

# CURRICULUM VITAE

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**Education:**

9/1990 – 6/1994	B.S. with Honors, Biological Sciences, Stanford University, Stanford, CA
9/1994 – 6/1998	M.D., University of California, San Francisco, CA

**Postdoctoral Training:**

7/1998 – 6/1999	University of California, San Francisco, CA Internship in General Surgery
7/1999 – 6/2004	University of California, San Francisco, CA Residency in Orthopaedic Surgery
7/2004-2/2005	Harvard Medical School, Massachusetts General Hospital, Boston, MA Fellowship in Shoulder & Elbow Surgery, Sports Medicine
2/2005 - 8/2005	University of Zürich, Balgrist Hospital, Zürich, Switzerland Fellowship in Shoulder & Elbow Surgery, Sports Medicine

**Licensure and Certification:**

1999	Medical Board of California, Physician & Surgeon, #A71437
1999	Drug Enforcement Administration Certificate, #BC6786098

2000	California Fluoroscopy Supervisor and Operator, #RHC149962
2004	Commonwealth of Massachusetts, Physician & Surgeon, #219738
2008	Board Certified, American Board of Orthopaedic Surgeons
2009	Fellow, American Academy of Orthopaedic Surgeons
2011	Fellow, American College of Surgeons (FACS)
2012	Certificate of Added Qualification (CAQ) in Sports Medicine
2019	Renewal of Board Certification, American Board of Orthopaedic Surgeons
2019	Renewal of Certificate of Added Qualification (CAQ) in Sports Medicine

**Academic Appointments:**

1995 – 1998	Admissions Committee, School of Medicine, University of California, San Francisco
2004 – 2005	Clinical Instructor in Orthopaedic Surgery, Harvard Medical School, Boston, MA
2006 – 2013	Adjunct Professor, Department of Kinesiology and Biomechanics, College of Arts and Sciences, San Jose State University, San Jose, CA
2007 – 2013	Adjunct Professor, Graduate School of Athletic Training, College of Arts and Sciences, San Jose State University, San Jose, CA
2008 – 2013	Medical Director, Graduate School of Athletic Training, College of Arts and Sciences, San Jose State University, San Jose, CA
2011 – 2019	Assistant Professor, Medical Center Line, Shoulder & Elbow Surgery, Sports Medicine, Stanford University Medical Center, Department of Orthopaedic Surgery, Stanford, CA
2011	Reviewer, Journal of Shoulder and Elbow Surgery
2011 – 2019	Admissions Committee, School of Medicine, Stanford University, Stanford, CA
2012 – 2019	Faculty Advisory Committee, Stanford University Office of Continuing Medical Education (CME), Stanford, CA
2012 – 2017	Program Committee, Shoulder and Elbow Educational Sessions, American Academy of Orthopaedic Surgeons Annual Meeting

- 2013 Reviewer, Journal of the American Academy of Orthopaedic Surgeons (JAAOS)
- 2018 – 2022 Chairman, Instructional Course Lectures (ICL) Committee, Shoulder & Elbow Sessions, American Academy of Orthopaedic Surgeons Annual Meeting

**Educational Appointments:**

- 2005-2009 Faculty, Shoulder Arthroscopy Skills Sessions, Arthroscopy Association of North America, 24<sup>th</sup> - 28<sup>th</sup> Fall Courses
- 2007 Faculty, Instructional Course Lectures, Arthroscopy Association of North America, 25<sup>th</sup> Annual Meeting
- 2008-2010 Program Chair, Kaiser Permanente JOJ Annual Orthopaedic Symposium
- 2009-2010 Visiting Professor, Dept. of Orthopaedic Surgery, Stanford University School of Medicine, Stanford, CA
- 2009-2010 Program Chair, University of California, San Francisco (UCSF) Inman-Abbott Annual Orthopaedic Symposium
- 2010 Program Co-Chair, Dale Daniel National Orthopaedic Symposium
- 2010-2013 Faculty, Instructional Course Lectures, American Academy of Orthopaedic Surgeons 77<sup>th</sup> - 80<sup>th</sup> Annual Meeting
- 2011 Program Chair, Northern California Chapter of the Western Orthopaedic Association Annual Meeting
- 2012 – 2016 Program Committee, Shoulder & Elbow Sessions, American Academy of Orthopaedic Surgeons Annual Meeting
- 2013 Faculty, American Academy of Orthopaedic Surgeons, 80<sup>th</sup> Annual Meeting, American Shoulder & Elbow Surgeons Specialty Day.
- 2013 Faculty, International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine, 9<sup>th</sup> Biennial Congress
- 2015 Program Committee, American Academy of Orthopaedic Surgeons, 82<sup>nd</sup> Annual Meeting, American Shoulder & Elbow Surgeons Specialty Day

- 2015 Program Committee, American Shoulder & Elbow Surgeons, Annual Closed Meeting
- 2016 Faculty, San Diego Shoulder Institute (SDSI) 33<sup>rd</sup> Annual Meeting
- 2017 Faculty, Masters Shoulder Symposium
- 2017 Faculty, San Diego Shoulder Institute (SDSI) 34<sup>th</sup> Annual Meeting
- 2017 Faculty, Japanese Shoulder Society 44<sup>th</sup> Annual Meeting and 1<sup>st</sup> Asia-Pacific Shoulder Elbow Symposium
- 2018 Faculty, San Diego Shoulder Institute (SDSI) 35<sup>th</sup> Annual Meeting
- 2018 – present Chairman, Instructional Course Lectures (ICL) Committee, Shoulder & Elbow Sessions, American Academy of Orthopaedic Surgeons Annual Meeting
- 2019 – present Faculty, Masters Shoulder Symposium
- 2019 Faculty, 9<sup>th</sup> M.O.R.E. International Symposium
- 2019 Faculty, San Diego Shoulder Institute 36<sup>th</sup> Annual Meeting
- 2019 – present Faculty, Northern California Shoulder & Elbow Course
- 2020 Faculty, Instructional Course Lectures, American Academy of Orthopaedic Surgeons 87<sup>th</sup> Annual Meeting
- 2020 Faculty, Masters Shoulder Symposium
- 2020 Faculty, San Diego Shoulder Institute 37<sup>th</sup> Annual Meeting
- 2020 Faculty, Orthopaedic Summit Evolving Technologies (OSET) Annual Meeting
- 2021 Faculty, Masters Shoulder Symposium
- 2021 Faculty, Instructional Course Lectures, American Academy of Orthopaedic Surgeons 88<sup>th</sup> Annual Meeting
- 2022 Faculty, Instructional Course Lectures, American Academy of Orthopaedic Surgeons 89<sup>th</sup> Annual Meeting
- 2022 Faculty, Arthroscopy Association of North America 40<sup>th</sup> Annual

## Meeting

### **Employment:**

9/2005 – 3/2011	Attending Staff and Senior Physician, Orthopaedic Surgery Shoulder & Elbow Disorders, Sports Medicine Kaiser Permanente Medical Group San Jose Medical Center, San Jose, CA
2006 – 2011	Director, Shoulder Arthroplasty Clinical Outcomes Registry Kaiser Permanente, Northern California
2007 – 2011	Chairman, Occupational Orthopaedic Surgery Service Kaiser Permanente Medical Group San Jose Medical Center, San Jose, CA
2007 – 2011	Regional Chief, Northern California Shoulder & Elbow Service Kaiser Permanente, Northern California
3/2011 – 11/2019	Attending Surgeon, Stanford University Healthcare, Stanford, CA
3/2011 – 11/2019	Attending Surgeon, Lucile Packard Children's Hospital, Palo Alto, CA
2012 – 2019	Continuing Medical Education (CME) Faculty Advisory Committee, Stanford University Medical Center, Palo Alto, CA
2012 – 2019	Director and Founder, Stanford Shoulder Clinical Outcomes Registry, Stanford University Department of Orthopaedic Surgery, Stanford, CA
12/2019 – present	Chief of Shoulder Surgery, Institute for Joint Restoration and Research (IJRR), Washington Hospital Healthcare System and Washington Township Medical Foundation, Fremont, CA
12/2020 – present	Director, Shoulder Service, Center for Joint Restoration, Washington Hospital Healthcare System and Washington Township Medical Foundation, Fremont, CA

### **Miscellaneous Appointments:**

2013 – present	United Healthcare (UHC) Medical Advisory Committee
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2013 – 2020

International Scholars Program Committee, American Academy of Orthopaedic Surgeons

**Athletic Team Coverage:**

2006 – 2012

San Jose State University Athletics (Division 1)  
Associate Team Orthopaedic Surgeon  
Football, Basketball, Baseball, Hockey, Soccer

**Professional Societies:**

1999 – present

American Academy of Orthopaedic Surgeons

1999 – present

Arthroscopy Association of North America

1998 – present

American Medical Association

1999 – present

California Orthopaedic Association

1999 – present

California Medical Association

2002 – present

Health Volunteers Overseas

2002 – present

Orthopaedics Overseas

2005 – present

Santa Clara County Medical Association

2005 – present

Western Orthopaedic Association

2008 – present

Board of Directors, Leroy C. Abbott Orthopaedic Society,  
University of California, San Francisco

