

Orthopedic Surgery

GRADUATE MEDICAL EDUCATION AT NYU LANGONE HEALTH



For more than 150 years, one of the central missions of our department has been the education, training, and mentoring of orthopedic surgeons. Our department boasts academic medical programs at every level, from undergraduate to first year medical student to chief resident, and from clinical fellows to visiting clinicians from around the world.

The goals of our residency and fellowship training programs are the following: to provide our trainees with the tools to master the rigors of clinical training, to introduce students and trainees to the principles of sound orthopedic science, non-technical skills, and—most importantly—to provide them with an extensive patient care experience, in the operating room, in the emergency department and in many different outpatient settings. We do this in an environment that promotes a variety of learning experiences and professional training across all the major orthopedic subspecialties while at the same time allowing individuals to grow and develop the skills necessary to become future leaders of our field.

Orthopedic surgery is a discipline that does not stand still in this era of rapidly evolving medical technology and our programs expose trainees to the latest advancements in orthopedic techniques. We

are proud to be able to educate learners at all levels, including those in clinical practice and in state-of-the-art facilities, while also providing access to the most up-to-date surgical technologies, in many cases developed by our own faculty.

However, access to 21st century technology is not the most important resource we provide. What makes our programs unique is the world-class faculty of 182 orthopedic surgeons and scientists, at the pinnacle of their respective subspecialties, who are available to share their accrued knowledge with each incoming learner. Whether the field is hand surgery or pediatric orthopedics, shoulder and elbow or foot and ankle, there are multiple faculty members available with the expertise necessary to train our students, residents, fellows and visiting clinicians in every aspect of orthopedic care.

Reading through the following pages, we are reminded of the numerous surgeons who have trained in our programs and we are gratified by their professional success. But we are not content to rest on our reputation—in the coming years we look forward to expanding our academic programs even further, as we train an ever more diverse group of future surgeons, researchers and leaders in the field of orthopedic surgery.



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INTRODUCTION

In 1997, the departments of orthopedic surgery at the Hospital for Joint Diseases (now NYU Langone Orthopedic Hospital) and NYUMedical Center (now NYU Langone Health), created a single orthopedic surgery residency and fellowship program that combined the academic excellence and traditions of two historic institutions. Today, the Department of Orthopedic Surgery at NYU Langone Health boasts the largest, and one of the most prestigious, orthopedic residency programs in the nation. In addition, we offer fellowship programs in every major orthopedic subspecialty while providing educational opportunities for undergraduate students, medical students and orthopedic surgeons from the United States and around the world.



A PROUD HISTORY OF ACADEMIC EXCELLENCE

The NYU Langone orthopedic education programs are rooted in the very origins of orthopedic education in this country.

Orthopedic education at the NYU Grossman School of Medicine traces its origins to the nineteenth century and its long-term association with Bellevue Hospital. When Dr. Lewis Albert Sayre was appointed Professor of Orthopedic Surgery, Fractures, and Dislocations at Bellevue in 1853, it represented the first orthopedic professorship in North America. Dr. Sayre held this title, and later that of Professor of Clinical Surgery, until 1898, when Bellevue Hospital Medical College merged with University Medical College of NYU to become the New York University School of Medicine. Dr. Sayre trained many of the country's first orthopedic surgeons, thus making ours the oldest such orthopedic training program in the United States.

The history of the the Hospital for Joint Diseases begins in 1905, when brothers Drs. Henry and Herman Frauenthal, founded the Jewish Hospital for Deformities and Joint Diseases with a mission to help children with infantile paralysis. The highlights of the Hospital for Joint Diseases' early history includes the first research on arthroscopic techniques in the United States, the development of surgical procedures for the treatment of polio and congenital deformities in children, the establishment of orthopedic pathology as a distinct subspecialty and the establishment of the first orthopedic biomechanics laboratory in the United States.

Most recently the combined institutions opened the largest state-of-the-art facility for treating musculoskeletal conditions in New York City, the NYU Langone Orthopedic Center (LOC).

The education and mentoring of future generations of surgeons has been the mission of both institutions from their inception. As the oldest and largest such program, we continue to strive for excellence within this domain.

