

# Zachary Wells

ORTHOPAEDIC SURGEON

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## TECHNICAL SKILLS

Hip/Knee Arthroplasty  
Revision Hip/Knee Arthroplasty  
Periprosthetic Fracture Care  
General Orthopaedics/Trauma  
Research Experience

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## EDUCATION

DOCTORATE OF OSTEOPATHIC  
MEDICINE (D.O.)  
Philadelphia College of  
Osteopathic Medicine  
Philadelphia, PA  
May 2018

BACHELOR OF SCIENCE (B.S.)  
Biology, magna cum laude  
Liberty University  
Lynchburg, VA  
May 2012

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## ORTHOPAEDIC TRAINING

FELLOWSHIP IN ADULT RECONSTRUCTION Aug 2023-2024  
Florida Orthopaedic Institute  
Tampa, FL  
Fellowship Director: Thomas Bernasek M.D.

- Experience in complex primary and revision hip/knee arthroplasty as well as periprosthetic fracture care
- Exposure to innovative techniques such as robotics, navigation and patient specific instrumentation
- Autonomous clinical experience and skill development in billing/coding

ORTHOPAEDIC SURGERY RESIDENCY Jul 2018 - 2023  
Philadelphia College of Osteopathic Medicine  
Philadelphia, PA  
Residency Director: John J. McPhilemy, D.O.

- Practiced in various hospitals in Philadelphia metro area including the Thomas Jefferson University system, Rothman Institute, Main Line Health system, and Pennsylvania Hospital.
- Trained by several team physicians for professional, semi-professional, and collegiate athletics
- Subspecialty training in adult reconstruction at Rothman Institute
- Subspecialty training in trauma and orthopedic oncology at Cooper University Hospital, one of the busiest level 1 orthopedic trauma centers on the East Coast
- Subspecialty training in sports, trauma, and adult reconstruction at Sinai Hospital of Baltimore

# Zachary Wells

## ACHIEVEMENTS

RESEARCH POSTER OF THE YEAR  
Philadelphia College of Osteopathic Medicine  
Jun 2021

## PROFESSIONAL AFFILIATIONS

American Academy of Orthopedic Surgeons (AAOS)

American Osteopathic Academy of Orthopedics (AOAO)

American Academy of Hip and Knee Surgeons (AAHKS)

AAOS Resident Research Committee Member (AAOS)

Philadelphia Orthopedic Society

Pennsylvania Orthopedic Society

## RESEARCH EXPERIENCE

Rothman Orthopaedic Institute  
Philadelphia, PA  
Advisors: Yale Fillingham, MD, Matthew Austin, MD, Carl Deirmengian, MD, Stephen Sizer, DO

Jan 2020- Current

- Idea design, IRB data collection/analysis and manuscript writing/editing
- Clinical focus Implant longevity, Periprosthetic Joint Infection, Cementless Total Knee Arthroplasty

Rubin Institute of Advanced Orthopedics  
Baltimore, MD

Jan 2020- May 2021

Advisors: James Nace, DO, Ronald E. Delanois, MD

- Data collection/analysis and manuscript writing/editing
- Clinical focus implant stability, patient access to joint arthroplasty, physician reimbursement

Rothman Orthopaedic Institute  
Shoulder/Elbow Research Fellowship  
Philadelphia, PA

Nov 2014 – May 2016

Advisors: Joseph Abboud, MD, Gerald Williams, MD, Surena Namdari, MD, Mark Lazarus, MD, Matthew Ramsey, MD

- Idea design, data collection/analysis and manuscript writing/editing
- Clinical focus opioid consumption after shoulder surgery, cuff tear arthropathy/massive rotator cuff management, upper extremity fractures

## PUBLICATIONS

- Parsikia A, Goodwin M, **Wells Z**, Gauthier Z, Bascom M, Suh M, Ortiz J, Joshi A. Prognostic Indicators of early mortality after tracheostomy in the intensive care unit. J Surg Res. 2016 Nov;206(1):235-241. doi: 10.1016/j.jss.2016.08.003. PMID: 27916368
- Klein JS, Davis DE, **Wells ZS**, Kane LT, Shoulder D, Namdari S, Abboud JA. The Distress and Risk Assessment Method predicts postoperative narcotic use in patients undergoing rotator cuff repair. J Shoulder Elbow Surg. 2019 Jun;28(6S):S146-S153. doi: 10.1016/j.jse.2019.04.012. PMID: 31196509
- Barlow JD, Jamgochian G, **Wells ZS**, Bateman DK, Schmerfeld AA, Abboud JA, Williams GR. Reverse Shoulder Arthroplasty is Superior to Hemiarthroplasty for Cuff Tear Arthropathy with Preserved Motion. Archives of Bone and Joint Surgery 2020 Jan;8(1):75-8. doi:10.22038/abjs.2019.38427.2016. PMID: 32090149
- Hendy BA, Zmistowski B, **Wells Z**, Abboud JA, Namdari S. Humeral Shaft Fractures: Surgical versus Nonsurgical Management in Workers' Compensation. Arch Bone Jt Surg. 2020 Nov;8(6):668-674. doi: 10.22038/abjs.2020.44301.2211. PMID: 33313346

