL*
- 2010 Educator of the Year, Dept. of Orthopaedic Surgery
The George Washington University School of Medicine *Washington, DC*
- 2007 E.O.A. Founder’s Award for Research – Co-author
Eastern Orthopaedic Association *Victoria, BC*
- 2006 Charles S. Neer Award Nominee – Lead author
American Shoulder & Elbow Surgeons *Rosemont, IL*
- 2005 Synthes Resident Education Scholarship Grant
Mid-America Orthopaedic Association *Amelia Island, FL*
- 2004 AOA-OREF-Zimmer Resident Leadership Forum Delegate
American Orthopaedic Association *Boston, MA*
- 2003 Resident Education Scholarship
Arthroscopy Association of North America *Rosemont, IL*
- 2001 Caring Spirit Award
Barnes-Jewish Hospital at Washington University in St. Louis *St. Louis, MO*
- 2000 Julius S. Neviasser Award in Orthopaedic Surgery
The George Washington University School of Medicine *Washington, DC*
- 1999 Alpha Omega Alpha Medical Honor Society
The George Washington University School of Medicine *Washington, DC*

AWARDS AND HONORS (cont'd):

| | | |
|------|--|-------------------|
| 1997 | William Beaumont Medical Research Honor Society The George Washington University School of Medicine | Washington, DC |
| 1992 | Bronze Medal of Valor Dept. of Fire and Rescue Services | Montgomery Co, MD |
| 1991 | Congratulatory Resolution Maryland State House of Delegates | Annapolis, MD |
| 1991 | Firefighter of the Year Chief's Committee on Volunteer Fire & Rescue Services | Montgomery Co, MD |

PROFESSIONAL SOCIETY AFFILIATIONS:

American Shoulder & Elbow Surgeons – *Patient-Centered Initiatives Committee (Co-Chair)*
Mentorship Program
Membership Committee (2019-2021)

American Academy of Orthopaedic Surgeons – Fellow, *Leadership Fellows Program*

American Orthopaedic Association – *Emerging Leaders Program*

American Orthopaedic Society for Sports Medicine – *Enduring Education Committee*

Arthroscopy Association of North America

International Society of Arthroscopy, Knee, & Orthopaedic Surgery

Alpha Omega Alpha Medical Honor Society

William Osler Medical Society

Washington Orthopaedic Society – *Past President*

Washington Clinico-Pathological Society – *Secretary*

PEER-REVIEWED PUBLICATIONS:

1. Selby DM, Rudzki JR, Bayever ES, Chandra RS. Vasculopathy of small muscular arteries in pediatric patients after bone marrow transplantation. *Human Pathology* 1999; 30(7): 734-740.
2. Rudzki JR, Matava MJ, Paletta GP, Jr. Complications of treatment of acromioclavicular and sternoclavicular joint injuries. *Clinics in Sports Medicine* 2003; 22: 387-405.
3. Dobbs MB, Rudzki JR, Purcell DB, Gurnett CA, Porter KR, Walton T: Factors predictive of outcome using the Ponseti method for the treatment of idiopathic clubfeet. *Journal of Bone & Joint Surgery* 2004; 86-A:22-26.
4. Rinella A, Bridwell KH, Kim Y, Rudzki JR, Edwards CA, Roh M, Berra A, Lenke LG: Late complications of Adult Idiopathic Scoliosis primary fusions to L4 and above – The effect of age and distal fusion level. *Spine* 2004; 29(3): 318-25.

PEER-REVIEWED PUBLICATIONS (Cont'd):

