

Michael S. Day, MD, MPhil, FAAOS

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WORK

- 2017-present **WellSpan Orthopedics, Chambersburg, PA**
Attending Physician, Department of Surgery
Medical Staff, Active Member
- WellSpan Chambersburg Hospital, Chambersburg, PA
 - WellSpan Waynesboro Hospital, Waynesboro, PA
 - WellSpan Dr. Roy A. Himelfarb Surgery Center, Chambersburg, PA
- 2020-present **Penn State College of Medicine, Hershey, PA**
Clinical Assistant Professor of Orthopaedics and Rehabilitation
- 2020-present **Structural Elements, Hagerstown, MD**
Director of Medical Innovation
- 2014-present **Orthobullets.com**
Author

EDUCATION

- 2016-2017 **Division of Sports Medicine, Department of Orthopaedic Surgery, Lenox Hill Hospital**
Fellow in Orthopaedic Sports Medicine, Program Director: Dr. Stephen Nicholas
- 2011-2016 **Department of Orthopaedic Surgery, NYU Hospital for Joint Diseases,**
Resident Physician, Program Director: Dr. Kenneth Egol
- 2006-2011 **Weill Cornell Medical College, New York, NY**
Doctor of Medicine
- 2009-2010 **Department of Orthopaedic Surgery, NYU Hospital for Joint Diseases,**
Research Coordinator, Surgical Skills Lab Technician, Sponsor: Dr. Laith Jazrawi
- 2004-2006 **Oxford University, Oxford, United Kingdom**
Master of Philosophy (Greek and Latin Languages and Literature), *with Distinction*
- 2000-2004 **Georgetown University, Washington, DC**
Bachelor of Arts (Classical Languages), *Summa Cum Laude*

STATE LICENSURE

- 2020-present Maryland: D0089948
2017-present Pennsylvania: MD460781

CERTIFICATIONS

- 2020 Board-certified in orthopaedic sports medicine, American Board of Orthopaedic Surgery
- 2020 Credentialed ImPACT Consultant
- 2019 Board-certified in orthopaedic surgery, American Board of Orthopaedic Surgery

SOCIETY MEMBERSHIPS

- 2017-present Arthroscopy Association of North America: Associate Member
2016-present American Orthopaedic Society for Sports Medicine: Active Member
2011-present American Academy of Orthopaedic Surgeons: Candidate Member

HONORS AND AWARDS

MEDICAL SCHOOL:

- 2011 **Stanley and Beatrice Fein Fellow**, Weill Cornell Medical College, Office of Global Health
- 2010 **San Miguel Febres Cordero Award**, for engagement in The San Miguel School of Camden, NJ
- 2009 **Summer Student Fellowship**, Arthritis Foundation, New York Chapter

GRADUATE SCHOOL:

- 2006 **St. Cross College Research Grant**, for thesis research in Rome
- 2005 **Professor of Latin Research Grant**, for thesis research in Rome
- 2004 **Healy Fellowship**, for two years study at St. Cross College, Oxford University

UNDERGRADUATE:

- 2003 **Young Humanist Award**, Italian Cultural Society of Washington, DC
- 2003 **Joseph S. Lepgold Phi Beta Kappa Award**, Delta Chapter of Washington, DC
- 2003 **Phi Beta Kappa**, Delta Chapter of Washington, DC
- 2000 **John Carroll Scholar**, Georgetown University

