

**Education**

- 1995      **Bachelor of Science**  
Colorado State University
- 2000      **Doctor of Medicine**  
University of Southern California Keck School of Medicine
- 2000-2005      **Orthopedic Surgery Residency**  
The Cleveland Clinic Foundation, Cleveland, OH
- 2005-2006      **Pediatric Orthopedic Surgery Fellowship**  
The Children’s Hospital, Denver, CO
- 2006      **Pediatric Orthopedic Surgery “Mini-Fellowship” in Limb Deformity Surgery**  
International Center for Limb Lengthening, Sinai Hospital, Baltimore, MD
- 2006-2007      **Orthopedic Sports Medicine**  
University of Colorado, Dept. of Orthopedic Surgery, Denver, CO

**Experience**

- 2020- Present      Division Director, Orthopedic Sports Medicine, Akron Children’s Hospital
- 2019 – 2020      ACGME Program Director for Orthopaedic Sports Medicine Fellowship &  
Certified Program Director by The American Board of Orthopaedic Surgery
- 2019 – 2020      UTHealth Adjunct Assistant Professor
- 2018 – 2020      Medical Director – Live Oak Surgery Center
- 2018 – Present      Board of Directors – Children’s Health Pediatric Group
- 2018 – 2020      Executive Committee ROCK - President
- 2015 – 2020      Board of Directors – Treasurer of PRISM
- 2015 – 2020      Board of Directors – Dallas Physician Medical Services for Children, Medical  
Director
- 2015 – 2020      Medical Director – Children’s Health Andrews Institute
- 2015 - 2020      Surgical Director and Chief of Pediatric Orthopedics.  
Andrea-Mennen Family Master Physician  
The Children’s Health Andrews Institute  
Plano, TX

- 2015 – 2018 Executive Committee ROCK – First Vice President
- 2010-2015 Surgical Director, Rocky Mountain Youth Sports Medicine Institute.  
Rocky Mountain Hospital for Children  
14000 East Arapahoe Road, Suite 300.  
Centennial, CO 80112
- 2006-2010 Assistant Professor, Surgical Director, Sports Medicine - **2006-2010**  
The Children's Hospital – Dept. Orthopedic Surgery  
13123 E 16<sup>th</sup> Ave., B060  
Aurora, CO 80045

### **Board Certifications**

- 2009 ABOS Subspecialty Certification-Sports Medicine  
2008-2018 American Board of Orthopedic Surgery  
2005-Present Colorado State Medical License no. 43478

### **Professional Organizations**

- 2019 – Present ICRS Fellow
- 2018 - 2020 PRISM Treasurer
- 2018 - 2020 ROCK President
- 2009 Pediatric Orthopedic Society of North America
- 2009 American Orthopedic Society for Sports Medicine
- 2009 International Cartilage Repair Society
- 2007 Executive Committee ROCK [**R**esearch on **O**steo**C**hondritis Dissecans] Study Group
- 2007 Western Orthopedic Association
- 2000 American Academy of Orthopedic Surgeons

### **Service/Committees**

#### **National**

Executive Committee ROCK [**R**esearch on **O**steo**C**hondritis Dissecans] Study Group.  
2007-Present.

American Academy of Orthopaedic Surgeons Clinical Practice Guidelines Committee for ACL Injuries. 2012-2014.

American Academy of Orthopaedic Surgeons Appropriate Use Criteria [AUC] Writing Panel for the treatment of osteochondritis dissecans.

Program Co-Chair, Pediatric Orthopaedic Society of North America Annual Meeting Sports Medicine Subspecialty Day 2014.

Program Co-Chair, Pediatric Orthopaedic Society of North America Annual Meeting Sports Medicine Subspecialty Day 2015.

Reviewer: Clinical Orthopaedics and Related Research.

Reviewer: American Journal of Sports Medicine

### **Departmental**

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|----------------|--|
| 2016 – Present | Clinically Integrated Network – Contracting Committee  |
| 2016 – 2019    | University of Texas Health Science Center at Fort Worth, Adjunct Clinical Assistant Professor Department of Physician Assistant Studies in the School of Health Professions. |
| 2010 - 2015    | Surgical Director Sports Medicine, The Rocky Mountain Youth Sports Medicine Institute  |
| 2009 - Present | Executive Committee, Membership Committee Chair, ROCK Study Group.   |
| 2006 - 2010    | Surgical Director, Sports Medicine Program, The Children’s Hospital, Position included extensive program development:  |
| 2007 - 2008    | The Children's Hospital Ambulatory Surgery Planning Committee.   |
| 2008 - 2010    | Procedural Never Events Collaborative. A National Collaborative of Children’s Hospitals seeking methods for medical error prevention.  |

### **Community Service**

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|----------------|--|
| 2014 – Present | Team Physician – Prosper High School   |
| 2014 – Present | Provide pre-participation physicals to area schools  |
| 2014 – Present | Provide mentorship to high school and college students, APPs   |
| 2010 - 2015    | Team Physician –Cherokee Trail High School, Smokey Hill High School, Eaglecrest High School, Overland High School. |
| 2007 - 2015    | Team Physician-Cherokee Trail High School  |
| 2006 - 2011    | Provide Pre-participation physical exams to economically disadvantaged   |

children.

