

# Curriculum Vitae

## John Theodoropoulos

Assistant Professor, University of Toronto

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## Education

### Degrees

- 2008 - 2011 MSc, Cartilage Regeneration, Institute of Medical Science, University of Toronto, Toronto, Canada, Supervisor(s): Jay Wunder, Rita Kandel
- 1995 - 1999 MD, Dept of Medicine, Queen's University at Kingston, Kingston, Ontario
- 1990 - 1994 BSc, Major Biology, Minor Classical History, McGill University, Montreal, Quebec

### Post Graduate, Research and Specialty Training

- 2004 - 2005 Fellowship, Sports Medicine, University of Illinois at Chicago, Chicago, Illinois, Supervisor(s): Mark Hutchinson, Preston Wolin, Jeremy Stevens
- 1999 - 2004 FRCSC, Residency in Orthopaedic Surgery, Orthopaedic Surgery, Orthopaedic Surgery, McGill University, Montreal, Quebec, Canada, Program Director: Michael Tanzer,

### Qualifications, Certifications and Licenses

- 2004 - present College of Physicians and Surgeons of Ontario, Ontario, Canada, License Membership #: 78853
- 1999 - 2004 FRCSC (McGill University), Royal College of Physicians and Surgeons of Canada, Montreal, Quebec

## Employment

### Current Appointments

- 2007 - present Assistant Professor, Orthopedic Surgery, Faculty of Medicine at the University of Toronto, Ontario, Canada
- 2007 - present Staff Surgeon, Division of Orthopaedic Surgery, Department of Surgery, University of Toronto, Mount Sinai Hospital, Ontario, Canada

- 2007 - present      Staff Surgeon, Division of Orthopaedic Surgery, Department of Surgery, Women's College Hospital, Ontario, Canada
- 2010 - present      Associate Staff Surgeon, Division of Orthopaedic Surgery, Department of Surgery, University Health Network, Ontario, Canada

**Previous Appointments**

- 2005 - 2007      Orthopedic Surgeon, Orthopaedics, William Osler Health Centre, Brampton, Ontario, Canada
- 2005 - 2007      Orthopedic Surgeon, Orthopaedics, Halton Healthcare, Georgetown, Ontario, Canada

**Administrative Appointments**

- 2018 - present      Medical Director, Dovigi Orthopaedics Sports Medicine Clinic, Mount Sinai Hospital, Toronto, Ontario, Canada
- 2007 - present      Fellowship Director, Sports Medicine Fellowship, Faculty of Medicine, Postgraduate MD, University of Toronto, Toronto, Ontario, Canada.
- 2004 - present      Member, Medical and Scientific Review Committee and Membership Committee, Canadian Orthopaedic Association
- 2014 - present      TC LHIN Orthopaedic Planning Committee, Ontario, Canada.
- 2012 - present      DFCM Sport and Exercise Fellowship Faculty Committee, University of Toronto, Toronto, Ontario, Canada.
- 2010 - present      CBC Module leader for Basic and Advanced Sports Medicine, Department of Orthopaedic Surgery, Ontario, Canada.
- 2011 - 2020      Head, Division of Orthopaedic Surgery, Women's College Hospital, Toronto, Ontario, Canada
- 2011-2013      Research Translation Action Committee, University of Toronto, Division of Orthopaedic Surgery, Toronto, Ontario, Canada.
- 2007 - 2011      Delegate (elected position), Council of Delegates, American Orthopedic Society for Sports Medicine

**Professional Sport Appointments**

- 2017 - present      Medical Director, Toronto Blue Jays, Toronto, Ontario, Canada
- 2007 - present      Orthopaedic Surgeon, Toronto Blue Jays, Toronto, Ontario, Canada
- 2006 - present      Head Orthopaedic Surgeon, Toronto Maple Leafs, Toronto, Ontario, Canada.

2006 - present Orthopaedic Consultant, Toronto Marlies, Toronto, Ontario, Canada.

2004 - present Consulting Physician, Cavalia and Cirque du Soleil, Toronto, Ontario, Canada.

2011 Orthopaedic Consultant, Ryerson University, Athletics Department, Toronto, Ontario, Canada.

2010 Host Physician, Major League Soccer Cup, Toronto, Ontario, Canada.

2010 Host Physician, Hockey, Vancouver Winter Olympics, Vancouver, British Columbia, Canada.

2009 - 2015 Orthopaedic Consultant, Toronto FC, Major League Soccer, Toronto, Ontario, Canada.

2009 Orthopedic Surgeon, World Baseball Classic, Toronto, Ontario, Canada.

2008 Orthopaedic Surgeon, Squash Canada- PACE Squash Championships 2008, Toronto, Ontario, Canada.

2007 - 2016 Orthopaedic Consultant, Kitchener Rangers Hockey Club, Ontario Hockey League, Kitchener, Ontario, Canada.

## Teaching & Education Awards

- 2020 *2020 Arthroscopy Best Resident/Fellow Article Award.* “Conventional Follow-up Versus Mobile Application Home Monitoring for Postoperative Anterior Cruciate Ligament Reconstruction Patients: A Randomized Controlled Trial.”
- 2018 *Donor’s Choice Award for Best Exhibit.* Supervisee Research Student Award: Corey Sermer. Lab-grown tissue for osteoarthritis repair. University of Toronto Med Student Showcase. Toronto, Canada.
- 2018 *Award for Top Clinical Research Presentation.* Conventional Follow-up Versus Mobile App Home Monitoring for Post-Operative ACL Reconstruction Patients: A Randomized Controlled Trial. University of Toronto Annual Orthopaedics Graduation Day.
- 2017 *Award for Outstanding Research Project.* Conventional Follow-up Versus Mobile App Home Monitoring for Post-Operative ACL Reconstruction Patients: A Randomized Controlled Trial. University of Toronto Annual Orthopaedics Research Day.
- 2016 *Award for Best Presentation.* Investigation of the Mechanism of Bioengineered Cartilage Integration. Collaborative Program in Musculoskeletal Sciences 4th Annual Research Day. Toronto, Ontario, Canada.
- 2016 *2nd place Founder’s Award for Best Presentation.* Platelet-Rich Plasma Enhances Cartilage Integration: A Bioengineered in vitro Model. Canadian Orthopaedic Association Annual Meeting. Quebec City, Canada
- 2015 *Award for Best Poster in the Regenerative Medicine Category.* Platelet-Rich Plasma Enhances the In Vitro Integration of Bioengineered Articular Cartilage with Native Tissue. Institute of Medical Science Scientific Day. Toronto, Ontario, Canada.
- 2014 *Award for Best Research Paper.* A Qualitative Investigation of the Decision to Return to Sport After Primary Arthroscopic Shoulder Stabilization. 5th Annual Division of Orthopaedic Surgery City-Wide University of Toronto Fellowship Day. Toronto, Ontario, Canada.
- 2014 *Award for Best Research Paper.* Inter-observer reliability of ICRS grading in cadavers: Correlation with histological findings. 5th Annual Division of Orthopaedic Surgery City-Wide University of Toronto Fellowship Day. Toronto, Ontario, Canada.
- 2004 *Resident Teacher of the Year,* Department of Surgery, McGill University, Canada

2004 *Resident Teacher of the Year*, Division of Orthopedic Surgery, McGill University, Canada

## Professional Affiliations

2006 Jul - present Member, Major League Baseball Team Physicians Association

2006 Jul - present Member, American Academy of Orthopedic Surgeons

2006 Jul - present Member, American Orthopedic Society for Sports Medicine

2006 Jul - present Member, Canadian Orthopedic Association

2006 Jul - present Member, Hellenic Canadian Board of Trade

2006 Jul - present Member, International Cartilage Research Society

2006 Jul - present Member, International Society of Arthroscopy, Knee Surgery and Orthopedic Sports Medicine

2006 Jul - present Member, National Hockey League Team Physicians Society

2006 Jul - present Member, Ontario Medical Association

2006 Jul - present Member, Ontario Orthopedic Association

2014 - present Member, Arthroscopy Association of North America

2017 - present Member, Canadian Arthroscopy Association

2012 - present Member, International Cartilage Repair Society

## University of Toronto; Division of Orthopaedic Surgery

2010 Jan 1 - present Resident Program Committee, Faculty of Medicine, Department of Surgery, Orthopaedic Surgery, Postgraduate MD, Toronto, Ontario, Canada

2010 Jan 1 - present Resident Evaluation Committee, Faculty of Medicine, Department of Surgery, Orthopaedic Surgery, Postgraduate MD, Toronto, Ontario, Canada

2010 Jan 1 - present

Fellowship Committee, Faculty of Medicine, Department of Surgery,  
Orthopaedic Surgery, Postgraduate MD, Toronto, Ontario, Canada

## Peer Review Activities

External Grant Reviewer, The MRC Research Grants Management System	2010 Jul - 2011 Jun
Manuscript Reviewer, Minerva Chirurgica	Present
Manuscript Reviewer, Canadian Journal of Surgery	Present
Manuscript Reviewer, Cartilage	Present
Manuscript Reviewer, Magnetic Resonance Imaging	Present

## Other Research & Professional Activities

2012 Jun	Athletic Injuries. Article in <i>Reader's Digest's Best Health</i> . Ontario, Canada.
2011 Dec	Hope for that Aching Shoulder. Article in <i>Investment Executive Magazine</i> . Ontario, Canada.

## Research Funding & Grants

- 2023 TISS Grant. Adolescent Wrist Injuries. Chan A, Theodoropoulos J, Paul R, Burkhart T.
- 2019 The IMPROVE Study. The Impact of Psychological Factors on the Outcome of Surgical Repair for Rotator Cuff Tears - A Prospective Cohort. University of Toronto. Nauth A., Schemitsch C., **Theodoropoulos J**, etc.
1. Awarded \$20,000 USD from the American Shoulder and Elbow Surgeons (ASES).
- 2019 Migratory Chondrocytes Play a Role in Platelet-Rich Plasma Enhanced Cartilage Integration. Department of Laboratory Medicine and Pathobiology, University of Toronto. Lunenfeld-Tanenbaum Research Institute, Mount Sinai Hospital. Wu M, **Theodoropoulos J**, **Kandel R**.
1. Awarded \$17,500 from the Natural Sciences and Engineering Research Council of Canada (NSERC).
- 2016 - 2018 Conventional Follow-up Versus Mobile App Home Monitoring For Post-Operative ACL Reconstruction Patients: A Randomized Controlled Trial. **Theodoropoulos J**. Higgins J, Semple J, Murnaghan L, Sharpe S
1. Awarded \$20,000 CAD from the Physician Services Incorporated Resident Research Grant
  2. Awarded \$20,000 CAD from the ConMed Canada Research Grant Competition
  3. Awarded \$29,200 CAD in funding from the Women's College Hospital Academic and Medical Services Group Innovation Fund
- 2014 Mar The Effect of Knee Flexion Angle for Graft Fixation During Single-Bundle Anterior Cruciate Ligament Reconstruction - A Randomized, Multicentre, Explanatory, Physician and Assessor Blinded, Stratified, Two-arm Parallel Group Superiority

Trial (FiRM). Chahal, Jas. Collaborator(s): T Dwyer, D Wasserstein, **Theodoropoulos J**, D Whelan.

