

MICHAEL V. NARVAEZ, MD

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TRAINING

- Einstein Healthcare Network**, Philadelphia, PA July 2014 - June 2019
Resident Physician, Department of Orthopaedic Surgery
- Cedars-Sinai Kerlan-Jobe Institute**, Los Angeles, CA August 2019 - July 2020
Sports Medicine Fellow, Department of Orthopaedic Surgery

EDUCATION

- University of Notre Dame**, Notre Dame, IN August 2006 - May 2010
Degree: Bachelor of Science, Majors: Science Pre-Professional Studies, Anthropology
Graduated Cum Laude, Varsity Monogram Winner (Football)
- Georgetown University School of Medicine**, Washington, DC August 2010 - May 2014
Degree: Doctor of Medicine

LICENSES/CERTIFICATIONS

- Board Eligible: American Board of Orthopaedic Surgery (ABOS)
- Medical Licenses: California, Maryland, Pennsylvania, Virginia
- DEA Licenses: Maryland, Virginia
- Advanced Cardiovascular Life Support (ACLS)
- Basic Life Support (BLS)
- Pediatric Advanced Life Support (PALS)
- Advanced Trauma Life Support (ATLS)

PROFESSIONAL SOCIETY MEMBERSHIPS

- American Association of Orthopaedic Surgeons (AAOS)
- American Orthopaedic Society for Sports Medicine (AOSSM)
- Arthroscopy Association of North America (AANA)
- American Orthopaedic Association (AOA)
- Notre Dame Orthopaedic Society
- Notre Dame Monogram Club

SPORTS TEAM COVERAGE

- Los Angeles Rams (NFL) 2019 – 2020
- Los Angeles Dodgers (MLB) 2019 – 2020
- Los Angeles Angels (MLB) 2019 – 2020
- Oakland A's (MLB) 2019 – 2020
- Anaheim Ducks (NHL) 2019 – 2020
- Los Angeles Sparks (WNBA) 2019 – 2020
- Los Angeles Galaxy (MLS) 2019 – 2020
- United States Men's National Team (FIFA) 2019 – 2020
- University of Southern California (NCAA - PAC-12) 2019 – 2020
- Fullerton College (CCCAA) 2019 – 2020
- Los Angeles Temptation (LFL) 2019 – 2020
- Team HEAL High Schools, Los Angeles, CA 2019 – 2020
- Cheltenham High School, Wyncote, PA 2016 – 2019

HONORS/AWARDS

- **Resident Research Merit Award**, Department of Orthopaedic Surgery - Einstein Healthcare Network 2019
- **Administrative Chief Resident**, Department of Orthopaedic Surgery - Einstein Healthcare Network 2019
- **1st Place, Resident Research Competition**, 11th Annual Philadelphia Orthopaedic Trauma Symposium 2019
- **1st Place, 20th Annual John R. Gregg Memorial Resident Bowl**, Philadelphia Orthopaedic Society 2019
- **Mentor**, AAOS Resident-Fellow Mentoring Program 2019
- **Emerging Leaders Program**, American Orthopaedic Association (AOA) 2018
- **Resident Leadership Forum**, American Orthopaedic Association (AOA) 2017
- **Finalist, Resident Research Award**, Eastern Orthopaedic Association (EOA) 2017
- **1st and 2nd Place, Resident Research Competition**, Einstein Healthcare Network 2017
- **Resident Research Merit Award**, Department of Orthopaedic Surgery – Einstein Healthcare Network 2017
- **Resident Scholarship Award**, Arthroscopy Association of North America (AANA) 2017
- **“Wylie Vein Retractor” Award**, Department of Orthopaedic Surgery – Einstein Healthcare Network 2016
- **Varsity Monogram Award Winner - Football**, University of Notre Dame 2010
- **Graduated Cum Laude**, University of Notre Dame 2010
- **Anthropology Honors Society**, University of Notre Dame 2010
- **Dean’s List**, University of Notre Dame 2007, 2008, 2009

ACADEMIC ACTIVITY

Publications:

