

***J WHITCOMB POLLOCK MD MSc FRCSC***

*501 Smyth, Room W1644  
Ottawa, ON K1H 8L6*

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**EDUCATION**

- 2006-2008     **Upper Extremity Fellowship, Hand and Upper Limb Clinic (HULC)**  
St. Joseph's Hospital, University of Western Ontario, London ON, Canada
- April 2008    **Masters Degree in Medical Biophysics: Orthopaedic Biomaterials and Biomechanics**  
Advisors: Graham JW King MD, MSc, FRCS(C) and James A. Johnson PhD  
Masters Thesis: Coronoid Fractures and Associated Elbow Instability  
Schulich Medicine and Dentistry, University of Western Ontario, London ON, Canada
- 2001-2006    **Residency in Orthopaedic Surgery**  
Department of Orthopaedic Surgery, University of Ottawa, Ottawa ON, Canada
- May 2001     **Doctorate of Medicine**  
Faculty of Medicine, University of Ottawa, Ottawa ON, Canada
- May 1997     **Bachelor of Science in Kinesiology**, with distinction, Gold Medal  
Faculty of Kinesiology, University of Western Ontario, London ON, Canada

**OCCUPATION / APPOINTMENTS**

**Academic Appointments**

- 2021-pres    **Health and Wellness Director**  
Department of Surgery, The Ottawa Hospital, Ottawa ON, Canada
- 2008-pres    **Assistant Professor**  
Faculty of Medicine, University of Ottawa, Ottawa ON, Canada
- 2009-pres    **Co-Supervisor, Shoulder and Elbow Surgery Clinical Fellowship**  
Division of Orthopaedic Surgery, University of Ottawa, Ottawa ON, Canada
- 2014-2019   **Director, Orthopaedic Surgery Ottawa Biomechanics Laboratory**  
University of Ottawa, Ottawa ON, Canada
- 2015-pres    **Member, Division of Orthopaedic Surgery Residency Training Committee**  
University of Ottawa, Ottawa ON, Canada

**Hospital Appointments**

- 2008-pres    **Orthopaedic Surgeon, The Ottawa Hospital**  
Subspecialty Shoulder and Elbow Surgery  
Ottawa ON, Canada

2009-pres      **Orthopaedic Surgeon, The Temiskaming Hospital**  
Subspecialty Shoulder and Elbow Surgery  
New Liskeard ON, Canada

2010-pres      **Orthopaedic Surgeon, Kemptville District Hospital**  
Subspecialty Shoulder and Elbow Surgery  
Kemptville ON, Canada

#### **Other Positions**

2019-pres      **Head Team Physician / Orthopaedic Surgeon, Ottawa RedBlacks**  
Professional Canadian Football League (CFL)

2014-pres      **Team Orthopaedic Surgeon, Ottawa RedBlacks**  
Professional Canadian Football League (CFL)

2014-pres      **Orthopaedic Surgeon, Ottawa Sports and Entertainment Group (OSEG)**  
Ottawa RedBlacks Football CFL, Ottawa 67's Hockey OHL, Ottawa Furry Soccer NASL

2016-pres      **Orthopaedic Surgeon, Carleton University Sports Medicine Clinic**  
Carleton University, Ottawa ON, Canada

2016-pres      **Associate Member of the American Shoulder and Elbow Surgeons**

2008-pres      **Member of the Canadian Shoulder and Elbow Society**

#### **EDUCATIONAL AND PROFESSIONAL COMMITTEES / INVOLVEMENT**

June 2021      **Scientific and Academic Program Committee**  
Canadian Orthopaedic Assoc., CSES specialty day (virtual)

2020-pres      **Co-ordinator, Monthly Complex Shoulder and Elbow Cases Mobile App**  
Canadian Shoulder and Elbow Society

Feb 2021      **Co-Chair, 10<sup>th</sup> Annual Canadian Shoulder and Elbow Society (CSES)  
Shoulder and Elbow Course (virtual)**  
Ottawa ON, Canada

Feb 2020      **Co-Chair, 9<sup>th</sup> Annual Canadian Shoulder and Elbow Society (CSES)  
Shoulder and Elbow Course**  
Ottawa ON, Canada

2019-pres      **Education Director, Canadian Shoulder and Elbow Society (CSES)**  
CSES Executive Committee

2018-pres      **Member RCPSO Orthopaedic Surgery Examination Board**  
**Royal College of Physicians and Surgeons of Canada**  
Ottawa ON, Canada

Feb 2018      **Co-Chair, 7<sup>th</sup> Annual Canadian Shoulder and Elbow Society (CSES)  
Shoulder and Elbow Course**  
Ottawa ON, Canada

- 2017-pres **COS Director - Division of Orthopaedic Surgery General Campus**  
Department of Surgery, The Ottawa Hospital, Ottawa ON, Canada
- June 2017 **Co-Chair, Planning Committee COA 2017 Annual Meeting**  
Ottawa ON, Canada
- 2017-pres **OR Committee – Division of Orthopaedic Surgery Representative**  
Department of Surgery, The Ottawa Hospital, Ottawa ON, Canada
- 2016-2017 **Patient Experience – Surgery Advisory Committee**  
Department of Surgery, The Ottawa Hospital, Ottawa ON, Canada
- 2016-pres **Regional Block Room Committee – Division of Orthopaedic Surgery Representative**  
Department of Surgery, The Ottawa Hospital, Ottawa ON, Canada
- 2016-19 **Membership Coordinator, Canadian Shoulder and Elbow Society (CSES)**  
CSES Executive Committee
- 2016-18 **Elected Representative Member, Executive Committee**  
Division of Orthopaedic Surgery, The Ottawa Hospital, Ottawa ON, Canada
- Feb 2016 **Co-Chair, 5<sup>th</sup> Canadian Shoulder and Elbow Society (CSES) Shoulder Course**  
Ottawa ON, Canada
- 2014-2017 **Co-Chair, National Capital Orthopaedic Association, Annual Meetings**  
Montebello QC, Canada
- 2012-2014 **Co-Supervisor Masters Degree, Hakim Louati**  
Department of Engineering, Carlton University, Sept 19, 2014
- 2005 **Orthopaedic Current State Analysis Team Member:**  
Enhance EPR, Clinical Process Redesign, Ottawa Hospital, Ottawa ON
- 2003-pres **Advanced Trauma Life Support (ATLS) Instructor**  
Ottawa ON, Canada
- 2004 **Instructor/Facilitator: MSK Problem Based Learning, Faculty of Medicine**  
University of Ottawa, Ottawa ON, Canada

## **AWARDS**

### **Teaching Awards**

- May 2012 **Excellence in Teaching**  
Department of Surgery, Faculty of Medicine, University of Ottawa, Ottawa ON, Canada
- June 2011 **Teacher of the Year: Orthopaedic Surgery Training Program**  
Division of Orthopaedic Surgery, University of Ottawa, Ottawa ON, Canada
- May 2006 **Orthopaedic Surgery Resident Teaching Award**  
University of Ottawa, Ottawa ON, Canada

## Research Awards

- June 2021 **1st Place Fellow Paper, Hans K. Uthhoff Research Day, University of Ottawa, Division of Orthopaedics.** Alfonso A, Sheikh A, Rouleau D, Nam D, Pollock JW, Drosdowech D, McIlquham K, Toye B, Desjardins M, Lapner P. Diagnostic accuracy of synovial biopsy for implant-related shoulder infections. Jun 2021
- June 2021 **1st Place Resident Paper, Hans K. Uthhoff Research Day, University of Ottawa, Division of Orthopaedics.** Coupal S, Pollock JW, McIlquham K, Hodgdon T, Trudel G, Laneuville O, Lapner P. Intra-operative channeling in arthroscopic cuff repair: a randomized controlled trial. Jun 2021.
- May 2021 **American Shoulder and Elbow Society Top Ten Scientific Paper**  
Goel D, Bois A, Pollock JW, Athwal G, Lohre R. Immersive virtual reality reduces real-world training time. A randomized, intervention control study with validation of virtual ratings scale of performance.  
British Elbow and Shoulder Society, 2021
- April 2017 **H.K. Uthhoff Research Award, Orthopaedic Surgery 2nd Place Research Paper**  
Awarded by: Dr. M. Glazebrook  
Resident Research Supervisor, University of Ottawa, Ottawa ON, Canada
- May 2014 **W.E. Collins Research Award, Department of Surgery Best Clinical Paper**  
Awarded by: Dr. J. B. Putnam Jr.  
Resident Research Supervisor, University of Ottawa, Ottawa ON, Canada
- May 2014 **H.K. Uthhoff Research Award, Orthopaedic Surgery 1st Place Research Paper**  
Awarded by: Dr. P. Schoenecker  
Resident Research Supervisor, University of Ottawa, Ottawa ON, Canada
- May 2013 **H.K. Uthhoff Research Award, Orthopaedic Surgery 1st Place Research Paper**  
Awarded by Dr. Wilkinson  
Resident Research Supervisor, University of Ottawa, Ottawa ON, Canada
- April 2012 **H.K. Uthhoff Research Award, Orthopaedic Surgery 1st Place Research Paper**  
Awarded by Dr. R. Rampersaud  
Resident Research Supervisor, University of Ottawa, Ottawa ON, Canada
- June 2011 **H.K. Uthhoff Research Award, Orthopaedic Surgery 2nd Place Research Paper**  
Awarded by Dr. P. Guy  
Resident Research Supervisor, University of Ottawa, Ottawa ON, Canada
- 2007-2008 **Medical Biophysics Western Graduate Research Scholarship (\$4,100)**  
Department of Medical Biophysics, University of Western Ontario, London ON, Canada
- 2007-2008 **Schulich Graduate Scholarship for Medical Research (\$2,350)**  
Department of Medicine, University of Western Ontario, London ON, Canada
- Feb 2007 **Graduate Thesis Research Award (\$1,125)**  
Department of Medical Biophysics, University of Western Ontario, London ON, Canada
- May 2005 **W.E. Collins Research Award, Department of Surgery Best Senior Resident Paper**  
Awarded by Dr. J. Bonjer

