

RICHARD W. NICOLAY III

Curriculum Vitae 08-24-2022

CONTACT INFORMATION

Current Home Address

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EDUCATION

- 08/2012 – 05/2016 **Indiana University School of Medicine** (Indianapolis, IN)
Medical Doctorate
- 08/2008 – 05/2012 **Indiana University** (Bloomington, IN)
Bachelor of Science – Chemistry Major, Mathematics Minor
- 08/2004 – 05/2008 **Lake Zurich High School** (Lake Zurich, IL)
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POST GRADUATE EDUCATION

- 08/2021 – 07/2022 **Hospital for Special Surgery, NewYork-Presbyterian Hospital** (New York, NY)
Clinical Fellow in Orthopaedic Sports Medicine
- 07/2016 – 06/2021 **Northwestern University Feinberg School of Medicine**
Department of Orthopaedic Surgery (Chicago, IL)
Orthopaedic Surgery Residency
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ACADEMIC APPOINTMENT

- 08/2021 – 07/2022 **Hospital for Special Surgery, NewYork-Presbyterian Hospital** (New York, NY)
Clinical Fellow in Orthopaedic Sports Medicine
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MEDICAL LICENSURES

- 07/2016 – 06/2021 **State of Illinois, Department of Financial and Professional Regulation**
Physician and Surgeon License; License Number: 036.159957
- 01/2023 – Present **The University of the State of New York, Education Department**
Physician License; License Number: 308903-01; Status: Active
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PROFESSIONAL MEMBERSHIPS

2022 – present	American Journal of Sports Medicine – Reviewer
2022 – present	Orthopaedic Journal of Sports Medicine - Reviewer
2022 – present	American Society of Shoulder & Elbow Surgeons – Fellow Member
2022 – present	Journal of Shoulder & Elbow Surgery – Reviewer
2021 – present	Arthroscopy Journal – Editorial Board Member
2021 – present	Arthroscopy Association of North America – Member
2021 – present	American Orthopaedics Society for Sports Medicine
2019 – present	Mid-America Orthopaedic Association
2017 – 2021	Scoliosis Research Society
2015 – present	Alpha Omega Alpha Honor Society
2015 – present	American Academy of Orthopaedic Surgeons – Candidate Member
2014 – 2016	American College of Physicians
2013 – 2016	American Medical Association

HONORS AND AWARDS

2022	Overall Research Poster Award Winner – American Academy of Orthopedic Surgeons 2022 Annual Meeting
2022	1st Place Research Poster: Shoulder and Elbow Classification – American Academy of Orthopedic Surgeons 2022 Annual Meeting
2021	Brian Hartigan, M.D. Memorial Award – Annual residency award for compassionate care, clinical excellence and dedication to teaching
2020 – 2021	Administrative Chief Resident – Department of Orthopaedic Surgery, Northwestern Medicine
2020	American Orthopaedic Association, C. McCollister Evarts Resident Leadership Forum – 2020 Nominee
2015	Alpha Omega Alpha – Honor Society Member
2015	R. Joe Nobel Class of 1976 Academic Scholarship – 2015 Class Recipient
2009 – 2012	Indiana University College of Arts and Sciences Dean’s List

SPORTS COVERAGE EXPERIENCE

- 2021 – Present **New York Rangers – National Hockey League (NHL)** (Chicago, Illinois)
Sports Medicine Fellow – Assistant team physician working with Dr. Bryan Kelly, head team physician.
- 2021 – Present **New York Liberty – Women’s National Basketball Association (WNBA)**
(New York, NY)
Sports Medicine Fellow – Assistant team physician working with Dr. Riley Williams, medical director.
- 2018 – 2021 **Chicago Blackhawks – National Hockey League (NHL)** (Chicago, Illinois)
Resident Physician – Assisted Dr. Michael Terry, head team physician, with multiple team events including pre-season physical examinations and regular season game coverage. Also provided primary team coverage for scrimmage games during the team’s annual prospect camp and pre-season training camp.
- 2017 –2021 **Chicago Jokers Youth Football** (Chicago, Illinois)
Resident Physician – Provided primary team coverage for youth football teams including the performance of pre-season physicals and on-field game coverage.
- 2019, 2021 **National Basketball Association (NBA) Combine** (Chicago, Illinois)
Resident Physician – Assisted Drs. John Hefferon and Michael Terry with physical examinations for athletes entering the NBA combine and assisted with coverage for scrimmage games during the combine.
- 2019 **Bank of America Chicago Marathon** (Chicago, Illinois)
Resident Physician – Assisted Dr. George Chiampas, Medical Director, with medical coverage on race day.
- 2019 **Big Ten Conference Men’s Basketball Tournament** (Chicago, Illinois)
Resident Physician – Assisted Dr. Michael Terry with orthopaedic coverage for the first-round games of the tournament.
- 2019 **National Football League (NFL) Players Association & the Living Heart Foundation Retired Player Physicals** (Chicago, Illinois)
Resident Physician – Performed musculoskeletal physicals for retired NFL players, as part of a comprehensive, multidisciplinary health screening program sponsored by the Living Heart Foundation.
- 2018 – 2019 **Chicago Public Schools – High School Athletics** (Chicago, Illinois)
Resident Physician – Performed pre-season physical examinations for the athletic departments of local high schools.
- 2018, 2019 **Ken Kraft Midlands Wrestling Championships** (Hoffman Estates, Illinois)
Resident Physician – Provided medical coverage for the Midlands wrestling tournament. This event is a two-day open tournament featuring the nation’s top collegiate and amateur wrestlers.

