

KELECHI ROBERT OKOROHA

EDUCATION

ORTHOPAEDIC SURGICAL FELLOWSHIP SPORTS MEDICINE Midwest Orthopaedics at Rush, Chicago, Illinois 60612	2018- 2019
ORTHOPAEDIC SURGICAL RESIDENCY: Henry Ford Hospital, Detroit, Michigan 48226	2014- 2018
GENERAL SURGERY/ORTHOPAEDIC INTERNSHIP: Henry Ford Hospital, Detroit, Michigan 48226	2013- 2014
DOCTOR OF MEDICINE: Howard University School of Medicine, Washington, DC 20011	2009- 2013
POST GRADUATE MASTER COURSES: COUNSELING Xavier University of Louisiana, New Orleans, Louisiana 70125	2008- 2009
BACHELOR OF SCIENCE: BIOLOGY MINOR: CHEMISTRY Xavier University of Louisiana, New Orleans, Louisiana 70125	2004- 2008

MEDICAL ACCREDITATIONS/LICENSES

- Advanced Cardiovascular Life Support Certification, 2013/2015
- USMLE Step 3, August 2013
- USMLE Step 2 CK, October 2012
- USMLE Step 2 CS, June 2012
- USMLE Step 1, June 2011

PROFESSIONAL MEMBERSHIPS/SOCIETIES

- American Orthopaedic Society for Sports Medicine (2016)
- Arthroscopy Association of North America (2016)
- Mid-America Orthopedic Association (2015)
- American Medical Association (2013)
- American Academy of Orthopedic Surgery (2013)
- Michigan Orthopedic Society (2013)
- Detroit Academy of Orthopaedic Surgeons (2013)
- J. Robert Gladden Orthopaedic Society (2011)
- Alpha Kappa Mu Honor Society, Incorporated (2008)

PROFESSIONAL DEVELOPMENT

- Stryker 2019 Fellows Hip Arthroscopy Course, Las Vegas, Nevada (2019)
- Arthrex Sports Medicine Fellowship Forum Level III, Naples, Florida (2019)
- Wright Medical/Tornier Shoulder Arthroplasty Fellowship Course, Henderson, Nevada (2019)
- Current Techniques in Knee & Shoulder Arthroscopy, San Diego, California (2019)
- Comprehensive Approach to Hip Arthroscopy – Fellows Course, Austin, Texas (2019)
- Vail International Hip Symposium, Vail, Colorado (2019)
- Wright Medical/Tornier Shoulder Arthroplasty Fellowship Course, Henderson, Nevada (2018)
- The Wider Scope of Arthroscopy, Rosemont, Illinois (2018)
- AOSSM Fellows Course: kickoff to Your Orthopaedic Sports Medicine Training Year, Rosemont, Illinois (2018)
- Stryker 2018 Fellows Hip Arthroscopy Course, Las Vegas, Nevada (2018)
- C. McCollister Evarts Resident Leadership Forum and AOA Annual Leadership Meeting, Charlotte, North Carolina (2017)
- AANA Resident/Fellow Course: Fundamentals in Arthroscopy, Rosemont, Illinois (2016)
- Future Leaders Workshop: Fundamentals of Shoulder Arthroscopy, Las Vegas, Nevada (2016)
- Dallas Short Course - Orthotics and Prosthetics, Dallas, Texas (2015)
- AO Basic Fracture Course, Houston, Texas (2014)

TEAM COVERAGE

- Oakland University (2019, 2020)
 - Men's Basketball, Soccer
 - Women's Basketball, Soccer
- Chicago Bulls (2018,2019)
- Chicago White Sox (2018,2019)
- Chicago Fire (2018,2019)
- Chicago Steel (2018,2019)
- Chicago State University Basketball (2018,2019)
- Oak Park and Forest High School Football (2018,2019)
- Detroit Pistons Basketball (2018,2019,2020)
- Wayne State University (2015, 2016, 2017, 2019, 2020)
 - Men's Football, Baseball, Basketball
 - Women's Softball

- Detroit Country Day High School (2013, 2014, 2015, 2016, 2017)
 - Men's Football, Hockey, Basketball
- West Bloomfield High School (2013, 2014, 2015, 2016, 2017, 2019, 2020)
 - Men's Football

SERVICE PARTICIPATION / WORK EXPERIENCE

- NBA Alumni Association/Henry Ford Hospital
 - Detroit High School Physical Day (May 2015)
- New Freedman's Clinic; Howard University Hospital, Washington, DC
 - Pro-bono student employed clinic for the uninsured (2011-2013)
- Dr. Oz Health Fair; Howard University Hospital, Washington, DC (September 2012)
- NBC Health and Fitness Expo Volunteer, Washington, DC (2012)
- NBA Read to achieve; New Orleans, Louisiana (2009)
- Sodexo Food Service Volunteer; New Orleans, Louisiana
 - Post Hurricane Katrina efforts (2007)
- National Association of Intercollegiate Athletes
 - Mentorship Program; New Orleans, Louisiana (2007-2009)

AWARDS AND HONORS

Residency/Research:

- **Administrative chief resident 2017-2018**
- Henry Ford Research Forum 2017
3rd place clinical research winner: *Liposomal Bupivacaine vs. INB for Pain Control after Shoulder Arthroplasty: A Prospective Randomized Trial* (2017)
- **Arthroscopy 2016 Best Resident/Fellow Research Award:** Liposomal Bupivacaine versus Femoral Nerve Block for Pain Control after Anterior Cruciate Ligament Reconstruction: A Prospective Randomized Trial
- Arthroscopy Association of North America Resident Scholarship (2016)
- Henry Ford Medical Group 13th annual research symposium
1st place clinical research winner: *Liposomal Bupivacaine vs. FNB for Pain Control after ACLR: A Prospective Randomized Trial* (2016)
- The American Orthopaedic Association Annual Meeting Top 10 Poster Presentation winner: *Liposomal Bupivacaine versus Interscalene Nerve Block for Pain Control after Shoulder Arthroplasty: A Prospective Randomized Trial* (2016)
- The American Orthopaedic Society for Sports Medicine Top Poster (2019)
Impact of a Concussion Policy on the National Basketball Association: Analysis of Concussion Incidence and Reporting, Return to Play and Performance Metrics from 1999 to 2018

Medical School:

- King Jones Scholarship (2011)
- Debbi H. Baptist Scholarship (2011)
- Year II Honors (2010-11)
- Year I Honors (2009-10)
- Academic Merit Scholarship (2009)

Athletics:

- Henry Ford Chairman's Cup Winner (2014, 2015, 2016, 2017)
- National Association of Intercollegiate Athletes: Gulf Coast Athletic Conference
- **1st Team All-Conference Basketball** (2009)
- ESPN The Magazine/Cosida Academic Award (2009)
- **Arthur Ashe Sports Scholar** (2007, 2008, 2009)
- Heritage Sports Radio Network Player of the Week (February 2009)
- National Association of Intercollegiate Athletes Champion of Character (2008)
- National Association of Intercollegiate Athletes All Academic Team (2008, 2009)
- Gulf Coast Athletic Conference Honor Roll (2008, 2009)
- **Captain Men's Basketball Team** (2008, 2009)
- Xavier University Student Athlete of the Year (2007)
- Gulf Coast Athletic Conference player of the week (December 2006, February 2007)
- **Xavier University of Louisiana Men's Basketball School Record: 3rd in Field Goal Percentage All Time (.585)**

- Keller RA, Marshall NE, Guest JM, **Okorooha KR**, Jung EK, Moutzouros V. Major League Baseball pitch velocity and pitch type associated with risk of ulnar collateral ligament injury
 - **Sports Illustrated:** Throwing fastballs not curveballs linked to Tommy John surgery. <http://www.si.com/edge/2016/06/14/fastballs-curveballs-tommy-john-surgery-mlb-youth-baseball-prevention>
 - **New York Times:** Fastballs Can Lead to Tommy John Surgery, Study Finds. <http://www.nytimes.com/2016/05/21/sports/baseball/fastballs-can-lead-to-tommy-john-surgery-study-finds.html?r=0>
- **Okorooha KR**, Mahan CM, Guthrie ST. A construction worker sustained an open fracture after being struck by a high-speed moving vehicle. **Orthopedics Today Grand Rounds**. February 2018.
- Orthopedics Today: Tourniquet Time Linked with Repaired Achilles Tendon Infection
 - <https://www.healio.com/orthopedics/sports-medicine/news/print/orthopedicstoday/%7B36d2c216-e266-4021-8858-863beceffda%7D/tourniquet-time-linked-withrepaired-achilles-tendon-infection>
- Orthopedics Today: Orthopedic surgeons weigh in on NFL ‘myths’ vs ‘facts’ about youth football injuries
 - https://www.healio.com/orthopedics/sports-medicine/news/online/%7B4fc9727d-4c81-4f09-aed4-097822e084ad%7D/orthopedic-surgeons-weigh-in-on-nfl-myths-vs-facts-about-youthfootball-injuries?utm_medium=social&utm_source=twitter&utm_campaign=sociallinks
- Orthopedics Today: Similar pain control with adductor canal, femoral nerve blocks for ACL reconstruction
 - <https://www.healio.com/orthopedics/sports-medicine/news/online/%7B5e918840-dac4-4e76-9cc0-5d22ec2cc6f4%7D/similar-pain-control-with-adductor-canal-femoral-nerve-blocks-foracl-reconstruction>
- Orthopedics Today: Association Between Quantity of Opioids Prescribed After Surgery or Preoperative Opioid Use Education With Opioid Consumption: Perspective
 - <https://www.healio.com/orthopedics/sports-medicine/news/online/%7B5e0fa311-2044-4621-b417-b34cc2a3ae86%7D/lower-opioid-use-linked-with-postop-education-fewer-prescribedopioids>

RESEARCH GRANTS:

- Henry Ford Hospital GME Grant
 - **\$5,000** awarded for research on Radiostereometric Analysis of Achilles Tendon Repairs
- Mid-America Orthopaedic Association education grant for senior residents/fellow 2017
 - **\$2,500** awarded to attend the 2017 annual Mid-America Orthopaedic Association meeting in Amelia Island, Florida.

