

# Christopher P. O'Grady, MD

Andrews Orthopaedic Surgery and Sports Medicine Center  
1040 Gulf Breeze Parkway, Suite 200  
Gulf Breeze, FL 32561  
(850)916-3700

Chairman of the Department of Orthopaedic Surgery- Baptist Health Care System,  
Pensacola, FL 2010-2016

**Undergraduate Education:** Georgetown University  
Washington D.C.  
Physics Major  
Bachelor of Science, 1992

**Research:** Lombardi Cancer Center  
Georgetown University  
Microbiology Lab Technician, 1992-93

**Medical Education:** Georgetown University School of Medicine  
Washington D.C.  
Doctor of Medicine, 1997

**Orthopaedic Residency:** 1997-2002  
Albert Einstein College of Medicine/  
Long Island Jewish Medical Center  
Department of Orthopaedic Surgery  
New Hyde Park, NY

**Board Certified Orthopaedic Surgeon:** Part I-July 2002, Part II-July 2004,  
Recertified 2014

**ABOS Subspecialty Certificate in Sports Medicine** November 2007, Recertified 2014

**Military:** US Navy 2002-2006  
Pensacola Naval Hospital  
Department of Orthopaedic Surgery  
LCDR-Staff MD

**Orthopaedic Practice** Andrews Orthopaedics and Sports Medicine Center  
The Andrews Institute

Gulf Breeze, FL  
September 2006-Present

**Faculty:** James Andrews Orthopaedic  
Sports Medicine Fellowship  
2007-present

**Appointments:** University of Southern Alabama  
Department of Orthopaedic Surgery  
Adjunct Assistant Professor

**Professional Associations:** American Association of Orthopaedic Surgeons-  
Fellow

American Orthopaedic Society for Sports Medicine  
Active Member

Arthroscopy Association of North America-  
Active Member

Florida Orthopaedic Society  
Active Member

**Awards/Honors:** Intern of the Year  
Long Island Jewish Medical Center  
Department of General Surgery, 1997-1998

American Orthopaedic Association-Zimmer Resident  
Travel Award for Orthopaedic Research, June 2001

Journal of Bone and Joint Surgery / Orthopaedic Research  
and Education Foundation Resident Journal Club  
Grant 2001-2002

**Instructor:**

New Orleans International Advanced Shoulder Symposium, Smith Nephew/Wright  
Medical-Faculty, September 2018

National Clinical Concepts in Bone Preserving Shoulder Arthroplasty-Chairman, Tampa,  
August 2018

Zimmer Biomet Shoulder Arthroplasty and Reconstruction-Chairman Faculty, Arizona,  
July 2018

Mitek-Synthes April 2018 Sports Medicine Fellows Course Faculty, Tampa, FL

Wright Medical “Glenoid Exposure Techniques”  
Co-Chairman, January 2018

Wright Medical “Glenoid Exposure Techniques”  
Co-Chairman, Atlanta, May 2017

Wright Medical “Glenoid Exposure Techniques”  
Co-Chairman, Andrews Institute, Jan 2017

Zimmer Biomet Shoulder Arthroplasty and Reconstruction-Chairman Faculty, Arizona,  
Nov 2016

Zimmer Biomet Shoulder Arthroplasty and Reconstruction-Chairman Faculty, Miami, FL  
Oct 2016

Smith and Nephew Sports Fellows Course September 2016 Faculty-Shoulder

Current Concepts in Knee and Shoulder Arthroscopy  
Shoulder Faculty, Mitek-Synthes Sports Medicine  
May 2016

Smith and Nephew Sports Fellows Course September 2015 Faculty-Shoulder

Current Concepts in Knee and Shoulder Arthroscopy  
Shoulder Faculty, Mitek-Synthes Sports Medicine  
May 2015

Smith and Nephew Sports Fellows Course September 2014,  
Faculty-Shoulder

Mitek-Synthes April 2014 Sports Medicine Fellows Course Co-Chairman, Tampa, FL

2012 NASA Consultant-*Shoulder Injuries in EVA Training*  
Johnson Space Center, Houston, TX December 2012

2012 Advanced Arthroscopic Shoulder Course-Mitek  
Miami, FL Sept 7-8

2010 International Shoulder, Hip, and Knee Arthroscopy Course, Instructor, Havana,  
Cuba March 28-April 3

North Shore/Long Island Jewish Department of Orthopaedics, Research Day, Moderator,  
May 14, 2010