5. Ricci WM, Rudzki JR, Borrelli J, Jr. Treatment of axially unstable proximal tibia fractures with a lateral fixed angle plate. *Journal of Orthopaedic Trauma* 2004; 18(8): 521-527.
6. Rudzki JR, Paletta GP, Jr. Juvenile and adolescent elbow injuries in sports. *Clinics in Sports Medicine* 2004; 23(4): 581-608.
7. Rudzki JR, Lenke LG, Blanke K, Riew KD. Pseudarthrosis of a Thirty-nine-Year-Old Dens Fracture Causing Myelopathy. A Case Report. *Journal of Bone & Joint Surgery* 2004; 86-A: 2509-2513.
8. Purcell DB, Rudzki JR, Wright RW. Bioabsorbable interference screw options in arthroscopic surgery of the knee. *Operative Techniques in Sports Medicine* 2004;12(3):180-187.
9. Rudzki JR, Purcell DB, Wright RW. Suture anchor options for glenoid labral repair and reconstruction. *Operative Techniques in Sports Medicine* 2004;12(4): 225-231.
10. Johnson JE, Rudzki JR, Janisse E, Janisse DJ, Valdez RR, Hanel DP, Gould JS. Hindfoot containment orthosis for management of bone and soft-tissue defects of the heel. *Foot & Ankle Intl* 2005;26(3):198-203.
11. Matava MJ, Purcell DB, Rudzki JR. Current Concepts Review: Partial Thickness Rotator Cuff Tears. *American Journal of Sports Medicine* 2005;33(9):1405-17.
12. Goldfarb CA, Rudzki JR, Hughes M, Borrelli, J, Jr. Long-term functional outcomes of intra-articular distal radius fractures in young adults. *Journal of Hand Surgery* 2006;31A:633-39.
13. Patillo D, Rudzki JR, Johnson JE, Matava, MJ, Wright RW. Lisfranc injury in a National Hockey League player: Case Report. *International Journal of Sports Medicine* 2007; 28(11):980-4.
14. Voos JE, Rudzki JR, Shindle MK, Martin H, Kelly BT. Arthroscopic anatomy and surgical techniques for peritrochanteric space disorders in the hip. *Arthroscopy* 2007; 23(11):1246.e1-5.
15. Heyworth BE, Shindle MK, Voos JE, Rudzki JR, Kelly BT. Radiologic and intraoperative findings in revision hip arthroscopy. *Arthroscopy* 2007;23(12):1295-302.
16. Gulotta LV, Rudzki JR, Kovacevic D, Warren RF, Chen CT, Williams RJ. Osteochondral autologous transplantation surgery (OATS) in lapin models. *Osteoarthritis and Cartilage* 2007; 15.
17. Rudzki JR, Kadrmaz WR, Warren RF, Lyman S, Adler RS, Pearle AD, Verma N, Fealy S. Contrast-enhanced ultrasound of the vascularity of the rotator cuff. *Journal of Shoulder & Elbow Surgery* 2008;17(1):S96-S100.
18. Adler RS, Fealy S, Rudzki JR, Kadrmaz W, Verma NN, Pearle A, Lyman S, Warren RF. Rotator cuff in asymptomatic volunteers: contrast-enhanced US depiction of intratendinous and peritendinous vascularity. *Radiology* 2008;248(3):954-61.

PEER-REVIEWED PUBLICATIONS (Cont'd):

19. Rudzki JR, Shaffer BS. New Approaches to Diagnosis & Treatment of Partial-Thickness Rotator Cuff Tears. *Clinics in Sports Medicine* 2008;27(4):691-717.
20. Gulotta LV, Rudzki JR, Kovacevic D, Warren RF, Chen CT, Williams RJ. Chondrocyte death and cartilage degradation after autologous osteochondral transplantation surgery in a rabbit model. *American Journal of Sports Medicine* 2009;37:134-33.
21. Drakos M, Rudzki JR, Allen AA, Potter HG, Altchek DW. Internal Impingement of the Shoulder in the Overhead Athlete. *Journal of Bone & Joint Surgery* 2009;91:2719-2728.
22. Drakos MC, Barker JU, Osbahr DC, Lehto S, Rudzki JR, Potter H, Coleman SH, Allen AA, Altchek DW, Effective Glenoid Version in Professional Baseball Players. *American Journal of Orthopedics* 2010; 39:340-344.