ADMINISTRATIVE SERVICE, LEADERSHIP AND ACTIVITIES

- 2018 **American Medical Association Medical Specialty Showcase** (Chicago, Illinois)
Volunteer representative for the American Academy of Orthopaedic Surgery.
- 2017 **Global Health Workshop Orthopaedic Volunteer Instructor** (Chicago, Illinois)
Educated physicians preparing for international service work on splinting, wound care and other nonoperative treatment techniques for musculoskeletal injuries.
- 2015-2016 **Liaison Committee on Medical Education** (Indianapolis, Indiana)
Reaccreditation Committee on Facilities Member – Elected by the Dean's office to serve as a committee member with the goal of improving the medical school's learning resources and infrastructure.
- 2014-2016 **IUSM Orthopaedic Student Interest Group** (Indianapolis, Indiana)
Vice President (2015-2016)
Campus Liaison (2014-2015)
- 2012-2013 **Indiana State Medical Association** (Indianapolis, Indiana)
Committee of Sports Medicine Chair Member – Voting member of the American Medical Association - Medical Student Section. Participated in discussions regarding safety in youth sports.
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COURSES AND MEETINGS ATTENDED

- 07/2022 **American Orthopedic Society of Sports Medicine Annual Meeting**
(Colorado Springs, Colorado)
- 06/2022 **Wider Scope of Arthroscopy: A Fellows Lab Experience** (Chicago, Illinois)
- 05/2022 **Sports Medicine Fellowship Forum** (Naples, Florida)
- 04/2022 **Shoulder Arthroplasty Fellows Capstone Program** (Denver, Colorado)
- 03/2022 **American Academy of Orthopedic Surgeons Annual Meeting** (Chicago, Illinois)
- 03/2021 **MAKO Hip and Knee Learning Lab** (Rosemont, Illinois)
- 10/2019 **Musculoskeletal Clinicopathologic Seminar** (Chicago, Illinois)
- 09/2019 **AAOS/POSNA/ISHA Surgical Treatment of the Pre-Arthritic Hip**
– **Volunteer** (Rosemont, Illinois)
- 06/2019 **Canadian Orthopaedic Research Society Annual Meeting** (Montreal, Canada)
- 04/2019 **ELiTE – Intermediate Resident Shoulder & Elbow Surgical Course** (Chicago, Illinois)
- 11/2018 **AAHKS Annual Meeting and Resident Course** (Dallas, Texas)
- 09/2018 **AAOS Fundamentals of Knee and Shoulder Arthroscopy**
– **Volunteer** (Rosemont, Illinois)
- 08/2018 **Chicago Trauma Symposium** (Chicago, Illinois)
- 03/2018 **AOTrauma Course – Basic Principles of Fracture Management** (Kansas City, Kansas)
- 07/2017 **Chicago Trauma Symposium** (Chicago, Illinois)
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RESEARCH

Peer-Reviewed Publications

1. **Nicolay RW**, Moore LK, DeSena T, Dines JS. Upper Extremity Injuries in CrossFit Athletes – A Review of the Current Literature. *Current Reviews in Musculoskeletal Medicine*. Accepted for publication.
2. Butler BA, Selley RS, **Nicolay RW**, Lawton CD, Hashmi SZ, Carlile KR, Stover MD. Algorithm Improves Acetabular Fracture Radiograph Interpretation Among Inexperienced Practitioners. *Cureus*. 14(1): e21471. PMID: 35223254
3. Hartwell MJ, Morgan AM, Nelson PA, Fernandez CE, **Nicolay RW**, Seth U, Tjong VK, Terry MA. Isolated Acetabuloplasty for Femoroacetabular Impingement: Favorable Patient Reported Outcomes and Sustained Survivorship at Minimum 5-Year Follow-up. Hartwell. *Arthroscopy*. 2021 Nov;37(11):3288-3294. PMID: 33878420
4. Gerlach E, Selley RS, Johnson DJ, **Nicolay RW**, Versteeg G, Plantz M, Tjong VK, Terry MA. Patient-Reported Outcomes Measurement Information System Validation in Hip Arthroscopy: A Shift Towards Reducing Survey Burden. *Curious*. 2021 Feb 10;12 (2):e13265. PMID: 33728201
5. Sullivan M, Firoozabadi R, Lu K, Cannada L, Timmel M, Ali A, Bramlett, Marcantonio A, Flynn M, Vallier H, **Nicolay RW**, Mullis B, Goodwin A, Miller A, Krause P, Mir H, Tornetta P. Combined Orthopaedic and Vascular Injuries with Ischemia: A Multicenter Analysis. *Journal of Orthopaedic Trauma*. 2021 Jan;21. PMID: 33512862
6. Larson JE, **Nicolay RW**, Leonard AK. Preventing Cast Saw Burns using Evidence-Based Principles. *Journal of the American Academy of Orthopaedic Surgeons*. 29(9):380-385, May 1, 2021. PMID: 33475304
7. **Nicolay RW**, Lawton CD, Selley RS, Johnson DJ, Prescott AE, Marra G. Partial Rupture of the Distal Biceps Brachii Tendon: A Magnetic Resonance Imaging Analysis. *Journal of Shoulder and Elbow Surgery*. 2020 Sep;29(9):1859-1868. PMID: 32815807
8. Johnson DJ, Castle JP, Hartwell MJ, Baker H, Selley RS, **Nicolay RW**, Tjong VK. Smoking as a Risk Factor for Readmission in Arthroscopic Surgery: A Propensity Matched Analysis. *Journal of Surgical Orthopaedic Advances*. 2019, Winter;28(4):272-276. PMID: 31886763
9. Hartwell MJ, Nelson P, Johnson DJ, Christian RA, **Nicolay RW**, Selley RS, Terry MA, Tjong VK. Total shoulder arthroplasty: risk factors for a prolonged length of stay. A retrospective cohort study. *Current Orthopaedic Practice*. 2019, Nov/Dec; 30(6):534-538.
10. Johnson DJ, Butler BA, Hartwell MJ, Fernandez CE, **Nicolay RW**, Selley RS, Terry MA, Tjong VK. Arthroscopy versus Arthrotomy for the Treatment of Septic Knee Arthritis. *Journal of Orthopedics*. 2019 Nov 27;19:46-49. PMID: 32021035

