

Sachin Allahabadi, MD

Orthopaedic Sports Medicine Surgeon | Houston Methodist

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Curriculum Vitae | Updated September 2026

ACADEMIC AND HOSPITAL APPOINTMENTS

2023 - Present	Orthopaedic Surgeon, Sports Medicine Houston Methodist The Woodlands Hospital and Houston Methodist Hospital
2023 – Present	Assistant Professor of Clinical Orthopaedic Surgery Houston Methodist Hospital and Weill Cornell College of Medicine

EDUCATION & POSTGRADUATE TRAINING

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

BOARD CERTIFICATION AND LICENSURE

2025 – 2035	Orthopaedic Sports Medicine Subspecialty Certification, American Board of Orthopaedic Surgery
2025 – 2035	Board Certification in Orthopaedic Surgery, American Board of Orthopaedic Surgery
Active	Physician License, Texas Medical Board

LEADERSHIP AND ADMINISTRATIVE ROLES

2026 – present	Associate Program Director, Houston Methodist Orthopedic Sports Medicine Fellowship Participate in fellow selection, curriculum development, mentorship, and program administration
2026 – present	Houston Methodist Orthopedic Sports Society Founder Established a system-wide forum for sports medicine surgeons across Houston Methodist hospitals to collaborate, discuss complex cases, and advance shared education
2024 – present	Multidisciplinary Geriatric Hip Fracture Care Initiative, Houston Methodist The Woodlands Co-developed a hospital protocol and electronic order set with emergency medicine and hospital medicine leaders to standardize and expedite care for geriatric hip fracture patients
2024 – present	Committee Member, Practitioner Wellness Committee, Houston Methodist The Woodlands

TEAM PHYSICIAN COVERAGE

2025 – Present	Team Orthopaedic Physician, Houston Astros, Major League Baseball
2023 – 2025	Team Physician Coverage, Huntsville High School Football
2022 – 2023	Assistant Team Physician, Chicago Bulls, National Basketball Association
2022 – 2023	Assistant Team Physician, Chicago White Sox, Major League Baseball
2022 – 2023	Assistant Team Physician, Chicago Fire Football Club, Major League Soccer
2022 – 2023	Assistant Team Physician, Chicago Steel, United States Hockey League

HONORS AND AWARDS

2025	Physician of the Year Award, Houston Methodist The Woodlands Hospital
2023	Bernard R. Bach Jr. Cougar Award for Fellow Research, Rush Sports Medicine
2023	Douglas W. Brown Award for Best Review Paper, Orthopaedic Journal of Sports Medicine
2023	AANA/ON Best Orthoregeneration Pearl and Technique

2023	AANA Fellows Course Scholarship Award
2022	Maurer Award for Outstanding Chief Resident, University of California, San Francisco
2022	Nitin N. Bhatia Donor Award, Western Orthopaedic Association
2022	Best Poster in Pediatrics, American Academy of Orthopaedic Surgeons Annual Meeting
2022	AANA Resident Scholarship Award
2021	C. McCollister Evarts Resident Leadership Forum Selectee, American Orthopaedic Association
2020	James O. Johnston Resident Research Grant, \$5,000
2019	Second Place, Clinical Science, OREF California Resident Research Symposium
2019	Omer A. Ilahi Donor Award, Western Orthopaedic Association
2019	Clinician of the Month, UCSF 7 Long and 7 East Units
2017	Doctor of Medicine degree awarded with Highest Honor, Baylor College of Medicine
2017	Outstanding Student in Orthopaedic Surgery Award, Baylor College of Medicine
2017	John P. McGovern, MD Award for Excellence in Psychiatry, Baylor College of Medicine
2017	Lambert Award for Excellence in Medicine
2017	<i>Gold Humanism Honor Society</i> , Baylor College of Medicine
2016	Clara C & Sandra Love Presidential Scholarship, Baylor College of Medicine
2016	Harris County Medical Society Alliance Medical Student Scholarship, Texas Medical Association
2016	<i>Alpha Omega Alpha</i> Society Junior Inductee, Baylor College of Medicine
2015	Honor in the Foundational Sciences, Baylor College of Medicine
2014	1 st Place Poster Presentation in Basic Sciences at the BCM JK Alexander Research Symposium
2013	ThinkSwiss Research Fellowship – work with Dr. Bengt Kayser at the University of Geneva
2013	Best Health-Related Engineering Design Project, Rice University Engineering Design Showcase
2013	<i>Phi Beta Kappa</i> , Academic Honor Society induction
2013	Dr. and Mrs. David M. Mumford Award for scholarship, leadership, and service
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
2009 – 2013	President's Honor Roll, Rice University
2009	Rice University/Baylor College of Medicine (BCM) Medical Scholar