2009 Fall Shoulder Course, Mitek, November 7-8

2008 AANA Fall Meeting, November 20-22  
Shoulder and Knee Course Faculty

2007 AANA Winter Course, January 11-13, 2007  
Shoulder, Knee, and Hip Course Faculty

2006 AANA Fall Meeting, November 9-11  
Shoulder Course and Knee Course Faculty

Masters Experience-Arthroscopic Surgical Skills Series  
Orthopaedic Learning Center, Rosemont, IL  
Associate Masters Instructor-Knee Cartilage Course  
September 8-10, 2006

Masters Experience-Arthroscopic Surgical Skills Series  
Orthopaedic Learning Center, Rosemont, IL  
Associate Masters Instructor-Shoulder Course  
April 7-9, 2006

2005 AANA Fall Meeting, December 1-3  
Shoulder Course Faculty

2004 AANA Fall Meeting, December 2-5  
Shoulder Course Faculty

2002 AANA Fall Meeting, November 16-20  
Knee Course Faculty

**Team Associations:**

Foley High School Football  
Foley, AL  
Orthopaedic Team Physician 2007-2016

Blue Angels Flight Demonstration Squadron  
US Navy, Pensacola, FL  
Orthopaedic Consultant, 2002-2006

Pensacola Ice Pilots-ECHL Hockey  
Pensacola, FL  
Associate Orthopaedic Team Physician 2006-2007

Nassau Community College Football Team  
Garden City, NY  
Assistant Orthopaedic Team Physician 2002

Manhasset High School Football Team  
Manhasset, NY  
Assistant Orthopaedic Team Physician 1999-2002

**Lectures/Presentations:**

Current Concepts in Shoulder Instability, April 2018  
Andrews Institute Grand Rounds

University of Southern Alabama Grand Rounds, February 2018  
An Update in Shoulder Instability

University of Alabama-Birmingham Grand Rounds  
Shoulder Instability-Where do we go from here?  
May 2017

James Andrews Injuries in Football Course  
2017 Faculty  
*Shoulder Instability-In Season Decisions*

American Academy of Orthopaedics- Podium Presentation 2016 Orlando  
*Preoperative templating of Anterior Cruciate Ligament Reconstruction Based on Lateral X-Ray: Technique and Results*

Andrews Institute Lower Extremity Rehab Symposium, February 2017  
Meniscal repair vs Meniscectomy

James Andrews Injuries in Football Course  
2016 Faculty  
*Shoulder Instability*

Long Island Jewish Hospital Department of Orthopaedics  
Keynote Speaker  
Alumni Day June 2015

Georgetown University Visiting Professor  
Grand Rounds, January 2015  
“An Update in Shoulder Instability”

James Andrews Injuries in Football Course  
2014 Faculty  
*Shoulder Instability*

James Andrews Injuries in Football Course  
2013 Faculty  
*Shoulder Instability, Hip Arthroscopy*

James Andrews Injuries in Football Course  
2012 Faculty  
*Shoulder Instability*

James Andrews Injuries in Football Course  
2012 Faculty  
*SLAP Tears*

James Andrews Injuries in Football Course  
2012 Faculty  
*Shoulder Instability*

James Andrews Injuries in Football Course  
2011 Faculty  
*Sports Injuries in the Hip*

Gentiva Physical Therapy Conference  
2011 Faculty  
*Shoulder Surgery-State of the Art*

James Andrews Injuries in Football Course  
2010 Faculty  
*Sports Injuries in the Hip, Acromioclavicular Injuries and Treatment*

James Andrews Injuries in Football Course  
2009 Faculty  
*Acromioclavicular Injuries and Treatment*

James Andrews Injuries in Football Course

2008 Faculty

*Surgical Treatment of Shoulder Instability*

James Andrews Injuries in Football Course

2007 Faculty

*Labral Tears in the Shoulder*

**O'Grady C**, Mims TT, Marwin SE, Grande DA. Effects of Dietary Supplements on Cartilage Metabolism and Its Potential Role in Osteoarthritis. Paper 240, 46<sup>th</sup> Annual Meeting, Orthopaedic Research Society, Orlando, FL. March 14, 2000.