11. Hartwell MJ, Morgan AM, Johnson DJ, **Nicolay RW**, Christian RA, Selley RS, Terry MA, Tjong VK. Risk Factors for 30-Day Readmission Following Knee Arthroscopy. *Journal of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine*. 2019, July. EPub ahead of print. PMID: 31269523
12. Butler BA, Lawton CD, Johnson DJ, **Nicolay RW**, Yamaguchi JT, Stover MD. The Experiential Benefit of an Orthopedic Trauma Fellowship: An Analysis of ACGME Case Log Data from 2006 to 2017. *Journal of Surgical Education*. 2019, Nov – Dec;76(6):1556-1561. PMID: 31196768
13. Selley RS, Johnson DJ, **Nicolay RW**, Ravi K, Lawton CD, Tjong VK, Terry MA. Risk Factors for Adhesive Capsulitis requiring Shoulder Arthroscopy. *Journal of Orthopaedics*. 2019, Nov 26(19)14-16. PMID 32021028
14. Butler BA, Hempen EC, Barbosa M, Muriuki M, Havey R, **Nicolay RW**, Kadakia AR. Deltoid Ligament Repair Reduces and Stabilizes the Talus in Unstable Ankle Fractures. *Journal of Orthopaedics*. 2019, June;4(17):87-90. PMID: 31879481
15. Christian RA, Hartwell MW, Lee K, **Nicolay RW**, Johnson DJ, Selley RS, Terry MA, Tjong VK. Risk Factors for Complications following Decompression of Non-traumatic Compartment Syndrome. *Journal of Orthopaedics*. 2019, May;16(5):386-389. PMID: 31110399
16. Christian RA, Gibbs DB, **Nicolay RW**, Selley RS, Saltzman MD. Risk Factors for Admission after Shoulder Arthroscopy. *Journal of Shoulder and Elbow Surgery*. 2019, May;28(5):882-887. PMID: 30553800
17. **Nicolay RW**, Selley RS, Terry MA, Tjong VK. Body Mass Index as a Risk Factor for 30-Day Postoperative Complications in Arthroscopy. *Arthroscopy*. 2019, March;35(3):874-882. PMID: 30733034
18. Hartwell MJ, Morgan AM, Johnson DJ, **Nicolay RW**, Selley RS, Tjong VK, Terry MA. Risk Factors for 30-Day Readmission Following Hip Arthroscopy. *Knee Surgery, Sports Traumatology, Arthroscopy*. 2019, February. EPub ahead of print. PMID: 30810786
19. Selley RS, Hartwell MW, **Nicolay RW**, Tjong VK, Gryzlo SM. Complete Intrasubstance Long Head Biceps Brachii Rupture with Successful Repair: A Case Report. *Journal of Orthopaedic Case Reports*. 2019, January;9(1):15-18. PMID: 31245311
20. **Nicolay RW**, Tawari AA, Kempegowda H, Suk M, Mullis B. How Often Are Protocols Followed at Level I Trauma Centers? *Journal of Surgical Orthopaedic Advances*. 2018, July;27(2):109-112. PMID: 30084817

Peer-Reviewed Publications Currently in Submission

1. Gerlach EB, **Nicolay RW**, Nayak R, Cantrell C, Johnson DJ, Plantz M, Marra G. The Critical Shoulder Angle as a Highly Specific Predictor of a Full-Thickness Rotator Cuff Tear: A Case-Control Study. *Journal of the AAOS*. Submitted.