TEACHING AND EDUCATIONAL LEADERSHIP

2026 – Present	Associate Program Director and Faculty , Houston Methodist Orthopedic Sports Medicine Fellowship Teach and mentor fellows in clinical decision-making, surgery, research, and professional development
2026 – Present	Clinical Faculty , Houston Methodist Willowbrook Primary Care Sports Medicine Fellowship
2024 – Present	Faculty Lecturer , Houston Methodist Orthopedic Sports Grand Rounds
2023	Faculty Laboratory Instructor , AOSSM Sports Medicine Fellows Course
2022	Faculty Laboratory Instructor , AANA Foundations in Arthroscopy Course, Orthopaedic Learning Center

RESEARCH SUPPORT AND CLINICAL TRIALS

2025 – 2026	C. James and Carole Walter Looke Award Faculty principal investigator for a resident-led study evaluating patient perceptions of orthopaedic treatments; \$10,000 resident award.
2020 – 2024	Principal Investigator, Blood Flow Restriction After Meniscus Repair , ClinicalTrials.gov NCT04436523 Designed an IRB-approved, blinded randomized trial comparing blood flow restriction training with standard physical therapy after meniscus repair; supported by a \$5,000 James O. Johnston Resident Research Grant.

PEER-REVIEWED PUBLICATIONS

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

1. Dzidzishvili L, Gerhold C, Poulson TA, Rutherford RP, **Allahabadi S**, Chahla J. Combined high tibial osteotomy and medial meniscus posterior root repair may improve root healing without consistent reduction in meniscal extrusion or osteoarthritis progression: a systematic review. *Arthroscopy* 2026. PMID 42335327.
2. Saad Berreta R, Khan ZA, **Allahabadi S**, Wright-Chisem J, Spaan J, Rubin J, Villarreal-Espinosa JB, Yanke AB, Forsythe B, Verma NN, Chahla J, Cole BJ. Defining the minimal clinically important difference and patient acceptable symptom state for isolated microfracture of the knee at 5-year follow-up. *Orthop J Sports Med* 2026. PMID 42283059.
3. Thomson JE, **Allahabadi S**. Editorial commentary: Strength, stability, and surgical feasibility: priorities in meniscal root repair. *Arthroscopy* 2026. PMID 42138355.
4. **Allahabadi S**, Kerzner B, McCormick JR, Jawanda H, Verma NN. Arthroscopic anterior labral repair with concurrent remplissage. *Video J Sports Med* 2026. PMID 41943809.
5. Garcia SM, Orozco E, Kopardekar A, **Allahabadi S**, Pandya N. Influential articles on pediatric clavicle injuries: a bibliometric analysis. *J Child Orthop* 2026. PMID 41523789.
6. **Allahabadi S**, Khan ZA, Chahla J, Meisel P, DiFiori JP, Bedi A, Omar IM, Polster JM, Potter HG, Cole BJ. Incidence of knee cartilage pathology on magnetic resonance imaging and correlation to clinical symptoms and orthopaedic history among players at the National Basketball Association draft combine. *Am J Sports Med* 2025. PMID 41063463.
7. Allende F, Saad Berreta R, Khan ZA, Ayala SG, Carpenter ML, Rafael Garcia J, **Allahabadi S**, Cole BJ, Yanke AB, Verma NN, Chahla J. Establishing the minimal clinically important difference and patient acceptable symptoms state after isolated arthroscopic posterior medial meniscus root repair. *Orthop J Sports Med* 2025. PMID 40656651.
8. Beck JJ, Pandya NK, **Allahabadi S**. Discoid lateral meniscus evaluation and treatment. *Arthroscopy* 2025. PMID 40447411.
9. Dzidzishvili L, **Allahabadi S**, Allende F, Dave U, Poulson TA, Rutherford RP, Rubin J, Chahla J. Single-bundle autografts outperform single-bundle Achilles allograft in posterior cruciate ligament reconstruction in terms of posterior tibial translation and clinical outcomes, but no differences exist between double-bundle grafts: a network meta-analysis. *Am J Sports Med* 2025. PMID 40376952.
10. Brusalis CM, Weissman AC, Yazdi AA, Muth SA, **Allahabadi S**, Cole BJ. Arthroscopic-assisted core decompression of humeral head osteonecrosis with bone marrow aspirate concentrate augmentation. *Video J Sports Med* 2024;4(2):26350254231212928. PMID 40308982.
11. Allende F, Garcia JR, Ayala SG, Dzidzishvili L, Quiroga G, **Allahabadi S**, Chahla J. Medial meniscal posterior root tears are associated with steeper medial posterior tibial slope and varus alignment. *Arthrosc Sports Med Rehabil* 2024. PMID 40441827.
12. Dzidzishvili L, **Allahabadi S**, Jackson GR, Gonzalez Ayala S, Sachdev D, Mekhail J, Cole BJ, Chahla J. Concomitant cartilage procedures with meniscal allograft transplantation do not substantially alter failure or survival rates relative to meniscal allograft transplantation without cartilage procedures: a systematic review. *Am J Sports Med* 2025. PMID 39868738.
