

CURRICULUM VITAE
JONAS R. RUDZKI, M.D.

PERSONAL INFORMATION:

Place of Birth: Washington, D.C.

ADDRESS AND TELEPHONE NUMBER:

Work: District Orthopaedics, P.C.
5454 Wisconsin Ave., Suite #1000
Chevy Chase, MD 20815
(301) 882-2000

Medical Assistant: RudzkiMA@districtortho.com

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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

2016-2038 Sports Medicine, Certificate of Added Qualification, American Board of Orthopaedic Surgery

2024-2038 Recertification, Orthopaedic Surgery, American Board of Orthopaedic Surgery

ACADEMIC APPOINTMENT:

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

AWARDS AND HONORS:

2022 – Present	ASES Neer Circle American Shoulder and Elbow Surgeons	<i>Schaumburg, IL</i>
2021- Present	Top Doctor, Northern Virginia Magazine	<i>Chantilly, VA</i>
2019 - Present	Top Doctor, Bethesda Magazine	<i>Bethesda, MD</i>
2010 - Present	Top Doctor, Orthopaedic Surgery & Sports Medicine Washingtonian Magazine	<i>Washington, DC</i>
2012 - Present	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>

AWARDS AND HONORS (cont'd):

1999	Alpha Omega Alpha Medical Honor Society The George Washington University School of Medicine	Washington, DC
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, NSEW (2020-2025, Co-Chair '23-'25)
Mentorship Program
Membership Committee (2019-2021 & 2023-2026)

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 – *President, 2022-2023*

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.

PEER-REVIEWED PUBLICATIONS (Cont'd):

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.
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.
23. McKee MD, Rudzki JR, Gamradt S, Matava MJ. Clavicle Trauma: From Acromioclavicular Joint Injuries to Distal Clavicle Fractures & Midshaft Fractures in Contact Athletes. *Instructional Course Lectures* 2019;68:41-52.
24. Parel PM, Bervell J, Agarwal AR, Haft M, Stadecker M, Nelson S, Rudzki JR, McFarland E, Srikumaran U. Reverse Total Shoulder Arthroplasty Within 6 Weeks of Proximal Humerus Fracture is Associated with the Lowest Risk of Revision. *Journal of Shoulder & Elbow Surgery* 2024;33: 2377–2382.

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.

ABSTRACTS AND ACADEMIC PRESENTATIONS (Cont'd):

- 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. **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.
- Byram I, Entezari V, Rudzki JR. **Instructional Course Lecture 182: CT-Based 3-Dimensional Planning, Patient-Specific Instrumentation, and Intraoperative Guidance in Shoulder Arthroplasty: How and When to Utilize the Technology**. *Annual Meeting of the American Academy of Orthopaedic Surgeons*. Las Vegas, NV; March, 2023.

ABSTRACTS AND ACADEMIC PRESENTATIONS (Cont'd):

- Byram I, Parsons B, Abboud J, Rudzki JR. **Instructional Course Lecture: CT-Based 3-Dimensional Planning, Patient-Specific Instrumentation, and Intraoperative Guidance in Shoulder Arthroplasty: How and When to Utilize the Technology.** *Annual Meeting of the American Shoulder & Elbow Surgeons*. San Diego, CA; October, 2025.

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.

