

SAMEER NAGDA, MD

2445 ARMY NAVY DRIVE, ARLINGTON, VA 22206

WEB SITE: WWW.SAMEERNAGDAMD.COM

POSTGRADUATE TRAINING

- 2005-2006 Kerlan Jobe Orthopaedic Clinic, Los Angeles CA.
Fellowship in Orthopaedic Sports Medicine
- 2001-2005 Hospital of the University of Pennsylvania, Philadelphia, PA.
Residency in Orthopaedic Surgery
- 2000-2001 Hospital of the University of Pennsylvania, Philadelphia, PA.
Internship in General Surgery and Orthopaedic Surgery

EDUCATION

- 1996– 2000 Rosalind Franklin Univ. of Medicine and Science/The Chicago Medical School, Chicago, IL.
M.D. *Alpha Omega Alpha*
- 1990-1995 University of California, Los Angeles, Los Angeles, CA.
B.S. in Psychobiology, *Cum Laude*

LICENSURE

Pennsylvania, California, Nevada, Virginia, Washington DC, Maryland

HONORS AND AWARDS

- 2012 Best of the AAOS – Paper #487 - Shoulder and Elbow
- 2005 The Neer Award of the American Shoulder and Elbow Surgeons
- 2005 American Academy of Orthopaedic Surgeons – Best Poster Award: Shoulder and Elbow
- 2005 DeForest Willard Award - Outstanding performance by a senior orthopaedic resident
- 2005 Eastern Orthopaedic Association Resident/Fellow Research Award
- 2005 Pennsylvania Orthopaedic Society Resident Research Award

- 2004 Academic Chief Resident-University of Pennsylvania Department of Orthopaedic Surgery
- 2003 National Register's Who's Who in Executives and Professionals
- 2000 Chicago Medical School Dean's Award for outstanding service and performance
- 1999 Alpha Omega Alpha Medical Honor Society
- 1993 Golden Key National Honor Society
- 1990 Mensa International

PROFESSIONAL AND COLLEGE TEAM PHYSICIAN EXPERIENCE

- 2013 Potomac Nationals Baseball Team
Team Physician
- 2012-Pres Washington Nationals Baseball Team
Consultant
- 2011 NCAA Men's Basketball Championship Second and Third Round
Tournament
Event Physician
- 2010 – 2012 Georgetown University Athletic Department
Team Physician
- 2006 - 2008 University of Nevada at Las Vegas Athletic Department
Team Physician
- 2006 - 2007 Las Vegas Wranglers Minor League Hockey Team
Team Physician
- 2006 - 2008 Las Vegas Gladiators Arena Football Team
Team Physician
- 2007 FIBA Basketball Championship of the Americas 2007 – Las Vegas, NV
Orthopaedic Consultant
- 2007 NBA All Star Weekend 2007 – Las Vegas, NV
Orthopaedic Consultant
- 2006, 2007 Association of Volleyball Professionals (AVP) Pro Beach Volleyball
Tournament; God and Goddess of the Beach, Las Vegas, NV

Orthopaedic Consultant

- 2005 - 2006 Los Angeles Lakers Basketball Team
Assistant Team Physician
- 2005 - 2006 Los Angeles Dodgers Baseball Team
Assistant Team Physician
- 2005 - 2006 Los Angeles Sparks Basketball Team
Assistant Team Physician
- 2006 World Baseball Classic – Semifinals, Anaheim, CA
Assistant Event Physician
- 2005 - 2006 Los Angeles Galaxy Soccer Team
Assistant Team Physician
- 2005 - 2006 Los Angeles Kings Hockey Team
Assistant Team Physician
- 2005 - 2006 Anaheim Mighty Ducks Hockey Team
Assistant Team Physician
- 2005 - 2006 Los Angeles Avengers Arena Football Team
Assistant Team Physician
- 2005 - 2006 University of Southern California Athletic Department
Assistant Team Physician
- 2005 - 2006 Loyola Marymount University Athletic Department
Assistant Team Physician
- 2005 NCAA Lacrosse Final Four Championship
Event Physician for Division I, II, and III NCAA Championships
- 2003 – 2005 University of Pennsylvania Athletic Department
Assistant Team Physician