13. Larson JH, **Allahabadi S**, Kaplan D, Chapman R, Kazi O, Brusalis CM, Nho SJ. Exploring the relationship between combined, acetabular, and femoral version on postoperative outcomes 2 years after hip arthroscopy for femoroacetabular impingement syndrome. *Am J Sports Med* 2025. PMID 39755948.
14. Kerzner B, Khan ZA, **Allahabadi S**, Chahla J. Author reply to "Regarding 'anterior opening-wedge high tibial osteotomy in the setting of genu recurvatum'". *Arthroscopy* 2025. PMID 39550041.
15. Allende F, Dzidzishvili L, Garcia JR, Ayala SG, Mowers C, Sachdev D, **Allahabadi S**, Chahla J. Partial meniscectomy yields comparable outcomes and failure rates to meniscal repair for horizontal cleavage tears, with fewer complication rates but greater progression of degenerative changes. *Arthroscopy* 2025. PMID 39426762.
16. Mehta N, Shewman E, **Allahabadi S**, Liu S, Lawande NV, Dunlap B, Chahla J, Nicholson GP, Garrigues GE. A dynamic, self-tensioning suture contracts in saline to counteract changes in loop length from cyclic loading. *Arthrosc Sports Med Rehabil* 2024. PMID 39421349.
17. Villarreal-Espinosa JB, Berreta RS, Pallone L, Rubin J, Allende F, Gómez-Verdejo F, Khan ZA, Carpenter M, **Allahabadi S**, Chahla J. Failure and complication rates following meniscal all-inside and inside-out repairs: A systematic review and meta-analysis. *Knee Surg Sports Traumatol Arthrosc* 2025. PMID 39350499.
18. Elias TJ, **Allahabadi S**, Haneberg E, Morgan V, Walker A, Beals C, Cole BJ, Yanke AB. Osteochondral allograft reaming significantly affects chondrocyte viability. *Am J Sports Med* 2024. PMID 39186448.
19. Credille K, Elias TJ, **Allahabadi S**, Wang Z, Hakimiyan A, Chubinskaya S, Cole BJ, Frisbie D, Yanke AB. Chondrocyte response to fresh autologous conditioned serum versus freeze-dried allogenic conditioned serum. *Cartilage* 2026. PMID 39095949.
20. Yetter TR, Halvorson RT, Wong SE, Harris JD, **Allahabadi S**. Management of proximal hamstring injuries: non-operative and operative treatment. *Curr Rev Musculoskelet Med* 2024. PMID 39009901.
21. Dzidzishvili L, Jackson GR, Allende F, Mameri ES, **Allahabadi S**, Chahla J. Meniscal Radial Tears Repaired With All-Inside and Inside-Out Techniques Result in Improved Clinical Outcome Scores, but Inside-Out Repairs May Be Associated With Higher Failure Rates Clinically and on Second-Look Arthroscopy: A Systematic Review. *Arthroscopy* 2025. PMID 38992511.
22. **Allahabadi S**, Yazdi AA, Weissman AC, Meeker ZD, Yanke AB, Cole BJ. Sport-specific Differences in Cartilage Treatment. *Sports Med Arthrosc Rev* 2024. PMID 38978200.
23. Larson JH, Kazi O, Beals C, Alvero A, Kaplan DJ, Fenn TW, Brusalis C, **Allahabadi S**, Morgan V, Nho SJ. Female and Male Patients Achieve Similar Improvement, Outcomes, and Survivorship After Hip Arthroscopy With Labral and Capsular Repair for Femoroacetabular Impingement Syndrome at Minimum 10-Year Follow-Up. *Arthroscopy* 2025.
24. Walsh JM, Credille K, **Allahabadi S**, Kaplan DJ, Darbandi AD, Huddleston HP, Hevesi M, Wang Z, Dandu N, Yanke AB. Biomechanical Properties and Kinematics of Medial Patellofemoral Ligament Reconstruction: A Systematic Review. *Orthop J Sports Med* 2024. PMID 38855071.
25. Browning RB, Fenn TW, **Allahabadi S**, Vogel MJ, Chapman RS, Beals C, Chan J, Nho SJ. Open and Endoscopic Gluteus Medius and/or Minimus Repair Achieves Clinical Success Regardless of Tear Grade: High-Grade Fatty Infiltration Portends Worse Outcomes. *Arthroscopy* 2025. PMID 38844013.
26. Chapman RS, **Allahabadi S**, Fenn TW, Larson JH, Beals CT, Kaplan DJ, Nho SJ. Outcome scores and survivorship of patients undergoing primary hip arthroscopy with borderline hip dysplasia: a propensity-matched study with minimum 10-year follow-up. *Am J Sports Med* 2024.
27. Dzidzishvili L, Allende F, Garcia JR, Poulson TA, Villarreal-Espinosa JB, **Allahabadi S**, Chahla J. Adults Have a Higher Incidence of Discoid Lateral Meniscus Tears Than Children-Adults Tend to Present With Complex Tears, While Horizontal Tear Patterns Are Frequently Encountered in Children: A Systematic Review. *Arthroscopy* 2025. PMID 38735407.
28. Allende F, Berreta RS, **Allahabadi S**, Mowers C, Russo R, Palco M, Simonetta R, Familiari F, Chahla J. Meniscal ramp lesion classification systems: a systematic review. *Knee Surg Sports Traumatol Arthrosc* 2024. PMID 3866656.
29. Chi H, Woolley KA, **Allahabadi S**, Fluet A, Roach C, Ward DT, Wong SE. Sex-based differences in patient perspectives and experiences with shoulder, hip, and knee arthroplasty. *J Am Acad Orthop Surg Glob Res Rev* 2024. PMID 38648447.