PUBLICATIONS

1. **Day MS**, Karia R, Hutzler L, Bosco JA 3rd. Higher hospital costs do not result in lower readmission rates following total joint arthroplasty. *Bull Hosp Jt Dis.* 2019;77(2):136-9.
2. **Day, MS**, Ryan, MK, Strauss, EJ. Meniscal Root Tears: Evaluation and Management. *Bull Hosp Jt Dis.* 2018;76(1):14-21.
3. Hadley, S, **Day, M**, Schwarzkopf, R, Smith, A, Slover, J, Zuckerman, J. Is Simultaneous Bilateral Total Knee Arthroplasty (BTKA) as Safe as Staged BTKA? *Am J Orthop.* 2017;46(4):E224-E229.
4. **Day, M**, McCormack, RA, Nayyar, S, Jazrawi, L. Physician Training: Ultrasound and Accuracy of Diagnosis in Rotator Cuff Tears. *Bull Hosp Jt Dis.* 2016;74(3):207-11.
5. Strauss, EJ, **Day, MS**, Ryan, M, Jazrawi, L. Evaluation, Treatment and Outcomes of Meniscal Root Tears: A Critical Analysis Review. *JBJS Rev.* 2016;4(8):e2.
6. Wolfson, TS, Epstein, DM, **Day, MS**, Joshi, BB, McGee, A, Strauss, EJ, Jazrawi, LM. Outcomes of Anterior Cruciate Ligament Reconstruction in Patients Older than 50 Years of Age. *Bull Hosp Jt Dis.* 2014;72(4):277-83.
7. Stein, SM, **Day, M**, Karia, R, Hutzler, L, Bosco, JA 3rd. Patients' Perceptions of Care Are Associated With Quality of Hospital Care: A Survey of 4605 Hospitals. *Am J Med Qual.* 16 Apr 2014; [Epub ahead of print].
8. **Day, MS**, Hutzler, LH, Karia, R, Vangsness, K, Setia, N, Bosco, JA 3rd. Hospital-Acquired Conditions After Orthopaedic Surgery Do Not Affect Patient Satisfaction Scores. *J Healthc Qual.* 23 Aug 2013; [Epub ahead of print].
9. Kummer, FJ, Hahn M, **Day, M**, Meislin RJ, Jazrawi LM. A laboratory comparison of a new arthroscopic transosseous rotator cuff repair to a double row transosseous equivalent rotator cuff repair using suture anchors. *Bull Hosp Jt Dis.* 2013;71(2):128-31.
10. **Day, MS**, Cardone, D. Subacute denervation of the rotator cuff after zoster activation. *Curr Orthop Pract.* Jul/Aug 2013;24(4):449-51.

11. Campbell, KA, Quirno, M, **Day, MS**, Strauss, EJ. Preventing venous thromboembolism in major orthopaedic surgery. *Curr Orthop Pract.* May/June 2013;24(3): 312-20.
12. Packer, JD, **Day, MS**, Nguyen JT, Hobart SJ, Hannafin JA, Metzl JD. Functional outcomes and patient satisfaction after fasciotomy for chronic exertional compartment syndrome. *Am J Sports Med.* 2013;41(2):430-6.
13. Epstein D, **Day M**, Rokito, A. Current Concepts in the Surgical Management of Acromioclavicular Joint Injuries. *Bull NYU Hosp Jt Dis* 2012;70(1):11-24.
14. **Day MS**, Nam D, Su E, Goodman S, Figgie M. Psoriatic Arthritis: A Review. *JAAOS.* 2012;20(1):28-37.
15. Thut D, Hergan D, Dukas A, **Day M**, Sherman O. Sternoclavicular Joint Reconstruction: A Systematic Review. *Bull Hosp Jt Dis.* 2011;69(2):128-35.
16. **Day MS**, Epstein DM, Young BH, Jazrawi LM. Irreducible anterior and posterior dislocation of the shoulder due to incarceration of the biceps tendon. *Int J Shoulder Surg.* 2010;4(3):83-5.
17. Hergan D, Thut D, Sherman O, **Day MS**. Meniscal Allograft Transplantation. *Arthroscopy.* 2010;27(1):101-12.
18. Ben Amor Y, **Day MS**, Schluger NW. Preventing the next generation of extensively drug-resistant tuberculosis. *Int J Tuberc Lung Dis.* 2010;14(5):525-527.

BOOK CHAPTERS

1. Jazrawi LM, Zuckerman JD, Young, BH, **Day, MS**: Biomechanics of the Elbow, in Nordin, M and Frankel, VH (eds): *Basic Biomechanics of the Musculoskeletal System*, 4th ed. Philadelphia: Lippincott Williams & Wilkins, 2012.