1. Awarded \$25,000 USD from the Arthroscopy Association of North America

2009 Jul - 2011 Jun

Improving outcomes after microfracture repair of cartilage defects by high resolution imaging and presurgical planning. Hurtig M. Collaborator(s): Marks P, Whelan D, **Theodoropoulos J**, White L, Buschmann M, Hoemann C, Stewart J, Kunz, M.

1. Awarded \$179,000 CAD from the Canadian Arthritis Network in the Strategic Research Program Grant Competition

## Peer Reviewed Publications

1. Dwyer T, Gordey E, Ajrawat P, Lameire DL, Theodoropoulos J, Ogilvie-Harris D, Faulkner G, Sabiston C, Chahal J. Accelerometer-Assisted Physical Activity Outcomes During the First Year of Recovery After Anterior Cruciate Ligament Reconstruction: A Prospective Cohort Pilot Study. *Orthopedics*. 2025 Mar-Apr;48(2):e62-e68. doi:10.3928/01477447-20250123-02. Epub 2025 Jan 29. PMID: 39879626
2. Pasurka M, Szlufcik M, Theodoropoulos J, Betsch M. Return-to-sports criteria used by professional team physicians in elite athletes after hip arthroscopy - a qualitative study. *Phys Sportsmed*. 2025 Feb;53(1):64-71. doi:10.1080/00913847.2024.2410148. Epub 2024 Sep 30. PMID: 39328014
3. Dwyer T, Ajrawat P, Lameire DL, Betsch M, Whelan D, Shahrokhi S, Theodoropoulos J, Hoit G, Chahal J. The Minimum Patient Acceptable Symptom State for the ACL-Return to Sport after Injury Scale Among Patients Treated With Anterior Cruciate Ligament Reconstruction. *Orthopedics*. 2025 Jan-Feb;48(1):20-24. doi:10.3928/01477447-20240918-04. Epub 2024 Sep 23. PMID: 39312746.
4. Szlufcik M, Pasurka M, Theodoropoulos J, Betsch M. A qualitative investigation to identify return to sports criteria after shoulder stabilization surgery used by professional team physicians. *J Orthop Surg (Hong Kong)*. 2024 Sep-Dec;32(3):10225536241302219. doi:10.1177/10225536241302219. PMID: 39637848.
5. Newmarch T, Betsch M, Michalik R, Dwyer T, Whelan D, Chahal J, **Theodoropoulos J**. How Important are Psychological Measures to Determine Readiness to Return to Sports after Reconstruction of the Anterior Cruciate Ligament? An Online Survey Study. *Z Orthop Unfall*. 2022 August. *Accepted*.
6. Kandel R, **Theodoropoulos J**, Wu M, Sermer C. A co-culture model reveals migratory chondrocytes in bioengineered bovine and human cartilage. *The American Journal of Sports Medicine*. 2022 June. *Accepted*.
7. Chahal J, Dwyer T, Whelan D, **Theodoropoulos J**, Hoit G, Ajrawat P, Sanjevic A, Ogilvie-Harris D. Anterior cruciate ligament patellar tendon autograft fixation at 0 degrees versus 30 degrees results in improved activity scores and a greater proportion of patients achieving the MCID for KOOS Pain - A randomized controlled trial. *Arthroscopy: The Journal of Arthroscopic and Related Surgery*. 2021 Dec. *Accepted*.
8. Wengle LJ, Hauer TM, Chang JS, **Theodoropoulos J**. Technical Note. Systematic Arthroscopic Treatment of Synovial Chondromatosis of the Knee. *Arthroscopy Techniques*. 2021 Sep.

9. Grewal K, Atzema CL, Sutradhar R, Everett K, Horner D, Thompson C, **Theodoropoulos J**, Borgundvaag B, McLeod SL, de Wit K. Venous thromboembolism in patients discharged from the emergency department with ankle fractures: A population-based cohort study. *Annals of Emergency Medicine*. In Press. 2021 Jun. *Accepted*.
10. Wengle L, Betsch M, **Theodoropoulos J**, Chahal J, Leroux T. The Effects of Blood Flow Restriction in Patients Undergoing Knee Surgery: A Systematic Review and Meta-Analysis. *The American Journal of Sports Medicine*. 2021 Feb. *Accepted*.
11. Tat Ji, Tat Je, **Theodoropoulos J**. Clinical applications of ultrasonography in the shoulder for the Orthopedic Surgeon: A systematic review. *Orthopaedics & Traumatology: Surgery & Research*. 2020 Jun. *Accepted*.
12. Dwyer T, Chahal J, Murnaghan L, **Theodoropoulos J**, Cheung J, McParland A, Ogilvie-Harris D. Development of a certification examination for Orthopaedic Sports Medicine Fellows. *Canadian Journal of Surgery*. 2020 May.
13. Zochowski T, Dwyer T, Ogilvie-Harris D, **Theodoropoulos J**, Whelan D, Murnaghan L, Chahal J. Determining the Patient Acceptable Symptomatic State for Patients Undergoing Arthroscopic Partial Meniscectomy in the Knee. *American Journal of Sports Medicine*. 2019 Mar.
14. Higgins J, **Theodoropoulos J**, Chang J, Hoit G, Chahal J, Dwyer T. Conventional Follow-up Versus Mobile App Home Monitoring for Post-Operative ACL Reconstruction Patients: A Randomized Controlled Trial. *Arthroscopy: The Journal of Arthroscopic and Related Surgery*. 2020 Feb. *Accepted*.
15. **Theodoropoulos J**, Bettel J, Kosy J. The Use of Global Positioning System and Inertial Devices for Player Monitoring in Team Sports: A Review of Current Use and Limitations with Possible Future Applications. *The Journal of Sports Medicine and Physical Fitness*. 2019 Jul. *Accepted*.
16. Mollon B, Wasserstein D, **Theodoropoulos J**, Murphy G, White L. High Ankle Sprains in Professional Ice Hockey Players: Prognosis and Correlation Between MRI Patterns of Injury and Return to Play. *The Orthopaedic Journal of Sports Medicine*. 2019 Sep.
17. Abdallah F, Meija J, Govindarajulu A, Moga R, Chahal J, **Theodoropoulos J**, Dwyer, T, Brull R. Comparison of the opioid- and motor-sparing effects of proximal, mid, and distal thigh injection locations for adductor canal block in ambulatory anterior cruciate ligament repair: A randomized, three-arm, triple-masked clinical trial. *Anesthesiology*. 2019 Sep.
18. Bianchi V, **Theodoropoulos J**, Kandel R, Backstein D. Redifferentiated Chondrocytes for the Repair of Articular Cartilage Lesions. *The American Journal of Sports Medicine*. 2019 Aug.
19. Manta A, Bleakney B, **Theodoropoulos J**. Determining the Appropriateness of Requests for Outpatient MRI of the Hip. *Canadian Journal of Surgery*. 2019 Aug.
20. Bianchi V, Lee A, Anderson J, Parreno J, **Theodoropoulos J**, Backstein D, Kandel R. Redifferentiated Chondrocytes in Fibrin Gel for the Repair of Articular Cartilage Lesions. *The American Journal of Sports Medicine*. 2019 Aug. 62(4):224-226.

21. Dwyer T, Whelan D, **Theodoropoulos J**, Murnaghan L, Ogilvie-Harris D, Chahal J. A Comparison of Quadriceps Tendon Autograft With Bone-Patellar Tendon-Bone Autograft and Hamstring Tendon Autograft for Primary Anterior Cruciate Ligament Reconstruction: A Systematic Review and Quantitative Synthesis. *Clinical Journal of Sports Medicine*. 2019 June.
22. Abdallah F, Mejia J, Prasad G, Moga R, Chahal J, **Theodoropoulos J**, Dwyer T, Brull R. Opioid- and Motor-sparing with Proximal, Mid-, and Distal Locations for Adductor Canal Block in Anterior Cruciate Ligament Reconstruction: A Randomized Clinical Trial. *Anesthesiology*. 2019 Sept.
23. Ajrawat P, Dwyer T, Almasri M, Veillette C, Romeo A, Leroux T, **Theodoropoulos J**, Nauth A, Henry P, Chahal J. Bone Marrow Stimulation Decreases Re-Tear Rates Following Primary Arthroscopic Rotator Cuff Repair: A Systematic Review and Meta-Analysis. *Journal of Shoulder and Elbow Surgery*. 2019 Apr. 14:36.
24. Dwyer T, Bristow L, Bayley N, Sheth U, Abouali J, Murnaghan ML, Wasserstein D, Ogilvie-Harris D, Fine B, **Theodoropoulos J**, Chahal J. Graft-Tunnel Mismatch in Endoscopic ACL Reconstruction: Reliability of Measuring Tunnel Lengths and Intra-articular Distance. *Orthopaedic Journal of Sports Medicine*. 2018 Dec. 21;6(12).
25. Petrerá M, Ogilvie-Harris D, **Theodoropoulos J**, Chahal J, Wasserstein D, Veillette C, Linda D, Dwyer T. Inter-Surgeon Variability In the Identification of Clock Face Landmarks When Placing Suture Anchors in Arthroscopic Bankart Repair. *Shoulder and Elbow*. 2018 Sep. 0(0) 1-5.
26. Sermer C, Kandel R, Anderson J, Hurtig M, **Theodoropoulos J**. Platelet-Rich Plasma Promotes Chondrocyte Motility While Maintaining Chondrogenic Phenotype in a Novel in vitro Model of Chondrocyte Migration. Submitted to Cartilage Journal. 2018.
27. Sermer C, Kandel R, Anderson J, Hurtig M, **Theodoropoulos J**. Platelet-Rich Plasma Enhances the Integration of Bio-Engineered Cartilage with Native Tissue in an in vitro Model. *Journal of Tissue Engineering and Regenerative Medicine*. 2018 Feb. 12(2): 427-436.
28. Nousiainen M, Mironova P, Hynes M, Glover Takahashi S, Reznick R, Kraemer W, Alman B, Ferguson P, Safir O, Sonnadara R, Murnaghan J, Ogilvie-Harris D, **Theodoropoulos J**, Hall J, Syed K, Howard A, Ford M, Daniels T, Dwyer T, Veillette C, Wadey V, Narayanan U, Yee A, Whyne C. Eight-year outcomes of a competency-based residency training program in orthopedic surgery. 2018 Jan. 18: 1-13.
29. Sheth U, Dwyer T, Smith I, Wasserstein D, **Theodoropoulos J**, Takhar S, Chahal J. Does Platelet-Rich Plasma Lead to Earlier Return to Sport When Compared With Conservative Treatment in Acute Muscle Injuries? A Systematic Review and Meta-analysis. *Arthroscopy: The Journal of Arthroscopic & Related Surgery*. 2018 Jan. 34(1): 281-288.
30. Chang J, Higgins J, Kosy J, **Theodoropoulos J**. Systematic Arthroscopic Treatment of Diffuse Pigmented Villonodular Synovitis in the Knee. *Arthrosc Tech*. 2017 Oct. 12;6(5): e1547-e1551

