**CURRICULUM VITAE**

**Date of Revision:** 8/25/2017

**Name:** Arya Giri Varthi, M.D.

**Proposed position:** Appointment to Assistant Professor, Department of Orthopaedic Surgery

**Term:** September 1, 2017 – December 31, 2019

**School:** Yale University School of Medicine

**Education:**

B.A. University of Chicago (Economics), 09/2003-06/2007

M.D. University of Connecticut School of Medicine, 09/2007-06/2011

**Career/Academic Appointments:**

07/2011-06/2012 Intern, General Surgery, Yale New Haven Hospital, New Haven, CT

07/2012-06/2016 Resident, Orthopaedic Surgery, Yale New Haven Hospital, New Haven, CT

08/2016-07/2017 Fellow, Spine Surgery, Rush University Medical Center, Chicago, IL

**Administrative Positions:**

07/2015-06/2016 Chief Resident, Orthopaedic Surgery, Yale New Haven Hospital, New Haven, CT

**Board Certification:**

American Board of Orthopaedic Surgery, ABOS Part 1 Orthopaedic Surgery, 2016

**Professional Honors and Recognition:**

2016: Yale Power Day Resident Award, given to five residents in hospital annually.

2014-16: Yale PA Committee Resident Representative, elected by orthopaedic surgery PAs

2014-16: Graduate Medical Education Council Orthopaedic Surgery Representative, elected by orthopaedic surgery program directors

2014-16: Connecticut Orthopaedic Society Resident Representative, selected by orthopaedic surgery program directors

2015: AOA Resident Leadership Forum, selected by orthopaedic surgery program directors

2012: Yale Orthopaedics O. Donald Chrisman Research Award**;** Multiligamentous Knee Injury: Single-Center Investigation of Injury Patterns, Treatment and Outcomes at Yale New Haven Hospital; Bullock J, Varthi AG, Medvecky MM (Presentation by Bullock J)

2012: Arnold P. Gold Humanism Honor Society; elected by medical students, co-residents

2011: 3rd place award at annual UCONN Continuous Quality Improvement Meeting

2011: UCONN School of Medicine Surgical Excellence Award, given to one student per year

2009: UCONN School of Medicine Academic Scholarship, given to top 10% of 2nd year class

2007: UCONN School of Medicine Merit Scholarship, $5000

2007: Dean’s list, every trimester at University of Chicago

2007: Graduated University of Chicago with general honors

2007: Nominated for Putzel Prize, given annually to one student with a promising future as a physician

2007: Phi Beta Kappa; GPA of 3.83/4.00

2003: National Merit Scholarship Commendation

2003: AP Distinguished Scholar

**Peer-Reviewed Presentations & Symposia Given at Meetings Not Affiliated With Yale:**

2017: AO North America Annual Spine Fellows Forum, Banff, Canada (Poster presentation by Varthi AG), “A Classification System for Adjacent Segment Disease Following Lumbar Spinal Fusion”

2016: North American Spine Society Annual Meeting, Boston, MA. (Podium presentation by Varthi AG). “Different fusion approaches for single-level lumbar spondylolysis have similar perioperative outcomes.”

2015: American Academy of Orthopaedic Surgeons Annual Meeting, Las Vegas, NV. (Podium presentation by Golinvaux NS) “Complication Rates Following Elective Lumbar Fusion in Patients With Diabetes: Insulin-Dependence Makes the Difference”

Orthopaedic Research Society Meeting, Las Vegas, NV. (Poster presentation by Packer JD) “Ibuprofen Impairs Capsulolabral Healing in a Rat Model of Anterior Glenohumeral Instability”

American Orthopaedic Association, Las Vegas, NV. (Poster presentation by Packer JD) “Ibuprofen Impairs Capsulolabral Healing in a Rat Model of Anterior Glenohumeral Instability”

Lumbar Spine Research Society Annual Meeting (Poster presentation by Webb ML) “Of 12,567 Lumbar Discectomies, 2.47% Of Patients Readmitted Within 30 Days: Pain Issues The Most Common Reason For Readmission”

Lumbar Spine Research Society Annual Meeting (Poster presentation by Webb ML) “Of 5,267 Lumbar Posterior Fusions, 4.35% Of Patients Readmitted Within 30 Days: Surgical Site Issues The Most Common Reasons For Readmission”

2014: North American Spine Society Annual Meeting, San Francisco, CA. (Podium presentation by Basques BA). “Patient characteristics associated with length of stay and readmission after laminectomy for lumbar spinal stenosis.”

North American Spine Society Annual Meeting, San Francisco, CA. (Podium presentation by Basques BA). “Perioperative outcomes after cervical laminoplasty versus posterior decompression and fusion: Analysis of 779 patients in the ACS-NSQIP database.”