30. Allende F, **Allahabadi S**, Sachdev D, Gopinath V, Saad Berreta R, LaPrade RF, Chahla J. Comparing Clinical Outcomes and Knee Stability in Remnant-Preserving ACL Reconstruction Versus Standard ACL Reconstruction: A Systematic Review and Meta-analysis. *Am J Sports Med* 2024. PMID 38551115.
31. Larson JH, Chapman RS, **Allahabadi S**, Kaplan DJ, Jan K, Kazi O, Hapa O, Nho SJ. Patients With Lateral and Anterolateral Cam Morphology Have Greater Deformities Versus Typical Anterolateral Deformity Alone but No Differences in Postoperative Outcomes: A Propensity-Matched Analysis at Minimum 5-Year Follow-Up. *Arthroscopy* 2025. PMID 38521208.
32. Yamanashi Y, **Allahabadi S**, Ma CB, Arriaga I. Blood flow restriction training for meniscus repair surgery. *Video J Sports Med* 2024. PMID 40308986.
33. **Allahabadi S**, Jawanda H, Khan ZA, Brusalis CM, Chahla J, Cole BJ, Verma NN. Bone marrow aspirate concentrate harvest techniques for the sports medicine surgeon. *Arthrosc Tech* 2024. PMID 38435256.
34. Gopinath V, Warriar AA, Jawanda HS, Mameri ES, Khan ZA, **Allahabadi S**, Knapik DM, Cole BJ, Chahla J. Correlation between articular cartilage status on outcomes and survivorship following meniscal allograft transplantation: A systematic review. *Knee Surg Sports Traumatol Arthrosc* 2024. PMID 38383989.
35. Larson JH, Brusalis CM, **Allahabadi S**, Fenn TW, Chapman RS, Browning RB, Kaplan DJ, Nho SJ. Outcomes of Isolated Endoscopic Gluteal Tendon Repair Compared With Concomitant Endoscopic Gluteal Tendon Repair and Arthroscopic Hip Labral Repair: A Propensity-Matched Analysis With Minimum 2-Year Follow-up. *Orthop J Sports Med* 2024. PMID 38379577.
36. Dzidzishvili L, Allende F, **Allahabadi S**, Mowers CC, Cotter EJ, Chahla J. Increased posterior tibial slope is associated with increased risk of meniscal root tears: a systematic review. *Am J Sports Med* 2024. PMID 38362610.
37. Quigley R, **Allahabadi S**, Yazdi AA, Frazier LP, McMorrow KJ, Meeker ZD, Wagner KR, Chan J, Cole BJ. Bioabsorbable screw fixation provides good results with low failure rates at mid-term follow-up of stable osteochondritis dissecans lesions that do not improve with initial conservative treatment. *Arthrosc Sports Med Rehabil* 2024. PMID 38362480.
38. Jawanda H, Khan ZA, Warriar AA, Acuna AJ, **Allahabadi S**, Kaplan DJ, Ritz E, Jackson GR, Mameri ES, Batra A, Dornan G, Westrick J, Verma NN, Chahla J. Platelet rich plasma, bone marrow aspirate concentrate and hyaluronic acid injections outperform corticosteroids in pain and function scores at a minimum of 6 months as intra-articular injections for knee osteoarthritis: a systematic review and network meta-analysis. *Arthroscopy* 2024. PMID 38331363.
39. **Allahabadi S**, Haneberg EC, Elias TJ, Cole BJ, Yanke AB. Lateral opening-wedge distal femoral osteotomy made easy: tips and tricks. *Arthrosc Tech* 2023. PMID 38312890.
40. Dzidzishvili L, Berreta RS, Jackson GR, Mowers CC, Cotter EJ, **Allahabadi S**, Chahla J. All-inside and inside-out repair techniques for bucket-handle meniscus tears both result in improved patient outcomes and a broad range of failure rates: a systematic review. *Arthroscopy* 2024. PMID 38311264.
41. **Allahabadi S**, Galivanche AR, Coss N, Tenzing N, Gatto AP, Murray JC, Allahabadi S, Pandya NK. Severe acute respiratory syndrome coronavirus 2 did not substantially impact injury patterns or performance of players in the National Basketball Association from 2016 to 2021. *Arthrosc Sports Med Rehabil* 2023. PMID 38205401.
42. Fenn TW, Chan JJ, Larson JH, **Allahabadi S**, Kaplan DJ, Nho SJ. Patients age ≥ 40 years demonstrate durable and comparable results to patients age < 40 years following primary hip arthroscopy for femoroacetabular impingement syndrome: a propensity matched study at minimum 10-year follow-up. *Arthroscopy* 2024. PMID 38190946.
43. Fenn TW, Brusalis CM, **Allahabadi S**, Alvero AB, Ebersole JW, Nho SJ. Association between proximal hamstring tear characteristics and achievement of clinically significant outcomes after endoscopic and open repair at minimum 2-year follow-up. *Am J Sports Med* 2024. PMID 38179612.
44. **Allahabadi S**, Chapman RS, Fenn TW, Brusalis CM, Kaplan DJ, Nho SJ. Hip arthroscopic surgery with chondrolabral refixation, osteochondroplasty, and routine capsular closure for femoroacetabular impingement syndrome: clinical outcomes at a minimum 10-year follow-up. *Am J Sports Med* 2024. PMID 38164682.
45. Oeding JF, Siu J, O'Donnell J, Wu HH, **Allahabadi S**, Saggi S, Flores M, Brown K, Baldwin A, Diab M. Combined anterior thoracic vertebral body tethering and posterior lumbar tethering result in quicker return to sport and activity compared to posterior spinal instrumented fusion in patients with adolescent idiopathic scoliosis. *Global Spine J* 2023. PMID 38097271.
46. Mittal A, **Allahabadi S**, Jayaram R, Nalluri A, Callahan M, Sabharwal S. Trends and practices in limb lengthening: an 11-year US database study. *Strategies Trauma Limb Reconstr* 2023. PMID 38033925.
47. 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.
48. **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. PMID 38196872.
49. **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* 2024. PMID 38410170.
50. Forsythe B, Gamsarian V, Pan A, Mirlie V, Forlenza E, **Allahabadi S**. Revision ACL-R with contralateral BTB autograft and iliotibial band lateral extra-articular tenodesis with interference screw fixation: a technique video. *Video J Sports Med* 2023. doi:10.1177/26350254231205909.
51. 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.
52. 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. PMID 38094965.
53. 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.
54. Mameri ES, Jackson GR, Kerzner B, Condon JJ, DeWald D, Khan ZA, Kaplan, DJ, **Allahabadi S**, Sugrañes 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.
55. **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.
56. 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.
57. Larson JH, Fenn TW, **Allahabadi S**, Nho SJ. Hamstring strains: classification and management (infographic). *Sports Health* 2023. PMID 37278326.
58. Warriar 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.
59. 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.

