

*Curriculum Vitae*

**Robert Samuel Waskowitz, M.D.**

*Orthopedic Associates of Hartford*  
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Building A  
New Britain, Connecticut 06037  
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**Education:**

**Fellowship:**

Orthopedic Surgery Sports Medicine  
**Steadman-Hawkins Sports Medicine Foundation**  
Vail, Colorado  
1995-96

**Surgical Training:**

**Residency:**

Orthopedic Surgery  
**University of Pittsburgh Medical Center**  
**Department of Orthopedics**  
Pittsburgh, Pennsylvania  
1991-95

**Internship:**

General Surgery  
**University of Pittsburgh Medical Center**  
**Department of General Surgery**  
Pittsburgh, Pennsylvania  
1990-91

**Medical Education:**

**University of Vermont College of Medicine**  
Burlington, Vermont  
Doctor of Medicine, 1990

**Post-Graduate Education:**

**University of Pennsylvania**  
Post-Baccalaureate-Premedical Education Program  
Graduate, 1984-86

## **Undergraduate Education:**

### **Amherst College**

Amherst, Massachusetts

Bachelor of Arts, *cum laude* Honors, 1982

## **Board Certification:**

Orthopaedic Surgery, **Board Certified**, July 1998, American Board of Orthopaedic Surgery

Orthopaedic Surgery **Recertification**, July 2008, American Board of Orthopaedic Surgery

**Fellow**, American Academy of Orthopaedic Surgeons, American Association Of Orthopaedic Surgeons, Class of 2000

## **Licensure:**

Connecticut 038742 (Active)

Massachusetts 150737 (Inactive)

Colorado 34638 (Active)

Pennsylvania MD 049911L (Inactive)

DEA (available upon request)

## **Professional Affiliations:**

American Academy of Orthopaedic Surgeons (AAOS)

Connecticut State Medical Society (CSMS)

Connecticut Orthopedic Society (COS)

CSMS Committee on the Medical Aspect of Sport (CMAS)

Eastern Orthopedic Association (EOA)

Hawkins Society

## **Hospital Affiliations:**

The Hospital of Central Connecticut, New Britain CT,  
Attending Staff Physician, Active

Lahey Clinic, Burlington MA, Attending Staff Physician,  
Inactive

Symmes Hospital Medical Center, Arlington MA, Attending  
Staff Physician, Inactive

Cooley-Dickenson Hospital, Northampton MA, Attending Staff  
Physician, Inactive

Noble Hospital, Westfield MA, Attending Staff Physician  
Inactive

## **Academic Appointments/Affiliations:**

The Hospital of Central Connecticut, Physicians Assistant Training Program,  
Instructor, Orthopaedic Surgery, 2005-Current

Central Connecticut State University, Medical Director Athletic Training  
Education Program, 2000-Current

Tufts Medical School, Physical Diagnosis Program, Instructor, 1999-00  
Boston University Department of Orthopaedics, Lahey Clinic Department  
Of Orthopaedics, Resident Instructor, 1998-00  
University of Pittsburgh School of Medicine, Anatomy Lab, 1991-95

### **Athletic Affiliations:**

Central Connecticut State University, Senior Team Physician, 2000-Current  
ESPN X-Games, Summer & Winter, Orthopaedic Consultant, 2001-Current  
ESPN Great Outdoor Games, Orthopaedic Consultant, 2001-2004  
Hartford Colonials Professional Football Team, Associate Team Physician,  
United Football League, 2010  
New Britain High School, Team Physician, 2000-Current  
Newington High School, Team Physician, 2002-Current  
Connecticut Wolves Professional Soccer Club, Team Physician, 2000-04  
Connecticut Crush Women's Professional Football League, Team Physician,  
2001-2010  
Amherst College, Team Physician, 1996-00  
University of Massachusetts, Team Physician, 1996-98  
Smith College, Team Physician, 1996-00  
Mount Holyoke College, Team Physician, 1996-00  
Hampshire College, Team Physician, 1996-00  
NFL Denver Broncos, Assistant Fellow Physician, Training  
Camp, 1995-96  
US Ski Team (Alpine), Assistant Fellow Physician, 1995-96  
US Disabled Ski Team, Assistant Fellow Physician, 1995-96  
American Frontier Hockey League, Assistant Fellow Physician,  
Vail Avalanche, 1995-96

### **Honors:**

David G. Moyer Award, Eastern Athletic Trainers Association, 2012  
Physicians Assistant Teaching Award, The Hospital of Central Connecticut,  
Physicians Assistant Training Program  
Resident/Fellow Scholar Award, Eastern Orthopaedic Association, 1993  
Amherst College, Graduate with *cum laude* Honors  
Amherst College, Senior Honors Thesis  
Amherst College, Captain, Lacrosse Team  
Amherst College, Coburn Lacrosse Award  
Division III, East-West All-Star Lacrosse Team  
Kingswood Oxford School Sports Hall of Fame, Inductee, 2010