2009 Provide career guidance to student-athletes at Colorado State University through the Varsity Athletes Club.

### **Invited Lectures/Visiting Professorships**

#### **Local**

Course Chairman: 2<sup>nd</sup> Annual Pediatric Sports Medicine Symposium. Aurora, Colorado. August 21, 2009

Course Chairman: Sports Medicine for the School Age Athlete: On-Field and Office-Based Management. Denver, CO. August 7-8, 2008.

Invited Lecturer: Inpatient Care of the Limb Deformity Patient. Presented to the 6<sup>th</sup>. Floor Nursing Staff. The Children's Hospital. December 16, 2008

"Microfracture: Indications and Techniques." Polousky, JD. The University of Colorado Sports Medicine Symposium. September 15, 2006.

Invited Faculty: On Field Management of the Injured Athlete Symposium. Denver, CO. August 10, 2007.

Invited Faculty: Pediatric Trauma Conference-Sports Injuries. Aurora, CO. November 2, 2007.

Invited Faculty: Office Based Orthopedics for the Primary Care Provider. Denver, Colorado. November 7, 2008.

Invited Faculty: Children's Orthopedic Day-Pediatric ACL Injuries. April 18, 2008.

Invited Faculty: Pediatric Throwing Athlete. Annual Meeting of the Colorado Athletic Trainer's Association. Colorado Springs, CO. April 5, 2008.

Invited Faculty: Colorado ATC Convention 2010-2013

Invited Faculty: The Swollen Knee: Diagnosis and Management. Community CME event, Parker, CO. October 27, 2009.

Invited Faculty: OCD PSL Limb Preservation Conference 2011.

Invited Lecturer: Pediatric Limb Deformity. Poudre Valley Hospital Grand Rounds. Fort Collins, CO. 2011

Invited Lecturer: Pediatric Limb Deformity. Grand Rounds, Glenwood Springs CO, 2011.

Invited Speaker: Grand Rounds: Osteochondritis Dissecans. The Medical Center of Aurora. Aurora, CO. February 18, 2013.

Invited Speaker: CME Carepoint 6/4/13.

Guest Lecturer: Pediatric Upper Extremity Trauma. Annual Meeting of the Western Slope Chapter of the Western Orthopedic Association. Grand Junction, CO April 2014.

Guest Lecturer: Juvenile Osteochondritis Dissecans. Annual Meeting of the Western Slope Chapter of the Western Orthopedic Association. Grand Junction, CO. April 2014.

KDVR Interview: Pediatric Sports Injuries. Good Day Colorado. May 2014.

Faculty: Pediatric Shoulder Injuries. "You Don't Want To Miss This..." Lecture Series. Rocky Mountain Hospital for Children at P/SL Medical Center, Denver, Colorado. June 2014.

Faculty: Pediatric Shoulder Injuries. "You Don't Want To Miss This..." Lecture Series. Sky ridge Medical Center, Lone tree Colorado. July 15, 2014.

Invited Lecture: Osteochondral Allograft with Tibial Osteotomy- Case Presentation. Bioluminescence Conference. Centennial, CO. August 2014.

Invited Lecture: 2016 Annual Coaches Convention, Andrews Institute January 2016.

Invited Faculty: 48<sup>th</sup> Annual Kenneth C. Haltalin Pediatrics for the Practitioner, "What not To Miss: The Pediatric and Adolescent Shoulder, April 2016.

ESPN Chicago Radio Interview: "The Challenges of Treating Pediatric Patients in Orthopedics and Sports Medicine." November 2016

Children's Health Kid's Doctor Segment: WFAA Good Morning Texas, "Springtime Orthopedics," April 2016.

Aha Media Group /Children's Health Interview - Web Content, January 2017.

Invited Faculty: Continuing Education Series: Osteochondritis Dissecans Diagnosis and Treatment, January 2017.

Live Forum: 3rd Annual Doctors' Day Roundtable: "Innovation in Children's Health Care: A Look at How Technology is Impacting Community Health. Orthopedics and Sports Medicine Trends." March 2017

UT Arlington: NTATS Symposium, "Case Studies: Elbow (Injury, Evaluation, Prevention)," April 2017.

