

Tamara John, M.D.
Board Certified, Hand Subspecialty Certified
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Education:

8/2005-5/2009	BS—Cornell University
8/2009-5/2013	MD—University of Rochester School of Medicine and Dentistry

Post-Graduate Training and Fellowship Appointments:

6/2013-7/2018	Resident in Orthopaedic Surgery Yale New Haven Hospital, New Haven
8/2018-7/2019	Fellow in Hand Surgery Hospital of the University of Pennsylvania, Philadelphia

Employment History:

9/2019 - 9/2021	Hand & Upper Extremity Orthopaedic Surgeon The Southeast Permanente Medical Group, Atlanta GA
10/2021 – Present	Hand & Upper Extremity Orthopaedic Surgeon Owner, TJ Hand & Upper Extremity Surgery PLLC

Board Certification:

11/2021 – Present	American Board of Orthopaedic Surgery (ABOS), Certified in Orthopaedic Surgery
8/2022	ABOS, Certified in Surgery of the Hand

Awards, Honors and Membership in Honorary Societies:

2019-2021	6 time “Rock Star Provider of the Month” Award Recipient at Kaiser Permanente
2016	Recipient, Adrian E. Flatt American Society of Surgery of the Hand (ASSH) Scholarship
2016 New	Appointed to Graduate Medical Education Committee (GMEC), Yale Haven Hospital
2013 2009	Yale School of Medicine Excellent Teaching Resident Award Lunsford Fellowship Scholarship Recipient, University of Rochester School of Medicine and Dentistry
2007	Intercollegiate Tennis Association Scholar Athlete Award
2006-2009	Dean’s List, Cornell
2005	United States Tennis Association (USTA) Dwight Mosley Scholarship Recipient
2005	Key-Note Speaker, US Open Tennis Championship Opening Night Gala

Memberships in Professional and Scientific Societies:

2019	ASSH Member
2016	ASSH Resident Candidate Member
2015	Resident member, AO Trauma
2013	Resident Member, Yale New Haven Hospital Minority Housestaff Organization
2013	Resident Member, American Academy of Orthopaedic Surgeons
2009	Student National Medical Association (SNMA)

Leadership, Mentorship, and Work Experience

2022	Physician Panelist, Sowing Seeds: Orthopaedic Surgery Edition. 2022 SNMA Annual Medical Education Conference (AMEC), Orlando, FL.
2016-2018	Resident Representative, Graduate Medical Education Committee (GMEC), Yale New Haven Hospital
2015-2018	Instructor, Musculoskeletal Workshops, Yale School of Medicine
2015	Assistant-coordinator/Instructor, Physician Assistant Orthopaedic Maneuvers Workshops, Yale School of Medicine
2015	Co-coordinator/Presenter, American Medical Association (AMA) Middle School Premedical Education Day
2011-2012	Coordinator, Student National Medical Association Annual Pre-Medical Conference, University of Rochester School of Medicine and Dentistry
2010	Coordinator/Master Instructor, Science and Technology Entry Program, University of Rochester School of Medicine and Dentistry
2010	Creator/Organizer, University of Rochester Medical Center Charity Fashion Show, University of Rochester Medical Center
2009-2011	Medical Assistant, UR Well St. Joseph's Neighborhood Center, University of Rochester
2009-2011	Mentor, Minority Association of Pre-Medical Students (MAPS), University of Rochester School of Medicine and Dentistry
2009	Team Captain, Cornell University Women's Tennis Team
2008-2009	Teaching Assistant, Physics 1101/1102 Course, Cornell University
2008-2009	Biology Student Advisor, College of Agriculture and Life Sciences at Cornell University
2004-2005	Health Talk Show Host, WDKX Radio Station, #1 hip-hop and R&B Radio Station, Rochester, NY

Book Chapters

John T, Dodds SD. Acute Triangular Fibrocartilage Tears. Chapter 24. In Eltorai and Akelman, ed. Orthopaedic Hand Trauma. Philadelphia: Wolters Kluwer | Lippincott Williams and Wilkins (in Press 2018).

John T, Sharkey MS. Diabetic Foot Infections. In Emergency Management of Infectious Diseases, 2nd Edition. Editor: Rachel Chin, MD. Cambridge University Press. In Press 2018.

John, T. & Carter, C.W. (in press). Medical Perspectives on Talent Development in Youth Sports. In J. Baker, S. Copley, J. Schorer & N. Wattie (Eds.). The Routledge Handbook of Talent Identification and Development in Sport. London: Routledge. In Press 2016.

