

**CURRICULUM VITAE**  
**Raj J Gala, MD**

**Appointment:** Assistant Professor, Department of Orthopaedics & Rehabilitation

**Term:** 01/01/2025 – present

**School:** Yale University School of Medicine

**Education:**

08/2005-05/2009 BS, Biomedical Engineering, Illinois Institute of Technology, Chicago, IL (*summa cum laude*)

08/2009-05/2013 MD, Case Western Reserve University School of Medicine, Cleveland, OH

**Career/Academic Appointments:**

07/2013-06/2014 Intern, Orthopedic Surgery, Yale-New Haven Hospital, New Haven, CT

07/2014-06/2018 Resident, Orthopedic Surgery, Yale-New Haven Hospital, New Haven, CT

08/2018-08/2019 Fellow, Spine Surgery, Emory University, Atlanta, GA

08/2019-03/2023 Attending Spine Surgeon, Danbury, CT

05/2023-11/2024 Assistant Professor, Department of Orthopedics and Physical Rehabilitation, UMass Chan Medical School, Worcester, CT

**Board Certification:**

2021-2031 American Board of Orthopaedic Surgery, Orthopaedic Surgery

**Professional Honors & Recognition:**

***International/National/Regional***

2011 Student Research Award, American Pediatric Society-Society for Pediatric Research

2012 Travel Award, American Pediatric Society-Society for Pediatric Research

2017 C. McCollister Evarts Resident Leader, The American Orthopaedic Association

***University***

2016 Chairman's OITE award, Yale University Department of Orthopaedics

2017 Chairman's OITE award, Yale University Department of Orthopaedics

***Past***

2009 Camras Scholar, Illinois Institute of Technology

2009 Biomedical Research Scholar Award, Illinois Institute of Technology

2009 Ross Scholar, Illinois Institute of Technology

2010 Dean's Summer Research Award, Case Western Reserve University School of Medicine

**Grant/Clinical Trials History:**

***Past Grants***

Agency: UMass Memorial Medical Center, Innovation Fund

Title: Effects of supplemental nutrition on spine surgery outcomes

PI: Raj J Gala, MD

Percent effort: 5%

Total costs: \$20,000

Project period: 09/01/2024 – 03/1/2025

***Past Clinical Trials***

Agency: UMass Chan Medical School/UMass Memorial Health  
ID: NCT06528288  
Title: Effects of Erector Spinae Plane Block on Postoperative Pain Following Lumbar Fusion Surgery  
PI: Raj J Gala, MD  
Percent effort: 10%  
Project period: 8/7/2024-8/7/2025

**Invited Speaking Engagements, Presentations, Symposia & Workshops Not Affiliated with Yale:**

***International/National***

1. “Elusive Causes of Lost Motor and Sensory Signals.” Anterior Column Summit, Carlsbad, CA, 2026.
2. “How to assess adequate decompression intra-operatively in the thoracic spine?” Global Spine Congress, Istanbul, Turkey, 2026.

***Regional***

1. “3-D Printing and Orthopaedics.” Waterbury Hospital Grand Rounds, Waterbury, CT, 2016.
2. “Distal Radius Fractures and the DRAFT Trial.” New England Fracture Forum, Raynham, MA, 2016.
3. “Short-term Outcomes of Different Treatment Options for Lumbar Pathologies.” Danbury Hospital Grand Rounds, Danbury, CT, 2020.
4. “Lumbar Synovial Cysts.” Newport Annual Meeting, Newport, RI, 2026.

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

***International/National***

1. Galivanche AR, **Gala RJ**, Adrados M, David WB, Grauer JN, Varthi AG. A Comparison of Peri-Operative Outcomes in Patients Undergoing Three-level ACDF, Two-level ACCF, and Hybrid procedures for the Treatment of Multilevel Cervical Degenerative Disease. Global Spine Congress. Rio de Janeiro, Brazil, 2020. (Oral presentation)
2. Adams E, Zou A, Erbay L, Li A, Lobao A, Chen D, Yousef M, Shepard R, **Gala R**, Stauff MP. Concomitant Injuries With Cervical Spine Fractures. Orthopaedic Research Society Annual Meeting, Phoenix, AZ, 2025. (Oral presentation).
3. Shepard R, Aulet R, **Gala, RJ**. Anterior Cervical Osteophyctectomy for Dysphagia due to Diffuse Idiopathic Skeletal Hyperostosis. American Academy of Orthopaedic Surgeons Annual Meeting, San Diego, CA, 2025. (Oral presentation).
4. Shepard R, Adams E, Norton C, Stauff MP, **Gala RJ**. Anterior Lumbar Interbody Fusion and Robotic Guided Posterior Percutaneous Pedicle Screw Placement. American Academy of Orthopaedic Surgeons Annual Meeting, San Diego, CA, 2025. (Oral presentation).
5. Jahagirdar OB, Seddio AE, Maloy GC, Raju A, Varthi AG, **Gala RJ**, Rubio DR, Grauer JN, Disadvantages In Social Determinants Of Health Linked To Reduced Odds Of Revealing A Specific Etiology Of Nonspecific Low Back Pain. Orthopaedic Research Society Annual Meeting, Charlotte, NC, 2026. (Oral presentation).
6. Sanchez JG, Smith-Voudouris J, Zehner KM, Seddio AE, Halperin SJ, Jabbouri SS, Grauer JN, **Gala RJ**. National trends in the surgical management of lumbar facet cysts: A national database study. Global Spine Congress, Istanbul, Turkey, 2026. (Oral presentation).