THE RESIDENCY PROGRAM

Every year the Department of Orthopedic Surgery selects 14 new residents from a pool of more than 600 applicants for a fully accredited, 5-year residency program. The goal is for residents to gain the necessary knowledge and experience to successfully complete the certifying exams of the American Board of Orthopaedic Surgery and to enter the practice as well-trained, highly competent orthopedic surgeons.

Recognized as one of the finest educational experiences available in the field, our residency program at NYU Grossman School of Medicine is accredited by the Accreditation Council for Graduate Medical Education (ACGME). There are 72 residents in the program at any given time. Two residents are selected into a clinician–scientist training program and spend an extra year performing full-time research. Residents spend 60 months on clinical rotations, which include all major subspecialty areas of orthopedic surgery: adult reconstructive surgery, foot and ankle surgery, hand surgery, orthopedic oncology, pediatric orthopedic surgery, shoulder and elbow surgery spine surgery, sports medicine, and trauma and fracture surgery.

Residents in the program gain experience in both outpatient and inpatient settings and are trained in operative and nonoperative treatments for a wide variety of orthopedic conditions. Members of the large teaching faculty provide close interaction and supervision. Faculty also offer weekly case conferences for each clinical rotation.

Clinical training is enhanced by a comprehensive didactic program that includes conferences in all areas of clinical orthopedics, fractures, basic science, and orthopedic pathology. Based on a two-year cycle, the didactic program provides each resident with at least two complete cycles during the five years of orthopedic training.

Research scientists and clinical faculty work together to provide a thorough basic science didactic curriculum based on the one



recommended by the American Academy of Orthopaedic Surgeons (AAOS). All residents are required to complete a minimum of three writing projects to demonstrate scholarly activity, one of which must be an original basic science or clinical research project. Book chapters, review articles, and other scholarly activities, such as video projects, may fulfill the other two requirements.

ORTHOPEDIC SURGERY RESIDENCY TRAINING EXPERIENCE

Training in our program is based on the principle of increasing responsibility as you gain knowledge and experience in each rotation.

Clinical rotations take place in several locations, including NYU Langone Orthopedic Center (LOC), NYU Langone's Tisch Hospital, the Kimmel Pavilion, NYU Langone Orthopedic Hospital (LOH), NYU Langone Hospital—Brooklyn, Hassenfeld Children's Hospital at NYU Langone, VA NY Harbor Healthcare System, NYC Health + Hospitals/Bellevue (BHC), and Jamaica Hospital Medical Center.

Year One

The first residency year is a combined medical and surgical experience with rotations in a surgical skills "boot camp," general surgery, trauma surgery, plastic surgery, adult reconstructive surgery, orthopedic trauma surgery, general orthopedics, and pediatric orthopedic surgery. In addition, rotations in the intensive care unit and the emergency room are also included.

Year Two

Second-year rotations offer experience in managing different orthopedic conditions in both outpatient and inpatient settings. Second-year residents provide orthopedic consultations in NYU Langone's emergency rooms. The operating room experience emphasizes acquiring basic psychomotor technical skills and learning the fundamental principles of anatomy, surgical dissection, and orthopedic surgery. During each rotation, residents serve as the junior resident of a clinical service while developing basic orthopedic knowledge, which is paramount during this year.

Year Three

At this point in the program, residents should have the knowledge and experience to more actively direct the care of patients. On some rotations, residents report directly to a fellow or to the attending faculty. In the third year, the focus is on completing orthopedic subspecialty rotations, which helps residents consider which subspecialty fellowship to pursue. Experience in both inpatient and outpatient care, as well as in the operating room, increases at this level. Residents actively participate in more and increasingly complex cases, which provides preparation for the senior resident years.

Year Four

Responsibility for patient care continues to increase, and in some rotations, residents report directly to the fellows and attending staff. Although the fifth-year resident on each service is the chief resident, fourth-year residents have specific clinical responsibilities in which they may function as the supervising resident. This year of training is a pivotal shift from junior to senior resident, and expectations and responsibilities grow accordingly.

Residents will become more actively involved in the development of treatment plans for both outpatients and inpatients, while moving into the roles of primary surgeon and first assistant in the operating room. Fourth-year residents are expected to make the transition to a more senior role on the care team.