Book Chapters:

1. **Okorooha KR**, Bach B Jr. Anterior Cruciate Ligament Reconstruction: Single-Bundle Transtibial Technique. Atlas of Essential Orthopaedic Procedures
2. **Okorooha KR**, Southworth T, Naveen N, Jildeh TR, Beletsky A, Creager B, Yanke A, Cole BJ. Cartilage Restoration Procedures. The Adult Knee 2e (KO)
3. **Okorooha KR**, Haunschile E, Cole BJ. Arthroscopic Treatment of Superior Labral Anterior Posterior (SLAP) Tears. Operative Techniques in Orthopedic Surgery
4. Laver L, **Okorooha KR**, Nwachukwu BN, Nho SJ. Management of Hip and Groin Injuries in Basketball. The Basketball Sports Medicine and Science Book.
5. **Okorooha KR**, Nwachukwu BN, Nho SJ. The Basketball Sports Medicine and Science Book.

Peer Reviewed Manuscripts:

Sports Research

Baseball

1. Khalil L, **Okorooha KR**, Jildeh TJ, Matar RN, Fidai MS, Tramer JS, Makhni EC, Moutzouros V. Do Anatomic Changes Found in the Throwing arm After a Season of Pitching Resolve with Offseason Rest? A Dynamic Ultrasound Study. **The Journal of Shoulder and Elbow Surgery Open Access**. In press
2. **Okorooha KR**, Jildeh TR, Tramer JS, Chahla JA, Nwachukwu BU, Annin S, Moutzouros V, Bush-Joseph C, Verma N. Effect of Fatigue Protocols on Upper Extremity Neuromuscular Function and Implications for Ulnar Collateral Ligament Injury Prevention. **The Orthopaedic Journal of Sports Medicine**. In press
3. Meldau J, Srivastava K, **Okorooha KR**, Ahmad CS, Moutzouros V, Makhni EC. Cost Analysis of Tommy John Surgery for Major League Baseball Teams. **The Journal of Shoulder and Elbow Surgery**. Aug 2019. Doi: 10.1016/j.jse.2019.01.025.
4. **Okorooha KR**, Camp C, Lizzio V, Makhni EC, Ahmad C, Conte S. Hamstring Injury Trends in Major and Minor League Baseball: Epidemiologic Findings from the Major League Baseball Injury Surveillance System. **The Orthopaedic Journal of Sports Medicine**. July 2019. Doi: 10.1177/2325967119861064.
5. **Okorooha KR**, Meldau J, Jildeh TR, Stephens J, Moutzouros V, Makhni EC. Impact of Ball Weight on Medial Elbow Torque in Youth Baseball Pitchers. **The Journal of Shoulder and Elbow Surgery**. Apr 2019. Doi: 10.1016/j.jse.2019.01.025
6. Kadri OM, **Okorooha KR**, Patel RB, Berguson J, Makhni EC, Moutzouros V. Nonoperative Treatment of Medial Ulnar Collateral Ligament Injuries in the Throwing Athlete: Indications, Evaluation, and Management. **JBJS Reviews**. Jan 2019. doi: 10.2106/JBJS.RVW.18.00031
7. **Okorooha KR**, Meldau, Jason, Moutzouros V, Makhni EC. Impact of Fatigue on Medial Elbow Torque in Baseball Pitchers: A Simulated Game Analysis. **American Journal of Sports Medicine**. Aug 2018; DOI: 10.1177/0363546518782451.
8. Makhni EC, Meldau JE, Stephens, **Okorooha KR**, Lizzio VA, Meta F, Ahmad CS, Moutzouros V. Relationship Between Pitcher Fatigue and Medial Elbow Torque in Baseball Players: A Simulated Game Analysis. **The Orthopaedic Journal of Sports Medicine**. July 2018. Doi: 10.1177/2325967118S00073
9. Marshall NE, Jildeh TR, **Okorooha KR**, Meta F, Lizzio V, Moutzouros V, Makhni EC. Performance, Return to Play, and Career Longevity after Tommy John Surgery in Professional Catchers. **Journal of Arthroscopy and Related Surgery**. June 2018; DOI: 10.1016/j.arthro.2018.01.008

10. **Okorooha KR**, Meta F, Lizzio VA, Ahmad CS, Moutzouros V, Makhni EC. Predictors of Elbow Torque in Youth and Adolescent Baseball Pitchers Using a New Mobile Sensor. **The American Journal of Sports Medicine**. May 2018; DOI: 10.1177/0363546518770619
11. Makhni E, Lizzio V, Meta F, Stephens J, **Okorooha KR**, Moutzouros V. Assessment of Elbow Torque and Other Parameters During the Pitching Motion: Comparison of Fastball, Curveball, and Change-up. **Journal of Arthroscopy and Related Surgery**. March 2018; DOI: 10.1016/j.arthro.2017.09.045.
12. Marshall NE, Jildeh TR, **Okorooha KR**, Patel A, Moutzouros V, Makhni EC. Implications of Core and Hip Injuries on Major League Baseball Pitchers on the Disabled list. **Arthroscopy**. 2017; Dec 7. doi: 10.1016/j.arthro/2017.08.29
13. Keller RA, Marshall NE, Mehran N, **Okorooha KR**, Khalil L, Tibone JE, Moutzouros V. Major League Pitching Workload after Primary Ulnar Collateral Ligament Reconstruction and Risk for Revision Surgery. **J Shoulder Elbow Surg**. Feb 2017; 26(2). DOI: 10.1016/j.jse.2016.11.008.
14. Keller RA, Marshall NE, Guest JM, **Okorooha KR**, Jung EK, Moutzouros V. Major League Baseball pitch velocity and pitch type associated with risk of ulnar collateral ligament injury. **J Shoulder Elbow Surg**. 2016 Apr;25(4):671-5. doi: 10.1016/j.jse.2015.12.027.

Basketball

15. Fidai MS, **Okorooha KR**, Meldau J, Borowski P, Meta F, Lizzio V, Redler LH, Moutzouros V, Makhni EC. Fatigue Increases ACL injury Risk in Youth Athletes Performing a Field-Based Drop Jump Test. **Arthroscopy**. In press
16. Lu Y, **Okorooha KR**, Patel BH, Nwachukwu BU, Baker JD, Idarraga AJ, Forsythe B. Return to Play and Performance after Shoulder Instability in National Basketball Association Athletes. **Journal of Shoulder and Elbow Surgery**. Aug 2019. Doi: 10.1016/j.jse.2019.05.035
17. Patel BH, **Okorooha KR**, Jildeh TR, Lu Y, Idarraga AJ, Nwachukwu BU, Shen SA, Forsythe B. Concussions in the National Basketball Association: Analysis of Incidence, Return to Play, and Performance From 1999 to 2018. **The Orthopedic Journal of Sports Medicine**. June 2019. Doi: 10.1177/2325967119854199.
18. Nwachukwu BU, Adjei J, Chahla J, **Okorooha KR**, Verma NN, Allen A, Williams RJ. How Much Do Psychological Factors Impact Lack of Return to Play following Anterior Cruciate Ligament Reconstruction? **The Orthopaedic Journal of Sports Medicine**. May 2019. Doi: 10.1177/2325967119845313.
19. Fidai MS, **Okorooha KR**, Meldau J, Borowski P, Meta F, Lizzio V, Redler LH, Moutzouros V, Makhni EC. Fatigue Increases ACL injury Risk in Youth Athletes Performing a Field-Based Drop Jump Test. **The Orthopaedic Journal of Sports Medicine**. July 2018. Doi: 10.1177/2325967118S00074
20. **Okorooha KR**, Marfo K, Meta F, Matar R, Shehab R, Thompson T, Moutzouros V, Makhni E. Does Fatigue Contribute to ACL Injury in NBA Athletes? **Orthopedics**. May 2017; X(X). DOI: 10.3928/01477447-20170503-04