**Professional Service**

***Journals:***

Reviewer

2023-present *The Journal of Bone and Joint Surgery*  
2025-present *North American Spine Society Journal*  
2025-present *Global Spine Journal*

***Professional Organizations:***

American Academy of Orthopaedic Surgeons

2013-present Member  
2024-present Active Fellow  
2025-2027 Crew Chief, Launchpad Cohort #1  
2025 Critical Reviewer at Annual Meeting  
2025-present Spine Program Committee  
2026 Moderator at Annual Meeting  
2026-present Spine Instructional Course Committee

North American Spine Society

2015-present Member

American Orthopaedic Association

2017-present Emerging Leader

Lumbar Spine Research Society

2019-present Member

AO Foundation

2017-present Member, AO Spine  
2024 Abstract reviewer for Global Spine Congress Annual meeting  
2025 Abstract reviewer for Global Spine Congress Annual meeting  
2025-present AO NA LINK Committee  
2025-present AO Spine, KF Degen Associate  
2025 AO Spine - International Validation of Primary Infection Classification  
2026-present AO NA, Education Transformation Sub Committee – Digital Learning Taskforce  
2026 Moderator, Global Spine Congress Annual Meeting

**Public Service / Media Presence:**

***Media Presence:***

2025 Featured Expert, WTNH Channel 8, Yale New Haven Health Check Spine Surgery & Orthopedics, <https://www.wtnh.com/ctbuzz/sponsored-content-yale-new-haven-health-check-spine-surgery-orthopedics/>  
2025 Featured Expert, WTNH Channel 8, The Difference Between Spinal Cord Injuries and Other Common Conditions, <https://www.wtnh.com/news/health/the-difference-between-spinal-cord-injuries-and-other-common-conditions/>