2. **Nicolay RW**, Hartwell MH, Bigach SD, Fernandez CE, Morgan AM, Cogan CJ, Terry MA, Tjong VK. Generalized Joint Hypermobility has No Effect on Injury Risk in Collegiate Football Players – A prospective Cohort Study with 2-year Follow-Up. *Orthopedic Journal of Sports Medicine*. Submitted.
3. **Nicolay RW**, Hartwell MH, Bigach SD, Fernandez CE, Morgan AM, Cogan CJ, Terry MA, Tjong VK. Sport Specific Prevalence of Generalized Joint Hypermobility in NCAA Athletes – A Cross-Sectional Study. *Orthopedic Journal of Sports Medicine*. Submitted.
4. Balcescu C, McCarthy M, **Nicolay RW**, Boody B. Lumbar Foraminal Anatomy. *Clinical Spine Surgery*. Submitted.
5. Khazi ZM, Dayton SR, Johnson DJ, **Nicolay RW**, Terry MA, Tjong VK. Incidence and Risk Factors for Failure of Primary Hip Arthroscopy within 1 year: A Population Based Study. *Cureus*. Submitted.
6. **Nicolay RW**, Patel PB, Johnson DJ, Castle JP, Peabody MT, Hardt KD, Manning DW. Risk factors for a Failed Arthrocentesis in the Setting of Total Hip Arthroplasty. *Journal of Orthopedics*. Submitted.
7. **Nicolay RW**, Helfrich MM, Shum C. Digital Necrosis following Epinephrine Injection in the setting of Raynaud's Phenomenon without Phentolamine Reversal: A Case Report. *Journal of Hand Surgery*. Submitted.
8. Johnson DJ, Hartwell MH, Christian RA, **Nicolay RW**, Hernandez FA, Selley RS, Terry MA, Tjong VK. Trends and Reimbursement in Arthroscopy: Frequency and Work Relative Value Unit Discrepancies in Shoulder, Hip and Knee Arthroscopy over the Last Decade. *Journal of Orthopaedic Research*. Submitted.
9. **Nicolay RW**, Selley RS, Hill JA. Giant Parameniscal Cyst with Erosion into the Proximal Tibia: A Case Report. *Journal of Orthopaedic Case Reports*. Submitted.
10. Dayton S, **Nicolay RW**, Tjong VK. Nonunion fracture of the sublime tubercle in a collegiate baseball player: a case report. *Cureus*. Submitted.

Book Chapters

1. Swiatek PR, Sanders EJ, Gerlach EB, **Nicolay RW**, McCarthy MH. Clinical Correlations to Specific Phenotypes and Measurements with Classification Systems. *Atlas of Spinal Imaging*. Elsevier Inc. 2021. DOI: 10.1016/B978-0-323-76111-6.00012-2
2. Oyer MA, **Nicolay RW**, Beal M. Chapter 36: Medial Pivot. *The Adult Knee*. Publisher: Wolters Kluwer. Editor: Henry E. Rubash. Publication pending.
3. Helfrich MM, **Nicolay RW**, Sarwark JF, Carl RL. Trigger thumb. *Orthopaedics for the Newborn and Young Child*. Publisher: Springer. Pending Review.
4. Christian RA, Hashmi SZ, **Nicolay RW**, Wichman MP, Sarwark JF. Spine Embryology, Growth, Development and Genetics. *Scoliosis Research Society E-Book*. Accepted, publication pending.

Grant Support

1. **Northwestern University Resident Research Grant** (2019)
Feinberg School of Medicine Department of Orthopaedic Surgery (Chicago, Illinois)
The Debonding Resistance of Antibiotic Cement-Coated Intramedullary Nails.
Principle Investigator: **Richard Nicolay, MD**. Faculty Mentor: Michael Stover, MD.
Awarded \$6,385.
2. **Northwestern University Resident Research Grant** (2019)
Feinberg School of Medicine Department of Orthopaedic Surgery (Chicago, Illinois)
Hip Aspiration in the setting of Total Hip Arthroplasty – A Quality Improvement Project.
Principle Investigator: **Richard Nicolay, MD**. Faculty Mentor: David Manning, MD.
Awarded \$1,500.
3. **Northwestern University Resident Research Grant** (2017)
Feinberg School of Medicine Department of Orthopaedic Surgery (Chicago, Illinois)
Generalized Joint Hypermobility as a Risk Factor for Injury in NCAA Athletes.
Principle Investigator: **Richard Nicolay, MD**. Faculty Mentor: Vehniah Tjong, MD.
Awarded \$2,500.