PRESENTATIONS

1. John W. Yurek, DO, Deborah Li, MD, MPH, Luke Menken, DO, Nicole Barakos, PA-C, John Feldman, MD, **Michael Day, MD, MPhil**. **Opioid Minimization is Associated with Less Pain and Superior Functional Outcome One Year After Anterior Cruciate Ligament Reconstruction.**
 - Podium presentation, 2020 Scientific Program of the Alumni Association and Sir Robert Jones Lecture, NYU Langone Health, New York, NY
2. Lorraine Hutzler, MPA, **Michael Day, MD**, Raj Karia, MPH, Joseph Bosco III MD. **Higher Hospital Costs Do Not Result in Lower Readmission Rates Following Total Joint Arthroplasty.**
 - Poster presentation, AAOS, March 12, 2019, Las Vegas, NV
3. Omar Behery, MD, **Michael S Day, MD**, Germaine Cuff, RN, Raj Karia, MPH, Joseph A Bosco, MD. **Incidence and Risk of Unplanned Hospital Transfers Following Ambulatory Orthopaedic Surgery: An Analysis of 19,646 Consecutive Cases.**
 - Podium presentation, AAOS, March 9, 2018, New Orleans, LA
4. **Michael Day, MD**, Germaine Cuff, RN, Hersh Shroff, MD, Lorraine Hutzler, BS, Samir Kendale, Jeanna Blitz, Andrew D. Rosenberg, MD, Joseph A. Bosco, MD. **Incidence of Unplanned Admission from an Outpatient Orthopaedic Surgery Center.**
 - Podium Presentation, AAOS, March 1-5, 2016, Orlando, FL
5. **Michael Day, MD**, William Ryan, BS, Maxwell Weinberg, MD; Michael J. Alaia, MD, Eric J. Strauss, MD, Kenneth A. Egol, MD, Laith M. Jazrawi, MD. **Scapular Fractures: From Bankart to Body**
 - Scientific Exhibit, AAOS, March 1-5, 2016, Orlando, FL

6. Stephanie Swensen, MD, **Michael Day, MD, MPhil**; Maxwell Weinberg, MD, Michael Alaia, MD, Gregory Chang, MD, Michael Recht, MD, Eric Strauss, MD, Laith Jazrawi, MD. **MRI Physics: What Every Orthopaedic Surgeon Should Know.**
 - Scientific Exhibit, AAOS, March 1-5, 2016, Orlando, FL
7. Eric J. Strauss, MD, Laith M. Jazrawi, MD, **Michael S. Day, MD**, William Ryan, BS, Dylan Lowe, BA, Steven Shamah. **Tibial Tubercle Avulsions: Indications and Techniques.**
 - Featured Multimedia Presentation, AAOS, March 24-28, 2015, Las Vegas, NV
8. **Michael S. Day**, Alan Wayne McGee, Maxwell Weinberg, Michael J. Alaia, Guillem Gonzales-Lomas, Eric Jason Strauss, Laith M. Jazrawi. **Repairs and Reconstructions Around the Elbow**
 - Scientific Exhibit, AAOS, March 24-28, 2015, Las Vegas, NV
9. Germaine Cuff, BSN, Lorraine Hutzler, BA, Joseph A. Bosco, MD, Samir Kendale, MD, Jeanna Blitz, MD, Andrew Rosenberg, MD, **Michael Day, MD.** **Incidence of Unplanned Admission from an Outpatient Orthopaedic Surgery Center.**
 - Poster Presentation, International Anesthesia Research Society, March 21, 2015, Honolulu, HI
10. Rebecca Boas, Lorraine Hutzler, **Michael Day**, Richard Iorio, James Slover, Joseph Bosco. **Demonstrating Quality in Orthopaedic Surgery.**
 - Scientific Exhibit, AAOS, March 11-15, 2014, New Orleans, LA
 - Poster Presentation and Resident Panel, NYU Langone Medical Center Quality and Safety Day, May 29, 2014, New York, NY
11. Spencer Stein, **Michael Day**, Raj Karia, Lorraine Hutzler, Joseph Bosco. **Patients' Perception of Care Correlates with Quality of Hospital Care: A survey of 4605 Hospitals.**
 - Podium Presentation, AAOS, March 12, 2014, New Orleans, LA
12. **Michael Day**, Lorraine Hutzler, Raj Karia, Kella Vangsness, Nina Setia, Marta Cieslak, Ellen Brophy, Joseph Bosco: **Hospital Acquired Conditions After Orthopedic Surgery Do Not Affect Patient Satisfaction Scores**
 - Podium Presentation, AAOS, March 20, 2013, Chicago, IL
 - Podium Presentation, 2013 Scientific Program of the Alumni Association of NYU Hospital for Joint Diseases, May 2013, New York, NY
 - Poster Presentation, National Patient Safety Foundation Annual Conference, May 2013, New Orleans, LA
 - Podium Presentation, National Association for Healthcare Quality Annual Meeting, October 7, 2013, Louisville, KY
 - Poster Presentation, 24th Annual Symposium on Health Care Services in New York: Research and Practice, November 6, 2013, New York, NY
13. Jonathan D. Packer, MD, **Michael S. Day, MD**, Joseph T. Nguyen, Sarah J. Hobart, MD, Jo A. Hannafin, MD, PhD, Jordan D. Metzl, MD: **Function and Patient Satisfaction Following Fasciotomy for Exertional Compartment Syndrome.**
 - Podium Presentation, AOSSM, July 2011, San Diego, CA
14. Richard McCormack, MD, David Angelillo, DO, **Michael Day, MPhil**, Samir Nayyar, MD, Laith Jazrawi, MD: Physician Training: **Ultrasound and Accuracy of Diagnosis of Rotator Cuff Tear.**
 - E-Poster Presentation, AANA, April 2011, San Francisco, CA