John T, Sharkey MS. Osteomyelitis. In Emergency Management of Infectious Diseases, 2nd Edition. Editor: Rachel Chin, MD. Cambridge University Press. In Press 2015.

Articles Accepted, Submitted, or In Preparation

Nguyen DM, Boden AL, Allen MK, **John T**, Knoll GM, Dodds SD. Dorsal Spanning Plate for Perilunate Dislocations. J Wrist Surg. 2021 May 11:11(1): 16-20. Doi: 10.1055/s-0041-1729634. PMID: 35127259; PMCID: PMC8807102.

Malpani R., **John T. S.**, Mercier M. R., Ottesen T. D., Nduaguba A. M., Webb M. L., & Grauer J. N. (2020). Readmissions After Distal Radius Fracture Open Reduction and Internal Fixation: An Analysis of 11,124 Patients. *JAAOS Global Research & Reviews*, 4(7), e20.

Azoury SC, **John T**, Cheema AN, Behar BJ, Zapolsky IJ, Levin LS (2020). American Society for Surgery of the Hand (ASSH) Presidential Address Themes, 1964-2018: Revisiting Our History as We

Move Forward. *J Hand Surg Glob Online*, 2(4):246-249. doi: 10.1016/j.jhsg.2020.04.006. Epub 2020 Apr 22.

John T, Carter C, Sharkey MS, Nduaguba N (2019). Current Concepts Review: Peripheral Neuropathies of the Shoulder in the Young Athlete. *Phys Sportsmed*. 48(2) 131-141.

John T, Greene J, Nicholson A, Sharkey MS (2018). Correction of Genu Varum in a Patient with Achondroplasia using Guided Growth Technique: Case Report and Review of Literature. *Conn Med*. 82(5), 265-268.

Nelson S, **John T**, Keggi K. Accessory Incisions in the Direct Anterior Approach to Total Hip Arthroplasty. American Academy of Orthopaedic Surgeons 2017 Orthopaedic Video Theater.

Koehler R, **John T**, Lawler J, Moorman C, & Nicandri G (2014). Arthroscopic Training Resources in Orthopedic Resident Education. *J Knee Surg*, 28(01), 067074. doi:10.1055/s-0034-1368142

John T, Tobis S. Laparoscopic radical nephrectomy in the robotic era: Is the robot necessary? February 2012-May 2012. Department of Urology: University of Rochester Medical Center. Advisor: Scott Tobis, MD (Abstract).

Presentations

John T (2022). Treatment of Perilunate Injuries with Dorsal Spanning Plate Augmentation. 2022 American Society for Surgery of the Hand Annual Meeting. Boston, MA.

Sharkey MS, Feinn RS, Cahill S, **John T**, Nduaguba A (2017). Disproportionate Abstract Submission Rates for Women in Academic Pediatric Orthopaedic Surgery: An Analysis of POSNA Abstract Submissions 2012-2015. POSNA Annual Meeting. Barcelona, Spain

John T (2016). Management of Distal Radius Fractures: Patient-Specific Considerations. Department of Orthopaedics and Rehabilitation Grand Rounds, Yale University School of Medicine, New Haven CT.

John T (2016). Use of Guided Growth in the Correction of Lower Extremity Angular Deformities. Department of Orthopaedic Surgery, Waterbury Hospital.

John T (2015). Debated topics in Orthopaedic Joint Surgery. Department of Orthopaedic Surgery, Waterbury Hospital.

John T (2015). Paget's Disease of the Bone. Department of Orthopaedic Surgery, Waterbury Hospital.

John T (2015). Correction of Lower Extremity Coronal Plane Deformities in Children: A Case Study in a Patient with Achondroplasia. Department of Orthopaedics and Rehabilitation Grand Rounds, Yale University School of Medicine, New Haven CT.

John T (2011). Assessing the Arthroscopic Training Resources Utilized in Orthopaedic Resident Education. Association of the American Medical Colleges: Research in Medical Education Conference. Denver, Colorado.

Tobis S, Trivedi D, Scosyrev E, **John T**, Allio B, Andler R, Rashid H, Joseph J, Wu G (2012). Laparoscopic Radical Nephrectomy in the Robotic Era: Is the Robot Necessary? Upstate New York Urology Resident Competition. Syracuse, New York