ABSTRACTS AND ACADEMIC PRESENTATIONS:

- Selby DM, Rudzki JR, Bayever ES, Chandra RS. Vasculopathy of small muscular arteries in pediatric patients after bone marrow transplantation. **Interim Meeting of Society for Pediatric Pathology** September 26, 1997. Minneapolis, MN.
- Moss DA, Wittig JC, Bickels J, Rudzki JR, Henshaw RM, Malawer MM. Minimally invasive burr-down technique vs. en bloc resection for treatment of osteoid osteoma. **68th Annual Meeting of the American Academy of Orthopaedic Surgeons** (Poster) February 28 – March 4, 2001. San Francisco, CA.
- Ricci WM, Rudzki JR, Borrelli J. Treatment of axially unstable proximal tibia fractures with a lateral fixed angle plate. **17th Annual Meeting of the Orthopaedic Trauma Association** (Poster) October 18 – 20, 2001. San Diego, CA.
- Galatz LM, Brodt M, Carlisle JC, Rudzki JR, Silva MJ, Yamaguchi K. The effect of subluxation on joint contact area of the elbow. **48th Annual Meeting of the Orthopaedic Research Society** (Poster) February 10 – 13, 2002. Dallas, TX.
- Ricci WM, Rudzki JR *, Borrelli J. Treatment of axially unstable proximal tibia fractures with a lateral fixed angle plate. **17th Annual Smith & Nephew Residents' Conference** August 9 – 10, 2002. Memphis, TN.
- Rinella A, Bridwell KH, Kim Y, Rudzki JR, Edwards CA, Lenke LG. Late complications of Adult Idiopathic Scoliosis primary fusions to L4 and above – Effect of age & distal fusion level. **37th Annual Meeting of the Scoliosis Research Society** Sept 19 – 21, 2002. Seattle, WA.
- Matava MJ, Rudzki JR, Wright RW. Treatment of Anterior Cruciate Ligament Tears in the National Hockey League. A Survey of the NHL Team Physicians' Society. **Annual Meeting of the NHL Team Physicians Society** February 1-2, 2003. Ft. Lauderdale, FL.

ABSTRACTS AND ACADEMIC PRESENTATIONS (Cont'd):

- Rudzki JR *, Goldfarb CA, Hughes M, Ricci WM, Borrelli J. Long-term functional results of distal radius fractures in young adults. **20th Annual Meeting of the Orthopaedic Trauma Association – Highlight Paper Award** October 8-10, 2004. Ft Lauderdale, FL.
- Goldfarb CA, Rudzki JR *, Hughes M, Ricci WM, Borrelli J. Long-term functional results of distal radius fractures in young adults. **72nd Annual Meeting of the American Academy of Orthopaedic Surgeons** February 23-27, 2005. Washington, DC.
- Rudzki JR *, Galatz LM, Silva MJ, Brodt M, Silva MJ, Yamaguchi K. The effect of subluxation on joint contact area of the elbow. **23rd Annual Meeting of the Mid-America Orthopaedic Association** April 20 – 24, 2005. Amelia Island, FL.
- Rudzki JR *, Nunley RM, Dobbs MB. The Ponseti method for treatment of clubfoot associated with myelodysplasia. **23rd Annual Meeting of the Mid-America Orthopaedic Association** April 20 – 24, 2005. Amelia Island, FL.
- Goldfarb CA, Rudzki JR, Hughes M, Ricci WM, Borrelli J. Long-term functional results of distal radius fractures in young adults. **Annual Meeting of the American Society for Surgery of the Hand** September 22-24, 2005. San Antonio, TX.
- Rudzki JR *, Kadrmas WR, Lyman S, Adler RS, Pearle AD, Verma N, Fealy S. Contrast-enhanced ultrasound of the vascularity of the rotator cuff. **West Point Day - Northeast Sports Medicine Fellows Conference**. May 12, 2006. West Point, NY.
- Rudzki JR *, Kadrmas WR, Lyman S, Adler RS, Pearle AD, Verma N, Fealy S. Contrast-enhanced ultrasound of the vascularity of the rotator cuff. **74th Annual Meeting of the American Academy of Orthopaedic Surgeons** February, 14 – 18 2007. San Diego, CA.
- Heyworth B, Rudzki JR, Kelly BT. Revision Hip Arthroscopy. **74th Annual Meeting of the American Academy of Orthopaedic Surgeons** (Poster) February, 14 – 18 2007. San Diego, CA.
- Rudzki JR *, Kadrmas WR, Lyman S, Adler RS, Pearle AD, Verma N, Fealy S. Contrast-enhanced ultrasound of the vascularity of the rotator cuff. **Specialty Day – American Shoulder & Elbow Surgeons** February, 17 2007. San Diego, CA. *Nominated for Charles S. Neer Award.*
- Gulotta LV, Rudzki JR, Kovacevic D, Warren RF, Chen CT, Williams RJ. The role of apoptosis in a rabbit model of osteochondral autograft transplantation. Eastern Orthopaedic Association. **OREF NYC Resident Research Symposium**, Columbia University, NY, NY. May 25, 2007. *First-place podium presentation.*
- Gulotta LV, Rudzki JR, Kovacevic D, Warren RF, Chen CT, Williams RJ. The role of apoptosis in a rabbit model of osteochondral autograft transplantation. **Eastern Orthopaedic Association**. Victoria, BC, Aug 1-4, 2007. *Winner of Founder's Award.*