60. Sugrañes J, Jackson GR, Warriar AA, **Allahabadi S**, Chahla J. Snapping hip syndrome: pathoanatomy, diagnosis, non-operative therapy, and current concepts in operative management. *JBJS Rev* 2023. PMID 37289915.
61. **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.
62. 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.
63. 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.
64. **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.
65. **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.
66. **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.
67. **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 J Sports Med* 2023;3(4):26350254231159422. PMID 40308683.
68. **Allahabadi S**, Fenn TW, Larson JH, Nho SJ. Bone-patellar tendon-bone allograft preparation technique for anterior cruciate ligament reconstruction. *Video J Sports Med* 2023;3(4):26350254221150448. PMID 40308679.
69. **Allahabadi S**, Fenn TW, Larson JH, Nho SJ. Open proximal hamstring repair. *Video J Sports Med* 2023;3(2):26350254221147724. PMID 40309418.
70. 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.
71. 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.
72. 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.
73. **Allahabadi S**, Chahla J. Editorial Commentary: Coracoclavicular Joint Reconstruction for Acromioclavicular Dislocation: Double-Bundle Techniques are Anatomically and Biomechanically Favored. *Arthroscopy* 2023. PMID 36603992.
74. 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.
75. Padaki A, **Allahabadi S**, Pandya NK. Adolescent elbow osteochondral lesions following prior elbow fracture pinning. *J Child Orthop* 2022. PMID 36483653.
76. **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.
77. **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.
78. 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.
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93. **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.
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95. **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.
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locations and treatment outcomes. *Orthop J Sports Med* 2021. PMID 33948443.