2009 – 2012

Board of Directors, Western Orthopaedic Association, Northern  
California Chapter

2011 – present

American College of Surgeons

2011 – 2012

President, Western Orthopaedic Association, Northern California  
Chapter

2011 – 2013

President, Leroy C. Abbott Orthopaedic Society, University of  
California, San Francisco

2011 – present

European Society for Surgery of the Shoulder & Elbow  
(SECEC/ESSSE)

2011 – present

American Shoulder & Elbow Surgeons, Active Member

2011 – 2012

President and Founding Member, Northern California Orthopaedic  
Society

2011 – 2018

Board of Directors, Northern California Orthopaedic Society

2012 – present

Bylaws Committee, Arthroscopy Association of North America

2012 – present

Board of Directors, The Elios Society

2012 – present

Board of Directors, The Elios Charitable Foundation

2014 – present

International Committee, Arthroscopy Association of North  
America

2015 – present

International Society of Arthroscopy, Knee Surgery & Sports  
Medicine

2016 – present

Board of Directors, The Codman Society

2016 – 2020

Membership Committee, American Shoulder & Elbow Surgeons

- 2017 – present Grants Committee, American Shoulder & Elbow Surgeons Foundation
- 2017 American Board of Orthopaedic Surgery, Certification/Recertification Examination in Sports Medicine, Standard Setting Exercise Committee
- 2017 – present American Board of Orthopaedic Surgery, American Shoulder and Elbow Surgeons Re-certification Examination Committee in Shoulder & Elbow
- 2019 – present Hippocratic Orthopaedic Society (HOS)
- 2023 – present Communications Committee, International Society of Arthroscopy, Knee Surgery & Sports Medicine

**Awards and Honors:**

- 1994 Departmental Honors, Biological Sciences, Stanford University
- 1995 Firestone Honorary Research Fellowship, University of California, San Francisco
- 1995 – 1998 Admissions Committee, School of Medicine, University of California, San Francisco
- 1997 Alumni Scholarship for Academic Excellence, School of Medicine, University of California, San Francisco
- 2002 Arthroscopy Association of North America Research Fellowship
- 2002 UCSF Leroy C. Abbott Orthopaedic Society Award for Excellence in Basic Science Research, presented by Joseph Buckwalter, M.D.
- 2003 Arthroscopy Association of North America, Research Poster of The Year Award
- 2004 UCSF Leroy C. Abbott Orthopaedic Society Award for Excellence in Basic Science Research, presented by Shawn O’Driscoll, M.D., Ph.D.
- 2005 Smith & Nephew Endoscopy Research Award for Outstanding Contribution to Arthroscopic Shoulder Surgery
- 2006 Arthroscopy Association of North America Research Award
- 2012 American Orthopaedic Association (AOA) – Japanese Orthopaedic Association (JOA) Honorary Traveling Fellowship

- 2013 Leaders in Total Joint Replacement: Generation Next, Award Recipient, Orthopedics Today, Chicago, IL
- 2013 Young Investigator Award, Western Orthopaedic Association
- 2013 Induction to Athletic Hall of Fame, 43<sup>rd</sup> Annual Ceremony, Bellarmine College Preparatory, San Jose, CA

### **Publications:**

#### **Peer-Reviewed Original Articles:**

Menendez, M.E., Sudah, S.Y., Denard, P.J., PacWest Shoulder Study Group, **Costouros, J.G.** Surgeon Variation in Glenoid Bone Reconstruction Procedures for Shoulder Instability. *J Shoulder Elbow Surgeons* 32(1):133-40, 2023.

**Costouros, J.G.**, Ueda, Y., Comer, G.C., Saleh, J., Diaz, R. and Cheung, E.V. Functional Outcomes are Equivalent following Resection Arthroplasty and Antibiotic Cement Spacer Retention versus Reimplantation for Shoulder Infection. *BMC Musculoskeletal Journal*, 2023 (in revision).

Johnston, T.R., Behn, A.W., Thio, T., **Costouros, J.G.** Cyclic Biomechanical Evaluation of Single-Tunnel Coracoclavicular Reconstruction: Is Augmentation Necessary? *Am J Sports Med*, 2023 (in revision).

Nourissat, G., Le Hanneur, M., Burkhead, W.Z. Jr., **Costouros, J.G.**, Jerosch, J. Stemless Shoulder Arthroplasty. *Instr Course Lect* 71:377-84, 2022.

Hakverdiyev, Y., McFarland, E.G., Kaymakoglu, M., Ozdemir, E., Akpinar, S., Huri, P., **Costouros, J.G.**, Huri, G. Biomechanical Strength of Screw versus Suture Button Fixation in the Latarjet Procedure: a Cadaver Study. *Orthopedics* 45(6):e321-25, 2022.

Sun, L.Y., Basireddy, S., Gerber, L.N., Lamano, J., **Costouros, J.G.**, Cheung, E.V., Boublik, J., Horn, J.L., Tsui, B.C.H. Continuous Interscalene versus Phrenic Nerve-Sparing High-Thoracic Erector Spinae



Plane Block for Total Shoulder Arthroplasty: A Randomized Controlled Trial. *Can J Anesthesia* 69(5):614-23, 2022.

Freehill, M.T., Weick, J.W., Ponce, B.A., Bedi, A., Haas, D., Ruffino, B., Robbins, C., Prete, A.M., **Costouros, J.G.**, Warner, J.J. Anatomic Total Shoulder Arthroplasty: Component Size Prediction with 3-Dimensional Pre-Operative Digital Planning. *J Shoulder Elbow Arthroplasty* 2022; 6:24715492221098818.

Gerber, L.N, Sun, L.Y., Ma, W., Basireddy, S., Guo, N., **Costouros, J.G.**, Cheung, E.V., Boublik, J., Horn, J.L., Tsui, B.C. Clinical Effect of Normal Saline Injectate into Interscalene Nerve Block Catheters Given Within One Hour of Local Anesthetic Bolus on Analgesia and Hemidiaphragmatic Paralysis. *Reg Anesth Pain Med* 46(2):124-29, 2021.

Hah, J.M., Hilmoe, H., Schmidt, P., McCue, R., Trafton, J., Clay, D., Sharifzadeh, Y., Ruchelli, G., Boussard, T.H., Goodman, S., Huddleston, J., Maloney, W.J., Dirbas, F.M., Shrager, J., **Costouros, J.G.**, Curtin, C., Mackey, S.C., Carroll, I. Preoperative Factors Associated with Remote Postoperative Pain Resolution and Opioid Cessation in a Mixed Surgical Cohort: Post Hoc Analysis of a Perioperative Gabapentin Trial. *Journal Pain Res* 13:2959-70, 2020.

Huri, G., Ozdemir, E., Ziroglu, N., **Costouros, J.G.**, McFarland, E. Results of Acromioclavicular Joint Reconstruction Using a Novel Minimally Invasive Technique. *Turk J Traum Emerg Surg* 26(2): 260-64, 2020.

Romeo, A., Erickson, B., **Costouros, J.G.**, Long, N., Klassen, J., Araghi, A., Brown, J., Setter, K., Port, J., Denard, P., Van Kleunen, J., Tyndall, W., Verma, N., Nicholson, G., Sears, B., Hatzidakis, A., Smith, M., McFadden, E., Patterson, P., Slough, J., Stein, J., Farmer, K., Cohen, B., Namdari, S., Getz, C., Abboud, J., Brandon, T. Eclipse Stemless Shoulder Prosthesis vs. Univers II Shoulder Prosthesis: A Multicenter, Prospective Randomized Controlled Trial. *J Shoulder Elbow Surgeons* 29(11):2200-12, 2020.

Ngai, L.K., Ma, W., **Costouros, J.G.**, Cheung, E.V., Horn, J.L., Tsui, B.C.H. Successful Reversal of Phrenic Nerve Blockade Following Washout of Interscalene Nerve Block as Demonstrated by Ultrasonographic Diaphragmatic Excursion. *J. Clin Anesth* 15(59), 46-48, 2020.

Freehill, M., Weick, J., Ponce, B., Bedi, A., Haas, D., Ruffino, B., Robbins, C., Prete, A., **Costouros, J.G.**, Warner, J. Pre-operative Planning for Total Shoulder Arthroplasty and Component Size Predictive Validation: Implications for Inventory Management. *J Shoulder Elbow Surgeons OA* 3:239-40, 2019.

Ma, W., Sun, L., Ngai, L.K., **Costouros, J.G.**, Steffner, R., Boublik, J., Tsui, B.C.H. Motor-Sparing High-Thoracic Erector Spinae Block for Proximal Humerus Surgery and Total Shoulder Arthroplasty Surgery: Clinical Evidence for Differential Peripheral Nerve Block?. *Can J Anaesth* 66(10), 1274-75, 2019.

