

**Home Town:** Mercer Island, Washington

**Education**

2008 – 2012 M.D. University of Pennsylvania (School of Medicine)  
*Philadelphia, PA*  
 2004 – 2008 B.A. Brown University (Biology & Economics)  
*Providence, RI*

**Work Experience:**

2017 – 2018 Orthopedic Surgery Sports Medicine Fellowship at Rush Medical Center  
 2013 – 2017 Orthopedic Surgery Resident at Hospital for Special Surgery, Cornell Medical Center  
 2013 – 2017 Clinical Associate in Orthopedic Surgery at Weill Cornell Medical College  
 2012 – 2013 General Surgery Intern at NY Presbyterian Hospital-Weill Cornell Medical Center

**Appointments**

2017-Present Reviewer for *AJSM*  
 2017-Present Reviewer for *Cartilage*  
 2017-Present Member of AOSSM  
 2017-Present Reviewer for *Sports Health*  
 2017-Present Reviewer for *JAAOS*  
 2017-Present Reviewer for Wolters Kluwer Health: Medical Practice Book: 6 Chapters in Baseball Injuries  
 2016-Present Associate Editor for *BMC Musculoskeletal Disorders: Orthopedics-Sports/Shoulder Section*  
 2016-Present Reviewer for *Journal of Shoulder and Elbow Surgery*  
 2016-2017 Associate Editor for *Orthopedics Today*  
 2016-Present Member of AANA  
 2016-Present Member of AAOS  
 2013-Present Reviewer for *Orthopedics*  
 2011-2012 Co-President of The UPenn Leo Leung Orthopedic Society (LLOS)  
 2010-2011 3<sup>rd</sup> Year Medical Student Leader of The UPenn Leo Leung Orthopedic Society (LLOS)

**Grants**

2015 HSS Sports Grant For Accuracy of Suture Passage during Arthroscopic Remplissage (\$6,000)  
 2015 HSS Sports Grant For Cadaveric Hill-Sachs Reduction Study (\$27,700)  
 2011 Co-Collaborator and Grant Writer for Penn Orthopedics First Cadaver Study (\$5,000)  
 2010 Penn Orthopedic Research Grant For MRI Remplissage Project (\$8,800)  
 2009 National Heart, Lung & Blood Institute (NHLBI) Summer Research Grant (\$3,400)

**Team Coverage:**

2017-2018 Assistant Team Physician Chicago White Sox's  
 2017-2018 Assistant Team Physician Chicago Bulls  
 2017-2018 Assistant Team Physician Chicago Fire Professional Soccer Team  
 2017-2018 Assistant Team Physician Chicago Steel Hockey  
 2017-2018 Team Physician for North Fraction High School Varsity Football

2015-2016 Team Physician for LI City Varsity Football

### **Honors / Awards / Membership in Societies**

2016 EOA/EOEF Resident/Fellow Research Grant Award  
 2016-present Member of Arthroscopy Association of North America  
 2016 AANA resident scholarship for 2016 Annual Meeting  
 2015 EOA/EOEF Resident/Fellow Research Grant Award  
 2010-present Member American Academy for Orthopedic Surgeons  
 2007-2008 Sigma Xi Honor Society, Brown University  
 2008 Magna Cum Laude, Brown University  
 2007-2008 Captain of Brown University Varsity Men's Swim Team  
 2006-2008 Scholastic All-American Brown University

### **Publications, Peer-Reviewed**

1. Gowd AK, Liu JN, Cabarcas BC, Cvetanovich GL, **Garcia GH**, Verma NN. Current Concepts in Operative Management of Acromioclavicular Dislocation: Systematic Review and Meta-Analysis of Operative Techniques.  
*American Journal of Sports Medicine*. In Press.
2. **Garcia GH**, Liu JN, Wong AC, Gowd AK, Romeo AA, Dines JS, Gulotta LV. The Shoulder Self-Administered Motion Evaluation (SSAME) Has Excellent Patient Reliability and Reproducibility on Both Physician and Repeat Follow-Up Testing  
*Orthopedics*, *Proof Pending*
3. Gowd AK, Liu JN, Cabarcas BC, **Garcia GH**, Cvetanovich GL, Verma NN. Management of Recurrent Anterior Shoulder Instability with Bipolar Bone Loss: A Systematic Review to Assess Critical Bone Loss Amounts.  
*American Journal of Sports Medicine*. In Press.
4. Gowd Liu JN, Gowd AK, **Garcia GH**, Cvetanovich GL, Cabarcas BC, Verma NN. Recurrence Rate of Instability after Remplissage for Treatment of Traumatic Anterior Shoulder Instability: A Systematic Review in Treatment of Subcritical Glenoid Bone Loss.  
*Arthroscopy*. In Press
5. Gowd AK, Cvetanovich GL, Liu JN, Cabarcas B, **Garcia GH**, Verma N. Arthroscopic Remplissage.  
*TSES Video Techniques*. *Proof Pending*
6. Cabarcas B, **Garcia GH**, Liu JN, Gowd A, Romeo AA. Arthroscopic superior capsular reconstruction with over the top Rotator cuff repair.  
*Accepted to Arthroscopy Technique: Proof Pending*
7. Gowd AK, Liu JN, **Garcia GH**, Cabarcas BC, Verma NN. Arthroscopic Massive Rotator Cuff Repair and Techniques for Mobilization.  
*Arthrosc Tech*. 2018 May 14;7(6):e633-e638. doi: 10.1016/j.eats.2018.02.013. eCollection 2018 Jun. PubMed PMID: 29955569