1. **Narvaez MV**, Cady A, Serrano B, Youssefzadeh KA, Banffy MB. “Outside-In Interportal Capsulotomy of the Hip for Arthroscopic Pincer Resection.” *Accepted for publication in Arthroscopy Techniques.*
2. Clippinger B, Ayzenberg M, **Narvaez MV**, Arango D, Samuel SP, Pahys J, Minimo C, Handal J. “Effect of Intrasite Vancomycin Powder on Development of Epidural Fibrosis.” *Orthopedic Reviews*, vol. 10, no. 4, 2018, pp 124-127.
3. Ayzenberg M, **Narvaez MV**, Raphael J. “A Simple Technique to Prolong Molding Time During Application of a Fiberglass Cast – an in Vitro Study.” *Orthopedic Reviews*, vol. 10, no. 1, 2018, pp 8-10.
4. Arango D, **Narvaez MV**, Sweitzer B. “Utilization of a Knot Pusher Increases Knot Security for Sliding and Static Knots.” *Journal of the American College of Surgeons*, vol. 225, no. 4, supplement 1, 2017, pp. S145-S146.
5. Quinn, CA, Ly JA, **Narvaez MV**, Kropf EJ. “Management of Recurrent Posterior Shoulder Instability in a Young Contact Athlete Using a Posterior Bone Block Technique with Distal Tibia Osteochondral Allograft.” *Techniques in Shoulder & Elbow Surgery*, vol. 18, no. 2, 2017, pp. 57-61.
6. Paulus MC, Braunstein J, Merenstein D, Neufeld S, **Narvaez MV**, Friedland R, Bruce K, Pfaff A. “Variability in Orthopedic Surgeon Treatment Preferences for Nondisplaced Scaphoid Fractures: A Cross-Sectional Survey.” *Journal of Orthopaedics*, vol. 13, no. 4, 2016, pp. 337-342.
7. Bruce KK, Merenstein DJ, **Narvaez MV**, Neufeld SK, Paulus MJ, Tan TP, Braunstein JR, Pfaff AC, Huang C, Friedland RB. “Lack of Agreement on Distal Radius Fracture Treatment.” *The Journal of the American Board of Family Medicine*, vol. 29, no. 2, 2016, pp. 218-225.

Podium Presentations:

1. “A Biomechanical Evaluation of Ulnar Collateral Ligament Reconstruction with and without Internal Bracing.” 34th Annual Kerlan-Jobe Alumni Research Conference. July 10, 2020. Los Angeles, CA.
2. “Radiographic Features of Arthroscopically Confirmed Repairable Anterior Cruciate Ligament Tears.” 34th Annual Kerlan-Jobe Alumni Research Conference. July 10, 2020. Los Angeles, CA.

3. "Utilizing Electrospun Fibers to Optimize Local Protein Delivery Using PMMA." Philadelphia Orthopaedic Trauma Symposium (1st place). June 7, 2019. Philadelphia, PA.
4. "Oh, The Places I've Been: Elective Month 2019." Department of Orthopaedic Surgery Grand Rounds, Einstein Healthcare Network. April 10, 2019. Philadelphia, PA.
5. "Local Effects of Intrasite Vancomycin Powder: A Rat Model." Eastern Orthopaedic Association 2017 Annual Meeting (Finalist). October 21, 2017. Miami, FL.
6. "Utilization of a Knot Pusher Increases Knot Security for Sliding and Static Knots." Eastern Orthopaedic Association 2017 Annual Meeting. October 21, 2017. Miami, FL.
7. "Evaluation and Management of Irreparable Rotator Cuff Tears." Earl C. Marmor Annual Lecture. Department of Orthopaedic Surgery, Einstein Healthcare Network. October 20, 2017. Philadelphia, PA.
8. "Orthopaedic Surgery Resident Education: Should We Be Concerned?" Department of Orthopaedic Surgery Grand Rounds, Einstein Healthcare Network. August 30, 2017. Philadelphia, PA.
9. "Bone Strength after Pristane-Induced Lupus and Corticosteroid Treatment: A Murine Model." Resident Research Competition 2017 (1st place), Einstein Healthcare Network. May 17, 2017. Philadelphia, PA.
10. "Local Effects of Intrasite Vancomycin Power: A Rat Model." Resident Research Competition 2017 (2nd place), Einstein Healthcare Network. May 17, 2017. Philadelphia, PA.
11. "Pott's Disease vs. Vertebral Osteomyelitis/Diskitis." Orthopaedic Surgery-Radiology Advanced Imaging Conference, Einstein Healthcare Network. October 5, 2016. Philadelphia, PA.
12. "Bigger, Faster, Too Strong? The Increasing Incidence of Elbow Injuries in Skeletally Immature Athletes." Department of Orthopaedic Surgery Grand Rounds, Einstein Healthcare Network. September 7, 2016. Philadelphia, PA.
13. "Synthetic Playing Fields: Are they Safe?" Department of Orthopaedic Surgery Grand Rounds, Einstein Healthcare Network. June 8, 2016. Philadelphia, PA.
14. "Damage Control Orthopaedics: When is the Appropriate Time for Definitive Fixation?" Department of Orthopaedic Surgery Grand Rounds, Einstein Healthcare Network. July 10, 2015. Philadelphia, PA.