Hah, J.M., Cramer, E., Hilmoe, H., Schmidt, P., McCue, R., Trafton, J., Clay, D., Sharifzadeh, Y., Ruchelli, G., Goodman, S., Huddleston, J., Maloney, W.J., Dirbas, F.M., Shrager, J., **Costouros, J.G.**, Curtin, C., Mackey, S.C., Carroll, I. Factors Associated with Acute Pain Estimation, Postoperative Pain Resolution, Opioid Cessation, and Recovery: Secondary Analysis of a Randomized Clinical Trial. *JAMA Network Open* 2(3):e190168, 2019.

Cheung, E.V., Sarkissian, E.J., Sox-Harris, A., Comer, G.C., Saleh, J.R., Diaz, R., **Costouros, J.G.** Instability after Reverse Total Shoulder Arthroplasty. *J Shoulder Elbow Surgeons* 27(11):1946-52, 2018.

Smith, K.M., Le, A.D.K., **Costouros, J.G.**, Drago, M.D. Biologics for Rotator Cuff Repair: A Critical Analysis Review. *J Bone Joint Surg Rev* 6(10):e8, 2018.

Johannsen, A.M. and **Costouros, J.G.** A Treatment-Based Algorithm for the Management of Type-II SLAP Tears. *The Open Orthopaedics Journal* 12:282-87, 2018.

Hah, J., Mackey, S.C., Schmidt, P., McCue, R., Humphreys, K., Trafton, J., Efron, B., Clay, D., Sharifzadeh, Y., Ruchelli, G., Goodman, S., Huddleston, J., Maloney, W.J., Dirbas, F.M., Schrager, J., **Costouros, J.G.**, Curtin, C., and Carroll, I. Effect of Perioperative Gabapentin on Postoperative Pain Resolution and Opioid Cessation in a Mixed Surgical Cohort. A Randomized Clinical Trial. *JAMA Surg* 153(4): 303-11, 2018.

Ueda, Y., Comer, G.C., Saleh, J.R., **Costouros, J.G.** Simultaneous Bilateral Resection Total Shoulder Arthroplasty with Anatomic Antibiotic Cement Spacer Placement. *J Shoulder Elbow Surgeons OA* 1:129-32, 2017.

Finnoff, J.T., **Costouros, J.G.**, and Kennedy, D.J. Is Ultrasound Guidance Needed for Shoulder Injections? *Phys Med Rehab* 7:435-42, 2015.

Rao, A.J., Johnston, T.R., Harris, A.S., Smith, R.L., and **Costouros, J.G.** Inhibition of Chondrocyte and Synovial Cell Death Following Exposure to Commonly Used Anesthetics. *Am J Sports Med* 42(1): 50-8, 2013.

Navarro, R., Inacio, M., Burke, M., **Costouros, J.G.**, and Yian, E.H. Risk of Thromboembolism in Shoulder Arthroplasty: Effect of Implant Type and Traumatic Indication. *Clin Orthop Relat Res* 471: 1576-1581, 2013.

Fucentese, S.F., **Costouros, J.G.**, Kuhnel, S.P., and Gerber, C. Total Shoulder Arthroplasty with an Uncemented Soft-Metal-Backed Glenoid Component. *J Shoulder Elbow Surgeons* 19(4): 624-31, 2010.

Gerber, C., **Costouros, J.G.**, Sukthankar, A., Fucentese, S.F. Static Posterior Humeral Head Subluxation and Total Shoulder Arthroplasty. *J Shoulder Elbow Surg* 18(4): 505-10, 2009.

**Costouros, J.G.**, Von Campe, A., and Gerber, C. Arthroscopic Rotator Cuff Repair is Associated with Less Postoperative Fatty Infiltration than Open Repair. *Arthroscopy* 22(6): e16-e17, 2008.

**Costouros, J.G.** and Kim, H.T. Preventing chondrocyte programmed cell death caused by iatrogenic injury. *Knee* 14(2):107-11, 2007.

**Costouros, J.G.**, Espinosa, N., Schmid, M.R., and Gerber, C. Teres Minor Integrity Predicts Outcome following Latissimus Dorsi Tendon Transfer. *J Shoulder Elbow Surgeons* 16: 727-734, 2007.

**Costouros, J.G.**, Porramatikul, M. Lie, D.T., and Warner, J.J.P. Reversal of Suprascapular Neuropathy following Arthroscopic Repair of Massive Rotator Cuff Tears. *Arthroscopy* 23: 1152-1161, 2007.

**Costouros, J.G.**, Clavert, P., and Warner, J.J.P. The Trans-Cuff Portal for Posterior Labral Capsulorrhaphy. *Arthroscopy* 22(10): 1138, 2006.

**Costouros, J.G.**, Dang, A.C., and Kim, H.T. Comparison of Chondrocyte Apoptosis *In Vivo* and *In Vitro* following Acute Osteochondral Injury. *Journal of Orthopaedic Research* 22: 678-83, 2004.

**Costouros, J.G.** and Kim, H.T. Inhibition of Chondrocyte Apoptosis *In Vivo* following Acute Osteochondral Injury. *Osteoarthritis and Cartilage* 11: 756-59, 2003.

Browner, J.S., Wootton-Gorges, S.L., **Costouros, J.G.**, Boakes, J. and Greenspan, A. Congenital Diplopia. *Pediatric Radiology* 33: 797-99, 2003.

**Costouros, J.G.**, Raineri, G.R., and Cannon, Jr., W.D. Return of Motion After Simultaneous Repair of Displaced Bucket-Handle Meniscal Tears and Anterior Cruciate Ligament Reconstruction. *Arthroscopy* 15: 192-196, 1999.

### **Non Peer-Reviewed Original Articles:**

**Costouros, J.G.** Revision Burden Following Failed Reverse Total Shoulder Arthroplasty: Perspective. *Orthopedics Today*, April 1, 2016.

**Costouros, J.G.** Rotator Cuff Repair Delivers Increased Lifetime Societal Cost Savings: Perspective. *Orthopedics Today*, January 1, 2014.

### **Book Chapters:**

Cheung, E.V., Safran, M.R., and **Costouros, J.G.**, Arthroscopic Treatment of the Arthritic Shoulder, in Nicholson, G. (ed.): *Orthopaedic Knowledge Update: Shoulder and Elbow 5*, Rosemont: American Academy of Orthopaedic Surgeons, 2019.

**Costouros, J.G.:** Latissimus Dorsi Transfer for Irreparable Massive Rotator Cuff Tears, in Suyaya, H. (ed.): *Seikei-Geka Surgical Technique Special Edition: Surgical Technique of the Shoulder*, Osaka City: Medicus Shuppan Ltd., 2014.

Cheung, E.V., Safran, M.R., and **Costouros, J.G.**, Arthroscopic Treatment of the Arthritic Shoulder, in Nicholson, G. (ed.): *Orthopaedic Knowledge Update: Shoulder and Elbow 4*, Rosemont: American Academy of Orthopaedic Surgeons, 2013.

**Costouros, J.G.** and Warner, J.J.P.: Glenohumeral Instability: Classification, Clinical Assessment, and Imaging, in Galatz, L. (ed.): *Orthopaedic Knowledge Update: Shoulder and Elbow 3*, Rosemont: American Academy of Orthopaedic Surgeons, 2008.

**Costouros, J.G.**, Gerber, C., and Warner, J.J.P.: Latissimus Dorsi Tendon Transfer, in Harner, C. and El Attrache, N.E. (eds.): *Techniques in Orthopaedic Sports Medicine*, 1<sup>st</sup> ed. Philadelphia: Lippincott Williams & Wilkins, 2007.

Hatch, G.R., **Costouros, J.G.**, Millett, P.J. and Warner, J.J.P.: Shoulder Labral Tears and Instability, in Johnson, D. and Pedowitz, J. (eds.): *Practical Orthopaedic Sports Medicine and Arthroscopy*, 1<sup>st</sup> ed. Philadelphia: Lippincott Williams & Wilkins, 2007.

**Costouros, J.G.**, Gerber, C., and Warner, J.J.P.: Management of Irreparable Rotator Cuff Tears: The Role of Muscle Transfer, in Williams, G.R. and Iannotti, J.P. (eds.): *Disorders of the Shoulder: Diagnosis and Management*, 2<sup>nd</sup> ed. Philadelphia: Lippincott Williams & Wilkins, 2006.

Warner, J.J.P., **Costouros, J.G.**, and Gerber, C.: Proximal Humerus Fractures, in Rockwood, C.A., Jr., Green, D.P., Bucholz, R.W. and Heckman, J.D. (eds.): *Rockwood and Green's: Fractures in Adults*, 6<sup>th</sup> ed. Philadelphia: Lippincott Williams & Wilkins, 2006.

Hatch, G.R., **Costouros, J.G.**, Millett, P.J. and Warner, J.J.P.: Complications of Arthroplasty, in Hawkins, R.J. and Gill, T.J. (eds.): *Complications of Shoulder Surgery: Treatment and Prevention*, 1<sup>st</sup> ed. Philadelphia: Lippincott Williams & Wilkins, 2006.