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106. 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.
107. 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.
108. Kushare I, Kastan K, **Allahabadi S**. Posterior ankle impingement-an underdiagnosed cause of ankle pain in pediatric patients. *World J Orthop* 2019. PMID 31750084.
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110. 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.
111. 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.
112. **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.
113. **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.
114. **Allahabadi S**, Mays R. Circular rashes. *Clinical Advisor - Dermatologic Look-Alikes* 2016. Online publication.
115. Aceves JL, **Allahabadi S**, Tucci V. Chest X-ray findings in pulmonary embolism. *American Academy of Emergency Medicine: Modern Resident* 2016. Online publication.
116. 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.
117. 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. Moran TE, Brinkman JC, Khan ZA, Hornung AL, **Allahabadi S**, Garrigues GE, Chahla J, Verma NN. Biomechanics of the athlete's shoulder and elbow. Chapter in *Shoulder and Elbow Injuries in Athletes* 2026.
2. Frazier L, Quigley R, **Allahabadi S**, Cole BJ. Osteochondral allograft transplantation for osteochondritis dissecans lesions. Chapter in *Operative Techniques in Sports Medicine* 2023.
3. 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.
4. Quigley R, Frazier L, McMorrow K, **Allahabadi S**, Cole BJ. Orthobiologics in the operating room – who, what, where, when, and how. Chapter in *OrthoBiologics* 2023.
5. 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.
6. 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.
7. **Allahabadi S**, Antonelli C, Lander S, Lau BC. Rehabilitation of Achilles tendon tears (operative and nonoperative). Chapter in *The Achilles Tendon* 2022.
8. **Allahabadi S**, Ward D. Patellar resurfacing in cemented total knee arthroplasty. Chapter in *Essentials of Cemented Knee Arthroplasty* 2022.
9. 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.