Invited Lecture: Christus Trinity Mother Frances Hospital, "Treatment of Upper Extremities in Children," May 2017

Invited Faculty: Children's Health Trauma Grand Rounds, Pediatric Shoulder Injuries. "Don't Miss This – Pediatric Shoulder Injuries," May 2017

Invited Faculty: Plano ISD Professional Development Day, School Nurse Seminar: Orthopedics and Sports Medicine Overview for School Health. August 2017

Invited Faculty: Children's Health Andrews Institute, Cartilage Transplantation- Restoring the Chronically Injured Knee, January 2018

Invited Keynote Speaker: NTATS (North Texas Athletic Trainers' Society) University of Texas at Arlington, Hip and Hip Injuries, April 2018

Invited Keynote Speaker: Texas Association of Sports Officials (TASO), Official's Fitness – "Heat Illness and Cold-Water Immersion," July 2018

McKinney ISD Nurse Conference: Knee Injuries in Children, August 2018.

Live Interview with Cody Enterprises Newspaper to speak about osteochondritis dissecans, August 2018.

Phone Interview with Elaine Writergirl "Acute Sports Injuries," October 2018.

Live Interview with WFAA Good Morning Texas – "Common Acute Sports Injuries," November 2018.

Invited Speaker: Dr. John Polousky – "From the Field to Your Office - A comprehensive Approach to Managing Pediatric Sports Injuries" (Part of Core Track aimed at young pediatrics, NPs and PAs. April 2019

Live Interview with Katy Trail Weekly-Texas – Sports Sampling Interview, July 2019

### **International**

Invited Faculty: 2017 AOSSM Annual Meeting. *Case Based: Osteochondritis Dissecans and Chondral Injuries of the Knee, Elbow and Ankle: Treatment in Adolescent Athletes*, John D. Polousky. July 2017

Invited Speaker: October 2019 – Singapore Orthopaedic Association - 42<sup>nd</sup> Annual Scientific Meeting. **John Polousky, MD.**

- 1) "Return to Play After ACL Surgery"
- 2) "Osteochondritis Dissecans (OCD) of Knee- Current Concepts"
- 3) "Surgical Fixation of Tibial Eminence Fractures"
- 4) "Pediatric ACL History and Future"
- 5) "Pediatric Patello-femoral Instability – Surgical Management"
- 6) "Clavicle Fracture in Adolescents"

### **National**

Invited Faculty: Essentials of External Fixation Keystone, Colorado. 2007.

Invited Faculty: Essentials of External Fixation New York, New York. June 2007.

Invited Faculty: Essentials of External Fixation. Washington, DC. May 2-5, 2007.

Invited Faculty: Essentials of External Fixation. Dana Point, CA. November 8-11, 2007.

Invited Faculty: Essentials of External Fixation. Keystone, CO. January 10-12, 2008.

Invited Faculty: Circle of Excellence Advisory Board, Memphis, TN. February 8, 2008.

Course Chairman: Essentials of External Fixation. Boulder, CO. February 29-March 1, 2008.

Invited Faculty: POSNA Annual Meeting Sports Medicine Course- Meniscal Repair-Indications and Technique. April 29, 2008.

Invited Faculty: POSNA/AAOS Surgical Techniques for Managing Pediatric Orthopedic Sports Injuries. Orthopedic Learning Center, Rosemont, IL. June 12-13, 2008.

Invited Moderator: AAOS Annual Meeting-POSNA Specialty Day- Symposium #5: Adult-like Trauma in Teenagers. New Orleans, LA. March 13, 2010.

Invited Faculty: POSNA/AAOS Cutting Edge Surgical Techniques for Managing Pediatric Orthopedic Sports Injuries. Orthopedic Learning Center, Rosemont, IL. June 25-26, 2010.

Course Chairman: ROCK Meeting, Vail, CO January 2011.

Invited Lecture: Steadman-Phillipon Research Institute: Osteochondritis Dissecans. Vail, Colorado. May 9, 2011.

Visiting Professor: Osteochondritis Dissecans. Department of Orthopedic Surgery, The Medical College of Wisconsin. Milwaukee, WI. November 28, 2012.

Course Chairman: ROCK Vail Meeting Jan 2012

Invited Faculty: 2012 AAOS ICL-OCD, San Francisco, CA. March 2012.

Invited Faculty: Ankle Injuries in Adolescents and Children San Diego Sports Medicine Conference. March 2011.

Invited Faculty: Penn Cartilage Symposium 2011-2014

Invited Faculty: Instructional Course Lecture: Pediatric Knee Injuries Canadian Orthopedic Society 2012.

Course Chairman: ROCK Vail Meeting. January 2013.

Chairman: Symposium AAOS-Controversies in Pediatric Sports Medicine. Chicago, IL. February 2013.

Course Chairman: ROCK Vail Meeting 2014.

Co-Chair: Sports Medicine Subspecialty Day, Annual Meeting of the Pediatric Orthopedic Society of North America. April 2014.

