



## **Clifford Garrett Rios, M.D.**

Orthopedic Associates of Hartford, P.C.  
345 Western Blvd  
Glastonbury, CT 06033  
Phone: (860) 549-8295  
Fax: (860) 244-1088

### **EDUCATION**

August 2009 – July 2010

UHZ Sports Medicine Institute  
Fellowship in Sports Medicine  
Coral Gables, FL  
Fellowship Director  
John W. Uribe, M.D.

July 2004 – June 2009

University of Connecticut Health Center, Department of Orthopaedic  
Surgery  
Residency program, Farmington, Connecticut  
Chairman Department of Orthopaedic Surgery  
Jay R. Lieberman, M.D.

**M.D.** August 2000 – May 2004

University of Connecticut School of Medicine  
Farmington, Connecticut  
(AOA and class rank not offered)

**B.S.** August 1996 – May 2000

University of Connecticut School of Liberal Arts & Sciences  
Storrs, Connecticut  
Physiology & Neurobiology Honors, *summa cum laude*

## **PROFESSIONAL SOCIETIES**

American Academy of Orthopedic Surgery (2010-present)  
Arthroscopy Association of North America (2009-present)  
American Orthopaedic Society for Sports Medicine (2009-present)  
Connecticut Orthopedic Society (2009-present)

## **ACADEMIC APPOINTMENTS**

Sports Medicine Service Line Director, Bone & Joint  
Institute (2020-present)

Site Director for Resident Education, Hartford Hospital (2014-2018)  
University of Connecticut School of Medicine, Department of  
Orthopedic Surgery

Clinical Associate Faculty (2010-present)  
University of Connecticut School of Medicine, Department of  
Orthopedic Surgery

## **AFFILIATIONS**

Connecticut State Medical Society SportsMed Committee  
(2008-2009)

## **PAST EMPLOYMENT**

Medical Student Research Fellowship (2005)  
Lab Director, Gloria Gronowicz, Ph.D.  
Investigated age-associated differences in response of human  
osteoblasts to orthopaedic implants

## **HONORS & AWARDS**

Cavazos Residency Fellowship Award (2009)  
Awarded to the person believed to most closely exemplify an  
outstanding, wellrounded resident, mentor and role model

Connecticut Orthopedic Society Resident Paper Award (2009)  
**Rios CG**, Leger RR, Cote M, Yang C, Arciero RA. Anatomic  
Reconstruction of  
the Posterolateral Corner of the Knee with Minimum Two-Year  
Follow Up.

Connecticut Orthopedic Society Annual Meeting. Farmington, CT.  
May 29, 2009

Honors designation, University of Connecticut School of Medicine  
(2002-2003) Orthopedic surgery, general surgery, internal medicine  
and family medicine

Academic Scholarship, University of Connecticut School of Medicine  
(2000- 2004)

Valedictorian, University of Connecticut School of Liberal Arts &  
Sciences Chosen from approximately 2,500 students to present  
graduating class (2000)

Early Assurance Program, University of Connecticut School of  
Medicine (1999) Accepted to School of Medicine in Junior year of  
undergraduate education

Academic Scholarship, University of Connecticut School of Liberal  
Arts & Sciences (1996-2000)

## **CERTIFICATIONS**

American Board of Orthopedic Surgery  
Subspecialty Certificate in Orthopedic Sports Medicine  
October 24, 2013

American Board of Orthopedic Surgery  
Board Certified, July 24, 2012

Step I American Board Orthopedic Surgery Exam,  
Passed July 9, 2009. 90th Percentile

## **SPORTS MEDICINE CLINICAL EXPERIENCE**

Trinity College Athletics (2019-present)  
Head Team Physician

Hall High School Team Physician (2013-present)  
West Hartford, CT

Conard High School Team Physician (2013-present)  
West Hartford, CT

Glastonbury High School Team Physician (2011-2013)  
Glastonbury, CT

Florida Panthers Professional Ice Hockey (2009-2010)  
Assistant Team Physician

Florida International University, Division I athletics – All teams  
(2009-2010) Assistant Team Physician

## **CHAPTERS**

1. **Rios CG**, Arciero RA. Multidirectional Instability. In: Master Techniques in Orthopaedic Sports Medicine. Fu F, ed. Lippincott Williams & Surgery: Wilkins, Philadelphia PA. In print 2010.