8. Cabarcas B, **Garcia GH**, Liu JN, Gowd A, Romeo AA. Arthroscopic Double Row Subscapularis Repair. *Accepted to Arthroscopy Technique: Proof Pending*
9. Apostolakos J, **Garcia GH**, Liu JN, Dines JS, Romeo AA. Arthroscopic Soft-Tissue Reconstruction in Anterior Shoulder Instability: Journal Der Orthopäde, Issue: Aktueller Stand und Innovationen in der rekonstruktiven Schulterchirurgie  
*Accepted to Journal Der Orthopäde: Proof Pending*
10. Puzzitiello, RN, Agarwalla A, Zuke W, **Garcia GH**, Forsythe B: New ACL Technique: B-TCP Bone Graft Substitute for BTB Donor Sites  
*Accepted to Arthroscopy Technique: Proof Pending*
11. Agarwalla A, Puzzitiello, RN, Zuke W, **Garcia GH**, Forsythe B: Diagnosis of Injury to the Anterolateral Ligament in Patients with Anterior Cruciate Ligament Injuries: A Systematic Review  
*Accepted to Arthroscopy: Proof Pending*
12. Liu JN, **Garcia GH**, Wong AC, Sinatro A, Wu HH, Dines DM, Warren RF, Gulotta LV. Return to Work after Anatomic Total Shoulder Arthroplasty for Patients Age 55 and Under: Average 5 year Follow Up  
*Accepted to Orthopedics, Proof Pending*
13. Corpus KT, **Garcia GH**, Liu JN, Dines DM, O'Brien SJ, Dines JS, Tayler SA. Long Head of Biceps Tendon Management: A Survey of the American Shoulder and Elbow Surgeons  
*HSS J. 2018 Feb;14(1):34-40. doi: 10.1007/s11420-017-9575-3. Epub 2017 Oct 13. PMID: 29398992*
14. Liu JN, **Garcia GH**, Gowd AK, Cabarcas BC, Charles MD, Romeo AA, Verma NN. Treatment of Partial Thickness Rotator Cuff Tears in Overhead Athletes:  
*Curr Rev Musculoskelet Med. 2018 Jan 13. doi: 10.1007/s12178-018-9459-2. PMID: 29330670*
15. Liu JN, Wu HH, **Garcia GH**, Kalbian I, Strickland S, Shubenstein B. Return to Sport after Tibial Tubercle Osteotomy for Patellofemoral Pain and Osteoarthritis  
*Arthroscopy. 2017 Dec 8. pii: S0749-8063(17)31210-0. doi: 10.1016/j.arthro.2017.09.021 PMID: 29229415*
16. Johnson C, Johnson D, **Garcia GH**, Degen R, Wang D, Williams R. High Short-Term Failure Rate Associated with Decellularized Osteochondral Allograft for Treatment of Knee Cartilage Lesions  
*Arthroscopy. 2017 Dec;33(12):2219-2227. doi: 10.1016/j.arthro.2017.07.018. PMID: 28967543*
17. Hurwit D, **Garcia GH**, Liu JN, Altchek D, Romeo A, Dines JS. Management of UCL Injury in Throwing Athletes: A Survey of the American Shoulder and Elbow Surgeons  
*J Shoulder Elbow Surg. 2017 Nov;26(11):2023-2028. doi: 10.1016/j.jse.2017.08.005. PMID: 28941974*
18. **Garcia GH**, Liu JN, Wong A, Cordasco F, Dines JS, Dines DM, Gulotta LV, Warren RF. Hyperlipidemia Increases the Risk of Re-Tear After Arthroscopic Rotator Cuff Repair  
*J Shoulder Elbow Surg. 2017 Dec;26(12):2086-2090. doi: 10.1016/j.jse.2017.05.009. PMID: 28735844*

19. Kahlenberg C, **Garcia GH**, Liu JN, Degen R, Dines JS. "The Intra-Articular "Wave Sign" as a Landmark for Suture Anchor Placement in Arthroscopic Remplissage"  
*Orthopedics*. 2017 Jun 29;1-5. doi: 10.3928/01477447-20170619-03. PMID: 28662251
20. Liu JN, Steinhaus M, **Garcia GH**, Chang B, Gulotta L. "Return to Sports After Shoulder Arthroplasty: A Systematic Review and Meta-Analysis"  
*Knee Surg Sports Traumatol Arthrosc*. 2017 Apr 13. doi: 10.1007/s00167-017-4547- PMID 28409200
21. Liu JN, **Garcia GH**, Weeks D, Mcfarland L, Limpivasti O, Dines JS. "Treatment of Grade III Acromioclavicular Separations in Professional Baseball Pitchers: A Survey of Major League Baseball Team Physicians"  
*Accepted to American Journal of Orthopedics, Proof Pending*
22. **Garcia GH**, Degen R, Liu JN, Kahlenberg C, Hurwit D, Dines JS. "The "Safe Zone" Technique Improves Suture Placement and Accuracy During Arthroscopic Remplissage"  
*Orthopedics*. 2017 Apr 18;1-6. doi: 10.3928/01477447-20170411-05. Epub PMID: 28418576
23. **Garcia GH**, Liu JN, Sinatro A, Wu HH, Dines JS, Warren R, Dines D, Gulotta L. High Satisfaction and Return to Sports After Total Shoulder Arthroplasty: Age 55 and Younger  
*Am J Sports Med*. 2017 Mar 1;363546517695220. Epub PMID: 28319426
24. **Garcia GH**, Degen RM, Bui CN, McGarry MH, Lee TQ, Dines JS. Biomechanical comparison of acute Hill-Sachs reduction with remplissage to treat complex anterior instability.  
*J Shoulder Elbow Surg*. 2017 Jan 25. pii: S1058-2746(16)30623-1. PMID: 28131690
25. Hurwit DJ, Liu JN, **Garcia GH**, Mahony G, Wu HH, Dines DM, Warren RW, Gulotta LV. A Comparative Analysis of Work-Related Outcomes after Humeral Hemiarthroplasty and Reverse Total Shoulder Arthroplasty.  
*J Shoulder Elbow Surg*. 2017 Jan 11. pii: S1058-2746(16)30535-3. PMID: 28089256
26. Wu HH, Dines J, Kelly JK, **Garcia GH**. Depression and psychiatric disease associated with outcomes after anterior cruciate ligament reconstruction. Invited Review.  
*World J Orthop*. 2016 Nov 18;7(11):709-717. Review. PMID: 27900267
27. Johnson CC, **Garcia GH**, Liu JN, Stepan JG, Patel RM, Dines JS. Internet Resources for Tommy John Injuries: What are patients reading?  
*J Shoulder Elbow Surg*. 2016 Dec;25(12):e386-e393. doi: 10.1016/j.jse.2016.07.073. PMID: 27745805
28. **Garcia GH**, Liu JN, Degen RM, Johnson CC, Wong A, Dines DM, Gulotta LV, Dines JS. Higher Critical Shoulder Angle Increases the Risk of Re-Tear After Rotator Cuff Repair  
*J Shoulder Elbow Surg*. 2016 Sep 1. pii: S1058-2746(16)30236-1. PMID: 27594085
29. Johnson CC, Johnson DJ, Liu JN, Dines JS, Dines DM, Gulotta LV, **Garcia GH**. Return to sports after shoulder arthroplasty. Invited Review.  
*World J Orthop*. 2016 Sep 18;7(9):519-26. PMID: 27672564
30. **Garcia GH**, Degen R, Liu JN, Kahlenberg, C; Dines JS. Accuracy of Suture Passage during Arthroscopic Remplissage: What Anatomic Landmarks Can Improve It? A Cadaveric Study