# Zachary Wells

## MEDICAL LICENSURES

Pennsylvania Osteopathic  
Training License  
Orthopedic Resident  
Recertified Jul 2022

Florida Unrestricted Osteopathic  
License  
Orthopedic Surgeon  
March 2023

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## CERTIFICATIONS

Basic Life Support  
American Heart Association  
Recertified Jun 2022

Advanced Cardiac Life Support  
American Heart Association  
Recertified Jun 2022

Advanced Trauma Life Support  
American College of Surgeons  
Jul 2018

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## PUBLICATIONS *continued*

- Schiller NC, Donnally CJ 3rd, Sama AJ, Schachner BI, **Wells ZS**, Austin MS. Trends in Leadership at Orthopedic Surgery Adult Reconstruction Fellowships. *J Arthroplasty*. 2020 Sep;35(9):2671-2675. doi: 10.1016/j.arth.2020.04.091. PMID: 32507452
- Wilkie WA, Mohamed NS, Remily EA, Bonier J, McDermott S, Pastore M, **Wells Z**, Pollak AN, Nace J, Delanois RE. Access to Total Knee Arthroplasty Among Patients With Low Incomes Has Not Increased Under Global Budget Revenue. *Orthopedics*. 2021 Dec 2:1-6. doi: 10.3928/01477447-20211124-03. PMID: 34846240
- Goh GS, **Wells Z**, Ong CB, Small I, Ciesielka KA, Fillingham YA. Does Body Mass Index Influence the Outcomes and Survivorship of Modern Cementless Total Knee Arthroplasty? *J Arthroplasty*. 2022 May 26:S0883-5403(22)00592-7. doi: 10.1016/j.arth.2022.05.041. PMID: 35644461
- Forte SA, D'Alonzo JA, **Wells Z**, Levine B, Sizer S, Deirmengian C. Laboratory-Reported Normal Value Ranges Should Not Be Used to Diagnose Periprosthetic Joint Infection. *Cureus*. 2022 Aug 22;14(8):e28258. doi: 10.7759/cureus.28258. PMID: 36039123
- Chaudhry YP, Hayes H, **Wells Z**, Papadelis E, Arevalo A, Horan T, Khanuja HS, Deirmengian C. Unsupervised Home Exercises Versus Formal Physical Therapy After Primary Total Hip Arthroplasty: A Systematic Review. *Cureus*. 2022 Sep 19;14(9):e29322. doi: 10.7759/cureus.29322. PMID: 36159349
- **Wells Z**, Chhipa I, Leinberry C, Namdari S, Gutman M, Banner L. Ultrasound guided percutaneous tenotomy for lateral epicondylitis. *Indian J Orthop Surg* 2023;9(1):1-4.
- Chaudhry YP, Hayes H, **Wells Z**, Papadelis E, Khanuja HS, Deirmengian C. Not All Patients Need Supervised Physical Therapy After Primary Total Knee Arthroplasty: A Systematic Review and Meta-Analysis. *Cureus* 15(2): e35232. doi:10.7759/cureus.35232