Poster Presentations:

1. Hoffman RA, **Narvaez MV**, Merrill RK, Whitaker C, Sweitzer B. "A Biomechanical Comparison of Intra-articular versus Extra-Articular Arthroscopic Knot-tying Techniques." Eastern Orthopaedic Association 2019 Annual Meeting. October 16-19, 2019. Palm Beach, FL.
2. Hoffman RA, Merrill RK, Low S, Landfair G, **Narvaez MV**, Shaffer G, Handal J, Samuel SP. "Strategies to Improve 3D Printing Process Time for Surgical Planning." 11th Annual Philadelphia Orthopaedic Trauma Symposium. June 7-8, 2019. Philadelphia, PA.
3. Hoffman RA, Merrill RK, **Narvaez MV**, Woozley KT. "Successful Reduction of an Open Thumb Interphalangeal Joint Dislocation in the Emergency Department." 11th Annual Philadelphia Orthopaedic Trauma Symposium. June 7-8, 2019. Philadelphia, PA.
4. **Narvaez MV**, Handal J, Clippinger B, Samuel SP. "Bone Loss in Pristane-Induced SLE Mice Model." Einstein Healthcare Network Research Recognition Week 2019. May 2019. Philadelphia, PA.
5. Arango D, **Narvaez MV**, Low S, Turvey B, Woozley K. "3D Printed Upper Extremity Fracture Models as an Avenue for Resident Education." American College of Surgeons Clinical Congress 2017. October 22-26, 2017. San Diego, CA.
6. Ayzenberg M, **Narvaez MV**, Arango D, Raphael J. "Prolonging Molding Time during Fiberglass Cast Application – An In-Vitro Study." Eastern Orthopaedic Association 2017 Annual Meeting. October 18-21, 2017. Miami, FL.