*Orthop J Sports Med.* 2016 Aug 22;4(8):2325967116663497. PMID: 27606326

31. **Garcia GH**, Fu M, Webb M, Dines D, Craig E, Gulotta L. The effect of Obesity and Metabolic Syndrome on Early Complications and Length of Stay After Total Shoulder Arthroplasty  
*Orthopedics.* 2016 May 23;1-8 PMID: 27220114  
**Blue Ribbon Article Selection**
32. **Garcia GH**, Taylor S, Fabricant P, Dines JS. Shoulder Instability Management: A Survey of the American Shoulder and Elbow Society  
*Am J Orthop (Belle Mead NJ).* 2016 Mar-Apr; 45(3):E91-7. PMID: 26991589
33. **Garcia GH**, Liu JN, Mahony G, Sinatro A, Wu HH, Craig E, Warren R, Dines D, Gulotta L. Hemiarthroplasty versus Total Shoulder Arthroplasty For Shoulder Osteoarthritis: A Matched Comparison of Return to Sports  
*Am J Sports Med.* 2016 Mar 9. pii: 0363546516632527. PMID: 26960913
34. **Garcia GH**, Wu H, Liu JN Huffman GR, Kelly J. Outcomes of The Remplissage Procedure and Its Effects on Return to Sports: Average Five-Year Follow Up  
*Am J Sports Med.* 2016 Feb 17. pii: 0363546515626199. PMID: 26888881  
**\*Selected as featured article and podcast recorded**
35. Liu JN, **Garcia GH**, Mahony G, Wu H, Warren R, Craig E, Gulotta L. Sports after Shoulder Arthroplasty: A Comparative Analysis of Hemiarthroplasty and Reverse Total Shoulder Replacement  
*J Shoulder Elbow Surg.* 2016 Feb 4. doi: 10.1016/j.jse.2015.11.003. PMID: 26853758
36. **Garcia GH**, Taylor S, Mahony G, DePalma B, Grawe B, Dines J, Dines D, Warren R, Craig E, Gulotta L. Reverse Total Shoulder Arthroplasty and Work Related Outcomes  
*Orthopedics.* 2016 Jan 22: 1-6. PMID: 26811957
37. Johnson CC, **Garcia GH**, Garner MR, Marx RG. Quality of Life following ACL Reconstruction: Baseline predictors of patient-reported outcomes; An Evidence Based Review.  
*HSS J.* 2016 Feb;12(1):94-7. doi: 10.1007/s11420-015-9473-5 Review. PMID: 26855636
38. **Garcia GH**, Mahony G, Fabricant P, Wu H, Warren R, Craig E, Gulotta L. Sports and Work Related Outcomes after Shoulder Hemiarthroplasty  
*Am J Sports Med.* 2016 Feb;44(2):490-6 .PMID: 26657261  
**\*Selected as featured article and podcast recorded**
39. Liu JN, **Garcia GH**, Conte S, ElAttrache N, Altchek D, Dines JS. Outcomes in Revision Tommy John Surgery in Major League Baseball Pitchers  
*J Shoulder Elbow Surg.* 2016 Jan; 25(1)90-7 PMID: 26687472
40. **Garcia GH**, Wu H, Park MJ, Tucker B, Tjoumakaris F, Kelly J, Sennett B. Depression Symptomatology and Anterior Cruciate Ligament Injury: Incidence and Effect on Functional Outcome, A Prospective Cohort Study.  
*Am J Sports Med.* 2015 Dec 1. PMID: 26628516  
**\*Selected as featured article for editorial in AJSM - Psyched Down: AJSM 2016 44:569**

