

**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  
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Email: dr.rudzki@wosm.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  
New York\*

**CERTIFICATION:**

2008 Diplomate, American Board of Orthopaedic Surgery

**ACADEMIC APPOINTMENT:**

2008 – Clinical Assistant Professor, Department of Orthopaedic Surgery  
Present The George Washington University School of Medicine

**ACADEMIC APPOINTMENT (Cont'd):**

2006 - Clinical Instructor, Department of Orthopaedic Surgery  
2008 The George Washington University School of Medicine

**AWARDS AND HONORS:**

2010- Present	Top Doctor, Orthopaedic Surgery & Sports Medicine Washingtonian Magazine	<i>Washington, DC</i>
2012	U.S. News & World Report / Castle Connolly Top Doctor	<i>Washington, DC</i>
2011	Leadership Fellows Program American Academy of Orthopaedic Surgeons	<i>Rosemont, IL</i>
2010	Educator of the Year, Dept. of Orthopaedic Surgery The George Washington University School of Medicine	<i>Washington, DC</i>
2007	E.O.A. Founder's Award for Research – Co-author Eastern Orthopaedic Association	<i>Victoria, BC</i>
2006	Charles S. Neer Award Nominee – Lead author American Shoulder & Elbow Surgeons	<i>Rosemont, IL</i>
2005	Synthes Resident Education Scholarship Grant Mid-America Orthopaedic Association	<i>Amelia Island, FL</i>
2004	AOA-OREF-Zimmer Resident Leadership Forum Delegate American Orthopaedic Association	<i>Boston, MA</i>
2003	Resident Education Scholarship Arthroscopy Association of North America	<i>Rosemont, IL</i>
2001	Caring Spirit Award Barnes-Jewish Hospital at Washington University in St. Louis	<i>St. Louis, MO</i>
2000	Julius S. Neviasser Award in Orthopaedic Surgery The George Washington University School of Medicine	<i>Washington, DC</i>
1999	Alpha Omega Alpha Medical Honor Society The George Washington University School of Medicine	<i>Washington, DC</i>
1997	William Beaumont Medical Research Honor Society The George Washington University School of Medicine	<i>Washington, DC</i>
1992	Bronze Medal of Valor Dept. of Fire and Rescue Services	<i>Montgomery County, MD</i>
1991	Congratulatory Resolution Maryland State House of Delegates	<i>Annapolis, MD</i>

1991 Firefighter of the Year  
Chief's Committee on Volunteer Fire & Rescue Services

J.R. Rudzki, M.D.  
Montgomery County, MD

**PROFESSIONAL SOCIETY AFFILIATIONS:**

American Shoulder & Elbow Surgeons  
American Academy of Orthopaedic Surgeons - Fellow  
American Orthopaedic Association – Emerging Leaders Program  
American Orthopaedic Society for Sports Medicine  
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

**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.
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.

**PEER-REVIEWED PUBLICATIONS (Cont'd):**

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. 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.
17. 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.
18. Rudzki JR, Shaffer BS. New Approaches to Diagnosis & Treatment of Partial-Thickness Rotator Cuff Tears. *Clinics in Sports Medicine* 2008;27(4):691-717.
19. 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.
20. 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.

21. 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. **68<sup>th</sup> 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. **17<sup>th</sup> 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. **48<sup>th</sup> 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. **17<sup>th</sup> 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. **37<sup>th</sup> 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.
- Rudzki JR \*, Goldfarb CA, Hughes M, Ricci WM, Borrelli J. Long-term functional results of distal radius fractures in young adults. **20<sup>th</sup> 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. **72<sup>nd</sup> 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. **23<sup>rd</sup> 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. **23<sup>rd</sup> Annual Meeting of the Mid-America Orthopaedic Association** April 20 – 24, 2005. Amelia Island, FL.

**ABSTRACTS AND ACADEMIC PRESENTATIONS (Cont'd):**

- 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. **74<sup>th</sup> 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. **74<sup>th</sup> 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.*
- 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. **75<sup>th</sup> 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.