Invited Lecture: Traumatic Shoulder Instability. Sports Medicine Subspecialty Day, Annual Meeting of the Pediatric Orthopedic Society of North America. April 2014.

Invited Lecturer: Osteochondral Allograft Techniques. University of Pennsylvania Cartilage Symposium April 2014.

Invited Faculty: Live surgical demonstration-Osteochondral Allograft surgical technique. University of Pennsylvania Cartilage Symposium. April 2014.

Invited Faculty: Live surgical demonstration-Osteochondral Allograft Surgical Technique. University of Pennsylvania Cartilage Symposium. April 2015.

Invited Faculty: Lecture: Point/Counterpoint- Osteochondral Allograft is the Preferred Treatment for Large Chondral Lesions. University of Pennsylvania Cartilage Symposium. **Polousky JD**. April 2015.

Invited Faculty: 2015 American Academy of Orthopedic Surgeons Annual Meeting – Symposium- Treatment and Complications in Pediatric Sports Medicine. **Polousky JD**. Adolescent Clavicle Fractures. Las Vegas, NV. March 25, 2015.

2015 Pediatric Orthopedic Society of North America Annual Meeting – Paper 120: MRI Evaluation of the Epiphyseal Vascular Supply-Insights into the Vascular Etiology of OCD. Ellerman JM, Nissi MJ, Wang L, Toth F, Shea KG, **Polousky JD**, Carlson CS. Atlanta, GA. May 1, 2015.

2015 American Orthopedic Society for Sports Medicine Annual Meeting – ICL Pediatric Sports Injuries- **Polousky JD**: Tibial Eminence Fractures. Orlando, FL. July 10, 2015.

2015 Pediatric Orthopaedic Society of North America Annual Conference – E-Poster An-Epiphyseal ACL Femoral Tunnel Drilling – Avoiding Injury to the Pysis, LCL, and Popliteus (Kevin G. Shea, MD, Peter. Cannamela, BS, Peter D. Fabricant, MD MPH, Elizabeth B. Terhune, BS, **John D. Polousky, MD**, Theodore J. Ganley, MD, Matthew D. Milewski, MD, Allen F. Anderson, MD)

Invited Faculty: 2016 PRISM Annual Meeting. Evaluation of Anterior Meniscus Root Injury During All-Epiphyseal ACL Tibial Tunnel Drilling in Skeletally Immature Knees. Kevin G. Shea, Elizabeth B. Terhune, Peter D. Fabricant, **John D. Polousky**, Theodore J. Ganley, Matthew D. Milewski, Peter C. Cannamela, Allen F. Anderson. January 2016

Invited Faculty: 2016 PRISM Annual Meeting. Anatomic Variation of the Anterolateral Ligament of the Knee in Pediatric Specimens. Kevin G. Shea, Elizabeth B. Terhune, Alexandra Styhl, Peter C. Cannamela, **John D. Polousky**, Theodore J. Ganley, Matthew D. Milewski, Allen F. Anderson. January 2016

Invited Faculty: 2016 PRISM Annual Meeting. Lateral Radiographic Landmarks for ACL and LCL Footprint Origins During All-Epiphyseal Femoral Drilling in Skeletally Immature Knees. Kevin G. Shea, Peter C. Cannamela, Elizabeth B. Terhune, Peter D. Fabricant, **John D. Polousky**, Theodore J. Ganley, Matthew D. Milewski, Allen F. Anderson. January 2016

Invited Faculty: 2016 PRISM Annual Meeting. All-Epiphyseal ACL Femoral Tunnel Drilling – Avoiding Injury to Pysis, LCL, And Popliteus. Kevin G. Shea, Peter C. Cannamela, Peter D. Fabricant, Elizabeth B. Terhune, **John D. Polousky**, Theodore J. Ganley, Matthew D. Milewski, Allen F. Anderson. January 2016

Invited Faculty: 2016 PRISM Annual Meeting. Comparative CT Identification and Healing Progression of OCD Lesions in Children and Piglets. Kristin Olstad, Peter C. Cannamela, Cathy S. Carlson, **John D. Polousky**, Kevin G. Shea. January 2016

Invited Faculty: 2016 AAOS Annual Meeting. Medial Patello-femoral Ligament (MPFL) Origin and the Relation to the Distal Femoral Pysis. Alexandra C. Styhl, John C. Jacobs, **John D.**



**Polousky**, Theodore J. Ganley, Matthew D. Milewski, Allen F. Anderson, Kevin G. Shea. July 2016

Invited Faculty: Lecture: Injuries in Football Conference 2016 – Uncommon Shoulder Injury in An Adolescent Football Player: A Case Study. Andrews Institute. **John Polousky, MD**. April 2016.

Invited Faculty: 2016 POSNA Sports Subspecialty Day – “Rotational and Angular Deformity.” **John Polousky, MD**. April 2016.