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

- **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** *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.
- **Stryker Annual National Sales Meeting – Meniscal Repair Techniques: All-Inside & Inside-Out.** Scottsdale, AZ; January, 2018.
- **How do I think of ACL Surgery: Now vs 10 Yrs Ago – INOVA Sports Medicine Symposium.** Fairfax, VA; June 21st, 2019.
- **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.
- **Grand Rounds: The Latarjet Procedure & Complex Shoulder Instability in 2021.** Department of Orthopaedic Surgery, The George Washington University School of Medicine. April 22, 2021
- **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.
- **Stryker National Fellows Sports Medicine Course – Shoulder Instability & Latarjet.** Las Vegas, NV; May 13-15, 2022.
- **Taiwan Arthroscopy & Knee Society Congress – ACL Reconstruction & Meniscal Repair Strategies in 2022.** Taiwan; June 18, 2022.
- **Mid-Atlantic Shoulder & Elbow Society Meeting – Rotator Cuff Symposium: Complicated Tears;** September 1, 2022.
- **Advanced Concepts & Surgical Techniques of the Shoulder – Co-Chair (with Dr. Joseph Abboud),** Philadelphia, PA; October 21-22, 2022.
- **AANA Shoulder Course – Faculty,** Salt Lake City, UT; April 1, 2023.
- **Stryker Shoulder Solutions Course – Co-Chair (with Dr. Michael Amini),** Denver, CO; April 21-22, 2023.
- **Stryker National Fellows Sports Medicine Course – Chair, Shoulder & Knee.** Las Vegas, NV; May, 2023.
- **Stryker Upper Extremity Arthroplasty Mid-Atlantic Fellows Meeting – Blueprint, HoloLens, and Augmented Reality – Columbia,** MD; June 1, 2023.
- **Stryker AOSSM Satellite Symposium – Moderator, Advancing Shoulder Treatment Options: Complex Repairs to Inspace to Arthroplasty with Drs. J. Abboud, M. Bollier, & N. Verma.** Washington, DC; July 14, 2023.
- **Mid-Atlantic Shoulder & Elbow Society Meeting – Faculty,** Washington, DC; September 8, 2023.
- **Stryker Shoulder Solutions Course: Instability to Massive Cuff & Arthroplasty – Co-Chair (with Dr. Greg Galano),** New York, NY; October 27-28, 2023.
- **Stryker Shoulder Upper Extremity & Sports Combined Solutions Course – New Orleans,** LA; November 3-4, 2023.
- **Stryker Sports Medicine Teaching Institutions Webinar – Simplifying Rotator Cuff Repair Solutions.** March 20, 2023.
- **Stryker 2024 APAC Sports Medicine Symposium: Shoulder & Knee, Exploring Advanced Techniques – Course Chair,** Sydney, Australia; April 29-May 1, 2024.
- **Stryker National Fellows Sports Medicine Course – Faculty & Moderator, Shoulder & Knee.** Las Vegas, NV; May, 2024.
- **Stryker Sports Medicine Teaching Institutions Webinar – Complex Shoulder Procedures (with Drs. Joe Abboud & Michael Amini) - Remplissage.** July 17, 2024.
- **Stryker Sports Medicine Teaching Institutions Webinar – Rotator Cuff Repair Strategies (with Dr. Diana Silas) - April 6,** 2025.

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

- **American Shoulder & Elbow Surgeons Mentor-Mentee Meeting** – Patient-Centered Initiatives & Engagement through ASES Foundation. Naples, FL; April 25, 2025.
- **Stryker National Fellows Sports Medicine Course** – Faculty - Knee. Las Vegas, NV; May, 2025.
- **Stryker Sports Medicine Advances & Current Concepts in Shoulder & Knee Arthroscopy Course** – Course Chair – Ft. Lauderdale, FL; October, 2025.
- **Proximal Humerus Fractures: Optimizing Outcomes in ORIF & Arthroplasty.** Walter Reed National Military Medical Center Department of Orthopaedic Surgery – Bethesda, MD; February, 2026.
- **Stryker 2026 APAC Sports Medicine Symposium:** Knee - Exploring Advanced Techniques: Focus on Lateral Extra-Articular Tenodesis for ACL Reconstruction. Course Chair, Denver, CO; April 23-25, 2026.
- **Stryker National Fellows Sports Medicine Course** – Shoulder Faculty - Knee. Denver, CO; June, 2026.
- **Carolinas Shoulder & Elbow Society:** CT-Based 3-D Planning & Patient-Specific Instrumentation – Evidence-Based Strategies in 2026. Asheville, NC; August, 2026.
- **Carolinas Shoulder & Elbow Society:** Remplissage for Arthroscopic Treatment of Shoulder Instability – Indications & Technique. Asheville, NC; August, 2026.
- **Walter Reed National Military Medical Center Shoulder Arthroplasty Symposium:** Course Director, Focus on Confluence of Emerging Technology & Data to Optimize Surgical Planning with Drs. Stephen Parada & Ian Byram. Bethesda, MD; October, 2026.