North American Spine Society Annual Meeting, San Francisco, CA. (Podium presentation by Basques BA). “Factors predictive of increased surgical drain output after anterior cervical discectomy and fusion.”

2012: Annual American Association of Hip and Knee Surgeons Meeting, Dallas, TX. (Oral presentation by Lieberman JR) “Osteonecrosis of the knee - which joint preservation procedures work?”

**Professional Service:**

2014-2016 Connecticut Orthopaedics Society, Resident Representative

2014-2016 North American Spine Society, Member

2012-2016 Arnold P. Gold Foundation; Gold Humanism Honor Society, Member

2011-2016 Connecticut Orthopaedics Society, Member

2011-2016 American Medical Association, Member

2011-2016 American Academy of Orthopaedic Surgeons, Member

2007-2016 Phi Beta Kappa Society, Member

**Yale University Service:**

2014-2016 Yale Graduate Medical Education Committee, Resident Representative

2014-2016 Yale Orthopaedic Physican Assistant Committee, Resident Representative

**Public Service:**

2014-2016 Loaves and Fishes, St. Paul and St. James Episcopal Church, New Haven, CT

2004-2007 Woodlawn After-School Kids Program, Chicago, IL

2006 India National Institute, HIV/Tuberculosis clinic, Chennai, India

**Bibliography:**

**Peer-Reviewed Publications**

1. Nelson SJ, Webb ML, Lukasiewicz AM, Varthi AG, Samuel AM, Grauer JN. Is Outpatient Total Hip Arthroplasty Safe? Journal of Arthroplasty. 2016 December; PMID: 28065622
2. Gala R, Varthi AG, Medvecky MM. Value of Upright X-Rays in Diagnosis of AC Joint Injuries in Poly-Trauma Patients. Connecticut Medicine. 2016 October; PMID: Pending
3. Save AV, Varthi AG, Talusan PG, Gala R, Nelson S, Keggi KJ. Ceramic-on-Ceramic Total Hip Arthroplasty in a Twelve-Year-Old Patient: Case Report with a 27-Year Follow-Up. Connecticut Medicine. 2016 June-July; PMID: 27509640

1. Samuel AM, Webb ML, Lukasiewicz AM, Basques BA, Bohl DD, Varthi AG, Lane JM, Grauer JN. [Variation in Resource Utilization for Patients With Hip and Pelvic Fractures Despite Equal Medicare Reimbursement.](https://www.ncbi.nlm.nih.gov/pubmed/26913512) Clinical Orthopaedics and Related Research. 2016 Jun;474(6):1486-94. PMID: 26913512
2. Samuel AM, Lukasiewicz AM, Webb ML, Bohl DD, Basques BA, Varthi AG, Leslie MP, Grauer JN. [Do we really know our patient population in database research? A comparison of the femoral shaft fracture patient populations in three commonly used national databases.](https://www.ncbi.nlm.nih.gov/pubmed/26920971) The Bone and Joint Journal. 2016 Mar;98-B(3):425-32. PMID:26920971
3. Lukasiewicz AM, Bohl DD, Varthi AG, Basques BA, Webb ML, Samuel AM, Grauer JN. [Spinal Fracture in Patients With Ankylosing Spondylitis: Cohort Definition, Distribution of Injuries, and Hospital Outcomes.](https://www.ncbi.nlm.nih.gov/pubmed/26579959) Spine (Phila Pa 1976). 2016 Feb;41(3):191-6. PMID: 26579959
4. Webb ML, Lukasiewicz AM, Samuel AM, Bohl DD, Basques BA, Varthi AG, Grauer JN. [Overall Similar Infection Rates Reported in the Physician-reported Scoliosis Research Society Database and the Chart-abstracted American College of Surgeons National Surgical Quality Improvement Program Database.](https://www.ncbi.nlm.nih.gov/pubmed/26110664) Spine (Phila Pa 1976). 2015 Sep 15;40(18):1431-5. PMID: 26110664
5. Varthi AG, Whang PG, Sasso RC, Smucker JD. [Do you need bone graft extenders for a 2- to 3-level posterior lumbar decompression and fusion with adequate local bone?](https://www.ncbi.nlm.nih.gov/pubmed/25985462) Journal of Spinal Disorders and Techniques. 2015 Jun;28(5):159. PMID: 25985462
6. Varthi AG, Basques BA, Bohl DD, Golvinaux NS, Grauer JN. Perioperative outcomes after cervical laminoplasty versus posterior decompression and fusion: Analysis of 779 patients in the ACS-NSQIP database. Journal of Spinal Disorders and Techniques. Jun;29(5):E226-32. PMID: 25310393
7. Basques BA, Bohl DD, Fu MC, Golvinaux NS, Varthi AG, Gardner E, Grauer JN. Risk factors for short-term adverse events and readmission after arthroscopic meniscectomy: does age matter? American Journal of Sports Medicine. 2015 Jan;43(1):169-75. PMID:25294869
8. Basques BA, Golinvaux NS, Bohl DD, Yacob A, Toy JO, Varthi AG, Grauer JN. Use of an operating microscope during spine surgery is associated with minor increases in operating room times and no increased risk of infection. Spine (Phila Pa 1976). 2014 Aug 14. PMID: 25188600.
9. Golinvaux NS, Varthi AG, Bohl DD, Basques BA, Grauer JN. Complication Rates Following Elective Lumbar Fusion in Patients With Diabetes: Insulin-Dependence Makes the Difference. Spine (Phila Pa 1976). 2014 Jul 9. PMID: 25010098.
10. Basques BA, **Varthi AG,** Golinvaux NS, Bohl DD, Grauer JN. Patient characteristics associated with increased postoperative length of stay and readmission after elective laminectomy for lumbar spinal stenosis. Spine (Phila Pa 1976). 2014 May 1;39(10):833-40. PMID: 24525996.
11. Basques BA, Bohl DD, Golinvaux NS, Yacob A, **Varthi AG,** Grauer JN. Factors predictive of increased surgical drain output after anterior cervical discectomy and fusion. Spine (Phila Pa 1976). 2014 Apr 20;39(9):728-35. PMID: 24480948.
12. Lieberman JR, **Varthi AG,** Polkowski GG 2nd. Osteonecrosis of the knee - which joint preservation procedures work? J Arthroplasty. 2014 Jan;29(1):52-6. PMID: 23725928.
13. Bohl DD, Gruskay JA, Miller CP, **Varthi A,** Ruiz FK, Whang PG, Grauer JN. Recovery room radiographs not found to have incremental utility above intraoperative images after lumbar fusion procedures. Spine (Phila Pa 1976). 2013 Oct 15;38(22):1927-33. PMID: 23883831.
14. Russo GS, Olson RL, Russo GS, Olson RL, **Varthi A,** Patel N, Leger R, Rodner CM. Physical examination and radiographic interpretation of carpal anatomy in orthopedic residents and emergency medicine physicians. Am J Orthop (Belle Mead NJ). 2012 Jun;41(6):262-7. PMID: 22837989

