

CURRICULUM VITAE

Nicholas J. Bellas, M.D.
Orthopedic Trauma Surgery
(860) 244-1845

POST-DOCTORAL TRAINING

08/01/2025-07/01/2026

Denver Health, Denver, CO
Orthopedic Trauma Fellow, August 2025 – July 2026
Fellowship Director: Cyril Mauffrey, MD, FACS, FRCS

07/01/2020-07/01/2025

University of Connecticut, Farmington, CT
Resident, Orthopedic Surgery
*UConn John Dempsey Hospital, Hartford Hospital, St. Francis Hospital,
Connecticut Children's Medical Center*

EDUCATION

08/01/2016-05/01/2020

University of Connecticut School of Medicine, Farmington, CT
Medical Doctorate
AOA

08/01/2012-05/01/2016

Trinity College, Hartford, CT
Bachelor of Science (B.S.), Chemistry
summa cum laude, GPA: 4.0/4.0

08/01/2008 – 06/01/2012

Lyme-Old Lyme High School, Old Lyme, CT
GPA: 4.0/4.0

ACADEMIC HONORS, AWARDS & GRANTS

2023 Paragon Investigator-Initiated Research Grant

Awarded to perform a biomechanical study on the changes to the foot and ankle after

Zadek Osteotomy.

Adviser: Dr. Lauren Geaney, M.D., University of Connecticut

2022 AOFAS Resident Scholar Recipient

Selected to attend the American Orthopedic Foot and Ankle Society annual meeting in Quebec, Canada.

2020 Alpha Omega Alpha Honor Medical Society, AOA

Inducted into AOA, which is awarded to select students of medical school class as determined by USMLE step 1 score, honors on third year clerkships, extra-curricular involvement, and research; University of Connecticut.

2020 The Ramanlal and Kanchan Bulsara Fellowship Award

Awarded to one student who demonstrated excellence in academics and extracurriculars throughout medical school; University of Connecticut.

2017 Sigma Xi Scientific Research Society

Inducted for performing and presenting a research study on the potential of mesenchymal stem cells of the shoulder; University of Connecticut.

2016 Phi Beta Kappa

Inducted for academic excellence over 4 years; Trinity College, CT.

2016 President's Fellow (Chemistry)

Awarded to one senior who demonstrates outstanding achievement within major; Trinity College, CT.

2015 Bob Harron Award

Presented to one junior male voted most outstanding in athletics (Track and Field) and scholarship; Trinity College, CT.

2014 Dean's Scholar

Awarded to the top 20 students in the class according to GPA at the end of sophomore year; Trinity College, CT.

2012 Presidential Scholar

Received full tuition merit scholarship for four years; Trinity College, CT.

SCIENTIFIC RESEARCH PUBLICATIONS

Mauffrey C, Bellas N, David G, Le Baron M. Understanding Acetabular Fractures: A Comprehensive Review. J Am Acad Orthop Surg. 2025 Dec 22. doi: 10.5435/JAAOS-D-25-00741. Epub ahead of print. PMID: 41461069.

Block, A., Silver, J., Pavano, C., **Bellas, N.**, Zeng, F., Jaremko, M., & Solovyova, O. Self-Reported Marijuana Use Is Associated With Increased Narcotic Prescribing Following Hip and Knee Arthroplasty (2025). *The Iowa Orthopaedic Journal*, 45(1), 81. PMCID: PMC12212314 PMID: 40606711.

Baldino JB, **Bellas NJ**, Solomito MJ, Kumar M, Davis SL. Direct oral anticoagulants (DOACs) increase time to operating room without increasing postoperative hematologic complications in patients with fragility fractures of the proximal femur (2025). *Injury*. 56(3):112217. doi: 10.1016/j.injury.2025.112217. PMID: 39983534.

Bellas, N., Nayak, R., Pasha, M., Wolf, M., McDonald, T., Obopilwe, E., & Geaney, L. E. (2024). Biomechanical Changes to the Hindfoot After Zadek Osteotomy (2024). *Foot & Ankle International*, 45(12), 1406-1413. doi: 10.1177/10711007241281737. PMID 39396161.

Bellas, N., Baltrusaitis, D., Torre, B., Baldino, J., Sedghi, T., Marrero, D., & Solovyova, O. (2023). Determination of a safe zone for ischial screw placement in total hip arthroplasty. *Journal of Arthroplasty*. doi: 10.1016/j.arth.2023.07.010. PMID 37479194.