**Costouros, J.G.**, Maletis, G.B., and Safran, M.R.: Acute Osteochondral Defects in the Knee, in Fu, F.H. (ed.): *Cartilage Injury in the Athlete*, 1<sup>st</sup> ed. New York: Thieme, 2005.

### **Abstracts:**

Ngai, L., Sun, L., Ma, W., Guo, N., **Costouros, J.G.**, Cheung, E.V., Boubli, J., Horn, J., Tsui, B. 10-Milliliter Normal Saline Washout Aliquots are Insufficient to Reliably Reverse Phrenic Blockade from Interscalene Nerve Block. American Society of Regional Anesthesia and Pain Medicine, 45th Annual Meeting, April 2020.

Ngai, L., Ma, W., **Costouros, J.G.**, Cheung, E.V., Horn, J., Tsui, B. Successful Reversal of Phrenic Nerve Blockade following Washout of Interscalene Nerve Block as Demonstrated by Ultrasonographic Diaphragmatic Excursion. Western Anesthesia Regional Conference, 57th Annual Meeting, May 2019.

Johnston, T.R., Behn, A.W., Thio, T., **Costouros, J.G.** Cyclic Biomechanical Evaluation of Single-Tunnel Coracoclavicular Reconstruction: Is Augmentation Necessary? International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine, 12<sup>th</sup> Biennial Congress, May 2019.

Ngai, L., Ma, W., **Costouros, J.G.**, Cheung, E.V., Horn, J., Tsui, B. Successful Reversal of Phrenic Nerve Blockade following Washout of Interscalene Nerve Block as Demonstrated by Ultrasonographic Diaphragmatic Excursion. American Society of Regional Anesthesia and Pain Medicine, 44th Annual Meeting, April 2019.

Ueda, Y., Cheung, E.V., and **Costouros, J.G.** Low Body Mass Index is Associated with Inferior Outcomes after Reverse Total Shoulder Arthroplasty. American Academy of Orthopaedic Surgeons, 85<sup>th</sup> Annual Meeting, March 2018.

**Costouros, J.G.**, Comer, G.C., Saleh, J., Diaz, R., Ueda, Y., Cheung, E.V. Functional Outcomes are Equivalent following Resection Arthroplasty and Antibiotic Cement Spacer Retention versus Reimplantation for Shoulder Infection. 62<sup>nd</sup> Annual LeRoy C. Abbott Visiting Professorship and 38<sup>th</sup> Annual Verne T. Inman Lectureship Program, San Francisco, CA, May 2017.

**Costouros, J.G.**, Comer, G.C., Saleh, J., Diaz, R., Ueda, Y., Cheung, E.V. Functional Outcomes are Equivalent following Resection Arthroplasty and Antibiotic Cement Spacer Retention versus Reimplantation for Shoulder Infection. American Shoulder and Elbow Surgeons Annual Closed Meeting, Boston, MA, September 2016.

**Costouros, J.G.** Latest Frontiers in Shoulder Arthroplasty: Early Clinical Experience with a Stemless Humeral Design. 60<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 36<sup>th</sup> Annual Verne T. Inman Lectureship Program, San Francisco, CA, May 2015.

Rao, A.J., Johnston, T.R., Harris, A.H., Smith, R.L., **Costouros, J.G.** Inhibition of Chondrocyte and Synovial Cell Death Following Exposure to Commonly Used Anesthetics: A Preliminary Report. 59<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 35<sup>th</sup> Annual Verne T. Inman Lectureship Program, San Francisco, CA, May 2014.

**Costouros, J.G.**, Comer, G., von Campe, A., and Gerber, C. Comparison of Postoperative Fatty Infiltration in Open versus Arthroscopic Rotator Cuff Repair. Western Orthopaedic Association 77<sup>th</sup> Annual Meeting, August 2013.

**Costouros, J.G.**, Rao, A.J., Johnston, T.R., Smith, R.L. Inhibition of Chondrocyte Death Following Exposure to Commonly Used Anesthetics. International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine, 9<sup>th</sup> Biennial Congress, May 2013.

**Costouros, J.G.**, Comer, G., von Campe, A., and Gerber, C. Comparison of Postoperative Fatty Infiltration in Open versus Arthroscopic Rotator Cuff Repair. 58<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 34<sup>th</sup> Annual Verne T. Inman Lectureship Program, San Francisco, CA, May 2013.

Rao, A.J., Johnston, T.R., Harris, A.H., Smith, R.L., **Costouros, J.G.** Inhibition of Chondrocyte Cell Death Following Exposure to Commonly Used Anesthetics. 58<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 34<sup>th</sup> Annual Verne T. Inman Lectureship Program, San Francisco, CA, May 2013.

**Costouros, J.G.**, Rao, A.J., Johnston, T.R., Smith, R.L. Inhibition of Chondrocyte Death Following Exposure to Commonly Used Anesthetics. American Academy of Orthopaedic Surgeons, 80<sup>th</sup> Annual Meeting, March 2013.

**Costouros, J.G.**, Navarro, R., Funahashi, T., Burke, M., Huon, T. and Yian E. Reverse Total Shoulder Arthroplasty: A Review of Revision Rates in 265 Consecutive Cases. Western Orthopaedic Association, 76<sup>th</sup> Annual Meeting, Portland, OR, June 2012.

**Costouros, J.G.** Reversal of Suprascapular Neuropathy after Repair of Massive Supraspinatus and Infraspinatus Rotator Cuff Tears: Is Suprascapular Nerve Decompression Necessary? Japanese Orthopaedic Association, 85<sup>th</sup> Annual Meeting, Kyoto, Japan, May 2012.

**Costouros, J.G.**, Yian, E.H., Inacio, M., Burke, M., and Navarro, R. Risk Factors Associated with Symptomatic Venous Thromboembolism Following Shoulder Arthroplasty. 57<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 33<sup>rd</sup> Annual Verne T. Inman Lectureship Program, San Francisco, CA, May 2012.

Navarro, R., Inacio, M., Burke, M., **Costouros, J.G.**, and Yian, E.H. Effect of Surgical Indication and Implant Type on the Rate of Symptomatic Venous Thromboembolism (VTE) Rates in Shoulder Arthroplasty. American Academy of Orthopaedic Surgeons, 79<sup>th</sup> Annual Meeting, February 2012.

Navarro, R., Inacio, M., Burke, M., **Costouros, J.G.**, and Yian, E.H. Effect of Surgical Indication and Implant Type on the Rate of Symptomatic Venous Thromboembolism (VTE) Rates in Shoulder Arthroplasty. European Shoulder and Elbow Society (SECEC/ESSSE) Annual Meeting, Lyon France, September 2011.

**Costouros, J.G.**, Navarro, R., Funahashi, T., Burke, M., Huon, T. and Yian E. Reverse Total Shoulder Arthroplasty: A Review of Revision Rates in 265 Consecutive Cases. American Academy of Orthopaedic Surgeons, 78<sup>th</sup> Annual Meeting. American Shoulder and Elbow Surgeons Specialty Day, February 2011.

Yian, E., Navarro, R., Funahashi, T., Burke, M., Huon, T. and **Costouros, J.G.** What is the Risk of Revision after Hemiarthroplasty and Total Shoulder Replacement? American Academy of Orthopaedic Surgeons, 78<sup>th</sup> Annual Meeting. American Shoulder and Elbow Surgeons Specialty Day, February 2011.

**Costouros, J.G.**, Navarro, R., Funahashi, T., Burke, M., Huon, T. and Yian E. Reverse Total Shoulder Arthroplasty: A Review of Revision Rates in 265 Consecutive Cases. 56<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 32<sup>nd</sup> Annual Verne T. Inman Lectureship Program, San Francisco, CA, May 2011.

**Costouros, J.G.** Reversal of Suprascapular Neuropathy after Repair of Massive Supraspinatus and Infraspinatus Rotator Cuff Tears: Is Suprascapular Nerve Decompression Necessary? 55<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 31<sup>st</sup> Annual Verne T. Inman Lectureship Program, San Francisco, CA, May 2010.

**Costouros, J.G.**, Porramatikul, M. Lie, D.T., and Warner, J.J.P. Reversal of Suprascapular Neuropathy following Arthroscopic Repair of Massive Supraspinatus and Infraspinatus Rotator Cuff Tears. 53<sup>rd</sup> Annual LeRoy C. Abbott Visiting Professorship and 29<sup>th</sup> Annual Verne T. Inman Lectureship Program, San Francisco, CA, May 2008.

**Costouros, J.G.**, Espinosa, N., Schmid, M.R., and Gerber, C. Teres Minor Integrity Predicts Outcome following Latissimus Dorsi Tendon Transfer. 52<sup>nd</sup> Annual LeRoy C. Abbott Visiting Professorship and 28<sup>th</sup> Annual Verne T. Inman Lectureship Program, San Francisco, CA, May 2007.

