

Sachin Allahabadi, M.D.

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ORTHOPAEDIC SURGEON, SPORTS MEDICINE HOUSTON METHODIST HOSPITAL – THE WOODLANDS, TX

EDUCATION

08/2022 – 07/2023	Rush University, Midwest Orthopaedics – Sports Medicine Fellowship (Chicago, IL) Bernard R. Bach Jr. “Cougar” Award for Fellow Research
06/2017 – 06/2022	University of California San Francisco – Orthopaedic Surgery Residency (San Francisco, CA) Maurer Award for Outstanding Chief Resident
07/2013 – 05/2017	Baylor College of Medicine – MD (Houston, TX) Doctor of Medicine with Highest Honor; <i>Alpha Omega Alpha</i> Society, Junior Inductee; <i>Gold Humanism Honor Society</i>
09/2009 – 05/2013	Rice University – BS Bioengineering; BA Kinesiology/Sports Medicine (Houston, TX) <i>Summa Cum Laude</i> ; <i>Phi Beta Kappa</i> ; Rice/Baylor Medical Scholar (Bacc./MD) Program
08/2005 – 06/2009	Glendora High School – High School Diploma (Glendora, CA) Valedictorian

HONORS & AWARDS

July 2023	2023 Rush Sports Medicine Bernard R. Bach Jr. “Cougar” Award – Fellow Award for Research
July 2023	2023 OJSM Douglas W. Brown Award for Best Review Paper
May 2023	AANA/ON 2023 Best Orthoregeneration Pearl & Technique – Cartilage Repair and Restoration: “Osteochondral Allografts: Pearls to Maximize Biologic Healing and Clinical Success”
Jan 2023	AANA Fellows Course Scholarship Award
May 2022	Maurer Award for Outstanding Chief Resident / Chief Resident of the Year, UCSF – elected by co-residents
April 2022	Nitin N. Bhatia Donor Award, Western Orthopaedic Association 2022 meeting
March 2022	Best Poster in Pediatrics – American Academy of Orthopaedic Surgeons (AAOS), 2022 Annual Meeting
Feb 2022	AANA Resident Scholarship Award
June 2021	C. McCollister Evarts Resident Leadership Forum selectee/attendee, American Orthopaedic Association
Jul 2020	James O. Johnston Resident Research Grant <ul style="list-style-type: none">• \$5,000 grant award for research proposal: randomized controlled trial evaluating outcomes of blood flow restriction training as a post-operative rehabilitation tool after meniscus repair
Oct 2019	2 nd place award in the clinical science category, Orthopaedic Research and Education Foundation 2019 California Resident Research Symposium
Aug 2019	Omer A. Ilahi Donor Award for paper in the clinical sciences, Western Orthopaedic Association 2019 meeting
Jan 2019	UCSF 7 Long & 7 East Units Clinician of the Month; selected by nursing staff
May 2017	Doctor of Medicine degree awarded with Highest Honor
May 2017	Outstanding Student in Orthopaedic Surgery Award, Baylor College of Medicine
May 2017	John P. McGovern, MD Award for Excellence in Psychiatry, Baylor College of Medicine
March 2017	Lambert Award for Excellence in Medicine <ul style="list-style-type: none">• Scholarship award given to one senior student at Baylor College of Medicine
March 2017	<i>Gold Humanism Honor Society</i> , Baylor College of Medicine
Oct. 2016	Clara C & Sandra Love Presidential Scholarship, Baylor College of Medicine
Oct. 2016	Harris County Medical Society Alliance Medical Student Scholarship, Texas Medical Association
March 2016	<i>Alpha Omega Alpha</i> Society Junior Inductee, Baylor College of Medicine
2016	USA Triathlon Age Group National Championships Qualifier
2015	Honor in the Foundational Sciences, Baylor College of Medicine

March 2014	<ul style="list-style-type: none"> Awarded to top 10% of medical students in academic achievement in the pre-clinical curriculum
2013	1 st Place Poster Presentation in Basic Sciences at the BCM JK Alexander Medical Student Research Symposium ThinkSwiss Research Fellowship – work with Dr. Bengt Kayser at the University of Geneva
	<ul style="list-style-type: none"> Selected as one of 15 students nationally for research fellowship in Switzerland. Studied exercise performance physiology and the impacts of caffeine on performance at altitude
April 2013	Best Health-Related Engineering Design Project
May 2013	<ul style="list-style-type: none"> Awarded best medical device design out of 70+ teams at the Rice University Engineering Design Showcase
April 2013	<i>Phi Beta Kappa</i> , Academic Honor Society induction
	Dr. and Mrs. David M. Mumford Award
	<ul style="list-style-type: none"> Selected as one male health profession student at Rice University for scholarship, leadership, and service
March 2013	<i>Tau Beta Pi</i> , National Engineering Honor Society Induction
2013	Sid Richardson College Masters' Award
2012	Louis G. Walsh Merit Scholarship in Engineering
2012	Sid Richardson College Odysseus Award for contributions to student life
2012	Loewenstern Service Abroad Fellowship
2011	Samuel T. Sikes Junior Merit Scholarship in Engineering
2010	Rice University Engineering Design Competition, 3 rd Place Award
2009 – 2013	Rice University President's Honor Roll, each semester
2009	Rice University/Baylor College of Medicine (BCM) Medical Scholar
	<ul style="list-style-type: none"> Accepted as one of 13 high school students for guaranteed admittance to BCM upon graduation from Rice
2009 – 2016	Foothill Presbyterian Hospital, Glendora – Health Professions Auxiliary Scholarship, awarded yearly

LICENSURE & CERTIFICATIONS

Eligibility 2023-2028	American Board of Orthopaedic Surgeons Board-Eligible Orthopaedic Surgeon (ABOS Part I passed 2022)
Exp. 7/31/2023	Licensed Physician & Surgeon, Illinois Dept. of Financial & Professional Regulation: 036.160618
Exp. 10/31/2023	Physician License, Indiana Professional Licensing Agency: 01088355A
Exp. 12/31/2024	Physician & Surgeon License, Medical Board of California: A160044
Exp. 7/31/2023	Fluoroscopy License, California Department of Public Health: RHC 00204773
Exp. 02/2025	CrossFit Level 2 Trainer

PUBLICATIONS

Peer-Reviewed Publications PubMed: <https://pubmed.ncbi.nlm.nih.gov/?term=sachin+allahabadi&sort=date>