Torre BB, Pavano C, Connors JP, Silver J, **Bellas N**, Shekhman M, Solovyova O. (2023). Early Tibial Baseplate Fracture Following Medial Unicondylar Knee Arthroplasty: A Report of Two Cases. *JBJS Case Connector* 13(3):e22.00733. DOI: 10.2106/JBJS.CC.22.00733. PMID: 37535760.

Silver, J., Pavano, C., **Bellas, N.**, Hewitt, C., Torre, B., Solomito, M., ... & Esmende, S. (2023). Cannabis use is associated with decreased opioid prescription fulfillment following single level anterior cervical discectomy and fusion (ACDF). *North American Spine Society Journal (NASSJ)*, 100226. doi: 10.1016/j.xnsj.2023.100226. PMID: 37440986.

Silver, J., Ford, B. T., Pavano, C. J., **Bellas, N.**, Hewitt, C., Solomito, M., & McCarthy, C. (2023). Cannabis Use Is Associated With Fewer Filled Opioid Prescriptions After Treatment of Proximal Humerus Fractures. *Orthopedics*, 1-5. doi: 10.3928/01477447-20231027-07 PMID: 37921529.

Propp, B. E., Torre, B. B., **Bellas, N.**, & Sathe, V. (2023). Bilateral Flexor Digitorum Accessorius Longus Precipitating Bilateral Tarsal Tunnel Syndrome: A Case Report. *JBJS Case Connector*, 13(2), e22. doi: 10.2106/JBJS.CC.22.00663. PMID: 37026795.

Otto, A., LeVasseur, M. R., Baldino, J. B., Muench, L. N., **Bellas, N.**, Uyeki, C., ... & Mazzocca, A. D. (2022). Arthroscopic Rotator Cuff Repair with a Fibrin Scaffold Containing Growth Factors and Autologous Progenitor Cells Derived From Humeral cBMA Improves Clinical Outcomes in High Risk Patients. *Arthroscopy, Sports Medicine, and Rehabilitation*, 4(5), e1629-e1637. doi: 10.1016/j.asmr.2022.06.006. PMID: 36312725.

Coskun, E., Wellington, I. J., **Bellas, N.**, Singh, H., Mallozzi, S. S., Cote, M. P., & Moss, I. L. (2022). Determination of a Neurologic Safe Zone for Bicortical S1 Pedicle Screw

Placement. *The Spine Journal*, 22(10), 1708-1715. doi: 10.1016/j.spinee.2022.04.016. Epub 2022 Apr 30. PMID: 35504567.

Voss, A., McCarthy, M. B., **Bellas, N.**, Kellner, R., Beitzel, K., Dyrna, F., ... & Berthold, D. P. (2021). Significant Improvement in Shoulder Function and Pain in Patients Following Biologic Augmentation of Revision Arthroscopic Rotator Cuff Repair Using an Autologous Fibrin Scaffold and Bone Marrow Aspirate Derived From the Proximal Humerus. *Arthroscopy, sports medicine, and rehabilitation*, 3(6), e1819-e1825. doi: 10.1016/j.asmr.2021.08.009. PMID: 34977636; PMCID: PMC8689277.

Morikawa, D., LeVasseur, M. R., Luczak, S. B., Mancini, M. R., **Bellas, N.**, McCarthy, M. B. R., ... & Mazzocca, A. D. (2021). Decreased Colony-Forming Ability of Subacromial Bursa-Derived Cells During Revision Arthroscopic Rotator Cuff Repair. *Arthroscopy, Sports Medicine, and Rehabilitation*, 3(4), e1047-e1054. doi: 10.1016/j.asmr.2021.03.010. PMID: 34430884; PMCID: PMC8365201.

Morikawa, D., Hawthorne, B. C., McCarthy, M. B. R., **Bellas, N.**, Johnson, J. D., Trudeau, M. T., ... & Mazzocca, A. D. (2021). Analysis of Patient Factors Affecting In Vitro Characteristics of Subacromial Bursal Connective Tissue Progenitor Cells during Rotator Cuff Repair. *Journal of Clinical Medicine*, 10(17), 4006. doi: 10.3390/jcm10174006. PMID: 34501453; PMCID: PMC8432549.