BOARD CERTIFICATION

Board Certified as a Diplomate of the American Board of Orthopaedic Surgery

ABOS Examination Part I, 7/2005: Pass

ABOS Examination Part II, 7/2008: Pass

WORK EXPERIENCE

- 2008 – Present Anderson Orthopaedic Clinic, Arlington, VA.
Shoulder Surgery and Sports Medicine
- 2006 – 2008 Private Practice, Las Vegas, NV
Orthopaedic Surgery and Sports Medicine
- 1995-1996 National Genetics Institute, Los Angeles, CA.
Lab Technician in PCR lab
- 1992-1995 UCLA Emergency Medicine Center, Los Angeles CA.
Project Coordinator for Emergency Department Expert Charting
System Project

FACULTY POSITIONS

- 2010-Present Assistant Professor of Clinical Orthopaedic Surgery
Department of Orthopaedic Surgery, Georgetown University School
of Medicine
- 2008-Present Physician Instructor
Jackson Clinics Physical Therapy Residency Program
- 2009 – 2010 Volunteer Faculty
Department of Orthopaedic Surgery, Georgetown University School
of Medicine
- 2001-2005 Instructor in Orthopaedic Surgery
Department of Orthopaedic Surgery, University of Pennsylvania
School of Medicine

COURSE FACULTY POSITIONS

- 2013 Inova Sports Medicine Symposium – Course Director – Alexandria, VA
- 2013 AANA Residents Arthroscopic Skills Course, Chicago, IL.
- 2012 AANA Shoulder Arthroscopy Course, Chicago, IL.
- 2011 Mid Atlantic Shoulder and Elbow Society Meeting, Washington DC
- 2011 AANA Residents Arthroscopic Skills Course, Chicago, IL.
- 2010 AANA Residents Arthroscopic Skills Course, Chicago, IL.
- 2009 1st Biennial Indo-US Shoulder Course, Coimbatore, India

- 2009 Professional Baseball Athletic Trainers Baseball Medicine Course, Washington DC.
- 2009 AANA Residents Arthroscopic Skills Course, Chicago, IL.
- 2006 Depuy Advanced Shoulder Arthroplasty Course, Las Vegas, NV.

EDITORIAL AND REVIEWER POSITIONS

- 2005-2008 Reviewer, *Arthroscopy, the Journal of Arthroscopic and Related Surgery*
- 2004-2005 Senior Editor, *The University of Pennsylvania Orthopaedic Journal*
- 2002-2003 Special Projects Editor, *The University of Pennsylvania Orthopaedic Journal*
- 2001-2002 Assistant Editor, *The University of Pennsylvania Orthopaedic Journal*

ACADEMIC COMMITTEES

- 2012 Program Committee – 2012 MASES Meeting
Mid-Atlantic Shoulder and Elbow Society
- 2005 Raymond Tronzo Endowed Lectureship Committee
University of Pennsylvania Department of Orthopaedic Surgery
- 2004 Faculty Search Committee- Shoulder and Elbow
University of Pennsylvania Department of Orthopaedic Surgery
- 2003-2004 Faculty Search Committee- Sports Medicine
University of Pennsylvania Department of Orthopaedic Surgery
- 2003-2004 Chair, Resident Selection Programming Committee
University of Pennsylvania Department of Orthopaedic Surgery
- 2003-2005 Resident Selection Committee
University of Pennsylvania Department of Orthopaedic Surgery
- 2003-2005 Core Curriculum and Grand Rounds Committee
University of Pennsylvania Department of Orthopaedic Surgery
- 2001-2005 Residency Education Committee
University of Pennsylvania Department of Orthopaedic Surgery
- 2002-2003 ACGME Work Hours Committee
University of Pennsylvania Department of Orthopaedic Surgery

1999-2000 Admissions Interview Committee
Chicago Medical School

PROFESSIONAL SOCIETIES

2012 – Present American Shoulder and Elbow Surgeons

2011-Present Mid-Atlantic Shoulder and Elbow Society – Founding member

2006-Present American Orthopaedic Society for Sports Medicine

2000-Present American Academy of Orthopaedic Surgeons

2003-2005 Pennsylvania Orthopaedic Society – Resident Member

2001-2005 Philadelphia Orthopaedic Society – Resident Member

1996-2000 American Medical Association – Member 1996-2000
National Delegate, Medical Student Section 1997-1999
Vice President, Chicago Medical School Chapter 1997-1998

