

# Curriculum Vitae

## Joseph C. Schaffer, M.D.

Hughston Clinic Orthopaedics at TriStar Centennial  
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### Education

- M.D.    **University of Virginia School of Medicine**, 2013  
B.S.    **Virginia Tech**, Ocean Engineering, *summa cum laude*, Virginia Tech, 2008  
B.A.    **Virginia Tech**, History, *summa cum laude*, Virginia Tech, 2008

### Training

- Orthopaedic Surgery Residency Program:** University of Rochester Medical Center, Rochester, NY  
6/2013 – 6/2018                      Program Director: John T. Gorczyca, M.D.  
**Sports Medicine Fellowship Program:** University of Rochester Medical Center, Rochester, NY  
8/2018 – 7/2019                      Program Director: Michael D. Maloney, M.D.

### Certifications and Licensure

- |   |               |
|---|---------------|
| USMLE (Step 1)                                  | April 2011    |
| USMLE (Step 2)                                  | May 2012      |
| USMLE (Step 3)                                  | December 2013 |
| ABOS Board Eligible (Passed Part I Examination) | July 2018     |
| Tennessee State Medical License                 | May 2019      |

### Professional Experience

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|--|---------------------|
| Orthopaedic Surgeon, Hughston Clinic Orthopaedics, Nashville, TN           | Sept 2019 - Present |
| • Specializing in Sports Medicine and General Orthopaedics                 |                     |
| Naval Architect, Department of the Navy, NAVSEA HQ, DC                     | Aug 2008-June 2009  |
| • Practiced engineering in ship design, development and program management |                     |

### Affiliations/Memberships

- |  |                |
|--|----------------|
| American Academy of Orthopaedic Surgeons, Resident/Fellow Member         | 2013 - Present |
| American Orthopaedic Society for Sports Medicine, Resident/Fellow Member | 2016 - Present |
| Arthroscopy Association of North America, Resident/Fellow Member         | 2016 - Present |

### Awards and Honors

- |   |      |
|---|------|
| American Orthopaedic Association, Resident Leadership Forum | 2017 |
| Revised: 9/6/19   |      |

Alpha Omega Alpha	inducted 2012
Phi Beta Kappa	inducted 2008
Tau Beta Pi	inducted 2006
Mining Engineering Scholarship	2004
Gilbert and Lucille Seay Scholarship	2004
Marshall Hahn Engineering Scholarship	2003

**Athletic Team Coverage**

Rochester Red Wings Baseball (AAA)	2018 - 2019
St. John Fisher College Athletics	2018 - 2019
United States Ski and Snowboard Association (USSA)	2019
United States Tennis Association (USTA) Pro Circuit Futures	2019
Greater Rochester Area High School Football	2014 - 2017
Rochester Rhinos Soccer Team (United Soccer League)	2016 - 2017
Nazareth Collegiate Hockey (NCAA Div III)	2017 - 2018

**Educational and Volunteering Contributions**

Volunteer, Provider and Teacher, St. Joseph's Neighborhood Center	2018 - 2019
Member, Orthopaedic Education Committee, University of Rochester Medical Center (URMC) Department of Orthopaedics	2015 - 2018
Member, Graduate Medical Education Committee, URMC	2015 - 2018
Working Group Member, ACGME CLER Working Group on Professionalism, URMC	2016 - 2017
Teaching Assistant, Orthopaedic Medical Student interest group surgical skills lab, University of Rochester School of Medicine	2016
Teaching Assistant, First and Second Year Medical Student PCC and SCOPE education series, Musculoskeletal Curriculum, University of Rochester School of Medicine	2015
Lecturer and Teaching Assistant, 2nd Year Medical Students, USMLE Step 1 review and OSCE skills, UVA School of Medicine	2012
Teaching Assistant, AP Biology High School Students, Charlottesville, VA	2012
Representative, Student Medical Education Committee, Surgery Clerkship, University of Virginia School of Medicine	2011 - 2012
President, The Cabell Society (Surgery Interest Group), Responsibilities included organizing a large medical student shadowing program	2010 - 2011

## Research Activities

The Effect of Pre-operative Depression on ACL Reconstruction Outcomes. PI: Sandeep Mannava, M.D. Ph.D. July 2018 - Present

Studying prospectively collected pre-op PROMIS Depression scores on ACL outcomes, with focus on adolescents.

Non-destructive Joint Reaction Force Measurement at the Hip and Effects of Capsular Intervention. PI: Brian Giordano, M.D. August 2015 – June 2019

Biomechanical cadaver study evaluating JRF via cartilage relaxation technique, effects of soft tissue envelope and arthroscopic capsular management strategies [Poster presentation at AOSSM 2017, Podium presentations at AAOS 2018 and ISHA 2018, manuscript submitted for publication]

Non-destructive Joint Reaction Force Measurement at the Ulnohumeral Joint and Effect of Increased Radial Head Implant Length. PI: John Elfar, M.D. Sept. 2014 – August 2015

Biomechanical cadaver studies utilizing cartilage relaxation extra-articular joint reaction force measurement technique [Manuscript submitted for publication]

An Observational Study Assessing Orthopaedic Resident Operative Experience at a High Volume Ambulatory Surgery Center. PI: Gregg Nicandri, M.D. March 2015 – June 2017

Prospective observation of orthopaedic residents' operative experience [Abstract Submitted to AANA 2017]

The Prevention of Steroid-induced Osteonecrosis by Glutathione. PI: Quanjun Cui, M.D., University of Virginia, Orthopaedic Surgery June - September 2010 (full-time)

Investigated potential for glutathione to inhibit steroid-induced adipogenesis and potentiate osteogenesis using a multi-potent stem cell line, measured with staining and quantitative PCR. Data subsequently used in successful grant application.