Baldino, J. B., Muench, L. N., Kia, C., Johnson, J., Morikawa, D., Tamburini, L., ... & Mazzocca, A. D. (2020). Intraoperative and in vitro classification of subacromial bursal tissue. *Arthroscopy: The Journal of Arthroscopic & Related Surgery*, 36(8), 2057-2068. doi: 10.1016/j.arthro.2020.03.039. Epub 2020 Apr 16. PMID: 32305423.

Bellas, N., Stohler, S., Staff, I., Majk, K., Lewis, C., Davis, S., Kumar, M. (2020). Impact of preoperative specialty consults on hospitalist co-management of hip fracture patients. *The Journal of Hospital Medicine*. doi: 10.12788/jhm.3264. Epub 2019 Aug 16. PMID: 31433780.

Bellas, N., Cirino, C., Cote, M., Sathe, V., Geaney, L. (2019). Validation of the Single Assessment Numeric Evaluation (SANE) Score as an Outcome Measure by Comparison to the revised Foot Function Index (rFFI). *Foot and Ankle Orthopaedics*. doi: 10.1177/2473011419868953. PMID: 35097335; PMCID: PMC8696912.

Morikawa, D., Johnson, J., Kia, C., McCarthy, MB., Macken, C., **Bellas, N.**, Baldino, J., Cote, M., Mazzocca, A. (2019). Examining the Potency of Subacromial Bursal Cells As A Potential Augment for Rotator Cuff Healing: an in-vitro study. *The Journal of Arthroscopic and Related Surgery*. doi: 10.1016/j.arthro.2019.05.024. Epub 2019 Oct 16. PMID: 31629585.

Sullivan, J., **Bellas, N.**, Thoens, J., Gallagher, J., & Divinagracia, T. (2019). Bilateral external iliac artery thrombosis due to endofibrosis in a 33-year-old female triathlete. *Journal of Vascular Surgery Cases and Innovative Techniques*, 5, 1, 58-60. doi: 10.1016/j.jvscit.2018.11.008. PMID: 30911700; PMCID: PMC6416374.

Blaise, J. H., Park, J. E., **Bellas, N., J.**, Gitchell, T. M., & Phan, V. (2018). Caffeine consumption disrupts hippocampal long-term potentiation in freely behaving rats. *Physiological Reports*, 6, 5. doi: 10.14814/phy2.13632. PMID: 29512310; PMCID: PMC5840440.

Jackson, M. A., **Bellas, N.**, Siegrist, T., Haddock, P., Staff, I., Laudone, V., & Wagner, J. R. (2016). Experienced Open vs Early Robotic-assisted Laparoscopic Radical Prostatectomy: A 10-year Prospective and Retrospective Comparison. *Urology*, 91, 111-8. doi: 10.1016/j.urology.2015.12.072. Epub 2016 Feb 12. PMID: 26879735.

Collin, C., **Bellas, N.**, Haddock, P., Wagner, J. (2015). Pre-Operative Education Classes Prior to Robotic Prostatectomy Benefit Both Patients and Clinicians. *Urologic nursing*, 35(6), 281-5. PMID: 26821448.

SCIENTIFIC RESEARCH PRESENTATIONS

Bellas, N. (2023). Bone Loss: Basics and Cases. Orthopedic Grand Rounds, St. Francis Hospital.

Bellas, N., Baltrusaitis, D., Torre, B., Baldino, J., Sedghi, T., Marrero, D., & Solovyova, O. (2023). Determination of a safe zone for ischial screw placement in total hip arthroplasty. UConn Orthopedic Department Research Day.

Bellas, N. (2022). Trimalleolar Ankle Fractures. Orthopedic Grand Rounds, St. Francis Hospital.

Bellas, N. (2021). A Tail of Suture. Orthopedic Grand Rounds, St. Francis Hospital.

Bellas, N., Pavano, C., Silver, J., Torre, B., Hewitt, C., Geaney, L. (2021). Tranexamic Acid Guidance in Orthopedic Procedures. UConn Dean's Quality Improvement Symposium.

Bellas, N., Cirino, C., Cote, M., Sathe, V., Geaney, L. (2018). Validation of the Single Assessment Numeric Evaluation (SANE) Score as an Outcome Measure by Comparison to the revised Foot Function Index (rFFI). UConn Research Day.

Bellas, N., McCarthy, MB., Scheiderer, B., Cote, M., Morikawa, D. (2017). The Potential Use of Human Bursa Cells for Biologic Augmentation in Rotator Cuff Repair. UConn Research Day.