Invited Faculty: 2016 Cartilage Repair Symposium: Cellular Therapeutics for Advanced Cartilage Repair – Surgical Techniques - Challenging Cases – Assessment and Treatment, **John Polousky, MD**. April 2016.

Invited Faculty: MCW Grand Rounds, Milwaukee, Wisconsin, May 2016.

Invited Faculty: American Orthopaedic Society for Sports Medicine, Osteochondritis Dissecans and Chondral Injuries of the Knee, Elbow and Ankle: Treatment in Adolescent Athletes, **John Polousky, MD**. July 2016.

Invited Lecturer: WOA – Western Orthopaedic Association, Pediatric Knee OCD, **John Polousky, MD**. September 2016.

Program Committee Co-Chair PRISM Annual Meeting Dallas Texas, **John Polousky, MD**. January 2017.

2017 ASMI 35<sup>th</sup> Injuries in Baseball Course. Why Are Our Softball Players Getting Injured? **John D. Polousky, MD**

Invited Faculty: Lecture: ICL - Skeletally Immature Anterior Cruciate Ligament: Controversies and Management, **John D. Polousky**, March 2017.

Invited Faculty: Lecture: Injuries in Football Conference 2017 – OCD of the Knee in the Youth Football Player, **John Polousky, MD**. April 2017.

Invited Faculty: Lecture Injuries in Football Conference 2017 – Hip Injuries in the youth Football Player (apophysitis, FAI, Dysplasia) – **John Polousky, MD**. April 2017.

Invited Faculty: 2017 AOSSM Annual Meeting. Case Based: Osteochondritis Dissecans and Chondral Injuries of the Knee, Elbow and Ankle: Treatment in Adolescent Athletes, **John D. Polousky**. July 2017

Invited Faculty: 2018 PRISM Annual Meeting. Limb Alignment Principles and techniques for Osteochondral, Meniscus and Patellofemoral Conditions – **John Polousky, MD**/Aristides Cruz, MD/Peter Fabricant, MD. January 2018

Invited Faculty: 2018 PRISM Annual Meeting. Current Concepts & Future Research for Juvenile Osteochondritis Dissecans, **John Polousky, MD**. January 2018

Invited Faculty: 2018 PRISM Annual Meeting. Current Concepts & Future Research for Pediatric Multiligament Knee Injuries, **John Polousky, MD**. January 2018

Invited Faculty: 2018 Injuries in Football Conference, Keynote Address: Pediatric ACL: Treatment Options and Surgical Considerations, **John Polousky, MD**. May 2018

Invited Faculty: 2018 AOSSM Annual Meeting, Osteochondritis Dissecans and Chondral Injuries of the Knee, Elbow and Ankle: Treatment in Adolescent Athletes (Case-Based), **John Polousky, MD**. July 2018

Invited Faculty: July 10, 2018 - POSNA Pediatric Orthopaedic Society Of North America. ROCK Standard Classification System for Osteochondritis Dissecans Knee. **John D. Polousky, MD**

Invited Faculty: **John D. Polousky, MD** - 2019 Annual PRISM Conference in Atlanta, GA. Moderator for Scientific Paper Session – ACLII.

Invited Faculty: **John D. Polousky, MD** – Injuries in Football, “Pitfalls in Immature ACL Reconstruction,” January 2019

Invited Faculty: 2020 Annual PRISM Conference in Glendale, AZ. Moderator: “Open Osteochondral Autograft Transfer Results in More Frequent Reoperation Than Open Allograft Transfer In The Pediatric Knee,” **John Polousky, MD**

## **Book Chapters**

**Polousky JD**, Eilert RE. Orthopedics, Current Diagnosis and Treatment-Pediatrics, 19<sup>th</sup>. Edition. Chapter 24 pp.750-65. Lang 2009.

**Polousky JD**. Orthopedics, Current Diagnosis and Treatment-Pediatrics, 20<sup>th</sup>. Edition. Chapter 24. Lang 2010.

**Polousky JD**. Congenital Abnormalities of the Knee and Tibia. Orthopedic Knowledge Update-Pediatrics. 2010.

Erickson ME, Merritt C, **Polousky JD**. Orthopedics, Current Diagnosis and Treatment-Pediatrics, 20<sup>th</sup>. Edition. Chapter 26. Lang 2012.

**Polousky JD**. Pediatric Tibia Fractures. Orthopedic Trauma Call for the Attending Surgeon. Chapter 46. Slack 2013.

**Polousky JD**, Anderson AF. Knee: Skeletally Mature—Unsalvageable (Fragment excision or cartilage repair). AAOS Monograph. August 2014.

**Polousky JD**, Developmental Anatomy of the ACL and Knee. 2017.

## **Abstracts/Presentations**

“Radiofrequency Thermal Effects on the Human Meniscus: An In-Vitro Analysis.” **Polousky JD**, Vangness CT: American Academy of Orthopedic Surgeons 66<sup>th</sup> Annual Meeting Proceedings.