### **Conferences/Presentations:**

"Nothing Up My Sleeve", Central Connecticut State University Sports  
Medicine Symposium, 2012

“I Felt A Pop: Management of the ACL Injured Young Athlete”, Central Connecticut State University Sports Medicine Symposium, 2011

“The Extreme Athlete Experience”, AORN Regional Meeting, 2011

“Soft Tissue Injuries in the Athlete: Pectoralis Major Rupture and Repair”, Central Connecticut State University Sports Medicine Symposium, 2010

“The Big Chill: Future Directions of Cervical Spine Injuries”, Central Connecticut State University Sports Medicine Symposium, 2009

“Digging Deep: Uncovering Soft Tissue Causes of Hip and Thigh Pain”, Central Connecticut State University Sports Medicine Symposium, 2008

“Hand and Finger Injuries in the Athlete”, Central Connecticut State University, Sports Medicine Symposium, 2007

“Orthopaedic Concerns of the Female Athlete”, Central Connecticut State University Sports Medicine Symposium, 2006

“Diagnosis and Surgical Repair of Rotator Cuff Pathology”, Central Connecticut State University Sports Medicine Symposium, 2005

“Differential Diagnosis of Osteochondral Defects of the Talus” and “Prosection of the Lower Leg & Ankle: Workshop”, Central Connecticut State University Sports Medicine Symposium, 2004

“Shoulder Pathology & Diagnostic Imaging”, Central Connecticut State University Sports Medicine Symposium, 2002

“Current Concepts: Chondral Defects of the Knee”, Central Connecticut State University Sports Medicine Symposium, 2001

“A Massive Osteochondral Defect of the Medial Femoral Condyle in a Collegiate Female Soccer Player”, Oral Presentation, National Athletic Trainers Association, Meeting & Clinical Symposium, Indianapolis, IN, June 2005

Eastern Athletic Trainers Association, Meeting & Clinical Symposium, “Rehabilitation Protocol Following A Microfracture Procedure”, Workshop #IV, Boston, MA, January, 2003

Eastern Athletic Trainers Association, Meeting & Clinical Symposium “Cadaver Anatomy and Current Surgical Procedures of the Shoulder”, Providence, RI, January 2001

“The Masters and Senior Athlete”, Connecticut Senior Games Sports Medicine Workshop, April 2001

“Shoulder Anatomy and Surgical Dissection”, Faculty Speaker, Eastern Athletic Trainers Association, Providence RI, January 2001

“The Female Athlete”, Speaker, Sports Medicine Update, Smith College, Northampton MA, November 2000

“Performance Enhancement Supplementation”, Speaker, Trainers and Coaches Symposium, Lahey Clinic, Burlington MA, June 2000

“Knee Injuries: Diagnosis, Evaluation and Treatment”, Faculty Lecturer, Simmons College, Graduate School for Health Sciences, Graduate Physical Therapy, September 1998, October 1999

“Adolescent Knee Injuries” Third Annual Pediatric Symposium, Speaker, Lahey Clinic, Burlington MA, October 1999

Baystate Games, Medical Staff, Tournament Event Coverage, Boston MA, July 1999

“Shoulder Injuries in the Overhead Athlete”, Speaker, The Sports Museum of New England, Baseball Symposium, Arlington MA, April 1999

“Performance Enhancement Supplementation”, Grand Rounds, Lahey Clinic, Department of Pediatrics and Adolescent Medicine, Burlington MA, February 1999

“Orthopedic Injuries: Evaluation and Treatment”, Grand Rounds, Symmes Hospital, Arlington MA, October 1998

“Plating Principles and Techniques”, “Fixation of Diaphyseal Femur Fractures”, Faculty, Basic and Advanced Courses for Operating Room Personnel, Orthopaedic Trauma, Burlington VT, April 1998

“Pectoralis Major Muscle Injuries” faculty, Ninth Annual Fellows Meeting, Steadman-Hawkins Sports Medicine Foundation, Vail CO, October 1998

“On-Field Management of Head Injuries”, “Pectoralis Muscle Injuries and Treatment”, Faculty, New England Small College Athletic Conference, Trainers Symposium, Amherst College, Amherst MA, May 1998

Hawkins Shoulder Society, Annual Meeting, Moderator, Hilton Head SC, May 1998

“Pectoralis Major Muscle Injuries”, Central Connecticut State University Sports Medicine Symposium, New Britain CT, March 1998