ABSTRACTS AND ACADEMIC PRESENTATIONS (Cont'd):

- Gulotta LV, Rudzki JR, Kovacevic D, Warren RF, Chen CT, Williams RJ. The role of apoptosis in a rabbit model of osteochondral autograft transplantation. **International Cartilage Restoration Society**. Warsaw, Poland. Sept 29 – Oct 2, 2007.
- Gulotta LV, Rudzki JR, Kovacevic D, Warren RF, Chen CT, Williams RJ. The role of apoptosis in a rabbit model of osteochondral autograft transplantation. **75th Annual Meeting of the American Academy of Orthopaedic Surgeons**. San Francisco, CA March 5 – 9, 2008.
- Gulotta LV, Rudzki JR, Kovacevic D, Warren RF, Chen CT, Williams RJ. The role of apoptosis in a rabbit model of osteochondral autograft transplantation. **Annual Meeting of the Arthroscopy Association of North America** (Poster). Washington, DC April 23 – 27, 2008.
- Drakos M, Allen A, Potter H, Rudzki J, Altchek D. Effective glenoid version in major league baseball players. **76th Annual Meeting of the American Academy of Orthopaedic Surgeons**. Las Vegas, NV, 2009.
- **Instructional Course Lecture 303: AC Joint & Clavicle Fracture Controversies**. *2013 AOSSM Annual Meeting*. Chicago, IL; July 13th, 2013.
- **Instructional Course Lecture 105: Arthroscopic Fracture Fixation – Fractures about the Shoulder**. *35th AANA Annual Meeting*. Boston, MA; April 14th, 2016.
- Rudzki JR, McKee MD, Matava MJ, Gamradt S. **Instructional Course Lecture: Clavicle Trauma – From Midshaft Fractures in Contact Athletes to Distal Clavicle Fractures and Acromioclavicular Joint Injuries**. *84th Annual Meeting of the American Academy of Orthopaedic Surgeons*. San Diego, CA; March 14th-18th, 2017.
- Rudzki JR, McKee MD, Matava MJ, Gamradt S. **Instructional Course Lecture: Clavicle Trauma – From Midshaft Fractures in Contact Athletes to Distal Clavicle Fractures and Acromioclavicular Joint Injuries**. *85th Annual Meeting of the American Academy of Orthopaedic Surgeons*. New Orleans, LA; March, 2018.
- Rudzki JR, McKee MD, Matava MJ, Gamradt S. **Instructional Course Lecture: Clavicle Trauma – From Midshaft Fractures in Contact Athletes to Distal Clavicle Fractures and Acromioclavicular Joint Injuries**. *85th Annual Meeting of the American Academy of Orthopaedic Surgeons*. Las Vegas, NV; March, 2019.
- Sanchez-Sotelo J, Gulotta L, Rudzki JR. **Instructional Course Lecture 303: Proximal Humerus Fractures – Innovative Treatments for Proximal Humerus Fractures and Their Sequellae in 2020**. *Annual Meeting of the American Shoulder & Elbow Surgeons*. New York, NY (Virtual); October, 2020.
- Grand Rounds: **The Latarjet Procedure & Complex Shoulder Instability in 2021**. Department of Orthopaedic Surgery, The George Washington University School of Medicine. April 22, 2021

* Denotes presenter.