University of Ottawa, Ottawa ON, Canada

- Apr 2005 **H.K. Uthoff Research Award, Orthopaedic Surgery 2<sup>nd</sup> Place Research Paper**  
Awarded by Dr. C. Fisher  
University of Ottawa, Ottawa ON, Canada
- May 2004 **W.E. Collins Research Award, Department of Surgery Best Junior Resident Paper**  
Awarded by Dr. E. Schemitsch  
University of Ottawa, Ottawa ON, Canada
- Apr 2004 **H.K. Uthoff Research Award, Orthopaedic Surgery Best Resident Research Paper**  
Awarded by Dr. H. Kreder  
University of Ottawa, Ottawa ON, Canada

### **Other Distinctions**

- Nov 2016 **104<sup>th</sup> Grey Cup Champions, CFL, Ottawa RedBlacks, Team Orthopaedic Surgeon**  
Toronto, ON, Canada
- 2007-2008 **Canadian Fellowship for New Faculty Award (\$40, 000)**  
Awarded to an individual pursuing subspecialty training and planning to return to the University of Ottawa to help develop and promote academic medicine.  
University of Ottawa, Ottawa ON, Canada
- Mar 2007 **Canadian Fellowship for New Faculty Educational Grant (\$5, 000)**  
University of Ottawa, Ottawa ON, Canada
- 2006-2007 **Canadian Fellowship Competition Award (\$45,000)**  
Awarded to an individual pursuing subspecialty training and planning to return to the University of Ottawa to help develop and promote academic medicine. Ottawa ON
- Mar 2006 **Canadian Fellowship Competition Educational Grant (\$5,000)**  
University of Ottawa, Ottawa ON, Canada
- Mar 2006 **Royal College of Physicians and Surgeons of Canada Traineeship Grant (\$2,000)**  
Provided for personalized professional development to fellows of the RCPSC
- Apr 2004 **Andry Nicholas Award, Orthopaedic Resident Athlete of the Year**  
University of Ottawa, Ottawa ON, Canada
- 1997-2001 **Rotation Honours and Distinctions, Faculty of Medicine, University of Ottawa**  
Immunology, Cardiovascular, Musculoskeletal, Nervous System, Mind, Gastroenterology, Medicine, Psychiatry, Pediatrics, Ambulatory, Surgery
- Apr 2000 **Gold Medal** (highest overall grade average)  
Faculty of Kinesiology, University of Western Ontario, London ON, Canada
- Sept 1997 **University of Western Ontario In-Course Scholarship for Academic Achievement**  
Faculty of Kinesiology, University of Western Ontario, London ON, Canada
- 1994-1997 **Dean's Honours List**  
Faculty of Biology and Faculty of Kinesiology, University of Western Ontario

## RESEARCH GRANTS

- 2019            **DND Department of National Defense Research Grant. (\$2,440,796.00)**  
PERK II study: Prevention of Post-Traumatic Contractures with Ketotifen II.  
Site PI: Dr. J Pollock, Study PI: Dr. Kevin Hildebrand
- 2018            **Physicians' Services Incorporated (PSI) Foundation (\$19500)**  
Quantification of the exposure of the glenohumeral joint achieved with long head of biceps and pectoralis major release in the deltopectoral approach to the shoulder,  
Co-Investigator  
PI: Dr. P. Lapner
- 2011 - 2016    **Canadian Institutes of Health Research Grant (\$865, 000)**  
Stem cell augmentation of rotator cuff repair, Co- Investigator  
PI: Dr. G. Trudel
- April 2011    **Resident Research Grant – Physicians' Services Incorporated PSI (\$18,000)**  
Biomechanical Evaluation of the Long and Short Heads of the Distal Biceps Contribution to Elbow Flexion Strength and Forearm Supination Strength, Co-Investigator  
PI: Dr. S. Papp  
Division of Orthopaedic Surgery, University of Ottawa, Ottawa, ON
- June 2005     **Resident Research Grant – Physicians' Services Incorporated Foundation (\$5500)**  
Assessment of back and/or leg pain: Which questions are valid and reliable?
- Mar 2004      **Department of Spinal Surgery Research Travel Grant (\$1200)**  
University of Ottawa, Ottawa ON

## PUBLICATIONS

### Peer Reviewed Journal Articles

- Li A, Pollock JW, MacDonald P, Lapner P. A multicentered Randomized Controlled Trial Comparing Single-row with Double-row fixation in Arthroscopic Cuff Repair: Long-term Follow-up. *The American Journal of Sports Medicine*. 2021 (in press)
- Lapner P, Pollock JW, Laneuville O, Uthoff HK, Tinghua Z, Howard L, Ruggiero S, Trudell. Pre-operative microfracture in arthroscopic rotator cuff repair: A prospective randomized control trial. *The Bone and Joint J*. 2021 Jan vol 103B; 123-130doi: 10.1302/0301-620X.103B1.BJJ-2020-0011.R2.
- Lohre R, Bois A, Pollock JW, Athwal G, Goel D. Effectiveness of immersive virtual reality on orthopaedic surgical skills and knowledge acquisition among senior surgical residents: A randomized control trial. *JAMA Network Open*. December 28, 2020 1;3(12):e2031217 doi: 10.1001/jamanetworkopen.2020.31217.
- Loves L, Culliton K, Pollock JW, Louati H, Lapner P. Quantification of the exposure of the glenohumeral joint achieved with long head of biceps and pectoralis major release in the deltopectoral approach to the shoulder. *J Shoulder and Elbow Surgery (International)* 2020 Jun; 4(2): 377–381
- Almasri M, Pollock JW, Rollins M, Howard L, Aldhuhoori S, Stuart N, Lapner P. Thematic analysis from patient and surgeon focus groups: Development of a novel acromioclavicular joint patient reported outcome measure. *Disability and Rehabilitation*. 2020 Aug 17; 1-9