Football

21. Jildeh TR, **Okorooha KR**, Taylor KA, Buckley P, Mehran N, Mehta S, Moutzouros V. Impact of Concussions on the Performance of Running Backs and Wide Receivers in the National Football League. **The American Journal of Sports Medicine**. Sep 2019. Doi: 10.1177/0363546519864581. In press
22. **Okorooha KR**, Fidai MS, Tramer JS, Elmenini J, Makhni EC, Verma NM, Bach BR, Moutzouros V. Length of Time Between Anterior Cruciate Ligament Reconstruction and Return To Sport Does Not Predict Need For Revision Surgery in National Football League Players. **Arthroscopy**. Jan 2019. doi: 10.1016/j.arthro.2018.08.007.
23. **Okorooha KR**, Taylor KA, Marshall NE, Keller RA, Fidai M, Mahan MC, Varma V, Moutzouros V. Return to Play After Shoulder Instability in National Football League Athletes. **J Shoulder Elbow Surg**. Sept 2017; DOI: 10.1016/j.jse.2017.07.027.
24. **Okorooha KR**, Taylor KA, Marshall NE, Keller RA, Fidai M, Mahan MC, Varma V, Moutzouros V. Return to Play After Shoulder Instability in National Football League Athletes. **Orthopaedic Journal of Sports Medicine**. Jul 2017. Doi: 10.1177/2325967117S00250
25. **Okorooha KR**, Kadri O, Keller RA, Marshall NE, Cizmic Z, Moutzouros V. Return to Play and Longevity After Revision Anterior Cruciate Ligament Reconstruction in National Football League Players. **Orthopaedic Journal of Sports Medicine**. April 2017; 5(4). DOI: 10.1177/2325967117698788.

Pain Management / Opioid Risk Factors & Reduction

26. **Okorooha KR**, Moutzouros V. Adductor Canal Block Versus Femoral Nerve Block for Pain Control After Anterior Cruciate Ligament Reconstruction: Case Closed? Response. **The American Journal of Sports Medicine**. Aug 2019. Doi: 10.1177/0363546519859547.
27. **Okorooha KR**, Lynch J, Lizzio V, Yu C, Jildeh TR, Moutzouros V. Adductor nerve block versus femoral nerve block for pain control after anterior cruciate ligament reconstruction: a prospective, double blinded, randomized trial. **Orthopaedic Journal of Sports Medicine**. July 2019. Doi: 10.1177/2325967119S00255
28. **Okorooha KR**, Ussef N, Eller E, Zeni F, Moutzouros V. Comparison of Tendon Lengthening with Traditional vs. Accelerated Rehab Following Achilles Tendon Repair: A Randomized Controlled Trial. **Orthopaedic Journal of Sports Medicine**. July 2019. Doi: 10.1177/2325967119S00323
29. Jildeh TR, **Okorooha KR**, Moutzouros V. Respones to: “Regarding ‘Risk Factors for Postoperative Opioid Use in Arthroscopic Meniscal Surgery’”. **Arthroscopy**. June 2019. doi: 10.1016/j.arthro.2019.03.042.

30. **Okorooha KR**, Patel R, Jildeh TR, Sweet M, Rill B, Kolowich PA, Muh S. Pain After Anatomic Total Shoulder Arthroplasty Versus Reverse Total Shoulder Arthroplasty. **Orthopedics**. March 2019. doi: 10.3928/01477447-20190125-01
31. Lynch J, **Okorooha KR**, Lizzio V, Yu C, Jildeh TR, Moutzouros V. Adductor nerve block versus femoral nerve block for pain control after anterior cruciate ligament reconstruction: a prospective, double blinded, randomized trial. **The American Journal of Sports Medicine**. Feb 2019. doi: 10.1177/0363546518815874
32. Jildeh TR, Taylor KA, Khalil L, **Okorooha KR**, Matar RN, Geisenhoff A, Moutzouros V. Risk Factors for Postoperative Opioid Use in Meniscus Surgery. **Arthroscopy**. Feb 2019. doi: 10.1016/j.arthro.2018.10.122
33. **Okorooha KR**, Keller RA, Lynch J, Korona J, Amato C, Rill B, Kolowich PA, Muh S. Liposomal Bupivacaine versus Interscalene Nerve Block for Pain Control after Shoulder Arthroplasty: A Prospective Randomized Trial. **J Shoulder Elbow Surg**. 2016 Jul 13. pii: S1058-2746(16)30148-3. doi: 10.1016/j.jse.2016.05.007
34. **Okorooha KR**, Keller RA, Marshall NE, Jung EK, Mehran N, Owashi E, Moutzouros V. Liposomal Bupivacaine versus Femoral Nerve Block for Pain Control after Anterior Cruciate Ligament Reconstruction: A Prospective Randomized Trial. **Arthroscopy**. 2016 Jun 24. pii: S0749-8063(16)30320-6. doi: 10.1016/j.arthro.2016.05.033.
35. **Okorooha KR**, Keller RA, Jung E, Lafi K, Marshall NE, Kolowich PA, Moutzouros V. Pain Assessment After Anterior Cruciate Ligament Reconstruction: Bone-Patellar Tendon- Bone Versus Hamstring Tendon Autograft. **Orthopaedic Journal of Sports Medicine**. Dec 2016; 4(12). DOI: 10.1177/2325967116674924.

Hip Arthroscopy

36. **Okorooha KR**, Beck EC, Nwachukwu BU, Kunze KN, Nho SJ. Defining Minimal Clinically Important Difference and Patient Acceptable Symptom State After Isolated Endoscopic Gluteus Medius Repair. **The American Journal of Sports Medicine**.
37. Suppauksorn S, Nwachukwu BU, Beck EC, **Okorooha KR**, Nho SJ. Superior Gluteal Reconstruction for Severe Hip Abductor Deficiency. **Arthroscopy Techniques**.
38. Kunze KN, Beck EC, **Okorooha KR**, Chahla JC, Bush-Joseph CA, Nho SJ. Effect of prior ipsilateral lower extremity surgery on 2-year outcomes following hip arthroscopy for femoroacetabular impingement syndrome. **Journal of Hip Preservation Surgery**.
39. Alter T, **Okorooha KR**, Kunze KN, Beck EC, Nho SJ. Arthroscopic Femoral Osteochondroplasty with Capsular Plication for Osteochondroma of the Femoral Neck. **Arthroscopy Techniques**.
40. Kunze KN, Beck EC, **Okorooha KR**, Chahla J, Bush-Joseph CA, Nho SJ. Previous lower extremity surgery is a risk factor for inferior patient reported outcomes following hip arthroscopy for femoroacetabular impingement surgery. **KSST**.

41. Chahla JC, Beck EC, **Okorooha KR**, Cancienne JM, Kunze KN, Nho SJ. Prevalence and Clinical Implications of Chondral Injuries after Hip Arthroscopy for Femoroacetabular Impingement Syndrome. **The American Journal of Sports Medicine**. Sept. 2019. Doi: 10.1177/0363546519865912.
42. Nwachukwu BU, Beck EC, Chapman R, **Okorooha KR**, Nho SJ. Preoperative Performance of PROMIS in Patients Undergoing Hip Arthroscopy for Femoroacetabular Impingement Syndrome. **The Orthopaedic Journal of Sports Medicine**. July 2019. doi: 10.1177/2325967119860079.
43. Chahla J, Nwachukwu BU, Beck EC, Neal WH, Cancienne JM, **Okorooha KR**, Ahn J, Nho SJ. Influence of Acetabular Labral Tear Length on Outcomes following Hip Arthroscopy for Femoroacetabular Impingement Syndrome with Capsular Plication. **The Orthopaedic Journal of Sports Medicine**. July 2019. Doi: 10.1177/2325967119S00391.
44. Nho SJ, Beck EC, Kunze KN, **Okorooha KR**, Suppauksorn S. Contemporary Management of the Hip Capsule During Arthroscopic Hip Preservation Surgery. *Current Reviews in Musculoskeletal Medicine*. July 2019. Doi: 10.1007/s12178-019-09564-4
45. Chahla J, Nwachukwu BU, Beck EC, Neal WH, Cancienne JM, **Okorooha KR**, Ahn J, Nho SJ. Influence of Acetabular Labral Tear Length on Outcomes following Hip Arthroscopy for Femoroacetabular Impingement Syndrome with Capsular Plication. **The American Journal of Sports Medicine**. April 2019. doi: 10.1177/0363546519831291.

Patient Outcome Following Surgery

46. Beletsky A, Nwachukwu BU, Manderle BJ, **Okorooha KR**, Forsythe B, Cole BJ, Verma NN. A Psychometric Analysis for the Impact of Worker's Compensation Status on PROMIS Upper Extremity and Legacy Outcome Measures in Patients Undergoing Arthroscopic Rotator Cuff Repair. *Arthroscopy: Journal of Arthroscopic and Related Research*.
47. **Okorooha KR**, Lu Y, Nwachukwu BU, Beletsky A, Patel BH, Verma NN, Cole BJ, Forsythe B. How should we define clinically significant improvement on Patient-Reported Outcomes Measurement System (PROMIS) for patients undergoing Knee Meniscal Surgery? **Arthroscopy**.
48. **Okorooha KR**, Muh S, Gabbard M, Evans T, Roche C, Flurin P, Wright T, Zuckerman J. Early outcomes of shoulder arthroplasty according to sex. **The Journal of Shoulder and Elbow Surgery Open Access**. March 2019. doi: 10.1016/j.jses.2018.12.001
49. Patel RB, Muh S, **Okorooha KR**, Roche C, Flurin P, Wright T, Zuckerman J. Results of total shoulder arthroplasty in patients aged 55 years or younger versus those older than 55 years: an analysis of 1135 patients with over 2 years of follow-up. **The Journal of Shoulder and Elbow Surgery**. Dec 2018. doi: 10.1016/j.jse.2018.09.029
50. Chahla JA, Sweet M, **Okorooha KR**, Nwachukwu BN, Hinckel B, Farr J, Yanke AB, Bugbee WD, Cole BJ. Osteochondral Allograft Transplantation in the Patellofemoral Joint: A Systematic Review. **The American Journal of Sports Medicine**. Dec 2018. doi: 10.1177/0363546518814236.

