

VISHAL M. MEHTA

2525 Kaneville Road Geneva, IL 60134 (630) 584-1400

EDUCATION:

San Diego Sports Medicine Fellowship

- Extensive training in open and arthroscopic procedures of the shoulder and knee, osteochondral and meniscal allografts, ligament reconstructions and the general care of athletes
- Genzyme/Carticeal certified

University of Chicago

- Resident in Orthopaedic Surgery

University of Illinois, Chicago

- Doctor of Medicine, with honors

Loyola University of Chicago

- Bachelor of Business Administration with Concentration in Finance
- Graduated *Summa Cum Laude*

AWARDS/HONORS:

Nominated for American Red Cross *Home Town Heroes Award* (2008)

Delnor Hospital Humanitarian award for contribution to Society (2007)

Alpha Omega Alpha

AOA-OREF-Zimmer Resident Leadership Award (2004)

OREF Resident Research Award (2003-2004)

Podium Presentation Award Winner at OREF Midwest Research Symposium (2005)

C.M. Craig Summer Research Award (1999)

Presidential Scholarship (*highest academic scholarship given by Loyola University*)

Golden Key National Honor Society (*national honor society based on academic achievement*)

Beta Gamma Sigma (*highest national recognition in business, ten students chosen*)

Alpha Sigma Nu (*less than 4% of class nominated for scholarship, loyalty and service*)

Blue Key National Honor Society (*national honor society based on contribution to society*)

EXPERIENCE:

8/1/06 - present: Fox Valley Orthopaedic Institute
Private Practice, Orthopaedic Surgery
Director of Cartilage Restoration
Team Physician Kane County Cougars
Team Physician Judson College
Team Physician Kaneland High School

Team Physician Illinois Math and Science Academy

- 2006 - present: The Foundation for International Orthopaedic Development
Founder and President
Non-for-profit organization created to establish and further the
Orthopaedic care in Zambia, with a focus on arthroscopic surgery.
- 2008 - present: Fox Valley Orthopaedic Research Foundation
Founder and President
Biomechanical research laboratory created to study and develop orthopaedic
fixation devices and implants.
- 2008 - present: Illinois Academy of Orthopaedic Surgeons
Treasurer

HOSPITAL STAFF APPOINTMENTS:

- | | |
|---------------------------------------|-----------|
| Delnor Community Hospital, Geneva IL | Associate |
| Provena St. Joseph Hospital, Elgin IL | Associate |

PEER REVIEWED PUBLICATIONS:

- Mehta V**, McKay S, Morawski D. Medial Patellofemoral Ligament Reconstruction Following Total Knee Arthroplasty. Accepted *Journal of Knee Surgery*.
- Mehta V**. Platelet Rich Plasma: A Review of the Science and Potential Clinical Applications. Accepted for publication in *Orthopedics* 2010;33(2):111-4.
- Mehta V**, Terry M. Cyclic Testing of Three All-Inside Meniscal Repair Devices: A Biomechanical Analysis. *The American Journal of Sports Medicine* 2009;37(12):2435-2439.
- Mehta V**, Petsche T. Comparison of Revision Rates in Autograft and Allograft Anterior Cruciate Ligament Reconstruction. *Orthopedics* 2010;33(1):12.
- Mehta V**. Clinical Safety of the 5 O’Clock Portal in Shoulder Arthroscopy: A Prospective Study. *Shoulder & Elbow* 2010;2:17-19.
- Mehta V**, Paxton E, Young E, Fithian D. Does the use of Fluoroscopy and Isometry during Anterior Cruciate Ligament (ACL) Reconstruction Affect Surgical Decision Making? *The Clinical Journal of Sports Medicine* 2009;19(1):46-48.
- Mehta V**. Humeral Head-Plasty for a Chronic, Locked Anterior Shoulder Dislocation. *Orthopedics* 2009;32(1):52.

Mehta V, Paxton E, Young E, Fithian D. The Effect of Ketorolac on Antero-Posterior Knee Laxity after Anterior Cruciate Ligament Reconsruction. *Orthopedics* 2008;31(6):538-540.

Mehta V, Inoue M, Nomura E, Fithian D. An Algorithm Guiding the Evaluation and Treatment of Acute Primary Patellar Dislocations. *Sports Medicine and Arthroscopy Review* 2007;15(2):78-81.

Mehta V, Csintalan R, Fornalski S, Paxton L, Fithian D. Reliability of the International Knee Documentation Committee Radiographic Grading System. *The American Journal of Sports Medicine* 2007;35(6):933-5.

Mehta V, Kang Q, Luo J, Sun M, Jiang W, Montag A, Mass D, He TC, Haydon R. Characterization of Adenovirus-mediated Gene Transfer in Rabbit Flexor Tendons. *Journal of Hand Surgery* 2005;30A:135-141.

Mehta V. A Code Close to Home. *Hospital Physician* 2005;41(4): 16.

Mehta V, Finn H. Femoral Artery and Vein Injury Following Cerclage Wiring of the Femur. *The Journal of Arthroplasty* 2005;20(6):811-4.