**O'Grady C**, Marwin SE, Grande DA. Effects of Glucosamine, Chondroitin Sulfate, and Manganese Ascorbate on Cartilage Metabolism. Scientific Day, Department of Orthopaedics, University of Liverpool, Liverpool, England. July 2000

**O'Grady C**, Marwin SE, Grande DA. Effects of Glucosamine, Chondroitin Sulfate, and Manganese Ascorbate on Cartilage Metabolism. Paper S60 and Poster P35. 31<sup>st</sup> Annual Meeting, Eastern Orthopaedic Society, Lake Buena Vista, FL. October 2000.

Watnik N, **O'Grady C**, Dantuluri P. Dorsal Anti-glide Plating for Stable Weber B Fractures of the Lateral Malleolus. Orthopaedic Trauma Association Annual Meeting, San Antonio, TX. October 2000

**O'Grady C**, Marwin SE, Grande DA. Effects of Glucosamine, Chondroitin Sulfate, and Manganese Ascorbate on Cartilage Metabolism. Paper 157, 68<sup>th</sup> Annual Meeting, American Academy of Orthopaedic Surgeons, San Francisco, March 2001

**O'Grady C**, Marwin SE, Grande DA. Effects of Glucosamine, Chondroitin Sulfate, and Manganese Ascorbate on Cartilage Metabolism. 31<sup>st</sup> Annual Residents Conference, Hershey, PA, April 2001

**O'Grady C**, Marwin SE, Grande DA. Effects of Glucosamine, Chondroitin Sulfate, and Manganese Ascorbate on Cartilage Metabolism. 114<sup>th</sup> Annual Meeting, American Orthopaedic Association, Palm Beach, FL, June 2001

**O'Grady C**, Marwin SE, Grande DA. Effects of Glucosamine, Chondroitin Sulfate, and Manganese Ascorbate on Cartilage Metabolism. Society of Military Orthopaedic Surgeons 43<sup>th</sup> Annual Meeting, Vail, CO, December 2001

**O'Grady C**, Almy J, Menzies R. Toxic Shock Syndrome as a Complication of Fracture Blisters. Society of Military Orthopaedic Surgeons 45<sup>th</sup> Annual Meeting, Honolulu, HI, December 2003

**O'Grady C**, Simpson B. One-stage Bifocal Femoral Lengthening Osteotomy for Leg length Inequality. Society of Military Orthopaedic Surgeons 45<sup>th</sup> Annual Meeting, Honolulu, HI, December 2003

**Publications:**

Efficacy of Unloader Bracing in Reducing Symptoms of Knee Osteoarthritis  
American Journal of Orthopaedics-July 2016

Ostrander RV, Leddon CE, Hackel JG, **O'Grady CP**, Roth CA

Minniti C, Luan D, **O'Grady C**, Rosenfeld R, Oh Y, Helman L. Insulin-like Growth Factor II in Myoblasts Induces Phenotypic Changes Typical of the Malignant Phenotype. Cell Growth and Differentiation; Vol. 6, pp 263-9, March 1995

**O'Grady C**, Grande D, S.Marwin. Chondroprotection and Gene Expression Effects of Nutritional Supplements on Articular Cartilage. Osteoarthritis and Cartilage 8 [Suppl.B]: S34-35, 2000

**Abstracts submitted for presentation**

All abstracts are submitted for AAOS Annual Meeting in Las Vegas, NV March 2019

Obesity is Not a Risk Factor for Revision in Second-Generation Guided Motion Total Knee Arthroplasty Devices. Results from the International Multicenter Study of 2,059 Primary Total Knee Arthroplasties with up to 6 Years Follow-up.

Performance of Second-Generation Guided Motion Total Knee Arthroplasty System. Results from the International Multicenter Study of Over 2,000 Primary Total Knee Arthroplasties with up to 6 Years Follow-up.

Second-Generation Guided Motion Total Knee Arthroplasty System in Young Patients has Lower Revision Rate than the Registry Controls. Results from the International Multicenter Study with up to 6 Years Follow-up.

Obesity is Not a Risk Factor for Revision in Second-Generation Guided Motion Total Knee Arthroplasty Devices. Results from the International Multicenter Study of 2,063 Primary Total Knee Arthroplasties with up to 6 Years Follow-up.