**Bibliography:*****Peer-reviewed Original Research***

1. Bozzio, A., **Gala, R.**, Villasenor, M., Hao, J., Mauffrey, C. Orthopedic trauma surgery in the morbidly obese patient. *Eur J Orthop Surg Traumatol.* 2014 May;24(4):421-5. PMID: 23608970
2. Terhune, E., **Gala, R.**, Bozzio, A., Frickman, A., Rhodes, J. Blount's Disease and Bilateral Medial Femoral Condyle Osteochondritis Dissecans in a 12 year-old-boy. *AMSRJ.* 2015 Mar;1(2):144-151.
3. Samuel A, Diaz-Collado P, **Gala R**, Webb M, Lukasiewicz A, Basques B, Bohl D, Grauer J. Thromboembolic Events after Traumatic Lumbar Vertebral Fractures: An Analysis of 80,558 Patients. *The Spine Journal* 2015, 15: s266-s267. DOI: 10.1016/j.spinee.2015.07.418 .
4. Fenoglio A, Bohl D, **Gala R**, Dodds S. Is Insurance Status a Predictor for the Development of Nonunion Following Scaphoid Fracture? *Journal Of Wrist Surgery* 2015, 04 DOI: 10.1055/s-0035-1567915
5. Save AV, Varthi A, 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, 80: 341-5. PMID: 27509640
6. **Gala, R.**, Varthi, A., Medvecky, M. Value of Upright X-Rays in Diagnosis of AC Joint Injuries in Polytrauma Patients. *Conn Med.* 2017 Feb;81(2):111-115. PMID: 29738157
7. **Gala, R.**, Russo, G., Whang, P. G. Interspinous implants to treat spinal stenosis. *Curr Rev Musculoskelet Med.* 2017 Jun;10(2):182-188. PMID: 28324328
8. Nelson, S., Adrados, M., **Gala, R.**, Geiger, E., Webb, M., Keggi, K. Leg and Femoral Neck Length Evaluation Using an Anterior Capsule Preservation Technique in Primary Direct Anterior Approach Total Hip Arthroplasty. *Reconstructive Review.* 2017 Apr 17;7(1).
9. Carry, P., **Gala, R.**, Worster, K., Kanai, S., Miller, N., James, D., Provance, A., Carollo, J. Postural Stability and Kinetic Change in Subjects with Patellofemoral Pain After a Nine-Week Hip and Core Strengthening Intervention. *Int J Sports Phys Ther.* 2017 Jun;12(3):314-323. PMID: 28593085
10. **Gala RJ**, Bovonratwet P, Webb ML, Varthi AG, Daubs MD, Grauer JN. Different Fusion Approaches for Single-level Lumbar Spondylolysis Have Similar Perioperative Outcomes. *Spine.* 2018 Jan 15;43(2):E111-E117. PMID: 28591074
11. Bovonratwet P, Webb ML, Ondeck NT, **Gala RJ**, Nelson SJ, McLynn RP, Cui JJ, Grauer JN. Discrepancies in the definition of "outpatient" surgeries and their effect on study outcomes related to ACDF and lumbar discectomy procedures: a retrospective analysis of 45,204 cases. *Clin Spine Surg.* 2018 Mar;31(2):E152-E159. PMID: 29351096
12. Bovonratwet P, Ottesen TD, **Gala RJ**, Rubio DR, Ondeck NT, McLynn RP, Grauer JN. Outpatient elective posterior lumbar fusions appear to be safely considered for appropriately selected patients. *Spine J.* 2018 Jul;18(7):1188-1196 PMID: 29155341
13. Dodds, S., Fenoglio, A., Bohl, D., **Gala, R.** The Impact of Insurance Status on the Development of Nonunion Following Scaphoid Fracture. *J Wrist Surg.* 2018 Sep;7(4):288-291. PMID: 30174984
14. **Gala R**, Whang P. Lumbar Disc Herniation: A Controlled, Prospective Study with 10 Years of Observation. 2018, 109-112. DOI: 10.1201/9781315154053-21.
15. Cui, J., **Gala, R.**, Ondeck, N., McLynn, R., Bovonratwet, P., Shultz, B., Grauer, J. Incidence and Considerations of 90 Day Readmissions Following Posterior Lumbar Fusion. *Spine J.* 2019 Apr;19(4):631-636. PMID: 30219360
16. Samuel AM, Diaz-Collado PJ, **Gala RJ**, Webb ML, Lukasiewicz AM, Basques BA, Bohl DD, Kim HJ, Grauer JN. Thromboembolic events after traumatic vertebral fractures: an analysis of 190,192 patients. *Spine (Phila Pa 1976).* 2018 Sep 15;43(18):1289-1295. PMID: 29538240
17. **Gala R**, Whang, PG. Axial Lumbar and Lumbosacral Interbody Fusion for Degenerative Spine and Adult Deformity: Surgical Technique and The Evidence. *Seminars in Spine Surgery,*

Volume 30, Issue 4, 2018, Pages 247-251, ISSN 1040-7383,  
<https://doi.org/10.1053/j.semss.2018.07.026>.

18. **Gala, R.**, Varthi, A., Basques, B., Long, W., & Dodds, S. D. Clinical and radiological outcomes of an in-situ lengthening, bipolar implant for radial head arthroplasty. *Connecticut Medicine*, 2018 Dec;82(9), 563-570.
19. Malpani R, **Gala R**, Adrados M, Galivanche A, Clark M, Mercier M, Pathak N, Mets E, Grauer J. High, as well as Low, Preoperative Platelet Counts Correlate with Adverse Outcomes after Elective Posterior Lumbar Surgery. *Spine (Phila Pa 1976)*. 2020 Mar 1;45(5):349-356. PMID: 32045405
20. Galivanche AR, **Gala R**, Bagi PS, Boylan AJ, Dussik CM, Coutinho PO, Grauer JN, Varthi AG. Perioperative Outcomes in 17,947 Patients Undergoing 2-Level Anterior Cervical Discectomy and Fusion Versus 1-Level Anterior Cervical Corpectomy for Treatment of Cervical Degenerative Conditions: A Propensity Score Matched National Surgical Quality Improvement Program Analysis. *Neurospine*. 2020 Dec;17(4):871-878. Epub 2020 Dec 31. PMID: 33401865
21. **Gala RJ**, Ottesen TD, Kahan JB, Varthi AG, Grauer JN. Perioperative Adverse Events After Different Fusion Approaches for Single-level Lumbar Spondylosis. *North American Spine Society Journal (NASSJ)*, Volume 1, 2020, 100005, ISSN 2666-5484, <https://doi.org/10.1016/j.xnsj.2020.100005>
22. Lee A, Jayaram R, Grauer J, **Gala R** . Diminishing usage of halo-vest orthoses: Characterization of evolving trends. *North American Spine Society Journal (NASSJ)* 2026, 25: 100858. PMID: 41732166, PMCID: PMC12925579 , DOI: 10.1016/j.xnsj.2026.100858 .
23. McAnena A, McClennen T, **Gala R** . Increasing Adverse Event Reports Coincide with Declining Medicare Billings for Interspinous Devices. *North American Spine Society Journal (NASSJ)* 2026, 100875. DOI: 10.1016/j.xnsj.2026.100875 .
24. Sanchez JG, Smith-Voudouris J, Zehner KM, Seddio AE, Halperin SJ, Jabbouri SS, Ansah-Twum JK, **Gala R**, Grauer JN. National trends in lumbar facet cyst surgical management: Rising fusion utilization without improved five-year outcomes over decompression alone. *The Spine Journal* 2026 DOI: 10.1016/j.spinee.2026.04.021.