Peer-Reviewed Podium and Poster Presentations

1. *1st Place Overall Research Poster Award Winner – American Academy of Orthopedic Surgeons 2022 Annual Meeting 2022:* Gerlach EB, **Nicolay RW**, Nayak R, Cantrell C, Johnson DJ, Plantz M, Marra G. The Critical Shoulder Angle as a Highly Specific Predictor of a Full-Thickness Rotator Cuff Tear: A Case-Control Study. Poster presentation at the *American Academy of Orthopedic Surgeons Annual Meeting*. 2022 March 21-25; Chicago, Illinois.
2. Smith H, **Nicolay RW**, Patel PB, Johnson DJ, Castle JP, Peabody MT, Hardt KD, Manning DW. Arthrocentesis in the setting of Total Hip Arthroplasty – Risk Factors for a Failed Aspiration. Poster presentation at *Mid-America Orthopaedic Association Annual Meeting*. 2020 October 2; Amelia Island, Florida.
3. **Nicolay RW**, Hartwell MH, Bigach SD, Fernandez CE, Morgan AM, Cogan CJ, Terry MA, Tjong VK. The Sport-Specific Prevalence of Generalized Joint Hypermobility in Collegiate Athletes – A Cross-Sectional Study. Poster accepted for presentation at *International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine Global Meeting*. 2021 November 27-28; Virtual.
4. Hartwell MH, Ujash S, Nelson P, Morgan AM, Fernandez CE, **Nicolay RW**, Tjong VK, Terry MA. The effect of age on outcomes following isolated acetabuloplasty for femoroacetabular impingement: a matched-pair analysis. Accepted for podium presentation at *European Society of Sports Traumatology, Knee Surgery & Arthroscopy Annual Meeting*. 2020 May 6; Milan, Italy.
5. **Nicolay RW**, Patel PB, Johnson DJ, Castle JP, Peabody MT, Hardt KD, Manning DW. Arthrocentesis in the setting of Total Hip Arthroplasty – Risk Factors for a Failed Aspiration. Accepted for podium presentation at *American Academy of Orthopaedic Surgeons Annual Meeting*. 2020 March 25; Orlando, Florida.

6. Selley RS, Johnson DJ, **Nicolay RW**, Terry MA, Tjong VK. PROMIS Validation in Hip Arthroscopy: A Shift Towards Reducing Survey Burden. Accepted for podium presentation at *American Academy of Orthopaedic Surgeons Annual Meeting*. 2020 March 25; Orlando, Florida.
7. Khazi Z, Johnson DJ, **Nicolay RW**, Tjong VK, Terry MA. Incidence and Risk Factors for Failure of Primary Hip Arthroscopy Within 1-Year. Accepted for podium presentation at *Mid-America Orthopaedic Association Annual Meeting*. 2020 April 25; Bonita Springs, Florida.
8. **Nicolay RW**, Patel PB, Johnson DJ, Castle JP, Peabody MT, Hardt KD, Manning DW. Risk factors for a Failed Arthrocentesis in the Setting of Total Hip Arthroplasty. Accepted for podium presentation at *Mid-America Orthopaedic Association Annual Meeting*. 2020 April 25; Bonita Springs, Florida.
9. **Nicolay RW**, Patel PB, Johnson DJ, Castle JP, Peabody MT, Hardt KD, Manning DW. Arthrocentesis in the setting of Total Hip Arthroplasty – Provider Type and other Risk Factors for a Failed Aspiration. Accepted for poster presentation at *American Association of Hip and Knee Surgeons Annual Meeting*. 2019 November 08-10; Dallas, Texas.
10. Selley RS, Johnson DJ, **Nicolay RW**, Terry MA, Tjong VK. PROMIS Validation in Hip Arthroscopy for FAI. Poster presentation at *International Combined Orthopaedic Research Societies*. 2019 June 19-22; Montréal, Canada.
11. Selley RS, Johnson DJ, **Nicolay RW**, Ravi K, Lawton CD, Tjong VK, Terry MA. Risk Factors for Adhesive Capsulitis requiring Shoulder Arthroscopy. Poster presentation at *International Combined Orthopaedic Research Societies*. 2019 June 19-22; Montréal, Canada.
12. **Nicolay RW**, Selley RS, Terry MA, Tjong VK. Is Body Mass Index a Risk Factor for Complications Following Arthroscopy of the Knee, Hip, and Shoulder? Podium presentation at *International Combined Orthopaedic Research Societies*. 2019 June 19; Montréal, Canada.
13. **Nicolay RW**, Selley RS, Johnson DJ, Terry MA, Tjong VK. Hypoalbuminemia as a Preoperative Risk Factor for Infection following Arthroscopic Surgery. Podium presentation at *International Combined Orthopaedic Research Societies*. 2019 June 19; Montréal, Canada.
14. Hartwell MH, Nelson P, Johnson, DJ, **Nicolay RW**, Christian RA, Selley RS, Tjong VK, Terry MA. Total Shoulder Arthroplasty: Risk Factors for a Prolonged Length of Stay. Podium presentation at *Canadian Orthopaedic Association*. 2019 June 22; Montréal, Canada.
15. Hartwell MH, Morgan AM, Johnson DJ, **Nicolay RW**, Selley RS, Terry MA, Tjong VK. Risk Factors for 30-Day Readmission Following Hip Arthroscopy. Poster presentation at *Canadian Orthopaedic Association*. 2019 June 19-22; Montréal, Canada.
16. Hartwell MH, Morgan AM, Johnson DJ, **Nicolay RW**, Selley RS, Christian RA, Terry MA, Tjong VK. Risk Factors for 30-Day Readmission Following Knee Arthroscopy. Poster presentation at *Canadian Orthopaedic Association*. 2019 June 19-22; Montréal, Canada.
17. Selley RS, Johnson DJ, **Nicolay RW**, Terry MA, Tjong VK. Validating Patient Reported Outcome Measures in Hip Arthroscopy. Poster presentation at *International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine Annual Meeting*. 2019 May 12-16; Cancun, Mexico.