“Radiofrequency Thermal Effects on the Human Meniscus: An In-Vitro Comparison of Monopolar and Bipolar Devices.” Vangness CT, **Polousky JD**, Hedman TP: 20<sup>th</sup> Annual Meeting of The Arthroscopy Association of North America, Seattle, Washington.

“Radiofrequency Thermal Effects on the Human Meniscus: An In-Vitro Comparison of Monopolar and Bipolar Devices.” Vangsness CT, **Polousky JD**, Parkinson A, Hedman TP. 2002 Annual Meeting of the Academy of Orthopedic Surgeons, February 13-17, 2002, Dallas, Texas.

“The use of tunneled epidural analgesia for the facilitation of post-operative rehabilitation of arthrofibrosis of the knee.” **Polousky JD**, Andrish JT. The Cleveland Clinic Department of Orthopedic Surgery Research Day. June 16, 2005.

**Polousky JD**, Eilert RE, Chang FM. Gait Analysis and Supramalleolar Osteotomy for Complex Clubfoot Deformity in a Child with Arthrogyposis. Poster Presentation. Western Orthopedic Association 70<sup>th</sup>. Annual Meeting. October 12-14 2006. Santa Fe, NM.

**Polousky JD**, Pengel KB, Thrower B. Pediatric Sports Medicine: A practice Model at a large children’s hospital. Poster Presentation. Western Orthopedic Association 71<sup>st</sup>. Annual Meeting. July 18-22, 2007. San Diego, CA.

**Polousky JD**, Carollo JJ, Nicklas, T. ACL reconstruction in the skeletally immature knee: Effects of tunnel diameter and position on the physis. Podium presentation at Western Orthopedic Association Annual Meeting, Seattle, Washington. August 2009.

**Polousky JD**. “A Survey of Physician Opinion: Adolescent Clavicle Treatment Preferences Among POSNA Members.” Pediatric Orthopedics Society of North America Annual Meeting, 2010.

#### **E-Poster**

Canty G, Pengel K, **Polousky J**. Severe Lateral Ankle Sprain or Something Else? Poster presentation. AMSSM Annual Meeting 2010, Cancun, Mexico.

**Polousky JD**. “A Survey of Physician Opinion: Adolescent Clavicle Treatment Preferences Among POSNA Members.” Podium Presentation Western Orthopedic Association Annual Meeting, Monterey, CA. August 8, 2010,

Patrick Carry, BA, Susan Kanai, PT, OCS, CSCS<sup>2</sup>, Kate Worster, BA and **John D. Polousky, MD**, 9976 Hip Strengthening Intervention Related Improvements in Patellofemoral Pain Symptom Severity, Pelvic/Hip Stability and Hip Strength: A Preliminary Case Series. Podium Presentation- American Academy of Pediatrics Annual Meeting, October 2-5, 2010, San Francisco, CA.

2013 American Academy of Orthopaedic Surgeons Annual Conference - Oral  
Anatomical Dissection and CT Imaging of the Medial Patellofemoral Ligament in Skeletally Immature Cadaver Knees (Kevin G. Shea, MD, **John D. Polousky, MD**, John C. Jacobs, Jr., BS, Theodore J. Ganley, MD, Stephen K. Aoki, MD, Nathan L. Grimm, BS, Shital N. Parikh, MD)

Anatomical Dissection and CT Imaging of the Posterior Cruciate and Lateral Collateral Ligaments in Skeletally Immature Cadaver Knees (**John D. Polousky, MD**, Kevin G. Shea, MD, John C. Jacobs, Jr., BS, Theodore J. Ganley, MD)

2013 Pediatric Orthopaedic Society of North America Annual Conference - Poster  
Anatomical Dissection and CT Imaging of the Anterior Cruciate and Medial Collateral Ligaments in Skeletally Immature Cadaver Knees (Kevin G. Shea, MD, **John D. Polousky, MD**, John C.

Jacobs, Jr., BS, Theodore J. Ganley, MD)

2013 Pediatric Orthopaedic Society of North America Annual Conference - A complicated case of osteochondritis dissecans. **John D. Polousky, MD**.