Year Five

During the final training year residents function as the chief resident of a multiple-resident service, which varies from two to six residents depending on the rotation. Fifth-year residents are responsible for all clinical activities of the service, including inpatient and outpatient care, as well as all operating room activity. The coordination of all resident and fellow activity and the oversight of the care provided are the responsibility of the senior residents. Fifth-year residents work directly with the chief of service and other members of the teaching faculty and serving as primary surgeon and first assistant in the operating room.

THE CLINICIAN SCIENTIST TRAINING PROGRAM

Since 1984, our department has offered an additional year of training for those interested in pursuing a career as a clinician scientist. Each year, two medical students entering the residency program are accepted into the 6-year Clinician Scientist Training Program. The goal of the 6-year research program is to immerse the resident in an intensive year of clinical and basic science orthopedic research. This program is designed for those interested in an academic career focused on leadership and scientific discovery.

This program is a rewarding experience that introduces future clinician-scientists to a wide range of orthopedic research. This 12-month program takes place within the Musculoskeletal Research Center (MRC) and begins in July of the R3 year for those residents selected. Residents are assigned a focus in basic science and clinical investigations under the mentorship of Philipp Leucht, MD, PhD, Director of Orthopedic Research.



At the conclusion of the research year, the resident will have gained an in-depth experience in biomechanical or biomolecular techniques used in contemporary orthopedic research and have greater insight into today's relevant research topics.

Each research resident is responsible for the planning, initiation, execution, and manuscript submission of at least one clinical and one basic research investigation; participating in ongoing studies conducted by the MRC's faculty; preparing and presenting the results of studies in which he/she is involved at national meetings; and researching and preparing at least one comprehensive review paper, typically on a controversial subject, for publication in a major orthopedic journal. The resident will work under the guidance of the MRCs research faculty, an outstanding group of full-time scientists who mentor the residents in the program.

FELLOWSHIP PROGRAMS

Fellows in the Department of Orthopedic Surgery work closely with the resident staff and function as junior attendings. All fellows are expected to pursue at least one scholarly activity during the year and must present the results of their work at a departmental meeting, prior to completion of their fellowship year. Each fellow is responsible for participation in the resident curriculum lecture series. Seven orthopedic subspecialties offer 21 postgraduate fellowship-training positions that provide a comprehensive clinical experience in each of these areas:

Division of Spine Surgery

(five positions)



Jeffrey A. Goldstein, MD – Fellowship Director
Charla Fischer, MD – Associate Fellowship Director

The spine fellowship is designed for five fellows from the US and internationally. The fellowship is accredited by the ACGME. There are several diversely trained subspecialty spine surgeons directly involved in the fellowship program. The fellows are exposed to a wide range of pathology including degenerative spine disease, complex pediatric and adult deformity cases, tumors, trauma, revisions, and infections. At the end of the fellowship, fellows will be trained in surgery from the occiput to the sacrum, both anterior and posterior, with and without instrumentation. Fellows are exposed to many new and cutting edge surgical techniques such as disc arthroplasty, minimally invasive surgery, and robotics and navigation as well as a robust research program. The fellows train at the main NYU Langone campus which includes the new Kimmel Pavillion.

Division of Sports Medicine

(two positions)



Laith M. Jazrawi, MD - Director
Michael J. Alaia, MD - Co-director

Fellows in the sports medicine program become knowledgeable in all aspects of Sports Medicine including prevention, diagnosis, treatment and rehabilitation of the injured athlete. Medical coverage of high school, college (Division 1 and Division 3 athletics) and professional teams (Jacksonville Jaguars Football Team) provides for intimate involvement of major sports injuries as well as training room experience. The fellowship includes an extensive experience in arthroscopic surgery of the shoulder, elbow, knee, hip and ankle as well as advanced reconstructive surgery including complex instability procedures and shoulder arthroplasty. In addition, fellows will get experience in joint preservation including complex osteotomies and cartilage transplantation. There is ample opportunity for and emphasis on both clinical and basic science research. Applicants must have completed an accredited orthopedic residency program at the time the fellowship begins.