31. Dwyer T, Schachar R, Leroux T, Petrera M, Cheung J, Greben R, Henry P, Ogilvie-Harris D, **Theodoropoulos J**, Chahal J. Performance Assessment of Arthroscopic Rotator Cuff Repair and Labral Repair in a Dry Shoulder Simulator. *The Journal of Arthroscopic & Related Surgery*. 2017 Jul. 33(7) 1310-1318.
32. Higgins J, Semple J, Murnaghan L, Sharpe S, and **Theodoropoulos J**. Mobile Web-Based Follow-up for Post-Operative ACL Reconstruction: A Single Centre Experience. *The Orthopaedic Journal of Sports Medicine*. 2017 Dec 5(12).
33. Dwyer T, Martin R, Kendra R, Sermer C, Chahal J, Ogilvie-Harris D, Whelan D, Murnaghan L, Nauth A, **Theodoropoulos J**. Reliability and Validity of the Arthroscopic International Cartilage Repair Society Classification System: Correlation With Histological Assessment of Depth. 2017 Jun. 33(6) 1219-1224.
34. Zachowski T, Dwyer T, Ogilvie-Harris D, **Theodoropoulos J**, Whelan D, Murnaghan ML, Wasserstein D, Gillis J, Chahal J. Determining the Patient Acceptable Symptomatic State for Patients Undergoing Arthroscopic Partial Meniscectomy in the Knee. *Orthopaedic Journal of Sports Medicine*. 2017 Mar 5(3 suppl3).
35. Phillips L, Cheung J, Whelan D, Murnaghan, Chahal J, **Theodoropoulos J**, Ogilvie-Harris D, Macniven I, Dwyer T. Validation of a Dry Model for Assessing the Performance of Arthroscopic Hip Labral Repair. *American Journal of Sports Medicine*. 2017 Mar. 45(9): 2125-2130.
36. Dwyer T, Slade Shantz J, Kulasegaram KM, Chahal J, Wasserstein D, Schachar R, Devitt B, **Theodoropoulos J**, Hodges B, Ogilvie-Harris D. Use of an Objective Structured Assessment of Technical Skill (OSATS) After a Sports Medicine Rotation. *Arthroscopy*. 2016 Dec. 32(12): 2572-2581.
37. Burns DM, Chahal J, Shahrokhi S, Henry P, Wasserstein D, Whyne C, **Theodoropoulos J**, Ogilvie-Harris D, Dwyer. T. Diagnosis of Engaging Bipolar Bone Defects in the Shoulder Using 2-Dimensional Computed Tomography: A Cadaveric Study. *Am J Sports Med*. 2016 Nov. 44(11):2771-2777.
38. Holtby R, Christakis M, Maman E, MacDermid JC, Dwyer T, Athwal GS, Faber K, **Theodoropoulos J**, Woodhouse LJ, Razmjou H. Impact of Platelet-Rich Plasma on Arthroscopic Repair of Small- to Medium-Sized Rotator Cuff Tears: A Randomized Controlled Trial. *Orthop J Sports Med*. 2016 Sep. 13;4(9).
39. Abdallah FW, Whelan DB, Chan VW, Prasad GA, Endersby RV, **Theodoropoulos J**, Oldfield S, Oh J, Brull R. Adductor Canal Block Provides Noninferior Analgesia and Superior Quadriceps Strength Compared with Femoral Nerve Block in Anterior Cruciate Ligament Reconstruction. *Anesthesiology*. 2016 May 1;124(5):1053-64.
40. Pilliar RM, Kandel RA, Grynblas MD, **Theodoropoulos J**, Hu Y, Allo B, Changoor A. Calcium polyphosphate particulates for bone void filler applications. *J Biomed Mater Res B Appl Biomater*. 2016 Feb 1.

41. Dwyer T, Wright S, Kulasegaram KM, **Theodoropoulos J**, Chahal J, Wasserstein D, Ringsted C, Hodges B, Ogilvie- Harris D. How to set the bar in competency-based medical education: standard setting after an Objective Structured Clinical Examination (OSCE). *BMC Med Educ*. 2016 Jan 4;16:1.
42. Dwyer T, Wright S, Kulasegaram KM, **Theodoropoulos J**, Chahal J, Wasserstein D, Ringsted C, Hodges B, Ogilvie- Harris D. Competency-Based Medical Education: Can Both Junior Residents and Senior Residents Achieve Competence After a Sports Medicine Training Module? *J Bone Joint Surg Am*. 2015 Dec 2;97(23):1985-91.
43. Dwyer T, Slade Shantz J, Chahal J, Wasserstein D, Schachar R, Kulasegaram KM, **Theodoropoulos J**, Greben R, Ogilvie-Harris D. Simulation of Anterior Cruciate Ligament Reconstruction in a Dry Model. *Am J Sports Med*. 2015 Dec 1;43(12):2997-3004.
44. Dwyer T, Henry PD, Cholvisudhi P, Chan VW, **Theodoropoulos J**, Brull R. Neurological Complications Related to Elective Orthopedic Surgery: Part 1: Common Shoulder and Elbow Procedures. *Reg Anesth Pain Med*. 2015 Sep. 40(5):431-42
45. Tjong VK, Devitt BM, Murnaghan ML, Ogilvie-Harris DJ, **Theodoropoulos J**. A Qualitative Investigation of Return to Sport After Arthroscopic Bankart Repair: Beyond Stability. *Am J Sports Med*. 2015 Aug 1;43(8):2005-11.
46. Sermer C, Devitt B, Chahal J, Kandel R, **Theodoropoulos J**. The Addition of Platelet-Rich Plasma to Scaffolds Used for Cartilage Repair: A Review of Human and Animal Studies. *Arthroscopy*. 2015 Aug 1;31(8):1607-25.
47. Sheth U, **Theodoropoulos J**, Abouali J. Use of 3-Dimensional Printing for Preoperative Planning in the Treatment of Recurrent Anterior Shoulder Instability. *Arthrosc Tech*. 2015 Jul. 20;4(4):e311-6.
48. Dwyer T, Whelan DB, Khoshbin A, Wasserstein D, Dold A, Chahal J, Nauth A, Murnaghan ML, Ogilvie-Harris DJ, **Theodoropoulos J**. The sizing of hamstring grafts for anterior cruciate reconstruction: intra- and inter-observer reliability. *Knee Surg Sports Traumatol Arthrosc*. 2015 Apr. 23(4):1197-200.
49. Mollon B, Lee A, Busse JW, Griffin AM, Ferguson PC, Wunder JS, **Theodoropoulos J**. The effect of surgical synovectomy and radiotherapy on the rate of recurrence of pigmented villonodular synovitis of the knee: an individual patient meta-analysis. *Bone Joint J*. 2015 Apr. 1;97-B(4):550-7.
50. Sheth U, **Theodoropoulos J**, Abouali J. Use of 3D Printing for Preoperative Planning in the Treatment of Recurrent Anterior Shoulder Instability. *Arthroscopic Techniques*. 2015 Mar 5. 4(4): e311-6.
51. Semple JL, Sharpe S, Murnaghan ML, **Theodoropoulos J**, Metcalfe KA. Using a mobile app for monitoring post-operative quality of recovery of patients at home: a feasibility study. *JMIR Mhealth Uhealth*. 2015 Feb 12. 3(1): e18.

52. Dwyer T, Petrera M, White LM, Chechik O, Wasserstein D, Chahal J, Veillette C, Ogilvie-Harris DJ, **Theodoropoulos J**. Trans-subscapularis portal versus low-anterior portal for low anchor placement on the inferior glenoid fossa: a cadaveric shoulder study with computed tomographic analysis. *Arthroscopy*. 2015 Feb. 31(2):209-14.
53. Park SS, Dwyer T, Congiusta F, Whelan DB, **Theodoropoulos J**. Analysis of irradiation on the clinical effectiveness of allogenic tissue when used for primary anterior cruciate ligament reconstruction. *Am J Sports Med*. 2015 Jan. 43(1):226-35.
54. Kroell A, Marks P, Chahal J, Hurtig M, Dwyer T, Whelan D, **Theodoropoulos J**. Microfracture for chondral defects: assessment of the variability of surgical technique in cadavers. *Knee Surg Sports Traumatol Arthrosc*. 2014 Dec. (7): 2374-9.
55. Mollon B, Griffin AM, Ferguson PC, Wunder JS, **Theodoropoulos J**. Combined arthroscopic and open synovectomy for diffuse pigmented villonodular synovitis of the knee. *Knee Surg Sports Traumatol Arthrosc*. 2014 Oct. (1):260-6.
56. MacKechnie MA, Chahal J, Wasserstein D, **Theodoropoulos J**, Henry P, Dwyer T. Repair of full-thickness rotator cuff tears in patients aged younger than 55 years. *Arthroscopy*. 2014 Oct 1;30(10):1366-71.
57. **Theodoropoulos J**, DeCroos AJ, Petrera M, Park S, Kandel RA. Mechanical stimulation enhances integration in an in vitro model of cartilage repair. *Knee Surg Sports Traumatol Arthrosc*. 2014 Aug. 24(6): 2055-64.
58. De Maio P, White L, Bleakney R, Menezes RJ, **Theodoropoulos J**. Diagnostic Accuracy of an iPhone DICOM Viewer for the Interpretation of Magnetic Resonance Imaging of the Knee. *Clinical Journal of Sports Medicine*. 2014 Jul 1;24(4):308-314.
59. Petrera M, Dwyer T, **Theodoropoulos J**, Ogilvie-Harris DJ. Short- to Medium-term Outcomes After a Modified Broström Repair for Lateral Ankle Instability With Immediate Postoperative Weightbearing. *Am J Sports Med*. 2014 Jul 1;42(7):1542-8.
60. Dold AP, Zywiell MG, Taylor DW, Dwyer T, **Theodoropoulos J**. Platelet-rich plasma in the management of articular cartilage pathology: a systematic review. *Clin J Sport Med*. 2014 Jan 1;24(1):31-43.
61. Khoshbin A, Leroux T, Wasserstein D, Marks P, **Theodoropoulos J**, Ogilvie-Harris D, Gandhi R, Takhar K, Lum G, Chahal J. The efficacy of platelet-rich plasma in the treatment of symptomatic knee osteoarthritis: a systematic review with quantitative synthesis. *Arthroscopy*. 2013 Dec 1;29(12):2037-48.
62. Mollon B, Kandel R, Chahal J, **Theodoropoulos J**. The clinical status of cartilage tissue regeneration in humans. *Osteoarthritis Cartilage*. 2013 Dec. 21(12):1824-33.
63. Dwyer T, **Theodoropoulos J**, Herold J, Henry P, Wasserstein D, Murnaghan ML, Wadey V, Hodges B, Semple J, Ogilvie-Harris D. Assessing competence of orthopaedic residents: the reliability and validity of an objective structured clinical examination after a sports medicine rotation. *Journal of Bone and Joint Surgery*. 2013 Nov 20;95(22):e177.