41. **Garcia GH**, Fu M, Warren R, Craig E, Gulotta L. Malnutrition: A Marker for Increased Complications, Mortality and Length of Stay After Total Shoulder Arthroplasty  
*J Shoulder Elbow Surg.* 2016 Feb; 25(2): 193-200 PMID: 26456427
42. **Garcia GH**, Taylor S, DePalma B, Mahony G, Grawe B, Dines J, Dines D, Warren R, Craig E, Gulotta L. Patient Activity Levels After Reverse Total Shoulder Arthroplasty: What Are Patients Doing?  
*Am J Sports Med.* 2015 Nov;43(11):2816-21 PMID: 26316610
43. **Garcia GH**, Liu JN, Dines DM, Dines JS. Effect of bone loss in anterior shoulder instability.  
*World J Orthop* 2015 Jun 18; 6(5): 421-33 PMID: 26085984
44. **Garcia GH**, Park MJ, Zhang C, Kelly J, Huffman GR. Large Hill-Sachs Lesion: a Comparative Study of Patients Treated with Arthroscopic Bankart Repair with or without Remplissage.  
*HSS Jrnl.* 2015 Jul;11(2):98-103. PMID: 26140027
45. **Garcia GH**, Taylor SA, Dy CJ, Christ A, Patel RM, Dines JS. Online Resources for Shoulder Instability: What are patients reading?  
*J Bone Joint Surg Am.* 2014 Oct 15;96(20):e177 PMID: 25320207
46. **Garcia, GH**, Elizabeth Gausden, Samuel A. Taylor, David M. Dines, and Joshua S. Dines. "Arthroplasty for Proximal Humerus Fractures: A Review of Current Management."  
*Techniques in Orthopaedics*, 2013 Dec 28(4): 324-332. DOI: 10.1097/BTO.0000000000000028
47. **Garcia GH**, Park MJ, Baldwin KB, Flynn J, Spiegel DA. Do Routine Radiographs Within The First Two Years Following Pediatric Posterior Spinal Fusion Prompt Revision Surgery?  
*Spine (Phila Pa 1976)*, 2013 Dec 1;38(25):2216-20 PMID: 24048089
48. **Garcia G**, Park MJ, Baldwin KB, Fowler J, Tjoumakaris FP, Kelly JD. Comparison of Arthroscopic Osteochondral Substitute Grafting and Remplissage for Engaging Hill-Sachs Lesions  
*Orthopedics*, 2013 Jan 1; 36(1): e38-e43 PMID: 23276350
49. Park MJ, **Garcia G**, Malhotra A, Major N, Tjoumakaris FP, Kelly JD 4th. The Evaluation of Arthroscopic Remplissage by High Resolution MRI  
*American Journal of Sports Medicine.* 2012 Oct; 40(10): 2331-6. PMID: 22915480
50. Park MJ, Tjoumakaris FP, **Garcia G**, Patel A, Kelly JD. Arthroscopic Remplissage with Bankart Repair for the Treatment of Glenohumeral Instability with Hill-Sachs Defects.  
*Arthroscopy.* 2011 Sep;27(9):1187-94. PMID: 21820842
51. Bernstein J, **Garcia GH**, Guevara JL, Mitchell GW. Progress Report: The Prevalence of Required Medical School Instruction in Musculoskeletal Medicine at Decade's End.  
*Clinical Orthopedic Related Research.* 2011 Mar; 496(3): 895-897. PMID: 20683689
52. Ionescu LC, Lee GC, **Garcia GH**, Zachary TL, Shah RP, Sennett BJ, Mauck RL. Maturation State Dependent Alterations in Meniscus Integration: Implications for Scaffold Design and Tissue Engineering.  
*Tissue Engineering Part A.* 2011 Jan; 17(1-2): 193-204. PMID: 20712419.