- Woolley KA, Chi H, **Allahabadi S**, Fluet A, Roach C, Ward DT, Wong SE. Sex-based differences in the utilization of shoulder, hip, and knee arthroplasty. *J Am Acad Orthop Surg Glob Res Rev* 2023. PMID 37549367.
- Allahabadi S**, Haneberg EC, Elias TJ, McMorrow KJ, Yanke AB, Cole BJ. Osteochondral allografts: pearls to maximize biologic healing and clinical success. *Arthrosc Tech* 2023. In press.
- Allahabadi S**, Quigley R, Frazier L, Joyce K, Cole BJ. Outcomes and return to sport following knee osteochondral allograft transplantation in professional athletes. *Orthop J Sports Med* 2023. In press.
- Forsythe B, Gamsarian V, Pan A, Mirlle V, Forlenza E, **Allahabadi S**. Revision ACL-R with contralateral BTB autograft & iliotibial band lateral extra-articular tenodesis w/ interference screw fixation: a technique video. *Video Journal of Sports Medicine* 2023. In press.
- Tuthill T, Jackson GR, Schundler SF, Lee JS, **Allahabadi S**, Salazar LM, McCormick J, Jawanda H, Batra AK, Khan ZA, Mameri ES, Chahla J, Verma NN. Radiofrequency chondroplasty of the knee yields excellent clinical outcomes and minimal complications: a systematic review. *Arthrosc, Sports Med, & Rehabil* 2023. PMID 37520504.
- Mameri E, Jackson GR, Kerzner B, Condon J, DeWald D, Khan ZA, Kaplan DJ, **Allahabadi S**, Sugrues J, Knapik DM, LaPrade RF, Verma NN, Chahla J. Post-operative stability varies with different lateral extra-articular tenodesis techniques in primary anterior cruciate ligament reconstruction: a systematic review. *Joints* 2023. In press.
- Larson JH, Brusalis CM, **Allahabadi S**, Chapman RS, Fenn TW, Browning RB, Kaplan DJ, Nho SJ. Concomitant Endoscopic Gluteal Tendon Repair and Arthroscopic Hip Labral Repair Results in Comparable Outcomes to Isolated Endoscopic Gluteal Tendon Repair: A Propensity-Matched Analysis with Minimum 2-Year Follow-Up. *Orthop J Sports Med* 2023. In press.
- Jawanda H, Brusalis CM, **Allahabadi S**, Kerzner B, Kaplan DJ, Allende F, Obioha OA, Khan ZA, LaPrade RF, Chahla J. Anterior opening wedge high tibial osteotomy in the setting of genu recurvatum. *Arthrosc Tech* 2023. In press.
- Siu JW, Wu HH, Saggi S, **Allahabadi S**, Katyal T, Diab M. Radiographic and perioperative outcomes following anterior thoracic vertebral body tethering and posterior lumbar spine tethering: a pilot series. *Spine Deformity* 2023. PMID 37355490.
- Mameri ES, Jackson GR, Kerzner B, Condon JJ, DeWald D, Khan ZA, Kaplan DJ, **Allahabadi S**, Sugrues J, Knapik DM, LaPrade RF, Verma NN, Chahla J. Post-operative stability varies with different lateral extra-articular tenodesis techniques in primary anterior cruciate ligament reconstruction: A systematic review. *JOINTS* 2023. In press.
- Allahabadi S**, Fenn TW, Larson JH, Zhu D, Malloy P, Nho SJ. A smartphone app demonstrates patients return to preoperative gait metrics six weeks after hip arthroscopy, and gait metrics have low-to-moderate correlations with hip-specific patient reported outcome measures. *Arthroscopy, Sports Med, and Rehab* 2023. PMID 37680367.
- McMorrow K, **Allahabadi S**, Frazier L, Quigley R, Serrano B, Cole BJ. One to two days of rest is recommended before returning to sport after intra-articular corticosteroid injection in the high-level athlete. *Arthroscopy, Sports Med, and Rehab* 2023. PMID 37560144.

13. Larson JH, Fenn TW, **Allahabadi S**, Nho SJ. Hamstring strains: classification and management (infographic). *Sports Health* 2023. PMID 37278326.
14. Warrior AA, Azua EN, Kasson LB, **Allahabadi S**, Khan ZA, Mameri ES, Swindell HW, Tokish JM, Chahla J. Performance-enhancing drugs in healthy athletes: an umbrella review of systematic reviews and meta-analyses. *Sports Health* 2023. PMID 37688400.
15. Yanke AB, **Allahabadi S**, Wang Z, Credille K, Shewman E, Artur J, Elias T, Hevesi M, Garrigues GE, Verma N. Biomechanical analysis of anteroinferior Bankart repair anchor types. *Am J Sports Med* 2023. PMID 37345254.
16. Sugrañes J, Jackson GR, Warrior AA, **Allahabadi S**, Chahla J. Snapping hip syndrome: pathoanatomy, diagnosis, non-operative therapy, and current concepts in operative management. *JBJS Rev* 2023. PMID 37289915.
17. **Allahabadi S**, Chapman RS, Fenn TW, Browning RB, Nho SJ. The Gluteus-Score-7 predicts the likelihood of both clinical success and failure following surgical repair of the gluteus medius and/or minimus. *Arthroscopy* 2023. PMID 37207918.
18. Browning RB, Fenn TW, **Allahabadi S**, Rice MW, Swindell HW, Ebersole JW, Nho SJ. Three-grade magnetic resonance imaging-based gluteus medius and/or minimus tear classification system provides excellent inter-rater reliability. *Arthroscopy, Sports Med, and Rehab* 2023. PMID 37388882.
19. Kaplan DJ, Larson JH, Fenn TW, **Allahabadi S**, Malloy P, Nho SJ. Use and effectiveness of physical therapy after hip arthroscopy for femoroacetabular impingement. *Am J Sports Med* 2023. PMID 37259956.
20. **Allahabadi S**, Janghala A, Kandemir U. Suture-button placed beneath plate fixation for complex distal clavicle fractures and acromioclavicular joint injuries: A technical note. *Eur J Orthop Surg Traumatol* 2023. PMID 36995390.
21. **Allahabadi S**, Kwong JW, Pandya NK, Shin SS, Immerman I, Lee NH. Return to play after thumb ulnar collateral ligament injuries managed surgically in athletes – A systematic review. *J Hand Surg Glob Online* 2023. PMID 37323971.
22. **Allahabadi S**, Salazar LM, Obioha OA, Fenn TW, Chahla J, Nho SJ. Hamstring injuries: A current concepts review – Evaluation, nonoperative treatment, and surgical decision-making. *Am J Sports Med* 2023. PMID 37092718.
23. **Allahabadi S**, Fenn TW, Chapman R, Nho SJ. Use of intraoperative technology to perform a cam resection during hip arthroscopy for femoroacetabular impingement syndrome. *Video Journal of Sports Medicine* 2023. In press.
24. **Allahabadi S**, Fenn TW, Larson JH, Nho SJ. Bone-patellar tendon-bone allograft preparation technique for anterior cruciate ligament reconstruction. *Video Journal of Sports Medicine* 2023. In press.
25. **Allahabadi S**, Fenn TW, Larson JH, Nho SJ. Open proximal hamstring repair. *Video Journal of Sports Medicine* 2023. In press.
26. Faust M, **Allahabadi S**, Louer C, Sponseller P, Strum P, Boachie-Adjei O, Oetgen M, Pediatric Spine Study Group, Swarup I. Intraoperative antibiotic use in patients with early-onset scoliosis: Current practices and trends. *J Pediatr Orthop* 2023. PMID 36941112.