64. Dwyer T, Willett TL, Dold AP, Petrera M, Wasserstein D, Whelan DB, **Theodoropoulos J**. Maximum load to failure and tensile displacement of an all-suture glenoid anchor compared with a screw-in glenoid anchor. *Knee Surg Sports Traumatol Arthrosc*. 2013 Nov. 24(2):357-64.
65. Leroux T, Bhatti A, Khoshbin A, Wasserstein D, Henry P, Marks P, Takhar K, Veillette C, **Theodoropoulos J**, Chahal J. Combined arthroscopic Bankart repair and remplissage for recurrent shoulder instability. *Arthroscopy*. 2013 Oct. 1;29(10):1693-701.
66. Petrera M, Kandel R, **Theodoropoulos J**. Platelet Rich-Plasma Improves The Formation of Tissue Engineered Cartilage. *Arthroscopy Journal*. 2013 Oct 29;29(10):1824-33.
67. Dwyer T, Petrera M, Bleakney R, **Theodoropoulos J**. Shoulder instability in ice hockey players: incidence, mechanism, and MRI findings. *Clin Sports Med*. 2013 Oct 1;32(4):803-13.
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70. Petrera M, Dwyer T, Tsuji MR, **Theodoropoulos J**. Outcomes of arthroscopic Bankart repair in collision versus noncollision athletes. *Orthopedics*. 2013 May 1;36(5): e621-6.
71. Petrera M, Veillette C., Park S, **Theodoropoulos J**. Use of fresh osteochondral glenoid allograft to treat postero- inferior bone loss in chronic posterior shoulder instability. *The American Journal of Orthopaedics*. 2013 Feb;42(2):78-82.
72. **Theodoropoulos J**, Dwyer T, Whelan D, Marks P, Hurtig M, Sharma P. Microfracture for knee chondral defects: a survey of surgical practice among Canadian orthopedic surgeons. *Knee Surg Sports Traumatol Arthrosc*. 2012 Dec. 20(12): 2430-7.
73. **Theodoropoulos J**, Dwyer T, Wolin PM. Correlation of preoperative MRI and MRA with arthroscopically proven articular cartilage lesions of the elbow. *Clin J Sport Med*. 2012 Sep. 22(5):403-7.
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78. Taylor DW, Petrera M, Hendry M, **Theodoropoulos J**. A systematic review of the use of platelet-rich plasma in sports medicine as a new treatment for tendon and ligament injuries. *Clinical J Sport Med*. 2011 Jul. 21(4):344-52.
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81. **Theodoropoulos J**, Andreisek G, Harvey EJ, Wolin P. Magnetic resonance imaging and magnetic resonance arthrography of the shoulder: dependence on the level of training of the performing radiologist for diagnostic accuracy. *Skeletal Radiology*. 2010 Jul. 39(7): 661-7.
82. Wasserstein D, White L, **Theodoropoulos J**. Traumatic brachialis muscle injury by elbow hyperextension in a professional hockey player. *Clin J Sport Med*. 2010 May. 20(3):211-2.
83. Andreisek G, White LM, **Theodoropoulos J**, Naraghi A, Young N, Zhao CY, Mamisch TC, Sussman MS. Synthetic-echo time postprocessing technique for generating images with variable T2-weighted contrast: diagnosis of meniscal and cartilage abnormalities of the knee. *Radiology*. 2010 Jan. 254(1):188-99.
84. **Theodoropoulos J**, Wolin PM, Taylor DW. Arthroscopic release of flexor hallucis longus tendon using modified posteromedial and posterolateral portals in the supine position. *Foot (Edinb)*. 2009 Dec. 19(4): 218-21.
85. Andreisek G, **Theodoropoulos J**, Mak W, White LM. Musculoskeletal case 45. *Canadian Journal of Surgery*. 2009 Oct. 52(5): E180-1.
86. Séguin C, Kassis J, Busque L, Bestawros A, **Theodoropoulos J**, Alonso ML, Harvey EJ. Non-traumatic necrosis of bone (osteonecrosis) is associated with endothelial cell activation but not thrombophilia. *Rheumatology (Oxford)*. *Rheumatology*: 2008: 47: pp 1151-5.
87. **Theodoropoulos J**. Open Release for Lateral Epicondylitis. *Canadian Orthopedic Association Bulletin*: 2008: 82.
88. Nadeau M, Séguin C, **Theodoropoulos J**, Harvey EJ. Short term clinical outcome of a porous tantalum implant for the treatment of advanced osteonecrosis of the femoral head. *McGill J Med. McGill Journal of Medicine*: 2007: 10: pp 4-10.

89. **Theodoropoulos J.** ACL Reconstruction. Are Quadruple Hamstrings the Gold Standard? Canadian Orthopedic Association Bulletin: 2006: 74.
90. Marks P, Forman N, Petroff H, **Theodoropoulos J**, Nkansah P. Current Medical Care of the professional sports team. Current Opinion in Orthopaedic Surgery. 2007. 18: 182-187.
91. **Theodoropoulos J**, Reindl R, Berry G, Harvey EJ. Musculoskeletal images. Femoral fracture in adult osteogenesis imperfecta. Canadian Journal of Surgery. 2003 Aug. 46(4): 297-8.

## Non- Peer Reviewed Publications

1. Atesok K, Whelan D, Schemitsch E, **Theodoropoulos J.** Welcoming ISAKOS to Toronto: The City is a Poem. ISAKOS Newsletter Winter 2012.
2. Petrera M, Decroos A, Kandel R, Hurtig M, **Theodoropoulos J.** Effects of Platelet-Rich Plasma on Tissue- Engineered Cartilage: A Preliminary Study. ICRS Summer Newsletter.

## Book Chapters

1. Dwyer T, **Theodoropoulos J.** Assessment of Knee Injury. In: Articular Cartilage of the Knee: Health, Disease and Therapy. 2015. Springer, New York, NY. 2020. **Co-Principal Author.**

## INTERNATIONAL & NATIONAL

### Invited Lectures and Presentations

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|-------------|--|
| 2021 Jun 9  | Pigmented Villonodular Synovitis (PVNS). Lecture 1. Virtual Conference, Visiting Professor, Wayne State University. Detroit, Michigan, USA.  |
| 2021 Jun 9  | Hockey Injuries. Lecture 2. Virtual Conference, Visiting Professor, Wayne State University. Detroit, Michigan, USA.  |
| 2021 Jun 9  | Surgical Presentation - Laterjet. Lecture 3. Virtual Conference, Visiting Professor, Wayne State University. Detroit, Michigan, USA.   |
| 2017 Aug 18 | Shoulder - Glenohumeral Instability. The American Orthopedic Society for Sports Medicine (AOSSM), the National Hockey League (NHL), and the National Hockey League Team Physicians (NHLTPS) AOSSM Annual Meeting. Toronto, Canada. |
| 2017 Jul 20 | The Role of Platelet-Rich Plasma in Promoting Cartilage Integration and Chondrocyte Migration. American Orthopedic Society for Sports Medicine Annual Meeting. Toronto, Canada.  |

- 2016 Sep 24 Chondrocyte Migration: A Role in Platelet-Rich Plasma-Enhanced Cartilage Integration. International Cartilage Repair Society World Congress. Sorrento, Italy.
- 2015 Aug 29 Shoulder Instability in Hockey. American Orthopaedic Society for Sports Medicine. Toronto, Ontario, Canada.
- 2015 Aug 29 Injuries to the Trunk/Hip/Groin. American Orthopaedic Society for Sports Medicine. Toronto, Ontario, Canada.
- 2014 Jun 23 Foot and Ankle Cases in Professional Hockey. Combined Meeting of the NHL Team Physicians Society and Professional Hockey Athletic Trainers Society. Orlando, Florida, United States.
- 2014 Apr 28 Competency Based Training Program Workshop. University of Toronto Orthopaedic Program. Toronto, Ontario, Canada. Hosted Break Out Sessions on Implementing a CBC Program in Sports Medicine.
- 2014 Apr 9 Platelet-Rich Plasma and Cartilage Tissue Engineering. 7<sup>th</sup> Annual Regenerative Medicine Symposium. Toronto, Ontario, Canada.
- 2013 Jun Tips and Tricks Rotator Cuff Repair Moderator. Ontario, Canada. Moderated Tips and Tricks session and Canadian Orthopaedic Association Meeting.
- 2013 Apr 30 Competency Based Training Program Workshop. University of Toronto Orthopaedic Program. Toronto, Ontario, Canada. Hosted Break Out Sessions on Implementing a CBC Program in Sports Medicine.
- 2012 Dec 6 Examining the Feasibility of a Mobile Web Based Follow-Up System for Post-Operative ACL Reconstruction Patients. Clearwater Arthroscopy Meeting. Clearwater, Florida, United States.
- 2012 Aug 24 Keep Your Edge: Hockey Sports Medicine in 2012. American Orthopaedic Society of Sports Medicine. Toronto, Ontario, Canada. Foot and Ankle Injuries in the NHL.
- 2012 Jan 28 High Ankle Sprains in the NHL. NHL Team Physicians Meeting. Ottawa, Ontario, Canada.
- 2012 Jun 10 Upper Extremity 3 Moderator. Canadian Orthopaedic Association. Ottawa, Ontario, Canada.
- 2012 Jun 7 What I do for the high level athlete with a syndesmosis injury. Sports Medicine Grand Rounds. Canadian Orthopaedic Association, Annual Meeting. Toronto, Ontario, Canada.
- 2011 Oct 21 Treatment of Cartilage Injuries. McGill University, Department of Orthopedic Surgery. Montreal, Quebec, Canada.
- 2011 Jul Shoulder Instability - Surgical Techniques. Canadian Orthopedic Association. St. John's, Canada.
- 2011 Jul Groin Injuries in Professional Hockey Players. Canadian Orthopedic Association. St. John's, Canada.