### *Chapters*

1. **Gala, R.**, Yue, J. Lumbar Neurogenic Claudication: Causes and Pain Management Options. in *Perioperative Pain Management for Orthopedic and Spine Surgery* (J. Reach, J. Yue, D. Narayan, A. Kaye, N. Vadivelu). Oxford University Press (2018).
2. **Gala, R.**, Szolomayer, L., Yue, J. Open Endoscopic Rhizotomy. in *Perioperative Pain Management for Orthopedic and Spine Surgery* (J. Reach, J. Yue, D. Narayan, A. Kaye, N. Vadivelu). Oxford University Press (2018).
3. **Gala, R.**, Szolomayer, L., Cabrejo, R., Yue, J. Endoscopically Assisted Lumbar Medial Branch Rhizotomy. in *Perioperative Pain Management for Orthopedic and Spine Surgery* (J. Reach, J. Yue, D. Narayan, A. Kaye, N. Vadivelu). Oxford University Press (2018).
4. **Gala, R.**, Whang, P. G. Lumbar Disc Herniation: A Controlled, Prospective Study with Ten Years of Observation. in *50 Landmark Papers Every Spine Surgeon Should Know* (A. Vaccaro, J. Wilson, C. Fisher). Taylor & Francis Group (2018).
5. **Gala, R.**, Geddes, B., Whang, P.G. Anterior Lumbar Interbody Fusion with Fixation. in *Surgical Atlas of Spinal Operations* (J. Eck, A. Vaccaro). Jaypee Brothers Medical Publishers (2019).
6. **Gala, R.**, Milby, A., Michael, K. Sacral Fractures. in *Emory's Illustrated Tips and Tricks in Spine Surgery* (J. Rhee). LWW (2019).
7. **Gala, R.**, Galivanche, A., Bagi, P., Rubio, D., Varthi, A., Paul, J. Navigated Posterior Correction of Pediatric Scoliosis. in *Navigation and Robotics in Spine Surgery* (A. Vaccaro, J. Panchmatia, D. Kaye, S. Prasad). Thieme Publishers (2020).

8. **Gala, R.**, Saifi, C., Varthi, A. Cervical Radiculopathy. in Rothman-Simeone and Herkowitz's The Spine (2026 pending)

#### *Invited Editorials and Commentaries*

1. **Gala, R.**, Grauer, JN. Literature review commentary: Two doses of tranexamic acid reduce blood transfusion in complex spine surgery: a prospective randomized study. Spine Line. July/August 2017; 19-21.

#### *Peer-Reviewed Videos*

1. Shepard R, Aulet R, **Gala, RJ**. Anterior Cervical Osteophyctectomy for Dysphagia due to Diffuse Idiopathic Skeletal Hyperostosis. AAOS Orthopaedic Video Theater, 2025.
2. Shepard R, Adams E, Norton C, Stauff MP, **Gala RJ**. Anterior Lumbar Interbody Fusion and Robotic Guided Posterior Percutaneous Pedicle Screw Placement. AAOS Orthopaedic Video Theater, 2025.
3. Shepard R, Adams E, Norton C, Stauff MP, **Gala RJ**. Robotic Assisted Erector Spinae Plane Block following Anterior/Posterior Lumbar Spinal Fusion. AAOS Orthopaedic Video Theater, 2025.