27. Halvorson RT, **Allahabadi S**, Cevallos N, Foley AJ, Collins K, Espin AT, Feeley BT, Pandya NK, Bailey JF. #OrthoTwitter: Relationship between author twitter utilization and academic impact in orthopaedic surgery. *Cureus* 2023. PMID 36814734.
28. Siu JW, Wu HH, Saggi S, **Allahabadi S**, Katyal T, Diab M. Perioperative outcomes of open anterior vertebral body tethering and instrumented posterior spinal fusion for skeletally immature patients with idiopathic scoliosis. *J Pediatr Orthop* 2023. PMID 36746139.
29. **Allahabadi S**, Chahla J. *Editorial Commentary*: Coracoclavicular Joint Reconstruction for Acromioclavicular Dislocation: Double-Bundle Techniques are Anatomically and Biomechanically Favored. *Arthroscopy* 2023. PMID 36603992.
30. Jackson GR, Tuthill T, **Allahabadi S**, Brusalis CM, Kaplan DJ, Rea P, Sugrañes J, Obioha O, Knapik DM, Chahla J, Verma NN. Biceps tenodesis in patients age 35 years and younger: a systematic review of clinical outcomes, return to sport, and complications. *Arthroscopy* 2022. PMID 36528216.
31. Padaki A, **Allahabadi S**, Pandya NK. Adolescent elbow osteochondral lesions following prior elbow fracture pinning. *J Child Orthop* 2022. PMID 36483653.
32. **Allahabadi S**, Mittal A, Coughlan MJ, Kim AE, Hung NJ, Pandya NK. Outcomes, including graft tears, contralateral ACL tears, and all-cause ipsilateral knee operations, are similar for adult-type, transphyseal, and partial transphyseal ACL reconstruction using hamstring autograft in pediatric and adolescent patients. *Arthroscopy, Sports Med, and Rehab* 2022. PMID 36033172.
33. **Allahabadi S**, Roostan M, Roddy E, Ward DT, Rogers S, Kim C. Operative management of hip fractures within 24 hours in the elderly is achievable and associated with reduced opiate use. *Geriatr Orthop Surg Rehabil* 2022. PMID 37101932.
34. McLellan M, **Allahabadi S**, Pandya NK. Youth sports specialization and its impacts on professional, elite, and Olympic athlete performance, career longevity, and injury rates: A systematic review. *Orthop J Sports Med* 2022. PMID 36353394. 2023 OJSM Douglas W. Brown Award for Best Review Paper.
35. Bradley KE, **Allahabadi S**, Jansson H, Pandya NK. Outcomes of bioabsorbable fixation in the treatment of osteochondral lesions of the knee in adolescent patients. *Knee* 2022. PMID 35809450.
36. **Allahabadi S**, Gatto AP, Kopardekar A, Davies MR, Pandya NK. National Football League (NFL) quarterbacks who were multisport high school athletes have better in-season performance statistics and career success. *Phys Sportsmed* 2022. PMID 35531708.
37. Cherches M, Coss N, Nguyen K, Halvorson R, **Allahabadi S**, Bini S. No correlation between clinical outcomes and changes in the tibia-metaphyseal angle following total knee arthroplasty: a retrospective study. *J Arthroplasty* 2022. PMID 35469985.
38. Mittal A, **Allahabadi S**, Jayaram R, Nalluri A, Callahan M, Sabharwal S. What factors correlate with length of stay and readmission after limb lengthening procedures? A large-database study. *Clin Orthop Relat Res* 2022. PMID 35353078.
39. **Allahabadi S**, Halvorson RT, Pandya NK. Association of insurance status with treatment delays for pediatric and adolescent patients undergoing surgery for patellar instability. *Orthop J Sports Med* 2022. PMID 35601736.
40. **Allahabadi S**, Gatto AP, Pandya NK. ACL tears in the National Football League from 2013-2020: an analysis of the 2020 season following delays and schedule changes from the early COVID-19 pandemic relative to prior seasons. *Orthop J Sports Med* 2022. PMID 35224119.
41. Ding DY, Chang RN, **Allahabadi S**, Coughlan MJ, Prentice HA, Maletis GB. Acute and subacute anterior cruciate ligament reconstructions are associated with a higher risk of revision and reoperation. *Knee Surg Sports Traumatol Arthrosc* 2022. PMID 35201372.
42. Faust M, **Allahabadi S**, Swarup I. Rates of Readmission and Reoperation following Pelvic Osteotomy in Adolescent Patients: A Database Study Evaluating the Pediatric Health Information System. *J Hip Preserv Surg* 2022. PMID 35651705.
43. **Allahabadi S**, Wu HH, Allahabadi S, Woolridge T, Kohn MA, Diab M. Concurrent and overlapping surgery: perspectives from surgeons on spinal posterior instrumented fusion for adolescent idiopathic scoliosis. *J Child Orthop* 2021. PMID 34987670.
44. Lau BC, **Allahabadi S**, Palanca A, Oji DE. Understanding radiographic measurements utilized in foot and ankle surgery. *J Am Acad Orthop Surg* 2022. PMID 34768261.
45. **Allahabadi S**, Johnson B, Whitney M, Oji D, Chou L, Lau BC. Short-term outcomes following dehydrated micronized allogenic cartilage versus isolated microfracture for treatment of medial talar osteochondral lesions. *Foot Ankle Surg* 2021. PMID 34366249.
46. Cazzulino A, Wu W, **Allahabadi S**, Swarup I. Diagnosis and management of unstable slipped capital femoral epiphysis: a critical analysis review. *JBJS Rev* 2021. PMID 34270502.
47. **Allahabadi S**, Pandya NK. Allograft medial patellofemoral ligament reconstruction in adolescent patients results in a low recurrence rate of patellar dislocation or subluxation at midterm follow-up. *Arthroscopy* 2022. PMID 34000323.
48. **Allahabadi S**, Cheung EC, Hodax JD, Feeley BT, Ma CB, Lansdown DA. Outpatient shoulder arthroplasty – a systematic review. *J Shoulder Elbow Arthroplasty* 2021. PMID 34993380.
49. **Allahabadi S**, Calthorpe L, Pandya NK. Financial and medical burden of youth sports specialization – a survey analysis of pediatric sports patients. *J Sports Med Phys Fitness* 2021. PMID 33768778.
50. **Allahabadi S**, Faust M, Swarup I. Venous thromboembolism after pelvic osteotomy in adolescent patients: a database study characterizing rates and current practices. *J Pediatr Orthop* 2021. PMID 33710126.
51. **Allahabadi S**, Feeley SE, Lansdown DA, Pandya NK, Feeley BT. Influential articles on pediatric and adolescent anterior cruciate ligament injuries – a bibliometric analysis. *Orthop J Sports Med* 2021. PMID 34164558.
52. **Allahabadi S**, Allahabadi S, Allala R, Garg K, Pandya NK, Lau BC. Osteochondral lesions of the distal tibial plafond – a systematic review of lesion locations and