- 2011 Jan 13 Shoulder Arthroscopy: Techniques in Labral and Rotator Cuff Repair. Smith and Nephew National Meeting 2011. Toronto, Ontario.
- 2010 Sep 28 MRI and Meniscal Pathology. International Skeletal Society. Athens, Greece.
- 2010 Sep 28 Ankle Arthroscopy. International Skeletal Society. Athens, Greece.
- 2010 Sep 10 Management of Hip Problems in the High Performance Athlete. Toronto, Ontario, Canada.
- 2010 Mar 25 Arthroscopic Reconstruction Knee. University of Toronto Radiology Department, Musculoskeletal and Neurology MR Imaging Course 2010. Whistler, British Columbia.
- 2010 Mar 25 Clinical Assessment and Arthroscopy: Shoulder. University of Toronto Radiology Department, Musculoskeletal and Neurology MR Imaging Course 2010. Whistler, British Columbia.

### Presented Abstracts

- 2022 May 19 A co-culture model reveals migratory chondrocytes in bioengineered bovine and human cartilage. Arthroscopy Association of North America (AANA) 2022 Annual Meeting ePoster. San Francisco, US. Presenter(s): Wu M, **Theodoropoulos J.** (Accepted)
- 2022 Mar 22 Systematic Arthroscopic Treatment of Synovial Chondromatosis of the Knee. American Academy of Orthopaedic Surgeons (AAOS) 2022 Annual Meeting. Orthopaedic Video Theater. Chicago, IL, US. Presenter(s): Wengle L, Chang J, Hauer T, **Theodoropoulos J.** (Accepted)
- 2021 Jun 15 Injection of Bone Marrow Aspirate (BMS) for Glenohumeral Joint Osteoarthritis: A Pilot Randomized Control Trial. COA, CORS, and CORA Virtual Meeting. Presenter(s): **Theodoropoulos J.** (Accepted)
- 2021 Jun 15 Factors associated with psychological and physical readiness to return to sports one-year after anterior cruciate ligament reconstruction. COA, CORS, and CORA Virtual Meeting. Presenter(s): **Theodoropoulos J.** (Accepted)
- 2020 May 8 Shoulder Ultrasound for the Orthopaedic Surgeon: A systematic review. COA, CORS, and CORA Virtual Meeting E-poster. Presenter(s): Tat J, **Theodoropoulos J.**
- 2019 Jun 21 Patience is not a virtue: A qualitative investigation of the delays to surgery for anterior cruciate ligament reconstruction. 2nd International Combined Meeting of Orthopaedic Research Societies. Montreal, Quebec, Canada. Presenter(s): Colin C, **Theodoropoulos J.**
- 2018 Jun Conventional Follow-up Versus Mobile App Home Monitoring for Post-Operative ACL Reconstruction Patients: A Randomized Controlled Trial. Canadian Orthopaedic Resident's Association (CORA). Presenter(s) Higgins J, Chang J, Hoit G, Chahal J, Dwyer T, and **Theodoropoulos J.**

- 2018 Jun 21 Assessment of physical activity in adults undergoing primary anterior cruciate ligament reconstruction - A prospective cohort pilot study. Canadian Orthopaedic Association Annual Meeting. Victoria, British Columbia. Presenter(s): Gordey E, Chahal J, Dwyer T, **Theodoropoulos J**.
- 2018 Jun 21 Determining the Patient Acceptable Symptomatic State for Patients Undergoing Arthroscopic Partial Meniscectomy in the Knee. Canadian Orthopaedic Association Annual Meeting. Victoria, British Columbia. Presenter(s): Zachowski T, Dwyer T, Ogilvie-Harris D, **Theodoropoulos J**, Whelan D, Murnaghan ML, Wasserstein D, Gillis J, Chahal J.
- 2018 Jun 21 Bone Marrow Stimulation Decreases Re-tear Rates Following Primary Arthroscopic Rotator Cuff Repair: A systematic Review and Meta-analysis. Canadian Orthopaedic Association Annual Meeting. Victoria, British Columbia. Presenter(s): Ajrawat P, Dwyer T, Almasri M, Veillette C, Romeo A, Leroux T, **Theodoropoulos J**, Nauth A, Henry P, Chahal J. *Award for High Scoring Poster*
- 2018 Apr 10 Inorganic Polyphosphate Exhibits Anabolic Effects on Articular Cartilage. ICRS 2018 World Congr. Macau, China. Presenter(s): St. Pierre, JP, De Croos J, **Theodoropoulos J**, Willet T, Pilliar R, Grynepas M, Kandel R.
- 2017 Jul 31 Redifferentiated Chondrocytes for the Repair of Articular Cartilage Lesions. Bianchi V, **Theodoropoulos J**, Kandel R, Backstein D. AOSSM Annual Meeting 2017
- 2016 Jun 16 Platelet-Rich Plasma Enhances Cartilage Integration: A Bioengineered *in vitro* Model. Canadian Orthopaedic Association Annual Meeting. Quebec City, Canada. Presenter(s): Sermer C, Kandel R, Hurtig M, Anderson J, **Theodoropoulos J**. *2<sup>nd</sup> place Founder's Award for Best Presentation.*
- 2016 Jun 16 Immediate Post-Operative Limits of Distal Biceps Ruptures Repaired with Cortical Button Fixation: A biomechanical Review. Canadian Orthopaedic Association Annual Meeting. Quebec City, Canada. Presenter(s): Park S, Sermer C, Kim C, Attia T, Changoor A, **Theodoropoulos J**. (Trainee Presentation).
- 2016 Feb 11 Investigation of the Mechanism of Bioengineered Cartilage Integration. Collaborative Program in Musculoskeletal Sciences 4<sup>th</sup> Annual Research Day. Toronto, Ontario, Canada. Presenter(s): Sermer C, Kandel R, Hurtig M, Anderson J, **Theodoropoulos J**. *Award for Best Presentation.*
- 2015 Jul 9 Validation of the ASSET global rating scale for anterior cruciate ligament reconstruction (ACLR) in a Sawbones model. American Orthopaedic Society for Sport Medicine. Orlando, Florida, United States. Presenter(s): T Dwyer, J Slade Shantz, J Chahal, D Wasserstein, R Schachar, B Devitt, **J Theodoropoulos**, C Ringsted, B Hodges, DJ Ogilvie-Harris.
- 2015 Jul 9 Competency-Based Medical Education: Use of an Objective Structured Assessment of Technical Skill (OSATS) after an Orthopaedic Sports Medicine Rotation. American Orthopaedic Society for Sports Medicine. Orlando, Florida, United States. Presenter(s): Dwyer T, Slade Shantz J, Chahal J, Wasserstein D, Schachar R, Devitt B, **Theodoropoulos J**, Ringsted C, Hodges B, Ogilvie-Harris D.

- 2015 Jun 17 Reliability of the Arthroscopic International Cartilage Repair Society (ICRS) grading system: Correlation with histopathology assessment. Canadian Orthopaedic Association Annual Meeting. Vancouver, British Columbia, Canada. Presenter(s): Dwyer T, Martin C, Kendra R, Sermer C, Chahal J, Ogilvie-Harris D, Whelan D, Murnaghan L, Nauth A, **Theodoropoulos J**.
- 2015 Jun 17 Validation of the ASSET global rating scale for anterior cruciate ligament reconstruction (ACLR) in a Sawbones model. Canadian Orthopaedic Association Annual Meeting. Vancouver, British Columbia, Canada. Presenter(s): Dwyer T, Slade Shantz J, Chahal J, Wasserstein D, Schachar R, Devitt B, **Theodoropoulos J**, Ringsted C, Hodges B, Ogilvie-Harris D.
- 2015 Jun 17 Standard setting in OSCE's - How to set the bar in orthopaedic competency-based training. Canadian Orthopaedic Association Annual Meeting. Vancouver, British Columbia, Canada. Presenter(s): Dwyer T, Wright S, Kulasegaram M, **Theodoropoulos J**, Chahal J, Wasserstein D, Ringsted C, Hodges B, Ogilvie-Harris D.
- 2015 Jun 17 Competency-Based Medical Education: Use of an Objective Structured Assessment of Technical Skill (OSATS) after an Orthopaedic Sports Medicine Rotation. Canadian Orthopaedic Association Annual Meeting. Vancouver, British Columbia, Canada. Presenter(s): Dwyer T, Slade Shantz J, Chahal J, Wasserstein D, Schachar R, Devitt B, **Theodoropoulos J**, Ringsted C, Hodges B, Ogilvie-Harris D.
- 2015 Jun 17 Competency Based Medical Education: Can Both Junior and Senior Residents Achieve Competence After A Sports Medicine Rotation? Canadian Orthopaedic Association Annual Meeting. Vancouver, British Columbia, Canada. Presenter(s): Dwyer T, Wright S, Kulasegaram M, **Theodoropoulos J**, Chahal J, Wasserstein D, Ringsted C, Hodges B, Ogilvie-Harris D.
- 2015 May 28 Platelet-Rich Plasma Enhances the Integration of Bio-engineered Articular Cartilage with Native Tissue. Canadian Connective Tissue Conference. Quebec City, Ontario, Canada. Presenter(s): Sermer C, Kandel R, Hurtig M, Garcia F, Anderson J, **Theodoropoulos J**.
- 2015 May 12 Platelet-Rich Plasma Enhances the *in vitro* Integration of Bioengineered Articular Cartilage with Native Tissue. Institute of Medical Science Scientific Day. Toronto, Ontario, Canada. Presenter(s): Sermer C, Kandel R, Hurtig M, Garcia F, Anderson J, **Theodoropoulos J**. *Award for best poster in the Regenerative Medicine category.* (Trainee Presentation).
- 2015 Apr 20 Competency-Based Medical Education: Can Junior Residents Achieve the Same Level of Competence as Senior Residents? CCME. Vancouver, British Columbia, Canada. Presenter(s): Dwyer T, Wright S, Kulasegaram M, **Theodoropoulos J**, Chahal J, Wasserstein D, Ringsted C, Hodges B, Ogilvie-Harris D.
- 2015 Apr 20 Competency-Based Medical Education: Use of an Objective Structured Assessment of Technical Skill (OSATS) after an Orthopaedic Sports Medicine Rotation. CCME. Vancouver, British Columbia, Canada. Presenter(s): Dwyer T, Wright S,

Kulasegaram M, **Theodoropoulos J**, Chahal J, Wasserstein D, Ringsted C, Hodges B, Ogilvie-Harris D.