- Lapner P, Pollock JW, Zhang T, Ruggiero S, Momoli F, Sheikh A, Athwal G. A randomized controlled trial comparing subscapularis tenotomy to peel in anatomic shoulder arthroplasty. *J Shoulder Elbow Surg.* 2020 Feb;29(2) 225-224
- Gouveia K, Zhang K, Kay J, Memon M, Simunovic N, Ayeni O. The use of elbow arthroscopy for the management of the pediatric elbow. A systematic review of indications and outcomes. (in submission April 2020).
- Goel D, Bois A, Pollock JW, Athwal G, Lohre R. Transfer effectiveness of surgical education using immersive virtual reality: A randomized intervention-control trial. *NEJM.* (in submission March 2020)
- Matache A, Chang Y, Culliton K, Cron G, Berdusco R, Louati HMA Sc, Pollock JW. Lateral Trochlear Ridge: a Non-Articulating Safe Zone for Anterior-to-Posterior Screw Placement in Fractures involving the Capitellum and Trochlea. *J Bone Joint Surg Am.* 2019 Aug 7; 101(15)e75
- Howard L, Berdusco R Momoli M, Pollock J, Liew A, Papp S, Lalonde K, Gofton W, Ruggiero S, Lapner P. Open reduction internal fixation vs non-operative management in proximal humerus fractures: a prospective, randomized controlled trial protocol. *BMC Musculoskeletal Disorders.* 2018 Aug 19:299
- Brownhill JR, Pollock JW, Ferreira LM, Johnson JA, King JWG. The effect of implant linking and ligament integrity on humeral loading of a convertible total elbow arthroplasty. *J Shoulder and Elbow.* 2019 Jan;11(1) 45-52
- Morellato J, Louati H, Deslodge W, Papp S, Pollock JW. Fixation of anteromedial coronoid facet fractures: Locking vs Non-locking vs screw constructs. *Orthopaedic Proceedings. J Ortho Trauma.* 2018 November; 32(11) e451-e456.
- Matache B, Howard L, Berdusco R, Momoli F, Pollock J, Liew A, Papp S, Lalonde KA, Gofton W, Ruggiero S, Lapner P. Open reduction internal fixation vs non-operative management in proximal humerus fractures: a prospective, randomized controlled trial protocol. *Journal of BMC Musculoskeletal Disorders.* 2018 Aug;19(1):299
- Morellato J, Louati H, Deslodge W, Papp S, Pollock JW. Fixation of anteromedial coronoid facet fractures: A biomechanical evaluation of plate vs screw constructs. *Journal of Orthopaedic Trauma.* 2018 February;98B(20) 33.
- CSES Canadian Shoulder and Elbow Society. Canadian orthopaedic residents perception of their needs in elbow surgery teaching. *Journal of Education and Training Studies.* 2018 March;6(3) 152-159
- Bogdan M, Berdusco R, Momoli F, Lapner P, Pollock, JW. A randomized, double-blind sham-controlled trial on the efficacy of arthroscopic tennis elbow release for the management of chronic lateral epicondylitis. *Journal of BMC Musculoskeletal Disorders.* 2016 June;17:239
- Prud'homme-Foster M, Louati H, Pollock JW, Papp S. Proper placement of the distal biceps tendon during repair improves supination strength – a biomechanical analysis. *J Shoulder Elbow Surg.* 2015 Apr;24(4):527-32.
- Hansen G, Smith A, Pollock JW, Werier J, Nairn R, Rakhra K, Benoit D, Papp S. Anatomic repair of the distal biceps tendon cannot be consistently performed through a classic single-incision suture anchor technique. *J Shoulder Elbow Surg.* 2014 Dec;23(12):1898-904.

- Desloges W, Louati H, Papp S, Pollock JW. Objective analysis of lateral elbow exposure with the extensor digitorum communis split compared with the Kocher interval. *J Bone Joint Surg Am.* 2014 Mar 05;96(5):387-93.
- Brownhill J, McDonald C, Ferreira LM, Pollock JW, Johnson JA. Kinematics and laxity of a linked total elbow arthroplasty following computer navigated implant positioning. *J Computer Aided Surg.* 2012;17(5):249-58.
- Brownhill J, Pollock JW, Ferreira LM, Johnson JA, King GJ. The effect of implant mal-alignment on joint loading in total elbow arthroplasty: an in vitro study. *J Shoulder Elbow Surg.* 2012 Aug;21(8):1032-38.
- Pollock JW, Giachino AA, Rakhra K, DiPrimio G, Hrushowy H, Conway AF, Andreyechen M. SLAC Wrist in the absence of trauma and CPPD: A Prospective blinded kinematic comparative analysis. *J Hand Surg.* 2010;15(3):193-201.
- Pollock JW, Brownhill J, Ferreira LM, MacDonald CP, Johnson JA, King GJ. The Effect of anteromedial facet fractures of the coronoid and associated ligament injury on elbow stability and kinematics. *J Bone Joint Surg Am.* 2009; 91:1448-1458.
- Pollock JW, Brownhill J, Ferreira LM, McDonald CP, Johnson JA, King GJ. The Effect of the posterior bundle of the medial collateral ligament on elbow stability. *J Hand Surg Am.* 2009;34A:116-123.
- Pollock JW, Pichora J, Ferreira LM, Brownhill J, Johnson JA, King GJ. Effectiveness of internal fixation of Type 2 coronoid fractures on elbow kinematics and stability with and without collateral ligament repair. *J Shoulder Elbow Surg.* 2009;18:408-417.
- Wai EK, Howse K, Pollock JW, Dornan H, Vexler L, Dagenais S. The Reliability of determining "Leg dominant pain". *The Spine Journal* 2009;9:447-453.
- Howse K, Dornan H, Gruszczynski A, Vexler L, Pollock J, Wai E. The Reliability of commonly used questions to determine whether lumbar spine patients have leg or back dominant pain — Phase II. *Canadian J Surg.* 2006;49: 17.

## **Review Articles**

- Pollock JW, Beingessner DM, King GJ. Elbow Dislocations and Terrible Triad Injuries for OTA Online, 2020
- Pollock JW. Lateral elbow exposures: Elbow Tendinopathies. *JBJS Essent Surg Tech.* 2019.
- MacEwan M, Pollock JW. Debate on the remplissage procedure for shoulder instability. *Canadian Orthopaedic Association (COA) Bulletin*, Issue 112, June 2016.
- Berdusco R, Louati H, Desloges W, Papp SR, Pollock JW. Lateral elbow exposures: The Extensor digitorum communis split compared with the Kocher approach. *JBJS Essent Surg Tech.* 2015 Dec 23; 5(4)e30.
- Pollock JW. Section Editor: Complex fractures dislocations of the elbow. *Canadian Orthopaedic Association (COA) Bulletin*, Issue 87, June 2010.
- Pollock JW. Anteromedial coronoid fractures of the elbow. *Canadian Orthopaedic Association (COA) Bulletin*, Issue 87, June 2010.



- Pollock JW, Steinman SP, Athwal GS. Surgical exposures for the distal humerus: a review. *Clinical Anatomy*, 2008 Oct 21;21 (8):757-768.
- Athwal GS, Goetz TJ, Pollock JW, Faber KJ. Prosthetic replacement for distal humerus fractures. *Orthopaedic Clinics of North America*, 2008;39:201-212.
- Pollock JW, Faber KJ, Athwal GS. Distal humerus fractures. *Orthopaedic Clinics of North America*, 2008;39:187-200.

### **Book Chapters**

- Howard LC, Pollock JW. Elbow Fracture-Dislocations of the elbow. In: Bhandari M, ed. *Evidence-based Orthopedics* 2<sup>nd</sup> ed. Wiley-Blackwell; 2019
- King GJ, Beingessner DM, Pollock JW. Elbow dislocations and terrible triad injuries. In: Tornetta P, Court-Brown CM et. al. eds. *Rockwood and Green's Fractures in Adults*. 9<sup>th</sup> ed. Philadelphia, PA, Walters Kluwer; 2019: 1414-1468
- Beingessner DM, Pollock JW, King GJ. Elbow fractures and dislocations. In: Tornetta P, Court-Brown CM et. al. eds. *Rockwood and Green's Fractures in Adults*. 8<sup>th</sup> ed. Philadelphia, PA, Walters Kluwer; 2015: 1179-1228.
- Daneshvar P, Pollock JW, Athwal G. Fractures and dislocations of the proximal ulna and radial head. In: Antuna S, Barco R, eds. *Essentials in Elbow Surgery*. 1<sup>st</sup> ed. Springer; 2014: 61-89.
- Chaudrey R, Tompack M, Pollock JW. Fracture-Dislocations of the elbow. In: Bhandari M, ed. *Evidence-based Orthopedics*. 1<sup>st</sup> ed. Wiley-Blackwell; 2011:383-396.

### **PEER REVIEWED SCIENTIFIC PRESENTATIONS**

#### **Podium**

- Immersive virtual reality reduces real-world training time. A randomized, intervention control study with validation of virtual ratings scale of performance. Goel D, Bois A, Pollock JW, Athwal G, Lohre R. *British Elbow and Shoulder Society* 2021. Virtual Conference June 30, 2021  
**American Shoulder and Elbow Society Top Ten Scientific Paper**
- Effectiveness of immersive virtual reality for orthopaedic skills and knowledge acquisition: A randomized control trial. Goel D, Bois A, Pollock JW, Athwal G, Lohre R. COA. Vancouver BC (virtual), June 16-19 2021
- Determining Transfer effectiveness of immersive virtual reality skills training: A randomized intervention-control trial. Goel D, Bois A, Pollock JW, Athwal G, Lohre R. ORS Annual meeting, Long Beach California (virtual), February 13-16 2021
- A Multicentered Randomized Controlled Trial Comparing Single-row with Double row Fixation in Arthroscopic Cuff Repair: Long Term Follow-up. Lapner P, Pollock JW, etc.. AAOS Annual meeting, virtual, August 2021
- Transfer effectiveness of surgical education using immersive virtual reality: A randomized intervention-control trial. Goel D, Bois A, Pollock JW, Athwal G, Lohre R. AAOS Annual meeting, virtual, August 2021

