

UGOCHI C. OKOROAFOR-RIDGWAY, M.D.

Board Certified Orthopedic Surgeon

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EMPLOYMENT

Niche Hand Surgery and Orthopedics

Founder/CEO

Orthopedic Hand Surgeon

Fairfax, VA

7/2022-present

Inova Medical Group

Orthopedic Hand Surgeon

Assistant Professor, University of Virginia School of Medicine

Official Sports Medicine Provider for Washington Nationals, Washington Spirit, Washington Commanders

Fairfax, VA

8/2020-7/2022

University of Washington/Harborview Medical Center

Hand and Microvascular Surgery Fellow

Seattle, WA

8/2019-07/2020

Washington University School of Medicine

Orthopedic Surgery Resident Physician

St. Louis, MO

6/2017-6/2019

Saint Louis University School of Medicine

Orthopedic Surgery Resident Physician

St. Louis, MO

7/2013-6/2017

EDUCATION

Washington University School of Medicine

Doctor of Medicine (M.D.)

St. Louis, MO

8/2009-5/2013

University of Pittsburgh

Bachelor of Sciences (B.S.) in Natural Sciences

Bachelor of Arts (B.A.) in Administration of Justice

Minor in Chemistry

Summa Cum Laude

Pittsburgh, PA

8/2005-4/2009

MEDICAL LICENSES

- Active Physician Licenses: Colorado, Maryland, Virginia, North Carolina
- Active DEA Licenses: North Carolina, Virginia

CERTIFICATIONS/COURSES

- American Board of Orthopaedic Surgery (ABOS)
 - Orthopaedic Surgery Certification
 - Surgery of the Hand Certification
- Ganga Hospital Microsurgery Training Course (Coimbatore, India)
- AO Basic Principles of Fracture Management
- USMLE Step 1, Step 2 CK, Step 2 CS, Step 3

SOCIETY MEMBERSHIPS

- American Society for Surgery of the Hand
- American Association for Hand Surgery
- American Board of Orthopaedic Surgery

JOURNAL ASSOCIATIONS

- Consultant Reviewer, Journal of Hand Surgery

EDITORIAL EXPERIENCE

- DynaMed – Specialty Topic Editor, Orthopedics

HONORS AND AWARDS

- Post-Graduate
 - Mid-America Orthopaedic Association Annual Meeting Education Grant (2019)
 - American Society for Surgery of the Hand (ASSH) Annual Meeting Scholarship (2017)
 - Saint Louis University Orthopedic Resident Research Award (2016)
 - Pediatric Science Days Best Resident/Fellow Presentation Award (2015)
 - Saint Louis University Orthopedic Resident Research Day Best Clinical Presentation Award (2015)
- Graduate
 - Park J. White MD Prize (2013)
 - Dr. Helen E. Nash Academic Achievement Award (2012)
 - Distinguished Faculty Scholarship (2009-2013)
- Undergraduate
 - Class Marshal for University of Pittsburgh College of General Studies Class of 2009
 - Emma W. Locke Memorial Award (2009)
 - University Scholar (2006-2009)
 - Quest Scholars Award for Undergraduate Research (2006)
 - Helen Faison Scholarship (2005-2009)
 - Robert C. Byrd Scholarship (2005-2009)
 - National Achievement Scholarship (2005)
 - Dean's Honor List (2005-2009)