treatment outcomes. *Orthop J Sports Med* 2021. PMID 33948443.

53. Su F, **Allahabadi S**, Bongbong DN, Feeley BT, Lansdown DA. Minimal clinically important difference, substantial clinical benefit, and patient acceptable symptom state of outcome measures relating to shoulder pathology and surgery: a systematic review. *Curr Rev Musculoskelet Med* 2021. PMID 33433840.
54. **Allahabadi S**, Eftekhari A, Feeley SE, Feeley BT, Lansdown DA. Influential and highest cited shoulder instability articles – a bibliometric analysis. *Orthop J Sports Med* 2021. PMID 34262975.
55. **Allahabadi S**, Amendola A, Lau BC. Optimizing return-to-play for common and controversial foot and ankle sports injuries. *J Bone Joint Surg Rev* 2020. PMID 33405494.
56. **Allahabadi S**, Su F, Lansdown DA. Systematic review of orthopaedic and sports medicine injuries and treatment outcomes in Women's National Basketball Association and National Basketball Association players. *Orthop J Sports Med* 2021. PMID 33623799.
57. **Allahabadi S**, Bryant JK, Mittal A, Pandya NK. Outcomes of arthroscopic surgical treatment of osteochondral lesions of the elbow in pediatric and adolescent athletes. *Orthop J Sports Med* 2020. PMID 33225011.
58. **Allahabadi S**, Hinman AD, Horton BH, Avins AL, Coughlan MJ, Ding DY. Risk factors for conversion of hip arthroscopy to total hip arthroplasty: a large closed-cohort study. *Arthroscopy, Sports Med, and Rehab* 2020. PMID 33135000.
59. **Allahabadi S**, Rubenstein WJ, Lansdown DA, Feeley BT, Pandya NK. Incidence of anterior cruciate ligament graft tears in high-risk populations: an analysis of professional athlete and pediatric populations. *Knee* 2020. PMID 33010751.
60. Davies MR, **Allahabadi S**, Diab TE, Pandya NK, Feeley BT, Lansdown DA. Sulcus-deepening trochleoplasty as an isolated or combined treatment strategy for patellar instability and trochlear dysplasia: a systematic review. *Arthroscopy, Sports Med, and Rehab* 2020. PMID 33135008.
61. Rubenstein WJ, **Allahabadi S**, Curriero F, Feeley BT, Lansdown DA. Fracture epidemiology in professional baseball from 2011 to 2017. *Orthop J Sports Med* 2020. PMID 32923499.
62. Hagen M, **Allahabadi S**, Zhang AL, Feeley BT, Grace T, Ma CB. A randomized single-blinded trial of early rehabilitation versus immobilization after reverse total shoulder arthroplasty. *J Shoulder Elbow Surg* 2020. PMID 31924519.
63. Kushare IV, **Allahabadi S**, McKay S. Posterior ankle impingement disguised as peroneal tendon subluxation in young athletes – a case report. *J Clin Orthop Trauma* 2020. PMID 32405214.
64. Kushare I, Kastan K, **Allahabadi S**. Posterior ankle impingement—an underdiagnosed cause of ankle pain in pediatric patients. *World J Orthop* 2019. PMID 31750084.
65. Travis K, Wood A, Yeh P, **Allahabadi S**, Chien LC, Curtis S, Hammond A, Kohn J, Ogugbuaja C, Rees M, Shumway J, Sheehan V. Pediatric to adult transition in sickle cell disease: survey results from young adult patients. *Acta Haematol* 2019. PMID 31307033.
66. Shenoi RP, **Allahabadi S**, Rubalcava DM, Camp EA. The pediatric submersion score predicts children at low risk for injury following submersions. *Acad Emerg Med* 2017. PMID 28833853.
67. Holt A, Snow EE, Shen K, **Allahabadi S**, Riordan M, Rosenfeld S, Hill J. Risk factors for open reduction in operatively treated pediatric both-bone forearm fractures. *Orthopedic Journal at Harvard Medical School* 2017.
68. **Allahabadi S**, Aceves JL, Chorley JN, Tucci V. Evaluation of an ankle injury in the emergency department. *American Academy of Emergency Medicine: Modern Resident* 2016. Online publication.
69. **Allahabadi S**, Haroun KB, Musher DM, Lipsky BA, Barshes NR. Consensus on surgical aspects of managing osteomyelitis in the diabetic foot. *Diabetic Foot and Ankle* 2016. PMID 27414481.
70. **Allahabadi S**, Mays R. Circular rashes. *Clinical Advisor – Dermatologic Look-Alikes* 2016. Online publication.
71. Aceves JL, **Allahabadi S**, Tucci V. Chest X-ray findings in pulmonary embolism. *American Academy of Emergency Medicine: Modern Resident* 2016. Online publication.
72. Shah SR, Henslee AM, Spicer PP, Yokota S, Petrichenko S, **Allahabadi S**, Bennet GN, Wong ME, Kasper FK, Mikos AG. Effects of antibiotic physicochemical properties on their release kinetics from biodegradable polymer microparticles. *Pharm Res* 2014. PMID 24874603.
73. Zhang W, Pal SK, Liu X, Yang C, **Allahabadi S**, Bhanji S, Figlin RA, Yu H, Reckamp KL. Myeloid clusters are associated with a pro-metastatic environment and poor prognosis in smoking-related early stage non-small cell lung cancer. *PLoS One* 2013. PMID 23717691.

Book Chapters

1. Frazier L, Quigley R, **Allahabadi S**, Cole BJ. Osteochondral allograft transplantation for osteochondritis dissecans lesions. Chapter in *Operative Techniques in Sports Medicine* 2023.
2. Quigley R, Frazier L, **Allahabadi S**, Cole BJ. Internal fixation of unstable osteochondritis dissecans lesions with metal screws: techniques and outcomes. Chapter in *Operative Techniques in Sports Medicine* 2023.
3. Quigley R, Frazier L, McCormick K, **Allahabadi S**, Cole BJ. Orthobiologics in the operating room – who, what, where, when, and how. Chapter in *OrthoBiologics* 2023.
4. Batra AK, Brusalis CM, McCormick J, Jawanda H, Khan Z, **Allahabadi S**, Jackson GR, Chahla J. Optimal use of PRP and PPP. Chapter in *OrthoBiologics* 2023.
5. Brusalis CM, Chan JJ, Jackson GR, Khan ZA, Kaplan DJ, **Allahabadi S**, Verma NN. Advanced subscapularis repair techniques. Chapter in “Advanced Surgical and Biologic Management of Rotator Cuff Pathology”, *Operative Techniques in Sports Medicine* 2023.
6. **Allahabadi S**, Antonelli C, Lander S, Lau BC. Rehabilitation of Achilles tendon tears (operative and nonoperative). Chapter in *The Achilles Tendon* 2022.
7. **Allahabadi S**, Ward D. Patellar resurfacing in cemented total knee arthroplasty. Chapter in *Essentials of Cemented Knee Arthroplasty* 2022.
8. Baldwin E, **Allahabadi S**, Amendola N, Lau BC. Osteochondral lesions of the ankle: talus and distal tibia. Chapter in *Joint Function Preservation: Focus on osteo-chondral unit* 2021.

Conference Proceedings

1. Fenn TW, **Allahabadi S**, Nho SJ. Labral Reconstruction – Replace What's Broken or the Whole Kit and Kaboodle? *International Society for Hip Arthroscopy* 2022 conference – Instructional Course Lecture.
2. Fenn TW, **Allahabadi S**, Nho SJ. Capsule Repair and Augmentation Strategies in Hip Preservation Surgery. *International Society for Hip Arthroscopy* 2022 conference – Instructional Course Lecture.

PRESENTATIONS

(* indicates presenter)

PODIUM

1. **Allahabadi S***, Elias T, Haneberg E, Morgan V, Walker A, Beals C, Cole BJ, Yanke AB. “Osteochondral allograft reaming significantly affects chondrocyte viability.” *Rush Sports Medicine Alumni Meeting at AOSSM*, 2023. *Bernard R. Bach / Cougar Award for Fellow Research*.
2. **Allahabadi S***, Haneberg E, Elias T, McCormick K, Yanke AB, Cole BJ. Osteochondral allografts: Pearls to maximize biologic healing and clinical success. *Arthroscopy Association of North America*, 2023. Podium presentation. *Award for best cartilage regeneration pearl video*.
3. **Allahabadi S***, Chapman RS, Fenn TW, Browning RB, Nho SJ. The Gluteus-Score-7 predicts the likelihood of both clinical success and failure following surgical repair of the gluteus medius and/or minimus. *Arthroscopy Association of North America*, 2023. Podium presentation.