18. Selley RS, Johnson DJ, **Nicolay RW**, Ravi K, Lawton CD, Tjong VK, Terry MA. Adhesive Capsulitis: Understanding Risk Factors for Operative Intervention. Poster presentation at *International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine Annual Meeting*. 2019 May 12-16; Cancun, Mexico.
19. **Nicolay RW**, Selley RS, Terry MA, Tjong VK. Are Underweight, Overweight & Obese Patients at Higher Risk for Complication following Elective Arthroscopic Procedures? Poster presentation at *International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine Annual Meeting*. 2019 May 12-16; Cancun, Mexico.
20. Hartwell MH, Morgan AM, Johnson DJ, **Nicolay RW**, Selley RS, Terry MA, Tjong VK. Risk Factors for 30-Day Readmission Following Hip Arthroscopy. Poster presentation at *International Society of Arthroscopy, Knee Surgery, and Orthopaedics Sports Medicine*. 2019 May 12-16; Cancun, Mexico.
21. Johnson DJ, Hartwell MH, **Nicolay RW**, Selley RS, Fernandez CE, Terry MA, Tjong VK. Arthroscopy vs. Arthrotomy for Septic Knee Arthritis? Poster presentation at *International Society of Arthroscopy, Knee Surgery and Orthopaedics Sports Medicine*; 2019 May 12-16; Cancun, Mexico.
22. Hartwell MH, Morgan AM, Johnson DJ, **Nicolay RW**, Selley RS, Christian RA, Terry MA, Tjong VK. Risk Factors for 30-Day Readmission Following Knee Arthroscopy. Poster presentation at *International Society of Arthroscopy, Knee Surgery, and Orthopaedics Sports Medicine*; 2019 May 12-16; Cancun, Mexico.
23. Johnson DJ, Hartwell MJ, **Nicolay RW**, Selley RS, Baker H, Terry MA, Tjong VK. Smoking as a Risk Factor for Readmission in Arthroscopic Surgery: A Propensity Matched Analysis. Podium presentation at *Mid-America Orthopaedic Association Annual Meeting*. 2019 Apr 13; Miramar Beach, Florida.
24. Johnson DJ, Helfrich MM, Hartwell MJ, **Nicolay RW**, Christian RA, Hernandez F, Terry MA, Tjong VK. A Decade of NSQIP: Trends and Reimbursement in Arthroscopic Surgery. Podium presentation at *Mid-America Orthopaedic Association Annual Meeting*. 2019 Apr 13; Miramar Beach, Florida.
25. Selley RS, Johnson DJ, **Nicolay RW**, Terry MA, Tjong VK. PROMIS Validation in Hip Arthroscopy for FAI. Podium presentation at *Mid-America Orthopaedic Association Annual Meeting*. 2019 Apr 12; Miramar Beach, Florida.
26. **Nicolay RW**, Kannan AS, Selley RS, Johnson DJ, Terry MA, Tjong VK. Preoperative Albumin as a Risk Factor for Infection in Arthroscopy. Podium presentation at *Mid-America Orthopaedic Association Annual Meeting*. 2019 Apr 10; Miramar Beach, Florida.
27. **Nicolay RW**, Patel BM, Selley RS, Terry MA, Tjong VK. Body Mass Index as a Risk Factor for 30-Day Postoperative Complications in Arthroscopy. Podium presentation at *Mid-America Orthopaedic Association Annual Meeting*. 2019 Apr 10; Miramar Beach, Florida.
28. Johnson DJ, Hartwell MJ, **Nicolay RW**, Selley RS, Fernandez CE, Terry MA, Tjong VK. Arthroscopy versus Arthrotomy for Septic Knee Arthritis: Equivalent or Underpowered? Podium presentation at *Mid-America Orthopaedic Association Annual Meeting*. 2019 Apr 10; Miramar Beach, Florida.

