

**Harvard Medical School/Harvard School of Dental Medicine  
Format for the Curriculum Vitae**

**Date Prepared:** January 12, 2011  
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**Education**

1980	BA		University of Virginia, Charlottesville VA
1985	MD	Medical Doctor	University of Virginia, Charlottesville VA

**Postdoctoral Training**

1980-1981	Research Assistant	Arthritis Division	University of Virginia, Charlottesville VA
1985-1986	Intern	Surgery	Naval Hospital, San Diego CA
1988-1992	Resident	Orthopedics	Naval Hospital, San Diego CA
1994-1995	Rowe Shoulder Fellow	Orthopedics	Massachusetts General Hospital, Boston MA

**Faculty Academic Appointments**

1995- present	Clinical Instructor	Orthopedic Surgery	Harvard Medical School
2006	Assistant Clinical Professor		Harvard Medical School

**Appointments at Hospitals/Affiliated Institutions**

1986-1988	General Medical Officer Batallion 1/1		United States Marine Corps, Camp Pendleton CA
1992-1994	Orthopedic Surgeon	Orthopedic Surgery	Camp Lejeune NC

1994-1995	Assistant in Orthopedic Surgery	Orthopedic Surgery	Massachusetts General Hospital, Boston MA
1995-present	Staff Orthopedic Surgeon	Orthopedic Surgery	Beth Israel Deaconess Medical Center, Boston MA
1998-present	Staff Orthopedic Surgeon	Orthopedic Surgery	New England Baptist Hospital, Boston MA
2001-present	Staff Orthopedic Surgeon	Orthopedic Surgery	Faulkner Hospital, Boston MA

**Other Professional Positions**

1981-1985	Ensign	United States Naval Reserve
1985-1990	Active Duty, Lieutenant	United States Naval Reserve
1990-1994	Active Duty, Lieutenant Commander	United States Naval Reserve

**Major Administrative Leadership Positions**

**Local**

1997-2011	Treasurer	Meeks and Zilberfarb Orthopedics, PC
2012	President	

**Regional**

**National and International**

1992-1994	Quality Assurance Officer, Department of Orthopedics	Camp Lejeune NC
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**Committee Service**

**Local**

**Regional**

**National and International**

1984	Admissions Committee	University of Virginia Medical School, Charlottesville VA
1993-1994	Medical Records Committee	Camp Lejeune Naval Hospital, Camp Lejeune NC
1995-1997	Trauma Committee	Beth Israel Deaconess Medical Center, Boston MA
1995-1997	Transfusion Committee	Beth Israel Deaconess Medical Center,

**Professional Societies**

1981 American Medical Society  
1985-1994 Society of Military Orthopedic Surgeons  
1996 Fellow, American Academy of Orthopedic Surgeons  
1997 Massachusetts Orthopedic Association  
2000 International Federation of Sports Medicine  
2001 American College of Sports Medicine  
2001 Arthroscopy Association of North America (AANA)  
2001 Northeast Medical Association

**Grant Review Activities**

**Editorial Activities**

**Other Editorial Roles**

**Honors and Prizes**

1982 Ciba-Geigy  
Community Service  
Award  
1984 Omicron Delta Kappa  
1984 Merck, Sharp, and  
Dohme Travel  
Scholarship  
1988-1992 Military Service  
Decorations  
Fleet Marine Force Medal;  
Naval Sea Service Medal;  
Naval Pistol Expert Medal;  
National Defense Medal  
2011 Nominee, Harvard  
Medical School  
Charles McCabe  
Faculty Prize for  
Excellence in Teaching  
(Years III & IV)

## **Report of Funded and Unfunded Projects**

### **Funding Information**

#### **Past**

1996 AC Joint Instability Study  
Howmedica, Accufex, Mitek  
PI

#### **Current**

### **Current Unfunded Projects**

Shoulder Instability  
Co-Investigator  
AC Joint Injuries  
Co-Investigator  
Elbow Trauma  
Co-Investigator