4. **Allahabadi S***, Larson JH, Chapman RS, Nho SJ. Combined version does not affect midterm outcomes following hip arthroscopy for femoroacetabular impingement syndrome. *Arthroscopy Association of North America*, 2023. Podium presentation.
5. Jackson GR*, Kaplan DJ, Brusalis CM, **Allahabadi S**, Verman NN. Male and female patients have similar outcomes following anatomic total shoulder arthroplasty. *International Society for Technology in Arthroplasty*, 2023. Podium presentation.
6. Jackson GR*, Kaplan DJ, Brusalis CM, **Allahabadi S**, Verman NN. Patients with Medicare or Medicaid Insurance have Similar Outcomes Compared with Private Insurance Following Reverse Total Shoulder Arthroplasty. *International Society for Technology in Arthroplasty*, 2023. Podium presentation.
7. Dandu N, Elias T, Haneberg E, Beals C, Brusalis C, Kaplan D, **Allahabadi S**, Cole BJ, Yanke AB*. Radiographs demonstrate poor accuracy for evaluation of osseous integration for osteochondral allograft transplants of the knee. *International Cartilage Regeneration & Joint Preservation Society*, 2023. Podium presentation.
8. Chapman R, **Allahabadi S**, Fenn T, Larson J, Beals C, Kaplan D, Nho S. Patients undergoing primary hip arthroscopy with borderline hip dysplasia demonstrate comparable outcome scores and survivorship to non-dysplastic controls: a propensity matched study with minimum 10-year follow-up. *International Society for Hip Arthroscopy*, 2023. Podium presentation.
9. Fenn TW, Chapman RS, Larson JH, Kaplan DJ, **Allahabadi S**, Nho SJ. Patients with mild osteoarthritis (Tonnis Grade 1) demonstrate comparable results to patients without osteoarthritis following hip arthroscopy for femoroacetabular impingement syndrome: a propensity matched study at minimum 10-year follow-up. *International Society for Hip Arthroscopy*, 2023. Podium presentation.
10. Browning RB, Fenn TW, **Allahabadi S**, Rice MW, Nho SJ. Patients with partial and full thickness gluteus medius and/or minimus tears with less than 2 centimeters retraction demonstrate favorable outcomes when treated endoscopically while full thickness tears with greater retraction favor the open approach. *International Society for Hip Arthroscopy*, 2023. Podium presentation.
11. Kaplan D, Larson J, Fenn T, **Allahabadi S**, Malloy P, Nho S. Utilization and effectiveness of physical therapy after hip arthroscopy for femoroacetabular impingement. *International Society for Hip Arthroscopy*, 2023. Podium presentation.
12. Larson J, Kaplan D*, **Allahabadi S**, Guidetti M, Chapman RS, Ephron C, Williams JC, Nho SJ. Novel CT-derived 3D modeling assessing dysplastic hips versus controls demonstrates decreased 2D lateral center edge angle, but not Tonnis angle, predicts decreased 3D anterolateral coverage. *American Orthopaedic Society for Sports Medicine*, 2023. Podium presentation.
13. Elias TJ, Haneberg E, McCormick JR*, Dandu N, **Allahabadi S**, Beals CT, Wang Z, Walker A, Cole BJ, Yanke AB. Elevated synovial MMP-1 and CCL-2 predict failure after arthroscopic knee chondroplasty." *Rush University Medical Center Department of Orthopaedic Surgery Annual Thesis Day*, 2023. Podium presentation. *Undergrad resident research award*.
14. Elias TJ, Haneberg E, McCormick JR*, Dandu N, **Allahabadi S**, Beals CT, Wang Z, Walker A, Cole BJ, Yanke AB. Elevated synovial MMP-1 and CCL-2 predict failure after arthroscopic knee chondroplasty." *Orthopaedic Research and Education Foundation (OREF) Midwest Regional Resident Research Symposium*, 2023. Podium presentation.
15. Browning RB*, Fenn TW, **Allahabadi S**, Chapman RS, Beals C, Chan J, Nho SJ. Open repair of retracted, full-thickness gluteus medius/minimus tears demonstrates superior results compared to endoscopic repair. *Rush University Medical Center Department of Orthopaedic Surgery Annual Thesis Day*, 2023. Podium presentation. *Best chief resident research – thesis presentation award*.
16. **Allahabadi S**, Chapman R, Fenn T, Larson J, Kaplan D, Brusalis C, Nho S*. Contemporary hip arthroscopy for femoroacetabular impingement syndrome: clinical outcomes at minimum 10-year follow-up. *International Society for Hip Arthroscopy*, 2023. Podium presentation. *Trainee Award Nominee*.
17. **Allahabadi S***, Halvorson RT, Pandya NK. Association of insurance status with treatment delays for pediatric and adolescent patients undergoing surgery for patellar instability. *University of California, San Francisco Department of Orthopaedic Surgery Inman-Abbott Society Annual Meeting*, 2022. Podium presentation.
18. Mittal A, **Allahabadi S***, Jayaram R, Nalluri A, Callahan M, Sabharwal S. What factors correlate with length of stay and readmission after limb lengthening procedures? A large-database study. *University of California, San Francisco Department of Orthopaedic Surgery Inman-Abbott Society Annual Meeting*, 2022. Podium presentation.
19. Halvorson RT*, **Allahabadi S**, Cevallos N, Feeley BT, Pandya NK, Bailey JF. #OrthoTwitter: Does Twitter Activity Influence Number of Manuscript Citations? An Analysis of the 2018 Orthopaedic Surgery Literature. *Western Orthopaedic Association Annual Meeting*, 2022. Podium presentation.
20. Galivanche AR*, **Allahabadi S**, Grauer JN, Rubin LE, Bini SA. Computer-Assisted Navigation in Simultaneous Bilateral Knee Arthroplasty. *Western Orthopaedic Association Annual Meeting*, 2022. Podium presentation.
21. Wu HH*, Siu J, **Allahabadi S**, Flores M, Oeding J, Brown K, O'Donnell J, Baldwin A, Saggi S, Diab M. Return to Sport for Anterior Tethering vs. Posterior Spinal Fusion. *Western Orthopaedic Association Annual Meeting*, 2022. Podium presentation.
22. Wu HH*, Siu J, **Allahabadi S**, Flores M, Oeding J, Brown K, O'Donnell J, Baldwin A, Saggi S, Diab M. Return to Activity After Thoracic Anterior Posterior Lumbar Tethering. *Western Orthopaedic Association Annual Meeting*, 2022. Podium presentation.
23. Wu H*, Saggi S, **Allahabadi S**, Katyal T, Siu J, Diab M. Perioperative outcomes of anterior vertebral spinal tethering vs. posterior spinal fusion for skeletally immature patients with idiopathic scoliosis. *North American Spine Society Annual Meeting*, 2021. Podium presentation.
24. Wu H*, Saggi S, **Allahabadi S**, Katyal T, Siu J, Diab M. Perioperative outcomes of anterior vertebral spinal tethering vs. posterior spinal fusion for skeletally immature patients with idiopathic scoliosis. *Spine Across the Sea*, 2021. Podium presentation.
25. **Allahabadi S***, Calthorpe L, Pandya NK. Financial and medical burden of youth sports specialization – a survey analysis of pediatric sports patients. *University of California, San Francisco Department of Orthopaedic Surgery Inman-Abbott Society Annual Meeting*, 2021. Podium (virtual) presentation.
26. **Allahabadi S***, Faust M, Swarup I. Venous thromboembolism after pelvic osteotomy in adolescent patients: a database study characterizing rates and current practices. *University of California, San Francisco Department of Orthopaedic Surgery Inman-Abbott Society Annual Meeting*, 2021. Podium (virtual) presentation.
27. Kushare IK*, Ghanta R, **Allahabadi S**, Kastan K, Stone T, Gomez J, McKay S. Arthroscopic treatment of posterior ankle impingement in pediatric athletes and its outcomes – a prospective study. *Pediatric Research in Sports Medicine annual meeting*, 2021. Podium (virtual) presentation.
28. **Allahabadi S***, Hinman AD, Horton BH, Avins AL, Coughlan MJ, Ding DY. Risk factors for conversion of hip arthroscopy to total hip arthroplasty: a large closed-cohort study. *Orthopaedic Research and Education Foundation California Resident Research Symposia*, 2020. Podium (virtual) presentation.
29. Mittal A*, **Allahabadi S**, Coughlan MJ, Kim A, Hung N, Pandya NK. Graft failure in adolescent patients undergoing adult-type ACL reconstruction with bone patellar tendon bone or hamstring autograft. *Orthopaedic Research and Education Foundation California Resident Research Symposia*, 2020. Podium (virtual) presentation.
30. Mittal A*, Jayaram R, **Allahabadi S**, Callahan M, Sabharwal S. Complications requiring readmission following limb lengthening: a 10-year US database study. Award-winning presentation at the *Limb Lengthening and Reconstruction Society annual meeting*, 2020. Podium (virtual) presentation.
31. **Allahabadi S***, Hagen M, Zhang AL, Feeley BT, Grace T, Ma CB. A randomized single-blinded trial of early rehabilitation versus immobilization after reverse total shoulder arthroplasty. *Orthopaedic Research and Education Foundation California Resident Research Symposia*, 2019. 2nd place award, clinical sciences. Podium presentation.
32. Cheah J, **Allahabadi S***, Cortes X, Sequiera N, Kim H, Vail T. Supporting orthopaedic resident education and advancement in leadership skills. Omer A. Ilahi Donor Award for paper in the clinical sciences. *Western Orthopaedic Association Annual Meeting*, 2019. Podium presentation.
33. Cheah J*, **Allahabadi S**, Cortes X, Sequiera N, Kim H, Vail T. Supporting orthopaedic resident education and advancement in leadership skills. *UCSF Inman Abbott meeting*, 2019. Podium presentation.
34. **Allahabadi S**, Rubenstein W, Lansdown D, Feeley B, Pandya N*. ACL graft failure in professional athletes compared to the pediatric population. *Pediatric Research in Sports Medicine annual meeting*, 2019. Podium presentation.
35. Kushare I*, **Allahabadi S**, Haruno L, Inneh I. Posterior ankle impingement – the most under-diagnosed, treatable cause of posterior ankle pain in pediatric and adolescent patients? *Pediatric Orthopaedic Society of North America*, 2018. Podium presentation.
36. Shenoi RP*, **Allahabadi S**, Rubalcava DM, Camp EA. The pediatric submersion score predicts children at low risk for injury following submersions. *American Academy of Pediatrics National Exhibition and Conference*, 2017. Podium presentation.
37. Hill JF*, Riordan MK, Holt A, **Allahabadi S**, Shen K, Rosenfeld S. Risk factors for open reduction in operatively treated pediatric both-bone forearm fractures. *American Academy of Pediatrics National Conference*, 2015. Podium presentation.