**News and Magazine Articles**

1. Romeo, AA, **Garcia GH**: *Take it Easy: A Surgeon Perspective for Return to Sports after Joint Arthroplasty*, Guest Commentary Orthopedics Today  
*Proof Pending*
2. **Garcia GH**, Gulotta LV. “Nearly All Shoulder Replacements Under Age 55 Return to Sports” AAOS 2017 Annual Meeting Media Program/Science Daily. March 2017.  
<https://www.sciencedaily.com/releases/2017/03/170314081640.htm>
3. **Garcia GH**, Kelly J. “High rate of return to sports seen after remplissage” Orthopedics Today. Aug 2016 [http://www.healio.com/orthopedics/sports-medicine/news/online/%7B53989201-1e0e-4995-bec8-aec1ee4a06c6%7D/high-rate-of-return-to-sports-seen-after-remplissage?ecp=&dul&utm\\_source=maestro&utm\\_medium=email&utm\\_campaign=orthopedics+news](http://www.healio.com/orthopedics/sports-medicine/news/online/%7B53989201-1e0e-4995-bec8-aec1ee4a06c6%7D/high-rate-of-return-to-sports-seen-after-remplissage?ecp=&dul&utm_source=maestro&utm_medium=email&utm_campaign=orthopedics+news)
4. Liu JN, **Garcia GH**, Gulotta L. “Higher rate of return to sports seen with reverse TSA vs hemiarthroplasty” Orthopedics Today. Aug 2016. [http://www.healio.com/orthopedics/shoulder-elbow/news/online/%7Bdc2eb93c-bb40-41f6-b93e-bbe802a56e7c%7D/higher-rate-of-return-to-sports-seen-with-reverse-tsa-vs-hemiarthroplasty?ecp=&dul&utm\\_source=maestro&utm\\_medium=email&utm\\_campaign=orthopedics+news](http://www.healio.com/orthopedics/shoulder-elbow/news/online/%7Bdc2eb93c-bb40-41f6-b93e-bbe802a56e7c%7D/higher-rate-of-return-to-sports-seen-with-reverse-tsa-vs-hemiarthroplasty?ecp=&dul&utm_source=maestro&utm_medium=email&utm_campaign=orthopedics+news)
5. **Garcia GH**, Gulotta L. “Sports and Work After Shoulder Hemiarthroplasty” Orthopedics Today. June 2016 <http://www.healio.com/orthopedics/sports-medicine/news/print/orthopedics-today/{fe3e2e55-a58d-4a08-a905-f61a2f323a1d}/study-reports-on-return-to-work-play-after-shoulder-hemiarthroplasty>
6. **Garcia GH**, Gulotta L. “Malnutrition Increasing Complications in TSA” Orthopedics Today. August 2016. <http://www.healio.com/orthopedics/shoulder-elbow/news/print/orthopedics-today/%7B7590f018-b071-4752-b1d7-41a6f6f43d8c%7D/malnourished-patients-had-increased-risk-for-short-term-complications-after-tsa>
7. **Garcia GH**, Gulotta L. Reverse Total Shoulder Replacement Patients See 85 Percent Rate of Return to Sports. HSS main website. March 5. 2016. [https://www.hss.edu/newsroom\\_reverse-total-shoulder-replacement-patients-see-85-percent-rate-of-return-to-sports.asp](https://www.hss.edu/newsroom_reverse-total-shoulder-replacement-patients-see-85-percent-rate-of-return-to-sports.asp)
8. **Garcia GH**, Gulotta L. Featured authors for AJSM with recorded podcast on the blog: *American Journal of Sports Medicine: Author Spotlight*. Feb 2016.
9. Liu JN, **Garcia GH**, Conte S, ElAttrache N, Altchek D, Dines JS. “What we’ve missed about Tommy John Surgery” *ESPN.com April 2015 (Data used in article)*
10. Park MJ, **Garcia GH**, Malhotra A, Major NM, Kelly JD, Tjoumakaris FP. “Arthroscopic Remplissage successfully fills glenohumeral head defects, study finds”. *Orthopedics Today*. May 2012

**Chapters:**

1. Hurwit D, Gulotta L, Dines J, **Garcia G**. Invited Chapter: “Management of Glenoid Bone Loss” *EFOST Surgical Techniques in Sports Medicine - Shoulder Surgery, Volume 1: Instability and Trauma 1st Edition*  
**Link:** [Amazon Book Link](#)
2. **Garcia GH**, Liu JN, Gowd AK, Carbarcas B, Romeo A. “Arthroscopic Double Row Subscapularis Repair”. *Video Atlas of Arthroscopic Rotator Cuff Repair*. Thieme Medical Publishers Inc.
3. Liu JN, Gowd A, Carbarcas B, **Garcia GH**, Verma N. “Revision Rotator Cuff Repair and Techniques for Mobilization”. *Video Atlas of Arthroscopic Rotator Cuff Repair*. Thieme Medical Publishers Inc.
4. Charles M, **Garcia GH**, Romeo A. “Shoulder Arthroplasty: Shoulder Osteoarthritis”. *Rotator Cuff Across the Lifespan (From RC Repair to Shoulder Arthroplasty)*. Springer Publishers
5. **Garcia GH**, Charles M, Romeo A. “Young Collegiate/Professional with Rotator Cuff damage (19-28)”. *Rotator Cuff Across the Lifespan (From RC Repair to Shoulder Arthroplasty)*. Springer Publishers
6. **Garcia GH**, Christian, DR, Redondo ML, Liu JN, Yanke AB, Cole BJ “Complications with Meniscal Allografts”. *Complications in Orthopedics: Sports Medicine*. Elsevier Publishers.
7. Liu JN, Gowd AK, **Garcia GH**, Yanke AB. Factors to Consider in Cartilage Treatment Associated with Patellar Instability: TTO and Soft Tissue Management. *Operative Techniques in Sports Medicine*

### **Podium Presentations**

1. **Garcia GH**, Gowd AK, Carbarcas B, Liu JN, Romeo A, Verma NK. *Radiographic Predictors of Elbow Injury and Surgery in Major League Baseball Pitchers*  
AOSSM Annual Meeting July 2018
2. **Garcia GH**, Liu JN, Wu HH, Sinatro A, Wong A, Dines D, Warren R, Gulotta L. *High Satisfaction and Return to Sports after TSA: Age 55 And Younger*  
AOSSM Annual Meeting July 2017
3. Liu JN, Wu HH, **Garcia GH**, Kalbian I, Strickland S, Shubenstein B. *Return to Sport after Tibial Tubercle Osteotomy for Patellofemoral Pain and Osteoarthritis*.  
AANA Annual Meeting May 2017
4. **Garcia GH**, Degen R, Liu JN, Johnson CC, Wong A, Dines D, Gulotta L, Dines J. *Higher Critical Shoulder Angle Increases The Risk Of Re-Tear After Rotator Cuff Repair*  
AANA Annual Meeting May 2017
5. **Garcia GH**, Degen R, Liu JN, Kahlenberg, C; Hurwit, D; Dines JS. *The “Safe Zone” Technique Improves Suture Placement And Accuracy During Arthroscopic Remplissage: A Cadaveric Validation Of A Novel Technique*  
AANA Annual Meeting May 2017



