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## CURRICULUM

**RICK ZARNETT**

**Updated 2020**

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### **PERSONAL DATA:**

Full name: Mark Eric (Rick) Zarnett  
Address: Cleveland Clinic Canada Midtown  
150 Eglinton Avenue East  
5<sup>th</sup> Floor  
Toronto, ON  
M4P 1E4  
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(FAX) 416 636-9119

E-Mail (personal): rick@zarnett.ca

**Premedical:** University of Western Ontario  
Bachelor of Science Program  
London, Ontario 1977-1979

**Medical:** University of Toronto  
Doctor of Medicine  
Toronto, Ontario 1979-1983

**Post-medical:** University of Toronto  
Master of Science  
Institute of Medical Science  
Toronto, Ontario 1984-1985

Gallie Surgical Training Program  
Orthopaedic Surgery  
University of Toronto, 1984-1989

Research Fellow, Hospital for Sick Children  
Supervisor: Dr. Robert B. Salter  
Toronto, Ontario 1984-1985

Orthopaedic Fellowship: Arthroscopy and Sports Medicine  
Dr. Robert W. Jackson  
Toronto, Ontario 1989

Orthopaedic Fellowship: Arthroscopic Surgery  
Dr. D. J. Ogilvie-Harris  
Toronto Hospital, 1990

**POSTGRADUATE QUALIFICATIONS:**

Doctor of Medicine, University of Toronto 1983  
Master of Medical Science, University of Toronto 1985  
Fellowship in Orthopaedic Surgery,  
Royal College of Physicians and Surgeon of Canada 1989  
Lecturer Department of Surgery, University of Toronto

**PROFESSIONAL ASSOCIATION MEMBERSHIP (CURRENT):**

Ontario Medical Association  
Canadian Medical Protective Association  
College of Physicians and Surgeons of Ontario  
Arthroscopy Association of North America

**HOSPITAL/MEDICAL/UNIVERSITY APPOINTMENTS:**

Humber River Hospital, Toronto, Division of Orthopaedic Surgery  
Director Centric Health Surgical Centre, Toronto  
St. Michael's Hospital (Courtesy Staff)  
Lecturer Department of Surgery, University of Toronto

**PROFESSIONAL PRACTICE/CONSULTANT:**

Sports Medicine and Arthroscopic Surgery  
Practice includes arthroscopic knee, shoulder surgery  
Primary interest in knee ligament reconstruction and shoulder surgery  
Medical Director, Centric Health Surgical Centre Toronto  
Head Physician and Team Orthopaedic Surgeon, Toronto Argonaut Football Club,  
Canadian Football League  
Lecturer Department of Surgery, University of Toronto  
Orthopaedic Consultant to the NHLPA (National Hockey League Player  
Association)  
Orthopaedic Surgeon and Consultant, York University, Toronto  
Interim Chief of Surgery, Humber River Regional Hospital November-December  
2013  
Division Head of Orthopaedic Surgery, Humber River Regional Hospital, 2007-  
2017  
Orthopaedic Surgeon – Toronto Maple Leafs Hockey NHL 2003-2005  
Independent Orthopaedic Evaluations for Insurance and Third Party

**PUBLICATIONS:**

1. Zarnett, R.: A comparative review of surface replacement arthroplasty and conventional total hip replacement. *University of Toronto Medicine Journal*, 60:116, 1983.
2. Zarnett, R.: The cellular origin of neochondrogenesis produced by periosteal grafts subjected to continuous passive motion. Thesis for Degree of Master of Science, University of Toronto, 1985.
3. Zarnett, R., Delaney, J., Salter R.B.: The cellular origin of neochondrogenesis produced by periosteal grafts subjected to continuous passive motion: An experimental investigation in the rabbit. *Clin Orthop* 222:267-277, 1987.
- 3a. Ibid. *Year Book of Orthopaedics 1988.*, Chapter 4, The Knee, page 177. Editor: Mark B. Coventry, Year Book Medical Publishers Inc., Chicago, London, Boca Raton, 1988.
4. Zarnett, R., Salter R.B.: Periosteal neochondrogenesis: An experimental investigation in the rabbit. *Canadian Journal of Surgery* 32:171-174, 1989.
5. Zarnett, R., Velasquez, R., Salter R.B.:The effect of continuous passive motion on a carbon fiber ligament reconstruction: An experimental investigation. *Grand Rounds in Orthopaedics*, June/July 1-5, 1989.
6. Zarnett, R., Velasquez, R., Salter R.B.:The effect of continuous passive motion on a carbon fiber ligament reconstruction: An experimental investigation. *J Bone Jt Surg* 73B:47-52, 1991.
7. Zarnett,R., Martin, C., Barrington, T.W., et al.: The natural history of suspected scaphoid fractures. *Canadian Journal of Surgery* 1991.
8. Ogilvie-Harris, D.J., McLean, J., Zarnett M.E.: Pigmented villonodular synovitis of the knee. The results of total arthroscopic synovectomy, partial arthroscopic synovectomy, and arthroscopic local excision. *J Bone Jt Surg* 74A:119-123, 1992.
9. Ogilvie-Harris, D.J., McLean, J., Zarnett ,M.E.: Correspondence, *J Bone Jt Surg* 74A:119-123, 1992) *J Bone Jt Surg* 74A:952, 1992.
10. Deakon R.T., Zarnett R.: Results of arthroscopic reconstruction in patients over 40. *J Arthroscopy* 12:388, 1996.
11. Zarnett R, Deakon R.T.: Return to Contact Sports, Chapter 34: *Handbook of Sports Injuries*.Mcgraw-Hill, Toronto, 1999.
12. Deakon R.T., Zarnett R.: Knee Braces, Chapter 39: *Handbook of Sports Injuries*.Mcgraw-Hill, Toronto, 1999

