Sports Medicine Fellowship

Fellowship Application

Contact Information

UCSF Orthopaedic Institute
1500 Owens Street
San Francisco, CA 94158
(415) 476-6548  FAX: (415) 885-3838
E-Mail: sportsfellow@orthosurg.ucsf.edu

Duration: 1 year (August 1 to July 31)

Fellowship Positions: 3 (ACGME accredited)

Application Deadline: November 1, 2019 through San Francisco Match (https://www.sfmatch.org/)

The UCSF Sports Medicine Fellowship is ACGME-accredited and participates in the San Francisco Match.
As such, all application requirements are listed on that site: https://www.sfmatch.org/SpecialtyInsideAll.aspx?id=11&typ=1&name=Orthopaedic%20Sports%20Medicine

Prior to the start of fellowship, successful completion of an orthopaedic surgery program is required, as is a California state medical license.

For any additional questions about our fellowship please contact our Fellowship Coordinator.

Fellowship Coordinator
Johnson Huang
Email: sportsfellow@orthosurg.ucsf.edu
Phone: 415-476-6548
Fellowship Introduction

The goal of the UCSF Sports Medicine and Shoulder Fellowship is to train orthopaedic residency graduates to become outstanding sports medicine surgeons, clinicians, and scientists. The training program benefits from a core group of world-renowned faculty that is focused on improving your clinical and operative skills while providing both a high-volume and high level of complexity of shoulder, knee, hip and elbow cases.

Our fellows receive an unmatched surgical experience in both common sports medicine cases as well as complex surgeries in the knee (multi-ligament reconstruction, revision ACL recon, meniscus transplantation, osteochondral transplant, patellar stabilization), shoulder (revision rotator cuff repair/recon, open shoulder stabilization/bone transfer, primary/revision shoulder arthroplasty), hip (arthroscopic osteoplasty, labral repair/reconstruction), and elbow (arthroscopy/reconstruction, including Tommy John surgery). We are also one of the few programs that integrates a pediatric sports medicine experience (including pediatric ACL reconstruction) in the core rotations.

We have recently expanded and diversified our team coverage experience. Team coverage during fellowship now includes coverage of the San Francisco Giants Major League Baseball team, NCAA Division I sports at Cal Berkeley and the University of San Francisco, the San Francisco Golden Gate Rugby League and local high school football.

The research experience during your fellowship is designed to improve your research background as well as train you to better understand orthopaedic research. There are many research opportunities for fellows including clinical outcomes, basic science, biomechanics, advanced imaging, and social sciences.

Perhaps the best element of the fellowship is the close relationship that exists between the faculty and trainees. Education of the fellows and residents is the primary focus of our program and we seek to provide this through a positive collegial relationship. We hope to promote an environment where our fellows continue to communicate with us after graduating and feel comfortable seeking advice as their practices mature.

The Sports Medicine Fellowship is based at the UCSF Orthopaedic Institute in the new Mission Bay Campus. The Orthopaedic Institute is a state of the art facility with clinic, 6 operating rooms, on site radiology including 3T MRI, physical therapy, orthotics, and the UCSF Human Performance Center. It is within walking distance of subsidized on-campus housing for fellows as well as Oracle Park, home of the San Francisco Giants.

If you have questions regarding the fellowship, I encourage you to contact us at: sportsfellow@orthosurg.ucsf.edu.

Best regards,
Alan Zhang, MD
Fellowship Director
Sports Medicine and Shoulder Surgery
Sports Medicine Fellowship

Faculty:

**C. Benjamin Ma, MD.** (Professor, Chief of Sports Medicine and Shoulder Surgery)
Residency: University of Pittsburgh Medical Center; **Fellowship:** Hospital for Special Surgery
Clinical Expertise: Shoulder and knee arthroscopy, shoulder arthroplasty
Team Coverage: University of California, Berkeley

**Alan Zhang, MD.** (Associate Professor, Fellowship Director, Director- Hip Preservation)
Residency: UCLA; **Fellowship:** UCSF
Clinical Expertise: Hip arthroscopy, knee arthroscopy, shoulder arthroscopy
Team Coverage: University of San Francisco