POSTER

38. Quigley R, Frazier L, **Allahabadi S**, McMorrow K, Meeker ZD, Wagner KR, Chan J, Cole BJ*. Outcomes of bioabsorbable screw fixation for stable osteochondritis dissecans lesions. *International Cartilage Regeneration & Joint Preservation Society*, 2023. Poster presentation.
39. **Allahabadi S**, Quigley R, Frazier L, Joyce K, Cole BJ*. Outcomes & return to sport following knee osteochondral allograft transplantation in professional athletes. *International Cartilage Regeneration & Joint Preservation Society*, 2023. E-Poster presentation.
40. Credille K, Elias T, **Allahabadi S**, Wang Z, Hakimiyani A, Chubinskaya S, Cole BJ, Frisbie D, Yanke AB*. Chondrocyte response to autologous conditioned serum versus freeze-dried allogenic conditioned serum. *International Cartilage Regeneration & Joint Preservation Society*, 2023. E-Poster presentation.
41. **Allahabadi S**, Fenn T, Larson J, Alvero A, Zhu D, Malloy P, Nho S. A smartphone app demonstrates patients return to preoperative gait metrics six weeks after hip arthroscopy, and gait metrics have low-to-moderate correlations with hip-specific patient reported outcome measures. *International Society for Hip Arthroscopy*, 2023. Poster presentation.
42. Kazi O, Spaan J, Chapman R, Larson J, **Allahabadi S**, Nho S. The crossover sign demonstrates higher specificity in translucent 3D models with standardized alignment than in translucent 3D models with native alignment or plain radiographs. *International Society for Hip Arthroscopy*, 2023. Poster presentation.
43. Kazi O, Cargill A, Larson J, Chapman R, **Allahabadi S**, Nho S. Translucent 3D models yield higher intra- and inter-rater reliability than plain radiographs for detecting coxa profunda and 2D signs of acetabular retroversion. *International Society for Hip Arthroscopy*, 2023. Poster presentation.
44. Larson J, Beals C, Kaplan D, Fenn T, Chapman R, Brusalis C, **Allahabadi S**, Nho S. Females and males achieve similar improvement, outcomes, and survivorship following hip arthroscopy for femoroacetabular impingement syndrome at minimum 10-year follow-up. *International Society for Hip Arthroscopy*, 2023. Poster presentation.
45. Alvero A, Fenn T, Wichman D, **Allahabadi S**, Nho S, Malloy P. Biomechanics and motion analyses of deep hip flexion tasks in patients with femoroacetabular impingement syndrome: a systematic review. *International Society for Hip Arthroscopy*, 2023. Poster presentation.
46. Larson J, Chapman R, **Allahabadi S**, Kaplan D, Brusalis C, Nho S. Acetabular anteversion is associated with worse outcomes two years following hip arthroscopy for femoroacetabular impingement syndrome, but femoral and combined version have no effect. *International Society for Hip Arthroscopy*, 2023. Poster presentation.
47. Brusalis C, Larson J, **Allahabadi S**, Fenn T, Chapman R, Kaplan D, Browning R, Nho S. Concomitant endoscopic gluteal tendon repair and arthroscopic hip labral repair results in comparable outcomes to isolated endoscopic gluteal tendon repair: a propensity-matched analysis with minimum 2-year follow-up. *International Society for Hip Arthroscopy*, 2023. Poster presentation.
48. Wang Z, Credille K, **Allahabadi S**, Shewman E, Bonadiman J, Elias T, Hevesi M, Garrigues G, Verma N, Yanke AB. Biomechanical analysis of anteroinferior Bankart repair anchor types: a human cadaveric study. *American Orthopaedic Society for Sports Medicine*, 2023. Poster presentation.
49. **Allahabadi S***, Horner NS, Fenn TW, Ingawa SH, Hevesi M, Beals CT, Nho SJ. High-level competitive athletes undergoing hip arthroscopy demonstrate durable 5-year outcomes and lower subjective pain compared to controls: a propensity matched analysis. *American Orthopaedic Society for Sports Medicine*, 2023. Poster presentation.
50. Dandu N, Elias TJ, **Allahabadi S**, Brusalis C, Beals CM, Trasolini NA, Bodendorfer BM, Haneberg E, Cole BJ, Yanke AB. Radiographs demonstrate poor interrater reliability and accuracy for evaluation of postoperative healing for osteochondral allograft transplants of the knee." *American Orthopaedic Society for Sports Medicine*, 2023. Poster presentation.
51. **Allahabadi S**, Fenn TW, Larson JH, Zhu D, Nho SJ. A smartphone app demonstrates patients return to preoperative gait metrics six weeks after hip arthroscopy, and gait metrics have low-to-moderate correlations with hip-specific patient reported outcomes. *Arthroscopy Association of North America*, 2023. E-Poster presentation.
52. Credille K, Wang Z, **Allahabadi S**, Shewman E, Bonadiman JA, Elias TJ, Haneberg EH, Hevesi M, Verma N, Yanke AB*. Biomechanical analysis of anteroinferior Bankart repair anchor types: a human cadaveric study. *Arthroscopy Association of North America*, 2023. E-Poster presentation.
53. Mehta N, Shewman E, **Allahabadi S**, Liu S, Lawande NV, Dunlap B, Chahla J, Nicholson GP, Garrigues GE*. Biomechanical comparison of a dynamic, self tensioning suture with common suture types. *International Congress on Shoulder and Elbow Surgery*, 2023. Poster presentation.
54. Credille K, Wang Z, **Allahabadi S**, Shewman EF, Bonadiman JA, Elias TJ, Hevesi M, Garrigues G, Verma N, Yanke AB. Biomechanical Analysis of Anteroinferior Bankart Repair Anchor Types: Has Technology Surpassed Surgeon Technique? *Orthopaedic Research Society*, 2023. Poster presentation.
55. Wu HH*, Siu J, **Allahabadi S**, Flores M, Oeding J, Brown K, O'Donnell J, Baldwin A, Saggi S, Diab M. Return to Activity after Thoracic Anterior Lumbar Posterior Tethering versus Posterior Spinal Fusion. *North American Spine Society Annual Meeting*, 2022. Poster presentation.
56. **Allahabadi S***, Gatto AP, Pandya NK. Anterior cruciate ligament tears in the National Football League from 2013-2020: an analysis of the 2020 season following delays and schedule changes from the early COVID-19 pandemic relative to prior seasons. *American Academy of Orthopaedic Surgeons Annual Meeting*, 2022. Poster presentation.
57. Halvorson RT*, **Allahabadi S**, Pandya NK. Pediatric and adolescent patellofemoral instability – is insurance status associated with delays in care among patients eventually treated surgically? *American Academy of Orthopaedic Surgeons Annual Meeting*, 2022. Poster presentation. *Award for Best Poster in Pediatrics*.
58. **Allahabadi S***, Roostan M, Roddy E, Rogers S, Ward DT, Kim CJ. Operative management of hip fractures within 24 hours of admission in elderly is achievable and associated with reduced opiate use. *American Academy of Orthopaedic Surgeons Annual Meeting*, 2021. Poster presentation.
59. Mittal A*, Jayaram R, **Allahabadi S**, Callahan MK, Sabharwal S. Complications requiring readmission following lower limb lengthening: a 10-year US database study. *American Academy of Orthopaedic Surgeons Annual Meeting*, 2021. Poster presentation.
60. Wu H*, Saggi S, **Allahabadi S**, Katyal T, Siu J, Diab M. Outcomes of combined thoracic anterior and lumbar posterior tethering versus posterior spinal fusion. *Spine Across the Sea*, 2021. Poster presentation.
61. **Allahabadi S***, Pandya NK. Clinical outcomes after medial patellofemoral ligament reconstruction utilizing allograft tissue in pediatric and adolescent patients: minimum 2-year follow-up. *Pediatric Research in Sports Medicine annual meeting*, 2021. Poster (virtual) presentation.
62. Mittal A*, **Allahabadi S**, Coughlan MJ, Kim A, Hung N, Pandya NK. Graft failure in adolescent patients undergoing adult-type ACL reconstruction with bone patellar tendon bone or hamstring autograft. *Pediatric Research in Sports Medicine annual meeting*, 2021. Poster (virtual) presentation.
63. Mittal A*, Jayaram R, **Allahabadi S**, Callahan M, Sabharwal S. Trends and practices in limb lengthening over 10 years – a US database study. *Limb Lengthening and Reconstruction Society annual meeting*, 2020. Poster (virtual) presentation.
64. **Allahabadi S**, Rubenstein W, Lansdown D, Feeley B, Pandya N*. Professional basketball, baseball, and hockey players have an elevated risk of ACL re-tear relative to the general population. *American Academy of Orthopaedic Surgeons annual meeting*, 2019. Poster presentation.
65. Kushare II*, **Allahabadi S**, Haruno LS, Brownell S, Browne T. Posterior ankle impingement – the most underdiagnosed treatable cause of ankle pain in young athletes? A case series. *Texas Children's Hospital Edmond T. Gonzales Surgical Research Symposium*, 2017. Poster presentation.
66. Haruno LS*, Browne T, **Allahabadi S**, Safford S, McKay SD, Shenava VR. Recurrent traumatic dislocation of the hip in a pediatric patient. *Texas Children's Hospital Edmond T. Gonzales Surgical Research Symposium*, 2017. Poster presentation.
67. Shenoi RP*, **Allahabadi S**, Rubalcava DM, Camp EA. The pediatric submersion score identifies children at low risk for submersion-related injury. *Pediatric Academic Societies Meeting*, 2017. Poster presentation.
68. Wood A*, **Allahabadi S**, Chien L, Curtis S, Hammond A, Ogugbuaja C, Rees M, Schupp J, Shumway J, Travis K, Yeh P, Sheehan V. A survey of sickle cell patients who transitioned to adult care from Texas Children's Hematology Center between January 1999 and January 2014. *American Society of Pediatric Hematology Oncology Conference*, 2016. Poster presentation.
69. Shah SR, Henslee AM, Spicer PP, **Allahabadi S***, Petrichenko S, Bennet GN, Wong ME, Kasper FK, Mikos AG. Effect of antibiotic loading on physical properties and release kinetics of poly(lactic-co-glycolic acid) microparticles. *BCM JK Alexander Medical Student Research Symposium*, 2014. 1st place, basic sciences. Poster presentation.
70. **Allahabadi S***, Chen CJ, Gomez J, Jagani M, & Ruiz J. Tonsil simulation model to improve pediatric medical training. *Rice University Engineering Design Showcase*, 2013. Poster presentation. *Award for best health-related design project*.