51. Jung EK, Srivastava K, Aboulijod M, Keller RA, **Okorooha KR**, Davis J, Does Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey correlate with traditional metrics of patient satisfaction? The challenge of measuring patient pain control and satisfaction in Total Joint Replacement Surgery. **Arthroplasty Today**. Dec 2018; DOI: 10.1016/j.artd.2018.02.009

52. **Okorooha KR**, Khalil L, Jung EK, Keller R, Marshall NE, Abouljod M, Chan D, Moutzouros V. Single Shot Femoral Nerve Block Does Not Cause Long Term Strength and Functional Deficits Following Anterior Cruciate Ligament Reconstruction. **Journal of Arthroscopy and Related Surgery**. October 2017. DOI: /10.1016/j.arthro.2017.07.029.

Other

53. Jildeh TR, **Okorooha KR**, Guthrie ST, Parsons TW 3rd. Social Media Use for Orthopaedic Surgeons. **JBJS Reviews**. Mar 2019. Doi: 10.2106/JBJS.RVW.18.00085.

54. **Okorooha KR**, Patel RB, Kadri O, Jildeh TR, Krause A, Gullede C, Makhni EC, Moutzouros V. Abnormal tibial alignment is a risk factor for lateral meniscus posterior root tears in patients with anterior cruciate ligament ruptures. **Knee Surgery, Sports Traumatology, Arthroscopy**. Feb 2019. doi: 10.1007/s00167-018-5171-4.

55. **Okorooha KR**, Fidai MS, Tramer J, Davis K, Kolowich PA. Diagnostic accuracy of ultrasound in rotator cuff tears. **Ultrasonography**. Nov 2018. doi: 10.14366/usg.18058

56. **Okorooha KR**, Mahan C, Matar R, Khalil L, Brand J, Guthrie T. Proximal Tibiofibular Dislocation Repaired with Syndesmotic Suture Buttons: A Case Report. **The Journal of Orthopedic Case Reports**. Oct 2018. doi: 10.13107/jocr.2250-0685.1224

57. Jildeh TR, **Okorooha KR**, Trafton H, Graham T, Muh SJ, Kolowich PA. Intraoperative Hypothermia During Shoulder Arthroplasty. **Orthopedics**. May 2018; DOI: 10.3928/01477447-20180511-02.

58. Jildeh TR, **Okorooha KR**, Marshall NE, Abdulhak A, Zeni F, Moutzouros V. Infection and Re-Rupture after Surgical Repair of Achilles Tendons. **The Orthopedic Journal of Sports Medicine**. May 2018; DOI: 10.1177/2325967118774302.

59. Buraimoh A, **Okorooha KR**, Oravec D, Peltz CD, Yeni YN, Muh SJ. A Biomechanical Comparison of Subscapularis Repair Techniques in Total Shoulder Arthroplasty: Lesser Tuberosity Osteotomy versus Subscapularis Peel. **The Journal of Shoulder and Elbow Open Access**. March 2018; DOI: 10.1016/j.jses.2017.11.008

60. **Okorooha KR**, Evans T, Stephens JP, Makhni EC, Moutzouros V. Three-dimensional printing improves osteochondral allograft placement in complex cases. **Knee Surgery, Sports Traumatology, Arthroscopy**. February 2018; DOI: 10.1007/s00167-018-4849-y

61. Khalil L, Keller RA, Mehran N, Marshall NE, **Okorooha KR**, Frisch NB, DeSilva SP. The Utility of Botulinum Toxin A in the Repair of Distal Bicep Tendon Ruptures. **Musculoskeletal Surgery**. October 2017; DOI: 10.1007/s12306-017-0515-7.

62. Moutzouros V, Marshall NE, Guest J, **Okorooha KR**, Muh S, Makhni EC, Keller RA. Strength Changes Associated with Elongation in Distal Biceps Tendon Repair. **The Orthopedic Journal of Sports Medicine**. Jul 2017. Doi: 10.1177/2325967117S00400.
63. **Okorooha KR**, Gabbard M, Fitts J, Banka T. Cutibacterium acnes Septic Arthritis of the Nonoperated Knee: A Case Report. **The Surgery Journal**. May 2017. DOI: 10.1055/s-0037-1603970.
64. Marshall NE, Keller RA, **Okorooha KR** Guest JM, Yu C, Muh S, Moutzouros V. Radiostereometric Evaluation of Tendon Elongation after Distal Biceps Repair. **Orthopaedic Journal of Sports Medicine**. Nov 2016; 4(11). DOI: 10.1177/2325967116672620
65. **Okorooha, KR**, Mehran N, Duncan J, Spiering T, Bey, M, Van Holsbeeck M, Moutzouros V. Ultrasound Versus Magnetic Resonance Imaging Characterization of Rotator Cuff Tears in a Surgical Population. **Orthopedics**. 2016 Oct 18:1-7. doi: 10.3928/01477447-20161013-04
66. **Okorooha KR**, Keller RA, Marshall NE, Guest J, Lynch J, Lock T, Rill B. Patient perception of physician reimbursement for arthroscopic knee surgery. **The Orthopedic Journal of Sports Medicine**. Jul 2016. Doi: 10.1177/2325967116S00117.
67. **Okorooha KR**, Keller RA, Marshall NE, Lynch J, Lock T, Rill B. Patient perception of physician reimbursement for arthroscopic knee surgery. **Orthopedics**. 2016 Jun 30:1-7. Doi: 10.3928/01477447-20160623-03.

PODIUM PRESENTATIONS:

1. N Beletsky A, Nwachukwu BU, Southworth TM, **Okorooha KR**, Naveen NB, Forsythe B, Verma NN, Cole BJ, Yanke AB. Performance of PROMIS Instruments in Patients Undergoing ACL Reconstruction Compared to Cartilage Procedures. International Cartilage Repair Society Annual Meeting 2019. Vancouver, CA. October 2019.
2. Southworth TM, Naveen NB, Beletsky A, Jildeh T, **Okorooha KR**, Tauro TM, Verma NN, Yanke AB, Cole BJ. The Effect of BMI on Patient Reported Outcome Scores in Osteochondral Allograft Transplantation. International Cartilage Repair Society Annual Meeting 2019. Vancouver, CA. October 2019.
3. Lynch J, Okorooha KR, Lizzio V, Yu C, Jildeh TR, Moutzouros V. Adductor nerve block versus femoral nerve block for pain control after anterior cruciate ligament reconstruction: a prospective, double blinded, randomized trial. AOSSM Annual Meeting 2019; Boston, MA. July 2019.
4. Ussef NR, **Okorooha KR**, Jildeh TR, Eller E, Zeni F, Moutzouros V. Comparison of Tendon Lengthening with Traditional vs. Accelerated Rehab Following Achilles Tendon Repair: A randomized Controlled Trial. AOSSM Annual Meeting 2019; Boston, MA. July 2019.
5. Nwachukwu BU, Beck EC, **Okorooha KR**, Chapman R, Nho SJ. Preoperative Performance of PROMIS in Patients Undergoing Hip Arthroscopy for Femoroacetabular Impingement Syndrome. 12th Biennial ISAKOS Congress. Cancun, Mexico. May 2019.
6. Ussef NR, **Okorooha KR**, Jildeh TR, Eller E, Zeni F, Moutzouros V. Comparison of Tendon Lengthening with Traditional vs. Accelerated Rehab Following Achilles Tendon Repair: A randomized Controlled Trial. Arthroscopy Association of North America Annual Meeting, Orlando FL. May 2019.
7. Jildeh TR, Taylor KA, Khalil L, **Okorooha KR**, Matar RN, Geisenhoff A, Moutzouros V. Risk Factors for Postoperative Opioid Use in Meniscus Surgery. Mid-America Orthopaedic Association 37th Annual Meeting; Miramar Beach, FL; April 2019
8. Fidai MS, Okorooha KR, Meldau J, Borowski P, Meta F, Lizzio V, Redler LH, Moutzouros V, Makhni EC. Fatigue Increases ACL injury Risk in Youth Athletes Performing a Field-Based Drop Jump Test. Mid-America Orthopaedic Association 37th Annual Meeting; Miramar Beach, FL; April 2019
9. Khalil L, **Okorooha KR**, Jildeh TJ, Matar RN, Fidai MS, Tramer JS, Makhni EC, Moutzouros V. Do Anatomic Changes Found in the Throwing arm After a Season of Pitching Resolve with Offseason Rest? A Dynamic Ultrasound Study. Mid-America Orthopaedic Association 37th Annual Meeting; Miramar Beach, FL; April 2019
10. Patel RB, Muh S, **Okorooha KR**, Roche C, Flurin P, Wright T, Zuckerman J. Results of total shoulder arthroplasty in patients aged 55 years or younger versus those older than 55 years: an analysis of 1135 patients with over 2 years of follow-up. Mid-America Orthopaedic Association 37th Annual Meeting; Miramar Beach, FL; April 2019