2013 Pediatric Orthopaedic Society of North America Annual Conference - Poster The Relationship of the Femoral Physis and the Medial Patellofemoral Ligament in Children – A Cadaveric Study (Kevin G. Shea, MD, **John D. Polousky, MD**, John C. Jacobs, Jr., BS, Theodore J. Ganley, MD, Stephen K. Aoki, MD, Nathan L. Grimm, BS, Shital N. Parikh, MD)

2013 American Orthopaedic Society for Sports Medicine Annual Conference - Poster Anatomical Dissection and CT Imaging of the Anterior Cruciate and Medial Collateral Ligaments in Skeletally Immature Cadaver Knees (Kevin G. Shea, MD, **John D. Polousky, MD**, John C. Jacobs, Jr., BS, Theodore J. Ganley, MD)

2013 Apr;471(4):1118-26 - A Review of Knowledge in Osteochondritis Dissecans: 123 Years of Minimal Evolution from König to the ROCK Study Group. Eric W Edmonds <sup>1</sup>, **John Polousky** doi: 10.1007/s11999-012-2290-y... <sup>1</sup> Rady Children's Hospital and Health Center, 3030 Children's Way, Suite 410, San Diego, CA 92123, USA. ewedmonds@rchsd.org. PMID: 22362466. PMCID: PMC3586043 . DOI: 10.1007/s11999-012-2290-y

2014 Annual Meeting of the Orthopaedic Research Society. Paper no. 233. MRI Visualization of Cartilage Canal Vessels in Cadaveric Human Epiphyseal Growth Cartilage. Nissi MJ, Toth F, Carlson CS, Shea K, **Polousky J**, Ellerman JM.

2014 American Orthopaedic Society for Sports Medicine Annual Meeting – Poster 31. A Multicenter Reliability Test of a Novel Osteochondritis Dissecans Radiographic Feature Classification System. Wall EJ, **Polousky JD**, Shea KG, Carey JL, Ganley TJ, Grimm NL, Jacobs J, Edmonds EW, Eismann EA, Myer GD.

2015 American Academy of Orthopedic Surgeons Annual Meeting – ICL 170. **Polousky JD**. Evidence Based Treatment of OCD of the Knee in the Young Athlete. Las Vegas, NV. March 24, 2015.

2020 PRISM Annual Conference, Glendale, AZ. Scientific Poster: “Surgical Management Of Osteochondritis Dissecans Of The Elbow In Children: Is There Consensus Among Experts?” Scott M. LaValva BA; Nakul S. Talathi, BS; Neeraj M. Patel, MD, MPH, MBS; Eric We. Edmonds, MD, FAOA; Henry B. Ellis, Jr. MD; Peter D. Fabricant, MD, MPH; Matthew D. Milewski, MD; **John D. Polousky, MD**; Kevin G. Shea, MD; Eric Wall, MD; Philip L. Wilson, MD; Benton E. Heyworth, MD; Carl W. Nissen, MD; Donald Bae, MD; Theodore J. Ganley, MD.

2020 American Public Health Association (ALPHA), Association between concussion history and cognitive, behavioral, and emotional risk factors among American high school athletes: A cross-sectional analysis. **Knell G**, Burkhart SO, Caze II T, Polousky JD, Kohl III HW, Messiah SM. Association between concussion history and cognitive, behavioral, and emotional risk factors among American high school athletes: A cross-sectional analysis. *American Public Health Association Annual Meeting*. San Francisco, CA, USA. October 2020.

## **Publications**

Electrosurgical Methods for Arthroscopic Meniscectomy: A Review of the Literature. **Polousky JD**, Vangsness CT. J Arthroscopy 16(8):813-821, 2000.

Radiofrequency Thermal Effects on the Human Meniscus: An In-Vitro Analysis. Vangsness CT, **Polousky JD**, Hedman TP. Arthroscopy 2002, May-Jun;18(5):492-5. PMID: 11987059

Radiofrequency Thermal Effects on the Human Meniscus. An In-Vitro Study of Systems with Monopolar and Bipolar Electrodes. Vangsness CT, **Polousky JD**, Parkinson AB, Hedman TP. Am J Sports Med 2003 Mar-Apr;31(2):253-6. PMID: 12642261

The Use of Navigation in Total Knee Arthroplasty for Patients with Extra-Articular Deformity. Bottros J, Klika AK, Lee HH, **Polousky JD**, Barsoum WK. J Arthroplasty 23(1):74-8, 2008.

Isolated Avulsion Fracture of the Subscapularis Tendon with Medial Dislocation and Tear of Biceps Tendon in a Skeletally Immature Athlete: A Case Report. Provance AJ, **Polousky JD**. Current Opinion in Pediatrics 2010; June 22(3):366-8. doi: 10.1097/MOP.0b013e328337fea5. PMID: 10186061

Adolescent Patellofemoral Pain: A Review of Evidence for the Role of Lower Extremity Biomechanics and Core Instability. Carry PM, Kanai S, Miller NH, **Polousky JD**. Orthopedics. 2010 Jul; 33(7):498-507. doi:10.3928/01477447-20100526-16. PMID: 20608604.

Decreased Complications of Pediatric Femur Fractures with A Change in Management. Sink EL, Faro F, **Polousky J**, Flynn K, Gralla J. J Ped Orthop. 30(7):633-37, 2010.