INVITED LECTURES / COURSE FACULTY PRESENTATIONS:

- **Current Concepts in Hemiarthroplasty for Proximal Humerus Fractures.** *Orthopaedic Trauma: Concepts to Controversies.* Snowmass, CO; February 16, 2008.
- **Total Shoulder Arthroplasty & Hemiarthroplasty: Indications, Technique, & Results.** *27th Annual Cherry Blossom Festival.* Falls Church, VA; April 5, 2008.
- **Current Concepts in Meniscal Transplantation.** *27th Annual Cherry Blossom Festival.* Falls Church, VA; April 5, 2008.
- **Rotator Cuff Treatment Symposium: The role of vascularity and contrast-enhanced ultrasound in Rotator Cuff Disease.** X Congreso Internacional de Artroscopia y Medicina del Deporte – *10th International Congress of the Argentinian Arthroscopy Association.* Buenos Aires, Argentina; May 8, 2008.
- **Articular Cartilage Lesion Symposium: Chondrocyte apoptosis and cartilage degeneration after osteochondral allograft transplantation in a rabbit model.** X Congreso Internacional de Artroscopia y Medicina del Deporte – *10th International Congress of the Argentinian Arthroscopy Association.* Buenos Aires, Argentina; May 9, 2008.
- **Acromio-clavicular Joint & Distal Clavicle Injuries in Hockey: Current Concepts & Future Directions.** *AOSSM/NHL Meeting - The Puck Stops Here.* Chicago, IL; August 22, 2008.
- **Knee Ligament Injuries in Hockey.** *AOSSM/NHL Meeting - The Puck Stops Here.* Chicago, IL; August 23, 2008.
- **Associate Master Instructor.** Arthroscopy Association of North America, Orthopaedic Learning Center. *Shoulder Arthroscopy Course.* Chicago, IL; October 10-12, 2008.
- **Examination of The Thrower's Elbow.** *Sports Medicine & Baseball Meeting.* Washington, DC; January 10, 2009.
- **Emerging Concepts in Treatment of AC Joint Injury** *28th Annual Cherry Blossom Festival.* Falls Church, VA; April 5, 2009.
- **Current Concepts in Shoulder Arthroplasty** *28th Annual Cherry Blossom Festival.* Falls Church, VA; April 5, 2009.
- **The Role of Vascularity in Rotator Cuff Disease & Repair** *Washington DC Chapter, American Physical Therapy Association.* Washington, DC; April 30, 2009.
- **Labral Pathology in Throwing Athletes** *Arthrex Surgical Skills Training Course: Surgical Management of Upper Extremity Injuries in Pitchers.* Scottsdale, AZ; May 15, 2010.
- **Ulnar Neuritis in Throwing Athletes** *Arthrex Surgical Skills Training Course: Surgical Management of Upper Extremity Injuries in Pitchers.* Scottsdale, AZ; May 15, 2010.
- **Treatment of Primary Anterior Shoulder Instability** *Arthrex Surgical Skills Training Course: Management of Complex Problems in Shoulder Instability.* Naples, FL; July 10, 2010.

INVITED LECTURES / COURSE FACULTY PRESENTATIONS (cont'd):

- **Current Treatment of Rotator Cuff Disease** *Sibley Memorial Hospital*. Washington, DC; October 13, 2010.
- **Old Injury, New Treatment: Arthroscopic Techniques in Treating AC Joint Injury** *30th Annual Cherry Blossom Seminar*. Rosslyn, VA; April 1st, 2011.
- **Surgical Approaches to the Articular-Sided Partial-Thickness Rotator Cuff Tear** *30th Annual Cherry Blossom Seminar*. Rosslyn, VA; April 1st, 2011.
- **Management of AC Joint Injury** *31st Annual Cherry Blossom Seminar*. Rosslyn, VA; April 4th, 2012.
- **Arthroscopic Tibial Inlay Posterior Cruciate Ligament Reconstruction - Arthrex** *Master's Knee Course*. Los Angeles, CA ; May 12th, 2012.
- **Unicondylar Knee Arthroplasty Design & Technique - Arthrex** *Master's Knee Course*. Los Angeles, CA ; May 12th, 2012.
- **Injuries about the Clavicle in Ice Hockey** *Keep Your Edge: Hockey Sports Medicine – AOSSM & NHL Team Physician's Society*. Toronto, CN ; August 24th, 2012.
- **Surgical Management of Proximal Humerus Fractures** *Georgetown University Shoulder Conference*. Washington, DC; January 23rd, 2013.
- **Instructional Course Lecture SK11 – Shoulder Arthroplasty** Lab Instructor *80th Annual Meeting of the America Academy of Orthopaedic Surgeons*. Chicago, IL ; March 22nd, 2013.
- **Evolving Treatments of the Unstable AC Joint** *32nd Annual Cherry Blossom Seminar*. Rosslyn, VA; April 6th, 2013.
- **Evaluation & Current Treatment of Proximal Humerus Fractures** *32nd Annual Cherry Blossom Seminar*. Rosslyn, VA; April 6th, 2013.
- **Visiting Professor Grand Rounds - ACL Reconstruction: Role of the Hamstring Autografts & the Antero-Medial Portal**. *Galway, Ireland*; May 25th, 2013.
- **Visiting Professor Grand Rounds - Proximal Humerus Fracture Care & Controversy**. *Galway University Hospital, Ireland*; May 25th, 2013.
- **Arthroscopic Tibial Inlay Posterior Cruciate Ligament Reconstruction - Arthrex**. *Master's Knee Course*. New York, NY; August 17th, 2013.
- **Unicondylar Knee Arthroplasty Design & Technique - Arthrex**. *Master's Knee Course*. New York, NY; August 17th, 2013.
- **Meniscal Repair & Meniscal Allograft Transportation - Arthrex**. *Master's Knee Course*. New York, NY; Oct 19th, 2013.

