

Joshua A. Metzl, MD

UCHealth Steadman Hawkins Clinic Denver
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ACADEMIC HISTORY

COLLEGES AND UNIVERSITIES ATTENDED, DEGREES RECEIVED, DATES

1997-2001	University of Pennsylvania Bachelor of Arts in English
2002-2006	University of Missouri School of Medicine Doctor of Medicine <i>Cum Laude</i>

POST-DOCTORAL AND RESIDENCY, FELLOWSHIPS, POST-DOCTORAL TRAINING

2006-2011	New York-Presbyterian/Columbia University Medical Center Department of Orthopaedic Surgery Orthopaedic Surgery Residency
2011-2012	OrthoCarolina / Charlotte, NC Department of Orthopaedic Surgery Foot and Ankle Fellowship

SCHOLARSHIPS AND HONORS DURING EDUCATIONAL YEARS

2004	2 nd place Resident Fellow Research Award. Alendronate inhibits spine fusion in a rat model. Huang RC, Khan SN, Sandhu HS, Metzl JA , Cammisa FP Jr., Zheng F, Sama AA, Lane JM. Cervical Spine Research Society (CSRS) Annual Meeting.
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EMPLOYMENT HISTORY

2012-Current	Orthopaedic Foot and Ankle Surgeon UCHealth Steadman Hawkins Clinic Denver Department of Orthopaedic Surgery University of Colorado Englewood, CO
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Joshua A. Metzl, MD

2016-Current	Assistant Professor of Medicine Department of Orthopaedic Surgery University of Colorado Aurora, CO
2018-Current	University of Colorado Foot and Ankle Fellowship, Faculty Department of Orthopaedic Surgery Aurora, CO

PUBLIC AND PROFESSIONAL SERVICE

2012-Current	Denver Broncos Football Club – Assistant Team Physician Denver, CO
2012-Current	Colorado Rockies Baseball Club – Assistant Team Physician Denver, CO
2015-Current	Colorado Ballet – Head Orthopaedic Physician Denver, CO
2020-Current	Colorado Rapids Soccer – Assistant Team Physician Denver, CO

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

2012-Current	American Academy of Orthopaedic Surgeons
2012-Current	American Orthopaedic Foot & Ankle Society

MAJOR COMMITTEE AND SERVICE RESPONSIBILITIES

2019-2019	The American Journal of Sports Medicine, Manuscript reviewer
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LICENSURE AND BOARD CERTIFICATION

2011-Current	Board Certified, American Board of Orthopaedic Surgery
2012-Current	DEA license
2012-Current	CO Medical License
2014-Current	Board Certified, American Academy of Orthopaedic Surgeons