#### *Abstracts*

1. **Gala, R.**, Gatchel, D., Brey, E. Modeling cell migration in silico. Biomedical Engineering Society Annual Meeting, St. Louis, MO, 2008
2. **Gala, R.**, Carry, P., Worster, K., Kanai, S., Provance, A., Miller, N., Carollo, J. Stability during single limb squat in adolescent females with patellofemoral pain. ORS Annual Meeting, San Francisco, CA, 2012
3. **Gala, R.**, Hardesty, C. K., Poe-Kochert, C., Thompson, G. H. Success of Risser Casting in the Treatment of Scheurmann's Kyphosis. AAP Annual Meeting, Orlando, FL, 2013
4. **Gala, R.**, Hardesty, C. K., Poe-Kochert, C., Thompson, G. H. Success of Risser Casting in the Treatment of Scheurmann's Kyphosis. POSNA Annual Meeting, Toronto, Canada, 2013
5. Samuel, A., Diaz-Collado, P., **Gala, R.**, Webb, M., Lukasiewicz, A., Basques, B., Bohl, D., Grauer, J. Thromboembolic Events after Traumatic Lumbar Vertebral Fractures: An Analysis of 80,558 Patients. NASS Annual Meeting, Chicago, IL, 2015
6. Dodds, S., Fenoglio, A., **Gala, R.**, Bohl, D. Is Insurance Status Associated with Development of Nonunion Following Scaphoid Fracture? ASSH Annual Meeting, Austin, TX, 2016
7. Diaz-Collado, P., Samuel, A., **Gala, R.**, McLynn, R., Lukasiewicz, A., Basques, B., Bohl, D., Grauer, J. Thromboembolic Events after Traumatic Vertebral Fractures: An Analysis of 190,192 Patients. NASS Annual Meeting, Orlando, FL, 2017
8. **Gala, R.**, Ottesen, T., Kahan, J., Varthi, A., Grauer, JN. Different Fusion Approaches for Single-level Lumbar Spondylosis Have Similar Perioperative Outcomes. LSRS Annual Meeting, Chicago, IL, 2018
9. **Gala RJ**, Galivanche AR, Adrados M, Boylan AJ, Grauer JN, Varthi AG. A Comparison of 30-Day Complications Following Three-level ACDF, Two-level ACCF, and Hybrid Approaches for Treatment of Multilevel Cervical Stenosis: A Multivariate NSQIP Analysis. AAOS Annual Meeting, Las Vegas, NV, 2019
10. **Gala R**, Ottesen T, Mets E, Kahan J, Varthi A, Grauer J. Perioperative Outcomes Among Different Fusion Approaches For Single-level Lumbar Spondylosis. Global Spine Congress, Toronto, Canada, 2019
11. Shepard R, Adams E, Wang A, Chen D, Zou A, Yousef M, **Gala R**, Connolly P, Stauff M. Propensity-Matched Analysis of Patient-Reported Outcomes: Revision Decompression with Fusion Compared to Primary Lumbar Fusion. Southern Orthopaedic Association Annual Meeting, Miami Beach, FL, 2024

12. Paschaldis A, McAnena AP, McClennen T, Shepard R, **Gala R**. Pre-Matriculation Experiences Minimally Impact the Specialty Interests of First-Year Medical Students. Massachusetts Medical Society Research Poster Symposium. Waltham, MA, 2024
13. Zou A, Adams E, Erbay L, Li A, Lobao A, Chen D, Yousef M, Shepard R, **Gala R**, Stauff MP. Risk Factors For Venous Thromboembolism In Patients With Acute Cervical Spine Fracture. Orthopaedic Research Society Annual Meeting. Phoenix, AZ, 2025
14. Adams E, Zou A, Erbay L, Li A, Lobao A, Chen D, Yousef M, Shepard R, **Gala R**, Stauff MP. Dens Fractures And Traumatic Posterior Atlantoaxial Subluxation: Injury Mechanisms, Concomitant Injuries, Complications, And Mortality. Orthopaedic Research Society Annual Meeting. Phoenix, AZ, 2025
15. Sanchez JG, Smith-Voudouris J, Zehner KM, Seddio AE, Halperin SJ, Jabbouri SS, **Gala RJ**, Grauer JN. National trends in the surgical management of lumbar facet cysts: A national database study. Orthopedic Research Society Annual Meeting, Charlotte, NC, 2026
16. Lee AH, Jayaram RH, Grauer JN, **Gala RJ**. Diminishing usage of halo-vest orthoses: Characterization of evolving trends. Orthopaedic Research Society Annual Meeting. Charlotte, NC, 2026.