INVITED LECTURES / COURSE FACULTY PRESENTATIONS (cont'd):

- **Advances in Arthroscopic Posterior Cruciate Ligament Reconstruction & Treatment of Multi-Ligament Injuries about the Knee - Arthrex.** *Master's Knee Course.* Vail, CO; March 3rd, 2014.
- **Medial Patellofemoral Ligament Reconstruction - Arthrex.** *Master's Knee Course.* Vail, CO; March 3rd, 2014.
- **Shoulder Arthroscopy in Beach Chair vs Lateral Position: Point- Counterpoint.** *2nd Annual Walter Reed Military Sports Medicine Symposium/ 33rd Annual Cherry Blossom Seminar.* Rosslyn, VA; April 4th, 2014.
- **Surgical Treatment of Proximal Humerus Fractures- Open Reduction Internal Fixation.** *2nd Annual Walter Reed Military Sports Medicine Symposium/ 33rd Annual Cherry Blossom Seminar.* Rosslyn, VA; April 4th, 2014.
- **Point-Counterpoint: Management of Unstable AC Joint Injuries** *2nd Annual Walter Reed Military Sports Medicine Symposium/ 33rd Annual Cherry Blossom Seminar.* Rosslyn, VA; April 4th, 2014.
- **Annual Arthrex Sports Medicine Fellows Forum Faculty Instructor.** Naples, FL; June 5th & 6th, 2014.
- **Arthroscopic Treatment of Primary Shoulder Instability - 2015 Sports Science Summit.** London, England; January 14th, 2015.
- **Re-operation Rates & Outcomes after Operative Treatment of Displaced Clavicle Fractures - New Horizons in Sports Medicine Conference.** Sydney, Australia; May 11th - 13th, 2017.
- **How do I think of ACL Surgery: Now vs 10 Yrs Ago – INOVA Sports Medicine Symposium.** Fairfax, VA; June 21st, 2019.
- **Stryker Annual National Sales Meeting – Meniscal Repair Techniques: All-Inside & Inside-Out.** Scottsdale, AZ; January, 2018.
- **Stryker Advancing Knee Arthroscopy Web Series – Approaches to complex meniscal pathology: From repair to transplant.** *Virtual;* July 1, 2020.
- **Stryker Advancing Knee Arthroscopy Web Series – The 3 evolving R's of the meniscus: Root, Ramp and Radial.** *Virtual;* July 29, 2020.
- **Stryker Advancing Shoulder Arthroscopy Web Series – Instability of the shoulder: Evolving concepts and controversies.** *Virtual;* August 12, 2020.
- **Stryker Virtual Education on Surgical Techniques Course – Deep Dive into the Knee: Techniques for Meniscal Root Repair, Cartilage Repair & Restoration.** *Virtual;* September 19th, 2020.
- **Stryker Webinar Series – Anatomic Techniques for the Cruciate Ligaments in the Knee.** July 28, 2021.
- **Stryker Continuum of Care – Advanced Rotator Cuff Care Course.** Chicago, IL; September 17-18, 2021.