6. **Garcia GH**, Degen R, Liu JN, Kahlenberg, C; Hurwit, D; Dines JS. *The “Safe Zone” Technique Improves Suture Placement And Accuracy During Arthroscopic Remplissage: A Cadaveric Validation Of A Novel Technique*  
AAOS Annual Meeting March 2017
7. **Garcia GH**, Liu JN, Wu HH, Sinatro A, Wong A, Dines D, Warren R, Gulotta L. *High Satisfaction and Return to Sports after TSA: Age 55 And Younger*  
AAOS Annual Meeting March 2017
8. Johnson C, **Garcia GH**, Liu JN, Patel R, Dines J. *Elbow UCL Injury: How Poor Are Online Resources?*  
Eastern Orthopedic Association Oct 2016
9. Liu J, Steinhaus M, **Garcia G**, Gulotta L. *Return to Sport after Shoulder Arthroplasty: A Systematic Review And Meta-Analysis*  
Eastern Orthopedic Association Oct 2016
10. **Garcia GH**, Degen R, Liu JN, Kahlenberg, C; Hurwit, D; Dines JS. *The “Safe Zone” Technique Improves Suture Placement And Accuracy During Arthroscopic Remplissage: A Cadaveric Validation Of A Novel Technique*  
ASES Closed Meeting Oct 2016
11. **Garcia GH**, Degen R, Liu JN, Kahlenberg, C; Dines JS. *Accuracy of Suture Passage during Arthroscopic Remplissage: What Anatomic Landmarks Can Improve It?*  
AGA Kongress Sept 2016
12. **Garcia GH**, Degen R, McCarry, M, Bui C, Lee TQ, Dines JS. *Biomechanical Comparison of Acute Hill-Sachs Reduction and Remplissage to Treat Complex Anterior Instability: The Potential Benefits Of Anatomic Reconstruction*  
AGA Kongress Sept 2016
13. **Garcia GH**, Degen R, Liu JN, Kahlenberg, C; Dines JS. *Accuracy of Suture Passage during Arthroscopic Remplissage: What Anatomic Landmarks Can Improve It?*  
Society International of Orthopedic Surgery and Traumatology Sept 2016
14. **Garcia GH**, Wu H, Liu JN Huffman GR, Kelly J. *Outcomes of The Remplissage Procedure and Its Effects on Return to Sports: Average Five-Year Follow Up*  
American Orthopedic Society for Sports Medicine July 2016
15. **Garcia GH**, Degen R, McCarry, M, Bui C, Lee TQ, Dines JS. *Biomechanical Comparison of Acute Hill-Sachs Reduction and Remplissage to Treat Complex Anterior Instability: The Potential Benefits Of Anatomic Reconstruction*  
American Orthopedic Society for Sports Medicine July 2016
16. **Garcia GH**, Liu JN, Mahony G, Sinatro A, Wu HH, Craig E, Warren R, Dines D, Gulotta L. *Hemiarthroplasty versus Total Shoulder Arthroplasty For Shoulder Osteoarthritis: A Matched Comparison of Return to Sports*  
European Society of Sports Traumatology, Knee Surgery & Arthroscopy (ESSKA) May 2016

17. Liu JN, **Garcia GH**, Conte S, ElAttrache N, Altchek D, Dines JS. *Revision UCL Surgery in MLB Players: Is It Higher Than We Think?*  
*Arthroscopy Association of North America.* April 2016
18. **Garcia GH**, Wu H, Liu JN Huffman GR, Kelly J. *Outcomes of The Remplissage Procedure and Its Effects on Return to Sports: Average Five-Year Follow Up*  
*Arthroscopy Association of North America.* April 2016
19. **Garcia GH**, Degen R, McCarry, M, Bui C, Lee TQ, Dines JS. *Biomechanical Comparison of Acute Hill-Sachs Reduction and Remplissage to Treat Complex Anterior Instability: The Potential Benefits Of Anatomic Reconstruction*  
*Arthroscopy Association of North America.* April 2016
20. **Garcia GH**, Wu H, Liu JN Huffman GR, Kelly J. *Remplissage Outcomes and Sports Affected: Average Five-Year Follow Up*  
*Combined Orthopedic Association Meeting* April 2016
21. **Garcia GH**, Liu JN, Mahony G, Sinatro A, Wu HH, Craig E, Warren R, Dines D, Gulotta L. *Hemiarthroplasty versus Total Shoulder Arthroplasty For Shoulder Osteoarthritis: A Matched Comparison of Return to Sports*  
*Combined Orthopedic Association Meeting* April 2016
22. **Garcia GH**, Wu H, Liu JN Huffman GR, Kelly J. *Remplissage Outcomes and Sports Affected: Average Five-Year Follow Up*  
*American Academy of Orthopedic Surgeons* March 2016
23. Liu JN, **Garcia GH**, Conte S, ElAttrache N, Altchek D, Dines JS. *Revision UCL Surgery in MLB Players: Is It Higher Than We Think?*  
*American Academy of Orthopedic Surgeons* March 2016
24. **Garcia GH**, Taylor S, DePalma B, Mahony G, Grawe B, Dines J, Dines D, Warren R, Craig E, Gulotta L. *Patient Activity Levels After Reverse Total Shoulder Arthroplasty: What Are Patients Doing?*  
*AAOS: ASES Open Specialty Day* Mar 2016 *Neer Award Finalist*
25. **Garcia GH**, Taylor S, Mahony G, DePalma B, Grawe B, Dines J, Dines D, Warren R, Craig E, Gulotta L. *Reverse Total Shoulder Arthroplasty and Work Related Outcomes*  
*German Congress of Orthopedics and Traumatology (DKOU)* Oct 2015
26. **Garcia GH**, Wu H, Park MJ, Tucker B, Tjoumakaris F, Kelly J, Sennett B. *Clinical Depression And ACL Reconstruction Incidence And Impact On Functional Outcome, A Prospective Cohort Study.*  
*Eastern Orthopedic Association* June 2015 *EOA Resident Grant Award Winner*
27. **Garcia GH**, Taylor S, DePalma B, Mahony G, Grawe B, Dines J, Dines D, Warren R, Craig E, Gulotta L. *Patient Activity Levels After Reverse Total Shoulder Arthroplasty: What Are Patients Doing?*  
*Eastern Orthopedic Association* June 2015
28. **Garcia GH**, Taylor SA, Dy CJ, Christ A, Patel RM, Dines JS. *Online Resources for Shoulder Instability: What are patients reading?*