71. **Allahabadi S***, Spicer PP, Henslee AM, Shi M, Kretlow JD, Wong ME, Kasper FK, Mikos AG. Characterization of polymethylmethacrylate scaffolds using carboxymethyl cellulose as a porogen for osseous space maintenance in craniofacial injuries. *Rice University Engineering Undergraduate Research Symposium*, 2011. Poster presentation.
72. **Allahabadi S***, Chou R, Spicer PP, Henslee AM, Shi M, Kretlow JD, Demian N, Wong ME, Kasper FK, Mikos AG. Characterization of polymethylmethacrylate scaffolds using blood as a porogen for osseous space maintenance in craniofacial injuries. *Rice University Unconventional Summer Research Event*, 2011. Poster presentation.
73. **Allahabadi S***, Pal S, Wu H, Nelson R, Yu H, Reckamp K. Seed or soil? Analysis of pre-metastatic niche density to indicate metastatic potential in node-negative vs. node-positive non-small cell lung cancer patients. *Eugene and Ruth Roberts Summer Academy Poster Session*, 2010. Poster presentation.

Lectures/Grand Rounds

Allahabadi S. So you want to workout? Applying principles of exercise science to optimize function and mitigate muscular atrophy in the orthopaedic patient. *UCSF Department of Orthopaedic Surgery Grand Rounds*, January 2021.

CLINICAL TRIALS

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- Enrolling 2020 – present **Blood flow restriction after meniscus repair, ClinicalTrials.gov Identifier: NCT04436523**
- Designed IRB-approved, blinded randomized clinical trial evaluating outcomes of blood flow restriction training versus standard physical therapy following meniscus repair
 - James O. Johnston Resident Research Grant of \$5,000 received to fund study

TEACHING & WORK EXPERIENCE

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- 07/2023 **AOSSM Fellows' Course Lab Instructor**
- Served as faculty lab instructor for annual AOSSM Sports Medicine Fellows' course
- 10/2022 **AANA Foundations in Arthroscopy Faculty Lab Instructor**
- Served as faculty lab instructor at the Orthopaedic Learning Center for residents in the Foundations in Arthroscopy Course
- 05/2018 – 06/2022 **CrossFit Level 2 Trainer/Coach**
- Certified CrossFit Level 2 Trainer; coached CrossFit group functional fitness classes at United Barbell-CrossFit SOMA in San Francisco
- 05/2017 – 09/2017 **ScholarRx Author for USMLE-Rx QMax**
- Wrote and edited multiple choice questions and online content to prepare students for the USMLE Step 1 and Step 2 exams and NBME shelf exams
- 03/2017 – 06/2017 **Personal Trainer and Group Fitness Instructor at Rice University Gibbs Recreation Center**
- Worked as a part-time personal trainer; taught exercise techniques and developed fitness programming to meet client goals
 - Led group fitness class *Chiseled*, a total-body workout involving a variety of bodyweight and resistance exercises in a high-intensity interval training (HIIT) format
- 03/2016 – 05/2017 **Pre-clinical and Clinical Sciences Peer Tutor**
- Tutored peer 1st–3rd year medical students in pre-clinical or clinical sciences through the *Alpha Omega Alpha* society on an as-needed basis (voluntary)
- 08/2016 – 11/2016 **Pharmacology Elective Teaching Assistant** *Ram Reddy, PhD*
- Taught 2nd year medical students pharmacology concepts that parallel coursework
- 09/2015 – 02/2017 **Sports Medicine Pre-Clinical Elective Teaching Assistant** *Joseph Chorley, MD*
- Taught pre-clinical students the fundamentals of the musculoskeletal exam (voluntary)
- 08/2015 – 02/2017 **Anatomy Laboratory Teaching Assistant** *David Rowley, PhD*
- Taught ~50 first-year medical students anatomy in the lab for two hours weekly
- 08/2015 – 12/2015 **Patient, Physician, & Society – Teaching Assistant** *Anita Kusnoor, MD*
- Led skills lab review session to teach second-year medical students physical exam techniques and provided feedback on history and physical write-ups