**Costouros, J.G.**, von Campe, A., and Gerber, C. Arthroscopic Rotator Cuff Repair Leads To Less Postoperative Fatty Infiltration than Open Repair. European Society for Surgery of the Shoulder and Elbow (SECEC), 20<sup>th</sup> Congress, September 2006.

**Costouros, J.G.**, Espinosa, N., Schmid, M.R., and Gerber, C. Teres Minor Integrity Predicts Outcome following Latissimus Dorsi Tendon Transfer. European Society for Surgery of the Shoulder and Elbow (SECEC), 20<sup>th</sup> Congress, September 2006.

**Costouros, J.G.**, Porramatikul, M. Lie, D.T., and Warner, J.J.P. Suprascapular Neuropathy Associated with Massive Rotator Cuff Tears: A Rationale for Arthroscopic Rotator Cuff Repair. European Society for Surgery of the Shoulder and Elbow (SECEC), 20<sup>th</sup> Congress, September 2006.

**Costouros, J.G.**, Bassi, O., and Gerber C. Arthroscopic Management of Calcific Tendonitis of the Shoulder. European Society for Surgery of the Shoulder and Elbow (SECEC), 20<sup>th</sup> Congress, September 2006.

**Costouros, J.G.**, Clavert, P., and Warner, J.J.P. The Trans-Cuff Portal for Posterior Labral Capsulorrhaphy. European Society for Surgery of the Shoulder and Elbow (SECEC), 20<sup>th</sup> Congress, September 2006.

**Costouros, J.G.**, von Campe, A., and Gerber, C. Arthroscopic Rotator Cuff Repair Leads To Less Postoperative Fatty Infiltration than Open Repair. 51<sup>st</sup> Annual LeRoy C. Abbott Visiting Professorship and 27<sup>th</sup> Annual Verne T. Inman Lectureship Program, San Francisco, CA, May 2006.



**Costouros, J.G.**, Sukthankar, A., and Gerber, C. Posterior Humeral Subluxation and Total Shoulder Arthroplasty. 51<sup>st</sup> Annual LeRoy C. Abbott Visiting Professorship and 27<sup>th</sup> Annual Verne T. Inman Lectureship Program, San Francisco, CA, May 2006.

**Costouros, J.G.**, von Campe, A., and Gerber, C. Arthroscopic Rotator Cuff Repair Leads To Less Postoperative Fatty Infiltration than Open Repair. Arthroscopy Association of North America, 24<sup>th</sup> Annual Meeting, May 2006.

**Costouros, J.G.**, Bassi, O., and Gerber, C. Arthroscopic Management of Calcific Tendonitis of the Shoulder. Arthroscopy Association of North America, 24<sup>th</sup> Annual Meeting, May 2006.

**Costouros, J.G.**, Clavert, P., and Warner, J.J.P. The Trans-Cuff Portal for Posterior Labral Capsulorrhaphy. Arthroscopy Association of North America, 24<sup>th</sup> Annual Meeting, May 2006.

**Costouros, J.G.**, Sukthankar, A., and Gerber, C. Posterior Humeral Subluxation and Total Shoulder Arthroplasty. American Academy of Orthopaedic Surgeons, 73<sup>rd</sup> Annual Meeting, March 2006.

**Costouros, J.G.**, Fucentese, S.F., and Gerber, C. Total Shoulder Arthroplasty with an Uncemented Soft-Metal-Backed Glenoid Component. American Academy of Orthopaedic Surgeons, 73<sup>rd</sup> Annual Meeting, March 2006.

**Costouros, J.G.**, Bassi, O., and Gerber C. Arthroscopic Management of Calcific Tendonitis of the Shoulder. American Academy of Orthopaedic Surgeons, 73<sup>rd</sup> Annual Meeting, March 2006.

**Costouros, J.G.**, Espinosa, N., Schmid, M.R., and Gerber, C. Teres Minor Integrity Predicts Outcome following Latissimus Dorsi Tendon Transfer. American Shoulder and Elbow Surgeons, 22<sup>nd</sup> Annual Meeting, November 2005.

**Costouros, J.G.** and Gerber, C. Posterior Humeral Subluxation following Total Shoulder Arthroplasty. International Conference on Shoulder Arthroplasty, 3<sup>rd</sup> Annual Meeting, Paris, France, April 2005.

**Costouros, J.G.**, Porramatikul, M., Lie, D.T., Holovacs, T.F. and Warner, J.J.P. Suprascapular Nerve Dysfunction with Massive Rotator Cuff Tears. American Academy of Orthopaedic Surgeons, 72<sup>nd</sup> Annual Meeting, February 2005.

Warner, J.J.P., Porramatikul, M., Lie, D.T., **Costouros, J.G.**, Millett, P., and Holovacs, T.F. Suprascapular Nerve Dysfunction with Massive Rotator Cuff Tears: Not so Rare a Problem. American Shoulder and Elbow Surgeons, 21<sup>st</sup> Annual Meeting, September 2004.

Dang, A.C., **Costouros, J.G.**, and Kim, H.T. Intra-Articular Caspase Inhibition Preserves Cartilage Thickness and Decreases Chondrocyte Loss following Articular Cartilage Injury *In Vivo*. Orthopaedic Research Society, 50<sup>th</sup> Annual Meeting, March 2004.

**Costouros, J.G.**, Dang, A.C., and Kim, H.T. Inhibition of Chondrocyte Apoptosis Following Isolated Chondral Injury *In Vivo*. Arthroscopy Association of North America, 22<sup>nd</sup> Annual Meeting, April 2003.

**Costouros, J.G.** and Kim, H.T. Inhibition of Chondrocyte Apoptosis Following Acute Cartilage Injury *In Vivo*. Orthopaedic Research Society, 49<sup>th</sup> Annual Meeting, February, 2003.

**Costouros, J.G.** and Kim, H.T. Comparison of Chondrocyte Apoptosis Following Cartilage Injury *In Vivo* and *In Vitro*. Orthopaedic Research Society, 49<sup>th</sup> Annual Meeting, February, 2003.

### **Instructional Courses:**

**Costouros, J.G.** Stemless Shoulder Replacement. Instructional Course Lecture. American Academy of Orthopaedic Surgeons 90<sup>th</sup> Annual Meeting, March 2023.

**Costouros, J.G.** Stemless Shoulder Replacement. Instructional Course Lecture. American Academy of Orthopaedic Surgeons 89<sup>th</sup> Annual Meeting, March 2022.

**Costouros, J.G.** Stemless Shoulder Replacement. Instructional Course Lecture. American Academy of Orthopaedic Surgeons 88<sup>th</sup> Annual Meeting, September 2021.

**Costouros, J.G.** Stemless Shoulder Replacement. Instructional Course Lecture. American Academy of Orthopaedic Surgeons 87<sup>th</sup> Annual Meeting, March 2020.

**Costouros, J.G.** Glenohumeral Arthritis: Arthroscopic Solutions. Instructional Course Lecture #30, International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine, 9<sup>th</sup> Biennial Congress, May 2013.

**Costouros, J.G.** Shoulder Arthroplasty Options. Instructional Course Lecture #33, International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine, 9<sup>th</sup> Biennial Congress, May 2013.

McCann, P., **Costouros, J.G.** et al. Rotator Cuff: Surgical Skills. Instructional Course Lecture 7SK. American Academy of Orthopaedic Surgeons 2013 Annual Meeting, March 2013.

Cuomo, F., **Costouros, J.G.** et al. Rotator Cuff: Surgical Skills. Instructional Course Lecture 2SK. American Academy of Orthopaedic Surgeons 2012 Annual Meeting, February 2012.

Ryu, R., **Costouros, J.G.** et al. Rotator Cuff Mastery: Arthroscopic Surgical Skills. Instructional Course Lecture 4SK. American Academy of Orthopaedic Surgeons 2011 Annual Meeting, February, 2011.

Ryu, R., **Costouros, J.G.** et al. Rotator Cuff Mastery: Arthroscopic Surgical Skills. Instructional Course Lecture 4SK. American Academy of Orthopaedic Surgeons 2010 Annual Meeting, February, 2010.

**Costouros, J.G.** Glenohumeral Arthritis: Arthroscopic Solutions. Instructional Course Lecture. Arthroscopy Association of North America, 25<sup>th</sup> Annual Meeting, May, 2007.

### **Podium Presentations:**

#### ***Current Concepts in the Treatment of Shoulder Arthritis***

- Washington Hospital Healthcare System (Fremont, CA, September 2023).

#### ***Rotator Cuff Repair: Advances in Treatment Options***

- Washington Hospital Healthcare System (Fremont, CA, August 2022).

#### ***Multidirectional Instability of the Shoulder***

- Peruvian Orthopaedic Society and Combined Meeting of the Peruvian Arthroscopy Chapter (Lima, Peru, April 2022).

#### ***Stemless Shoulder Replacement***

- American Academy of Orthopaedic Surgeons 89<sup>th</sup> Annual Meeting (Chicago, IL, March 2022).

#### ***Stemless Reverse Total Shoulder Arthroplasty***

- Northern California Shoulder & Elbow Course (Sacramento, CA, October 2021).