7. **Narvaez MV**, Clippinger B, Arango D, Reola M, Samuel SP, Handal J. "Bone Strength after Pristane-Induced Lupus and Corticosteroid Treatment: A Murine Model." Einstein Healthcare Network Research Recognition Week 2017. May 2017. Philadelphia, PA.
8. Clippinger B, **Narvaez MV**, Arango D, Samuel SP, Pahys J, Minimo C, Handal J. "Local Effects of Intravital Vancomycin Powder: A Rat Model." Einstein Healthcare Network Research Recognition Week 2017. May 2017. Philadelphia, PA.
9. **Narvaez MV**, Arango D, Clippinger B, Sweitzer B. "Utilization of a Knot Pusher Increases Knot Security for Sliding and Static Knots." Einstein Healthcare Network Research Recognition Week 2017. May 2017. Philadelphia, PA.
10. **Narvaez MV**, Budacki R, Sweitzer B. "A Comparison of Intra- Versus Extra-Articular Knot 'Flipping' Techniques." Einstein Healthcare Network Research Recognition Week 2017. May 2017. Philadelphia, PA.
11. Arango D, **Narvaez MV**, Tiedeken N, Smith W, Raphael J. "Biomechanical Analysis of Various Insertional Techniques in External Fixator Pin Insertion." 2017 American Association for Hand Surgery Annual Meeting. January 10-14, 2017. Waikoloa, HI.
12. Arango D, **Narvaez MV**, Smith W, Raphael J. "Dose Dependent Chondrotoxicity of Intravital Vancomycin: A Porcine Model." 2017 American Association for Hand Surgery Annual Meeting. January 10-14, 2017. Waikoloa, HI.
13. Ayzenberg M, **Narvaez MV**, Arango D, Clippinger B, Raphael J. "Severely Erosive, Uncontrolled Tophaceous Gout." Einstein Healthcare Network Research Recognition Week 2016. May 2016. Philadelphia, PA.
14. **Narvaez MV**, Clippinger B, Tiedeken N, Raphael J. "Pyogenic Flexor Tenosynovitis with Proximal Involvement of the Forearm in an Immunosuppressed Patient." Einstein Healthcare Network Research Recognition Week 2015. May 2015. Philadelphia, PA.
15. Clippinger B, **Narvaez MV**, Tiedeken N, Williamson CJ, Williams E. "Fat Emboli Syndrome." Einstein Healthcare Network Research Recognition Week 2015. May 2015. Philadelphia, PA.

Research Grant Support:

1. **Narvaez MV**, Youssefzadeh KA, Nelson T, Metzger M, Limpisvasti O. A Biomechanical Comparison of Ulnar Collateral Ligament Reconstruction with and without Internal Bracing. Arthrex Investigator Initiated Research Grant - \$7,728 awarded. 2019-2020.
2. **Narvaez MV**, Clippinger B, Arango D, Whitaker C, Balasubramanian E. Optimization of Modifiable Risk Factors in Total Joint Arthroplasty. Albert Einstein Society Quality Improvement/Patient Safety Seed Grant - \$10,000 awarded. 2017 – 2019.
3. **Narvaez MV**, Clippinger B, Arango D, Samuel SP, Handal J. Bone Strength after Pristane-Induced Lupus and Corticosteroid Treatment: A Murine Model. Albert Einstein Society Grant - \$35,000 awarded. 2015 – 2019.
4. Clippinger B, **Narvaez MV**, Arango D, Samuel SP, Pahys J, Handal J. Local Effects of Intravital Vancomycin Powder: A Rat Model. Albert Einstein Society Physician Seed Grant - \$5,500 awarded. 2015 – 2018.

Quality Improvement Projects:

1. Post-Surgical Pain Management Guidelines: Multimodal Analgesia and Opioid Prescribing Recommendations for Narcotic Naïve Patients. Einstein Healthcare Network. 2018 – 2019.
2. Optimization of Modifiable Risk Factors in Total Joint Arthroplasty. Einstein Healthcare Network. 2017 – 2019.

Ongoing Research:

1. **Narvaez MV**, Youssefzadeh KA, Nelson T, Metzger M, Limpisvasti O. *A Biomechanical Comparison of Ulnar Collateral Ligament Reconstruction with and without Internal Bracing.* *Manuscript in progress.*
2. **Narvaez MV**, Youssefzadeh KA, Crues JV, Limpisvasti O. *“Radiographic Features of Arthroscopically Confirmed Repairable Anterior Cruciate Ligament Tears.”* *Manuscript revisions in progress.*
3. Campbell A, **Narvaez MV**, Caldwell JE, Banffy MB. *“Don’t Cross Swords: An Analysis of Tibial Tunnel Distance Between Bicurciate Ligament Reconstruction and Posterior Meniscal Root Repair.”* *Manuscript submitted to Arthroscopy.*

INTERESTS/HOBBIES

- Family
- Sports: football, golf, hockey, baseball
- Physical fitness
- Cooking
- Traveling