**RICK ZARNETT**

## **PRESENTATIONS:**

### **The cellular origin of neochondrogenesis in major-full thickness defects of a joint surface treated by periosteal grafts and subjected to continuous passive motion.**

The Annual Meeting of the Clinical Research Society of Toronto, 1985.  
Richards Orthopaedic Residents Meeting, Memphis 1985.  
Annual Meeting of the Royal College of Physicians and Surgeons of Canada, Vancouver, 1985.  
Orthopaedic Research Day, University of Toronto, 1985.  
Toronto Academy of Medicine, 1985.  
Orthopaedic Research Society, New Orleans, 1986  
Canadian Orthopaedic Residents Association, Halifax, 1986.  
Annual Meeting of the Canadian Orthopaedic Research Society, Edmonton, 1986

### **The influence of motion on a carbon fiber ligament reconstruction in the knee: An experimental investigation in the rabbit.**

Sports Med '86, Toronto 1986.  
Canadian Orthopaedic Residents Association, London 1987.

### **The natural history of suspected scaphoid fracture.**

Canadian orthopaedic residents association, Winnipeg 1988.

### **The biomechanical effect of radiation sterilization on ligament allografts.**

Kennedy, University of Toronto, 1989.  
Sports Med '90, Toronto 1990.

### **Examination of the Knee and Shoulder**

Family Practice Rounds, Humber Memorial Hospital 1991  
Five Chiefs Clinical Day, Toronto, 1991

### **Arthroscopic anterior cruciate reconstruction: Early results.**

Sports Med '91. Toronto 1991

### **Arthroscopic ACL reconstruction**

In service Lecture, Sports Medicine Specialist, Toronto 1993

### **Monthly Sports Medicine Rounds**

Toronto Hospital Orthopaedic Residents Seminar, 1993

### **Arthroscopic Shoulder Stabalization.**

Toronto Sports Medicine Rounds. 1994

### **Shoulder Arthroscopy**

McMaster University Resident's Day - Zimmer Arthroscopy Lab, Toronto,  
March 4, 1995

### **I'm 45 and tore my ACL skiing...now what? ACL in the Masters Athlete.**

"Live - Action Sports Medicine". The Newest Concepts in Sports Medicine.  
Toronto, Ontario November 11, 1995

### **Results of ACL Reconstruction in Patients Over 40**

Sports Med 96, OMA Sports Medicine Annual Meeting, Toronto, 1996

### **Results of ACL Reconstruction in Patients Over 40**

North American Arthroscopy Association Annual Meeting, Washington, DC,  
1996

### **Least Invasive Knee Surgery**

Course Chairman, September 12-13, 1997 Oakville Ontario  
Presentation: Staying out of Trouble in ACL Surgery

### **"What's new in Sports Medicine in 1997?"**

Arthroscopic shoulder stabilization - Is small better?  
The Skydome, Toronto, October 18, 1997

### **Rotator Cuff Tears: Conservative Versus Surgical Management**

Telemedicine Canada: Sports Medicine Series, May 12, 1998

### **Arthroscopic Shoulder Surgery**

Faculty: Orthopaedic and Arthritic Hospital, February 18, 1999

### **Knee Bracing for Osteoarthritis**

Faculty: Knee and Hip Update, Whistler BC, February 26, 2000

## **Sports Medicine Update**

York University, Athletic Therapy Program, February 20, 2002

## **Arthroscopic Shoulder Surgery**

Presented at Mitek Arthroscopy Workshop, Mt. Sinai Hospital, Toronto.  
October 25, 2002.

## **Arthroscopic Shoulder Surgery**

University of Toronto Orthopaedic Resident Workshop, Mt. Sinai Hospital,  
Toronto. October 20, 2003.

## **New Techniques in Knee Arthroscopy**

Presented at Linvatec Canada, Mississauga, Ontario. February 26, 2004

## **Arthroscopic Shoulder Stabilization**

Humber River Regional Hospital, Sports Medicine Rounds, May 20, 2004

## **Arthroscopic Shoulder Stabilization**

Mitek Knee and Shoulder Arthroscopy Learning Centre, Mt. Sinai Hospital,  
Toronto. June 5, 2004.

## **Course Chairman - Mitek Knee and Shoulder Arthroscopy Learning Centre**

Mt. Sinai Hospital, Toronto. June 5, 2004

## **Sports Medicine Update: Mitchener Institute, Toronto**

Organizing Committee, Moderator, October 12, 2005

## **Meniscal Repair: Sports Medicine Solutions, Mitek Canada**

Mississauga, May 10, 2006

## **Graft Selection in ACL Reconstruction**

An Evening in Sports Medicine, York University, March 7, 2007

## **Controversies in ACL Reconstruction** **Graft Selection in ACL Reconstruction** **Arthroscopic Shoulder Stabilization**

The 23rd International Jerusalem Symposium on Sports Medicine  
Jerusalem, Israel, March 14,15 2007

**Arthroscopic Shoulder Stabilization**

The Sports Medicine Specialists, In Service  
Toronto, ON April 9, 2008

**Shoulder Instability**

Whistler Road Show (Arthrex)  
September 27-28, 2013