- Transfer effectiveness of surgical education using immersive virtual reality: A randomized intervention-control trial. Goel D, Bois A, Pollock JW, Athwal G, Lohre R. ASES Annual meeting, virtual, March 2020
- Pre-operative microfracture in arthroscopic rotator cuff repair: A prospective randomized control trial. Lapner P, Laneuville O, Uhthoff HK, Tinghua Z, Howard L, Pollock JW, Ruggiero S, Trudell. Canadian Orthopaedic Association Annual Meeting, Montreal QC, June 2019
- Pre-operative microfracture in arthroscopic rotator cuff repair: A prospective randomized control trial. Lapner P, Laneuville O, Uhthoff HK, Tinghua Z, Howard L, Pollock JW, Ruggiero S, Trudell G. SECEC (European Shoulder and Elbow Society), Geneva Switzerland, Sept 2018
- Lateral Trochlear Ridge: a Non-Articulating Safe Zone for Anterior to Posterior Screw Placement for Capitellum and Trochlea Fractures. Matash B, Chang Y, Culliton K, Cron G, Burdusco R, Louati H, Pollock JW. Canadian Orthopaedic Association Annual Meeting, Victoria BC, June 2018
- Lateral Trochlear Ridge: a Non-Articulating Safe Zone for Anterior to Posterior Screw Placement for Capitellum and Trochlea Fractures. Matash B, Chang Y, Culliton K, Cron G, Burdusco R, Louati H, Pollock JW. American Shoulder and Elbow Surgeons (ASES) Annual Meeting, New Orleans, October 2017.
- Subscapularis Tenotomy vs Peel, A Multicenter Randomized controlled Trial. Lapner P, Pollock JW, Rollins M, Trudell G. SECEC (European Shoulder and Elbow Society), Berlin Germany, Sept 2017
- Comparison of subscapularis tenotomy to subscapularis peel in shoulder arthroplasty: A prospective randomized control trial. Lapner P, Pollock JW, Trudell G. Canadian Orthopaedic Association Annual Meeting, Ottawa ON, June 2017
- Matash B, Chang Y, Culliton K, Cron G, Burdusco R, Louati H, Pollock JW. Lateral Trochlear Ridge: a Non-Articulating Safe Zone for Anterior to Posterior Screw Placement for Capitellum and Trochlea Fractures. Presented at the Orthopaedic H.K. Uhthoff Research Day, University of Ottawa, Ottawa ON, April 2017 (2<sup>nd</sup> place Paper).
- Morellato J, Louati H, Pollock JW. Fixation of anteromedial coronoid fractures: Locking vs non-locking vs screw constructs. Canadian Orthopaedic Association Annual Meeting, Quebec QC, June 2016.
- MacNiven I, Louati H, Papp S, Pollock JW. Biomechanical comparison of two suture techniques for distal biceps tendon repair: A Novel method of measuring tendon-bone contact area. Presented at the Canadian Orthopaedic Association 2015 Annual Meeting, Vancouver BC, June 2015.
- McGuffin W, Louati H, Lapner P, Pollock JW. Comparing the deltoid splitting approach to the anterolateral deltopectoral approach: A Novel Method of measuring articular surface area. Presented at the Canadian Orthopaedic Association 2014 Annual Meeting, Montreal QC, June 2014.
- MacNiven I, Louati H, Papp S, Pollock JW. Biomechanical comparison of two suture techniques for distal biceps tendon repair: A Novel method of measuring tendon-bone contact area. Presented at the Orthopaedic H.K. Uhthoff Research Day, University of Ottawa, Ottawa ON, April 2014 (Top Paper).
- McGuffin W, Louati H, Lapner P, Pollock JW. Comparing the deltoid splitting approach to the anterolateral deltopectoral approach: A Novel Method of measuring articular surface area. Presented at the Canadian Orthopaedic Resident Association 2013 Annual Meeting, Winnipeg MB, June 2013.

- McGuffin W, Louati H, Lapner P, Pollock JW. Comparing the deltoid splitting approach to the anterolateral deltopectoral approach: A Novel Method of measuring articular surface area. Presented at the University of Ottawa Orthopaedic H.K. Uthoff Research Day, University of Ottawa, Ottawa ON, April 2013 (Second Prize Paper).
- Desloges W, Louati H, Papp S, Pollock JW. Comparing the extensor digitorum communis splitting approach to the posterolateral Kocher approach: A Novel method of measuring articular surface area. Presented at the Canadian Orthopaedic Association 2012 Annual Meeting, Ottawa ON, June 2012.
- Prud'homme-Foster M, Pollock JW, Louati H, Papp S. Ulnar placement of the distal biceps tendon during repair improves supination strength: A Biomechanical analysis. Presented at the Canadian Orthopaedic Association 2012 Annual Meeting, Ottawa ON, June 2012.
- Desloges W, Louati H, Papp S, Pollock JW. Comparing the extensor digitorum communis splitting approach to the posterolateral Kocher approach: A Novel method of measuring articular surface area. Presented at the University of Ottawa Orthopaedic H.K. Uthoff Research Day, Ottawa ON, April 2012 (First Prize – Best Overall Paper).
- Prud'homme-Foster M, Pollock JW, Louati H, Papp S. Ulnar placement of the distal biceps tendon during repair improves supination strength: A Biomechanical analysis. Presented at the University of Ottawa Orthopaedic H.K. Uthoff Research Day, Ottawa ON, April 2012.
- Hansen G, Pollock JW, Werier J, Nairn R, Rakhra K, Papp S. Anatomic placement of the distal biceps tendon on the radial tuberosity may not be possible through a single anterior incision. Presented at the Canadian Orthopaedic Association 2011 Annual Meeting, St. Johns Newfoundland, July 2011.
- Prud'homme-Foster M, Pollock JW, Louati H, Papp S. Biomechanical evaluation of the long and short heads of the distal biceps contribution to elbow flexion strength and forearm supination strength. Presented at the Canadian Orthopaedic Association 2011 Annual Meeting, St. Johns Newfoundland, July 2011.
- Hansen G, Pollock JW, Werier J, Nairn R, Rakhra K, Papp S. Anatomic placement of the distal biceps tendon on the radial tuberosity may not be possible through a single anterior incision. Presented at the University of Ottawa Orthopaedic H.K. Uthoff Research Day, Ottawa ON, May 2011.
- Prud'homme-Foster M, Pollock JW, Louati H, Papp S. Biomechanical evaluation of the long and short heads of the distal biceps contribution to elbow flexion strength and forearm supination strength. Presented at the University of Ottawa Orthopaedic H.K. Uthoff Research Day, Ottawa ON, May 2011 (Second Prize Paper)
- Pollock JW, Brownhill J, Ferreira LM, McDonald CP, Johnson JA, King GJ. The Effect of the posterior bundle of the medial collateral ligament on elbow stability. Presented at the Canadian Orthopaedic Association 2009 Annual Meeting, Vancouver BC, July 2009.
- Pollock JW, Brownhill J, Ferreira LM, MacDonald CP, Johnson JA, King GJ. The Effect of anteromedial facet fractures of the coronoid and associated ligament injury on elbow stability and kinematics. Presented at the American Association of Orthopaedic Surgeons 2009 Annual Meeting (ASES subspecialty day), Las Vegas NV, Feb 2009.
- Pollock JW, Brownhill J, Ferreira LM, McDonald CP, Johnson JA, King GJ. The Effect of the posterior bundle of the medial collateral ligament on elbow stability Presented at the American Association of Orthopaedic Surgeons 2009 Annual Meeting, Las Vegas NV, Feb 2009.