**ABSTRACTS AND ACADEMIC PRESENTATIONS (Cont'd):**

- Drakos M, Allen A, Potter H, Rudzki J, Altchek D. Effective glenoid version in major league baseball players. **76<sup>th</sup> Annual Meeting of the American Academy of Orthopaedic Surgeons**. Las Vegas, NV, 2009.

\* 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**. 27<sup>th</sup> Annual Cherry Blossom Festival. Falls Church, VA; April 5, 2008.
- **Current Concepts in Meniscal Transplantation**. 27<sup>th</sup> 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 – 10<sup>th</sup> 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 – 10<sup>th</sup> 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** 28<sup>th</sup> Annual Cherry Blossom Festival. Falls Church, VA; April 5, 2009.
- **Current Concepts in Shoulder Arthroplasty** 28<sup>th</sup> 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.

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

- **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.
- **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** 30<sup>th</sup> Annual Cherry Blossom Seminar. Rosslyn, VA; April 1<sup>st</sup>, 2011.
- **Surgical Approaches to the Articular-Sided Partial-Thickness Rotator Cuff Tear** 30<sup>th</sup> Annual Cherry Blossom Seminar. Rosslyn, VA; April 1<sup>st</sup>, 2011.
- **Management of AC Joint Injury** 31<sup>st</sup> Annual Cherry Blossom Seminar. Rosslyn, VA; April 4<sup>th</sup>, 2012.
- **Arthroscopic Tibial Inlay Posterior Cruciate Ligament Reconstruction - Arthrex** Master's Knee Course. Los Angeles, CA ; May 12<sup>th</sup>, 2012.
- **Unicondylar Knee Arthroplasty Design & Technique - Arthrex** Master's Knee Course. Los Angeles, CA ; May 12<sup>th</sup>, 2012.
- **Injuries about the Clavicle in Ice Hockey** Keep Your Edge: Hockey Sports Medicine – AOSSM & NHL TPS. Toronto, CN ; August 24th, 2012.
- **Surgical Management of Proximal Humerus Fractures** Georgetown University Shoulder Conference. Washington, DC; January 23<sup>rd</sup>, 2013.
- **Instructional Course Lecture SK11 – Shoulder Arthroplasty** Lab Instructor 80<sup>th</sup> Annual Meeting of the America Academy of Orthopaedic Surgeons. Chicago, IL ; March 22nd, 2013.

- **Evolving Treatments of the Unstable AC Joint** 32<sup>nd</sup> Annual Cherry Blossom Seminar. Rosslyn, VA; April 6<sup>th</sup>, 2013.
- **Evaluation & Current Treatment of Proximal Humerus Fractures** 32<sup>nd</sup> Annual Cherry Blossom Seminar. Rosslyn, VA; April 6<sup>th</sup>, 2013.
- **Visiting Professor Grand Rounds- ACL Reconstruction: Role of the Hamstring Autografts & the Antero-Medial Portal.** Galway, Ireland; May 25<sup>th</sup>, 2013.
- **Visiting Professor Grand Rounds- Proximal Humerus Fracture Care & Controversy.** Galway University Hospital, Ireland; May 25<sup>th</sup>, 2013.