Division of Primary Care Sports Medicine

(one position)



Dennis A. Cardone, DO – Director
Lauren Borowski, MD – Associate Director
 This one-year primary care sports medicine fellowship combines the resources of NYU Langone's Department of Pediatrics and the Department of

Orthopedic Surgery. It is open to physicians who have completed an accredited residency program in pediatrics, family medicine, internal medicine, or emergency medicine. Fellows develop expertise in the area of primary care sports medicine including the diagnosis and management of musculoskeletal injuries, musculoskeletal ultrasound, medical problems related to sports participation, sports concussion, and procedures including injection therapy and casting. They participate in weekly journal clubs and didactics, and treat patients in the outpatient setting, the collegiate athletic training room, and other subspecialty clinics while also gaining experience with sideline coverage and mass event coverage with professional sports teams, collegiate Division I and Division III athletics, high school football and rugby, and the New York City Marathon and other race events.

Division of Hand Surgery

(five positions)



Louis W. Catalano, MD – Director
Martin Posner, MD – Director Emeritus

The Combined Emanuel/Eaton Hand Fellowship is a diverse experience devoted to the treatment of disorders of the hand, wrist, and elbow. Fellows assist in the care provided at two weekly clinics and present at weekly conferences along with the residents. The experience includes office management and operative intervention of such disorders as compressive neuropathies, trauma, arthritis, tendonitis, and rheumatoid deformities. The fellows work at LOH, LOC, Jamaica and BHC as well as at affiliated institutions at the discretion of the program director.

Division of Adult Reconstructive Surgery

(6 positions)



James Slover, MD – Director

The NYU/ISK Adult Reconstructive Fellowship Program is designed to provide extensive clinical experience in primary and revision knee and hip arthroplasty, with emphasis on a wide range of approaches and techniques, including minimally invasive surgery and computer-assisted surgical navigation. The fellow is involved in all facets of patient care, including clinic coverage and resident education in addition to intensive operating room experience. The fellows work at LOH, Tisch, St Francis Hospital and BHC.

Division of Shoulder and Elbow Surgery

(one position)



Andrew Rokito, MD – Co-Director

Young Kwon, MD, PhD – Co-Director

The Division of Shoulder and Elbow Surgery offers a one-year clinical fellowship, accredited by the American Shoulder and Elbow Surgeons (ASES), which provides trainees a high-volume clinical experience and diverse surgical opportunities. The primary goal of the fellowship is to train fellows to provide state-of-the-art treatment for all injuries and conditions affecting the shoulder and elbow and to become proficient in the entire gamut of arthroscopic and open surgical techniques. Fellows also participate in our robust orthopedic education program, including resident and fellow didactic conferences, journal clubs, indications conferences, morbidity

and mortality conferences, and sports medicine conferences. A typical weekly schedule consists of attending shoulder and elbow, sports medicine, and department-wide academic conferences; providing care in our outpatient ambulatory care center and office sites; performing surgical procedures under the guidance of our core faculty members; and engaging in scientific research.

Division of Pediatric Orthopedic Surgery

(one position)



Pablo Castañeda, MD – Co-director

Cordelia Carter, MD – Co-Director

The Division of Pediatric Orthopedic Surgery actively involves the fellow in the daily activities of the service, including patient care in the clinic, inpatient wards, the operating rooms and resident education. Fractures, congenital disorders and the entire spectrum of pediatric orthopedic and neuromuscular diseases provide a diverse experience for the fellow and result in an extremely well-rounded program. The treatment of pediatric spinal disorders is a combined effort with the Spine Division. The fellows work at LOH, the Center for Children, The Hassenfeld Children's Hospital, Tisch and BHC.

Visiting International Physician (VIP) Program

The Department of Orthopedic Surgery established a Visiting International Physician (VIP) Program in order to accommodate the numerous qualified foreign orthopedic surgeons interested in the cutting edge orthopedic care and research practiced by our world-class faculty.

The visits from international academic observers have a twofold benefit: VIPs learn state-of-the-art orthopedic techniques available at NYU Langone Health while sharing their own accrued knowledge and expertise with our faculty. In order to participate in the VIP program, a physician must

have a faculty sponsor within the department. The sponsor will guide the VIP's experience and help the VIP obtain the educational experience he/she desires. Length of visit, the location of the observership, and the specific activities the VIP will engage in are agreed upon by the VIP and his/her faculty sponsor before the visit takes place.