MAJOR TEACHING AND CLINICAL RESPONSIBILITIES

2011 – Present Orthopaedic Residency Coordinator
Inova Mt Vernon Hospital
- Responsible for coordinating rotation for 3rd year Orthopaedic resident from Georgetown University

2008 – Present Resident Shoulder Conference
Georgetown University Department of Orthopaedic Surgery
- Co-moderate bi-weekly shoulder conference for residents and medical students.

2004-2005 Academic Chief Resident
University of Pennsylvania Department of Orthopaedic Surgery
- Elected by department for 1-year term. Responsible for departmental academic calendar and residency issues. Serve as liaison between faculty and residents.

2004 Orthopaedic Summer School 2004
University of Pennsylvania Department of Orthopaedic Surgery
- Responsible for curriculum and schedule of 10-week course for junior residents.

2004 Orthopaedic Trauma Conference

- University of Pennsylvania Department of Orthopaedic Surgery
- Responsible for preparing lecture and leading discussion for weekly conference during a six-week period in Sept/Oct, 2004.

Intra-Departmental Lectures Given

“Management of Shoulder Arthritis.” Presented as part of the resident core lecture series, Georgetown University Orthopaedic Department, January, 2013.

“Labrum Injuries in the Shoulder.” Presented as part of the resident core lecture series, Georgetown University Orthopaedic Department, March 2011.

“Management of Shoulder Arthritis.” Presented as part of the resident core lecture series, Georgetown University Orthopaedic Department, March 2011.

“Shoulder Injuries and Surgical Management.” Presented as part of the Educational Curriculum for Jackson Clinics Physical Therapy Residency Program, August, 2009.

“Knee Injuries and Surgical Management.” Presented as part of the Educational Curriculum for the Jackson Clinics Physical Therapy Residency Program, April 2009.

“SLAP Lesions – Diagnosis and Management.” Presented at the UNLV Athletic Trainers Educational Conference, October 2007.

“Meniscal injuries – Options in the Post-menisectomy Knee.” Presented at Kerlan Jobe Fellows Conference, April 2006.

“SLAP Lesions – Diagnosis and Management.” Presented at Kerlan Jobe Fellows Conference, January 2006.

“Subtle Injuries of the Upper Extremity.” Presented at Penn Upper Extremity Conference, June 2005.

“Peripheral Nerve Function During Shoulder Arthroplasty.” Presented at Penn Orthopaedics Research Day 2005. June 2005.

“Hip Arthroscopy.” Presented at Penn Adult Reconstruction Conference, March 2005.

“Neurological Injuries and Shoulder Arthroplasty.” Presented at Penn Shoulder and Elbow Conference, February, 2005.

“Traumatic Injuries of the Shoulder and Clavicle.” Presented at Penn Orthopaedic Summer School 2004, July 2004.

“Osteonecrosis of the Hip – Diagnosis and Management.” Presented at Penn Adult Reconstruction Conference, January 2004.

“Ulnar Collateral Ligament Injuries of the Elbow – Diagnosis and Management.” Presented at Penn Upper Extremity Conference, October 2003.

GRANTS

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| 2011 | Inova Faculty Research Grant
\$8,500 for evaluating rotator cuff function during driving. |
| 2004 | JBJS Journal Club Grant
\$2,500 for conducting monthly journal club |
| 2003 | Frederick Hark Memorial Lectureship Grant of the OREF
\$2,500 for orthopaedic lecture at the University of Pennsylvania |
| 1997 | American Pediatric Society Medical Student Grant
\$2,500 for research on computer applications in pediatric fever management in the emergency department.
Mentor: Larry Baraff, MD. UCLA Emergency Medicine Center |