PEER-REVIEWED PUBLICATIONS

- Evans SS, **Okoroafor UC**, Calfee RP. Is Social Deprivation Associated with PROMIS Outcomes After Upper Extremity Fractures in Children? Clin Orthop Relat Res. 2021 Apr 1;479(4):826-834. Cited in PubMed; PMID: 33196588.
- **Okoroafor UC**, Pascual-Garrido C, Schwabe M, Nepple JJ, Schoenecker PL, Clohisy JC. Activity Level Maintenance at Mid-Term Follow-up Among Active Patients Undergoing Periacetabular Osteotomy. Am J Sports Med. 2019 Dec;47(14):3455-3459. Cited in PubMed; PMID: 31689124.
- Sandvall BK, **Okoroafor UC**, Gerull, W, Guattery J, Wright M, Calfee RP. Minimal Clinically Important Difference for PROMIS Physical Function in Patients with Distal Radius Fractures. J Hand Surg Am. 2019 Jun;44(6):454-459. Cited in PubMed; PMID: 30954311.
- **Okoroafor UC**, Gerull, W, Guattery J, Wright M, Sandvall BK, Calfee RP. The Impact of Social Deprivation on Pediatric PROMIS Health Scores After Upper Extremity Fracture. J Hand Surg Am. 2018 Oct; 43(10):897-902. Cited in PubMed; PMID: 30232023.
- Shakir IA, **Okoroafor UC**, Panattoni JB. Matti-Russe Technique for Scaphoid Nonunions in Pediatric Patients. Hand (N Y). 2019 Jan;14(1):73-79. Cited in: PubMed; PMID: 30182745.
- Gerull WD, **Okoroafor UC**, Guattery J, Goldfarb C, Wall L, Calfee RP. Comparison of Pediatric PROMIS CATs between Parent-Proxy and Patient Report Populations with Upper Extremity Fractures. Hand (N Y). 2018 Aug 6:1558944718793195. Cited in: PubMed; PMID: 30081662.

- **Okoroafor UC**, Cannada LK. Do Orthopedic Trauma Surgeons and Adhere to AAOS Guidelines When Treating Distal Radius Fractures? *Iowa Orthop J*. 2018; 38:53-60. Cited in: PubMed; PMID: 30104925.
- Koehler RM, **Okoroafor UC**, Cannada LK. A Systematic Review of Opioid Use after Extremity Trauma in Orthopedic Surgery. *Injury*. 2018 Jun; 49(6):1003-1007. Cited in: PubMed; PMID: 29704954.
- Huston KL, **Okoroafor UC**, Kaar SG, Wentt CL, Saluan PM, Farrow LD. Evaluation of Schottle's Method in the Pediatric Knee. *Orthop J Sports Med*. 2017 Nov; 5(11): 2325967117740078. Cited in: PubMed; PMID: 29201929.
- **Okoroafor UC**, Cannada LK, McGinty JM. Obesity and Failure of Nonsurgical Management of Pediatric Both-Bone Forearm Fractures. *J Hand Surg Am*. 2017 Sep; 42(9):711-716. Cited in: PubMed; PMID: 28733098.
- **Okoroafor UC**, Saint-Preux F, Gill SW, Bledsoe G, Kaar SG. Nonanatomic Tibial Tunnel Placement for Single-Bundle Posterior Cruciate Ligament Reconstruction Leads to Greater Posterior Tibial Translation in a Biomechanical Model. *Arthroscopy*. 2016 Mar; 32(7):1354-8. Cited in: PubMed; PMID: 27032605.
- London DA, Stepan JG, Lalchandani GR, **Okoroafor UC**, Wildes TS, Calfee RP. The Impact of Obesity on Complications of Elbow, Forearm, and Hand Surgeries. *J Hand Surg Am*. 2014 Jun; 39(8):1578-84. Cited in: PubMed; PMID 24975260.
- **Okoroafor UC**, Jungheim ES. Incorporating patient preference into the management of infertility in women with polycystic ovary syndrome. *Patient Prefer Adherence*. 2012; 6:407-15. Cited in: PubMed; PMID: 22723725.

BOOK CHAPTERS

- **Okoroafor UC**, Kaar SG, Greenberg DD. Septic Arthritis in: Chapman M, James M. *Chapman's Comprehensive Orthopedic Surgery*, 4th Ed. New Delhi, India: JP Medical Publishers; 2019: 1259-1272.
- Cannada LK, **Okoroafor UC**. Humeral Shaft Fractures in: Mullis B, Gaski G. *Synopsis of Orthopaedic Trauma Management*. New York, NY: Thieme Medical Publishers; 2020: 188-194.