29. Hartwell MJ, Johnson DJ, **Nicolay RW**, Christian RA, Selley RS, Terry MA, Tjong VK. Risk Factors for 30-Day Readmission Following Knee Arthroscopy. Poster presentation at *American Academy of Orthopaedic Surgeons Annual Meeting*. 2019 March 12; Las Vegas, Nevada.
30. Johnson DJ, Hartwell MJ, **Nicolay RW**, Christian RA, Terry MA, Tjong VK. A Decade of NSQIP: Trends and Reimbursement in Arthroscopic Surgery. Podium presentation at *American Academy of Orthopaedic Surgeons Annual Meeting*. 2019 March 12; Las Vegas, Nevada.
31. Hartwell MJ, Johnson DJ, **Nicolay RW**, Selley RS, Terry MA, Tjong VK. Risk Factors for 30-Day Readmission Following Hip Arthroscopy. Poster presentation at the *International Society for Hip Arthroscopy Annual Scientific Meeting*. 2018 Oct 05; Melbourne, Australia.
32. Gibbs DB, Christian RA, **Nicolay RW**, Selley RS, Saltzman MD. Risk Factors for Admission after Shoulder Arthroscopy. Podium presentation at *Arthroscopy Association of North America Annual Meeting*. 2018 Apr 27; Chicago, Illinois.
33. Gibbs DB, Christian RA, **Nicolay RW**, Selley RS, Saltzman MD. Risk Factors for Admission after Shoulder Arthroscopy. Podium presentation at *Mid-American Orthopaedic Association Annual Meeting*. 2018 Apr 20; San Antonio, Texas.
34. Gibbs DB, Christian RA, **Nicolay RW**, Selley RS, Saltzman MD. Risk Factors for Admission after Shoulder Arthroscopy. Podium presentation at *American Academy of Orthopaedic Surgeons Annual Meeting*. 2018 March 6; New Orleans, Louisiana.
35. Tornetta P, Shahien A, Sullivan M, Firoozabadi R, Lu K, Cannada L, Timmel M, Ali A, Bramlet K, Marcantonio A, Flynn M, Vallier H, **Nicolay RW**, Mullis B, Goodwin A, Miller A, Krause P, Mir H. Combined Orthopaedic and Vascular Injuries: A Multicenter Analysis. Podium presentation at *Orthopaedic Trauma Association Annual Meeting*. 2016 October 8; National Harbor, Maryland.
36. **Nicolay RW**, Nolan P, Trivedi R, Menard C. Doege-Potter Syndrome: When a Full Night's Sleep is Deadly. Poster presentation at the *American College of Physicians Indiana Chapter Meeting*. 2014 November; Indianapolis, Indiana.

LOCAL PODIUM PRESENTATIONS

1. ***Knee Fracture Dislocation Case Discussion – Hospital for Special Surgery Lower Extremity Multidisciplinary Conference***
Hospital for Special Surgery Sports Medicine Institute: 07/05/22
2. ***Long Head of the Biceps Brachii Tenodesis Biomechanical Analysis – West Point Research Day***
Hospital for Special Surgery Sports Medicine Institute and the United States Army, West Point Sports Medicine Department: 06/21/22
3. ***Gluteus Medius Repair Case Presentation – John L. Marshall Honorary Guest Lecture Series in Sports Medicine***
Hospital for Special Surgery Sports Medicine Institute: 04/29/22

4. ***Knee Physical Examination and MRI Correlations – Hospital for Special Surgery Sports Medicine Symposium***
Hospital for Special Surgery Sports Medicine Institute: 04/09/22
5. ***Medial Meniscus Ramp Lesion Case Presentation – Anesthesia and Sports Medicine Joint CORE Conference***
Hospital for Special Surgery Sports Medicine Institute: 04/07/22
6. ***Biceps Labral Complex, Surgical options: Tenotomy, tenodesis, or transfer – CORE Conference***
Hospital for Special Surgery Sports Medicine Institute: 03/10/22
7. ***Osteochondral Lesions of the Talus: What are the Treatment Options? – CORE Conference***
Hospital for Special Surgery Sports Medicine Institute: 11/18/21
8. ***Reverse Total Shoulder Arthroplasty for the Treatment of Massive Irreparable Rotator Cuff Tears – CORE Conference***
Hospital for Special Surgery Sports Medicine Institute: 8/26/21
9. ***Trauma Intake Lecture Series – Weekly Conference***
Northwestern Department of Orthopaedic Surgery: 02/01/21 – 04/05/21
10. ***Meniscal Root Pathology – Chairman’s Conference***
Northwestern Department of Orthopaedic Surgery: 11/18/20
11. ***Shoulder and Elbow OITE Review – Fracture Conference***
Northwestern Department of Orthopaedic Surgery: 10/27/20
12. ***Congenital Patella Dislocation – Multidisciplinary Radiology Conference***
Lurie Children’s Hospital Department of Orthopaedic Surgery: 8/31/20
13. ***Reading Radiographs – Sub-Internship Lecture Series***
Northwestern Department of Orthopaedic Surgery: 6/8/20
14. ***Introduction to Radiographs – Sub-Internship Lecture Series***
Northwestern Department of Orthopaedic Surgery: 6/1/20
15. ***Osteochondral Lesions of the Talus – Chairman’s Conference***
Northwestern Department of Orthopaedic Surgery: 2/12/20
16. ***Orthopaedic Management in Polytraumatic Injuries – Resident Education Conference***
John H. Stroger, Jr. Hospital of Cook County Department of Orthopaedic Surgery: 2/6/20
17. ***Extraarticular Etiologies of Hip Pain – Chairman’s Conference***
Northwestern Department of Orthopaedic Surgery: 11/20/19
18. ***Degenerative Joint Disease of the Hip – Sub-Internship Lecture Series***
Northwestern Department of Orthopaedic Surgery: 9/17/19
19. ***Advanced Radiographic Interpretation – Sub-Internship Lecture Series***
Northwestern Department of Orthopaedic Surgery: 9/10/19