- 2015 Apr 17 Competency-Based Medical Education: Can Both Junior and Senior Residents Achieve Competence After A Sports Medicine Rotation? ASE. Seattle, Washington, United States. Presenter(s): Dwyer T, Wright S, Kulasegaram M, **Theodoropoulos J**, Chahal J, Wasserstein D, Ringsted C, Hodges B, Ogilvie-Harris D.
- 2015 Apr 17 Competency-Based Medical Education: Use of an Objective Structured Assessment of Technical Skill (OSATS) after an Orthopaedic Sports Medicine Rotation. Arthroscopy Association of North America. Los Angeles, California, United States. Presenter(s): Dwyer T, Slade Shantz J, Chahal J, Wasserstein D, Schachar R, Devitt B, **Theodoropoulos J**, Hodges B, Ringsted C, Ogilvie-Harris D.
- 2015 Apr 17 Validation of the ASSET global rating scale for anterior cruciate ligament reconstruction (ACLR) in a Sawbones model. Arthroscopy Association of North America. Los Angeles, California, United States. Presenter(s): Dwyer T, Slade Shantz J, Chahal J, Wasserstein D, Schachar R, Devitt B, **Theodoropoulos J**, C Ringsted, B Hodges, DJ Ogilvie-Harris.
- 2015 Apr 17 Competency-Based Medical Education: Can Both Junior and Senior Residents Achieve Competence After A Sports Medicine Rotation? Arthroscopy Association of North America. Los Angeles, California, United States. Presenter(s): Dwyer T, Wright S, Kulasegaram M, **Theodoropoulos J**, Chahal J, Wasserstein D, Ringsted C, Hodges B, Ogilvie-Harris D.
- 2015 Mar 8 Displacement Patterns of Full Thickness Rotator Cuff Tears. Society for Skeletal Radiology 38th Annual Meeting. Scottsdale, Arizona, United States. Presenter(s): White L, Mistry A, Dhiren S, **Theodoropoulos J**, Veillette C, Naraghi A.
- 2014 Jun 18 The Protective Effect of Kevlar® Reinforced Socks Against Hockey Skate Blade Injuries: A Biomechanical Study. American Orthopaedic Association / Canadian Orthopaedic Association Combined Meeting. Montreal, Quebec, Canada. Presenter(s): Nauth A. (Trainee Presentation).
- 2014 Jun 18 The Efficacy of Platelet-Rich Plasma in the Treatment of Symptomatic Knee Osteoarthritis: A Systematic Review with Quantitative Synthesis. American Orthopaedic Association / Canadian Orthopaedic Association Combined Meeting. Montreal, Quebec, Canada. Presenter(s): Khoshbin A, Leroux T, Wasserstein D, Marks P, **Theodoropoulos J**, Ogilvie-Harris D, Gandhi R, Takhar K, Chahal J. (Trainee Presentation)
- 2014 Jun 18 The use of platelet rich plasma enhanced scaffolds and implants for articular cartilage repair in humans and animals. American Orthopaedic Association / Canadian Orthopaedic Association Combined Meeting. Montreal, Quebec, Canada. Presenter(s): Sermer C, Kandel R, Chahal J, **Theodoropoulos J**. (Trainee Presentation)

- 2014 Jun 18 Calcium polyphosphate particulate: a biodegradable bone void filler. American Orthopaedic Association / Canadian Orthopaedic Association Combined Meeting. Montreal, Quebec, Canada. Presenter(s): **Theodoropoulos J**, Kandel R, Hu Y, Pilliar R.
- 2014 Jun 8 The Effect of Platelet-Rich Plasma on Chondrocytes Grown in Monolayer or 3D Culture. Canadian Connective Tissue Society. London, Ontario, Canada. Presenter(s): Sermer C. (Trainee Presentation).
- 2014 June 5 Calcium Polyphosphate Particulate Bone Void Fillers - Rabbit Model Study. 31st Annual Meeting of the Canadian Biomaterials Society. Halifax, Nova Scotia, Canada. Presenter(s): Pilliar R, Youxin H, Grynypas M, **Theodoropoulos J**, Kandel R, Pilliar R.
- 2014 May 14 Outcomes of a modified Brostrom technique followed by immediate post-operative weight bearing and early rehabilitation for the treatment of ankle instability. 16th ESSKA Congress. Amsterdam, Netherlands. Presenter(s): Petrera M, Theodoropoulos J.
- 2014 Mar 11 Trans-Subscapularis Portal versus Low Anterior Portal for 5:30 Anchor Placement: A Cadaveric Study With CT Analysis. American Academy of Orthopaedic Surgeons. New Orleans, Louisiana, United States. Presenter(s): Dwyer T, **Theodoropoulos J**.
- 2013 Oct 2 Analysis of Anchor Placement at The 5.30 O’Clock Position Using a Trans-Subscapularis Versus a Low Anterior Portal: A Cadaveric Study. 21st National Congress of the Italian Society of Arthroscopy. Pesaro, Italy. Presenter(s): Petrera M, Dwyer T, White L, Wasserstein D, Veillette C, Chahal J, Ogilvie-Harris D, **Theodoropoulos J**.
- 2013 Sep Osteoarthritis grade affects subchondral bone properties after microfracture. International Cartilage Research Society. Turkey. Presenter(s): Hurtig M, Steeds J, Gordon K, Hoemann C, **Theodoropoulos J**, Marks P.
- 2013 Sep Platelet rich plasma in the management of articular cartilage pathology: a systematic review. International Cartilage Research Society. Izmir, Turkey. Presenter(s): Dold A, Zywiell M, Taylor D, Dwyer T, **Theodoropoulos J**.
- 2013 Sep Assessing in-training competency of orthopaedic residents: Use of an Objective Structured Clinical Examination (OSCE) after a sports medicine rotation. International Conference Resident Education. Calgary, Alberta, Canada. Presenter(s): Dwyer T, **Theodoropoulos J**, Herold J, Henry P, Wasserstein D, Murnaghan M, Wadey V, Hodges B, Semple J, Ogilvie-Harris D.
- 2013 Jun 20 Analysis Of The Accuracy Of Arthroscopic Placement In The Antero-Inferior Glenoid. Canadian Orthopaedic Association. Winnipeg, Manitoba, Canada. Co-Author(s): **Theodoropoulos J**.
- 2013 Jun 20 Effect of Tissue Processing on Clinical Outcomes of Primary Anterior Cruciate Ligament Reconstruction Using Allograft. Canadian Orthopaedic Association. Winnipeg, Manitoba, Canada. Co-Author(s): **Theodoropoulos J**.

- 2013 Jun 20 Biomechanical behavior of an all-suture anchor: Y-Knot preset? Canadian Orthopaedic Association. Winnipeg, Manitoba, Canada. Co-Author(s): **Theodoropoulos J.**
- 2013 Jun 20 Assessing In-Training Competence of Orthopaedic Residents: Use of an Objective Structured Clinical Examination (OSCE) after a Sports Medicine Rotation. Canadian Orthopaedic Association. Winnipeg, Manitoba, Canada. Co-Author(s): **Theodoropoulos J.**
- 2013 Jun 15 Pigmented Villonodular Synovitis of the Knee: A Systemic Review of Modern Surgical Treatment Outcomes. COA Annual Meeting. Toronto, Ontario, Canada. Presenter(s): Mollon B, Theodoropoulos J.
- 2013 May 15 Can MRI patterns of injury predict time to return to play in professional hockey players with ankle syndesmosis injuries? ISAKOS. Toronto, Ontario, Canada. Presenter(s): Wasserstein D, Murphy G, White L, Mollon, B, **Theodoropoulos J.**
- 2013 May 15 Diagnostic Accuracy of an Iphone DICOM Viewer For the Interpretation of Magnetic Resonance Imaging of the Knee. ISAKOS. Toronto, Ontario, Canada. Presenter(s): De Maio P, **Theodoropoulos J**, White L, Bleakney R, Menezes R.
- 2013 May 15 Pigmented Villonodular Synovitis of the Knee: A Systemic Review of Modern Surgical Treatment Outcomes. ISAKOS. Toronto, Ontario, Canada. Presenter(s): Mollon B, Theodoropoulos J.
- 2013 May 15 Combined Arthroscopic and Open Synovectomy for Diffuse Pigmented Villonodular Synovitis of the Knee: A Case Series. ISAKOS. Toronto, Ontario, Canada. Presenter(s): Mollon B, Theodoropoulos J.
- 2013 Apr 25 Analysis of Anchor Placement at The 5.30 O’Clock Position Using a Trans-Subscapularis Versus a Low Anterior Portal. Arthroscopy Association of North America. San Antonio, Texas, United States. Presenter(s): Dwyer T, Theodoropoulos J.
- 2013 Apr 25 Examining the Feasibility of a Mobile Web Based Follow-Up System for Post-Operative ACL Reconstruction Patients. Arthroscopy Association of North America. San Antonio, Texas, United States. Presenter(s): **Theodoropoulos J.**
- 2013 Apr 25 Pigmented Villonodular Synovitis of the Knee: A Systematic Review of Modern Surgical Treatment Outcomes. Arthroscopy Association of North America. San Antonio, Texas, United States. Presenter(s): Mollon B, Theodoropoulos J.
- 2013 Apr 25 Combined Arthroscopic and Open Synovectomy for Diffuse PVNS of the Knee: A Case Series. Arthroscopy Association of North America. San Antonio, Texas, United States. Presenter(s): Mollon B, Theodoropoulos J.
- 2013 Apr 22 Assessing In-Training Competence of Orthopaedic Residents: Use of an Objective Structured Clinical Examination (OSCE) after a Sports Medicine Rotation. Canadian Conference on Medical Education. Ottawa, Ontario, Canada. Presenter(s): Dwyer T, Theodoropoulos J.