- Ferreira LM, Pollock JW, King GJ, Johnson JA. Development of a novel in-vitro simulator for elbow motion. Presented at the 2008 Summer Bioengineering Conference, Bioengineering Division of the American Society of Mechanical Engineers, Marco Island FL, June 2008.
- Brownhill J, Pollock JW, LM Ferreira, Johnson JA, King GJ. The Effect of implant linkage, collateral ligament sectioning and radial head management on the kinematics and loading in total elbow arthroplasty. Presented at the Combined meeting of the American Orthopaedic Association/ Canadian Orthopaedic Association, Quebec QC, June 2008.
- Brownhill J, Pollock JW, Ferreira LM, Johnson JA, King GJ. The Effect of humeral component alignment on the loading of total elbow arthroplasty: An in-vitro study. Presented at the Combined meeting of the American Orthopaedic Association/ Canadian Orthopaedic Association, Quebec QC, June 2008.
- Pollock JW, Brownhill J, Ferreira LM, Johnson JA, GJ King. The Effectiveness of open reduction and internal fixation of Type II coronoid fractures on elbow kinematics and stability with and without collateral ligament repair. Presented at the 6th Biennial AAOS/ASES Shoulder and Elbow Meeting, Orlando FL, Apr 2008.
- Pollock JW, Brownhill J, Ferreira LM, Johnson JA, GJ King. The Effectiveness of internal fixation of Type II coronoid fractures on elbow kinematics and stability with and without collateral ligament Repair. Presented at the 54th Annual Meeting of the Orthopaedic Research Society, San Francisco CA, Mar 2008.
- Pollock JW, Giachino AA, Rakhra K, DiPrimio G, Hrushowy H, Conway AF, Andreyechen M. SLAC Wrist in the absence of trauma and CPPD: A Prospective blinded kinematic comparative analysis. Presented at the Canadian Orthopaedic Association 2007 Annual Meeting, Halifax NS, June 2007.
- Brownhill J, Pollock JW, Ferreira LM, Johnson JA, King GJ. Influence of the radial head on the stability and loading of the latitude total elbow arthroplasty: MANUS. Presented at the Canadian Orthopaedic Association 2007 Annual Meeting, Halifax NS, June 2007.
- Pollock JW, Brownhill J, Ferreira LM, Johnson JA, King GJ. Anteromedial coronoid fractures and associated elbow instability: When is surgery required? Presented at the Medical Biophysics Graduate Seminar, University of Western Ontario, London ON, Mar 2007.
- Ferreira LM, Pollock JW, Johnson JA, King GJ. Modeling elbow flexion in vitro: Are active flexion simulators necessary? Presented at the Lawson Research Day, Hand and Upper Limb Centre, Lawson Health Research Institute Department of Biomedical Engineering, The University of Western Ontario, London ON, Feb 2007.
- Howse K, Dornan H, Gruszczynski A, Vexler L, Pollock JW, Wai E. The reliability of commonly used questions to determine whether lumbar spine patients have leg or back dominant pain — Phase II. Presented at the 6<sup>th</sup> Annual Meeting of the Canadian Spine Society, Lake Louise AB, March 2006.
- Pollock JW, Giachino AA, Rakhra K, DiPrimio G, Hrushowy H, Conway AF, Andreyechen M. SLAC Wrist in the absence of trauma and CPPD: A Prospective blinded kinematic comparative analysis. Presented at the International Wrist Investigators Workshop (IWIW), San Antonio TX, Sept 2005.
- Pollock JW, Giachino AA, Rakhra K, DiPrimio G, Hrushowy H, Conway AF, Andreyechen M. Non Traumatic SLAC Wrist. Presented at the W.E. Collins Surgical Department Research Day, University of Ottawa, Ottawa ON, May 2005 (Best Senior Paper).

- Pollock JW, Giachino AA, Rakhra K, DiPrimio G, Hrushowy H, Conway AF, Andreyechen M. Non Traumatic SLAC Wrist. Presented at the University of Ottawa Orthopaedic H.K. Uthoff Research Day, Ottawa ON, Apr 2005 (Second Prize Paper).
- Pollock JW, Vexler L, Wai E. Assessment of back and/or leg pain: Which questions are valid and reliable? Presented at the Canadian Spine Society Annual Meeting, Quebec City QC, March 2005.
- Pollock JW, Vexler L, Wai E. Back Pain or Leg Pain. Presented at the Canadian Orthopaedic Residency Association 2004 Annual Meeting, Toronto ON, Feb 2004.
- Pollock JW, Vexler L, Wai E. Reliability of questionnaires to determine whether spine patients have leg or back dominant pain. Presented at the W.E. Collins Surgical Department Research Day, University of Ottawa, Ottawa ON, May 2004 (Best Junior Paper).
- Pollock JW, Vexler L, Wai E. Reliability of questionnaires to determine whether spine patients have leg or back dominant Pain. Presented at the University of Ottawa Orthopaedic H.K. Uthoff Research Day, Ottawa ON, Apr 2004 (First Prize Paper).

## **Poster**

- Comparison of Subscapularis Tenotomy to Subscapularis Peel in Shoulder Arthroplasty: Instability and Radiographic Lucencies. Lapner P, Pollock JW, Sheikh A, Tinghua Z, Ruggiero, S, Athwal GS. SECEC (European Shoulder and Elbow Society), Geneva Switzerland, Sept 2018
- Matash B, Chang Y, Culliton K, Cron G, Burdusco R, Louati H, Pollock JW. Lateral Trochlear Ridge: a Non-Articulating Safe Zone for Anterior to Posterior Screw Placement for Capitellum and Trochlea Fractures. Presented at the W.E. Collins Surgical Department Research Day, University of Ottawa, Ottawa ON, May 2016.
- Morellato J, Louati H, Pollock JW. Fixation of anteromedial coronoid fractures: Locking vs non-locking vs screw constructs. Poster session presented at the Orthopaedic Research Society (ORS) meeting, Orlando FL, March 2016.
- Pollock JW, Brownhill J, Ferreira LM, McDonald CP, Johnson JA, King GJ. The Effect of the posterior bundle of the medial collateral ligament on elbow stability. Poster session presented at the 54th Annual Meeting of the Orthopaedic Research Society, Las Vegas NV, Feb 2009.
- Pollock JW, Brownhill J, Ferreira LM, Johnson JA, King GJ. Internal fixation of Type 2 coronoid fractures and repair of both collateral ligaments are essential to stabilize fracture-dislocations of the elbow. Poster session presented at the Combined Meeting of the American Orthopaedic Association/ Canadian Orthopaedic Association, Quebec City QC, June 2008.
- Brownhill J, Ferreira LM, McDonald C, Pollock JW, Johnson JA, King GJ. The Development and validation of computer assisted total elbow arthroplasty. Poster session presented at the Canadian Orthopaedic Research Society meeting, Quebec City QC, June 2008.
- Brownhill J, Pollock JW, Ferreira LM, Johnson JA, King GJ. The Effect of humeral component mal-alignment on the loading of total elbow arthroplasty: An in-vitro study. Poster session presented at the American Academy of Orthopaedic Surgeons 75th Annual Meeting, San Francisco CA, Mar 2008.
- Brownhill J, Pollock JW, Ferreira LM, Johnson JA, King GJ. The Effect of implant constraint, ligament sectioning and radial head management on joint loading in total elbow arthroplasty. Poster session presented at the 54th Annual Meeting of the Orthopaedic Research Society, San Francisco CA, Mar 2008.

- Brownhill J, Pollock JW, Ferreira LM, Johnson JA, King GJ. The Effect of humeral component mal-alignment on the loading of total elbow arthroplasty: An in-vitro study. Poster session presented at the 54th Annual Meeting of the Orthopaedic Research Society, San Francisco CA, Mar 2008. (*Best Poster – Shoulder and Elbow Category*)

## INVITED PRESENTATIONS / LECTURES / INSTRUCTIONS

### International

- **Shoulder Arthroscopy – Moderator / Program Committee**  
2021 ConMed Canadian Arthroscopy Meeting. Clearwater FL, November 3-6, 2021.
- **Shoulder Anterior Shoulder Superior Capsular Reconstruction (SCR) Update Tips and Tricks - International Guest Speaker**  
Shoulder Course, Granada, Spain (virtual) December 3, 2020
- **Shoulder Arthroscopy – Moderator / Program Committee**  
2020 ConMed Canadian Arthroscopy Meeting. Virtual, November 20, 2020.
- **Management of Complex Massive Rotator Cuff Tears – Expert Panelist**  
2020 ConMed Canadian Sports Arthroscopy Meeting. Virtual, November 20, 2020.
- **Superior Capsular Reconstruction vs Partial Repair – Debate Presenter**  
2020 ConMed Canadian Sports Arthroscopy Meeting. Virtual, November 20, 2020.
- **Medial Elbow Pain in Athletes (UCL Injuries)**  
Current Trends in Orthopaedics VuMedi Presentation, Nov 2019
- **Lateral Elbow Pain**  
Current Trends in Orthopaedics VuMedi Presentation, Nov 2019
- **Shoulder Arthroscopy – Cadaver Lab Instructor**  
Clearwater Sports and Arthroscopy Update Course. Clearwater FL, Dec 2018.
- **Update on Surgical Techniques for Radial Head Fractures – International Guest Speaker**  
Current Trends in Orthopaedic Surgery, Loire Valley, France May 2018
- **Sports Injuries of the Elbow, Clinical Evaluation and Treatment – International Guest Speaker**  
Current Trends in Orthopaedic Surgery, Loire Valley, France May 2018
- **Current Concepts of the Shoulder – Review of Recent Literature – Expert Panelist**  
Canadian Orthopaedic Association (COA) Shoulder Webinar, December 2017
- **Shoulder Arthroscopy – Cadaver Lab Instructor**  
Clearwater Sports and Arthroscopy Update Course. Clearwater FL, Dec 2015
- **Rotator Cuff Tears of the Shoulder – International Guest Speaker**  
International Shoulder Meeting, Shanghai, China, Oct 2014
- **Live Surgery Demonstration Arthroscopic Rotator Cuff Repair– International Guest Speaker**  
International Shoulder Meeting, Shanghai, China, Oct 2014