11. Klag E, Sheene GJ, **Okorooha KR**, Muh SJ. Does the use of a periarticular anesthetic cocktail prove adequate pain control following shoulder arthroplasty? Mid-America Orthopaedic Association 37th Annual Meeting; Miramar Beach, FL; April 2019
12. Jildeh TR, **Okorooha KR**, Denha E, Eyerer C, Putnam A, Shehab R, Moutzouros V. Return to Sport Following the Adolescent Concussion: Epidemiologic Findings From a High School Population. Mid-America Orthopaedic Association 37th Annual Meeting; Miramar Beach, FL; April 2019
13. Ussef NR, **Okorooha KR**, Jildeh TR, Eller E, Zeni F, Moutzouros V. Comparison of Tendon Lengthening with Traditional vs. Accelerated Rehab Following Achilles Tendon Repair: A randomized Controlled Trial. Mid-America Orthopaedic Association 37th Annual Meeting; Miramar Beach, FL; April 2019
14. Jildeh TR, **Okorooha KR**, Denha E, Eyerer C, Putnam A, Shehab R, Moutzouros V. Return to Sport Following the Adolescent Concussion: Epidemiologic Findings From a High School Population. AAOS Annual Meeting 2019; Las Vegas, NV. March 12-16, 2019
15. **Okorooha KR**, Fidai MS, Tramer JS, Elmenini J, Makhni EC, Verma NM, Bach BR, Moutzouros V. Length of Time Between Anterior Cruciate Ligament Reconstruction and Return To Sport Does Not Predict Need For Revision Surgery in National Football League Players. Presented at: Michigan Orthopaedic Society Annual Meeting; Mackinac Island, Michigan; June 22-24, 2018.
16. **Okorooha KR**, Meldau, Jason, Moutzouros V, Makhni EC. Impact of Fatigue on Medial Elbow Torque in Baseball Pitchers: A Simulated Game Analysis. Presented at: Michigan Orthopaedic Society Annual Meeting; Mackinac Island, Michigan; June 22-24, 2018.
17. Fidai MS, **Okorooha KR**, Meldau J, Borowski P, Meta F, Lizzio V, Redler LH, Moutzouros V, Makhni EC. Fatigue Increases ACL injury Risk in Youth Athletes Performing a Field-Based Drop Jump Test. Presented at: Michigan Orthopaedic Society Annual Meeting; Mackinac Island, Michigan; June 22-24, 2018.
18. Klag E, **Okorooha KR**, Sheene GJ, Muh SJ. Does the use of a periarticular anesthetic cocktail prove adequate pain control following shoulder arthroplasty? Presented at: Michigan Orthopaedic Society Annual Meeting; Mackinac Island, Michigan; June 22-24, 2018.
19. **Jildeh TR**, Taylor KA, Khalil LS, Okorooha KR, Matar RN, Geisenhoff A, Moutzouros V. Risk Factors for Postoperative Opioid Use in Meniscus Surgery. Presented at: Henry Ford Health System 15th Annual Research Symposium Annual Meeting 2018; Detroit, Michigan; May 25, 2018
20. Fidai MS, **Okorooha KR**, Meldau J, Borowski P, Meta F, Lizzio V, Redler LH, Moutzouros V, Makhni EC. Fatigue Increases ACL injury Risk in Youth Athletes Performing a Field-Based Drop Jump Test. AOSSM Annual Meeting 2018; San Diego, CA. July 5-8, 2018
21. Makhni E, Lizzio V, Meta F, Stephens J, **Okorooha KR**, Moutzouros V. Assessment of Elbow Torque and Other Parameters During the Pitching Motion: Comparison of Fastball, Curveball, and Change-up. AOSSM Annual Meeting 2018; San Diego, CA. July 5-8, 2018

22. **Okorooha KR**, Camp C, Lizzio V, Makhni EC, Ahmad C, Conte S. Hamstring Injury Trends in Major and Minor League Baseball: Epidemiologic Findings from the Major League Baseball Injury Surveillance System. Mid-America Orthopaedic Association 36th Annual Meeting; San Antonio, TX; April 2018
23. **Okorooha KR**, Marshall NE, Keller RA, Moutzouros V, Khalil L, Dines J, Bush-Joseph C, Limpisvasti O. Current Postoperative and Return to Play Practices after Anterior Cruciate Ligament Reconstruction by Fellowship-Trained Sports Surgeons. Mid-America Orthopaedic Association 36th Annual Meeting; San Antonio, TX; April 2018
24. Marshall NE, Keller RA, **Okorooha KR**, Yu C, Fidai M, Muh S, Moutzouros V. Strength Changes Associated with Elongation in Distal Biceps Tendon Repair. Mid-America Orthopaedic Association 36th Annual Meeting; San Antonio, TX; April 2018
25. Marshall NE, Jildeh TR, **Okorooha KR**, Patel A, Moutzouros V, Makhni EC. Implications of Core and Hip Injuries on Major League Baseball Pitchers on the Disabled List. Mid-America Orthopaedic Association 36th Annual Meeting; San Antonio, TX; April 2018
26. Jildeh TR, **Okorooha KR**, Trafton H, Graham T, Muh SJ, Kolowich PA. Intraoperative Hypothermia During Shoulder Arthroplasty. *Accepted for presentation at Mid-America Orthopaedic Association 36th Annual Meeting; San Antonio, TX; April 2018
27. Okorooha KR, Patel RB, Krause A, Gullledge C, Makhni EC, Moutzouros V. Risk Factors for Lateral Meniscus Posterior Root Tear in Patients with Anterior Cruciate Ligament Ruptures. Mid-America Orthopaedic Association 36th Annual Meeting; San Antonio, TX; April 2018
28. Makhni E, Lizzio V, Meta F, Stephens J, **Okorooha KR**, Moutzouros V. Assessment of a New Stress Measurement Device for the Medial Elbow: can we finally directly measure stress across the UCL during the pitching motion? Mid-America Orthopaedic Association 36th Annual Meeting; San Antonio, TX; April 2018
29. Lynch J, **Okorooha KR**, Fidai M, Lizzio V, Meta F, Moutzouros V. Adductor Canal Block Versus Femoral Nerve Block for Pain Control After Anterior Cruciate Ligament Reconstruction: A Prospective Randomized Trial. American Academy of Orthopedic Surgeons, National Annual Meeting. New Orleans, LA. March 2018.
30. Marshall NE, Keller RA, **Okorooha KR**, Yu C, Fidai M, Muh S, Moutzouros V. Strength Changes Associated with Elongation in Distal Biceps Tendon Repair. American Academy of Orthopedic Surgeons, National Annual Meeting. New Orleans, LA. March 2018.
31. Marshall NE, Jildeh TR, **Okorooha KR**, Meta F, Lizzio V, Moutzouros V, Makhni EM. Performance, Return to Play, and Career Longevity after Tommy John Surgery in Professional Catchers. American Academy of Orthopedic Surgeons, National Annual Meeting. New Orleans, LA. March 2018.
32. **Okorooha KR**, Taylor K, Marshall NE, Keller RA, Varma V, Moutzouros V. Return to Play After Shoulder Instability in National Football League Athletes. AOSSM Annual Meeting 2017; Toronto, ON. July 20-23, 2017.

