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Johnathan Alexander Bernard, M.D., M.P.H., F.A.A.O.S.

Orthopaedic Surgery and Sports Medicine Specialist

Shoulder | Elbow | Hip | Knee | Ankle

Professional Appointment

- 08/2019 – Present OrthoVirginia Inc. Aldie, VA
Attending Orthopaedic Surgeon, Sports Medicine and Shoulder Surgery
- 08/2020 – Present Assistant Professor of Orthopaedic Surgery and Sports Medicine,
Department of Orthopaedic Surgery
Johns Hopkins University, Johns Hopkins Hospital Baltimore, MD
- 08/2015 – 08/2019 National Sports Medicine Institute, Lansdowne, VA
Orthopaedic Surgeon, Sports Medicine and Shoulder Surgery
- 08/2014 – 08/2015 Senior Clinical Associate in Orthopaedic Surgery
Weil Cornell Medical College, New York, NY

Education

- 08/2004 – 05/2009 Yale University School of Medicine, New Haven, Connecticut Doctor of
Medicine
- 08/2007 – 05/2008 Harvard Kennedy School of Government, Cambridge, Massachusetts
Center for Public Leadership
Mortimer B. Zuckerman Fellow
- 08/2007 – 05/2009 Harvard School of Public Health, Boston, Massachusetts Department of
Health Management and Policy
Master's in Public Health
- 06/2000 – 05/2004 United States Naval Academy, Annapolis, Maryland
Bachelors of Science in Chemistry with Merit

Professional Training

- 08/2015 – 11/2015 Hôpitaux Universitaires de Genève, Geneva, Switzerland Department of Orthopaedic Surgery
AO Fellow Orthopaedic Trauma Surgery
- 08/2014 – 08/2015 Hospital for Special Surgery, New York, New York Weil Cornell Medical College
Clinical Fellow, Sports Medicine and Shoulder Surgery
- 07/2013 – 07/2014 Johns Hopkins Hospital, Baltimore, Maryland
Department of Orthopaedic Surgery
Chief Resident
- 07/2009 – 07/2013 Johns Hopkins Hospital, Baltimore, Maryland
Department of Orthopaedic Surgery
Orthopaedic Intern/Resident

Board Certification

- 2017-2027 American Board of Orthopaedic Surgery – Board Certified

Medical Licensure

- 2015 – Present Virginia State Medical License
2015 – Present Maryland State Medical License
2014 – 2016 New York Medical License

Professional Development

- 06/2020 Epic Physician Builder Training - Basic
07/2020 Epic Physician Builder Training - Advanced
- 05/2019 Entrepreneurship Acceleration Program
The Wharton School Aresty Institute of Executive Education
University of Pennsylvania
- 04/2018 FIFA Diploma in Football Medicine

Team Coverage

10/2019 – present	DC United Major League Soccer Sports Medicine Provider and Team Physician
10/2019 – present	Loudoun United FC United Soccer League Sports Medicine Provider and Team Physician
08/2020 – present	Independence High School Loudoun. County, Virginia Team Physician
08/2020 – present	Lightridge High School Loudoun County, Virginia Team Physician
08/2015 – present	Loudoun County Public High School Athletics Various Team Coverage
08/2014 – 08/2015	New York Football Giants, East Rutherford, NJ National Football League Assistant Team Physician
08/2014 – 08/2015	Iona College, New Rochelle, NY NCAA Division I Athletics Assistant Team Physician
07/2013 – 07/2014	Baltimore Orioles, Baltimore, Maryland Major League Baseball Assistant Resident Team Physician
07/2009 – 07/2014	Johns Hopkins University, Baltimore, Maryland NCAA Division III Athletics NCAA Division I Men's Lacrosse Assistant Resident Team Physician

EDITORIAL EXPERIENCE

2015 – Present	The Journal of Bone and Joint Surgery (JBJS) Reviewer
2015 – Present	The American Journal of Sports Medicine (AJSM) Reviewer

2014 - 2015 HSS Journal: The Musculoskeletal Journal of The Hospital for Special Surgery
Reviewer

2008 – 2009 Yale Journal of Health Policy, Law, and Ethics
Staff Editor

GRANT SUPPORT

2017-2018 American Board of Medical Specialties – American Board of Orthopaedic (ABMS-ABOS) Visiting Scholar
Funding support: \$12,500