CURRENT RESEARCH

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| 2011-2013 | Are Pendulum Exercises Benign? Nagda S, Wiesel B, Salamone A |
| 2011- 2013 | Evaluation of patient compliance with Multi-media Post-operative Instructions. Nagda, S, Edgar, R. |
| 2011-2013 | Evaluation of Rotator Cuff Function During Driving. Nagda S, Wiesel, B, Edgar R, Blerman L, Fitzpatrick K, |

LECTURES BY INVITATION

Nagda S. “Diagnosis and Management of Shoulder instability” Presented at the Inova Sports Medicine Symposium 2012, Alexandria, VA

Nagda S, Edgar R. “Management of SLAP Tears, Why Tenodesis is Better” Presented at that Virginia Orthopaedic Society, Annual Meeting, 2012. Williamsburg, VA.

Nagda S, Wiesel B, Abboud J, Edgar R, Garstka J, Sheth N, Foran J. "Patient Perception of Physician Reimbursement in Elective Shoulder Surgery" Presented at the American Academy of Orthopaedic Surgeons Annual Meeting, 2012, San Francisco, CA. Awarded a commendation as the "Best of the AAOS Paper – Shoulder and Elbow"

Nagda S. "ACL Reconstruction and Uni-compartmental Knee Replacement: Pearls and Pitfalls." Presented at the Anderson Orthopaedic Research Institute Annual Alumni Meeting, September, 2011. Alexandria, VA.

Nagda S. "Proximal Biceps Tendon and Labral Injuries: Current Concepts" Presented at the Inova Sports Medicine Symposium 2011, Alexandria, VA

Nagda S. "The Proximal Biceps Tendon: Diagnosis and Management" Presented at the Grand Rounds of the Georgetown University School of Medicine, Department of Orthopaedic Surgery. February 2011.

Nagda S. "Surgical Procedures of the Shoulder and Elbow" Presented at the Inova Sports Medicine Symposium 2010, Alexandria, VA.

Nagda, S. "Shoulder Injuries in the Overhead Athlete." Presented at the University of Nevada at Las Vegas Sports Medicine Symposium, April 2009. Las Vegas, NV.

Nagda, S. "Management and Rehabilitation of Cartilage Injuries." Presented at the Annual Meeting of the Orthopaedic Rehabilitation Association 2008, San Francisco, CA.

Nagda S. "Medial Elbow pain in the Overhead Athlete: Diagnosis and Management." Presented at the Inova Sports Medicine Symposium 2008, Alexandria, VA.

Nagda, S. "Complications of Shoulder Replacement." Presented at the Annual Meeting of the Nevada Orthopedic Society 2007, Las Vegas, NV.

Nagda S. "The Dreaded High Ankle Sprain." Presented at the Arena Football League Annual Team Physicians and Trainers Meeting 2006, Las Vegas, NV.

Nagda S. "SLAP Lesions: Etiology, Diagnosis, and Management." Presented at the Annual Meeting of the Nevada Athletic Trainers Association 2006, Las Vegas, NV.

Nagda S, Carolan G, Glousman R, Kvitne R, Meeuwisse W. "Shoulder Injuries in the National Hockey League." Presented at the Annual Meeting of the Eastern Orthopaedic Association 2006, Boca Raton, FL.

Nagda S, Altobelli G, Brewster C, Bowdry K, Lombardo S. "Cost Analysis of Outpatient ACL Reconstruction." Presented at the 20th Annual Kerlan Jobe Alumni Fellows Research Conference 2006, Hershey, PA.

Nagda S, Rogers K, Getz C, Ramsey, M, Silverberg, D, Williams G. "Peripheral Nerve Function During Shoulder Arthroplasty Using Intra-operative Nerve Monitoring." Winner of the 2005 Eastern Orthopaedic Association Resident/Fellow Research Award and presented at the Annual Meeting of the Eastern Orthopaedic Association 2005, Cambridge, MD.

Nagda S, Rogers K, Getz C, Ramsey, M, Silverberg, D, Williams G. "Peripheral Nerve Function During Shoulder Arthroplasty Using Intra-operative Nerve Monitoring." Winner of the 2005 Charles Neer Award of the American Shoulder and Elbow Surgeons and presented at the Open Meeting of the American Shoulder and Elbow Surgeons 2005, Washington D.C.