INVITED LECTURES / COURSE FACULTY PRESENTATIONS (cont'd):

- **Stryker Shoulder Lab Interactive – Instability through Rotator Cuff to Arthroplasty.** Bethesda, MD; October 16, 2021.
- **Stryker Continuum of Care – Advanced Rotator Cuff Care Course.** Ft. Lauderdale, FL; November 12-13, 2021.

BOOK CHAPTERS:

Rudzki JR, Borrelli J, Jr. Orthopaedic Injuries. In Klingensmith M, Amos K, Green D, Halpin V, Hunt S.(eds) **The Washington Manual of Surgery** (4th ed). Philadelphia: Lippincott, Williams & Wilkins, 2005, pp. 649-663.

Cordasco FA, Rudzki JR. Treatment of isolated greater tuberosity fractures. In Dines DM, Lorch DG, Helfet DL. **Solutions for Complex Upper Extremity Trauma.** New York, NY: Thieme Medical Publishers, 2008.

Rudzki JR, Altchek DW. Arthroscopic and open treatment of Bankart lesions. In Andrews JR(ed). **The Athletes Shoulder** (2nd ed). New York, NY: Churchill Livingstone, 2008.

Rudzki JR, Shaffer BS. Avoiding and managing complications in Meniscal Allograft Transplantation. In Halbrecht J(ed). **Complications in Knee and Shoulder Surgery: Management & Treatment Options.** New York, NY: Springer, 2009.

Shaffer BS, Rudzki JR, Birmingham P. Arthroscopic treatment of Anterior Shoulder Instability. In Barber (ed). **Operative Arthroscopy** Philadelphia, PA: Lippincott Williams Wilkins, 2012.

Doppelt J, Rudzki JR. Pediatric Shoulder & Elbow Disorders in the Overhead Athlete. In Dines DM, ElAttrache NS, Yocum LA, Altchek DW, Andrews JR, & Wilk KE (eds.) **Sports Medicine of Baseball.** Philadelphia, PA: Lippincott Williams Wilkins, 2012.

Rudzki JR, Shaffer BS. Arthroscopic treatment of biceps tendonopathy. In Miller MD(ed). **Operative Techniques in Orthopaedic Surgery.** Philadelphia, PA: Lippincott Williams Wilkins, 2015.

McKee MD, Rudzki JR, Matava MJ, Gamradt S. Clavicle Trauma – From Midshaft Fractures in Contact Athletes to Distal Clavicle Fractures and Acromioclavicular Joint Injuries. In Huddleston III, JI & Lieberman, JR (eds). **Instructional Course Lectures;** 68 ed., Ch. 4; 2019.

Rudzki JR. Physical Examination of the Elbow in American Academy of Orthopaedic Surgeons Orthopaedic Resident Education Curriculum. (*In Progress*).

Swansen T, Rudzki JR. Medial Ulnar Collateral Ligament Reconstruction – Modified Jobe Technique. (*In Progress*)

RESEARCH PROJECTS & MANUSCRIPTS IN PROGRESS:

Clavicle Fracture Outcomes: The Incidence of Complications and Re-operation

Varus Posteromedial Proximal Humerus Fractures

RESEARCH PROJECTS & MANUSCRIPTS IN PROGRESS (cont'd):

Osseous Bankart Injuries in Patients over 65 Years of Age
Role of Arthroscopic Management of Distal Clavicular Fractures
Return to Play Protocols in Ice Hockey: Player Perceptions & Reinjury Rates

ORTHOPAEDIC JOURNAL CONSULTANT REVIEWER:

Journal of Bone & Joint Surgery - American
American Journal of Sports Medicine
Journal of Knee Surgery
Journal of Shoulder & Elbow Surgery
Clinical Orthopaedics & Related Research