Mehta V. The Effects of Plating on 1, 2 and 3 Level ACDFs: A Review of the Literature. Accepted for publication in *Orthopedics* as CME review article.

Mehta V. BMPs for Tendon Injuries: An Orthopaedic Primer. *The American Journal of Orthopaedics* 2005;34(9):451-4.

Sun M, Phillips F, Kang Q, **Mehta V**, Stacy S, Sturm P, Gupta P, Haydon R, He T. Spinal fusion using bone marrow aspirate transduced with recombinant adenoviral vectors expressing BMP-2, BMP-6 and BMP-9. *The Spine Journal* 2004;4(5):S70.

Mehta V, Kang Q, Luo J, Sun M, Jiang W, Montag A, Mass D, He TC, Haydon R. BMP 13 Improves the Tensile Strength of Healing Flexor Tendons. Submitted for publication to *The Journal of Bone and Joint Surgery*.

Haydon R, Jiang W, **Mehta V**, Cheng H, Zhou L, Phillips C, Mass D, He TC. Adenovirus-Mediated Expression of BMP 12, 13 and 14 Induces Tendon-Specific Marker Scleraxis. Submitted for publication to *The Journal of Orthopaedic Research*.

Luo J, Sun M, Kang Q, **Mehta V**, Jiang W, Peng Y, Luo Q, Szatkowski JP, Vanichakarn P, Haydon R, He T-C, Ho S. Characterization of Chondrocyte Scaffold Carriers for Cell-based Gene Therapy in Articular Cartilage Repair. Submitted for publication to *The American Journal of Sports Medicine*.

PRESENTATIONS AND ABSTRACTS:

Mehta V. Instructor, Advancements in Anterior Cruciate Ligament Reconstruction. Chicago, IL, March 6, 2010.

Mehta V. Instructor, Arthroscopy for the Athlete's Shoulder – AOSSM course. Minneapolis, MN, June 6, 2009.

Mehta V. Instructor, All-Inside Anterior Cruciate Ligament Reconstruction. Knee Symposium. Arthrex, Naples, FL, June 5, 2009.

Mehta V. Instructor, Shoulder Instability – Arthrex/Medwest Regional Shoulder Course. Chicago, IL, May 16, 2009.

Mehta V. Cartilage Restoration and the use of Platelet Rich Plasma in Orthopedics. ATI Physical Therapy Lecture Series, Naperville, IL, May 12, 2009.

Mehta V, Petsche, T. Comparison of Failure Rates in Allograft and Autograft ACL Reconstruction. American Orthopaedic Association Annual Meeting. Bonita Springs, FL, 2009.

Mehta V, Terry M. Cyclic Testing of Three All-Inside Meniscal Repair Devices: A Biomechanical Analysis. American Orthopaedic Association Annual Meeting. Bonita Springs, FL, 2009.

Mehta V, Terry M. Cyclic Testing of Three All-Inside Meniscal Repair Devices: A Biomechanical Analysis. American Orthopaedic Society for Sports Medicine Annual Meeting. Keystone, CO, 2009.

Mehta V, Terry M. Cyclic Testing of Three All-Inside Meniscal Repair Devices: A Biomechanical Analysis. Arthroscopy Association of North America Annual Meeting. San Diego, CA, 2009.

Mehta V. Clinical Safety of the 5 O'Clock Shoulder Portal. Arthroscopy Association of North America Annual Meeting. San Diego, CA, 2009.

Mehta V, Petsche, T. Comparison of Failure Rates in Allograft and Autograft ACL Reconstruction. American Academy of Orthopaedic Surgeons Annual Meeting, Las Vegas, NV, 2009.

Mehta V, Petsche, T. Comparison of Failure Rates in Allograft and Autograft ACL Reconstruction. American Orthopaedic Society for Sports Medicine, Specialty Day, Las Vegas, NV, 2009.

Mehta V. New Concepts in ACL Reconstruction and Cartilage Restoration Techniques. Accelerated Physical Therapy Lecture Series, Naperville, IL, July 9, 2008.

Mehta V. Reverse Total Shoulder Arthroplasty and Cartilage Restoration Techniques. Accelerated Physical Therapy Lecture Series, Elgin, IL, July 1, 2008.

Mehta V. New Concepts in ACL Reconstruction and Cartilage Restoration Techniques. CoSport Physical Therapy Lecture Series, Geneva, IL, June 10, 2008.

Mehta V. All-Inside ACL Reconstruction and Patellofemoral Stabilization. Michigan State University Grand Rounds. Lansing, MI, May 30, 2008.

Mehta V. Instructor, Western and Midwestern Regional Fellows Conference. Naples, FL, May 19, 2008.

Mehta V. Instructor, VIP Regional Masters Knee Course. Arthrex, Naples, FL, February 16-18th, 2008.

Mehta V. Instructor, All-Inside ACL Reconstructions. Midwest-Arthrex, Chicago, IL, February 9, 2008.

Mehta V. Instructor, All-Inside ACL Reconstructions. Arthrex, Naples, FL, November 30, 2007.