Role of Orthopaedic Surgery Milestones in Assessing Competency of Technical and Arthroscopic Skill of Residents: Development of A Cadaveric Surgical Model on Meniscal Injuries using Arthroscopic Video and Surgeon Point of View Recording

2016-2018 Arthroscopy Association of North America Health Policy Fellow
Funding support: \$10,000

Surgical Outcome System and Patient Reported Outcome Measures of AANA members as Clinical Data Registry and MACRA

2013 Orthopaedic Research and Education Fund (OREF) Resident Research Project Grant Award: \$5,000

Distal Clavicle Autograft for Reconstruction of Anterior Glenoid Deficiency due to Recurrent Glenohumeral Joint Instability – A Biomechanical Analysis

2012 OMeGA Residency/Core Competency Innovation Grant
Grant Award: \$11,700

Clinical and Surgical Approach to Shoulder Pathology: Development of an Outcome-Based Accreditation Model for Orthopaedic Surgical Residents, Johns Hopkins University

PEER-REVIEWED PUBLICATIONS

Bernard, S, Burfeind, V. Bernard, JA, The subtle lisfranc injury: A case for bilateral weight-bearing radiographs, Journal of American Association of Physician Assistants, 2020.

Francis ER, Bernard S, Nowak ML, Daniel S, Bernard JA. Operating Room Virtual Reality Immersion Improves Self-Efficacy Amongst Preclinical Physician Assistant Students. *J Surg Educ.* 2020 Jul-Aug;77(4):947-952.

Nayar SK, Dein EJ, Bernard JA, Zikria BA, Spiker AM. Basic Science Research Trends in Orthopedic Surgery: An Analysis of the Top 100 Cited Articles. *HSS J.* 2018 Oct;14(3):333-337.

Bernard S, Cooke T, Hachani L, Cole T, Bernard JA. Evaluating Quality and Readability of Information on the Internet About Type 2 Diabetes and Nutrition, *Journal of the American Academy of Physician Assistants.* 2018; 31(11): 41-44.

Nayar SK, Dein EJ, Spiker AM, Bernard JA, Zikria BA, Weber KL. Proximal radius giant cell tumor resection with osteoarticular allograft reconstruction. *JBJS Case Connect.* 2018

Degen RM, Bernard JA, Pan TJ, Ranawat AS, Nawabi DH, Kelly BT, Lyman S. Hip arthroscopy utilization and associated complications: a population-based analysis. *J Hip Preserv Surg.* 2017 Jun 14;4(3):240-249.

Degen RM, Bernard JA, Oliver KS, Dines JS. Commercial Separation Systems Designed for Preparation of Platelet-Rich Plasma Yield Differences in Cellular Composition. *HSS J.* 2017;13(1):75-80

Degen RM, Camp CL, Bernard JA, Dines DM, Altchek DW, Dines JS. Current Trends in Ulnar Collateral Ligament Reconstruction Surgery Among Newly Trained Orthopaedic Surgeons. *J Am Acad Orthop Surg.* 2017;25(2):140-149

McFarland EG, Bernard JA, Dein EJ, Johnson AA. Diagnostic injections about the shoulder. *J Am Acad Orthop Surg.* 2017

Bernard JA, Dattilo JR, Srikumaran U, Zikria BA, Jain A, LaPorte DM. Reliability and validity of 3 methods of assessing orthopedic resident skill in shoulder surgery. *J Surg Educ.* 2016

Petersen SA, Bernard JA, Langdale ER, Belkoff SM. Autologous distal clavicle versus autologous coracoid bone grafts for restoration of anterior-inferior glenoid bone loss: a biomechanical comparison. *J Shoulder Elbow Surg.* 2015

Nayar SK, Dein EJ, Spiker AM, Bernard JA, Zikria BA. The Top 100 Cited Articles in Clinical Orthopaedic Sports Medicine. *The American Journal of Orthopaedics.* 2015

Bernholt DL, Hassanzadeh H, Bernard JA, Tis JE. Spondylodiscitis after ingestion of a lithium button battery. *JBJS Case Connector.* 2014

Strike, S, Brock AK, Naziri Q, Bernard JA, Zikria B. A Posteromedial Approach to a Complex Multifragmentary Avulsion Fracture of the Posterior Cruciate Ligament: A Case Report. Journal of Orthopaedics and Rheumatology. J Orthopedics Rheumatol.2014;1(3): 4

Bernard JA, O'Daly A, LaPorte DM. Dorsal radiocarpal dislocation in a patient with Goldenhar syndrome: case report. Hand. 2013;8(3):320-323.