BIBLIOGRAPHY PUBLICATIONS

I. Peer-reviewed articles (10 Total)

1. **Metzl, JA**, Metzl JD. Shin pain in an adolescent soccer player: A case-based look at shin splints. *Contemporary Pediatrics*. 2004. 21(9): 36.
2. Huang RC, Khan SN, Sandhu HS, **Metzl JA**, Cammisa FP Jr., Zheng F, Sama AA, Lane JM. Alendronate inhibits spine fusion in a rat model. *Spine*. 2005 Nov 15;30(22):2516-22
3. **Metzl, JA**, Ahmad CS, Levine WN. The ruptured Achilles tendon: operative and non-operative treatment options. *Current Reviews in Musculoskeletal Medicine*. 2008 Jun;1(2):161-4.
4. Rajfer, RA, Danoff JR, **Metzl, JA**, Rosenwasser MPI. A novel arthroscopic technique utilizing bone morphogenetic protein in the treatment of Kienbock disease. *Tech Hand Surg* 2013;17:2-6.
5. **Metzl, JA**, Watson K, Cohen B, Davis W, Jones C, Anderson, R. A Clinical and Radiographic Comparison of Two Hardware Systems Used to Treat Jones Fracture of the Fifth Metatarsal. *Foot Ankle Int*. 2013 Jul;34(7):956-61.
6. **Metzl JA**, Clinical and Radiographic Outcomes of Total Shoulder Arthroplasty with a Hybrid Dual-Radii Glenoid Component. *American Journal of Orthopaedics –Accepted for publication December 2016*.
7. **Metzl, JA**. Naviculocuneiform Sag in the Acquired Flatfoot: What to Do. *Foot Ankle Clin*. 2017 Sep;22(3):529-544. doi: 10.1016/j.fcl.2017.04.007. Epub 2017 Jun 9. Review.
8. Smith, KS, Drexelius, K, Challa S, Moon, DK, **Metzl, JA**, Hunt, KJ. Outcomes Following Ankle Fracture Fixation With or Without Ankle Arthroscopy. *Foot & Ankle Orthopaedics*. 2020, 5(1):1-6. DOI: 10.1177/2473011420904046
9. Bowers M, Hunt KJ, **Metzl J**. High-Energy Achilles Tendon Rupture With Associated Medial Malleolus Fracture and Traumatic Peroneal Dislocation: A Case Report. *Foot Ankle Spec*. 2021 Oct;14(5):438-444. doi: 10.1177/1938640021997285. Epub 2021 Feb 25. PMID: 33631990.
10. **Metzl JA**, Bowers MW, Anderson RB. Fifth Metatarsal Jones Fractures: Diagnosis and Treatment. *J Am Acad Orthop Surg*. 2022 Feb 15;30(4):e470-e479. doi: 10.5435/JAAOS-D-21-00542. PMID: 34932521.
11. Matthias, J, Buckley S, David M, Ackert-Bicknell C, Metzl J, Moon D, Miller C, Zuscik M, Hunt K. (2025, June). Synovial Dysregulation in Ankle Osteoarthritis: Molecular Insights and Pathogenetic Pathways. *Journal of Orthopedic Research*, PMID: 40605342. Pub Status: Online ahead of print.

BOOK CHAPTERS

1. Jobin CM, **Metzl, JA**, Greisberg JK. Ankle arthroscopy. Surgery of the foot and ankle. Selene G Parekh. 2012
2. **Metzl, JA**, Jobin CM, Greisberg JK. Ankle injuries in the Adolescent Athlete. AAOS Monograph. 2009
3. Metzl, JD, **Metzl JA**, Heyworth BE, Marx RJ, Voos J. Sports Medicine in the Pediatric Office. American Academy of Pediatrics. 2008

POSTER PRESENTATIONS

1. Matthias J. (presenting), David M., Buckley S., Ross D., Zona N., **Metzl J.**, Moon D., Grimsrud C., Zuscik M., Hunt KJ. Novel Classification of Peroneal Tendon Disease Reveals Distinct Molecular Phenotypes of the Tenosynovium. Annual Orthopedic Research Symposium & D'Ambrosia Diversity Lectureship. Aurora, CO, October 2024.
2. Matthias J (presenting), David M, Buckley S, Ross D, Zona N, Hewitt M, **Metzl J**, Moon D, Grimsrud C, Adams D, Zuscik M, Hunt K (2024, Sept 12th). Novel Classification of Peroneal Tendon Disease Reveals Cellular and Molecular Phenotypes of the Tenosynovium. AOFAS Annual Meeting 2024; Vancouver, Canada.
3. Matthias J (presenting), David M, Buckley S, Ross D, Zona N, Hewitt M, **Metzl J**, Moon D, Grimsrud C, Adams D, Zuscik M, Hunt K. (2024, Feb 3). Novel Classification of Peroneal Tendon Disease Reveals Cellular and Molecular Phenotypes of the Tenosynovium. ORS 2024 Annual Meeting; Long Beach, CA, USA.
4. Ebben BJ, Buckley S, Hewitt MA, Moon D, **Metzl J**, Hunt KJ. Outcomes in open and endoscopic treatment for Haglund's syndrome and Insertional Achilles tendinopathy. Audio poster: AOFAS Annual Meeting 2022; September 2022; Quebec City, QC, CAN.
5. Kalma JJ, Hewitt MA, Buckley S, Drexelius KD, Moon D, **Metzl J**, Grimsrud C, Hunt KJ. Time to surgery and technique as predictors of complications after surgical treatment of Achilles ruptures: a retrospective study. Audio poster: AOFAS Annual Meeting 2022; September 2022; Quebec City, QC, CAN.
6. Hamati MC, Bowers MC, Buckley SE, Moon D, **Metzl J**, Hunt KJ. Outcomes and Patient Satisfaction following Synthetic Cartilage Implant for Hallux Rigidus. Poster: Western Orthopaedic Association 86th Annual Meeting 2022; August 2022; Maui, HI.
7. Buckley S, Hamati MC, Maynard R, Ackert-Bicknell C, Zuscik M, **Metzl J**, Moon D, Hunt, KJ. Ankle and Knee Osteoarthritis: A Comparison of Synovial RNA. Poster presented at: MSOS Annual Virtual Conference 2022; April 2022; virtual*