INVITED LECTURES AND GRAND ROUNDS

1. **Allahabadi S.** Meniscus preservation and repair. Houston Methodist Orthopedic Sports Grand Rounds; winter and fall 2026.
2. **Allahabadi S.** Management of bone loss in shoulder instability. Houston Methodist Orthopedic Sports Grand Rounds; 2025.
3. **Allahabadi S.** Early sports specialization. Houston Methodist Orthopedic Sports Grand Rounds; 2024 and 2026.
4. **Allahabadi S.** So you want to work out? 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.

SCIENTIFIC PRESENTATIONS

*indicates presenter

PODIUM

1. **Allahabadi S***, Chapman R, Fenn TW, Kaplan DJ, Nho SJ. Contemporary hip arthroscopy for femoroacetabular impingement syndrome: clinical outcomes at minimum 10-year follow-up. *American Academy of Orthopaedic Surgeons*, 2024.
2. **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*.
3. **Allahabadi S***, Haneberg E, Elias T, McMorro 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*.
4. **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.
5. **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.
6. Jackson GR*, Kaplan DJ, Brusalis CM, **Allahabadi S**, Verma NN. Male and female patients have similar outcomes following anatomic total shoulder arthroplasty. *International Society for Technology in Arthroplasty*, 2023. Podium presentation.
7. Jackson GR*, Kaplan DJ, Brusalis CM, **Allahabadi S**, Verma 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.
8. 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.
9. 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.
10. 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.
11. 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.
12. 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.
13. 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.
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. *Rush University Medical Center Department of Orthopaedic Surgery Annual Thesis Day*, 2023. Podium presentation. *Undergrad resident research award*.
15. 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.
16. 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*.
17. **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*.
18. **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.
19. 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.
20. 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.
21. 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.
22. 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.
23. 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.
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. *North American Spine Society Annual Meeting*, 2021. Podium presentation.

25. 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.
26. **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.
27. **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.
28. 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.
29. **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.
30. 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.
31. 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.
32. **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.
33. 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.
34. 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.
35. **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.
36. 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.
37. 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.
38. 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