Bernard JA, Riguard J, Tan E, Naziri Q, Zikria B. Sterile pretibial cyst formation following anterior cruciate ligament reconstruction with a bioabsorbable screw. J Long Term Eff Med Implants. 2013;23(1):61-5

Bernard JA, Dattilo JR, LaPorte DM. The incidence and reporting of sharps exposure among medical students, orthopedic residents, and faculty at one institution. J Surg Educ. 2013 Sep-Oct;70(5):660-8.

Guo JJ, Bernard JA, Tantisricharoenkul G, Petersen SA, McFarland EG. Floating glenoid after reverse total shoulder arthroplasty: a case report. J Shoulder Elbow Surg. 2012;21(10):e14-18.

Tan EW, Jain A, Hassanzadeh H, Bernard JA, Lemma MA. Role of hematologic laboratory studies in the postoperative management of patients undergoing anterior cervical discectomy and fusion. Orthopedics. 2012;35(6):e917-921.

Bernard JA Relationship Between Pre-Operative Statin Use and Post-Operative Infectious Complications In General and Non-Cardiac Surgery. Yale J Biol Med. 2009 December; 82 (4): 181-229 subarticle 9.

BOOKS AND BOOK CHAPTERS

Mayer S, Bernard JA, Rodeo S. Meniscal Injuries Orthopaedic Knowledge Update: Sports Medicine 2020

Mayer S, Bernard JA, Rodeo S. Meniscal Injuries Orthopaedic Knowledge Update: Sports Medicine 5 2016

Wilckens JH, Freehill MT, Srikumaran U, Bernard JA. Approach to the patient with shoulder pain. In: Imboden JB, Hellman DB, Stone JH (eds). Current Diagnosis & Treatment: Rheumatology. New York: McGraw-Hill, 2013:71-78.

Bernard JA, Le T, Krause K. First Aid Basic Sciences – Organ Systems. New York: McGraw-Hill, 2008.

Bernard JA, Le T, Krause K. First Aid Basic Sciences – General Principles. New York: McGraw-Hill, 2008.

ABSTRACTS/PRESENTATIONS/COMMUNICATIONS

Loeb AE, LaPorte DM, Bernard JA. Objective Measures of Surgical Competence for the ACGME Meniscal Injury Milestone: Cadaveric Meniscectomy and Meniscus Repair Assessed with Arthroscopic Video. American Orthopaedic Association's Council of Orthopaedic Residency Directors Program. June 12, 2020. Baltimore, MD.

Loeb AE, LaPorte DM, Bernard JA. Objective Measures of Surgical Competence for the ACGME Meniscal Injury Milestone: Cadaveric Meniscectomy and Meniscus Repair Assessed with Arthroscopic Video. Eastern Orthopaedic Association. October 17, 2019. Palm Springs, FL.

Loeb AE, LaPorte DM, Bernard JA. Objective Measures of Surgical Competence for the ACGME Meniscal Injury Milestone: Cadaveric Meniscectomy and Meniscus Repair Assessed with Arthroscopic Video. Clinical Orthopaedic Society. September 20, 2019. Atlanta, GA.

Loeb AE, LaPorte DM, Bernard JA. Objective Measures of Surgical Competence for the ACGME Meniscal Injury Milestone: Cadaveric Meniscectomy and Meniscus Repair Assessed with Arthroscopic Video. Orthopaedic Research and Education Foundation/Orthopaedic Research Society Northeast Resident Research Symposium. September 24, 2018. Baltimore, MD.

Loeb AE, LaPorte DM, Bernard JA. Objective Measures of Surgical Competence for the ACGME Meniscal Injury Milestone: Cadaveric Meniscectomy and Meniscus Repair Assessed with Arthroscopic Video. American Board of Medical Specialties Conference. September 24-26, 2018. Las Vegas, NV.