33. Makhni E, Lizzo V, Meta F, Stephens J, **Okorooha KR**, Moutzouros V. Assessment of a New Stress Measurement Device for the Medial Elbow: can we finally directly measure stress across the UCL during the pitching motion. Michigan Orthopedic Society, Mackinac Island, MI. June 2017.
34. Jildeh TR, **Okorooha KR**, Trafton H, Graham T, Muh SJ, Kolowich PA. Intraoperative Hypothermia During Shoulder Arthroplasty. Michigan Orthopedic Society, Mackinac Island, MI. June 2017.
35. Marshall NE, Guest JM, **Okorooha KR**, Muh S, Makhni EC, Keller RA, Moutzouros V. Strength Changes Associated with Elongation in Distal Biceps Tendon Repair. Arthroscopy Association of North America Annual Meeting, Denver, CO. May 2017.
36. **Okorooha KR**, Keller RA, Jung E, Lafi K, Marshall NE, Kolowich PA, Moutzouros V. Pain Assessment After Anterior Cruciate Ligament Reconstruction: Bone-Patellar Tendon- Bone Versus Hamstring Tendon Autograft. Mid-America Orthopaedic Association 35th Annual Meeting; Amelia Island, FL; April 2017.
37. Keller RA, Marshall NE, Mehran N, **Okorooha KR**, Khalil L, Tibone JE, Moutzouros V. Major League Pitching Workload after Primary Ulnar Collateral Ligament Reconstruction and Risk for Revision Surgery. Mid-America Orthopaedic Association 35th Annual Meeting; Amelia Island, FL; April 2017.
38. Keller RA, Marshall NE, Mehran N, **Okorooha KR**, Lynch J, Guest JM, Moutzouros V. Timing of Ulnar Collateral Ligament Injury in Major League Baseball Pitchers. Mid-America Orthopaedic Association 35th Annual Meeting; Amelia Island, FL; April 2017.
39. **Okorooha KR**, Jung E, Khalil L, Keller R, Marshall NE, Aboulijod M, Chan D, Moutzouros V. Long-Term Strength and Functional Outcomes in Patients Receiving Femoral Nerve Block Versus Local Infiltration in Anterior Cruciate Ligament Reconstruction. Mid-America Orthopaedic Association 35th Annual Meeting; Amelia Island, FL; April 2017.
40. **Okorooha KR**, Taylor K, Marshall NE, Keller RA, Varma V, Moutzouros V. Return to Play After Shoulder Instability in National Football League Athletes. Mid-America Orthopaedic Association 35th Annual Meeting; Amelia Island, FL; April 2017.
41. **Okorooha KR**, Muh S, Roche C, Flurin P, Wright T, Zuckerman J. Early Follow-Up of Total Shoulder Arthroplasty in Patients Under Sixty Five Years of Age versus Older than Seventy-Five. Mid-America Orthopaedic Association 35th Annual Meeting; Amelia Island, FL; April 2017.
42. **Okorooha KR**, Muh S, Roche C, Flurin P, Wright T, Zuckerman J. Early Outcomes of Anatomic Total Shoulder Arthroplasty According to Sex. Mid-America Orthopaedic Association 35th Annual Meeting; Amelia Island, FL; April 2017.
43. **Okorooha KR**, Lynch J, Keller RA, Korona J, Rill B, Kolowich PA, Muh S. Liposomal Bupivacaine versus Interscalene Nerve Block for Pain Control after Shoulder Arthroplasty. American Shoulder and Elbow Surgeons Specialty day, San Diego, CA, March 2017.

44. **Okorooha KR**, Lynch J, Keller RA, Korona J, Rill B, Kolowich PA, Muh S. Liposomal Bupivacaine versus Interscalene Nerve Block for Pain Control after Shoulder Arthroplasty. Henry Ford Research Forum. Detroit, MI, February 2017. **3rd place clinical research winner.**
45. **Okorooha KR**, Jung E, Khalil L, Keller R, Marshall NE, Aboulijod M, Chan D, Moutzouros V. Long-Term Strength and Functional Outcomes in Patients Receiving Femoral Nerve Block Versus Local Infiltration in Anterior Cruciate Ligament Reconstruction. National Medical Association Timothy Stephen Research Symposium, Los Angeles, CA. July 2016
46. **Okorooha KR**, Keller RA, Jung E, Lafi K, Marshall NE, Kolowich PA, Moutzouros V. Pain Assessment After Anterior Cruciate Ligament Reconstruction: Bone-Patellar Tendon- Bone Versus Hamstring Tendon Autograft. Michigan Orthopedic Society, Mackinac Island, MI. June 2016.
47. Keller RA, Marshall NE, Mehran N, **Okorooha KR**, Lynch J, Guest JM, Moutzouros V. Timing of Ulnar Collateral Ligament Injury in Major League Baseball Pitchers. Michigan Orthopedic Society, Mackinac Island, MI. June 2016.
48. Keller RA, Marshall NE, Guest JM, **Okorooha KR**, Jung EK, Moutzouros V. Major League Baseball pitch velocity and pitch type associated with risk of ulnar collateral ligament injury. Michigan Orthopedic Society, Mackinac Island, MI. June 2016.
49. **Okorooha KR**, Patel R, Keller RA, Lynch J, Korona J, Rill B, Kolowich PA, Muh S. Liposomal Bupivacaine versus Interscalene Nerve Block for Pain Control after Shoulder Arthroplasty. Michigan Orthopedic Society, Mackinac Island, MI. June 2016.
50. Marshall NE, Keller RA, **Okorooha KR**, Guest JM, Muh S, Moutzouros V. Radiostereometric evaluation of tendon elongation after distal biceps repair. Paper presented at: 13th International Congress of Shoulder and Elbow Surgery; Jeju, Korea; May 18-20, 2016.
51. **Okorooha KR**, Keller RA, Lynch J, Korona J, Rill B, Kolowich PA, Muh S. Liposomal Bupivacaine versus Interscalene Nerve Block for Pain Control after Shoulder Arthroplasty. Paper presented at: 13th International Congress of Shoulder and Elbow Surgery; Jeju, Korea; May 18-20, 2016.
52. **Okorooha, KR**, Keller RA, Marshall NE, Lynch J, Lock T, Rill B. Patient Perception of Physician Reimbursement for Arthroscopic Knee Surgery. Arthroscopy Association of North America Annual Meeting, Boston, MA. April 2016.
53. **Okorooha KR**, Keller RA, Marshall NE, Jung E, Mehran N, Owashi E, Moutzouros V. Liposomal Bupivacaine versus Femoral Nerve Block for Pain Control after Anterior Cruciate Ligament Reconstruction: A Prospective Randomized Trial. Mid-America Orthopaedic Association, Bonita Springs, FL. April 2016.
54. Marshall NE, Keller RA, **Okorooha KR**, Guest JM, Muh S, Moutzouros V. Radiostereometric Evaluation of Tendon Elongation after Distal Biceps Repair. Mid-America Orthopaedic Association, Bonita Springs, FL. April 2016.

55. **Okorooha, KR**, Keller RA, Marshall NE, Lynch J, Lock T, Rill B. Patient perception of reimbursement for arthroscopic meniscectomy and ACL reconstruction. 2016 Henry Ford Hospital Annual Research Day. Detroit, Michigan. February 2016.
56. **Okorooha KR**, Keller RA, Lynch J, Korona J, Rill B, Kolowich PA, Muh S. Liposomal Bupivacaine versus Interscalene Nerve Block for Pain Control after Shoulder Arthroplasty: A Prospective Randomized Trial. American Academy of Orthopedic Surgeons, National Annual Meeting. Orlando, FL. March 2016.
57. Marshall NE, Keller RA, **Okorooha KR**, Guest JM, Muh S, Moutzouros V. Radiostereometric Evaluation of Tendon Elongation after Distal Biceps Repair. American Orthopaedic Society for Sports Medicine Specialty Day. Orlando, FL. March 2016.
58. **Okorooha KR**, Keller RA, Marshall NE, Jung E, Mehran N, Owashi E, Moutzouros V. Liposomal Bupivacaine versus Femoral Nerve Block for Pain Control after Anterior Cruciate Ligament Reconstruction: A Prospective Randomized Trial. National Medical Association, Detroit, MI. August 2015.
59. **Okorooha KR**, Keller RA, Marshall NE, Jung E, Mehran N, Owashi E, Moutzouros V. Liposomal Bupivacaine versus Femoral Nerve Block for Pain Control after Anterior Cruciate Ligament Reconstruction: A Prospective Randomized Trial. Detroit Regional Sports Symposium, Detroit, MI. July 2015.
60. **Okorooha KR**, Keller RA, Marshall NE, Jung E, Mehran N, Owashi E, Moutzouros V. Liposomal Bupivacaine versus Femoral Nerve Block for Pain Control after Anterior Cruciate Ligament Reconstruction: A Prospective Randomized Trial. Michigan Orthopedic Society, Mackinac Island, MI. June 2015.
61. **Okorooha, KR**, Mehran N, Duncan J, Spiering T, Bey, M, Moutzouros V. Ultrasound Versus Magnetic Resonance Imaging Characterization of Rotator Cuff Tears in a Surgical Population. Michigan Orthopedic Society, Mackinac Island, MI. June 2015.
62. **Okorooha KR**, Keller RA, Marshall NE, Jung E, Mehran N, Owashi E, Moutzouros V. Liposomal Bupivacaine versus Femoral Nerve Block for Pain Control after Anterior Cruciate Ligament Reconstruction: A Prospective Randomized Trial. Cleveland Clinic Warthog Society, Barcelona, Spain. May 2015.
63. **Okorooha KR**, Keller RA, Jung EK, Marshall NE, Mehran N, Owashi E, Moutzouros V. Liposomal Bupivacaine versus Femoral Nerve Block for Pain Control after Anterior Cruciate Ligament Reconstruction: A Prospective Randomized Trial. Detroit Academy of Orthopedic Surgeons, Detroit, MI. May 2015.
64. **Okorooha, KR**, Mehran N, Duncan J, Spiering T, Bey, M, Moutzouros V. Ultrasound Versus Magnetic Resonance Imaging Characterization of Rotator Cuff Tears in a Surgical Population. Detroit Academy of Orthopedic Surgeons, Detroit, MI. May 2015.
65. **Okorooha, KR**, Mehran N, Duncan J, Spiering T, Bey, M, Moutzouros V. Ultrasound Versus Magnetic Resonance Imaging Characterization of Rotator Cuff Tears in a Surgical Population. Mid-America Orthopedic Association. Hilton Head, SC. April 2015.