- **Partial Rotator Cuff Tears of the Shoulder – International Guest Speaker**  
2<sup>nd</sup> Spain International Arthroscopy Meeting, Joint AEA-SEROD Congress, Seville, Spain, Apr 2014
- **PLRI of the Elbow - Limits of Arthroscopy – International Guest Speaker**  
2<sup>nd</sup> Spain International Arthroscopy Meeting, Joint SEROD-AEA, Seville, Spain, April 2014
- **Shoulder Arthroscopy – Cadaver Lab Instructor**  
Clearwater Sports and Arthroscopy Update Course. Clearwater FL, Dec 2013.
- **Elbow Injuries in the throwing athlete – Presenter**  
Clearwater Sports and Arthroscopy Update Course. Clearwater FL, Dec 2012
- **Elbow Arthroscopy – Instructor**  
Sarasota Arthroscopy Update Course. Sarasota FL, Oct 2011
- **Shoulder Arthroscopy Surgical Techniques – Instructor**  
Sarasota Arthroscopy Update Course. Sarasota FL, Oct 2011

## National

- **Superior Capsular Reconstruction for Massive Rotator Cuff Tears - Tip and Tricks – Lecturer**  
Canadian Orthopaedic Association Annual Meeting, Subspecialty Day Virtual Meeting, June 2020
- **Elbow Arthroscopy for osteoarthritis – Tips and Tricks – Lecturer**  
Canadian Orthopaedic Association Annual Meeting, Subspecialty Day Virtual Meeting, June 2020
- **CFL Medical / Team Physician Meeting/Forum – Ottawa RedBlacks Medical Representative**  
Toronto, ON, Feb 2020
- **Elbow Fracture Dislocations - Group Interactive Discussion – Moderator**  
Canadian Shoulder and Elbow Society 9<sup>th</sup> Annual Shoulder / Elbow Course, Ottawa ON, Jan 2020
- **Radial Head Arthroplasty Surgical Demonstration – Instructor**  
Canadian Shoulder and Elbow Society 9<sup>th</sup> Annual Shoulder / Elbow Course, Ottawa ON, Jan 2020
- **Elbow Arthroscopy – Cadaver Lab Lead Instructor/Moderator**  
Canadian Shoulder and Elbow Society 9<sup>th</sup> Annual Shoulder / Elbow Course, Ottawa ON, Jan 2020
- **Shoulder Arthroplasty Primary and Reverse – Cadaver Lab Lead Instructor/Moderator**  
Canadian Shoulder and Elbow Society 9<sup>th</sup> Annual Shoulder / Elbow Course, Ottawa ON, Feb 2020
- **Shoulder Arthroscopic RTC Repair, SLAP repair, Stabilization – Cadaver Lab Lead Instructor/Moderator**  
Canadian Shoulder and Elbow Society 9<sup>th</sup> Annual Shoulder / Elbow Course, Ottawa ON, Feb 2020
- **Management of Massive Unrepairable Rotator Cuff Tears: Reverse Total Shoulder Arthroplasty – Instructor**  
42<sup>nd</sup> Annual General Meeting, Ontario Orthopaedic Association, Toronto ON, Nov 2019
- **Acute Triceps Injuries – Lecturer**  
2019 Canadian Orthopaedic Association Annual Meeting, Montreal QC, June 2019
- **Shoulder and Elbow Injuries in Competitive Athletes – Evaluation, Treatment, Return to Play**  
2019 Canadian Orthopaedic Association Annual Meeting, Montreal QC, June 2019

- **My Superior Capsular Reconstruction (SCR) Experience: Tips, Tricks, and Patient Selection – Instructor**  
Arthrex Surgical Skills Training, Advancements in Knee and Shoulder Arthroscopy, Montreal QC, April 2019
- **Advancements in Shoulder Arthroscopy – Lab Instructor**  
**Instability, Knotted and Knottless Repair Options, Proximal and Distal Biceps Repair, Remplissage Techniques, Rotator Cuff Repair Options (Speed Bridge / SpeedFix), SCR**  
Arthrex Surgical Skills Training, Advancements in Knee and Shoulder Arthroscopy, Montreal QC, April 2019
- **Clinical Evaluation of the Shoulder – Instructor**  
68<sup>th</sup> Refresher Course for Family Physicians, Ottawa ON, April 2019
- **Anterior Shoulder Instability - Sub-critical Glenoid Bone Loss: Treatment Options and Evidence – Guest Speaker**  
McMaster University Residents Shoulder Arthroscopy Course, Toronto ON, March 2019
- **Managing the Failed Rotator Cuff Repair – Approach to Revision – Guest Speaker**  
McMaster University Residents Shoulder Arthroscopy Course, Toronto ON, March 2019
- **Rotator Cuff Repair and Shoulder Stabilization - Surgical Technique – Guest Lab Instructor**  
McMaster University Residents Shoulder Arthroscopy Course, Toronto ON, March 2019
- **Distal Humerus Fractures Small Group Interactive Discussion – Instructor / Moderator**  
Canadian Shoulder and Elbow Society 8<sup>th</sup> Annual Shoulder / Elbow Course, Calgary AB, Jan 2019
- **Proximal Humerus Fractures Small Group Interactive Discussion – Instructor / Moderator**  
Canadian Shoulder and Elbow Society 8<sup>th</sup> Annual Shoulder / Elbow Course, Calgary AB, Jan 2019
- **Total Elbow Arthroplasty Surgical Demonstration – Instructor**  
Canadian Shoulder and Elbow Society 8<sup>th</sup> Annual Shoulder / Elbow Course, Calgary AB, Jan 2019
- **Elbow Arthroscopy – Cadaver Lab Lead Instructor/Moderator**  
Canadian Shoulder and Elbow Society 8<sup>th</sup> Annual Shoulder / Elbow Course, Calgary AB, Jan 2019
- **Shoulder Arthroplasty Primary and Reverse – Cadaver and Virtual Reality Lab Instructor**  
Canadian Shoulder and Elbow Society 8<sup>th</sup> Annual Shoulder / Elbow Course, Calgary AB, Jan 2019
- **Shoulder Arthroscopic RTC Repair, SLAP repair, Stabilization – Cadaver Lab Instructor**  
Canadian Shoulder and Elbow Society 8<sup>th</sup> Annual Shoulder / Elbow Course, Calgary AB, Jan 2019
- **CFL Medical / Team Physician Meeting/Forum – Ottawa RedBlacks Medical Representative**  
Montreal, ON, Jan 2019
- **Ortho Evidence Journal Club Session – Expert Panelist**  
41<sup>st</sup> Annual General Meeting, Ontario Orthopaedic Association, Toronto ON, Nov 2018
- **Proximal Humeral Fractures Debate: ORIF vs Non-Operative Management – Instructor**  
41<sup>st</sup> Annual General Meeting, Ontario Orthopaedic Association, Toronto ON, Nov 2018
- **Clinical Evaluation of the Shoulder – Instructor**  
67<sup>th</sup> Refresher Course for Family Physicians, Ottawa ON, April 2018



- **Radial Head Fractures – Tips and Tricks and Current Concepts - Instructor**  
2018 Canadian Orthopaedic Association Annual Meeting, Victoria BC, June 2018
- **Elbow Fracture Dislocations – Moderator**  
Canadian Shoulder and Elbow Society (CSES) 7<sup>th</sup> Annual Shoulder Course, Ottawa ON, Feb 2018
- **Elbow Fracture Dislocations Case Presentation – Instructor**  
Canadian Shoulder and Elbow Society (CSES) 7<sup>th</sup> Annual Shoulder Course, Ottawa ON, Feb 2018
- **Elbow Fracture Dislocations Small Group Interactive Discussion – Instructor / Moderator**  
Canadian Shoulder and Elbow Society (CSES) 7<sup>th</sup> Annual Shoulder Course, Ottawa ON, Feb 2018
- **Elbow Arthroscopy – Cadaver Lab Instructor/Moderator**  
Canadian Shoulder and Elbow Society (CSES) 7<sup>th</sup> Annual Shoulder Course, Ottawa ON, Feb 2018
- **Shoulder Arthroplasty Primary and Reverse – Cadaver Lab Instructor / Moderator**  
Canadian Shoulder and Elbow Society (CSES) 7<sup>th</sup> Annual Shoulder Course, Ottawa ON, Feb 2018
- **Elbow Injuries in Football – Instructor**  
Canadian Academy of Sports and Exercise Medicine (CASEM), Football Injuries Course  
Ottawa, ON, November 2017
- **Football Injuries and Return to Play – Instructor**  
Canadian Academy of Sports and Exercise Medicine (CASEM), Football Injuries Course  
Ottawa, ON, November 2017
- **MCL Elbow Injuries in the Throwing Athlete – Lecturer**  
2017 Canadian Orthopaedic Association Annual Meeting, Ottawa ON, June 2017
- **ORIF Complex Elbow Fractures – Tips and Tricks Lecturer**  
2017 Canadian Orthopaedic Association Annual Meeting, Ottawa ON, June 2017
- **Shoulder Instability in the Athlete – Lecturer**  
Canadian Academy of Sports and Exercise Medicine (CASEM), Junior Hockey Course PanAm Sports  
Mont-Tremblant, QC, June 2017
- **Arthroscopic Shoulder Stabilization and Remplissage – Tips and Tricks – Lecturer**  
PanAm Sports Medicine Shoulder Arthroscopy Course, Winnipeg MB, March 2017
- **Arthroscopic Stabilization and Rotator Cuff Repair – Cadaver Lab Instructor**  
PanAm Sports Medicine Shoulder Arthroscopy Course, Winnipeg MB, March 2017
- **Arthroscopic Rotator Cuff Repair – Tips and Tricks – Lecturer**  
PanAm Sports Medicine Shoulder Arthroscopy Course, Winnipeg MB, March 2017
- **Arthroscopic Stabilization and Rotator Cuff Repair – Cadaver Lab Instructor**  
Canadian Shoulder and Elbow Society (CSES) Shoulder and Elbow Course, Calgary AB, Feb 2017
- **Surgical Approach and Technique for ORIF of Distal Humerus Fractures - Lecturer**  
Canadian Shoulder and Elbow Society (CSES) Shoulder and Elbow Course, Calgary AB, Feb 2017
- **Surgical Approach and Technique for ORIF of Elbow Fracture Dislocations - Lecturer**  
Canadian Shoulder and Elbow Society (CSES) Shoulder and Elbow Course, Calgary AB, Feb 2017

