

## **RUSSELL M. NORD, MD**

Washington Hospital Sports Medicine Program  
Medical Director  
38690 Stivers St., Suite A  
Fremont, CA 94536  
Phone: 510-248-1040  
Email: russ.nord@gmail.com

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### **EDUCATION**

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- 8/2008-7/2009     **Stanford University.**  
Fellowship in Orthopaedic Sports Medicine  
Fellowship Director: Dr. Marc Safran
- 7/2007-6/2008    **New York University Hospital for Joint Diseases.**  
Executive Chief Resident
- 7/2003-6/2008    **New York University Hospital for Joint Diseases.**  
Orthopaedic Surgery Residency – Successfully Completed: June 2008  
Chariman: Dr. Joseph Zuckerman
- 8/1999-5/2003    **Weill Medical College of Cornell University.**  
M.D., May 2003
- 8/1995-5/1999    **Duke University.**  
B.S. in Biology, Minors in Philosophy and Chemistry, May 1999

### **HONORS & AWARDS**

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#### **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

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1. **Nord R**, et al. Optimizing lavage during knee arthroscopy: A three-dimensional MRI study. *Journal of Magnetic Resonance Imaging*. 37: 201-7. 2013.
2. **Nord R** and Meislin R. Hip Arthroscopy in Adults. *Bulletin of the Hospital for Joint Diseases*. 68 (2): 97-102. 2010.
3. **Nord R** and Safran M. Posterolateral Rotatory Instability. In Fu F (ed): *Masters Techniques in Orthopaedic Surgery: Sports Medicine* (pp. 23-32). Lippincott Williams and Wilkins, Philadelphia. 2010.
4. **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.
5. **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.
6. 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.
7. **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.
8. **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.
9. 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.
10. 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.

### SOCIETY MEMBERSHIPS

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1. **American Academy of Orthopaedic Surgeons** – Fellow
2. **American Orthopaedic Society for Sports Medicine** – Active Member
3. **Arthroscopy Association of North America** – Active Member
4. **California Orthopaedic Association** – Member, Delegate to House of Delegates

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### SPORTS COVERAGE EXPERIENCE

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- 2012 - Current     **West Coast Conference Division 1 NCAA Men's and Women's Basketball Championships; Las Vegas, NV**  
*Tournament Physician* – Treated injured players from participating teams
- 2011                 **Red Bull King of the Rock Basketball Tournament, Alcatraz Island, CA**  
Tournament Physician
- 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.
- 2008-2009         **Stanford University Department of Athletics.**  
*Physician.* Cared for the *National Champion Men's Gymnastics Team* and others in 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.* Evaluated and treated players before and during play.
- 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

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**Board Certified – Orthopaedic Surgery** – 7/21/2011 - Valid through 12/31/2021

**Board Certified – Orthopaedic Sports Medicine** – 10/24/2013 - Valid through 12/31/2021

**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, 2014

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