Loeb AE, LaPorte DM, Bernard JA. Objective Measures of Surgical Competence for the ACGME Meniscal Injury Milestone: Cadaveric Meniscectomy and Meniscus Repair Assessed with Arthroscopic Video. American Orthopaedic Association. June 12-13, 2020. Baltimore, MD.

Loeb AE, LaPorte DM, Bernard JA. Objective Measures of Surgical Competence for the ACGME Meniscal Injury Milestone: Cadaveric Meniscectomy and Meniscus Repair Assessed with Arthroscopic Video. High Value Practice Academic Alliance. November 16, 2019. Baltimore, MD.

Francis, E, Bernard, S, Nowak, M, Daniel, S, Bernard, J. Abstract. Operating room virtual reality immersion improves self-efficacy amongst preclinical physician assistant students, *Journal of Surgical Education*, (2020).

Francis E, Bernard S, Nowak M, Daniel S, Bernard J. Virtual Reality: Impact on PA Student Self-Efficacy. Presentation for Physician Assistant Education Association conference, October 2019, Washington, DC.

Johnson, TS, Heacock, TL, Moreira AM, Bernard JA, Ismaeil ZC, Coleman, NW, Johnson DC, Suture Recycling Techniques for Arthroscopic Shoulder Stabilization. Orthopaedic Video Theatre, AAOS 2018

Rebolledo BJ, Bernard J, Werner BC, Nwachukwu BU, Dare DM, Warren RF, Rodeo SA. (Podium Paper Presentation) The Role of Vitamin D in Lower Extremity and Sports Hernia Injuries in NFL Combine Athletes. AANA; May 2017

Rebolledo BJ, Bernard J, Werner BC, Nwachukwu BU, Dare DM, Warren RF, Rodeo SA. (Podium Paper Presentation) The Role of Vitamin D in Lower Extremity and Sports Hernia Injuries in NFL Combine Athletes. AAOS Annual Meeting; San Diego, CA. March 2017

Degen RM, Bernard JA, Oliver KS, Dines JS. Commercial Separation Systems Designed for Preparation of Platelet-Rich Plasma Yield Differences in Cellular Composition. AAOS Annual Meeting, Orlando, FL March 2016

Bernard JA, Tan, EW, Johnson A, Dein E, Bachabi M, Schon LC. (Scientific Exhibit) The role of diagnostic injections about the foot and ankle. AAOS Annual Meeting, Orlando, FL March 2016.

Johnson, A, Bachabi, Malick, Dein, E, Striker SA, Bernard, JA, Zikria, BA. (Scientific Exhibit). Osteotomies About the Knee in the Young Active Patient . AAOS Annual Meeting, Orlando, FL March 2016

Tan, EW, Hsu N, Bernard, JA, Macias, DM, Talusan P, Wisbeck, J, Guyton, GP, Miller, SD, Schon LC. (Scientific Exhibit). Management of Acute Ruptures of the Achilles Tendon – Healing the Achilles' Heel. AAOS Annual Meeting, Orlando, FL March 2016

Bernard JA, Rodeo S, Barnes R, Warren R. (Podium Paper Presentation) Single Team Seventeen-Year Experience with Concussions in the National Football League, AAOS Annual Meeting, Orlando, FL March 2016

Spiker A, Bernard JA, Sterling R, Osgood G, Laporte D (Scientific Exhibit) Compartment Syndrome Orthopaedic Surgical and Technical Skill Training Assessment Tools. 2015 OTA, San Diego, California September 2015

Bernard JA, Degen R, Wellman D, Ranawat A. (Podium Presentation) Isthiofemoral Impingement Treated with Lesser Trochanteric Osteotomy. International Society of Hip Arthroscopy (ISHA) 2015, Cambridge, UK. September 2015

Bernard JA, Langdale E, Belkoff S, Petersen S. (Podium Paper Presentation) Use of Autologous Distal Clavicle for Restoration of Anterior Inferior Glenoid Bone Loss. 2015 AAOS Annual Meeting, Las Vegas, Nevada March 2015

Spiker A, Bernard JA, Sterling R, Osgood G, Laporte D (Scientific Exhibit) Orthopaedic Surgical and Technical Skill Training Assessment Tools. 2015 AAOS Annual Meeting, Las Vegas, Nevada March 2015