NATIONAL PRESENTATIONS

- **Okoroafor U**. Tips for Finding a Job: Should I Sign A Contract Before I Finish My Residency? Pros. AAOS Webinar, November 20, 2019. <https://www.aaos.org/calendar/event/?productId=17182201&ssopc=1>
- **Okoroafor U**, Pascual-Garrido C, Schwabe M, Abu-Amer W, Clohisy JC. Do Active PAO Patients Maintain Their Activity Levels Over Mid-term Follow-up? Poster presentation at: Annual Meeting for the American Orthopaedic Society for Sports Medicine. July 11-14, 2019; Boston, MA.
- **Okoroafor UC**, Sandvall BK, Gerull W, Guattery J, Wright M, Calfee RP. Minimal Clinically Important Difference for PROMIS Physical Function in Patients with Distal Radius Fractures. Podium presentation at: Annual Meeting for the American Association for Hand Surgery. January 31, 2019; Palm Desert, CA.
- **Okoroafor UC**, Pascual-Garrido C, Abu-Amer W, Wells J, Schoenecker P, Clohisy JC. Do active PAO patients maintain their activity levels over mid to long-term follow-up? Poster presentation at: Annual Meeting of American Association of Hip and Knee Surgeons. November 1-4, 2018; Dallas, TX.
- **Okoroafor UC**, Gerull, W, Guattery J, Wright M, Sandvall BK, Calfee RP. The Impact of Social Deprivation on Pediatric PROMIS Health Scores After Upper Extremity Fracture. Podium presentation at: Annual Meeting of American Society for Surgery of the Hand. September 14, 2018; Boston, MA.

- Shakir IA, **Okoroafor U**, Panattoni JB. Matti-Russe Technique for Scaphoid Nonunion in Pediatric Patients. Podium presentation at: Annual Meeting of American Society for Surgery of the Hand. September 12, 2018; Boston, MA.
- Gerull WD, **Okoroafor UC**, Guattery J, Goldfarb C, Wall L, Calfee RP. Comparison of Pediatric PROMIS Computer Adaptive Tests between Parent-Proxy and Patient Report Populations with Upper Extremity Fractures. Podium presentation at: Annual Meeting of the American Association for Hand Surgery. January 14, 2018; Phoenix, AZ.
- Shakir IA, **Okoroafor U**, Panattoni JB. Matti-Russe Technique for Scaphoid Nonunion in Pediatric Patients. Podium presentation at: The Society of Military Orthopaedic Surgeons (SOMOS) 58th Annual Meeting. December 15, 2017; Scottsdale, AZ.
- Huston KL, **Okoroafor UC**, Kaar SG, Wentt CL, Saluan PM, Farrow LD. Evaluation of Schottle’s Method in the Pediatric Knee. Podium Presentation at: International Patelofemoral Study Group Meeting. September 14, 2017; Munich, Germany.
- **Okoroafor U**. How Do Orthopedic Trauma Surgeons Treat Distal Radius Fractures? Poster presentation at: Annual Meeting of the American Society for Surgery of the Hand. Sept 6-9, 2017; San Francisco, CA.
- **Okoroafor U**, McGinty JM. Obesity and Failure of Nonoperative Management of Pediatric Both-Bone Forearm Fractures. Poster presentation at: Pediatric Orthopaedic Society of North America Annual Meeting. April 27-30, 2016; Indianapolis, IN.
- **Okoroafor U**, Saint-Preux F, Gill S, Kaar S. Does Proximal-Distal Tibial Tunnel Placement for PCL Reconstruction Matter? Podium presentation at: Annual Meeting of the Arthroscopy Association of North America. April 14, 2016; Boston, MA.
- **Okoroafor U**, McGinty JM. Obesity and Failure of Nonoperative Management of Pediatric Both-Bone Forearm Fractures. Podium presentation at: Annual Meeting of the American Association for Hand Surgery. January 14, 2016; Scottsdale, AZ.
- **Okoroafor U**, McGinty JM. Obesity and Failure of Nonoperative Management of Pediatric Both-Bone Forearm Fractures. Podium presentation at: American Academy of Pediatrics National Conference. October 25, 2015; Washington, DC.
- **Okoroafor U**, Bengard M, London D, Brown S, Calfee R. Impact of Medical Comorbidities on Patient-Rated Upper Extremity Disability. Poster presentation at: Annual Meeting of the American Association for Hand Surgery. January 8-11, 2014; Kauai, HI.
- London DA, Stepan JG, Lalchandani G, **Okoroafor UC**, Wildes T, Calfee RP. The Impact of Obesity on Hand Surgery Complication Rates. Poster presentation at: Annual Meeting of the American Association for Hand Surgery. January 8-11, 2014; Kauai, HI.