LEADERSHIP AND ACTIVITIES

2020 – 2023 **Program Evaluation Committee (PEC)**

University of Connecticut, Department of Orthopedic Surgery

Resident Representative

Appointed to leadership committee to oversee curriculum development and resident educational goals.

- 2018 – 2019 **Orthopedic Interest Group**
University of Connecticut School of Medicine
Leader
Coordinated meetings to provide exposure to the field of orthopedics to UConn medical students. Additionally produced, contributed to and published over 30 posts for the UConn orthopedics Facebook page for their social media.
- 2016 – 2020 **Committee on Undergraduate Medical Education (CUME)**
University of Connecticut School of Medicine
Voting member
Contributed to discussion of and vote on changes to various aspects of the medical school curriculum.
- 2016 – 2020 **Organization of Student Representatives (OSR)**
University of Connecticut School of Medicine
Voting Member
UConn representative for the Organization of Student Representatives (OSR) of the AAMC. Attended OSR conferences in Boston, MA and Austin, TX.
- 2015 – 2016 **Student Admissions Associate, SAA**
Trinity College, Admissions
Nominated by faculty to apply for position as SAA. Conducted interviews and group information sessions for prospective students and their families.
- 2013 – 2016 **Varsity Track and Field**
Trinity College, CT
Sprinter
Events included 400m hurdles, 400m dash, 200m dash. Received NESCAC All-Academic distinction.
- 2013 – 2016 **Pi Kappa Alpha (Pike)**
Trinity College, CT
Head of Community Service, Member
Worked on community outreach for the society, including mentoring local elementary students after school and putting together events for holidays for the local community.
- 2012 – 2016 **Trinity College Pipes (acapella group)**
Trinity College, CT
Business director, member

Performed for the community, including for graduation, in the oldest acapella group at Trinity College. The role as business director included organization of events, rehearsal, and finances.

RESEARCH EXPERIENCE

2017 – 2023 University of Connecticut, Department of Orthopedic Surgery

Research Assistant

Advisors: Augustus Mazzocca, MD; Lauren Geaney, MD; Olga Solovyova, MD

- Worked with Dr. Mazzocca and his team on the role of subacromial bursal cells as a potential augment for rotator cuff healing.
- Worked with Dr. Solovyova on identifying a safe zone for placement of ischial screws in the setting of total hip arthroplasty.
- Worked with Dr. Geaney to validate the Single Assessment Numeric Evaluation (SANE) Score as an outcome measure by comparison to the revised Foot Function Index (rFFI) and to identify the biomechanical changes to the foot and ankle after the Zadek Osteotomy.

2017 - 2023 Hartford Hospital, Department of Orthopedic Surgery

Research Assistant

Advisor: Courtland Lewis, MD; Sean Esmende, MD; Stephen Davis, MD

- Worked with Dr. Lewis and Dr. Davis to assess the impact of preoperative specialty consults on hospitalist co-management of hip fracture patients.
- Worked with Dr. Esmende to evaluate the trend of opioid use in the setting of cannabis use for patients undergoing spine surgery.

2014 Hartford Hospital, Department of Urology

Research Assistant

Advisor: Joseph Wagner, MD

- To retrospectively compare the open versus early robotic assisted laparoscopic radical prostatectomy.

2013 – 2016 The Electrophysiology Lab, Trinity College

Research Assistant

Advisor: J. Harry Blaise, Ph.D

- To assess the effect of caffeine consumption on hippocampal potentiation in freely behaving rats.
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VOLUNTEER EXPERIENCE

2016-2020 **South Park Clinic**, Hartford, CT
Volunteered in primary care clinic as a medical student alongside attending physicians in Hartford, CT for uninsured patients.

2012-2016 **ESF Dream Camp**, Hartford, CT
Volunteered to mentor and tutor local elementary students.

QUALIFICATIONS/CERTIFICATIONS

2025 ABOS Part I: *Pass*
2024 Advanced Cardiac Life Support/Basic Life Support Certification
2020 USMLE Step 3, *Pass*
2019 USMLE Step 2 CK, *Pass*
2019 USMLE Step 2 CS, *Pass*
2018 USMLE Step 1, *Pass*

OTHER INTERESTS

Committed member of WCN fantasy football league
PADI certified open water diver