Dewan AK, Spiker A, Williams AA, Bernard JA, Petersen SA, McFarland E, Khanna AJ, Srikumaran U. (Scientific Exhibit) Magnetic Resonance Imaging, Ultrasound, and Their Associated Arthroscopic Findings of Shoulder Disorders. 2015 AAOS Annual Meeting, Las Vegas, Nevada March 2015

Johnson A, Bachabi M, Dein E, Strike S, Bernard JA, Srikumaran S, Zikria B. (Scientific Exhibit) Diagnostic Injections About the Shoulder. 2015 AAOS Annual Meeting, Las Vegas, Nevada March 2015

Bachabi M, Strike S, Dein E, Johnson A, Bernard JA, Deune EG, Laporte DL.(Scientific Exhibit) Evaluation and Treatment of Overuse Syndromes of the Hand, Wrist, and Elbow. 2015 AAOS Annual Meeting, Las Vegas, Nevada March 2015

Spiker A, Bernard JA, Sterling R, Osgood G, Laporte D, (Poster Presentation) Compartment Syndrome Training Assessment and Education Tool. 2014 Council of Orthopaedic Residency Directors (CORD) Conference, Combined Meeting of the American Orthopaedic Association and the Canadian Orthopaedic Association, Montreal, Canada June 2014

Bernard JA, Srikumaran U, Dattilo, J, Zikria B, LaPorte D. (Poster Presentation) The Validity and Reliability of Surgical Checklists in Teaching Three Different Open Surgical Approaches to the Shoulder. 31st Annual San Diego Shoulder Course. San Diego Shoulder Institute, San Diego, California. June 2014

Bernard JA. Use of Autologous Distal Clavicle for Restoration of Anterior Inferior Glenoid Bone Loss A Biomechanical Comparison of Autologous Distal Clavicle to Autologous Coracoid Bone Grafts (Oral Presentation). Chief Graduation Research Talk, Johns Hopkins Hospital, June 2014

Dein E, Bernard JA, Spiker A, Hassenzadeh H, Wilckens J, Zikria, B. Case Presentation of A Pediatric Knee Injury in Baseball (Oral Presentation), American College Sports Medicine Annual Meeting. Orlando, Florida. May 2014

Bernard JA (Oral Presentation) What is the Value of Eliminating the Burden of Musculoskeletal Disease? Viewing Orthopaedic Surgery as a Public Health Intervention. Chief Resident Grand Rounds, Johns Hopkins Grand Rounds, Baltimore, Maryland May 2014

Bernard JA (Oral Presentation) SIGN Fracture Care International Haiti Outreach 2014. Johns Hopkins Grand Rounds, Baltimore Maryland April 2014

Bernard JA (Oral Presentation) Management of Distal Humerus Fractures. HAAOT SIGN Fracture Care International/FOT/USAID Project Hope Second Annual Conference, Port-au-Prince, Haiti April 2014

Bernard JA (Oral Presentation) Management of Clavicle Fractures. HAAOT SIGN Fracture Care International/FOT/USAID Project Hope Second Annual Conference, Port- au-Prince, Haiti April 2014

Bernard JA, Datillo, JR, Srikumaran U, Zikria B, LaPorte, D. (Electronic Poster Presentation): Clinical and Surgical Approach to Shoulder Pathology: Development of an Outcome-Based Accreditation Model for Orthopaedic Surgical Residents. Marvin R. Dunn Poster Session at the 2014 ACGME Annual Education Conference February 2014

Zikria, B, Spiker A, Bernard JA, Wilckens, JH. (Oral Presentation) Isolated Posterior Cruciate Ligament Injuries in Major League Baseball. Major League Baseball Team Physicians Association and Professional Baseball Trainers Association at the Major League Baseball Annual Winter Meetings. Orlando, Florida. December 2014

Bernard JA, Dattilo JR, LaPorte DM. (Website Audio Slide Presentation) The incidence and reporting of sharps exposure among medical students, orthopedic residents, and faculty at one institution. J Surg Educ. 2013