REGIONAL PRESENTATIONS

- **Okoroafor UC**, Gerull, W, Guattery J, Wright M, Sandvall BK, Calfee RP. The Impact of Social Deprivation on Pediatric PROMIS Health Scores After Upper Extremity Fracture. Podium presentation at: Annual Meeting of the Mid-America Orthopaedic Association. April 11, 2019; Miramar Beach, FL.
- Shakir IA, **Okoroafor UC**, Panattoni JB. Matti-Russe Technique for Scaphoid Nonunions in Pediatric Patients. Podium presentation at: Annual Meeting of the Mid-America Orthopaedic Association. April 19, 2018; San Antonio, TX.

- **Okoroafor U**, Howard J, McGinty JM. The Impact of Obesity on Pediatric Tibia Fracture Healing. Poster presentation at: Annual Meeting of the Mid-America Orthopaedic Association. April 19-22, 2017; Amelia Island, FL.
- **Okoroafor U**, McGinty JM. Effect of Second Hand Smoke Exposure on Healing of Operatively Treated Pediatric Tibia Shaft Fractures. Poster Presentation at: Southeastern Fracture Consortium Annual Meeting. January 28, 2017; Greenville, SC.
- **Okoroafor U**, Saint-Preux F, Gill S, Kaar S. Does Proximal-Distal Tibial Tunnel Placement for PCL Reconstruction Matter? Podium presentation at: Annual Meeting of the Mid-America Orthopaedic Association. April 14, 2016; Bonita Springs, FL.

LOCAL PRESENTATIONS

- **Okoroafor U**. Hand Surgery Consults. Virtual presentation at: Concentra Urgent Care Conference. March 14, 2023; Fairfax, VA.
- **Okoroafor U**. Hand Surgery Basics. Virtual presentation at: Inova Urgent Care Conference. November 17, 2021; Fairfax, VA.
- **Okoroafor U**. Carpal Bone Fractures. Podium presentation at: University of Washington Hand Surgery Conference. February 25, 2020; Seattle, WA.
- **Okoroafor U**. Upper Extremity Soft Tissue Coverage. Podium presentation at: Washington University Department of Orthopedic Surgery Grand Rounds. February 27, 2019; St. Louis, MO.
- **Okoroafor U**. Athletic Conditions of the Foot and Ankle. Podium presentation at: Washington University Department of Orthopedic Surgery Grand Rounds. May 16, 2018; St. Louis, MO.
- **Okoroafor U**. Sternoclavicular Joint Instability. Podium presentation at: 8th Annual IC Middleman Memorial Lecture. May 13, 2017; St. Louis, MO.
- **Okoroafor U**. Slipped Capital Femoral Epiphysis. Podium presentation at: Saint Louis University Department of Orthopedic Surgery Grand Rounds. August 24, 2016; St. Louis, MO.
- **Okoroafor U**, McGinty JM. Obesity and Failure of Nonoperative Management of Pediatric Both-Bone Forearm Fractures. Podium presentation at: Orthopedic Research Education Fund (OREF/ORS) St. Louis Region Resident Research Symposium. Sept 9, 2016; St. Louis, MO.
- **Okoroafor U**. Multiligamentous Knee Injury. Case presentation at: 7th Annual IC Middleman Memorial Lecture. May 14, 2016; St. Louis, MO.
- **Okoroafor U**, McGinty JM. Obesity and Loss of Reduction in Pediatric Both-Bone Forearm Fractures. Podium presentation at: Pediatric Science Days Research Symposium. April 16, 2015; St. Louis, MO.
- **Okoroafor U**, Kaar S. Does Proximal-Distal Tibial Tunnel Placement for PCL Reconstruction Matter? Podium presentation at: Saint Louis University Orthopaedic Surgery Resident Research Day. September 12, 2015; St. Louis, MO.

- **Okoroafor U**, McGinty JM. Obesity and Failure of Nonoperative Management of Pediatric Both-Bone Forearm Fractures. Podium presentation at: Saint Louis University Orthopaedic Surgery Resident Research Day. September 12, 2015; St. Louis, MO.
- **Okoroafor U**. Preaxial Polydactyly. Case presentation at: St. Louis Orthopedic Society. October 8, 2014; St. Louis, MO.
- **Okoroafor U**, Secura G, Madden T, Peipert J. Contraceptive Decision Making. Poster session presented at: Washington University School of Medicine Research Symposium. October 2010; St. Louis, MO.