

# Christopher J. McMellen, MD

## EDUCATION & MEDICAL TRAINING

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| <b>Steadman Hawkins Clinic Denver - University of Colorado Health</b><br>Sports Medicine Fellowship              | Denver, CO<br>August 2024-July 2025 |
| <b>Case Western Reserve University/University Hospitals</b><br>Orthopaedic Surgery Residency                     | Cleveland, OH<br>June 2024          |
| <b>Wright State University Boonshoft School of Medicine (BSOM)</b><br>Doctor of Medicine (MD), Alpha Omega Alpha | Dayton, OH<br>May 2019              |
| <b>Miami University</b><br>Bachelor of Science, Zoology; Minor, Neuroscience<br>• University Honors Program      | Oxford, OH<br>May 2015              |

## PUBLICATIONS

- McMellen CJ**, Sinkler MA, Winter E, Fanaeian E, Wetzel RJ. (2024) Cephalomedullary Nail Fixation for Prophylactic Treatment of Incomplete Femoral Neck Stress Fractures in Athletes: A Case Series. Accepted by *Orthopaedic Journal of Sports Medicine*.
- Kodsy MM, **McMellen CJ**, Sinkler MA, Voos JE, Karns MR. (2024) Management of Bone Loss in a Revised and Infected Anterior Cruciate Ligament Reconstruction: A Case Report. Accepted by *JBJS Case Connector*.
- Karimi AH, El-Abtah ME, Sinkler MA, Harlow ER, **McMellen CJ**, Chen RE, Gillespie RJ. (2023) The role of conservative management strategies in glenohumeral joint osteoarthritis: a systematic review. Accepted by *Seminars in Arthroplasty: JSES*.
- McMellen CJ**, Sinkler MA, Calcei JG, Hobson TE, Karns MR, Voos JE. (2023) Management of Bone Loss and Tunnel Widening in Revision ACL Reconstruction. *The Journal of bone and joint surgery. American volume*, 105(18), 1458–1471.
- Strony JT, Raji Y, Trivedi NN, **McMellen CJ**, Yu J, Calcei JG, Voos JE, Gillespie RJ. (2023) Opioid-Limiting Legislation in Ohio Reduces Opioid Prescription Following Shoulder Arthroscopy. *Orthopaedic Journal of Sports Medicine*. 11(11), 23259671231202242.
- McMellen CJ**, Desai B, Sinkler MA, Miskovsky S. (2023). Hybrid Percutaneous Management of Acute Mid-substance Achilles Tendon Ruptures. *Video Journal of Sports Medicine*. 3(2).
- Sinkler MA, Furdock RJ, **McMellen CJ**, Calcei JG, Voos JE. (2023). Biologics, Stem Cells, Growth Factors, Platelet-Rich Plasma, Hemarthrosis, and Scaffolds May Enhance ACL Surgical Treatment. *Arthroscopy*. 39(2), 166-175.

**McMellen CJ**, Ina JG, Ren BO, Hanna P, Gilmore A. (2022). Modified Grammont Soft Tissue Distal Patellar Realignment and Medial Patellofemoral Ligament Reconstruction for Patellofemoral Instability in Pediatric Patients. *Arthroscopy Techniques*, 11(12), e2255-e2263.

Sinkler MA, Wang M, Kuo A, Furdock RJ, **McMellen CJ**, Boes K, Ochenjele G. (2022). Anterior and superior plate positions in diaphyseal clavicle fractures produce similar patient outcomes. *European Journal of Orthopaedic Surgery and Traumatology: orthopedie traumatology*. 33(6), 2331–2336

Strony JT, LaBelle M, **McMellen CJ**, Golden ML, Chalmers P, Tashjian RZ, Gillespie RJ. (2022). Restoration of the Native Humeral Anatomy During Stemless Anatomic Total Shoulder Arthroplasty: A Radiographic Comparison of Intramedullary Versus Freehand Resection. *Journal of shoulder and elbow surgery*, 31(11), 2225-2232.