1. Walsh JM*, Orozco E, Fomunung C, **Allahabadi S**. Return to sport after tibial shaft fractures: a systematic review. *American Orthopaedic Society for Sports Medicine*, 2026.
2. Kushare I*, Ghanta R, Baer L, Stone T, **Allahabadi S**, McKay S. Pediatric posterior ankle arthroscopy- indicated and outcomes: a prospective study. *American Orthopaedic Society for Sports Medicine*, 2026.
3. **Allahabadi S***, Khan ZA, Chahla J, Meisel P, Difiori J, Bedi A, Omar IM, Polster J, Potter HG, Cole BJ. Incidence of Knee Cartilage Pathology on Magnetic Resonance Imaging and Correlation to Clinical Symptoms and Orthopaedic History Among Players at the National Basketball Association Draft Combine. *American Orthopaedic Society for Sports Medicine*, 2025.
4. Elias J*, Haneberg E, Morgan V, **Allahabadi S**, Walker AB, Beals C, Cole BJ, Yanke AB. Effect of current osteochondral allograft harvesting techniques on regional chondrocyte viability. *American Academy of Orthopaedic Surgeons*, 2024.
5. Quigley R*, **Allahabadi S**, Weissman A, Frazier LP, McMorro KJ, Meeker ZD, Cole BJ. Bioabsorbable screw fixation for stable osteochondritis dissecans lesions of the knee results in improved clinical outcomes. *American Academy of Orthopaedic Surgeons*, 2024. E-Poster presentation.
6. Fenn TW*, Chan JJ, Larson JH, **Allahabadi S**, Kaplan DJ, Nho SJ. Patients age >40 years demonstrate durable and comparable results to patients age <40 years following primary hip arthroscopy for femoroacetabular impingement syndrome: a propensity matched study at minimum 10-year follow-up. *American Academy of Orthopaedic Surgeons*, 2024. E-Poster presentation.
7. Kaplan DJ*, Larson JH, Fenn TW, **Allahabadi S**, Malloy P, Nho SJ. Utilization and effectiveness of physical therapy after hip arthroscopy for femoroacetabular impingement. *American Academy of Orthopaedic Surgeons*, 2024. E-Poster presentation.
8. Haneberg E*, Phillips AR, Elias TJ, **Allahabadi S**, Yanke AB. Indications and technique: recession wedge trochleoplasty. *Orthopaedic Video Theater. American Academy of Orthopaedic Surgeons*, 2024.
9. Credille K, Elias T, **Allahabadi S***, Wang Z, Hakimiyan A, Chubinskaya S, Cole BJ, Frisbie D, Yanke AB. Chondrocyte response to autologous conditioned serum versus freeze-dried allogenic conditioned serum. *American Orthopaedic Society for Sports Medicine*, 2024.
10. Siu J, Oeding JF, O'Donnell J, Wu HH, **Allahabadi S**, Baldwin A, Diab M. Combined anterior thoracic vertebral body tethering and posterior lumbar tethering results in quicker return to sport and activity compared to posterior spinal instrumented fusion in patients with adolescent idiopathic scoliosis.
11. Quigley R, Frazier L, **Allahabadi S**, McMorro 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.
12. **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.
13. Credille K, Elias T, **Allahabadi S**, Wang Z, Hakimiyan 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.
14. **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.

15. 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.
16. 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.
17. 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.
18. 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.
19. 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.
20. 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.
21. 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.
22. **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.
23. 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.
24. **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.
25. 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.
26. 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.
27. 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.
28. 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.
29. **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.
30. 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*.
31. **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.
32. 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.
33. 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.
34. **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.
35. 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.
36. 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.
37. **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.
38. Kushare IL*, **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.
39. 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.
40. 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.
41. 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.
42. 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.

43. **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*.
44. **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.
45. **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.
46. **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.

PODCASTS, ONLINE LECTURES, & CASE DISCUSSIONS

2026	BackTable Bone & Sports – Ep. 114: Exploring osteochondral allografts for knee injuries with Dr. Sachin Allahabadi
2025	Orthopaedic Principles – Articular cartilage injuries of the knee – framework and algorithmic approach
2025	Orthobullets Podcast – Coinflips: Knee & Sports: Ipsilateral patellar tendon rupture and distal radius fracture in 33M
2024	Arthroscopy Podcast – Episode 252: All-inside and inside-out repair techniques for bucket-handle meniscus tears both result in improved patient outcomes and a broad range of failure rates: a systematic review

PROFESSIONAL AND INSTITUTIONAL SERVICE

2018 – 2024	Board of Directors , Westside Athletes Association Supported access to fitness, nutrition, and lifestyle coaching for underrepresented communities.
2020 – 2022	Resident Representative , UCSF Orthopaedics Diversity Committee Mentored students from backgrounds underrepresented in orthopaedic surgery.
2017 – 2022	Resident Representative , UCSF Orthopaedics Education Committee
2017 – 2022	Volunteer Team Physician , UCSF PlaySafe and RaceSafe Provided event medical coverage, high school football coverage, and preparticipation sports physicals.

INTERESTS

Functional fitness, basketball, triathlon, guitar, dogs