Mehta V. Pharmaceutical Agents used in Orthopaedic Surgery. Athletico University, St. Charles, IL, April 26, 2007.

Mehta V. Rehabilitation of the Hamstring Autograft ACL reconstruction. CoSport Physical Therapy Lecture Series, Geneva, IL, April 10, 2007.

Mehta V. Cartilage Restoration: Current Concepts. Delnor Hospital Outreach Program, Geneva, IL, October 18, 2006.

Mehta V. Laboratory Instructor, Arthroscopic Labral Repair. San Diego Shoulder Course: Arthroscopy, Arthroplasty and Fractures. San Diego, CA, June 21-24, 2006.

Mehta V, Murphy B, Haydon R, He T-C, Mass D. Adenoviral Based Gene Delivery of BMP 14 Improves Flexor Tendon Healing. American Academy of Orthopaedic Surgeons, Chicago, IL, March 24, 2006.

Mehta V. The Effects of BMP 14 on Flexor Tendon Healing. Smith & Nephew's Annual Research Competition, Memphis, TN, August, 2005.

Mehta V. The Effects of BMP 13 and 14 on Flexor Tendon Healing. OREF Midwest Research Symposium, Chicago, IL, May, 2005.

Mehta V, Haydon R, He T-C, Mass D. Adenoviral Based Gene Delivery of BMP 13 Improves Flexor Tendon Healing. Joint Annual Meeting of the American Society for Surgery of the Hand and the American Society of Hand Therapists, San Antonio, TX, 2005.

Mehta V, Haydon R, He T-C, Mass D. Adenoviral Based Gene Delivery of BMP 13 Improves Flexor Tendon Healing. The Annual Charles Huggins Research Conference at the University of Chicago, Chicago, IL, May 7, 2005.

Luo J, Sun M, Kang Q, **Mehta V,** Haydon R, He T-C, Reider B, Ho S. Characterization of Chondrocyte Scaffold Carriers for Cell-based Gene Therapy in Articular Cartilage Repair. Mid-America Orthopaedic Association annual meeting, Amelia Island, FL, 2005.

Luo J, Sun M, Kang Q, **Mehta V**, Haydon R, He T-C, Reider B, Ho S. Characterization of Chondrocyte Scaffold Carriers for Cell-based Gene Therapy in Articular Cartilage Repair. American Orthopaedic Society of Sports Medicine annual meeting, Keystone, CO, 2005.

Luo J, Sun M, Kang Q, **Mehta V**, Haydon R, He T-C, Reider B, Ho S. Characterization of Chondrocyte Scaffold Carriers for Cell-based Gene Therapy in Articular Cartilage Repair. Arthroscopy Association of North America annual meeting, Vancouver, Canada, 2005.

Mehta V. Hip Fractures: An Overview. Grand Rounds at Schwab Rehabilitation Hospital, Chicago, IL, December 13, 2004.

Haydon R, **Mehta V**, Cheng H, Jiang W, Zhou L, Mass D, Phillips C, He T-C. Adenovirus-Mediated Expression of BMP 12, 13 and 14 Induces Tendon-Specific Marker Scleraxis. The Annual Charles Huggins Research Conference at the University of Chicago, Chicago, IL, May 10, 2004.

Luo J, Sun M, Kang Q, **Mehta V**, Haydon R, He T-C, Reider B, Ho S: Characterization of Chondrocyte Scaffold Carriers for Cell-based Gene Therapy in Articular Cartilage Repair. The Annual Charles Huggins Research Conference at the University of Chicago, Chicago, IL, May 10, 2004.

Mehta V. Therapeutic Use of Gene Therapy and BMPs in Tendon Injuries. Grand Rounds at the University of Chicago, Chicago, IL, May 15, 2002.

BOOK CHAPTERS AND INVITED ARTICLES:

Mehta V, Phillips C. Pulley Reconstruction. *Hand Clinics* 2005;21(2):245-51.

Mehta V, Mass D. The Use of Growth Factors on Flexor Tendon Injuries. *The Journal of Hand Therapy* 2005;18(2):87-92.

Phillips FM, Reider B, **Mehta V**. Lumbar Spine. In Reider B editor. *The Orthopaedic Physical Examination*, 2nd edition. Philadelphia, WB Saunders, 2005.

SOCIETY MEMBERSHIPS:

American Academy of Orthopaedic Surgeons
American Orthopaedic Association Emerging Leaders Program
Arthroscopy Association of North America
American Orthopaedic Society for Sports Medicine
Board Member of Illinois Academy of Orthopaedic Surgeons (Treasurer)
Member of AOSSM Education and Industry Relations Committee
Reviewer for *The American Journal of Sports Medicine*
Reviewer for *Arthroscopy*
Member of Delnor Hospital Ethics Committee

MEDIA:

“5 Minutes for Your Health” weekly show on WBIG
Cartilage Replacement Segment - Health Frontiers FOX
CLTV – Healthy Living Chicago

LICENSURE:

Illinois Medical License