#### ***Reverse Total Shoulder Arthroplasty for Proximal Humerus Fractures***

- Hippocratic Orthopaedic Society (Palo Alto, CA, May 2021).

#### ***Cutting-Edge Advances in Shoulder Surgery***

- Washington Hospital Healthcare System (Fremont, CA, February 2021).
- Washington Hospital Healthcare System (Fremont, CA, December 2019).

#### ***Preoperative Imaging and Planning for Total Shoulder Arthroplasty***

- 4<sup>th</sup> Annual Athens Shoulder Course (Athens, Greece, February 2020).

#### ***Shoulder Pain: Causes and Treatment Options***

- Washington Hospital Healthcare System (Fremont, CA, October 2020).

#### ***SLAP II Lesions: Repair or Tenodesis?***

- 4<sup>th</sup> Annual Athens Shoulder Course (Athens, Greece, February 2020).

***Humeral Implants: Stem versus Stemless***

- Northern California Shoulder & Elbow Course (Sacramento, CA, October 2019).

***Superior Capsular Reconstruction for Irreparable Rotator Cuff Tears***

- 9<sup>th</sup> M.O.R.E. International Symposium (Lugano, Switzerland, April 2019).

***Techniques of Humeral Allograft Prosthetic Composite (APC) Reconstruction***

- Masters Shoulder Symposium (Dallas, TX, March 2019).

***Antibiotic Cement Spacers for Shoulder Prosthetic Infection: How and When?***

- Masters Shoulder Symposium (Dallas, TX, March 2019).

***Reverse Shoulder Arthroplasty: Optimal Technique(s) and When and How to Modify***

- American Shoulder and Elbow Surgeons Open Symposium (Chicago, IL, September 2018).

***Rotator Cuff: 2018 Update***

- California Orthopaedic Association, Annual Meeting (San Francisco, CA, June 2018).

***Short-Stem and Stemless Shoulder Arthroplasty***

- Pan-Asian Advanced Arthroplasty Conference (Singapore, April 2018).

***Reverse Total Shoulder Arthroplasty for Proximal Humerus Fractures***

- Pan-Asian Advanced Arthroplasty Conference (Singapore, April 2018).

***Anatomic Total Shoulder Arthroplasty: Humeral Implant Considerations***

- Arthroplasty Orthopaedic Technology & Innovation Forum (Naples, FL, April 2018).

***Reverse Total Shoulder Arthroplasty: Indications and Minimizing Complications***

- West Coast Orthopaedic Technology & Innovation Forum (La Jolla, CA, April 2018).

***Shoulder Arthroplasty: Indications, Patient Selection, and Optimizing Precision with Surgical Planning Software and Patient-Specific Intraoperative Guides***

- National Advanced Arthroplasty Clinical Concepts (Scottsdale, AZ, March 2018).

***Advances in Humeral Component Design: Evolution to Canal-Sparing Implants***

- National Advanced Arthroplasty Clinical Concepts (Scottsdale, AZ, March 2018).

***Reverse Shoulder Arthroplasty Baseplate Positioning: Intraoperative Guides and Pearls for Success***

- National Advanced Arthroplasty Clinical Concepts (Scottsdale, AZ, March 2018).

***The Painful Shoulder Arthroplasty: Evaluation and Treatment***

- National Advanced Arthroplasty Clinical Concepts (Scottsdale, AZ, March 2018).

***Maximizing Exposure and Subscapularis Management in Shoulder Arthroplasty***

- Annual Shoulder Summit (Naples, FL, February 2018).

***Massive Irreparable Rotator Cuff Tears: Pearls for a Successful Outcome and When to Consider Reconstructive Options***

- Japanese Shoulder Society 44<sup>th</sup> Annual Meeting and 1<sup>st</sup> Asia-Pacific Shoulder Elbow Symposium (Tokyo, Japan, October 2017).

***Latissimus Dorsi Transfer for Massive Irreparable Rotator Cuff Tears***

- Japanese Shoulder Society 44<sup>th</sup> Annual Meeting and 1<sup>st</sup> Asia-Pacific Shoulder Elbow Symposium (Tokyo, Japan, October 2017).

***Shoulder Arthroplasty in the Patient with Rheumatoid Arthritis***

- Japanese Shoulder Society 44<sup>th</sup> Annual Meeting and 1<sup>st</sup> Asia-Pacific Shoulder Elbow Symposium (Tokyo, Japan, October 2017).

***Evaluation of the Painful Shoulder Arthroplasty***

- Japanese Shoulder Society 44<sup>th</sup> Annual Meeting and 1<sup>st</sup> Asia-Pacific Shoulder Elbow Symposium (Tokyo, Japan, October 2017).

***Proximal Humerus Fractures: Minimally to Maximally Invasive Surgical Fixation***

- Japanese Shoulder Society 44<sup>th</sup> Annual Meeting and 1<sup>st</sup> Asia-Pacific Shoulder Elbow Symposium (Tokyo, Japan, October 2017).

***What Does Revision of Stemless Shoulder Arthroplasty Look Like?***

- Masters Shoulder Symposium (Austin, TX, September 2017).

***Revision Shoulder Instability Surgery: Open versus Arthroscopic***

- 9<sup>th</sup> International Congress of Arthroscopic Surgery (Lima, Peru, June 2017).

***Arthroscopic Acromioclavicular Joint Reconstruction: State of the Art***

- 9<sup>th</sup> International Congress of Arthroscopic Surgery (Lima, Peru, June 2017).

***SLAP and Proximal Biceps Lesions: Current Trends***

- 9<sup>th</sup> International Congress of Arthroscopic Surgery (Lima, Peru, June 2017).

***Reverse Shoulder Arthroplasty for Complex Proximal Humerus Fractures***

- San Diego Shoulder Institute 34<sup>th</sup> Annual Meeting (San Diego, CA, June 2017).

***Cutting-Edge Developments in Shoulder Joint Replacement***

- Hand Therapy Association of California Annual Meeting (San Jose, CA, April 2017).

***SLAP and Proximal Biceps Lesions: Current Trends***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, January 2017).

***Arthroscopic Revision Shoulder Stabilization***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, January 2017).

***Proximal Humerus Fractures: Minimally to Maximally Invasive Options***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, January 2017).

***Total Shoulder Arthroplasty in the Young Patient. Stemless?***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, January 2017).

***Revision Total Shoulder Arthroplasty with Bone Loss***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, January 2017).

***Arthroscopic Superior Capsular Reconstruction***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, January 2017).

***Arthroscopic Acromioclavicular Joint Reconstruction***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, January 2017).

***Functional Outcomes are Equivalent following Resection Arthroplasty and Antibiotic Cement Spacer Retention versus Reimplantation for Shoulder Infection.***

- American Shoulder and Elbow Surgeons Annual Meeting (Boston, MA, October 2016).

***Managing Deformity in Shoulder Arthroplasty***

- Annual Shoulder Summit (Naples, FL, February 2016).

***Latissimus Dorsi Transfer for Massive Irreparable Rotator Cuff Tears***

- South American Shoulder and Elbow Society 6<sup>th</sup> Biennial Meeting (Cartagena, Columbia, October 2016).

***Shoulder Arthroplasty in Patients with Rheumatoid Arthritis***

- South American Shoulder and Elbow Society 6<sup>th</sup> Biennial Meeting (Cartagena, Columbia, October 2016).

***Thromboprophylaxis for Deep Venous Thrombosis in Shoulder Arthroplasty***

- South American Shoulder and Elbow Society 6<sup>th</sup> Biennial Meeting (Cartagena, Columbia, October 2016).

***Evaluation and Treatment of Glenoid Bone Loss in Shoulder Arthroplasty***

- South American Shoulder and Elbow Society 6<sup>th</sup> Biennial Meeting (Cartagena, Columbia, October 2016).

***Evaluation and Treatment of Shoulder Instability***

- South American Shoulder and Elbow Society 6<sup>th</sup> Biennial Meeting (Cartagena, Columbia, October 2016).

***Managing Deformity in Shoulder Arthroplasty***

- Annual Shoulder Summit (Naples, FL, February 2016).

***Management of the B2 Deficient Glenoid***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, January 2016).

***Update on Stemless Total Shoulder Arthroplasty***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, January 2016).

***Revision Arthroscopic Rotator Cuff Repair***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, January 2016).

***Arthroscopic Management of Massive Rotator Cuff Tears***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, January 2016).

***Revision Arthroscopic Shoulder Stabilization and Glenoid Grafts***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, January 2016).

***Current Concepts in Surgical Treatment of the Proximal Biceps Tendon***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, January 2016).

***Best Construct for Acromioclavicular Joint Reconstruction in 2016***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, January 2016).

***Management of Calcific Tendonitis: What and When?***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, January 2016).

***Revision Instability Surgery of the Shoulder***

- Advanced Concepts in Sports Medicine and Orthopaedic Surgery, 10<sup>th</sup> Annual Meeting: (Las Vegas, NV, November 2015).