66. Keller RA, Mehran N, Marshall NE, **Okoroa KR**, Frisch N, Desilva S. The Utility of Botulinum Toxin A in the Repair of Distal Biceps Tendon Ruptures. Michigan Orthopaedic Society Annual Scientific Meeting, June 12-14, 2014, Mackinac Island, MI.

POSTER PRESENTATIONS:

1. Nwachukwu BN, Beletsky A, Naveen N, **Okorooha KR**, Southworth T, Verma NN, Yanke A, Cole BJ. PROMIS Instruments Correlate Better with Legacy Measures in Knee Cartilage Patients at Post-operative than at Pre-operative Assessment. International Cartilage Repair Society Annual Meeting 2019. Vancouver, CA. October 2019
2. Jildeh TR, Okorooha KR, Taylor KA, Buckley P, Mehran N, Mehta S, Moutzouros V. Impact of Concussions on the Performance of Running Backs and Wide Receivers in the National Football League. AOSSM Annual Meeting 2019; Boston, MA. July 2019.
3. **Okorooha KR**, Patel BH, Lu Y, Idarraga AJ, Forsythe B. Concussions in the National Basketball Association: An Analysis from 1999-2018. AOSSM Annual Meeting 2019; Boston, MA. July 2019. *Recipient of 2019 AOSSM best posters Award.
4. **Okorooha KR**, Jildeh TR, Tramer JS, Chahla JA, Nwachukwu BU, Annin S, Moutzouros V, Bush-Joseph C, Verma N. Effect of Fatigue Protocols on Upper Extremity Neuromuscular Function and Implications for Ulnar Collateral Ligament Injury Prevention. 12th Biennial ISAKOS Congress. Cancun, Mexico. May 2019.
5. Jildeh TR, Taylor KA, Khalil L, **Okorooha KR**, Matar RN, Geisenhoff A, Moutzouros V. Risk Factors for Postoperative Opioid Use in Meniscus Surgery. 12th Biennial ISAKOS Congress. Cancun, Mexico. May 2019.
6. Chahla J, Nwachukwu BU, Beck EC, Neal WH, Cancienne JM, **Okorooha KR**, Ahn J, Nho SJ. Influence of Acetabular Labral Tear Length on Outcomes following Hip Arthroscopy for Femoroacetabular Impingement Syndrome with Capsular Plication. Arthroscopy Association of North America Annual Meeting, Orlando FL. May 2019.
7. Nwachukwu BU, Beck EC, Chapman R, **Okorooha KR**, Nho SJ. Preoperative Performance of PROMIS in Patients Undergoing Hip Arthroscopy for Femoroacetabular Impingement Syndrome. Arthroscopy Association of North America Annual Meeting, Orlando FL. May 2019.
8. Jildeh TR, **Okorooha KR**, Denha E, Eyerer C, Putnam A, Shehab R, Moutzouros V. Return to Sport Following the Adolescent Concussion: Epidemiologic Findings From a High School Population. Arthroscopy Association of North America Annual Meeting, Orlando FL. May 2019.
9. Lynch J, Okorooha KR, Lizzio V, Yu C, Jildeh TR, Moutzouros V. Adductor nerve block versus femoral nerve block for pain control after anterior cruciate ligament reconstruction: a prospective, double blinded, randomized trial. Arthroscopy Association of North America Annual Meeting, Orlando FL. May 2019.
10. Khalil L, **Okorooha KR**, Jildeh TJ, Matar RN, Fidai MS, Tramer JS, Makhni EC, Moutzouros V. Do Anatomic Changes Found in the Throwing arm After a Season of Pitching Resolve with Offseason Rest? A Dynamic Ultrasound Study. Arthroscopy Association of North America Annual Meeting, Orlando FL. May 2019.

11. Jildeh TR, Taylor KA, Khalil L, **Okorooha KR**, Matar RN, Geisenhoff A, Moutzouros V. Risk Factors for Postoperative Opioid Use in Meniscus Surgery. Arthroscopy Association of North America Annual Meeting, Orlando FL. May 2019.
12. Khalil L, **Okorooha KR**, Jildeh TJ, Matar RN, Fidai MS, Tramer JS, Makhni EC, Moutzouros V. Do Anatomic Changes Found in the Throwing arm After a Season of Pitching Resolve with Offseason Rest? A Dynamic Ultrasound Study. AAOS Annual Meeting 2019; Las Vegas, NV. March 12-16, 2019
13. Klag E, **Okorooha KR**, Sheene GJ, Muh SJ. Does the use of a periarticular anesthetic cocktail prove adequate pain control following shoulder arthroplasty? AAOS Annual Meeting 2019; Las Vegas, NV. March 12-16, 2019
14. **Okorooha KR**, Muh S, Patel R, Roche C, Flurin P, Wright T, Zuckerman J. Early Follow-Up of Total Shoulder Arthroplasty in Patients Under Fifty-Five Years of Age versus Older than Fifty-Five. American Orthopedic Association Annual Meeting; Boston, MA; June 2018.
15. Keller RA, **Okorooha KR**, Khalil L, Dines J, Bush-Joseph C, Moutzouros V. Deep Venous Thrombosis Prophylaxis in Anterior Cruciate Ligament Reconstructive Surgery: What is the Current State of Practice. American Orthopedic Association Annual Meeting; Boston, MA; June 2018.
16. Makhni E, Lizzio V, Meta F, Stephens J, **Okorooha KR**, Moutzouros V. Assessment of Elbow Torque and Other Parameters During the Pitching Motion: Comparison of Fastball, Curveball, and Change-up. Presented at: Michigan Orthopaedic Society Annual Meeting; Mackinac Island, Michigan; June 22-24, 2018.
17. Meldau J, Srivastava K, **Okorooha KR**, Ahmad CS, Moutzouros V, Makhni EC. Cost Analysis of Tommy John Surgery for Major League Baseball Teams. Presented at: Michigan Orthopaedic Society Annual Meeting; Mackinac Island, Michigan; June 22-24, 2018.
18. **Okorooha KR**, Muh S, Gabbard M, Evans T, Roche C, Flurin P, Wright T, Zuckerman J. Mid-Term Outcomes of Shoulder Arthroplasty According to Sex. Presented at: Michigan Orthopaedic Society Annual Meeting; Mackinac Island, Michigan; June 22-24, 2018.
19. Makhni E, Lizzio V, Meta F, Stephens J, **Okorooha KR**, Moutzouros V. Assessment of Elbow Torque and Other Parameters During the Pitching Motion: Comparison of Fastball, Curveball, and Change-up. Presented at: Michigan Orthopaedic Society Annual Meeting; Mackinac Island, Michigan; June 22-24, 2018.
20. **Jildeh TR**, Taylor KA, Khalil LS, Okorooha KR, Matar RN, Geisenhoff A, Moutzouros V. Risk Factors for Postoperative Opioid Use in Meniscus Surgery. Presented at: Michigan Orthopaedic Society Annual Meeting; Mackinac Island, Michigan; June 22-24, 2018.
21. Meldau J, Okorooha KR, **Jildeh TR**, Moutzouros V, Makhni EC. Effect of Ball Weight on Elbow Torque in Youth and Adolescent Baseball Pitchers. Presented at: Michigan Orthopaedic Society Annual Meeting; Mackinac Island, Michigan; June 22-24, 2018.
22. Maier L, Okorooha KR, Patel R, **Jildeh TR**, Sanchez N, Sweet M, Rill B, Kolowich PK, Muh SJ. Pain Assessment after Shoulder Arthroplasty: Anatomic Total Shoulder Arthroplasty versus Reverse Total