## Publications

### Peer Reviewed Journal Articles

**Schaffer JC**, Vasconcellos D, Kelly M, Kaplan NB, Noorullah M, Olles M, Elfar JC, Giordano BD. The Effect of Arthroscopic Capsulotomy and Repair on Hip Joint Contact Forces Using a Non-destructive Extra-articular Method. *Journal of Hip Preservation Surgery*. 2019 June 23.

Maloney M, **Schaffer JC**, Kenney RJ. Arthroscopic Posterior Glenohumeral Capsular Augmentation with Gracilis Tendon Allograft. Accepted to *Arthroscopy Techniques* on May 28, 2019.

Strong B, Maloney M, Baumhauer J, **Schaffer J**, Houck JR, Hung M, Bounsanga J, Voss MW, Gu Y, Voloshin I. Psychometric evaluation of the Patient-Reported Outcomes Measurement Information System (PROMIS) Physical Function and Pain Interference Computer Adaptive Test for subacromial impingement syndrome. *J Shoulder Elbow Surg.* 2019 Feb;28(2):324-329.

Bronstein RD, **Schaffer JC**. Response to “Patellofemoral Syndrome’ is not a diagnosis”. [Letter to the editor]. *J Am Acad Orthop Surg.* 2017 Oct; 25(10):e243.

Bronstein RD, **Schaffer JC**. Physical Examination of the Knee: Meniscus, Cartilage, and Patellofemoral Conditions. *J Am Acad Orthop Surg.* 2017 May; 25(5):365-374.

Bronstein RD, **Schaffer JC**. Physical Examination of Knee Ligament Injuries. *J Am Acad Orthop Surg.* 2017 Apr;25(4):280-287.

Lee D, **Schaffer J**, Chen T, Oh I. Internal Versus External Fixation of Charcot Midfoot Deformity Realignment. *Orthopedics.* 2016 June 3:1-7.

**Schaffer JC**, Raudenbush BL, Molinari C, Molinari R. Symptomatic Triple Region Spinal Stenosis Treated with Simultaneous Surgery: Case Report and Review of the Literature. *Global Spine J.* 2015 Dec; 5(6): 513-521.

**Schaffer JC**, Adib F, Cui Q. Intraoperative fat embolism during core decompression and bone grafting for osteonecrosis of the hip: report of 3 cases and literature review. *Am J Orthop* (Belle Mead NJ). 2014 Jun;43(6):275-9.

### **Abstracts/Posters/Presentations**

**Schaffer JC**, Vasconcellos D, Kaplan N, Maqsoodi N, Olles M, Elfar J, Giordano B. Effect of Hip Capsulotomy and Repair on Hip Joint Contact Forces Using a Non-Destructive Method. **Podium presentation:** AAOS 2018 Annual Meeting, March 8; New Orleans, LA.

**Schaffer JC**, Vasconcellos D, Kaplan N, Maqsoodi N, Olles M, Elfar J, Giordano B. Radiographic Validation of a Non-invasive Method of Measuring Hip Joint Reaction Force Using a Cartilage Relaxation Technique. Abstract and Poster presentation: AOSSM 2017 Annual Meeting, July 20-23; Toronto, ON.

Strong B, **Schaffer JC**, Kenney R, Hedgecock J, Nicandri G, Maloney M, Voloshin I. Comparison of Patient Reported Outcomes using a Disease Specific and Non-Disease Specific Instrument (PROMIS) in Patients with Shoulder Pain. Abstract and e-Poster: ASOS 2016 Closed Meeting, October 6-9; Boston, MA. E-poster presentation: AOA 2017 Annual Meeting, June 20-24; Charlotte, NC. Poster presentation at AAOS 2017 Annual Meeting, March 14-18; San Diego, CA.

Mason RC, Caldwell M, **Schaffer JC**, Vasconcellos D, Osman WS, Olles M, Elfar JC. Effect of increased radial head implant length on ulnohumeral joint reaction forces using an extra-articular method. Paper Presentation: AAOS Annual Meeting, 2016 March 4; Orlando, FL.

**Schaffer JC**, Bloxom A, Donnelly D, Gonsoulin C, Loyer K, Scott B. CG(X)BMD - Ballistic Missile Defense Cruiser. Oral Presentation presented at: SNAME Chesapeake Section/ASNE Flagship Section Meeting, Annual Student Presentation Event; Washington, DC, April 2008.