“Shoulder Arthroscopy”, “Open Repair of Rotator Cuff Tears”, Lab Instructor, Orthopaedic Sports Medicine Symposium, Vail CO, 1997

“Analysis and Treatment of Chondral Defects”, Video, American Academy of Orthopaedic Surgeons 63<sup>rd</sup> Annual Meeting, February 1996

“Arthroscopically Assisted Internal Fixation of Tibial Spine Avulsion Fractures”, Video, American Academy of Orthopaedic Surgeons 63<sup>rd</sup> Annual Meeting, February 1996

“Proximal Humerus Fractures in Skiers”, Steadman Hawkins Sports Medicine Foundation Fellows Meeting, Vail CO, 1995

“Analysis of Massive Rotator Cuff Tears: A Clinical, Radiographic and MRI Study”, Poster, Scientific Program, American Academy of Orthopaedic Surgeons 61<sup>st</sup> Annual Meeting, February 1994

“Massive Rotator Cuff Tears: A Clinical, Radiographic and MRI Study”, Poster, American Academy of Orthopaedic Surgeons 60<sup>th</sup> Annual Meeting, San Francisco CA, February 1993

“Biomechanics of Massive Rotator Cuff Tears: A Roentgenographic Study”, Seventh Congress of the European Society for Surgery of the Shoulder and Elbow, Aarhus Denmark, June 1993

“Massive Rotator Cuff Tears: A Clinical, Radiographic and MRI Study”, Resident/Fellow Scholar Award Winner, Eastern Orthopaedic Association, 24<sup>th</sup> Annual Meeting, Lake Buena Vista Disney World FL, October 1993

### **Publications:**

“A Massive Osteochondral Defect of the Medial Femoral Condyle in a Collegiate Female Soccer Player”, Poster Presentation, Eastern Athletic Trainers Association, Meeting & Clinical Symposium, Boston, MA, January 2005

“Umbilical Pain in a Collegiate Football Player: A Case Report”  
Poster Presentation, National Athletic Trainers Association,  
National Meeting & Clinical Symposia, Baltimore, MD, May 2004

“A Day in the Life of an Athletic Trainer”, Sports Med, Connecticut State Medical Society, Newsletter, March 2003

“Osteochondral Defect of the Talar Dome in a Collegiate Baseball Player”  
A Case Report, *Journal of Athletic Training*, November 2003

“Analysis of Massive Rotator Cuff Tears: A Clinical, X-Ray and MRI Study”,  
Waskowitz RS, Warner JJP, Marks PH, Thaete L, *Orthopaedic Transactions*  
18:179, 1994

“Ulnar Neuropathy Associated with Pisto-Hamate Coalition”, Leit ME,  
Waskowitz RS, Sotereanos DG, *Pittsburgh Orthopaedic Journal*, 5:60-92, 1994

“Basic Arthroscopic Set-Up for Knee Surgery”, Chapter in *Management and  
Rehabilitation of the Knee and Lower Extremity: The Steadman Technique*,  
Steadman JR, Rodkey WG, Plancher KD

“Performance Enhancement Supplementation”, Waskowitz RS, *Connecticut  
State Medical Society Committee on the Medical Aspects of Sports*, Journal,  
2001

### **Research/Projects:**

“Effects of Electrical Stimulation on Time to Recovery Following Grade I  
And II Inversion Ankle Sprains in Intercollegiate and Professional Athletes”,  
Waskowitz RS, Pirog K, McCarthy T, Manwaring P

“Surgical Techniques for Meniscus Implants”, Steadman JR, Waskowitz RS,  
Urrea LH

“Case Report: Ruptured Infra-Patellar Plica as a Block to Motion”, Waskowitz  
RS, Steadman JR

“Proximal Humerus Fractures in Skiers”, Waskowitz RS, Sterett WI

“Long-Term Injury Profile for the United States Ski Team (Alpine)”,  
Waskowitz RS, Steadman JR

“Anatomy of the Deltoid Muscle and its Relation to Surgical Techniques”,  
Waskowitz RS, Hawkins RJ

“Internal Fixation of Syndesmosis Injuries in Ankle Fractures with  
Bioabsorbable Screws”, Dube MA, Waskowitz RS

“Tibial Torsion and Dennis Browne Splints in Children”, Waskowitz RS,  
Moreland MS

### **Poster Presentations:**

Frontal Sinus Fracture of a Division I Men’s Basketball Player: A case

Report; National Athletic Trainers Association, San Antonio TX, June 2009

Wrist Dislocation and Ulnar Styloid Fracture in a College Football  
Player: A Case Report; National Athletic Trainers Association, St. Louis  
MO, June 2008

A Scalding Burn to a Female Distance Runner: A Case Report; Eastern  
Athletic Trainers Association, Boston MA, June 2007