***5 Instability Cases and What I Would Do With Them***

- Advanced Concepts in Sports Medicine and Orthopaedic Surgery, 10<sup>th</sup> Annual Meeting: (Las Vegas, NV, November 2015).

***Superior Capsular Reconstruction: Spotlight Lecture***

- Advanced Concepts in Sports Medicine and Orthopaedic Surgery, 10<sup>th</sup> Annual Meeting: (Las Vegas, NV, November 2015).

***10 Things I Wish I Knew Before I Started Doing Shoulder Arthroplasty***

- Advanced Concepts in Sports Medicine and Orthopaedic Surgery, 10<sup>th</sup> Annual Meeting: (Las Vegas, NV, November 2015).

***Evaluating the Painful Shoulder Arthroplasty: What Would You Do?***

- VuMedi Annual Orthopaedic Conference (San Francisco, CA, November 2015).

***Subscapularis Repair***

- VuMedi Annual Orthopaedic Conference (San Francisco, CA, November 2015).

***Management of Glenoid Bone Loss: The Latarjet***

- VuMedi Annual Orthopaedic Conference (San Francisco, CA, November 2015).

***Management of Chronic Locked Posterior Shoulder Dislocation***

- VuMedi Annual Orthopaedic Conference (San Francisco, CA, November 2015).

***Pearls for Successful Management of Rotator Cuff Tears***

- Kaiser Permanente Annual JOJ Orthopaedic Conference. (Berkeley, CA, November 2015).

***SLAP and Biceps Lesions: Best Practices***

- Kaiser Permanente Annual JOJ Orthopaedic Conference. (Berkeley, CA, November 2015).

***The Proximal Biceps Tendon: Tenotomy, Tenodesis or None of the Above***

- Northern California Orthopaedic Society, 82<sup>nd</sup> Annual Meeting. (Carmel Valley, CA, November 2015).

***Managing Massive Rotator Cuff Tears***

- Masters Shoulder Symposium. (Portland, OR, September 2015).

***Shoulder Arthroplasty: Standard, Short Stem, Reverse***

- Masters Shoulder Symposium. (Portland, OR, September 2015).

***Managing Glenoid Bone Loss in Shoulder Instability***

- Masters Shoulder Symposium. (Portland, OR, September 2015).

***Latest Frontiers in Shoulder Arthroplasty: Early Clinical Experience with a Stemless Humeral Design***

- 60<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 36<sup>th</sup> Annual Verne T. Inman Lectureship Program: (San Francisco, CA, May 2015).

***Subscapularis Management in Reverse Total Shoulder Arthroplasty***

- Shoulder Arthroplasty Faculty Forum (Naples, FL, May 2015).

***Registry Formation: Value to Evidence Based Medicine***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, September 2014).



***Toxicity of Joint Injections: What Should Be Used?***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, September 2014).

***Propionibacterium Acnes: Current Concepts in the Management of Infection in Shoulder Arthroplasty***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, September 2014).

***Stemless Shoulder Arthroplasty***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, September 2014).

***Nonoperative Treatment of 3- and 4-Part Proximal Humerus Fractures***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, September 2014).

***Tendon Transfers for Massive Rotator Cuff Tears***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, September 2014).

***Revision Total Shoulder Arthroplasty: When Deformity Matters***

- Orthopaedic Surgery Controversies (Laguna Beach, CA, September 2014).

***Advances in Rotator Cuff and PASTA Repair***

- Masters Shoulder Symposium. (Kerlan-Jobe Orthopaedic Clinic, Los Angeles, CA, September 2014).

***Total Shoulder Arthroplasty***

- Masters Shoulder Symposium. (Kerlan-Jobe Orthopaedic Clinic, Los Angeles, CA, September 2014)

***Current Advances in the Treatment of Common Shoulder Disorders***

- The Health Library, Stanford Hospital and Clinics, Hoover Pavilion, February 2015.
- One Medical Group, Redwood City, CA, September 2014.

***The Difficult Arthroplasty: When Deformity Matters***

- Masters Shoulder Faculty Forum (Naples, FL, January 2014).

***Proximal Humerus Fractures: Arthroplasty Options***

- Kaiser Permanente Annual JOJ Orthopaedic Conference. (Berkeley, CA, November 2013).

***Current Concepts in Rotator Cuff Repair, Glenohumeral Bone Loss, and Instability***

- Masters Shoulder Symposium (New York, NY, September 2013).

***Shoulder Arthroplasty: From Hemiarthroplasty to the Reverse***

- Shoulder Arthroplasty Symposium (Whistler, British Columbia, Canada, September 2013).

***Proximal Humerus Fractures: From Minimally to Maximally Invasive***

- Northern California Orthopaedic Society, 80<sup>th</sup> Annual Meeting. (Carmel Valley, CA, October 2013).

***Stemless Shoulder Arthroplasty: Cutting Edge Trends***

- Northern California Orthopaedic Society, 80<sup>th</sup> Annual Meeting. (Carmel Valley, CA, October 2013).
- California Orthopaedic Association, Annual Meeting. (Monterey, CA, June 2014).

***Inhibition of Chondrocyte and Synovial Cell Death Following Exposure to Commonly Used Anesthetics: A Preliminary Report***

- 59<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 35<sup>th</sup> Annual Verne T. Inman Lectureship Program: (San Francisco, CA, May 2014).
- Western Orthopaedic Association, 77<sup>th</sup> Annual Meeting: (Lake Tahoe, CA, August 2013).

***Comparison of Postoperative Fatty Infiltration in Open versus Arthroscopic Rotator Cuff Repair***

- 58<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 34<sup>th</sup> Annual Verne T. Inman Lectureship Program: (San Francisco, CA, May 2013).
- Western Orthopaedic Association, 77<sup>th</sup> Annual Meeting: (Lake Tahoe, CA, August 2013).

***Inhibition of Chondrocyte Death Following Exposure to Commonly Used Anesthetics***

- American Academy of Orthopaedic Surgeons, 80<sup>th</sup> Annual Meeting: (Chicago, IL, March 2013).
- International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine, 9<sup>th</sup> Biennial Congress: (Toronto, Canada, May 2013).
- 58<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 34<sup>th</sup> Annual Verne T. Inman Lectureship Program: (San Francisco, CA, May 2013).

***Shoulder Arthroplasty Options***

- International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine, 9<sup>th</sup> Biennial Congress: (Toronto, Canada, May 2013).

***Glenohumeral Arthritis: Arthroscopic Solutions***

- International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine, 9<sup>th</sup> Biennial Congress: (Toronto, Canada, May 2013).

***Acute Clavicle Fractures: When and How?***

- American Academy of Orthopaedic Surgeons, 80<sup>th</sup> Annual Meeting. American Shoulder and Elbow Surgeons Specialty Day: (Chicago, IL, March 2013).

***Reverse Shoulder Arthroplasty***

- Pacific Medical Shoulder Symposium (Tracy, CA, April 2014)
- Kaiser Permanente Annual JOJ Orthopaedic Symposium: Sports Update (San Francisco, CA, September 2012).

***Arthroscopic Rotator Cuff Repair***

- Northern California Orthopaedic Society, 79<sup>th</sup> Annual Meeting. (Carmel Valley, CA, June 2012).

***Risk Factors Associated with Symptomatic Venous Thromboembolism Following Shoulder Arthroplasty***

- 57<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 33<sup>rd</sup> Annual Verne T. Inman Lectureship Program: (San Francisco, CA, May 2012).

***Revision Stabilization of the Shoulder***

- Northern California Chapter of the Western Orthopaedic Association, 78<sup>th</sup> Annual Meeting. (Carmel Valley, CA, April 2011).
- Kaiser Permanente Annual Orthopaedic Symposium: Sports Update (Berkeley, CA, October 2010).

***Reverse Total Shoulder Arthroplasty: A Review of Revision Rates in 265 Consecutive Cases***

- Western Orthopaedic Association, 76<sup>th</sup> Annual Meeting (Portland, OR, June 2012).
- 56<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 30<sup>h</sup> Annual Verne T. Inman Lectureship Program: (San Francisco, CA, May 2011).
- American Academy of Orthopaedic Surgeons, 78<sup>th</sup> Annual Meeting. American Shoulder and Elbow Surgeons Specialty Day (San Diego, CA, February 2011).

***The Proximal Biceps Tendon: Tenotomy, Tenodesis, or None of the Above?***

- Northern California Chapter of the Western Orthopaedic Association, 77<sup>th</sup> Annual Meeting. (Half Moon Bay, CA, April 2011).

***Reversal of Suprascapular Neuropathy after Repair of Massive Supraspinatus and Infraspinatus Rotator Cuff Tears: Is Suprascapular Nerve Decompression Necessary?***

- Japanese Orthopaedic Association, 85<sup>th</sup> Annual Meeting, (Kyoto, Japan, May 2012).
- 55<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 29<sup>h</sup> Annual Verne T. Inman Lectureship Program (San Francisco, CA, May 2010).