- Podium Presentation, 2012 Scientific Program of the Alumni Association of NYU Hospital for Joint Diseases, May 2012, New York, NY
- 15. David Angelillo, DO, **Michael S. Day, MPhil**, Laith M. Jazrawi, MD, Leon Rybak, MD, Samir Nayyar, MD, Saqib Hasan, BS: **Office Based Ultrasonography of the Shoulder: A How-to Guide for the Orthopaedic Surgeon.**
 - Featured Multimedia Presentation, AAOS, February 2011, San Diego, CA
- 16. Brett H. Young, MD, Laith M. Jazrawi, MD, **Michael S. Day, MPhil**, Young W. Kwon, MD, PhD, Andrew S. Rokito, MD: **Proximal Biceps Tenodesis: Surgical Options and Techniques.**
 - Multimedia Presentation AAOS, February 2011, San Diego, CA
- 17. Laith M. Jazrawi, MD, Brett Young, MD, Brian Pahk, BS, **Michael S. Day, MPhil**, Young W. Kwon, MD, PhD, Andrew S. Rokito, MD: **Biceps Tenodesis: The NYU Hospital for Joint Diseases Experience.**
 - 2010 Scientific Program of the Alumni Association of NYU Hospital for Joint Diseases, May 2010, New York, NY
- 18. Laith M. Jazrawi, MD, Matthew DiPaola, MD, **Michael S. Day, MPhil**, Kevin Kulwicki, MD, Brian Pahk, BS: **Management of Bone Loss Associated with Recurrent Glenohumeral Instability.**
 - Featured Multimedia Presentation, AAOS, March 2010, New Orleans, LA

TEAM COVERAGE

2020-present	Penn State Mont Alto: Team Physician
2018-present	Chambersburg Area School District: Team Physician
2016-17	New York Islanders Hockey: Orthopaedic Fellow
2016-17	Manhattanville Valiants Men's and Women's Hockey: Orthopaedic Fellow
2016	New York Jets Football: Orthopaedic Fellow
2013-2015	New York University Basketball: Resident Team Physician
2013-2014	Long Island University Basketball: Resident Team Physician
2013	Yankee Stadium/Madison Square Garden: House Physician
2012	Public Schools Athletic League Football: Resident Team Physician

ACADEMIC AND COMMUNITY SERVICE

2020-present	Georgetown University Alumni Admissions Program: Interviewer
2019-present	WellSpan (West) Institute of Sports Medicine and Athletic Trauma (monthly sports meeting): Organizer
2019-present	Library and Education Committee: Member
2019-present	Culture, Values, Engagement Guiding Team: Member
2018-present	Perioperative Committee: Member
2017-present	American Journal of Sports Medicine: Peer Reviewer
2014-2015	Bulletin of the NYU Hospital for Joint Diseases: Guest Editor
2013	Journal of Health Care Quality: Peer Reviewer
2011	Scientific Research and Essays: Peer Reviewer
2000-2015	Xtreme Bikers Association, sponsor of annual bike ride benefitting The Cristo Rey School: Co-Founder
2007-2010	The David Rogers Health Policy Colloquium: Advisory Board Member

2007-2008 The Earth Institute: Millennium Village Project: Assistant to Tuberculosis
Coordinator
2007 The Vinetrust (Iquitos, Peru): Community Health Outreach Educator