- **Arthroscopic Rotator Cuff Repair - Case Presentation – Instructor**  
Canadian Shoulder and Elbow Society (CSES) Shoulder and Elbow Course, Calgary AB, Feb 2017
- **Reverse Total Shoulder Arthroplasty for Proximal Humerus Fractures – Lecturer**  
Comprehensive Shoulder Course, Calgary AB, Oct 2016
- **Reverse and Primary Total Shoulder Replacement— Cadaver Lab Instructor/Moderator**  
Comprehensive Shoulder Course, Calgary AB, Oct 2016
- **ORIF Distal Humerus Fracture – Lecturer**  
2016 Canadian Orthopaedic Association Annual Meeting, Quebec City QC, June 2016
- **Rotator Cuff Tears – Lecturer**  
Canadian Shoulder and Elbow Society (CSES) 5<sup>th</sup> Annual Shoulder Course, Ottawa ON, Feb 2016
- **Reverse and Primary Total Shoulder Replacement – Cadaver Lab Instructor/Moderator**  
Canadian Shoulder and Elbow Society (CSES) 5<sup>th</sup> Annual Shoulder Course, Ottawa ON, Feb 2016
- **Arthroscopic Stabilization and Rotator Cuff Repair – Cadaver Lab Instructor**  
Canadian Shoulder and Elbow Society (CSES) 5<sup>th</sup> Annual Shoulder Course, Ottawa ON, Feb 2016
- **Assessment and Evaluation of the Elbow in the Throwing Athlete – Workshop Instructor**  
Canadian Academy of Sport and Exercise Medicine (CASEM) / Ontario Medical Association (OMA)  
Sport Medicine Conference Symposium, Ottawa ON, Feb 2015
- **Rotator Cuff Tears – Lecturer**  
JOINTS Canada 4<sup>th</sup> Annual Shoulder Course, Ottawa ON, Feb 2015
- **Reverse and Primary Total Shoulder Replacement – Cadaver Lab Instructor/Moderator**  
JOINTS Canada 4<sup>th</sup> Annual Shoulder Course, Ottawa ON, Feb 2015
- **Rotator Cuff Tears – Lecturer**  
JOINTS Canada 3<sup>rd</sup> Annual Shoulder Course, Ottawa ON, Jan 2014
- **Reverse and Primary Total Shoulder Replacement— Cadaver Lab Instructor/Moderator**  
JOINTS Canada 3<sup>rd</sup> Annual Shoulder Course, Ottawa ON, Jan 2014
- **Soft Tissues Injuries Around the Elbow – Moderator**  
2013 Canadian Orthopaedic Association Annual Meeting, Winnipeg MB, June 2013
- **Medial Collateral Ligament Injuries in the Athletes Elbow - Lecturer**  
2013 Canadian Orthopaedic Association Annual Meeting, Winnipeg MB, June 2013
- **Arthroscopic Repair of Subscapularis – Lecturer**  
2011 Canadian Orthopaedic Association Annual Meeting, St. Johns Newfoundland, July 2011
- **Total Elbow Replacement for Distal Humerus Fractures – Lecturer**  
2011 Canadian Orthopaedic Association Annual Meeting, St. Johns Newfoundland, July 2011
- **Proximal Humerus Fractures – Lecturer**  
2011 Canadian Orthopaedic Association Annual Meeting, St. Johns Newfoundland, July 2011
- **Coronoid Fractures - Lecturer**

2010 Canadian Orthopaedic Association Annual Meeting, Edmonton MB, June 2010

- **Occupational and Environmental Medical Association of Canada, 27<sup>th</sup> Annual – Lecturer**  
Shoulder and Elbow Injuries, Ottawa, ON, Oct 2009

## **Regional**

- **Sports Medicine/Orthopaedic Surgery Interest Group Discussion – Speaker**  
Faculty of Medicine, The University of Ottawa, Ottawa ON, April 21, 2021
- **Massive Rotator Cuff Tears, Case Presentation – Sports Medicine Day - Speaker**  
The University of Ottawa Skills and Simulation Centre (uOSSC), Ottawa ON, Oct 2016
- **Multidirectional Instability, Case Presentation – Sports Medicine Day - Speaker**  
The University of Ottawa Skills and Simulation Centre (uOSSC), Ottawa ON, Oct 2015
- **Anterior Instability in Contact Athlete, Case Presentation – Sports Medicine Day - Speaker**  
The University of Ottawa Skills and Simulation Centre (uOSSC), Ottawa ON, Oct 2014
- **SLAP Tears, Case Presentation – Sports Medicine - Speaker**  
The University of Ottawa Skills and Simulation Centre (uOSSC), Ottawa ON, Oct 2013
- **Elbow Fractures and Complications. Kellam Nursing Conference – Guest Speaker**  
The Ottawa Hospital, Ottawa ON, Nov 2011
- **University of Ottawa Upper Extremity Course - Instructor**  
The Ottawa Hospital, Ottawa ON, May 2009
- **Advanced Clinical Nursing – Kellam Orthopaedic Nursing Conference - Instructor**  
The Ottawa Hospital, Ottawa ON, Feb 2009
- **University of Ottawa National Wrist Course – Instructor**  
Ottawa ON (May 2008)

## **JOURNAL REVIEWER**

- Reviewer Abstract Submissions Canadian Orthopaedic Association Annual Meeting 2021
- Reviewer Journal of Shoulder and Elbow Arthroplasty (2018-pres)
- Reviewer Abstract Submissions Canadian Orthopaedic Residency Association Annual Meeting 2017
- Reviewer Abstract Submissions Canadian Orthopaedic Association Annual Meeting 2016
- Reviewer Abstract Submissions Canadian Orthopaedic Association Annual Meeting 2014
- Reviewer Journal of Shoulder and Elbow Surgery (2013-pres)
- Reviewer Journal of Orthopaedics & Traumatology: Surgery & Research (2016-pres)

## **MEDICAL EXAMINER**

- **Royal College of Physicians and Surgeons of Canada, Orthopaedic Surgery Examination Board**

August 2017 –pres

- **Examiner Canadian Academy of Sport and Exercise Medicine (CASEM)**  
Ottawa, October 2015
- **Advanced Trauma Life Support (ATLS) – Examiner**  
Ottawa, ON, June 2010
- **International Medical Graduate (IMG) Examiner, Medical Council of Canada**  
University of Ottawa, Ottawa ON (Feb 2005)
- **Surgical Block Examiner of 3<sup>rd</sup> Year Medical Students, Faculty of Medicine**  
University of Ottawa, Ottawa ON (2002-2003)
- **OSCE Medical Examiner of 3<sup>rd</sup> Year Medical Students, Faculty of Medicine**  
University of Ottawa, Ottawa ON (2002-2003)

## **LABORATORY COURSES**

- **Laboratory courses:** Biomechanics; Laboratory in Exercise Physiology; Research Design in Human Movement Science; Physiology of Fitness Appraisal; Biomechanical Analysis of Discrete Sports Skills. Faculty of Kinesiology, University of Western Ontario, London ON, (1994-1997)