8. Buckley S, Hamati MC, Maynard R, Ackert-Bicknell C, Zuscik M, **Metzl J**, Moon D, Hunt KJ. Ankle and Knee Osteoarthritis: A Comparison of Synovial RNA. Poster presented at: ORS 2022 Annual Meeting; February 2022; Tampa, FL.
9. **Metzl JA**, Garrels K, Cohen B, Davis W, Anderson R. A Retrospective Review of a Minimally Invasive Technique of a Novel Locking Device for Achilles Tendon Repair. Poster presentation. The Annual American Orthopaedic Foot and Ankle Society Summer Meeting. San Diego, CA. June 2012.
10. **Metzl, JA**, Izzi JA, Meyers KN, Wright TM, Wolfe SW. The mechanical behavior of 4-strand flexor repairs using a novel suture: A comparative in vitro study. Poster presentation. The Annual Meeting of the American Academy of Orthopaedic Surgeons, New Orleans, LA, March 2010.
11. Huang RC, Khan SN, Sandhu HS, **Metzl JA**, Cammisa FP Jr., Zheng F, Sama AA, Lane JM. Alendronate inhibits spine fusion in a rat model. University of Missouri School of Medicine Student Research Day 2005. Columbia, MO.

PODIUM PRESENTATIONS

1. Hunt KJ, Kalma J, Hewitt MA, Buckley S, Drexelius K, Moon D, **Metzl J**, Grimsrud C. Open versus percutaneous techniques and time to surgery for Achilles rupture repair. International Society of Arthroscopy, Knee Surgery, and Orthopedic Sports Medicine (ISAKOS), June 2023, Boston MA.
2. Matthias J (presenting), David MA, Buckley S, Ross D, Zona NE, **Metzl J**, Moon D, Grimsrud C, Zuscik M, **Hunt KJ**. Development Of A Novel Classification System For Peroneal Tendon Disease Reveals Key Transcriptomic And Cellular Differences Across Disease Stages. Orthopedic Research Society (ORS), February 2025, Phoenix AZ.
3. Buckley S, Hamati MC, Hewitt MA, Ackert-Bicknell C, Zuscik M, **Metzl J**, Moon D, Hunt, KJ. Ankle and Knee Osteoarthritis: Gene transcription in end stage ankle osteoarthritis differs markedly from knee arthritis and non-arthritic ankles. Oral presentation: AOFAS Annual Meeting 2022; September 2022; Quebec City, QC, CAN.
4. Hunt KJ, Hewitt MA, York S, Buckley S, **Metzl J**, Moon D, Grimsrud C. Orthopaedic foot and ankle post- operative outcomes: The University of Colorado Orthopaedic Surgery Monitoring of Outcomes System (U-COSMOS) Oral presentation: AOFAS Annual Meeting 2022; September 2022; Quebec City, QC, CAN.
5. **Metzl, JA**. Medical Issues of bike fit. When it's right and when it's wrong. 2nd Annual New York Triathlon Symposium 2009.
6. **Metzl JA**, Metzl JD. The Mechanics of Injury. Why do they happen and how can they be prevented. SBR Triathlon Lecture Series. New York, NY 2008.
7. **Metzl JA**, Metzl JD. Orthopaedic issues in triathlon. CTA Endurance Sports Medical Conference 2007.

8. Huang RC, Khan SN, Sandhu HS, **Metzl JA**, Cammisa FP Jr., Zheng F, Sama AA, Lane JM. Alendronate inhibits spine fusion in a rat model. The Annual meeting of the American Academy of Orthopaedic Surgeons 2005.