Nagda S, Rogers K, Getz C, Ramsey, M, Silverberg, D, Williams G. "Monitoring Peripheral Nerve Function During Shoulder Arthroplasty Using Continuous Intra-operative Nerve Monitoring." Winner of the Pennsylvania Orthopaedic Society Resident Research Award and presented at the Spring Meeting of the Pennsylvania Orthopaedic Society 2005, Orlando, FL.

Nagda S, Rogers K, Getz C, Ramsey, M, Silverberg, D, Williams G. "Peripheral Nerve Function During Shoulder Arthroplasty Using Continuous Intra-operative Nerve Monitoring." Presented at the 3rd International Conference on Shoulder Arthroplasty 2005, Paris, France.

Nagda S, Rogers K, Getz C, Ramsey, M, Silverberg, D, Williams G. "Monitoring Peripheral Nerve Function During Shoulder Arthroplasty Using Continuous Intra-operative Nerve Monitoring." Presented at the Closed Meeting of the American Shoulder and Elbow Surgeons 2004, New York, NY.

Sodha S, **Nagda S**, Lackman RD, Donthineni R. "Gamma Probe Assisted Biopsy of Suspected Rib Lesions." Presented at the Musculoskeletal Tumor Society Annual Meeting 2002. Toronto, Canada.

Schriger D, Day F, Hoang L, Ouk S, **Nagda S**, Baraff L. "The Efficacy of a Guideline Based Computer Charting System for Documentation of Low Back Pain ED Cases." Presented at the American College of Emergency Physicians Research Forum 1995, San Francisco, CA.

Nagda S, Schriger D, Baraff L, Hassanvand M. "The Presentation of Literature Based Clinical Guidelines Via a Computer Charting System." Presented at the Society for Academic Emergency Medicine Annual Meeting 1994, Washington D.C.

Schriger D, Day F, Hassanvand M, Cretin S, **Nagda S**, Baraff L. "The Effect of a Computerized Guideline Charting System on the Emergency Care of Health Care Workers Exposed to Body Fluids." Presented at the Society for Academic Emergency Medicine Annual Meeting 1994, Washington D.C.

POSTER PRESENTATIONS

Nagda S, Wiesel B, Abboud J, Edgar R, Garstka J, Sheth N, Foran J. "Patient Perception of Physician Reimbursement in Elective Total Shoulder Replacement and Rotator Cuff Repair" Presented at the Virginia Orthopaedic Society Annual Meeting 2012, Williamsburg, VA.

Nagda S, Altobelli G, Brewster C, Bowdry K, Lombardo S. "Cost Analysis of Outpatient ACL Reconstruction." Presented at the American Academy of Orthopaedic Surgeons Annual Meeting 2007, San Diego, CA.

Mehta S, **Nagda S**, Yagnik G, Rogers, K, Ebaugh D, Sennett B, Williams G. "Evaluation of the Functional Range of Motion in the Shoulder." Presented at the American Academy of Orthopaedic Surgeons Annual Meeting 2006, Chicago, IL.

Nagda S, Rogers K, Getz C, Ramsey, M, Silverberg, D, Williams G. "Peripheral Nerve Function During Shoulder Arthroplasty Using Intra-operative Nerve Monitoring." Winner of the Best Shoulder and Elbow Category poster and presented at the American Academy of Orthopaedic Surgeons Annual Meeting 2005, Washington D.C.

Donthineni R, **Nagda S**, Vannozzi B, Lackman R. "Enchondromas- Patterns of Referral and Outcomes of 150 cases." Presented at the American Academy of Orthopaedic Surgeons Annual Meeting 2004, San Francisco, CA.

Donthineni R, Vannozzi B, **Nagda S**, Lackman R. "Enchondromas- Patterns of Referral and Outcomes." Presented at the Musculoskeletal Tumor Society Annual Meeting 2003. Chicago, IL.

Nagda S, Schriger D, Kulasingam S, Baraff L. "The Effect of a Guideline Based Computer Charting System on ED Charges for Health Care Workers." Presented at the American College of Emergency Physicians Research Forum 1995, San Francisco, CA.