RESEARCH AND SURGICAL TRAINING FACILITIES

The Musculoskeletal Research Center

Research is one of the cornerstones of the academic experience at NYU Langone Health. The department boasts a center dedicated exclusively to orthopedic basic science and clinical research. The world-class research facilities and labs that comprise the Musculoskeletal Research Center (MRC) are a vital resource for all orthopedic residents and fellows.

Molecular and biomechanical research is the major focus of the MRC's research laboratories. MRC laboratories provide facilities where faculty, residents, fellows, medical students, graduate and undergraduate students, and visiting scholars can conduct interdisciplinary research in tissue and

cellular biomechanics, regeneration, and repair. The primary lab for the MRC is a 4,000-square-foot facility that houses a "materials testing" laboratory, cell and molecular biology laboratory, histology laboratory, tissue culture facilities, and a microscopy laboratory. In 2017, we expanded our research facilities to the NYU Tandon School of Engineering with a combined laboratory in the 26th Street facility. In addition, there are many opportunities for collaboration within NYU Langone Health including collaborative research with staff at the departments of Population Health, Cell Biology, Medicine as well as researchers from the NYU School of Dentistry.

EDUCATIONAL FACILITIES AND TRAINING CENTERS

The New York Simulation Center

The New York Simulation Center for the Health Sciences, created through a partnership between The City University of New York and NYU Langone Health, is one of the nation's largest urban health science simulation training facilities. This state-of-the-art, 25,000-square foot center, is located within Bellevue Hospital. The facility's primary mission is training students from the affiliated nursing, medical,



dental and allied health schools of NYU and CUNY as well as residents, practicing physicians and nurses at NYU Langone Health. Training of first responders to disasters in New York City is also a part of the mission of the center. The department utilizes these facilities for team training, surgical skills training and objective structured clinical encounters (OSCE's).

Orthopedic Surgical Skills Labs

An important component of our program is the development of psychomotor surgical skills at our state-of-the-art surgical skills labs. A group instruction wet skills lab is located at Bellevue Hospital. Here the department runs bimonthly bioskills surgical sessions, focusing on various aspects of surgical care. Sessions include spine surgery exposures and pedicle screw placement, shoulder arthroplasty, lower extremity trauma and soft tissue hand surgery. In addition, the skills lab houses our arthroscopic surgery simulator and training microscope used for instruction in microsurgery.

This lab also allows for recording video and still images while performing surgical procedures and can accommodate arthroscopic procedures of the shoulder, elbow, hip, knee, or ankle. Several types of open procedures can also be performed. The lab has been used to conduct research studies, anatomy dissections, and surgical teaching sessions for open and arthroscopic techniques. Live demonstrations with two-way audio are telecast into the Loeb Auditorium, the principal lecture hall at LOH, as well as other conference rooms throughout the hospital, to help enhance academic conferences and other educational sessions.

The Herman Robbins MD Memorial Library

The Herman Robbins Medical Library at the NYU Langone Orthopedic Hospital is one of the Health Sciences Libraries at NYU Langone Health. In 1993, the library was named after Dr. Herman Robbins, Chairman of the Department of Orthopedic Surgery (1972-1981) for his invaluable and indefatigable service to the orthopedic hospital's residents, patients and staff. Open 24 hours a day, it provides a multitude of resources for all orthopedic trainees including bound journals, textbooks, search services and conference rooms.

SPECIAL EDUCATION PROGRAMS

International Medical Experience

Through a relationship developed with Orthopedic Relief Services International (ORSI), the department currently funds and staffs 4 missions to Haiti each year. An attending orthopedic surgeon, a resident surgeon, a scrub nurse/ tech and an anesthesiologist staff the missions. These experiences allow the trainee to provide vital medical services to the underserved population of Haiti. In addition to providing needed orthopedic care to often neglected patients, our residents are involved in helping to re-establish the only orthopedic training program in the country which is headquartered in Port Au Prince. Over the years, the department has developed mutually beneficial relationships in Haiti. Our residents provide didactic conferences and teaching in the operating rooms for the local orthopedic trainees. Candidates are selected based on interest and seniority.