## **Report of Local Teaching and Training**

### **Teaching of Students in Courses**

1992-1994	Various Orthopedic topics Primary Care Physicians, Naval Hospital, Camp Lejeune NC Lecturer	Preparation time 4 hours. Contact time/year 4 hours.
1995-2004	3 <sup>rd</sup> Year HMS Student Ambulatory Surgery Rotation 8 Medical Students Instructor	Preparation time 1 hour. Contact time 6 week rotation.
1995- present	4 <sup>th</sup> Year HMS Student Orthopedic Surgery Elective 1 Medical Student Preceptor	Preparation time 1 hour. Contact time/year 4-6 times
1995- present	Internal Medicine Ambulatory Medicine Elective 6 Residents Preceptor	Preparation time 1 hour. Contact time/month 12 hours
1996- present	Harvard Primary Care Internal Medicine Course Harvard Medical School Primary Care Physicians throughout the US Lecturer	
1997- present	HMS IV Elective 6-8 Medical Students (International) Instructor	
2000	HMS III Surgery Core Clerkship 10 Medical Students Lecturer	Preparation time 1 hour. Contact time 3 hours.

### **Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs)**

1994-1995	Bedside Instruction in Office and Operating Room Procedure 1 Harvard Orthopedic Resident, Massachusetts General Hospital, Boston MA Lecturer	Preparation time 2 hours. Contact time/month 60-70 hours.
1998-2001	Core Curriculum 25 Harvard Orthopedic Residents Lecturer	Preparation time 8 hours. Contact time/year 2 hours

### **Clinical Supervisory and Training Responsibilities**

1995-2003	Attending Orthopedic Surgeon Supervising Annually 24 Harvard Combined Orthopedic Residents (4 per rotation), 12 Interns, 48 Medical Students	Harvard Medical School
2003-present	Attending Orthopedic Surgeon Supervising Annually 8 Harvard Combined Orthopedic Residents (1 per rotation), 12 Interns, 8 Medical Students	Harvard Medical School

### **Laboratory and Other Research Supervisory and Training Responsibilities**

1997	Established an arthroscopy laboratory with Dr. Gary Perlmutter	Massachusetts General Hospital, Boston MA
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### **Formally Supervised Trainees**

3 months	David Ring, MD	Staff Attending, Massachusetts General Hospital, Boston MA
3 months	Kevin Bozic, MD	Staff Attending, UCSF
3 months	David Gazzaniga, MD	Lake Success, NY
3 months	Shahram Sohlpour, MD	Fullerton, CA

### **Formal Teaching of Peers (e.g., CME and other continuing education courses)**

#### **Local Invited Presentations**

1997	Common Foot and Ankle Injuries, Primary Care Seminar Beth Israel Deaconess Medical Center, Boston
1997	Thesis Day, Harvard Community Orthopedic Program Harvard Medical School, Boston
1998	Proximal Humerus Fractures Spaulding Rehabilitation Hospital, Boston
1998-2001	“Rotator Cuff Disorders” Orthopedic Core Curriculum Harvard Medical School
1999	Plastic Surgery Grand Rounds: Thoracic Outlet Syndrome Beth Israel Deaconess Medical Center, Boston

# **Report of Regional, National and International Invited Teaching and Presentations**

## **Invited Presentations and Courses**

**Regional**

**National**

**International**

## **Report of Clinical Activities and Innovations**

### **Current Licensure and Certification**

1986	Physician and Surgeon, Medical Board of California
1994	Board of Medical Examiners of the State of North Carolina
1994	Board of Medicine, Commonwealth of Virginia
1994	Physician and Surgeon, Commonwealth of Massachusetts
1994	American Board of Orthopedic Surgery (recertified 2004)

### **Practice Activities**

#### **Clinical Innovations**

##### **1. Description of clinical practice**

My major field of interest is Sports Medicine and Upper Extremity Disorders. My areas of major focus are minimally-invasive surgery and the treatment of nerve injuries. I primarily see patients at my office at 1101 Beacon Street in Brookline but also see patients at the BIDMC-Children's Hospital facility in Lexington. I primarily perform surgery at the BIDMC facility in the Longwood area. I am also on the staff at the New England Baptist Hospital and Faulkner Hospital. More than 10,000 surgical office visits are attended either by me or my associate annually which offers a wealth of clinical exposure for our medical residents, senior medical student (HMS OS course 501.1), and the HMS III on rotation.