EDITORIAL BOARD MEMBER: *Orthopaedic Journal of Sports Medicine*

ORTHOPAEDIC CONSULTANT: Stryker

PROFESSIONAL TEAM & SPORTING EVENT COVERAGE:

| | |
|---|---|
| Associate Team Physician Washington Capitals Hockey Club 2007 – 2014; 2016-2017 Washington, DC | Associate Team Physician Washington Wizards Basketball Club 2012– 2014 Washington, DC |
| Assistant Team Physician New York Mets Baseball Club August 2005 – July 2006 | Associate Team Physician Washington Nationals Baseball Club September 2006 – October 2008 |
| Associate Team Physician Washington Mystics Basketball Club 2007 – 2008 | Head Team Physician Washington Mystics Basketball Club 2008 – 2014 |
| Medical Staff 2009 NCAA Frozen Four Ice Hockey Championship Washington, DC | Orthopaedic Consultant 2007 WNBA All-Star Game Washington, DC |
| Associate Physician 2010 Constellation Energy PGA Senior Players Championship Potomac, MD | Consultant Physician/Medical Runner 2011 Cherry Blossom 10-Miler Washington, DC |
| Consultant Orthopaedic Surgeon 2012 Kellogg Gymnastics Champions Tour Washington, DC | |

ADDITIONAL ACTIVITIES & EXPERIENCE:

| | | |
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| 2021 - Present | Stryker ASC Advisory Board | <i>Bethesda, MD</i> |
| 2019 - Present | Board Member Bethesda Chevy Chase Surgery Center | <i>Bethesda, MD</i> |

ADDITIONAL ACTIVITIES & EXPERIENCE (cont'd):

| | | |
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| 2018 - 2021 | Membership Committee American Shoulder & Elbow Surgeons | <i>Rosemont, IL</i> |
| 2018 - Present | Mentor American Shoulder & Elbow Surgeons | <i>Rosemont, IL</i> |
| 2016 - 2019 | Regional Advisory Board ProAssurance | <i>Birmingham, AL</i> |
| 2011 - 2015 | Enduring Education Committee American Orthopaedic Society for Sports Medicine | <i>Rosemont, IL</i> |
| 2010 - 2016 | Evaluation Committee American Academy of Orthopaedic Surgeons | <i>Rosemont, IL</i> |
| 2011 - 2017 | Credentials Committee Sibley Memorial Hospital | <i>Washington, DC</i> |
| 2011 - 2015 | Director, Fracture Service Sibley Memorial Hospital | <i>Washington, DC</i> |
| 2011 - 2012 | AAOS Leadership Fellows Program | <i>Rosemont, IL</i> |
| 2011 - Present | Volunteer Surgeon, Catholic Charities | <i>Washington, DC</i> |
| 2012- Present | USA Hockey Certified Level 1-4 Youth Coach | <i>Colorado Springs, CO</i> |
| 2011- 2015 | President, Accelerated Rehab Technologies Corporation | <i>Washington, DC</i> |
| 2011 | US Soccer Federation Certified Level F Youth Coach | <i>Chicago, IL</i> |
| 2010 - 2013 | Board of Councilors American Academy of Orthopaedic Surgeons | <i>Rosemont, IL</i> |
| 2010 - 2011 | Washington Orthopaedic Society, President | <i>Washington, DC</i> |
| 2009 - 2010 | Washington Orthopaedic Society, Vice-President | <i>Washington, DC</i> |
| 2009 - 2014 | Continuing Medical Education Committee Sibley Memorial Hospital | <i>Washington, DC</i> |
| 2009 - 2010 | Technology Committee Arthroscopy Association of North America | <i>Rosemont, IL</i> |
| 2008 - 2009 | Invasive Procedures Committee Sibley Memorial Hospital | <i>Washington, DC</i> |
| 2008 - Present | Orthopaedic Surgery Executive Committee Sibley Memorial Hospital | <i>Washington, DC</i> |

J.R. Rudzki, M.D.

ADDITIONAL ACTIVITIES & EXPERIENCE (cont'd):

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|-----------|---|------------------------|
| 1999 | Operation Smile – Kenya Surgical treatment of children with burn scar and craniofacial deformities | <i>Eldoret, Kenya</i> |
| 1997 | W.T. Gill, Jr. Summer Research Fellow Department of Pathology, Children’s National Medical Center | <i>Washington, DC</i> |
| 1990-2000 | Volunteer Firefighter/Emergency Medical Technician, Cabin John Volunteer Fire Department | <i>W. Bethesda, MD</i> |

LANGUAGES: Conversational Spanish