***Latest Frontiers in Shoulder Arthroplasty: From Hemiarthroplasty to the Reverse***

- Kaiser Permanente Annual Orthopaedic Symposium: Arthroplasty Update (San Francisco, CA, October 2008).

***Decision Making in Non-Constrained Shoulder Arthroplasty***

- Current Concepts in Shoulder Arthroplasty: (San Francisco, CA, February 2009).
- Current Concepts in Shoulder Arthroplasty: (Seattle, WA, January 2008).

***Subscapularis Management in Total Shoulder Arthroplasty***

- Current Concepts in Shoulder Arthroplasty: (St. Louis, MO, May 2008).

***Current Trends in Arthroscopic Shoulder Surgery: Treatment of Rotator Cuff Tears, Instability, and Suprascapular Neuropathy***

- 3<sup>rd</sup> International Congress of the Arthroscopy Association of Central and South America: (Lima, Peru, July 2008).

***Reversal of Suprascapular Neuropathy after Arthroscopic Repair of Massive Supraspinatus and Infraspinatus Rotator Cuff Tears***

- 53<sup>rd</sup> Annual LeRoy C. Abbott Visiting Professorship and 27<sup>th</sup> Annual Verne T. Inman Lectureship Program: (San Francisco, CA, May 2008).

***Reverse Shoulder Arthroplasty***

- Clinical Concepts in Shoulder Arthroplasty: (San Francisco, CA, February 2009).
- Clinical Concepts in Shoulder Arthroplasty: (St. Louis, MO, May 2008).
- Clinical Concepts in Shoulder Arthroplasty: (Seattle, WA, January 2008).

***Subscapularis Management in Shoulder Arthroplasty***

- Clinical Concepts in Shoulder Arthroplasty: (St. Louis, MO, May 2008).

***Proximal Humerus Fractures: Operative Treatment***

- Kaiser Permanente Annual Orthopaedic Symposium: Trauma Update (Berkeley, CA, October 2010).
- Kaiser Permanente Annual Orthopaedic Symposium: Trauma Update (Berkeley, CA, October 2007).

***Management of Complex and Irreparable Rotator Cuff Tears***

- California Pacific Medical Center (CPMC), 3<sup>rd</sup> Annual Orthopaedic Education Symposium (San Francisco, CA., July 2007).

***Glenohumeral Arthritis: Arthroscopic Solutions***

- Arthroscopy Association of North America, 25<sup>th</sup> Annual Meeting, Instructional Course Lectures: (San Francisco, CA., May 2007).

***Massive Irreparable Rotator Cuff Tears: the Role of Tendon Transfer***

- Kaiser Permanente Annual Orthopaedic Symposium: Sports Medicine Update: (San Francisco, CA, November 2006).

***Arthroscopic Rotator Cuff Repair Leads To Less Postoperative Fatty Infiltration than Open Repair***

- Arthroscopy Association of North America, 24<sup>th</sup> Annual Meeting: (Hollywood, FL., May 2006).
- 51<sup>st</sup> Annual LeRoy C. Abbott Visiting Professorship and 27<sup>th</sup> Annual Verne T. Inman Lectureship Program: (San Francisco, CA, May 2006).

***Teres Minor Integrity Predicts Outcome following Latissimus Dorsi Tendon Transfer***

- American Academy of Orthopaedic Surgeons, 73<sup>rd</sup> Annual Meeting: (Chicago, IL., March 2006).
- 51<sup>st</sup> Annual LeRoy C. Abbott Visiting Professorship and 27<sup>th</sup> Annual Verne T. Inman Lectureship Program: (San Francisco, CA, May 2006).

***Total Shoulder Arthroplasty with an Uncemented Soft-Metal-Backed Glenoid Component***

- 20<sup>th</sup> Congress of the European Society for Surgery of the Shoulder and Elbow (SECEC): (Athens, Greece, September 2006).

***Static Posterior Humeral Head Subluxation and Total Shoulder Arthroplasty***

- 20<sup>th</sup> Congress of the European Society for Surgery of the Shoulder and Elbow (SECEC): (Athens, Greece, September 2006).
- 51<sup>st</sup> Annual LeRoy C. Abbott Visiting Professorship and 27<sup>th</sup> Annual Verne T. Inman Lectureship Program: (San Francisco, CA, May 2006).

***Teres Minor Integrity Predicts Outcome following Latissimus Dorsi Tendon Transfer***

- American Academy of Orthopaedic Surgeons, 73<sup>rd</sup> Annual Meeting: (Chicago, IL., March 2006).
- 51<sup>st</sup> Annual LeRoy C. Abbott Visiting Professorship and 27<sup>th</sup> Annual Verne T. Inman Lectureship Program: (San Francisco, CA, May 2006).

***Inhibition of Chondrocyte Apoptosis Following Acute Cartilage Injury In Vivo***

- AOSSM – ESSKA Traveling Fellows, UCSF Scientific Session: (San Francisco, CA July 2003).

***Comparison of Chondrocyte Apoptosis Following Acute Cartilage Injury In Vivo and In Vitro***

- 47<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 23<sup>rd</sup> Annual Verne T. Inman Lectureship Program: (San Francisco, CA, May 2003).

***Inhibition of Chondrocyte Apoptosis Following Acute Cartilage Injury In Vivo***

- Western Orthopaedic Association, 66<sup>th</sup> Annual Meeting: (Maui, HI, August, 2002).

***Chondrocyte Programmed Cell Death in an Acute Cartilage Injury Rabbit Model***

- 46<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 22<sup>nd</sup> Annual Verne T. Inman Lectureship Program: (San Francisco, CA, May, 2002).

***Return of Motion After Simultaneous Repair of Displaced Bucket-Handle Meniscal Tears and Anterior Cruciate Ligament Reconstruction***

- 40<sup>th</sup> Annual LeRoy C. Abbott Visiting Professorship and 16<sup>th</sup> Annual Verne T. Inman Lectureship Program: (San Francisco, CA, May, 1996).

## **Grand Rounds:**

### **Precision Medicine and Shoulder Arthroplasty: Latest Advances in 2019.**

- Stanford University, Department of Orthopaedic Surgery Grand Rounds (June, 2019).

### **Massive Irreparable Rotator Cuff Tears: Is Arthroscopic Superior Capsular Reconstruction Here to Stay?**

- Stanford University, Department of Orthopaedic Surgery Grand Rounds (June, 2017).

### **New Trends in Shoulder Arthroplasty**

- Stanford University, Department of Orthopaedic Surgery Grand Rounds (November, 2013).

### **Advances in Rotator Cuff Repair**

- Stanford University, Department of Orthopaedic Surgery Grand Rounds (November, 2012).

### **Shoulder Arthroplasty: Cutting-Edge Developments in the New Millenium**

- Stanford University, Department of Orthopaedic Surgery Grand Rounds (February, 2012).

### **Common Shoulder Disorders in the Primary Care Setting**

- The Permanente Medical Group, San Jose (November, 2007).
- The Permanente Medical Group, San Jose (May, 2009).

### **Open Versus Arthroscopic Rotator Cuff Repair**

- University of California, San Francisco, Department of Orthopaedic Surgery Grand Rounds (March, 2004).

### **Current Trends in the Treatment of Chondral Injuries to the Knee**

- University of California, San Francisco, Department of Orthopaedic Surgery Grand Rounds (April, 2003).

### **Hip Arthroplasty: A Historical Perspective**

- University of California, San Francisco, Department of Orthopaedic Surgery Grand Rounds (March, 2001).

### **Scaphoid Fractures: Current Controversies**

- University of California, San Francisco, Department of Orthopaedic Surgery Grand Rounds (October, 2000).

### **Gastric Carcinoma**

- University of California, San Francisco, Department of Surgery Grand Rounds (March, 1997).

### **Grants and Clinical Trials:**

**Costouros, J.G.** FDA Clinical Trial. A Prospective, Randomized, Multicenter Study Comparing the Safety and Effectiveness of the Arthrex Eclipse™ to the Univers™ II Total Shoulder Prosthesis in Patients with Degenerative Joint Disease. (\$652,341.00). *Completed.*

**Costouros, J.G.** FDA Clinical Trial. Multicenter Trial of the Zimmer Sidus™ Stem-Free Shoulder Arthroplasty System. (\$189,192.04). *Completed.*

**Costouros, J.G.** FDA Clinical Trial. Multicenter Trial of the Tornier Pyrocarbon (PyC) Ascend Flex Shoulder Arthroplasty System. (\$68,961.30). *Completed.*

**Costouros, J.G.** FDA Clinical Trial. Pivotal, Non-Randomized, Historically Controlled, Prospective, Multi-Center Clinical Study of the FX Shoulder Easytech Stemless Reversed Shoulder System. (\$104,211.00). *Completed.*

### **Personal:**

- 2004 Summer Olympic Games, Volunteer Physician, Orthopaedic Surgery and Sports Medicine, Athens, Greece
- Third-world volunteer experience in orthopaedic surgery, South Africa, South America
- Owner and Winemaker, Amari Cellars (License 02-599267).
- Hobbies include cycling, skiing, and international travel.