**Chapters and Review Articles:**

1. Varthi AG, Phillips FM. “Degenerative Spondylolisthesis – When to Fuse?” Journal of Contemporary Spine Surgery. Publication in 2016.
2. Varthi AG, Russo GS, Whang PG “Dural Injuries,” Rothman-Simone The Spine, Edition 7. Editors: Garfin SR, Eismont FJ, Bell GR, Fischgrund JS, Bono CM. Publication pending.
3. Varthi AG, Toy JO, Whang PG “Spine Infections and Interspinous Process Decompression,” Handbook of Spine Surgery*.* Edition 2.Editors: Baag AB; Mummaneni PV; Uribe JS; Vaccaro AR; Greenberg MS. Publication pending.
4. **Varthi A,** Piposar J, Chan W, Blaine TA. “Biologic treatments for shoulder pain,” Current Orthopaedic Practice. 2013 July; 24(4): 360-364.
5. Rodner CM, Fleit A, Varthi AG, Grady J, Chapter 11: “Wrist and Forearm” in Musculoskeletal Emergencies. Editors: Browner BD, Fuller RP; Elselvier 2012; p. 123-147
6. Purcell D, **Varthi A,** Lee MC. “Slipped capital femoral epiphysis: Current concepts review,” Current Orthopaedic Practice. 2011 Jan; 22(1): 81-89. doi: 10.1097.

**Scholarship in press:**

1. Packer JD, Varthi AG, Zhu D, Javier FG, Garver JV, Tommasini SM, Blaine TA: Ibuprofen Impairs Capsulolabral Healing in a Rat Model of Anterior Glenohumeral Instability. American Journal of Sports Medicine. In preparation.
2. Gala R, Varthi AG, Dodds SD. Medium term results in 26 patients with Katalyst bipolar radial head arthroplasty. Journal of Wrist Surgery. Submitted.
3. Webb ML, Varthi AG, Samuel AM, Lukasiewicz AM, Daubs MD, Grauer JG. Comparison of perioperative adverse event rates after single-level transforaminal lumbar interbody fusion versus anterior interbody fusion for spondylotic spondylolisthesis. Spine. In preparation.
4. Basques BA, Massel DH, Mayo BC, Shifflett GD, Louie PK, Bohl DD, Long WW, Modi KD, Varthi AG, Singh K. The Influence of Gender on Outcomes of ACDF. Spine. In preparation.

**Activities:**

University of Chicago Men’s Varsity Tennis Team, 2003-04

University of Chicago Men’s Club Rugby Team, 2004-07