

RUSSELL M. NORD, MD
Orthopedic Surgery and Sports Medicine
Medical Director - Sports Medicine Program
Washington Township Medical Group

EDUCATION

- 2008-2009 **Stanford University.**
Fellowship in Orthopaedic Sports Medicine
Fellowship Director: Dr. Marc Safran
- 2007-2008 **New York University Hospital for Joint Diseases.**
Executive Chief Resident
- 2003-2008 **New York University Hospital for Joint Diseases.**
Orthopaedic Surgery Residency – Successfully Completed: June 2008
Chariman: Dr. Joseph Zuckerman
- 1999-2003 **Weill Medical College of Cornell University.**
M.D., May 2003
- 1995-1999 **Duke University.**
B.S. in Biology, Minors in Philosophy and Chemistry, May 1999

HONORS & AWARDS

Residency

Executive Chief Resident, 2007-8
Resident Teacher Award, 2008

Medical School

Alpha Omega Alpha Medical Honor Society, 2003
Medical Society of the State of New York Community Service Award, 2003
*Presented to the member of the graduating class best exhibiting the ideal of
charity toward one's community*
Milton B. Rosenbluth International Medical Service Fellow, 2003
*Awarded in support of a two-month volunteer medical journey through
rural health centers in Guatemala*

Undergraduate

Summa cum laude, 1999
Phi Beta Kappa Honor Society, 1999
Graduation with Distinction in Biology, 1999
University Marshall, 1998
Howard Hughes Medical Institute Undergraduate Research Grant Recipient, 1998
National Science Foundation Summer Fellow in Orthopaedic Bioengineering, 1998
Duke University Undergraduate Research Support Grant Recipient, 1998
Dean's List, 1995-1999

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PUBLICATIONS

1. **Nord R**, Quach T, Walsh M, Pereira D and Tejwani N. Detection of traumatic arthrotomy of the knee using the saline solution load test. *The Journal of Bone and Joint Surgery Am.* 91 (1): 66-70. 2009.
2. Golant A, **Nord R**, Paksima N, Posner M. Cold exposure injuries to the extremities. *Journal of the American Academy of Orthopaedic Surgeons.* 16 (12): 704-715. 2008.
3. **Nord R**, Sandhu H, Khan S, Diwan A. Threaded cortical bone dowels in lumbosacral arthrodesis: a review. *Clinical Orthopaedics and Related Research.* (414): 101-111. 2003.
4. **Nord R**, Minkowitz R, Maid P, Lane J. Effect of pamidronate and alendronate on bone mineral density in osteoporotic patients - a control matched study. *Journal of Bone and Mineral Research.* 17 (Suppl 1): S473. Abstract. 2002.
5. Diwan A, Khan S, Campbell D, Ng M, **Nord R**, Peterkin M, Doty S, Cammisa F, Sandhu H, Lane J. Nitric oxide modulates recombinant human bone morphogenic protein-2-induced corticocancellous autograft incorporation in a rat intertransverse process fusion model. *The Spine Journal.* 2 (5 Suppl 1):73-74. Abstract. 2002.
6. Zarge J, Huang P, Husak V, Kim D, Haudenschild C, **Nord R**, Greisler H. Fibrin glue containing fibroblast growth factor type 1 and heparin with autologous endothelial cells reduces intimal hyperplasia in a canine carotid artery balloon injury model. *Journal of Vascular Surgery.* 25 (5): 840-8. 1997.

PRESENTATIONS / SUBMITTED MANUSCRIPTS

1. **Nord R**, Quach T, Walsh M, Pereira D and Tejwani N. Detection of traumatic arthrotomy of the knee using the saline load test: The importance of injected volume and needle location. Presented at the 2008 American Academy of Orthopaedic Surgeons Annual Meeting, San Francisco, CA.
2. **Nord R** and Safran M. Posterolateral Rotatory Instability of the Elbow. In Fu F (ed): *Masters Techniques in Sports Medicine.* Lippincott Williams and Wilkins, Philadelphia. 2009. (In Press)
3. **Nord R** and Safran M: Elbow Impingement. In Eygendaal D (ed): *The Elbow: Current Concepts in Management of Basic Pathology.* Arko Sports Media, Amsterdam, Netherlands. 2009. (In Press)

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SPORTS COVERAGE EXPERIENCE

- 2009 **2009 NFL Combine – San Francisco 49ers**
Physician. Evaluated players both pre and post-draft for the San Francisco 49ers.
- 2008 - 2009 **Stanford University Football Team.**
Team Physician. Provided operative and non-operative care to athletes, organized return to play parameters with coaches and trainers and attended to on-field injuries in practices, home games and away games.
- 2008-2009 **Stanford University Department of Athletics.**
Physician. Cared for the *National Champion Men's Gymnastics Team* and also provided care for athletes throughout the Stanford Department of Athletics in sports such as track and field, baseball, basketball, tennis, golf, soccer, wrestling, lacrosse, swimming, volleyball, field hockey, squash, water polo and fencing.
- 2009 **2009 World Football Challenge.**
Host Physician. Covered Inter Milan vs. Club America game in the event of injury.
- 2006 **Governor's Bowl – New York State High School Football Team.**
Staff Physician. Performed pre-participation physical exams, cleared players for play and attended to on-field injuries.
- 2006 **New York University Men's and Woman's Varsity Basketball Teams.**
Staff Physician. Covered home games in the event of injury.
- 2004 – 2007 **Campus Magnate New York City High School Football Team.**
Staff Physician. Attended to on-field injuries and organized post-injury care.
- 2004 – 2008 **Alvin Ailey Dance Theatre.**
Staff Physician. Responsible for dance performance coverage.

LICENSURE

Board Eligible – Orthopaedic Surgery

Passed Part I of the American Board of Orthopaedic Surgery Exam in 2008

United States Medical Licensing Examination

Passed steps 1, 2 and 3 in 2001, 2003 and 2004 respectively.

California State Medical License

License number: A103896

Expires: April 30, 2010
