

Christopher P. O'Grady, MD

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

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

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

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

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

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

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

ABOS Subspecialty Certificate in Sports Medicine November 2007,
Recertified 2014

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

Orthopaedic Practice

Florida Bone and Joint
The Andrews Institute
Gulf Breeze, FL
September 2006-Present

Faculty:

James Andrews Orthopaedic
Sports Medicine Fellowship
2007-present

Appointments:

University of Southern Alabama
Department of Orthopaedic Surgery
Adjunct Assistant Professor

Professional Associations:

Surgeons-

American Association of Orthopaedic

Fellow

American Orthopaedic Society for Sports Medicine
Active Member

Arthroscopy Association of North America-
Active Member

Florida Orthopaedic Society
Active Member

Awards/Honors:

Intern of the Year
Long Island Jewish Medical Center
Department of General Surgery, 1997-1998

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

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

Instructor:

Mitek-Synthes April 2018 Sports Medicine Fellows Course Chicago, IL April 2019

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

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

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

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

Wright Medical "Glenoid Exposure Techniques"
Co-Chairman, January 2018

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

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

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

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

Smith and Nephew Sports Fellows Course September 2016 Faculty-Shoulder

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

Smith and Nephew Sports Fellows Course September 2015 Faculty-Shoulder

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

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

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

2012 NASA Consultant-*Shoulder Injuries in EVA Training*

Johnson Space Center, Houston, TX December 2012

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

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

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

2009 Fall Shoulder Course, Mitek, November 7-8

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

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

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

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

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

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

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

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

Team Associations:

Wave Travel Baseball Association
Gulf Breeze, FL 2017-present

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

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

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

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

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

Lectures/Presentations:

Current Concepts in Shoulder Instability, April 2018 and April 2019
Andrews Institute Grand Rounds

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

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

James Andrews Injuries in Football Course

2017 Faculty

Shoulder Instability - In Season Decisions

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

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

James Andrews Injuries in Football Course
2016 Faculty
Shoulder Instability

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

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

James Andrews Injuries in Football Course
2014 Faculty
Shoulder Instability

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

James Andrews Injuries in Football Course
2012 Faculty
Shoulder Instability

James Andrews Injuries in Football Course
2012 Faculty
SLAP Tears

James Andrews Injuries in Football Course
2012 Faculty
Shoulder Instability

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

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

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

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

James Andrews Injuries in Football Course
2008 Faculty
Surgical Treatment of Shoulder Instability

James Andrews Injuries in Football Course
2007 Faculty
Labral Tears in the Shoulder

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

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

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

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

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

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

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

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

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

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

Publications:

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

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

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

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

Poster Presentations

All posters presented at the European Federation of National Associations of Orthopaedics and Traumatology Congress, EFORT 2019, June 2019

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

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

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

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