BOOK CHAPTERS

Nagda S, Sheth N. "Open Reduction and Internal Fixation of Adult Distal Humerus Elbow Fractures" in *Gowned and Gloved – Orthopedics: Introduction to*

Common Procedures. Sheth N, Lonner J, Editors. Lippincott, Williams, Wilkins, Philadelphia, PA. 2008, p81-88.

Flynn J, **Nagda S**. "Upper Extremity Injuries" in *Requisites in Pediatrics. Pediatric Orthopaedics and Sports Medicine*. Dormans JP, Editor. Mosby, St. Louis, MO. 2004, p 21-48.

PEER REVIEWED PUBLICATIONS

Edgar R, **Nagda S**, Huffman R, Namdari S. "Pulmonary Embolism After Shoulder Arthroscopy" *Orthopaedics*, 2012, Nov;35(11): 1673-6.

Namdari S, Yagnik G, Ebaugh D, **Nagda S**, Ramsey M, Williams G, Mehta S. "Defining Functional Shoulder Range of Motion for Activities of Daily Living" *J Shoulder Elbow*. 2012 Sept; 21(9):1177-83.

Nagda S, Rausch D, Noonan T, Yocum L, Cohen S, Ciccotti M. "Latissimus Dorsi and Teres Major Tears in Professional Baseball Players." *Am J Sports Med*. 2011 Oct;39(10):2181-6.

Garrigues G, **Nagda S**, Yu J. "Open Luxatio Erecta: Case Report and Review of the Literature." *J Orthop Trauma*. 2011 Apr;25(4):e34-7.

Nagda S, Altobelli G, Bowdry K, Brewster C, Lombardo S. "Cost Analysis of Outpatient ACL Reconstruction: Autograft vs Allograft." *Clin Orthop Relat Res*. 2010 May;468(5):1418-22.

Nagda S, Rogers K, Sestokas A, Getz C, Ramsey M, Glaser D, Williams G. "The Neer Award 2005: Peripheral Nerve Function During Shoulder Arthroplasty Using Intra-operative Nerve Monitoring." *J Shoulder Elbow Surg*, 16: S2-8. 2007.

Sodha S, **Nagda S**, Sennett B. "Heterotopic Ossification of the Elbow as a Complication of Elbow Arthroscopy. A Case Report." *Arthroscopy*, 22: 802.e1-3. 2006.

Lamar DL, Freedman K, **Nagda S**, Bartolozzi A. "Thermal Modification of Partial Tears of the Anterior Cruciate Ligament." *Arthroscopy*, 21: 809-14. 2005.

Sodha S, **Nagda S**, Lackman RD, Donthineni R. "Gamma Probe Assisted Biopsy of Suspected Rib Lesions." *Clin Orthop*, 422: 186-9. 2004.

Tamai J, Lou J, **Nagda S**, Ganley T, Flynn J. "Pediatric Elbow Fractures. Pearls and Pitfalls." *Univ of Penn Ortho J*, 15: 43-51, 2002.

Labana N, Messer T, Lautenschlager E, **Nagda S**, Nagle D. "A Biomechanical Analysis of the Modified Tsuge Suture Technique for Repair of Flexor Tendon Lacerations." *J Hand Surg (B)*, 26(4): 297-300, 2001.

Schriger D, Baraff L, Buller K, Shendrikar M, **Nagda S**, Lin E, Mikulich V. "Implementation of Clinical Guidelines via a Computer Charting System: Effect on the Care of Febrile Children Less Than Three Years of Age." *Journal of the American Medical Informatics Association*. 7(2):186-95, 2000.

Day F, Hoang L, Ouk S, **Nagda S**, Schriger D. "The Impact of a Guideline-Driven Computer Charting System on the Emergency Care of Patients with Acute Low Back Pain" *Proceedings-The Annual Symposium on Computer Applications in Medical Care*. 576-80, 1995.

Schriger D, Baraff L, Hassanvand M, **Nagda S**. "EDECS: The Emergency Department Expert Charting System." *Medinfo 8, Pt 2*: 1665-7, 1995.

PERSONAL

Interests include Basketball, Swimming, Traveling, and Screenwriting. Fluent in two Indian languages.