A Survey of Physician Opinion: Adolescent Midshaft Clavicle Fracture Treatment Preferences Among POSNA Members. Carry PM, Koonce R, Pan X, **Polousky JD**. J Ped Orthop. 2011 Jan-Feb;31(1):44-9. doi: 10.1097/BPO.0b013e3181ff67ce. PMID: 21150731

Juvenile Osteochondritis Dissecans. **Polousky JD**. Sports Med Arthrosc.2011 Mar, 19(1):56-63. doi: 10.1097/JSA. 0b013e31820b94b9. Review. PMID: 21293239

Subscapularis Tendon Injuries in Adolescents: A Report of Two Cases. **Polousky JD**. Harms S, J Ped Orthop. 2011 Jul-Aug;31(5):e57-9. doi: 10.1097/BPO.0b013e31821f92ca. PMID: 21654450

A Review of Knowledge on Osteochondritis Dissecans:123 Years of Minimal Evolution from Konig to the ROCK Study Group. Edmonds EE, **Polousky JD**. Clin Orthop Relat Res. 2013 Apr;471(4):118-26. doi: 10.1007/s11999-012-2290-y. Review. PMID: 22362466

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An Expert Consensus Statement on the Management of Large Chondral and Osteochondral Defects in the Patellofemoral Joint. Jorge Chahla <sup>1</sup>, Betina B Hinckel <sup>1</sup> Adam B Yanke <sup>1</sup>, Jack Farr <sup>1</sup>, Metrics of Osteochondral Allografts (MOCA) Group; William D Bugbee <sup>1</sup>, James L Carey <sup>1</sup>, Brian J Cole <sup>1</sup>, Dennis C Crawford <sup>1</sup>, James E Fleischli <sup>1</sup>, Alan Getgood <sup>1</sup>, Andreas H Gomoll <sup>1</sup>, Simon Gortz <sup>1</sup>, Allan E Gross <sup>1</sup>, Deryk G Jones <sup>1</sup>, Aaron J Krych <sup>1</sup>, Christian Lattermann <sup>1</sup>, Bert R Mandelbaum <sup>1</sup>, Peter R Mandt <sup>1</sup>, Tom Minas <sup>1</sup>, Raffy Mirzayan <sup>1</sup>, Timothy S Mologne <sup>1</sup>, **John D Polousky** <sup>1</sup>, Matthew T Provencher <sup>1</sup>, Scott A Rodeo <sup>1</sup>, Oleg Safir <sup>1</sup>, Seth Lawrence Sherman <sup>1</sup>, Eric D Strauss <sup>1</sup>, Sabrina M Strickland <sup>1</sup> Christopher J Wahl <sup>1</sup>, Riley J Williams 3rd <sup>1</sup> Investigation performed at Midwest Orthopaedics at Rush and the Rush University Medical Center, Chicago, Illinois, USA. Orthop J Sports Med. 2020 Mar 26;8(3):2325967120907343. PMID: 32258181. PMCID: DOI: 10.1177/2325967120907343

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### **Honors/Awards**

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|------|---|
| 2019 | Award Recognition: The American Journal of Sports Medicine, Certificate of Reviewer Appreciation for completion of 4 manuscript review in 2018            |
| 2018 | American Academy of Orthopaedic Surgeons Achievement Award in Recognition of Continued Outstanding Contributions to the Profession of Orthopaedic Surgery |
| 2018 | Best of Plano 2018 Awards for Children's Health Andrews Institute   |
| 2018 | American Academy of Orthopaedic Surgeons Achievement Award  |



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| 2018            | Award Recognition: D CEO Magazine's Excellence in Healthcare Awards featured Innovative Article The Great Hospital Arms Race   |
| 2017 to Present | Endowed Chair: Andrea-Mennen Family Master Physician   |
| 2017            | Award Recognition: D CEO Magazine's 2017 Excellence in Healthcare Awards   |
| 2016 - 2019     | North Texas Health Science Center at Fort Worth, Adjunct Clinical Assistant Professor in the Department of Physician Assistant Studies in the School of Health Professions |
| 1999 - 2000     | University of Southern California School of Medicine Dean's Scholar, Years III & IV.   |
| 1995            | Colorado State University Academic Achievement Award.  |
| 1992, 1994      | Two-time All-Western Athletic Conference Academic Team Selection.  |
| 1994            | Honorable Mention All-Western Athletic Conference Football Team Selection.   |
| 1990-1995       | Five-year, athletic scholarship, Colorado State University   |

### **Grants**

Research Scholar Award- Anterior Knee Pain in Adolescents. \$30,000 grant provided by The Children's Hospital Research Institute. Principle Investigator: John Polousky, MD

Co-investigator: OREF Grant- Clinically Relevant Outcome Questionnaire for Adolescent Patients with Pain or Injury in Upper and Lower Extremities. PI: Paul Saluan, MD

Endowed Chair: Andrea-Mennen Family Master Physician