Health Policy Certificate

The department has created an opportunity for one resident every other year beginning in either their PGY-1 or PGY-2 year, to receive four years of enhanced education about health policy through a Strategy and Policy Orthopedic Resident Track (SPORT). There are two active SPORT residents in the residency program at any given time. The SPORT program involves partnerships with three entities:

1. NYU Wagner Graduate School – Health Policy Advanced Professional Certificate Program, “Health Policy for Clinicians”;
2. The New York State Society of Orthopedic Surgeons (NYSSOS);
3. The American Academy of Orthopedic Surgeons/American Association of Orthopedic Surgeons (AAOS)

Selection for the SPORT program is based on trainee interest and qualifications. Interested residents would apply on or before February 1st of their PGY-1 year via an application, personal statement and letters of support. Decision for selection will be communicated by May 1st of their PGY-1 year. Alternatively, a statement of interest and application may also be submitted during residency interviews to allow a selected applicant to begin the program in their PGY-1 year.

OUR COMMUNITY

The residents, fellows, medical students, and VIPs participating in the educational programs at NYU Langone can take advantage of the diverse and vibrant community outside of our hospital walls.

Most of the facilities at which residents and fellows train (the LOH, LOC, VA, Tisch and BHC) are located within a 17-block radius in the Gramercy and Kips Bay neighborhoods of Manhattan. Our location in the heart of one of the world's most exciting and culturally-rich metropolitan areas provides yet another facet to the educational experience at our institution.

The Housing Services Office at the NYU Grossman School of Medicine recognizes the challenges involved in the search for affordable housing in and around New York City and acts as a housing resource for faculty, students, and staff at the medical center.

WELLNESS AND RESILIENCE

Being a resident or fellow at a major teaching hospital is a rewarding but demanding experience. You work long hours and may face emotional, physical, and intellectual challenges on a daily basis. In order to provide patients with the best care possible, you also need to take care of yourself.

The NYU Langone Department of Orthopedic Surgery is committed to providing resources to help our residents and fellows manage the daily demands of being a physician-in-training. Our residents participate in the House Staff Wellness Committee. Members of this committee seek to identify and address issues related to the well-being and mental health needs of residents and fellows at NYU Grossman School of Medicine.

Orthopedic surgery house staff are well supported as soon as they arrive at NYU Langone for training.





We recognize that residency can be stressful for some trainees. Therefore, each resident is assigned a faculty advisor to assist with academic and personal challenges, and adjustment to residency. Department leaders are attuned to individual resident needs and provide mentorship and support to ensure success during training.

We encourage our trainees to maintain a work-life balance that promotes resilience. As such, we actively support activities outside the hospital, including department sponsored basketball teams, a soccer team, day ski trips, a yearly golf outing, and a trainee and faculty paint ball day. There is a gym for trainee use in the hospital. These activities serve as a welcome source of physical activity as well as creating a sense of comradery within the department, both well known-methods to prevent burn out.

A COMMITMENT TO DIVERSITY

The Office of Diversity Affairs at NYU Grossman School of Medicine is committed to developing and managing recruitment, retention, and the inclusion of trainees. The outreach programs ensure that students, residents, fellows, and faculty reflect the community it serves.

The Department of Orthopedic Surgery is committed to supporting the goals of the American Academy of Orthopaedic Surgeons in fostering diversity in orthopedic academic programs. As part of these efforts, our academic staff strives to identify and train qualified women and underrepresented minorities that are interested in the field of orthopedic surgery. The department has its own diversity committee and also funds activities of the Student National Medical Association. The department hosts one of the largest Perry Initiatives yearly to introduce female students to orthopedics and engineering.



HOW TO APPLY

Residency

The deadline for applications for the residency program is November 1st of the previous academic year. Interviews are offered to approximately 72 applicants.

Applications for entry at the R-1 level will be processed through the American Association of Medical Colleges (AAMC) Electronic Residency Application Systems (ERAS). For application materials and detailed instructions for the ERAS program, please contact the Dean's Office at your medical school.

Residency

For application to one of our residency programs please contact:
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Fellowship

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For application to our primary care sports medicine fellowship program please contact:
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VIP Academic Observership

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For more information about our Educational Programs visit us on the web at: <https://med.nyu.edu/ortho>



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