Bernard JA, Datillo, JR, Srikumaran U, Zikria B, LaPorte, D. (Poster Presentation): Clinical and Surgical Approach to Shoulder Pathology: Development of an Outcome- Based Accreditation Model for Orthopaedic Surgical. Residency/Core Competency Innovation Poster, American Orthopaedic Association Annual Meeting May 2013

Bernard, JA. (Oral Presentation): Glenohumeral Instability, Thoughts on the NIH Summer Internship Program, and the Importance of Research: NIH Summer Internship Program, Guest speaker, July 2012

Freehill MT, Ebel BG, Bancells RL, Farjoodi P, Bernard JA, Cosgarea AJ, Wilckens JH (Oral Presentation). Bridging the Gap: What are they throwing? Why is that important? Major League Baseball Team Physicians Association and Professional Baseball Trainers Association at the Major League Baseball Annual Winter Meetings. Orlando, Florida. December 2010

Bernard, JA, Rosenthal, R., Rogers, S. O. (Poster Presentation): Relationship Between Preoperative Statin Use and Postoperative Infectious Complications in General and Non-Cardiac Surgery, Student Research Day 2009, Yale School of Medicine, May 2009

Bernard, JA, Bero, C, Lee, T. (Oral Presentation): Evaluation of Barriers to Adoption of Health Information Technology in the Community Setting. Health Management Practicum, Harvard School of Public Health, Partners Community Health Care, Inc, Partners Inc, Boston, MA, 2008.

Xu, Y, Bernard, JA, Robyn, J, Kobus, K, Altshuler, A, Liu, Y. (Oral Presentation): Health System Analysis of Community Health Care Provision in the People's Republic of China. Harvard School of Public Health China Initiative, Tsinghua University, Beijing, China, 2008.

Bernard, JA. (Oral Presentation): From Polyomavirus to Rapamycin to Free Clinics: Lessons Learned from the NIH SIP. NINDS Summer Internship Program, Guest speaker, July 2007.

Bernard, JA. (Oral Presentation): Inhibition of Human mTOR Signaling Pathway Through Slow-Release Rapamycin in human Saphenous Vein, Tissue Engineering Group, Yale School of Medicine, August 2005.

Bernard, JA, Kinter, C., Hou, J., Major, E. (Poster Presentation): The efficacy of chlorpromazine and human beta interferon against JC virus multiplication in a persistently infected neuroglial cell line. US Naval Academy Chemistry Department Student Research Day; NINDS, NIH, 2004

Bernard, JA. (Oral Presentation): The efficacy of chlorpromazine against JC virus multiplication in a persistently infected SVG cell line." Senior Research Project Presentation, US Naval Academy Chemistry Department, May 2004.

PROFESSIONAL SOCIETY MEMBERSHIPS

AO Trauma North America 2014 - Present

J. Robert Gladden Society 2014 - Present

American Orthopaedic Association, Emerging Leaders Program 2013 - Present

American Orthopaedic Society for Sports Medicine, 2014- Present

American Academy of Orthopaedic Surgeons 2009 – Present

Arthroscopy Association of North America 2012 - Present

Medical Reserve Corps/ International Red Cross, Member 2004-2006

American Medical Student Association, Member 2004 – 2009

Student National Medical Association, Member 2004 – 2009

Golden Key International Honor Society, Member 2003 – 2009

Phi Lambda Upsilon Honorary Chemical Society, Member 2002 – 2004 American Chemical Society, Member 2002 – 2004

National Society of Collegiate Scholars, Member 2002 – 2004

HONORS AND AWARDS

Best of Loudoun – Reader's Choice 2019 – Medical Specialty

Loudoun 100 –Class of 2019

Loudoun 40 under 40 Class of 2019

Shorewood High School Tradition of Excellence Sports Medicine 2019

American Orthopaedic Association Resident Leadership forum 2013

Paul B. Harris Fellow, Rotary International 2009
Peter A. T. Grannum Award, Yale University School of Medicine 2009
Mortimer B. Zuckerman Fellowship, Harvard Kennedy School 2007
Armed Forces Health Professional Scholarship Program 2004-2009
The National Institute of Neurological Disorders and Stroke Group Merit Award 2004
United States Naval Academy Superintendent's List 2003-2004
United States Naval Academy Commandant's List 2002-2003
United States Naval Academy Dean's List 2001-2002
National Macy's Scholar 2000
National Achievement Scholar 2000