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.

BOOK CHAPTERS (cont'd):

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. Chapter 16, 2023.

RESEARCH PROJECTS & MANUSCRIPTS IN PROGRESS:

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

Varus Posteromedial Proximal Humerus Fractures

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

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:

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:

2025 – Present	Volunteer Consultant Orthopaedic Surgeon Village Health Works	<i>Kigutu, Burundi</i>
2024 – Present	Active Member American Shoulder & Elbow Surgeons	<i>Schaumburg, IL</i>
2024 – 2025	Visibility Task Force American Shoulder & Elbow Surgeons Foundation	<i>Schaumburg, IL</i>
2023 – Present	Membership Committee American Shoulder & Elbow Surgeons	<i>Schaumburg, IL</i>
2023 – 2026	Abstract Panel Reviewer Committee – Shoulder & Basic Science American Orthopaedic Society for Sports Medicine	<i>Schaumburg, IL</i>
2022 - Present	Stryker Knee Advisory Board	<i>Denver, CO</i>
2022 - 2023	Washington Clinico-Pathological Society, President	<i>Washington, DC</i>
2022 - Present	Clinical Governance Committee Washington Orthopaedics & Sports Medicine/Aligned Orthopaedic Partners	<i>Washington, DC</i>
2021 - 2024	Stryker ASC Advisory Board	<i>Bethesda, MD</i>
2020 - 2025	Patient-Centered Initiatives Committee, Co-Chair American Shoulder & Elbow Surgeons Foundation	<i>Rosemont, IL</i>
2019 - Present	Board Member Bethesda Chevy Chase Surgery Center	<i>Bethesda, MD</i>
2018 - 2021	Membership Committee American Shoulder & Elbow Surgeons	<i>Rosemont, IL</i>
2018 - 2025	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>

ADDITIONAL ACTIVITIES & EXPERIENCE (cont'd):

2011 - 2017	Credentials Committee Sibley Memorial Hospital	Washington, DC
2011 - 2015	Director, Fracture Service Sibley Memorial Hospital	Washington, DC
2011 - 2012	AAOS Leadership Fellows Program	Rosemont, IL
2011 - Present	Volunteer Surgeon, Catholic Charities	Washington, DC
2012- Present	USA Hockey Certified Level 1-4 Youth Coach	Colorado Springs, CO
2011- 2015	President, Accelerated Rehab Technologies Corporation	Washington, DC
2011	US Soccer Federation Certified Level F Youth Coach	Chicago, IL
2010 - 2013	Board of Councilors American Academy of Orthopaedic Surgeons	Rosemont, IL
2010 - 2011	Washington Orthopaedic Society, President	Washington, DC
2009 - 2010	Washington Orthopaedic Society, Vice-President	Washington, DC
2009 - 2014	Continuing Medical Education Committee Sibley Memorial Hospital	Washington, DC
2009 - 2010	Technology Committee Arthroscopy Association of North America	Rosemont, IL
2008 - 2009	Invasive Procedures Committee Sibley Memorial Hospital	Washington, DC
2008 - Present	Orthopaedic Surgery Executive Committee Sibley Memorial Hospital	Washington, DC
1999	Operation Smile – Kenya Surgical treatment of children with burn scar and craniofacial deformities	Eldoret, Kenya
1997	W.T. Gill, Jr. Summer Research Fellow Department of Pathology, Children's National Medical Center	Washington, DC
1990-2000	Volunteer Firefighter/Emergency Medical Technician, Cabin John Volunteer Fire Department	W. Bethesda, MD

LANGUAGES: Conversational Spanish