# Zachary Wells

## PHILANTHROPY

### Operation Walk

Pittsburgh Chapter

Guatemala Team 2021

## Hobbies

Brazilian Jiu Jitsu black belt

- Coach Rob Scheier black belt under Renzo Gracie/Ricardo Alemida

Golfing, Snowboarding, Stock Investing/Venture Capital

## CONFERENCE PRESENTATIONS

- Goh GA, Wells Z, Fillingham YA. Does Body Mass Index Influence the Outcomes and Survivorship of Modern Cementless TKA?. Poster presentation at American Academy of Orthopedic Surgeons, Chicago, IL. Mar 2022.
- Forte SA, D'Alonzo J, Wells ZS, Deirmengian CA, Levine BR, McLaren AC, Sizer SC. Laboratory-Reported Test Cutoffs Do Not Correspond to PJI Scoring System Recommendations. Poster presentation at PCOM Grand Rounds. May 2021.
- Wilkie WA, Remily EA, Mohamed NS, Pervais S, Douglas S, Sax O, Delanois R, Brooks R, Wazen J, Heimur J, Wells Z, Pratte T. Inpatient Dislocation Following THA: Many Complications, Few Answers. Poster presentation at PA Orthopedic Society Virtual Meeting. Oct 2020.
- Smith T.J., Judice A, Forte S.A., Wilkie W.A., D'Alonzo J, Wells Z, Arevalo A, Campbell N, Horan T, McPhilemy J.J. The Vacuum Phenomenon in the Elbow: A Case Report. Poster presentation at PA Orthopedic Society Virtual Meeting. Oct 2020.
- Forte SA, D'Alonzo J, Wells ZS, Deirmengian CA, Levine BR, McLaren AC, Sizer SC. Laboratory-Reported Test Cutoffs Do Not Correspond to PJI Scoring System Recommendations. Poster presentation at Musculoskeletal Infection Society Annual Meeting. Aug 2020.
- Wells Z, Banner L, Gutman MJ, Chhipa I, Namdari S, Leinberry C. Ultrasonic percutaneous tenotomy: a case review series with three year follow up. Poster presentation at PCOM Grand Rounds. May 2020.
- Debernardis D, Horneff J, Wells Z, Davis D, Ramsey M, Austin L. Revision Total Elbow Arthroplasty Failure Rate by Etiology of Revision. Podium presentation American Shoulder Elbow Society Annual Meeting. Las Vegas, NV. Mar 2019.
- Klein J, Davis D, Wells Z, Namdari S, Abboud JA. The Distress and Risk Assessment Method predicts post-operative narcotic use in patients undergoing rotator cuff repair. Podium presentation American Shoulder Elbow Society Annual Meeting. Chicago, IL. Oct 2018.
- Debernardis D, Horneff J, Wells Z, Davis D, Ramsey M, Austin L. Revision Total Elbow Arthroplasty Failure Rate by Etiology of Revision. Poster Presentation American Shoulder Elbow Society Annual Meeting. Chicago, IL. Oct 2018.
- Zmistowski B, Hendy B, Wells Z, Abboud JA, Namdari S. Humeral Shaft Fractures: Surgical versus Nonoperative Management in Workers' Compensation. Poster presentation at American Shoulder Elbow Society Annual Meeting. Chicago, IL. Oct 2018.
- Klein J, Davis D, Wells Z, Namdari S, Abboud JA. The Distress and Risk Assessment Method predicts post-operative narcotic use in patients undergoing rotator cuff repair. Podium presentation American Shoulder Elbow Society Fellows Symposium. San Diego, CA. Jun 2018.
- Wells Z, Davis D, Horneff J, Namdari S, Abboud JA. Inverse of the reverse: Non-Arthroplasty Options for Massive Irreparable Rotator Cuff Tears. Clinical Exhibit Presentation American Academy of Orthopedic Surgeons. New Orleans, LA. Mar 2018.
- Wells Z, Bascom M, Gauthier Z, Suh M, Meloro B, Lopez A, Goodwin M, Parsikia A, Ortiz J, Leung P, Joshi A. Timing of Tracheostomy and its Association with Length of Stay and Mortality. Poster presentation at 11<sup>th</sup> Annual Academic Surgical Congress, Jacksonville, FL. Feb 2016.

# Zachary Wells

## PROFESSIONAL DEVELOPMENT / COURSES

Stryker Northeast Joint Replacement Resident Summit – Mahwah, NJ. Oct 2022

Stryker Revision Arthroplasty Cadaver Course – Philadelphia, PA. Oct 2022

Smith & Nephew Revision Arthroplasty Cadaver Course – Philadelphia, PA. Feb 2022

American Association of Hip and Knee Surgeons Annual Meeting – Dallas, TX. Nov 2021

American Association of Hip and Knee Surgeons Resident Hip and Knee Course – Dallas, TX. Nov 2021

American Osteopathic Academy of Orthopedics Annual Meeting – Virtual. Oct 2021

Florida Orthopedic Society Annual Meeting – Tampa Bay, FL. May 2021

AAOS/AAHKS/HS/KS Fundamentals of Hip and Knee Arthroplasty resident course – Chicago, IL. July 2021

Stryker Mako Cadaver Orthopedic Resident Cadaver Course – Philadelphia, PA. Feb 2021

Cooper University Orthopedic Oncology/Pathology Review – Camden, NJ. Oct 2020

Stryker TEACH Orthopedic Resident Cadaver Lab – Cherry Hill, NJ. Sept 2020

Temple University Hospital Trauma Symposium – Philadelphia, PA. Jun 2020

AO Trauma North America – Principles of Fracture Management – La Jolla, CA. Mar 2020

Skeletal Dynamics Upper Extremity Trauma Course – Philadelphia, PA. Dec 2019

Globus Medical Lower Extremity Trauma Course – Philadelphia, PA. Dec 2019

Temple University Hospital Trauma Symposium – Philadelphia, PA. Jun 2019

Depuy/Synthes Lower Extremity Cadaver Dissection – West Chester, PA. Jun 2019

Cooper University Orthopedic Trauma Symposium – Cherry Hill, NJ. May 2019

Mid-Atlantic Shoulder & Elbow Society Meeting – Washington, DC. Sept 2018

Musculoskeletal Infection Society Annual Meeting – Philadelphia, PA. Jul 2018

American Academy of Orthopedic Surgeons Annual Meeting– New Orleans, LA. Mar 2018

Mid-Atlantic Shoulder & Elbow Society Meeting – Washington, DC. Sept 2017

11<sup>th</sup> Annual Academic Surgical Congress – Jacksonville, FL. Feb 2016