##### **2. Patient Load**

I treat the entire spectrum of sports, nerve, and upper extremity injuries, including brachial plexus and thoracic outlet syndrome disorders. The complexity of my surgical procedures ranges from simple diagnostic arthroscopy to shoulder arthrodesis, tendon transfers, and knee ligament reconstruction (See

clinical contributions below). My referral base consists of primary care physicians both within and without Caregroup as well as other orthopedists throughout the New England region and beyond.

### **3. Clinical Contribution**

My clinical contributions include the introduction of minimally-invasive shoulder, elbow, knee and ankle procedures to the BIDMC community:

Open Bankart repair of the shoulder

Arthroscopic Bankart repair of the shoulder

Shoulder arthrodesis

Clark's pectoral transfer

Open reduction and internal fixation (ORIF) of complex humerus nonunions

ORIF of clavicle fracture nonunions

ORIF of supracondylar elbow fractures

Anterior cruciate ligament (ACL) reconstruction arthroscopy with a single small incision

Use of an allograft for outpatient ACL reconstructions

ACL reconstructions as routine outpatient procedure

Arthroscopic surgery of the ankle

## **Report of Technological and Other Scientific Innovations**

1995-present      Implemented Orthopedic Consultancies in Arthroscopy and Sports Medicine at Beth Israel Hospital, Northeastern University, and Hanscom Air Base in conjunction with my partner, Dr. Louis Meeks.

## **Report of Education of Patients and Service to the Community**

### **Activities**

1979-1982      Volunteer Emergency Medical Technician  
Charlottesville-Aibermarie Rescue Squad, Charlottesville VA

1994-1995      Provided volunteer medical coverage  
Harvard University wrestling/hockey matches

1994-1995      Provided volunteer medical coverage  
Harvard University training facility

2000              Volunteer Physician  
Park School

### **Educational Material for Patients and the Lay Community**

**Books, monographs, articles and presentations in other media**

**Educational material or curricula developed for non-professional students**

## Patient educational material

## Recognition

## Report of Scholarship

## Publications

### Peer reviewed publications in print or other media

#### A. Research articles

- 1) **Zilberfarb, J.L.**, Andrews, BA, Young, A.C. and Davis, J.S.: "Enhancement of C1Q Binding Activity by IgM Rheumatoid Factor," *Journal of Rheumatology*. 12, June, 1985
- 2) Peterson, D., **Zilberfarb, J.L.**, Greene, M. and Colgrove, R.: "Avascular necrosis of the First Metatarsal Head: incidence in distal osteotomy combined with lateral soft tissue release," *Foot and Ankle*. 15: 59-63, 1994
- 3) Mologne, TS, Lapoint, JL, Morin.WD, **Zilberfarb, JL** and O'Brien, TJ: Arthroscopic anterior labral reconstruction using a transglenoid suture technique: Results in Active-Duty military patients. *AJSM*. May,June 24 (3):268-274,1996.
- 4) Sutherland, DH, **Zilberfarb, JL**, et al: "Psoas Release at the Pelvic Brim in Ambulatory Patients with Cerebral Palsy: Operative Technique and Functional Outcome," *JPO*. 17 (5):563-570, 1997.
- 5) Hochman, MG, Min, KK and **Zilberfarb, JL**: MR Imaging of the Symptomatic Ankle and Foot," *OCNA*. 10/97, 659-683, 1997.
- 6) Ring, D, Jupiter, J and **Zilberfarb, JL** : Posterior Dislocation of the Elbow with Fractures of the Radial Head and Coronoid. *JBJS*. 84-A: 547-551, April, 2002.
- 7) Hochman, MG, Min, KK, and **Zilberfarb, JL**: Nerves in a Pinch: Imaging of Nerve Compression Syndromes. *RCNA*. 42 (1): 221-45, 2004.
- 8) Deshmukh, AV, Perlmutter, GS, **Zilberfarb, JL**, and Wilson, DR ,: Effect of Subacromial Decompression on the Stability of the AC Joint: Biomechanical testing in a Cadaveric Model. *JSES*. 13 (3): 338-43, 2004.
- 9) Deshmukh, AV, Wilson, DR, **Zilberfarb, JL**, and Perlmutter, GS. Stability of AC Joint Reconstruction: Biomechanical testing of Various Surgical Techniques in a Cadaveric Model. *AJSM*. (6): 1492-8, Sept 2004.
- 10) Wilson, DR, Moses, JM, **Zilberfarb, JL**, and Hayes, WC: Mechanics of Coracoacromial Ligament Transfer Augmentation for Acromioclavicular Joint Injuries. *J Biomech*. 38 (3): 615-19, 2005.