*Eastern Orthopedic Association.*

*Oct 2014*

29. **Garcia GH**, Park MJ, James CE, Wiegand L, Jimenez RM, Major NM, Huffman R. MR Assessment of the Posterior Shoulder Capsule in Patients with GIRD: Comparison to Controls.  
*Western Orthopedic Association. July 2014*
30. **Garcia GH**, Park MJ, Tjoumakaris F, Kelly J, Huffman GR. Why The Tenodesis? A Comparison of Large Hill-Sachs Lesions Treated By Remplissage or Isolated Bankart Repair.  
*Eastern Orthopedic Association Oct 2013*
31. **Garcia GH**, Park MJ, Baldwin K, Drummond D, Spiegel DA. Do Findings on Post-Operative Radiographs Result in the Need for Additional Surgery after Posterior Spinal Fusion?  
*American Academy of Orthopaedic Surgeons. March, 2013*
32. **Garcia GH**, Park MJ, Baldwin K, Drummond D, Spiegel DA. Do Findings on Post-Operative Radiographs Result in the Need for Additional Surgery after Posterior Spinal Fusion?  
*Scoliosis Research Society. September, 2012*
33. Park MJ, **Garcia GH**, Malhotra A, Major NM, Tjoumakaris FP, Kelly JD. The Evaluation of Arthroscopic Remplissage by High Resolution MRI: Are We Getting Our Fill?  
*American Academy of Orthopaedic Surgeons. February 2012*
34. Park MJ, **Garcia GH**, Malhotra A, Major NM, Tjoumakaris FP, Kelly JD. The Evaluation of Arthroscopic Remplissage by High Resolution MRI: Are We Getting Our Fill?  
*The American Orthopedic Society for Sports Medicine. February 2012*
35. James CE, **Garcia GH**, Jimenez RM, Park MJ, Wiegand L, Huffman R, Major NM. MR Assessment of the Posterior Shoulder Capsule in Patients with GIRD: Comparison to Controls.  
*The Radiological Society of North America. November 2011*
36. Park MJ, **Garcia G**, Baldwin KB, Fowler J, Tjoumakaris FP, Kelly JD. Comparison of Synthetic Osteochondral Grafting and Remplissage for Engaging Hill Sachs Lesions.  
*American Academy of Orthopaedic Surgeons. February, 2011*
37. Park MJ, **Garcia G**, Baldwin KB, Fowler J, Tjoumakaris FP, Kelly JD. Comparison Of Arthroscopic Synthetic Osteochondral Substitute Grafting And The Remplissage Procedure For 'Engaging' Hill Sachs Lesions.  
*Eastern Orthopedic Association. October, 2010*
38. Park MJ, **Garcia G**, Patel A, Tjoumakaris FP, Kelly JD. Arthroscopic Remplissage with Bankart Repair for the Treatment of Glenohumeral Instability with Hill-Sachs Defects.  
*Philadelphia Orthopedic Society for Sports Medicine. June, 2010, Third Place Presentation*
39. Lara Ionescu, **Grant Garcia**, Gregory Lee, Roshan Shah, Robert Mauck, Brian J. Sennett. In Vitro Meniscus Integration Potential is Inversely Correlated with Tissue Maturation State  
*Bioengineering Division of The American Society of Mechanical Engineers. June, 2010*

40. Park MJ, **Garcia G**, Patel A, Tjoumakaris FP, Kelly JD. Arthroscopic Remplissage with Bankart Repair for the Treatment of Glenohumeral Instability with Hill-Sachs Defects. *Arthroscopy Association of North America. May, 2010*
41. Park MJ, **Garcia G**, Baldwin KB, Fowler J, Tjoumakaris FP, Kelly JD. Surgical Outcome of Arthroscopic Repair of Glenoid Defect: OATS vs. Remplissage *Arthroscopy Association of North America. May, 2010*
42. Ionescu, LC; **Garcia, GH**; Erickson, IE; Guevara, JL; Shah, RP; Sennett, BJ; Mauck, RL. In Vitro Meniscus Integration is Age Dependent. *Orthopedic Research Society. March, 2010*