- Shoulder Arthroplasty. Presented at: Michigan Orthopaedic Society Annual Meeting; Mackinac Island, Michigan; June 22-24, 2018.
23. Khalil L, Okorooha KR, **Jildeh TR**, Tramer J, Ansok, C, Moutzouros V. Ultrasound Changes in UCL after pitching. Presented at: Michigan Orthopaedic Society Annual Meeting; Mackinac Island, Michigan; June 22-24, 2018.
 24. Lynch J, **Okorooha KR**, Fidai M, Lizzio V, Meta F, Moutzouros V. Adductor Canal Block Versus Femoral Nerve Block for Pain Control After Anterior Cruciate Ligament Reconstruction: A Prospective Randomized Trial. Mid-America Orthopaedic Association 36th Annual Meeting; San Antonio, TX; April 2018
 25. Marshall NE, Jildeh TR, **Okorooha KR**, Meta F, Lizzio V, Moutzouros V, Makhni EC. Performance, Return to Play, and Career Longevity after Tommy John Surgery in Professional Catchers. Mid-America Orthopaedic Association 36th Annual Meeting; San Antonio, TX; April 2018
 26. Keller RA, Marshall NE, Mehran N, **Okorooha KR**, Khalil L, Tibone JE, Moutzouros V. Major League Pitching Workload after Primary Ulnar Collateral Ligament Reconstruction and Risk for Revision Surgery. American Academy of Orthopedic Surgeons, National Annual Meeting. New Orleans, LA. March 2018
 27. Jildeh TR, **Okorooha KR**, Trafton H, Graham T, Muh SJ, Kolowich PA. Intraoperative Hypothermia During Shoulder Arthroplasty. American Academy of Orthopedic Surgeons, National Annual Meeting. New Orleans, LA. March 2018
 28. Marshall NE, Guest JM, **Okorooha KR**, Muh S, Makhni EC, Keller RA, Moutzouros V. Strength Changes Associated with Elongation in Distal Biceps Tendon Repair. AOSSM Annual Meeting 2017; Toronto, ON. July 20-23, 2017.
 29. Jildeh TR, **Okorooha KR**, Marshall NE, Abdulhak A, Moutzouros V. Infection and Re-Rupture after Surgical Repair of Achilles Tendons. Michigan Orthopedic Society, Mackinac Island, MI. June 2017.
 30. **Okorooha KR**, Keller RA, Omar K, Marshall NE, Lafi K, Moutzouros V. Return to Play and Performance in NFL players undergoing revision ACL reconstruction. AOA Annual Meeting and Leadership Conference. Charlotte, NC . June 2017
 31. **Okorooha KR**, Taylor K, Marshall NE, Keller RA, Varma V, Moutzouros V. Return to Play After Shoulder Instability in National Football League Athletes. Arthroscopy Association of North America Annual Meeting, Denver, CO. May 2017
 32. **Okorooha KR**, Jung E, Khalil L, Keller R, Marshall NE, Aboulijod M, Chan D, Moutzouros V. Long-Term Strength and Functional Outcomes in Patients Receiving Femoral Nerve Block Versus Local Infiltration in Anterior Cruciate Ligament Reconstruction. Arthroscopy Association of North America Annual Meeting, Denver, CO. May 2017
 33. **Okorooha KR**, Gabbard M, Muh S, Roche C, Flurin P, Wright T, Zuckerman J. Early Outcomes of Anatomic Total Shoulder Arthroplasty According to Sex. Mid-America Orthopaedic Association 35th Annual Meeting; Amelia Island, FL; April 2017.

34. **Okorooha KR**, Ansok C, Keller RA, Rill B, Kolowich PA, Muh S. Pain Assessment after Shoulder Arthroplasty: Anatomic Total Shoulder Arthroplasty versus Reverse Total Shoulder Arthroplasty. Mid-America Orthopaedic Association 35th Annual Meeting; Amelia Island, FL; April 2017.
35. Buraimoh A, **Okorooha KR**, Oravec D, Peltz CD, Yeni YN, Muh SJ. A Biomechanical Comparison of Subscapularis Repair Techniques in Total Shoulder Arthroplasty: Lesser Tuberosity Osteotomy versus Subscapularis Peel. Mid-America Orthopaedic Association 35th Annual Meeting; Amelia Island, FL; April 2017
36. **Okorooha KR**, Taylor K, Marshall NE, Keller RA, Varma V, Moutzouros V. Return to Play After Shoulder Instability in National Football League Athletes. American Academy of Orthopedic Surgeons, National Annual Meeting. San Diego, CA. March 2017
37. **Okorooha KR**, Muh S, Roche C, Flurin P, Wright T, Zuckerman J. Early Follow-Up of Total Shoulder Arthroplasty in Patients Under Sixty-Five Years of Age versus Older than Seventy-Five. American Academy of Orthopedic Surgeons, National Annual Meeting. San Diego, CA. March 2017
38. Liu J, **Okorooha KR**, Keller RA, Guthrie T, Hakeos W, Hoegler J. Patient Perceptions of Physician Reimbursement in Orthopaedic Trauma Surgery. Orthopaedic Trauma Association Annual Meeting 2016; National Harbor, MD. October 5-8, 2016.
39. **Okorooha, KR**, Keller RA, Marshall NE, Lynch J, Lock T, Rill B. Patient perception of reimbursement for arthroscopic meniscectomy and ACL reconstruction. Poster presented at: AOSSM Annual Meeting 2016; Colorado Springs, CO. July 7-10, 2016. **Chosen for guided poster tour.**
40. **Okorooha KR**, Keller RA, Omar K, Marshall NE, Lafi K, Moutzouros V. Return to Play and Performance in NFL players undergoing revision ACL reconstruction. Michigan Orthopedic Society, Mackinac Island, MI. June 2016.
41. **Okorooha KR**, Stephens JP, Evans T, Moutzouros V. The use of 3D Printing in Osteochondral Allografts: A case report of a Femoral OCD. Michigan Orthopedic Society, Mackinac Island, MI. June 2016.
42. **Okorooha KR**, Keller RA, Lynch J, Korona J, Rill B, Kolowich PA, Muh S. *Liposomal Bupivacaine versus Interscalene Nerve Block for Pain Control after Shoulder Arthroplasty: A Prospective Randomized Trial.* AOA Annual Meeting and Leadership Conference. Seattle, WA. June 2016. **Top 10 poster presentation winner.**
43. **Okorooha KR**, Keller RA, Marshall NE, Jung E, Mehran N, Owashi E, Moutzouros V. *Liposomal Bupivacaine versus Femoral Nerve Block for Pain Control after Anterior Cruciate Ligament Reconstruction: A Prospective Randomized Trial.* 13th annual Henry Ford Medical Group Research symposium. Detroit, MI. May 2016. **1st place Clinical research winner**
44. Jung EK, **Okorooha KR**, North T, Srivastava K, Aboulijod M, Davis J, Pain management and its relationship with patient satisfaction in total joint replacement surgery. Poster presented at:

Mid-America Orthopaedic Association 34th Annual Meeting; Bonita Springs, FL; April 13-17, 2016.

45. Jung EK, **Okorooha KR**, North T, Srivastava K, Aboulijod M, Davis J, Pain management and its relationship with Patient Satisfaction in Total Joint Replacement Surgery. American Academy of Orthopedic Surgeons, National Annual Meeting. Orlando, FL. March 2016.
46. **Okorooha KR**, Keller RA, Marshall NE, Jung E, Mehran N, Owashi E, Moutzouros V. *Liposomal Bupivacaine versus Femoral Nerve Block for Pain Control after Anterior Cruciate Ligament Reconstruction: A Prospective Randomized Trial*. American Academy of Orthopedic Surgeons, National Annual Meeting. Orlando, FL. March 2016.

ONGOING RESEARCH:

1. Patel BH, Okorooha KR, Jildeh TR, Lu Y, Baker JD, Nwachukwu BU, Allen AA, Forsythe B. Adductor Injuries in the National Basketball Association: An Analysis of Return to Play and Player Performance from 2010 to 2019. *Submitted for publication in **Arthroscopy**
2. Jildeh TR, **Okorooha KR**, Denha E, Eyerer C, Putnam A, Shehab R, Moutzouros V. Return to Sport Following the Adolescent Concussion: Epidemiologic Findings From a High School Population. *Submitted for publication in **Sports Health**.
3. Patel BH, Nwachukwu BU, Lavoie-Gange, O, Lu Y, Chahla JC, **Okorooha KR**, Allen AA, Forsythe B. Efficacy of Surgery in the Management of Adhesive Capsulitis: A Systematic Review and Meta-analysis of Randomized Controlled Trials. *Submitted for publication in **The Orthopaedic Journal of Sports Medicine**
4. Beck EC, Nwachukwu BU, Mehta N, Jan K, **Okorooha KR**, Nho SJ. Defining Meaningful Functional Improvement on the Visual Analog Scale for Satisfaction at 2-years After Hip Arthroscopy for Femoroacetabular Impingement Syndrome. *Submitted for publication in **Arthroscopy**
5. Nwachukwu BU, Beletsky A, Naveen N, Southworth TM, **Okorooha KR**, Forsythe B, Yanke A, Cole BJ, Verma NN. PROMIS Instruments Correlate Better with Legacy Measures in Knee Cartilage Patients at Post-operative than at Pre-operative Assessment. *Submitted for publication in **Arthroscopy**
6. Beletsky A, Nwachukwu BU, Southworth TM, **Okorooha KR**, Naveen N, Forsythe B, Yanke A, Cole BJ, Verma NN. Preoperative Performance of PROMIS Physical Function, Pain Interference and Depression in Patients Undergoing ACL Reconstruction Compared to Cartilage Procedures. *Submitted for publication in **Arthroscopy**
7. Jildeh TR, Taylor KA, Tramer JS, Khalil LS, Fidai MS, Hasan L, **Okorooha KR**, Moutzouros V. Risk Factors for Postoperative Opioid Use in Arthroscopic Labrum Surgery. *Submitted for publication in **Arthroscopy**.
8. **Okorooha KR**, Ussef NR, Jildeh TR, Khalil L, Eller E, Zeni F, Moutzouros V. Comparison of Tendon Lengthening with Traditional vs. Accelerated Rehab Following Achilles Tendon Repair: A randomized Controlled Trial. *Submitted for publication in **The American Journal of Sports Medicine**.
9. **Okorooha KR**, Khalil L, Washington T, Keller RA, Segal D, Moutzouros V. Shear-Wave Ultrasound Elastography of reconstructed and non-reconstructed ulnar collateral ligaments.