2. **Rios CG**, Mazzocca AD. Curbside Consultation in Shoulder Reconstruction:  
49 Clinical Questions. Nicholson GP, Provencher MT, eds; Bach BR Jr., series editor. SLACK, Inc., Thorofare NJ 2008.

3. Cole BJ, **Rios CG**, Mazzocca AD, and Warner JP. Anatomy, Biomechanics, and Pathophysiology of Glenohumeral Instability. In: Disorders of the Shoulder, Diagnosis and Management 2nd ed. Iannotti JP, Williams GR Jr., eds. Lippincott Williams & Wilkins, Philadelphia PA 2007.

## **COMPUTER/INTERNET MULTIMEDIA**

1. Mostofi A, **Rios CG**, Tennent TD, Arciero R, Mazzocca AD: Acromioclavicular Joint Injuries. American Academy of Orthopaedic Surgeons Web site: Orthopaedic Knowledge Online, Vol. 6, No. 4: <http://www5.aaos.org/oko/description.cfm?topic=SHO020>. Accessed April 22, 2008.

## **PEER REVIEWED JOURNAL ARTICLES**

1. **Rios CG**, Leger R, Cote M, Yang C, Arciero RA. Posterolateral corner reconstruction of the knee: Evaluation of a technique with clinical outcomes and stress radiography. *The American Journal of Sports Medicine* 2010;38(8):1564-1574.
2. **Rios CG**, Mazzocca AD. AC joint problems in athletes and new methods of management. *Clinics in Sports Medicine* 2008;27(4):763-788.
3. **Rios CG**, Mazzocca AD. Interference screw with cortical button for distal biceps repair. *Sports Medicine and Arthroscopy Review* 2008;16(3):136-142.
4. Mazzocca AD, Spang JT, Rodriguez RR, **Rios CG**, Shea KP, Romeo AA, Arciero RA. Biomechanical and radiographic significance of isolated trapezoid or conoid injury in the setting of a simulated type II acromioclavicular joint injury. *The American Journal of Sports Medicine* 2008;36(7):1397-1402.
5. **Rios CG**, Arciero RA, Mazzocca AD. Anatomy of the clavicle and coracoid process for reconstruction of the coracoclavicular ligaments. *The American Journal of Sports Medicine* 2007;35(5):811-817.
6. Mazzocca AD, Santangelo SA, Shea KP, **Rios CG**, Dumonski ML, and Arciero RA. A biomechanical evaluation of an anatomic coracoclavicular ligament reconstruction. *The American Journal of Sports Medicine* 2006;34(2):236-246.
7. Mazzocca AD, **Rios CG**, Romeo AA, Arciero RA. Subpectoral biceps tenodesis with interference screw fixation. *Arthroscopy: The journal of arthroscopic and related surgery* 2005;21(7):896.
8. Dumonski ML, Mazzocca AD, **Rios CG**, Romeo AA, and Arciero RA. Evaluation and management of acromioclavicular joint injuries. *The American Journal of Orthopedics*, 2004,33(10):526-532.
9. Salomone J, Carlson BB, **Rios CG**, Lentini E, Correa M, Wisnieki A, Betz A. Dopamine agonists suppress cholinomimetic-induced tremulous jaw movements in an animal model of Parkinsonism:

tremorolytic effects of pergolide, ropinirole and CY 208-243.  
Behavior Brain Research 2005;156(2):173-179.