11/2014 – 11/2015	Advanced Care Life Support (ACLS) Instructor <ul style="list-style-type: none"> • Taught re-certification courses to faculty, residents, and medical students
07/2014 – 12/2014	Anatomy Buddies Anatomy Tutor <ul style="list-style-type: none"> • Prepared weekly practice questions and lesson plans to review lab anatomy (voluntary)
10/2013 – 12/2014	Emergency Medicine Interest Group Suture Lab Teaching Assistant <ul style="list-style-type: none"> • Taught suturing technique and knot tying skills to medical students (voluntary)
05/2014 – 08/2014	MCAT Instructor for ExamCrackers <ul style="list-style-type: none"> • Developed lesson plans, wrote practice questions, and lectured for four hours/week in biology, organic chemistry, and verbal sections to prepare students for the MCAT
01/2013 – 05/2013	Office of Academic Advising Tutor <ul style="list-style-type: none"> • Hired by Rice University Academic Advising as a private tutor in physics and calculus
03/2010 – 05/2013	Head Academic Fellow/Tutor <ul style="list-style-type: none"> • Served as the head academic fellow to tutor students and lead review sessions in the subjects of biology, chemistry, organic chemistry, and statistics (voluntary)
03/2010 – 05/2013	Head Peer Academic Advisor (PAA) and O-Week Advisor <ul style="list-style-type: none"> • Served as the head academic advisor and mentor for students to help students schedule coursework appropriately and prepare for careers beyond undergraduate work (voluntary)

LEADERSHIP & MENTORSHIP EXPERIENCE

11/2020 – 06/2022	Arthroscopy Skills Lab Assistant Manger <ul style="list-style-type: none"> • Help manage equipment for the UCSF sports medicine arthroscopy skills lab
07/2020 – 06/2022	UCSF Orthopaedics Diversity Committee <ul style="list-style-type: none"> • Serve as a resident representative on the diversity committee and mentor students of underrepresented backgrounds in orthopaedics
04/2020 – 06/2022	Orthopaedic Resident Indoor Fitness (ORIF) – Trainer/Founder <ul style="list-style-type: none"> • Lead weekly virtual functional fitness workouts for UCSF orthopaedic surgery department
03/2018 – present	Board of Directors, Westside Athletes Association, Non-Profit <ul style="list-style-type: none"> • Facilitate access to fitness, nutrition, and lifestyle coaching for underrepresented minorities
07/2017 – 06/2022	UCSF Orthopaedics Education Committee <ul style="list-style-type: none"> • Attend meetings and contribute ideas to improve educational experience for residents as the class representative on the Education Committee
07/2017 – 06/2022	UCSF Surgery Resident Mentor for Medical Students <ul style="list-style-type: none"> • Serve as a mentor for eight medical students interested in pursuing surgical fields
04/2017 – 05/2017	Selection Committee for Assistant Deans of Student Affairs at Baylor College of Medicine <ul style="list-style-type: none"> • Selected by Associate Dean of Student Affairs to perform interviews on student panel for candidates for additional positions as Assistant Deans of Student Affairs
03/2016 – 05/2017	<i>Alpha Omega Alpha</i> Baylor College of Medicine Beta Chapter Executive Committee Member <ul style="list-style-type: none"> • Developed a new chapter election system to select new members and drafted bylaws
03/2014 – 05/2017	Professionalism Committee Student Member <ul style="list-style-type: none"> • Selected by BCM faculty as one of four medical students from the class to serve on the professionalism evaluation committee which meets quarterly to review concerns

04/2014 – 10/2016	Baylor Orthopedic Surgery Society President <ul style="list-style-type: none"> • Lead workshops on joint aspirations/injections and taught students fundamental orthopedic physical exam skills, in addition to coordinating monthly lectures by orthopaedic faculty
08/2013 – 05/2017	BCM Athletic Training Program (ATP) <ul style="list-style-type: none"> • Founded ATP, a free weekend bodyweight group fitness class for students • Lead workouts and instructed how to correctly perform exercises and create workout plan
10/2013 – 10/2015	BCM Student Wellness Program (SWP) President <ul style="list-style-type: none"> • Founded the SWP and coordinated wellness programming (e.g., yoga nights, wellness lectures, funding for student wellness initiatives, student lounge remodeling)
03/2014 – 10/2014	BCM Wellness 5K – Kids' 1K Race Coordinator <ul style="list-style-type: none"> • Directed the logistics, planning, and advertisement for the Kids' 1K associated with the BCM Wellness 5K to promote activity and health in young students
05/2014 – 08/2014	Transitions to Medical School Elective Coordinator <ul style="list-style-type: none"> • Co-developed a curriculum for the Transitions to Medical School elective for first year students
05/2014 – 05/2017	Peer Resource Network (PRN) Leader <ul style="list-style-type: none"> • Served as a PRN leader to mentor 1st–3rd year medical students in both academic and non-academic aspects of medical school life and served as orientation retreat leader in 2015
03/2012 – 04/2013	Rice University Club Basketball, Team Captain <ul style="list-style-type: none"> • Served as team captain of the Rice Club Basketball Team during senior year; played on team for four years as starting shooting guard
06/2005 – 06/2009	Youth Sports Coach & Referee <ul style="list-style-type: none"> • Coached youth basketball and youth soccer and refereed youth and high school basketball. >400 hours of coaching and refereeing

SERVICE EXPERIENCE

07/2017 – 06/2022	UCSF PlaySafe <ul style="list-style-type: none"> • Volunteer on the UCSF Sports Medicine team at various sports events • Assistant team doctor for Riordan High School football season 2017-2022 • Helped perform sports physical exams on >500 high school students
07/2017 – 06/2022	UCSF RaceSafe <ul style="list-style-type: none"> • Serve as a medical volunteer on the UCSF Sports Medicine team at local race events • Team Captain of subacute medical injuries, finish line tent at SF Marathon, 2017
10/2013 – 05/2017	Baylor College of Medicine Sports Medicine Volunteer <ul style="list-style-type: none"> • Volunteered as a medical volunteer at Houston Marathon for two years, the Susan G. Komen 5K race for three years, the Texas Children's Kids' Triathlon for two years, and numerous local games and competitions
09/2012 – 04/2013	Alternative Spring Break 2013 Site Leader/Volunteer <ul style="list-style-type: none"> • Led ten students for one week to work with the special needs community in Florida
06/2012 – 07/2012	Loewenstern Fellowship – English Teaching in Liberia, Costa Rica <ul style="list-style-type: none"> • Awarded a stipend to volunteer abroad for six weeks • Taught English to children for four weeks and to adults for two weeks
04/2011 – 03/2012	Alternative Spring Break 2012 Site Leader/Volunteer <ul style="list-style-type: none"> • Led 15 students for one week to work at YMCA Camp Campbell outdoor science camp in California

12/2011 **Global Medical Brigades in Tegucigalpa, Honduras**

- Set up a one-week temporary medical clinic in local villages with limited access to healthcare

02/2011 – 03/2011

Alternative Spring Break 2011 Volunteer

- Delivered nutrition and health lectures for one week at KIPP Impact Charter School in Florida

02/2010 – 03/2010

Alternative Spring Break 2010 Volunteer

- Guided visually impaired students in activities at the Colorado Center for the Blind, remodeled and reorganized the building facilities, and assisted the blind and physically disabled in skiing

HOBBIES & INTERESTS

- Functional fitness: participate in local competitions
- Coaching group fitness & personal training: part-time coach at local gym for five years; previously lead free weekly workouts for peers
- Basketball: played Varsity in high school, club in college (team captain), and continue to play recreationally; NBA fan
- Triathlon: competed in sprint triathlons with three top three finishes; completed half ironman distance
- Teaching & mentorship: passionate about mentorship in medicine and orthopaedics

REFERENCES

Available upon request