- 2013 Apr 20 Effect of Tissue Processing on Clinical Outcomes of Primary Anterior Cruciate Ligament Reconstruction Using Allograft. Arthroscopy Association of North America. San Antonio, Texas, United States. Presenter(s): **Theodoropoulos J.**
- 2013 Mar 19 Effect of Tissue Processing on Outcome of Primary Anterior Cruciate Ligament Reconstruction using Allograft. AAOS. Toronto, Ontario, Canada. Presenter(s): Sam Park. Co-Author(s): **Theodoropoulos J.**
- 2012 Jun 8 Mechanical Stimulation Enhances Integration in an in vitro Model Of Cartilage Repair. COA Annual Meeting. Ottawa, Ontario, Canada. Presenter(s): **Theodoropoulos J.**
- 2012 May 17 AANA 2012 Annual Meeting Abstract Submission. "Effects of Platelet- Rich Plasma on the Mechanical Properties of a Tissue Engineered Cartilage Construct". Presenter(s): Theodoropoulos J.
- 2012 May 12 Platelet Rich-Plasma Improves The Formation of Tissue Engineered Cartilage. The International Cartilage Repair Society. Montreal, Quebec, Canada. Presenter(s): **Theodoropoulos J, Petrera M, Decroos A, Kandel R.**
- 2012 May 12 Mechanical Stimulation Improves Integration of Tissue Engineered Cartilage. The International Cartilage Repair Society. Montreal, Quebec, Canada. Presenter(s): **Theodoropoulos J, Park S, Decroos A, Kandel R.**
- 2012 Apr Inorganic Phosphate Exhibits Anabolic Effects on Articular Cartilage. Osteoarthritis Research Society Annual Meeting. United States. Presenter(s): JP St-Pierre. (Trainee Presentation).
- 2012 Feb 7 Supplementation with Platelet Rich Plasma Improves the In Vitro Formation of Cartilage. American Academy of Orthopaedic Surgeons. San Francisco, California, United States. Presenter(s): **Theodoropoulos J.**
- 2012 Feb Diagnostic Accuracy of an iPhone DICOM Viewer for the Interpretation of Magnetic Resonance Imaging of the Knee. American Academy of Orthopedic Surgery Annual Meeting. United States. Presenter(s): **Theodoropoulos J.**
- 2011 Nov 9 Risultati della stabilizzazione artroscopica di spalla con suture anchors in atleti ad alto rischio. Italian Orthopaedic Association. Milan, Italy. Presenter(s): Petrera M, Whelan D, Tsujii M, **Theodoropoulos J.**
- 2011 Nov MR Imaging of the Post-Operative Knee. Radiology Society of North America. Chicago, Illinois, United States. Presenter(s): Andreisek G, Gnat R, Chhabra A, Hodler J, **Theodoropoulos J.**
- 2011 Jul 17 Microfracture: A Hands-on Survey of Consistency in Surgical Technique. Canadian Orthopedic Association, Annual Meeting. St. John's. Author(s): Sharma P, Whelan D, Marks P, Hurtig M, **Theodoropoulos J.**
- 2011 Jul 17 Cartilage Tissue Repair using Bioengineered Implants: An In Vitro Model. Canadian Orthopedic Association, Annual Meeting 2011. Author(s): **Theodoropoulos J, Decroos A, Kandel R.**

- 2011 Apr 14 Arthroscopic Bankart Repair with Suture Anchors in Collision versus Non-Collision Athletes. Arthroscopy Association of North America. San Francisco, California. Authors: Petrera M, Tsuji M, **Theodoropoulos J**.
- 2011 Feb 15 The outcome of arthroscopic Bankart repair with suture anchors in contact versus non-contact athletes. American Academy of Orthopedic Surgeons, Annual Meeting. San Diego, California. Presenter(s): Petrera M, Tsuji M, **Theodoropoulos J**.
- 2010 Dec 1 Mechanical Stimulation Enhances Integration in an in vitro model of Cartilage Repair. Tissue Engineering and Regenerative Medicine International Society, Annual Meeting. Orlando, Florida. Presenter(s): De Croos J, Petrera M, Ting S, Park S, Kandel R, **Theodoropoulos J**.
- 2010 Oct 14 A Meta-Analysis of Open Versus Arthroscopic Bankart Repair Using Suture Anchors. Italian Society for Sports Medicine and Arthroscopy, Annual Meeting. Verona, Italy. Presenter(s): Petrera M, **Theodoropoulos J**.
- 2010 Sep 26 Integration of Repair Cartilage: an in vitro model. International Cartilage Research Society, ICRS Annual Meeting. Barcelona, Spain. Presenter(s): Kandel R, Decroos J, **Theodoropoulos J**.
- 2010 Jun 17 Dynamic MR Imaging with Concurrent Physical Examination in Evaluation of Knee MCL Injuries. Canadian Orthopedic Association Annual Meeting. Edmonton, Alberta. Author(s): Geddes C, Studler U, Deslandes M, White L, Sussman M, **Theodoropoulos J**.
- 2010 Jun 17 Arthroscopic Bankart repair for anterior shoulder instability in contact vs. non-contact athletes. Canadian Orthopedic Association, Annual Meeting. Edmonton, Alberta. Author(s): Tsuji M, Petrera M, **Theodoropoulos J**.
- 2009 Mar 8 MR Imaging Appearance of Acute High Ankle Sprain Syndesmotic Injuries in Professional Ice Hockey Players. Society for Skeletal Radiology. Isle of Palms, South Carolina. Presenter(s): White L, Lam B, **Theodoropoulos J**.
- 2009 Mar 8 Synthetic-TE Post-Processing Technique for Generating Images with Variable T2-Weighted Contrast: Application to the Diagnosis of Meniscal and Articular Cartilage Abnormalities of the Knee. Society for Skeletal Radiology. Isle of Palms, South Carolina. Presenter(s): White L, Andreisek G, Naraghi A, **Theodoropoulos J**, Sussman M.
- 2008 Dec Diagnosis of Meniscus and Articular Cartilage Abnormalities of the Knee: Prospective Clinical Evaluation of Multi-Echo MR Imaging with Automated T2-weighted MR Image Synthesis. Radiology Society of North America Annual Meeting. Chicago, Illinois. Presenter(s): Andreisek G, White L, Naraghi A, **Theodoropoulos J**, Young N, Sussman M.
- 2004 May 4 Haematological Factors Potentially Implicated in the Pathophysiology of Avascular Necrosis (AVN) of the Femoral Head: Hypofibrinolysis as a Cause of AVN. Canadian Orthopedic Association. Winnipeg, Manitoba. Author(s): **Theodoropoulos J**, Harvey E, Séguin C, Passeriello A, Kassis K, Busque L.

- 2004 May 4 The SF-36-Health Survey as a Measure of Outcome Following Anterior Cruciate Ligament Reconstruction with Patellar Tendon Autograft. Canadian Orthopedic Association Annual Meeting. Winnipeg, Manitoba. Author(s): **Theodoropoulos J**, Marks PH.
- 2001 Apr Treating proximal humerus fractures with a hemiarthroplasty. McGill Orthopaedics, Resident Research Competition. Montreal, Quebec. Author(s): **Theodoropoulos J**, Antoniou J.
- 2000 May 3 The Diagnostic Evaluation of Vascular Injuries in Extremity Trauma: Survey Results of Canadian Orthopaedic Surgeons. Canadian Orthopedic Association. Edmonton, Alberta. Author(s): **Theodoropoulos J**, Kerr D, Pichora DR.

## PROVINCIAL/ REGIONAL/ LOCAL

### Invited Lectures and Presentations

- 2021 Jun 23 The Life of a Team Doctor. Dalhousie Sports Medicine 8<sup>th</sup> (Virtual) Annual Summer Research Night. Halifax, Nova Scotia, Canada.
- 2019 Oct 24 Core Injuries. 2019 University of Toronto Orthopaedic Sports Medicine Hip Symposium. Toronto, Ontario, Canada.
- 2019 Jan 21 Careers in STEM. Greek Students' Association at the University of Toronto. Toronto, Ontario, Canada.
- 2019 Jan 18 Cases in Sports Medicine. Rehab and Wellbeing Centre Multidisciplinary Grand Rounds. Sinai Health System. Toronto, Ontario, Canada.
- 2018 Nov 10 The Use of MRI in Professional Sports. MRI Symposium Talk, JDMI. Toronto, Ontario, Canada.
- 2014 Sep 11 The Role of Biologics in Sport Medicine. Current Concepts in Sport Medicine. Toronto, Ontario, Canada.
- 2014 Feb 8 Rotator Cuff Injuries. University of Toronto Hand and Upper Extremity Update. Toronto, Ontario, Canada.
- 2013 Nov 15 Rotator Cuff Repair. McGill University. Montreal, Quebec, Canada.
- 2012 Dec 18 Tissue Engineering in Cartilage Repair. UHN - Orthopaedic Research Rounds. Toronto, Ontario, Canada.
- 2012 Nov 27 Fundamentals in Functional Assessment. Athlete's Care. Toronto, Ontario, Canada. Presenter(s):

- 2012 Aug 29 Use of an Objective Assessing Clinical Examination (OSCE) after a sports medicine rotation. RK Reznick Wilson Centre Research Day. University of Toronto. Toronto, Ontario, Canada.
- 2012 Jun 21 Accuracy of Arthroscopic Suture Anchors Placement in the Antero-Inferior Glenoid. University of Toronto. Toronto, Ontario, Canada.
- 2012 Jun 21 Biomechanical Analysis of an All-Suture Anchor Compared to a Screw-in Glenoid Anchor. University of Toronto. Toronto, Ontario, Canada.
- 2012 Jun 20 Tissue Engineering in the Treatment of Cartilage Injuries. McMaster University. Hamilton, Ontario, Canada.
- 2012 Mar 29 Common Orthopaedic Fractures & Orthopaedic Emergencies. University of Toronto Family Practice Sports Medicine Conference. Toronto, Ontario, Canada.
- 2012 Feb 3 Sandy Kirkley Memorial Lectureship “Going...going...how to stop it from being gone” biologic treatment for cartilage damage (regeneration / replacement). Ontario Medical Association Sports Medicine. Toronto, Ontario, Canada.
- 2011 Oct 20 Hip and Groin Pain in the NHL. Manitoba Orthopaedic Symposium. Winnipeg, Manitoba, Canada.
- 2011 Oct 20 Foot and Ankle Injuries in the NHL. Manitoba Orthopaedic Symposium. Winnipeg, Manitoba, Canada.
- 2011 Jan 13 When to Make a Surgical Referral: From Priorities to Planning. University of Toronto Department of Family Medicine Musculoskeletal Day. Toronto, Ontario.
- 2011 Jan 12 Technology in Surgery, Making Ambulatory Surgery Possible. Young Leaders of Women’s College Foundation. Toronto, Ontario.
- 2010 Dec 5 Cartilage Tissue Engineering. University of Toronto, Department of Pathology, Sarcoma Rounds. Toronto, Ontario.
- 2010 Jul 10 Soft Tissue Allografts. Mount Sinai Bone Bank, Recovery Training and Education Workshop. Toronto, Ontario.
- 2009 Oct 29 Cartilage Injuries of the Knee. Athlete’s Care Sport Medicine Centers. Toronto, Ontario. Presentation to Community Family Doctors. (Continuing Education).
- 2008 Nov 7 Gender Difference in ACL Reconstruction, A Surgeon’s Perspective. University of Toronto, Department of Family Medicine, City Wide Sports Medicine Rounds. Toronto, Ontario.