Dolson CM, Harlow ER, Gaal B, **McMellen CJ**, Geletka BJ, Phelan DM, Gabbett TJ, Flannery R, Calcei JG, Voos JE, Seshadri DR. (2022) Wearable Sensor Technology to Predict Core Body Temperature: A Systematic Review. *Sensors (Basel, Switzerland)*, 22(19), 7639.

**McMellen CJ**, Romeo NM. (2022). Interprosthetic Femur Fractures: A Review Article. *JBJS Reviews*, 10(9):e22.00090.

**McMellen CJ**, Ina JG, Calcei JG, Goodfellow DG, Voos JE (2022). The Evolution of Femoral Tunnel Drilling in ACL Reconstruction: History, Current Practices, and Future Applications. *SN Comprehensive Clinical Medicine*, 4(195).

Kolaczko JG, Knapik DM, **McMellen CJ**, Mengers SR, Gillespie RJ, Voos JE. (2022). Complete Isolated Ruptures of the Distal Biceps Brachii During Athletic Activity: A Systematic Review. *Cureus*, 14(8), e27899.

Nelson GB, **McMellen CJ**, Kolaczko JG, Millett PJ, Gillespie RJ, Su CA. (2021). Immunologic Contributions Following Rotator Cuff Injury and Development of Cuff Tear Arthropathy. *JBJS Reviews*, 9(11):10.2106/JBJS.RVW.21.00126.

Joseph NM, Benedick A, **McMellen C**, Napora J, Wetzel R, Sontich J, Ochenjele G. (2021). Acute Fixation of Displaced Intra-articular Calcaneus Fractures Is Safe Using the Sinus Tarsi Approach. *Journal of orthopaedic trauma*, 35(6), 289–295.

Kolaczko JG, **McMellen CJ**, Magister SJ, Wetzel RJ (2021). Comparison of time to healing and major complications after surgical fixation of nondisplaced femoral neck stress fractures: A systematic review. *Injury*, 52(4), 647–652.

Boin MA, Dorweiler, MA **McMellen CJ**, Gould GC, Laughlin RT (2017). Suture-Only Repair Versus Suture Anchor-Augmented Repair for Achilles Tendon Ruptures With a Short Distal Stump: A Biomechanical Comparison. *Orthopaedic journal of sports medicine*, 5(1), 2325967116678722.

## PRESENTATIONS

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Strony JT, LaBelle M, **McMellen CJ**, Golden ML, Chalmers P, Tashjian RZ, Gillespie RJ. Restoration of the Native Humeral Anatomy During Anatomic Total Shoulder Arthroplasty: A Radiographic Comparison of Intramedullary Vs. Extramedullary Resection. *Podium Presentation* at Mid-America Orthopaedic Association Annual Meeting. April 6-10<sup>th</sup>, 2022. San Antonio, TX.

Strony JT, Raji Y, Trivedi NN, **McMellen CJ**, Yu J, Calcei JG, Voos JE, Gillespie RJ. Opioid-Limiting Legislation in Ohio Reduces Opioid Prescription Following Shoulder Arthroscopy. *Podium Presentation* at Mid-America Orthopaedic Association Annual Meeting. April 6-10<sup>th</sup>, 2022. San Antonio, TX.

Vakharia A, **McMellen C**, Brown M, Su C, Voos JE, Salata MJ. A Nationwide Analysis on the Impact of Depressive Disorders on Patients Undergoing Hip Arthroscopy: A Matched-Control Analysis. *Poster Presentation* at American Academy of Orthopaedic Surgeons Annual Meeting. August 31-September 3, 2021. San Diego, CA.

**McMellen C**, Barnhill S, Kiskaddon E, Krishnamurthy A. Bony Metastasis of Transitional Cell Carcinoma of Unknown Origin with Subsequent Ten Year Survival (Case Report). *Podium Presentation* at Wright State University BSOM Medical Student Research Symposium. April 11, 2018.

**McMellen CJ**, Anderson SR, Wimalawansa SM. Treating Painful Snapping EPL Tendon Subluxation – 3-Pronged Approach with Centralizing Neo-Sheath Reconstruction for the EPL Utilizing a Hemi-ECRL Tendon Graft, 1-2 Intermetacarpal Ligament Reconstruction, and Sagittal Band Tightening (Case Report). *Poster Presentation* at Wright State University BSOM Medical Student Research Symposium. April 11, 2018.