### Non-peer reviewed scientific or medical publications/materials in print or other media

#### Reviews, Chapters, Monographs and Editorials

- 1) **Zilberfarb, J.L.**, Hennrikus, W., Larocco, A. and Ungersma, J.: "Septic Bursitis: A

Prospective, Randomized Comparison of Three Different Drainage Methods," Surgical Forum, 10/92, 1992.

- 2) **Zilberfarb JL.** The elbow and forearm. In: Gates SJ, Modar PA, Eds. "Musculoskeletal Primary Care." NY: Lippincott, 1999.
- 3) Deshmukh A, Wilson D, **Zilberfarb JL**, Perlmutter G. "The Biochemomechanics of AC Instability" *Harvard Orthopedic Journal*, 1999.
- 4) **Zilberfarb JL.** The Elbow. In: Warfield, C., Ed. Manual of Pain Management. 2<sup>nd</sup> edition. NY: Lippincott, 2002.
- 5) **Zilberfarb, J.L.**, Vernick, G., and Richardson,L.: Open Reduction and Internal Fixation of Displaced Midshaft Clavicle Fractures. *Harvard Orthopedic Journal*, 2009, in press

### **Professional educational materials or reports, in print or other media**

### **Clinical Guidelines and Reports**

### **Thesis**

### **Abstracts, Poster Presentations and Exhibits Presented at Professional Meetings**

### **Narrative Report (limit to 500 words)**

I am an orthopedic surgeon at Beth Israel Deaconess Medical Center where I devote approximately 75% of my time to clinical practice and 25% to formal teaching and research activities. Situated within a teaching hospital, I have, for the majority of the past ten years, supervised 4 Harvard Combined Orthopedic residents per rotation (24 per year) plus 12 interns and 48 medical students which means teaching, training, and mentoring have been integrated into daily practice. However, more recently my main teaching activities are surgical and clinical instruction of mid-level orthopedic residents, in addition to instruction of third and fourth year medical students in the office and operating room. I have been nominated to receive both the outstanding orthopedic resident teaching award and the Daniel Federman medical student teaching award. Over the past several years, I have been invited to lead a workshop on Shoulder and Neck Disorders at the Harvard Primary Care Internal Medicine annual Course and have received an award for Outstanding Performance.

My surgical specialty is minimally invasive surgery of the shoulder, elbow, knee and ankle. I have helped develop arthroscopic shoulder stabilization techniques which are now routine in clinical practice. These techniques are done in an outpatient versus inpatient setting and have decreased morbidity and rehabilitation time compared to open techniques.

My research endeavors have encompassed basic science biomechanical studies and clinical studies relating to sports medicine and upper extremity disorders. I have collaborated successfully with Dr. Mary Hochman, section chief of Musculoskeletal Imaging in the Department of Radiology to produce the paper, *MR Imaging of the Symptomatic Ankle and Foot (Original Article #6)* which has had significant impact on the field because it clarified the role of MR imaging in the diagnosis of common and uncommon ankle and foot disorders. I co-authored a paper presented at the AAOS meeting in 2000, *Effect of Subacromial Decompression on the Stability of the Acromioclavicular Joint: Biomechanical testing in a Cadaveric Model*, which was nominated for the Neer Award recognizing the best shoulder paper at the conference. In 2004 I coauthored a paper, *Stability of Acromioclavicular Joint Reconstruction: Biomechanical Testing of Various Surgical Techniques in a Cadaveric Model (Original Article #9)*, which has had great influence on the performance of this procedure.