20. ***Fracture of the Tibial Plateau – Fracture Conference***
Northwestern Department of Orthopaedic Surgery: 7/23/19
21. ***Orthopaedic Urgencies and Emergencies – Sub-Internship Lecture Series***
Northwestern Department of Orthopaedic Surgery: 6/18/19
22. ***Damage Control Orthopaedics – Chairman’s Conference***
Northwestern Department of Orthopaedic Surgery: 6/4/19
23. ***Multiligamentous Injury in the Pediatric Knee – Multidisciplinary Radiology Conference***
Lurie Children’s Hospital Department of Orthopaedic Surgery: 6/3/19
24. ***Fixation Principles – Fracture Conference***
Northwestern Department of Orthopaedic Surgery: 5/21/19
25. ***Proximal Humerus Fractures & Glenohumeral Dislocations – Fracture Conference***
Northwestern Department of Orthopaedic Surgery: 2/12/19
26. ***Hip Dislocations & Femoral Head Fractures – Fracture Conference***
Northwestern Department of Orthopaedic Surgery: 5/22/18
27. ***Damage Control Orthopaedics – Chairman’s Conference***
Northwestern Department of Orthopaedic Surgery: 5/20/18
28. ***Generalized Joint Hypermobility as a Risk Factor for Injury in NCAA Athletes – Grand Rounds Research Proposal***
Northwestern Department of Orthopaedic Surgery: 2/14/18
29. ***Emergencies in Orthopaedic Surgery – Resident Education Conference***
John H. Stroger, Jr. Hospital of Cook County Department of Orthopaedic Surgery: 1/11/18
30. ***Avulsion of the Lateral Epicondyle – Tachdjian Memorial Visiting Professor Symposium***
Lurie Children’s Hospital Department of Orthopaedic Surgery: 9/21/17
31. ***American Academy of Orthopaedic Surgeons Ethics Lecture – Resident Ethics Series***
Northwestern Department of Orthopaedic Surgery: 9/5/2017
32. ***Infections and Microbiology – CORE Conference***
Northwestern Department of Orthopaedic Surgery: 8/2/2017
33. ***Common Injuries in Orthopaedic Trauma – Alumni Lecture Series***
Lake Zurich High School: 5/2015
34. ***Doegge-Potter Syndrome: When a Full Night’s Sleep is Deadly – Medical Case Reports***
St. Vincent Department of Medicine: 5/2014
35. ***What is Orthopaedic Surgery? – Careers in Medicine***
Crispus Attucks High School: 10/2013

MEDICAL OUTREACH

- 2012-2016 **Indiana University Student Outreach Clinic Volunteer** (Indianapolis, Indiana)
Supplies Chairman (2014-2016)
Elected position and voting member of the executive board, responsible for managing the budget, purchasing supplies and stocking the clinic.
- 2013 **Himalayan Health Exchange** (Himachal Pradesh, India)
Traveled with a mobile medical clinic to six remote mountain villages. Our team of medical students, physicians and anthropologists spent 30 days hiking to each community, where we setup camp and provided primary care medical clinics. The trip was complicated by a tragic natural disaster, with widespread landslides and the region's heaviest rainfall in 80 years, since named 'The Himalayan Tsunami'.
- 2009-2011 **Volunteers in Medicine** (Bloomington, Indiana)
Volunteered weekly at the free medical clinic for residents of Monroe County. During these four semesters, I gained clinical and clerical experience while working in many different departments, including: pharmacy, scheduling, data entry, medical records and the front desk.

VOLUNTEERING AND PHILANTHROPY

- 2013-2016 **Adolescent Substance Abuse Prevention Program**
Presented workshops at grade schools, teaching students the physiologic impact that tobacco, alcohol and illicit drugs have on the body.
- 2015 **Walking for Dreams 5K – Marketing board member**
Designed and sold apparel, helped raise \$6,100 for local Indianapolis charities.
- 2014-2015 **Medals4Mettle and Team Riley**
Raised funds for Riley Hospital for Children before running half marathons, medals achieved were donated to hospitalized patients at Riley Hospital for Children.
- 2014 **Out Run the Sun Fundraiser**
Volunteered at the *Midnight Soirée* event to raise funds for melanoma research.
- 2014 **West Side Clinic and Forest Manor Health Fairs**
Provided skin cancer screening to underserved communities.
- 2014 **IUSM Spring House Calls**
Cleaned, landscaped and gardened for elderly citizens in underserved neighborhoods of Indianapolis.

EXTRACURRICULAR ACTIVITIES

- 2014 **IUPUI Cultural Arts Center Gallery “Scientific Inquiry Gallery, Artistic Expression”** and the **IU School of Medicine Art Exhibition** – My original work, *Meré* (pencil on paper), was selected and displayed in the annual galleries.
- 2013 **IUPUI Cultural Arts Center Gallery “Scientific Inquiry Gallery, Artistic Expression”** and the **IU School of Medicine Art Exhibition** – My original work, *Walleye* (wood carving), was selected and displayed in the annual galleries.
- 2008-2012 **Indiana University Waterski & Wakeboard Team**
Team Captain (2010 season)
Competed in collegiate competitions around the Midwest.
- 2008-2012 **Beta Theta Pi – Pi Chapter**
As a fraternity brother, I served a variety of elected roles, including:
Recruitment chairman, marketing executive and judicial board member
- 2007 **Illinois State High School Association State Champion**
Lake Zurich High School Football
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INTERESTS

Fishing; Football; Wakeboarding; Running; Drawing; Woodworking; Graphic Design; Photography