## **PROFESSIONAL COURSES / MEETINGS / CONTINUING MEDICAL EDUCATION**

- Clearwater Sports and Arthroscopy Update Course, Dec 2021 (Instructor/planning committee/moderator)
- COA Annual Meeting, Virtual, June 2021 (planning committee)
- Stanford University wellMD Health and Wellness Director Course (virtual) Feb-May 2021
- CFL Medical / Team Physician Meeting. Virtual, May 2021
- CFL COVID-19 Vaccine Education Session, May 2021
- Clearwater Sports and Arthroscopy Update Course. (Virtual), Dec 2020 (Instructor/planning committee/moderator)
- COA Annual Meeting, Virtual, June 2020 (Instructor)
- CFL Medical / Team Physician Meeting. Toronto, ON, Feb 2020
- CFL Medical / Team Physician Meeting. Montreal, ON, Jan 2019
- Clearwater Sports and Arthroscopy Update Course. Clearwater, Florida, Dec 2018 (Instructor)
- National Capital Orthopaedic Association, Annual Meeting Mont-Tremblant, QC, Nov 2018
- OOA Annual Meeting, Toronto, ON, Nov 2018 (Instructor)
- COA Annual Meeting, Victoria, BC, June 2018 (Instructor)
- Current Trends in Orthopaedic Surgery, Loire Valley, France May 2018 (Instructor)
- Arthrex Sport Medicine Team Physician Meeting, Naples, FL, Feb 2018
- National Capital Orthopaedic Association, Annual Meeting Montebello, QC, Nov 2017 (Co Chair)
- COA Annual Meeting, Ottawa, ON, June 2017 (Co Chair / instructor)
- Canadian Academy of Sports and Exercise Medicine (CASEM), Junior Hockey Course PanAm Sports Mont-Tremblant, QC, June 2017 (Instructor)
- PanAm Sports Medicine Shoulder Arthroscopy Course, Winnipeg MB, March 2017 (Instructor)
- Canadian Shoulder and Elbow Society Shoulder and Elbow Course, Calgary AB, Feb 2017 (Instructor)
- National Capital Orthopaedic Association, Annual Meeting Montebello, QC, Nov 2016 (Co Chair)
- Comprehensive Shoulder Course, Calgary AB, Oct 2016 (Instructor)
- Canadian Shoulder and Elbow Society Subspecialty Day, Quebec City, QC, June 2016
- COA Annual Meeting, Quebec City, QC, June 2016 (Instructor)
- ASES Subspecialty Day, Orlando, Florida, March 2016

- AAOS Annual Meeting, Orlando, Florida, March 2016
- CSES Shoulder Course, Ottawa, ON, Feb 2016 (Co Chair / Instructor)
- Clearwater Sports and Arthroscopy Update Course. Clearwater, Florida, Dec 2015 (Instructor)
- National Capital Orthopaedic Association, Annual Meeting Montebello, QC, Nov 2015 (Co Chair)
- COA Annual Meeting, Vancouver, BC, June 2015
- CSES Shoulder Course, Ottawa, ON, Feb 2015 (Instructor)
- National Capital Orthopaedic Association, Annual Meeting Montebello, QC, Nov 2014 (Co Chair)
- International Shoulder Meeting, Shanghai, China, Oct 2014 (Guest Speaker)
- COA Annual Meeting, Montreal QC, June 2014
- American Shoulder and Elbow 9<sup>th</sup> Biennial Meeting, Orlando, Florida, April 2014
- 2<sup>nd</sup> Spain International Arthroscopy Meeting, AEA, Seville, Spain, April 2014 – (Instructor)
- JOINTS Shoulder Course, Ottawa, ON, Jan 2014 (Instructor)
- Clearwater Sports and Arthroscopy Update Course. Clearwater, Florida, Dec 2013 (Instructor)
- COA Annual Meeting, Winnipeg Manitoba, June 2013 (moderator/lecturer)
- AOSS Annual Meeting, Chicago, IL, March 2013
- 8th Biennial AAOS/ASES Shoulder and Elbow Meeting, Miami, Florida, May 2012
- Sarasota Arthroscopy Update Course. Sarasota, FL, Oct 2011 (Instructor)
- COA Annual Meeting, Newfoundland, June, 2011 (Instructor)
- COA Annual Meeting, Edmonton, Alberta, June, 2010 (Instructor)
- Arthrex Masters Shoulder Course, Montreal, Quebec, May 2010
- 7<sup>th</sup> Biennial AAOS/ASES Shoulder and Elbow Meeting, Miami, Florida, Apr 2010
- Investigator Training Program, Ottawa, ON, Nov 2009
- National Capital Orthopaedic Meeting, Montebello, Quebec, Nov 2009
- Occupational and Environmental Medical Association of Canada, 27<sup>th</sup> Annual, Ottawa, Oct 2009
- COA Annual Meeting, Whistler, BC, July 2009
- University of Ottawa Upper Extremity Course, Ottawa, ON, May 2009
- American Academy of Orthopaedic Surgeons, Annual Meeting, Las Vegas, Nevada, Feb 2009
- 6th Biennial AAOS/ASES Shoulder and Elbow Meeting, Orlando, Florida, Apr 2008
- Global Symposium on Tissue Regeneration in the Shoulder and UE, Chicago, IL, Sept 2007
- Clinical Concepts in Shoulder Arthroplasty, London, ON, Sept 2007
- 8th Annual AAOS/AOSSM Sports Medicine Course, Steamboat Springs, CO, Mar 2007
- AANA, Masters Experience – Shoulder Arthroscopy, Rosemont, IL, Sept 2006
- Advanced Surgical Techniques: Hip Resurfacing, University of Ottawa, Ottawa ON, Aug 2005
- AO Basic Principles and Techniques of Operative Fracture Management, Toronto ON, Nov 2004
- The COA Annual Basic Science Course, Ottawa ON, Nov 2004

## **PROFESSIONAL LICENSURE AND CERTIFICATION**

- Fellow - Royal College of Physicians and Surgeons of Canada, Orthopaedic Surgery, June 2006
- Instructor – Advanced Trauma Life Support (ATLS), 2004
- Principles of Surgery (RCPSC), 2004
- Advanced Trauma Life Support (ATLS), 2002
- Licentiate of the Medical Council of Canada (LMCC), 2002
- Advanced Cardiac Life Support (ACLS), 2001
- Fitness Appraiser Certification - Canadian Society of Exercise Physiology, 1996

## **PROFESSIONAL AFFILIATIONS**

- Member of the Canadian Shoulder and Elbow Society (Education Director), 2008 - current
- Member of the American Academy of Orthopaedic Surgeons, 2001-current
- Member of the Royal College of Physicians and Surgeons of Canada, 2001-current
- Member of the Canadian Medical Association, 2001-current
- Member of the Ontario Medical Association, 2001-current

- Member of the College of Physicians and Surgeons of Ontario, 2001-current

## **PROFESSIONAL SPORTS / TEAM DOCTOR COVERAGE**

- **Head Team Physician / Orthopaedic Surgeon Ottawa RedBlacks 2019-pres**
- **Orthopaedic Surgeon Ottawa RedBlacks 2014-pres**
- **Volleyball Nations League (Professional) - Event Physician**  
TD place, Ottawa ON, June 2019
- **NorAm Alpine Ski Race Series - Race Physician**  
Mont Ste-Marie Ski Resort, Ste-Marie, QC, January 2019
- **Team Orthopaedic Surgeon Ottawa RedBlacks**  
106<sup>th</sup> Grey Cup, Canadian Professional Foot Ball League (CFL), Edmonton, November 2018
- **Volleyball Nations League (Professional) - Event Physician**  
TD place, Ottawa ON, June 2018
- **Ladies Professional Golf Association, Canadian Pacific Women's Open - Course Physician**  
Ottawa Hunt Club Golf Course, Ottawa ON, August 2017
- **Race Physician – Ice Cross Downhill 2017 World Championship, RedBull Crushed Ice**  
Ottawa, ON, March 2017
- **Race Physician - University Alpine Ski Giant Slalom – International Ski Federation (FIS)**  
Mont Ste-Marie Ski Resort, Ste-Marie, QC, February 2017
- **Team Orthopaedic Surgeon Ottawa RedBlacks – Grey Cup Champions**  
104<sup>th</sup> Grey Cup, Canadian Professional Foot Ball League (CFL), Toronto, November 2016
- **Team Orthopaedic Surgeon Ottawa RedBlacks**  
103<sup>rd</sup> Grey Cup, Canadian Professional Foot Ball League (CFL), Winnipeg, November 2015
- **University of Carlton Men's Varsity Football – Team Orthopaedic Surgeon Game Coverage**  
Carlton University, Ottawa ON, October 2016
- **Track Physician–Ontario Race Physicians Safety Team: Toronto Molson Indy Professional Race Series.** Emergency Response Physician responsible for the immediate medical attention, fire protection and safe vehicle extraction of drivers, 2003
- **Physician – Ontario Race Physicians Safety Team: Mosport International Raceway, 2003**

*Supporting documents and written references available on request*