

CURRICULUM VITAE

Christopher J. Lena, M.D.

CURRENT OFFICE ADDRESS:

Orthopedic Associates of Hartford
345 Western Boulevard
Glastonbury, CT 06033
Office 860-549-8249 Fax 860-244-8813

SPECIALTIES:

Arthroscopic and Reconstructive Surgery of the Shoulder, Hip, and Knee
Articular Cartilage Regeneration and Repair
Sports Medicine and Arthroscopic Surgery

APPOINTMENTS:

Attending Staff Surgeon
Department of Orthopedic Surgery, Bone and Joint Institute at Hartford Hospital

Attending Staff Surgeon
Orthopedic Associates of Hartford Surgery Center
Rocky Hill, Connecticut

Attending Staff Surgeon
Orthopedic Associates of Hartford Surgery Center
Glastonbury, Connecticut

Attending Staff Surgeon
Hartford Surgical Center
Hartford, CT

Associate Clinical Instructor of Orthopedics
University of Connecticut Department of Orthopedics
Farmington, Connecticut

Associate Master Instructor for Learning Center Courses
Arthroscopy Association of North America

EXECUTIVE POSITIONS:

Vice President, Orthopaedic Associates of Hartford

Medical Director, Glastonbury Surgery Center

Joint Advisory Committee (JAC) member overseeing development of the Bone and Joint Institute at Hartford Hospital

Sports medicine service line leader for the Bone and Joint Institute

Orthopaedic liaison to the Center for Education Simulation and Innovation (CESI)

Orthopedic Holdings LLC director overseeing four area orthopedic surgery centers

CERTIFICATION AND LICENSURE:

Board Certified in Orthopedics 2000 and 2012
Board Certified in Sports Medicine 2012
Connecticut State Medical License 1994 #033916

SOCIETY MEMBERSHIPS:

American Academy of Orthopedic Surgeons
American College of Surgeons
American Medical Association
Arthroscopy Association of North America
Connecticut Orthopedic Society
Hartford County Medical Association

OPERATIVE EXPERIENCE:

Knee Arthroscopic surgery and partial knee replacements
Shoulder Arthroscopic surgery and total shoulder replacements
Hip Arthroscopies

POST GRADUATE TRAINING:

Associate Clinical Instructor in Sports Medicine, Yale University
Sports Medicine Fellowship
Program Director: Peter Jokl, M.D., 2000.

Resident in Orthopedic Surgery, University of Connecticut
Department of Orthopedics
Chairman: Bruce Browner, M.D., 1996 - 2000.

Transplant Research Fellow, Hartford Transplant Department, Hartford, CT
Chief, Robert T. Schweizer, M.D., 1994 - 1996.

University of Connecticut Integrated Surgical Residency, Hartford, CT
 Chairman: Peter J. Deckers, M.D., 1992 - 1994.

Honors:

Daniel Cavazos Residency Fellowship Award (2000)
 University of Connecticut Residency Fellowship Award
 American College of Surgeons, resident representative to committee for increasing subspecialty involvement in the college.
 Committee on Graduate Medical Education , representative to the internal residency review committee at the University of Connecticut (1997-1999)
 Residency Advisory Council resident representative (1992 – 1994)
 Connecticut Society of American Board Surgeons, Cromwell, CT,
 First place trauma competition (1993)

EDUCATION:

- University of Connecticut School of Medicine
 M.D., 1992.
 Honors: Student Representative, American College of Surgeons, October, 1991
 Surgical Scholars Program, 1989 - 1992.
- Dartmouth College
 B.A. Biology, 1988
 Honors: Cum Laude Graduate
 Sphinx Senior Honor Society
 Beta Theta Pi Scholar Athlete Award, 1988
 Collegiate All - American Rugby Player, 1988
 Dartmouth Athletic Hall of Fame, 1999

ABSTRACTS AND PRESENTATIONS

LOCAL/REGIONAL:

- **Lena C, Morgan A.** *Mild traumatic Brain Injury, Reevaluation Management Strategies.*
 Connecticut Society of American Board Surgeons, Cromwell, CT,
 Dec.1993 **First place trauma competition.**
 New England Regional Trauma Competition, Boston, MA, Dec. 1993
 First place trauma competition clinical papers.
- **Lena C, Smith B. Deluca P,** *Avascular Necrosis Following Treatment for DDH.*
 36th Annual Alumni Day Newington Department of Orthopedics, Nov.
 1998.

- Williams V, **Lena CJ**, Perdrizet GA, *Induction of the stress response with stannous chloride and the prevention of the detrimental effects of the Fat Embolism Syndrome.*
Connecticut Society of American Board Surgeons, Cromwell, CT Oct. 2000. **First place basic science competition.**
New England Regional Research Competition, Boston, MA Oct. 2000.

NATIONAL:

- Shapiro, DS, **Lena, CJ**, Perdrizet, GA, *Induction of the Heat Shock Response Increases Ischemic Tolerance of the Rabbit Spinal Cord.*
Molecular Chaperones and the heat Shock Response, Cold Spring Harbor, New York, 1998.
- **Lena CJ**, Shapiro DS, Perdrizet GA, *Heat Shock and Recovery Prevents Paraplegia in a Model of Acute Spinal Cord Ischemia.*
Surgical Forum, American College of Surgeons, San Francisco, 1996.
- Perdrizet GA, Garcia, JC, **Lena, CJ**, Shapiro DS, Rewinski JM, *Surgical Stress and the Heat Shock Response.*
Molecular Chaperones and the heat Shock Response, Cold Spring Harbor, New York, 1996.

INTERNATIONAL:

- **Lena CJ**, Tomany KT, Newport ML, Whipple T, *Arthroscopic Capitate Resection Arthroplasty as a Treatment for Kienbock's Disease.*
International Federation Society for Surgery of the Hand, Vancouver, BC, 1998.
- Perdrizet GA, Garcia, JC, **Lena CJ**, Shapiro DS, Rewinski MJ, *Surgical Stress and the Heat Shock Response.* Budapest, Hungary, 1996.

PUBLICATIONS:

- **Lena, CJ**, Quinn R, *Case Report: Diaphyseal Osteomyelitis in the Pediatric Population.* Medscape Orthopedics and Sports Medicine - on line journal, 1(10), 1997.
- **Lena, CJ**, Shapiro DS, Perdrizet GA, *Heat Shock and Recovery Prevents paraplegia in a Model of Acute Spinal Cord Ischemia.* Surgical Forum, Vol. XLVII, 1996.
- **Lena, CJ**, Morgan A, McKay L. *Managing Minor Traumatic Brain Injury.* Connecticut Medicine, Vol. 58, No. 8, pg 459, August, 1994.

SUBMITTED FOR PUBLICATION:

- **Lena, CJ**, Grady-Benson, Perdrizet, *Stannous Chloride Induction of the Heat Shock Response and Prevention of the Effects of the Fat Embolism Syndrome.*
- **Lena, CJ**, Smith B, DeLuca P, *Avascular Necrosis Following Treatment for Developmental Dislocations of the Hip.*

ACTIVE RESEARCH:

Co investigator in a randomized prospective double blind study looking at the role of beef in optimal protein and feeding strategies to accelerate muscle mass and functional recovery after anterior cruciate ligament reconstruction.