## **NON PEER REVIEWED JOURNAL ARTICLES**

1. **Rios CG**, McCarthy MB, Arciero C, Spang JT, Arciero RA, Mazzocca AD. Biologics in shoulder surgery – The role of adult mesenchymal stem cells in tendon repair. *Techniques in Orthopaedics* 2007;22(1):2-9.
2. Mazzocca AD, Conway JE, Johnson S, **Rios CG**, Dumonski ML, Santangelo SA, Arciero RA. The anatomic coracoclavicular ligament reconstruction. *Operative Techniques in Sports Medicine*, 2004, 12(1), pp. 56-61.
3. **Rios CG**, Mazzocca AD, Dumonski ML, Romeo AA. Biceps breakdown benches overhead athletes. *Biomechanics magazine* 2003;10(6):61-69.

## **PRESENTATIONS & ABSTRACTS**

1. **Rios CG**. Meniscus Injury: Evaluation and Treatment Strategies. Select Physical Therapy Sports Medicine Symposium, Farmington, CT. August 2, 2011
2. **Rios CG**, Leger RR, Cote M, Yang C, Arciero RA. Posterolateral Corner Reconstruction of the Knee: Evaluation of a Technique with Clinical Outcomes and Stress Radiography. Podium presentation (8667), AOSSM Specialty Day, March 13, 2010. New Orleans, LA.
3. **Rios CG**, Leger RR, Cote M, Yang C, Arciero RA. Anatomic Reconstruction of the Posterolateral Corner of the Knee with Minimum Two-Year Follow Up. Connecticut Orthopedic Society Annual Meeting. Farmington, CT. May 29, 2009.

4. **Rios CG**, Arciero RA, and Mazzocca AD. Evaluation of clavicle osteology and bending strength for AC joint reconstruction. New England Shoulder and Elbow Society Meeting. Jay Peak, VT, 2007.

5. Mazzocca AD, Santangelo SA, **Rios CG**, Dumonski ML, Johnson ST, Nissen CW, and Arciero RA. Acromioclavicular Joint Reconstruction; A comparison of an Arthroscopic Technique, Anatomic Coracoclavicular Reconstruction, and The Weaver Dunn Procedure. AOSSM National Meeting June 23-26, 2004 and ASES 4th Biennial Meeting Oct 14-17, 2004, ISAKOS International. Meeting April 3-6, 2005. 19th Congress of the European Society for Surgery of the Shoulder and Elbow Poster Presentation Rome Italy September 21-24, 2005.

6. Mazzocca AD, Santangelo SA, **Rios CG**, Dumonski ML, Nissen CW, Shea KP, Romeo AA, and Arciero RA. Biomechanical and Radiographic Analysis of Partial Coracoclavicular Ligament Injuries, ICSS, Washington D.C., 2004, ISAKOS International Meeting April 3-6, 2005, 19th Congress of the European Society for Surgery of the Shoulder and Elbow Poster Presentation Rome Italy September 21-24, 2005.

7. Zhang H, **Rios CG**, and Gronowicz G. Age-associated changes in signal transduction in primary human osteoblasts on implant materials, Orthopedic Research Society, Annual Meeting. Poster Presentation, February, 2003, Volume: 28, poster #0370.

## **REFERENCES**

John W. Uribe, MD  
Director, Sports medicine fellowship  
UHZ Sports Medicine Institute  
1150 Campo Sano Avenue, Suite 200  
Coral Gables, FL 33146  
(786) 268-6279

Bruce D. Browner, MD  
Gray-Gossling Professor and Department Chairman Emeritus

Program Director, University of Connecticut Department of  
Orthopaedic Surgery  
263 Farmington Avenue, MARB 4th Floor  
Farmington, Connecticut 06034-4037  
(860) 679-6655

Robert A. Arciero, MD  
Professor, University of Connecticut Department of Orthopaedic  
Surgery  
263 Farmington Avenue, MARB 4th Floor  
Farmington, Connecticut 06034-4037  
(860) 679-6645

Augustus D. Mazzocca, MD  
Associate Professor, University of Connecticut Department of  
Orthopaedic Surgery  
263 Farmington Avenue, MARB 4th Floor  
Farmington, Connecticut 06034-4037  
(860) 679-6633