### Presented Abstracts (Local)

- 2018 Mar Conventional Follow-up Versus Mobile App Home Monitoring for Post-Operative ACL Reconstruction Patients: A Randomized Controlled Trial. University of Toronto

- Annual Orthopaedics Graduation Day. Presenter(s) Higgins J, Chang J, Hoit G, Chahal J, Dwyer T, and **Theodoropoulos J**. *Award for Top Clinical Research Presentation*.
- 2018 Jun Conventional Follow-up Versus Mobile App Home Monitoring for Post-Operative ACL Reconstruction Patients: A Randomized Controlled Trial. Canadian Orthopaedic Resident's Association (CORA). Presenter(s) Higgins J, Chang J, Hoit G, Chahal J, Dwyer T, and **Theodoropoulos J**.
- 2017 Nov Conventional Follow-up Versus Mobile App Home Monitoring for Post-Operative ACL Reconstruction Patients: A Randomized Controlled Trial. University of Toronto Annual Orthopaedics Research Day. Presenter(s) Higgins J, Chang J, Hoit G, Chahal J, Dwyer T, and **Theodoropoulos J**. *Award for Outstanding Research Project*.
- 2016 Feb 5 Appropriateness of Requests for Outpatient MRI of the Hip. Ontario Medical Association - Sport Medicine Conference. Toronto, Ontario, Canada. Author(s): Manta A, **Theodoropoulos J**.
- 2015 Jun 1 Competency-Based Medical Education: Use of an Objective Structured Assessment of Technical Skill (OSATS) after an Orthopaedic Sports Medicine Rotation. Fellows - University of Toronto. Division of Orthopaedic Surgery. Toronto, Ontario, Canada. Presenter(s): T Dwyer, J Slade Shantz, J Chahal, D Wasserstein, R Schachar, B Devitt, **J Theodoropoulos**, B Hodges, C Ringsted, DJ Ogilvie-Harris.
- 2015 Jun 1 Engaging Hill-Sachs Defects: Diagnosis using the O-arm in cadaveric shoulders. Fellows - University of Toronto Division of Orthopaedic Surgery. Toronto, Ontario, Canada. Presenter(s): Burns D, Chahal J, Sharoki S, Wasserstein D, Henry P, **Theodoropoulos J**, Ogilvie-Harris D, Dwyer T.
- 2014 Oct Competency-Based Medical Education" Use of an Objective Structured Assessment of Technical Skill (OSATS) after an Orthopaedic Sports Medicine Rotation. Wilson Center Research Day. Toronto, Ontario, Canada. Presenter(s): Dwyer T, Chahal J, Wasserstein D, **Theodoropoulos J**, Ogilvie-Harris D.
- 2014 Oct Competency-Based Medical Education: Can Junior Residents Achieve the Same Level of Competence as Senior Residents? Wilson Center Research Day. Toronto, Ontario, Canada. Presenter(s): Dwyer T, Chahal J, Wasserstein D, **Theodoropoulos J**, Ogilvie-Harris D.
- 2014 Jul 15 The Protective Effect of Kevlar® Reinforced Socks Against Hockey Skate Blade Injuries: A Biomechanical Study. Breakfast of Our Champions (BOOC) Annual Meeting, St. Michael's Hospital. Toronto, Ontario, Canada. Presenter(s): Tsuji M, Nauth A, Aziz M, Nicayenzi B, Crookshank M, Whelan D, **Theodoropoulos J**, Zdero R. (Trainee Presentation).
- 2014 Jun 13 Trans-Subscapularis Portal vs. Low Anterior Portal for Low Anchor Placement on the Inferior Glenoid: A Cadaveric Study with CT Analysis. 5th Annual Division of Orthopaedic Surgery City-Wide University of Toronto Fellowship Day. Toronto, Ontario, Canada. Presenter(s): Chechik O. (Trainee Presentation).

- 2014 Jun 13 A Qualitative Investigation of the Decision to Return to Sport After Primary Arthroscopic Shoulder Stabilization. 5th Annual Division of Orthopaedic Surgery City-Wide University of Toronto Fellowship Day. Toronto, Ontario, Canada. Presenter(s): Devitt B. 2nd prize: Best Research Paper. (Trainee Presentation).
- 2014 Jun 13 Inter-Observer Reliability of ICRS Grading in Cadavers: Correlation with Histological Findings. 5th Annual Division of Orthopaedic Surgery City-Wide University of Toronto Fellowship Day. Toronto, Ontario, Canada. Presenter(s): Martin R. 1st prize: Best Research Paper. (Trainee Presentation).
- 2013 Jun 16 Revision Bankart Repair. University of Toronto Fellowship Day. Toronto, Ontario, Canada. Presenter(s): Jihad Abouali.
- 2012 Oct 5 PVNS of the Knee: a Case Series of Combined Open and Arthroscopic Synovectomy and a Systematic Review of Modern Surgical Treatment Outcomes. University of Toronto. Toronto, Ontario, Canada. Presenter(s): Brent Mollon.
- 2012 Aug 29 Use of An Objective Structured Clinical Examination (OSCE) After a Sports Medicine Rotation. RK Reznick Wilson Centre Research Day. Toronto, Ontario, Canada. Presenter(s): Tim Dwyer. (Trainee Presentation).
- 2012 Jun PRP Improves Tissue Engineered Cartilage. University of Toronto. Toronto, Ontario, Canada. Presenter(s): Massimo Petrera. University of Toronto Annual Fellows Day. (Trainee Presentation).
- 2011 Jun 17 Microfracture: A Hands-On Survey of Consistency in Surgical Technique. University of Toronto. Toronto, Ontario, Canada. Presenter(s): Kroell A, Marks P, Chahal J, **Theodoropoulos J**, Whelan D, Hurtig M. 2nd Annual Division of Orthopedic Surgery City-Wide University of Toronto Fellowship Day. (Trainee Presentation).
- 2011 Jun 16 Arthroscopic Bankart Repair with Suture Anchors in Collision versus Non-Collision Athletes. University of Toronto. Toronto, Ontario, Canada. Presenter(s): Petrera M, Tsuji M, Whelan D, **Theodoropoulos J**. 2nd Annual Division of Orthopedic Surgery City-Wide University of Toronto Fellowship Day. (Trainee Presentation).
- 2010 Jun 11 A Meta-Analysis of Open Versus Arthroscopic Bankart Repair Using Suture Anchors. University of Toronto. Toronto, Ontario, Canada. Presenter(s): Massimo Petrera. Inaugural University of Toronto Orthopedic Fellowship Day. (Trainee Presentation).
- 2011 Feb 4 A Systematic Review of the Use of Platelet Rich Plasma in Sports Medicine as a New Treatment for Tendon and Ligament Injuries. Sport Med Annual Meeting 2011, Ontario Medical Association. Toronto, Ontario. Authors: Taylor D, Petrera M, **Theodoropoulos J**.
- 2011 Feb 4 A Survey of Canadian Orthopedic Surgeon on the Use of Microfracture in the Treatment of Chondral Injuries of the Knee. Sport Med Annual Meeting. Ontario Medical Association. Toronto, Ontario. Author(s): **Theodoropoulos J**, Sharma P, Whelan D, Marks P, Petrera M, Hurtig M.

- 2010 May 5 Integration of Tissue Engineered Cartilage with Native Cartilage: an in vitro model. University of Toronto, Institute for Medical Sciences Research Day. Toronto, Ontario. Authors: **Theodoropoulos JS**, DeCroos JNA, Park SS, Pilliar R, Kandel R. (Poster).
- 2010 Feb 17 Arthroscopic Bankart Repair in Contact vs. Non-Contact Athletes. University of Toronto, Medical Student Research Day. Toronto, Ontario. Authors: Tsuji M, **Theodoropoulos J**. (Poster).

## TEACHING

### Research Supervision

- 2018 Aug - Present Primary Supervisor. Michael Wu. Master's Student IMS. Supervisee Institution: University of Toronto.
- 2013 Sep - 2016 Jun Primary Supervisor. Corey Sermer. Supervisee Institution: University of Toronto
- 2012 Jun - 2012 Aug Primary Supervisor. James Higgins. Supervisee Institution: Queen's University at Kingston.

### Undergraduate Teaching

- 2018 Sep 20 Clinical Skills 2 Orthopaedic Undergraduate Teaching, University of Toronto (4 hours)
- 2018 May 28 Clinical Skills 2 OSCE Examiner, University of Toronto (3 hours)
- 2018 Apr 18 ICE (Integrated Clinical Experience) Orthopaedics Tutor Year 2 (4 hours)
- 2018 Feb 26 Year III Clerkship Faculty Combined Medical-Surgical OSCE (4 hours)
- 2017 Sep 28 ICE (Integrated Clinical Experience) Orthopaedics Tutor Year 2 (4 hours)

### Resident Teaching

- 2010 - pres Head and Neck, University of Toronto Orthopaedic Resident Teaching (1 hour) every rotations (CBC Curriculum)
- 2020 Jan 16-18 AANA Foundations in Arthroscopy Resident & Fellow Course Faculty and Lab Instructor