Boin MA, Dorweiler MA, **McMellen CJ**, Gould GC, Laughlin RT. Suture-Only Repair Versus Suture Anchor–Augmented Repair for Achilles Tendon Ruptures with a Short Distal Stump. *Poster presentation* at Wright State University BSOM Medical Student Research Symposium. April 12, 2017.

## OTHER RESEARCH EXPERIENCE

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**Steadman Hawkins Clinic Denver** August 2024 – Present  
Traction Force in Hip Arthroscopy after Acetabular Labral Advancement  
James Genuario, MD

**Department of Neuroscience, Miami University** August–December 2014  
Transient changes in CNS glial cell populations after peripheral nerve injury  
Lori Isaacson PhD, Professor, Miami University Department of Neuroscience

- Analyzed rodent spinal cord sections using immunohistochemistry to examine changes after nerve injury

## **HONORS AND AWARDS**

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|   |      |
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| 2022-23 Senior Resident Orthopaedic In-Training Exam Award                                | 2023 |
| • Highest OITE score in residency program   |      |
| 2021-22 Third Year Orthopaedic In-Training Exam Award                                     | 2022 |
| • Highest OITE score among third year residents   |      |
| 2020-21 Orthopaedic In-Training Exam Award  | 2021 |
| • Highest OITE score among all junior residents   |      |
| Alpha Omega Alpha Honor Society Inductee  | 2019 |
| Merck Academic Excellence Award   | 2019 |
| • Finished top 3 in medical school  |      |
| Dan W. Elliot, MD Surgical Excellence Award   | 2019 |
| • Outstanding 4 <sup>th</sup> year medical student in surgery and surgical subspecialties |      |
| Term 2 Award for Academic Excellence  | 2017 |
| • Highest GPA in second year of medical school  |      |
| Anil G. Patel, MD Memorial Scholarship  | 2017 |
| • Academic excellence from hometown hospital in Ashtabula, OH                             |      |
| Valedictorian Edgewood Senior High School (Ashtabula, OH)                                 | 2011 |

## **PROFESSIONAL EXPERIENCE AND ACTIVITIES**

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| <b>Denver Broncos Football Club Team Physician</b>                   | Denver, CO<br>2024-2025          |
| <b>Colorado Rockies Baseball Team Physician</b>                      | Denver, CO<br>2024-2025          |
| <b>Cherry Creek High School Football Team Physician</b>              | Greenwood Village, CO            |
| • 2024 Colorado State Champions                                      |                                  |
| <b>International Surgical Training</b>                               | Zurich, Switzerland<br>July 2023 |
| • Worked with experts in shoulder/elbow surgery at Schulthess Klinik |                                  |
| <b>Arthroscopy Association of North America</b>                      | Cleveland, OH<br>2023            |
| • Comprehensive Arthroscopy Self Examination Question Author         |                                  |
| <b>Resident Physician High School Football Coverage</b>              | Cleveland, OH<br>2019 -present   |
| • Provided medical coverage for Cleveland area high school football  |                                  |

**Wright State University Boonshoft School of Medicine**  
Pre-Health Program Mentor

Dayton, OH  
January 2018-2019

**Orthopaedic Surgery Interest Group**  
President

Dayton, OH  
July 2018-2019

**James B. Peoples, MD, BSOM Surgical Society**  
President

Dayton, OH  
July 2016-July 2017

**Jamaica American Caribbean Experience**  
Medical Volunteer

St. Mary Parish, Jamaica  
June 2016

**Reach Out of Montgomery County**  
Medical Volunteer

Dayton, OH  
May 2016

## **CERTIFICATIONS**

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Advanced Cardiovascular Life Support  
Basic Life Support

## **PROFESSIONAL AFFILIATIONS**

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| American Orthopaedic Society for Sports Medicine | 2024 |
| Arthroscopy Association of North America Member  | 2022 |
| American Academy of Orthopaedic Surgeons Member  | 2019 |
| Alpha Omega Alpha Honor Society Member           | 2019 |
| American Medical Association Member              | 2015 |