**Poster Presentations:**

1. **Garcia GH**, Gowd AK, Liu JN, Malaret M, Carbarcas B, Romeo AA. Return to Sport Following Hemiarthroplasty with Concentric Reaming vs Total Shoulder Arthroplasty: A Matched Pair Analysis *SECEC – ESSSE Congress 2018*
1. **Garcia GH**, Degen R, Liu JN, Kahlenberg, C; Dines JS. *The “Safe Zone” Technique Improves Suture Placement During Remplissage* *AOSSM Annual Meeting July 2017*
2. **Garcia GH**, Degen R, Liu JN, Johnson CC, Wong A, Dines D, Gulotta L, Dines J. *Higher Critical Shoulder Angle Increases The Risk Of Re-Tear After Rotator Cuff Repair* *ASES Closed Meeting Oct 2016*
3. Hurwit DJ, **Garcia GH**, Degen RM, Berkanish P, Tetreault D, Williams RJ. *Combined ACL reconstruction and osteochondral allograft use for ACL deficiency and osteochondral defects: outcomes and return to sports* *International Cartilage Repair Society Sept 2016*
4. **Garcia GH**, Fu M, Webb M, Dines D, Craig E, Gulotta L. *The effect of Obesity and Metabolic Syndrome on Early Complications and Length of Stay After Total Shoulder Arthroplasty* *Society International of Orthopedic Surgery and Traumatology Sept 2016*
5. **Garcia GH**, Liu JN, Mahony G, Sinatro A, Wu HH, Craig E, Warren R, Dines D, Gulotta L. *Hemiarthroplasty versus Total Shoulder Arthroplasty For Shoulder Osteoarthritis: A Matched Comparison of Return to Sports* *American Orthopedic Society for Sports Medicine July 2016*
6. **Garcia GH**, Mahony G, Fabricant P, Wu H, Warren R, Craig E, Gulotta L. *Sports and Work Related Outcomes after Shoulder Hemiarthroplasty* *European Society of Sports Traumatology, Knee Surgery & Arthroscopy (ESSKA) May 2016*
7. **Garcia GH**, Fu M, Warren R, Craig E, Gulotta L. *Malnutrition: A Marker for Increased Complications, Mortality and Length of Stay After Total Shoulder Arthroplasty* *European Society of Sports Traumatology, Knee Surgery & Arthroscopy (ESSKA) May 2016*

8. **Garcia GH**, Taylor S, DePalma B, Mahony G, Grawe B, Dines J, Dines D, Warren R, Craig E, Gulotta L. *Patient Activity Levels After Reverse Total Shoulder Arthroplasty: What Are Patients Doing?* *American Academy of Orthopaedic Surgeons* Mar 2016
9. Liu JN, **Garcia GH**, Conte S, ElAttrache N, Altchek D, Dines JS. *Revision UCL Surgery in MLB Players: Is It Higher Than We Think?* *ASES Closed meeting* Oct 2015
10. **Garcia GH**, Taylor S, DePalma B, Mahony G, Grawe B, Dines J, Dines D, Warren R, Craig E, Gulotta L. *Patient Activity Levels After Reverse Total Shoulder Arthroplasty: What Are Patients Doing?* *The American Orthopedic Society for Sports Medicine.* July 2015
11. **Garcia GH**, Wu H, Park MJ, Tucker B, Tjoumakaris F, Sennett B, Kelly J. *Prevalence of Clinical Depression Among Patients Undergoing ACL reconstruction and Correlation with Functional Scores.* *Western Orthopedic Association* Aug 2013
12. **Garcia GH**, Park MJ, Wu H, Sennett B, Tjoumakaris F, Kelly J. *Prevalence of Clinical Depression Among Patients Undergoing ACL reconstruction and Correlation with Functional Scores.* *Arthroscopy Association of North America* April 2013
13. **Garcia GH**, Park MJ, Tjoumakaris F, Kelly J, Huffman GR. *Why The Tenodesis? A Comparison of Large Hill-Sachs Lesions Treated By Remplissage or Isolated Bankart Repair.* *Arthroscopy Association of North America* April 2013
14. McHale K, **Garcia G**, Park MJ, Kelly JD. *Arthroscopic Localization of the Coracohumeral ligament.* *Arthroscopy Association of North America* April 2013
15. **Garcia GH**, Park MJ, Kelly J, Huffman GR. *Why The Tenodesis? A Comparison of Large Hill-Sachs Lesions Treated By Remplissage or Isolated Bankart Repair* *American Academy of Orthopaedic Surgeons.* March, 2013, *Selected for sports/arthroscopy guided poster tour*
16. McHale KJ, Park MJ, **Garcia GH**, Kelly JD. *Arthroscopic Localization of the Coracohumeral ligament.* *Philadelphia Orthopedic Research Society.* June, 2012
17. **Garcia GH**, Park MJ, Baldwin K, Drummond D, Flynn J, Spiegel DA. *Do We Need Post-Operative X-Rays? Radiographic Findings and Their Correlation to Complications After Posterior Spinal Fusion in Pediatric Patients* *Philadelphia Orthopedic Research Society.* June, 2012
18. **Garcia GH**, Park MJ, James CE, Wiegand L, Jimenez RM, Major NM, Huffman R. *MR Assessment of the Posterior Shoulder Capsule in Patients with GIRD: Comparison to Controls.* *Arthroscopy Association of North America.* May, 2012
19. Park MJ, **Garcia G**, Patel A, Tjoumakaris FP, Kelly JD. *Arthroscopic Remplissage with Bankart Repair for the Treatment of Glenohumeral Instability with Hill-Sachs Defects.* *American Academy of Orthopaedic Surgeons.* March, 2010

**Courses**

- 2018 Mitek/Depuy Fellows Course
- 2018 Arthrex Fellows Course
- 2018 18<sup>th</sup> International Sports Medicine Fellows Hip and Cartilage Conference
- 2017 Tournier Fellows Course
- 2017 AAOS Orthopedic Coding and Reimbursement Course
- 2017 AOSSM Sports Fellows Course
- 2015 AANA Master Experience Course: Fundamentals in Arthroscopy
- 2013 AO Basic Principles

**Research / Teaching Experience**

- 2011 LLOS Musculoskeletal Anatomy Lecture Series, University of Pennsylvania School of Medicine  
*Co-Founder and Speaker*
- 2011 First Year Anatomy Course, University of Pennsylvania School Of Medicine  
*Teaching Assistant*
- 2009 Mckay Orthopedic Research Laboratory, University of Pennsylvania  
*Research Assistant in Orthopedic Surgery*

**Current Projects (available on request)**

**References Provided on Request**