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

- **Instructional Course Lecture 303: AC Joint & Clavicle Fracture Controversies.** Chicago, IL; July 13<sup>th</sup>, 2013.
- **Arthroscopic Tibial Inlay Posterior Cruciate Ligament Reconstruction - Arthrex.** Master's Knee Course. New York, NY; August 17<sup>th</sup>, 2013.
- **Unicondylar Knee Arthroplasty Design & Technique - Arthrex.** Master's Knee Course. New York, NY; August 17<sup>th</sup>, 2013.
- **Meniscal Repair & Meniscal Allograft Transportation - Arthrex.** Master's Knee Course. New York, NY; Oct 19<sup>th</sup>, 2013.
- **Advances in Arthroscopic Posterior Cruciate Ligament Reconstruction & Treatment of Multi-Ligament Injuries about the Knee - Arthrex.** Master's Knee Course. Vail, CO; March 3<sup>rd</sup>, 2014.
- **Medial Patellofemoral Ligament Reconstruction - Arthrex.** Master's Knee Course. Vail, CO; March 3<sup>rd</sup>, 2014.
- **Shoulder Arthroscopy in Beach Chair vs Lateral Position: Point- Counterpoint.** 2<sup>nd</sup> Annual Walter Reed Military Sports Medicine Symposium/ 33<sup>rd</sup> Annual Cherry Blossom Seminar. Rosslyn, VA; April 4<sup>th</sup>, 2014.
- **Surgical Treatment of Proximal Humerus Fractures- Open Reduction Internal Fixation.** 2<sup>nd</sup> Annual Walter Reed Military Sports Medicine Symposium/ 33<sup>rd</sup> Annual Cherry Blossom Seminar. Rosslyn, VA; April 4<sup>th</sup>, 2014.
- **Point-Counterpoint: Management of Unstable AC Joint Injuries** 2<sup>nd</sup> Annual Walter Reed Military Sports Medicine Symposium/ 33<sup>rd</sup> Annual Cherry Blossom Seminar. Rosslyn, VA; April 4<sup>th</sup>, 2014.
- **Annual Arthrex Sports Medicine Fellows Forum Faculty Instructor.** Naples, FL; June 5<sup>th</sup> & 6<sup>th</sup>, 2014.

- **Arthroscopic Treatment of Primary Shoulder Instability - 2015 Sports Science Summit.** London, England; January 14<sup>th</sup>, 2015.
- **Advances & Controversy in Surgical Treatment of Clavicle Fractures - 2016 Sports Science Summit.** Dubai, U.A.E.; April 19<sup>th</sup>, 2016.

### **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.

### **BOOK CHAPTERS (cont'd):**

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** (2<sup>nd</sup> 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.

### **RESEARCH PROJECTS & MANUSCRIPTS IN PROGRESS:**

Clavicle Fracture Outcomes: The incidence of complications and re-operation.

Role of arthroscopic management of distal clavicular fractures.

**ORTHOPAEDIC JOURNAL  
CONSULTANT REVIEWER:**

*Journal of Bone & Joint Surgery - American*

*Journal of Shoulder & Elbow Surgery*

*American Journal of Sports Medicine*

*Clinical Orthopaedics & Related Research*

*Journal of Knee Surgery*

**EDITORIAL BOARD MEMBER:**

*Orthopaedic Journal of Sports Medicine*

**ORTHOPAEDIC CONSULTANT:**

Arthrex

**PROFESSIONAL TEAM & SPORTING EVENT COVERAGE:**

Assistant Team Physician  
New York Mets Baseball Club  
August 2005 – July 2006

Associate Team Physician  
Washington Mystics Basketball Team  
2007 – 2008

Associate Team Physician  
Washington Nationals Baseball Club  
September 2006 – October 2008

Head Team Physician  
Washington Mystics Basketball Team  
2008 – 2014

Associate Team Physician  
Washington Capitals Hockey Club  
2007 – 2014  
Washington, DC

Orthopaedic Consultant  
2007 WNBA All-Star Game  
Washington, DC

Medical Staff  
2009 NCAA Frozen Four  
Ice Hockey Championship  
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

Associate Team Physician  
Washington Wizards Basketball Club  
2012– 2014  
Washington, DC

**ADDITIONAL ACTIVITIES & EXPERIENCE:**

2011 - Enduring Education Committee

*Rosemont, IL*

		J.R. Rudzki, M.D.
2015	American Academy of Orthopaedic Surgeons	
2010 - 2016	Evaluation Committee American Academy of Orthopaedic Surgeons	<i>Rosemont, IL</i>
2011 - Present	Credentials Committee Sibley Memorial Hospital	<i>Washington, DC</i>
2011 - Present	Director, Fracture Service Sibley Memorial Hospital	<i>Washington, DC</i>
2011 - 2012	AAOS Leadership Fellows Program	<i>Rosemont, IL</i>
2011 - 2015	Volunteer Surgeon, Catholic Charities	<i>Washington, DC</i>
2012- 2015	USA Hockey Certified Level 2 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>
1999	Operation Smile – Kenya Surgical treatment of children with burn scar and craniofacial deformities	<i>Eldoret, Kenya</i>

J.R. Rudzki, M.D.

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