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| **Joshua A. Metzl, MD** |

UCHealth Steadman Hawkins Clinic Denver

175 Inverness Dr W

Englewood, CO 80112

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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

*Cum Laude*

**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 2nd 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

2017-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

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| **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

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| **MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS** |

2012-Current American Academy of Orthopaedic Surgeons

2012-Current American Orthopaedic Foot & Ankle Society

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| **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

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| **BIBLIOGRAPHY PUBLICATIONS** |

I. Peer-reviewed articles (8 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

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| **BOOK CHAPTERS** |

1. Jobin CM, **Metzl, JA,** Greisberg JK. Ankle arthroscopy. Surgery of the foot and ankle.

Selene G Parekh. 2012

1. **Metzl, JA,** Jobin CM, Greisberg JK. Ankle injuries in the Adolescent Athlete. AAOS Monograph. 2009
2. Metzl, JD, **Metzl JA,** Heyworth BE, Marx RJ, Voos J. Sports Medicine in the Pediatric Office. American Academy of Pediatrics. 2008

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| **POSTER PRESENTATIONS** |

1. 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.
2. 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.
3. 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.
4. 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\*
5. 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.
6. **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.
7. **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.
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. University of Missouri School of Medicine Student Research Day 2005. Columbia, MO.

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| **PODIUM PRESENTATIONS** |

1. 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.
2. 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.
3. **Metzl, JA.** Medical Issues of bike fit. When it’s right and when it’s wrong. 2nd Annual New York Triathlon Symposium 2009.
4. **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.
5. **Metzl JA,** Metzl JD. Orthopaedic issues in triathlon. CTA Endurance Sports Medical Conference 2007.
6. 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.