**Brian Feeley, MD.** (Professor, Associate Fellowship Director)
Residency: UCLA; **Fellowship:** Hospital for Special Surgery
Clinical Expertise: Shoulder arthroscopy, knee arthroscopy, shoulder arthroplasty

**Christina Allen, MD.** (Professor)
Residency: University of Pittsburgh Medical Center; **Fellowship:** University of Pittsburgh Medical Center
Clinical Expertise: revision knee surgery, meniscus transplantation, cartilage preservation, patellofemoral pathology
Team Coverage: USA Taekwondo

**Drew Lansdown MD.** (Assistant Professor)
Residency: UCSF; **Fellowship:** Rush
Clinical Expertise: Shoulder and knee arthroscopy, cartilage preservation, shoulder arthroplasty

**Nirav Pandya, MD.** (Associate Professor, Director- Pediatric Sports Medicine)
Residency: UPenn; **Fellowship:** UCSD/Rady Children’s Hospital
Clinical Expertise: Pediatric Sports Medicine and Arthroscopy

**Nick Colyvas, MD.** (Professor) Sports Medicine and Arthroscopy
Residency: UCSF; **Fellowship:** UCSF
Clinical Expertise: Knee and shoulder arthroscopy, meniscus preservation

**Elly LaRoque MD.** (Associate Professor)
Residency: Stanford; **Fellowship:** Stanford/SOAR
Clinical Expertise: Knee and shoulder arthroscopy

**Ken Akizuki, MD.** (Head Team Orthopedist- San Francisco Giants)
Residency: St. Mary’s Medical Center; **Fellowship:** Lennox-Hill
Clinical Expertise: Elbow surgery/arthroscopy, cartilage preservation, knee and shoulder arthroscopy
Team Coverage: San Francisco Giants, University of San Francisco
Sports Medicine Fellowship

Clinical Experience

Fellows will rotate through 3 two-month rotations (twice each). They will be exposed to high-volume practices in both the clinical and surgical settings. In addition to common sports medicine arthroscopy procedures, fellows will experience complex cases in the knee (multi-ligament reconstruction, revision ACL reconstruction, meniscus transplantation, osteochondral transplantation, patellar stabilization), shoulder (revision rotator cuff repair/reconstruction, open shoulder stabilization/Latarjet procedure, primary/revision shoulder arthroplasty), hip (arthroscopic femoroplasty, acetabuloplasty, labral repair/reconstruction, endoscopic gluteus medius repair), and elbow (arthroscopy, Tommy-John surgery, reconstruction). We are also one of the few programs that integrates a pediatric sports medicine experience (including pediatric ACL reconstruction).

Team Coverage

Our fellowship offers a diverse team coverage experience including coverage of the San Francisco Giants Major League Baseball team, NCAA Division I sports at Cal Berkeley and the University of San Francisco, the San Francisco Golden Gate Rugby League and local high school football.

Research

Extensive research opportunities exist in the fellowship that can prepare fellows for careers in academics or help them become highly competitive applicants for private or hospital-system practices. Opportunities exist in clinical and translational science, as well as basic science, imaging, gait and performance, biomechanics, large dataset mining, and standard reviews.

Current funding for UCSF sports medicine research includes NIH/NIAMS funded studies (NIH P50, R01, R03, and PCORI), as well as funding from the Arthritis Foundation, OREF and AOSSM. Fellows are required to prepare one manuscript based upon original research for publication prior to graduation.

Didactic

UCSF Orthopaedic Surgery Grand Rounds: held weekly on Wednesday mornings (September through June) with invited guest speakers discussing orthopaedic topics including sports medicine. Sports Core and Indications Conference: Weekly (Monday: 530-630PM)
Journal Club: Monthly
Cadaver lab: hip, shoulder and knee cadaver labs are held for fellows throughout the year
Sports Medicine Fellowship

Recent Graduates- Current Positions

**Academic Practice:** UCSF, UCLA, University of Minnesota

**Hospital-employed Practice:** Kaiser San Francisco, Virginia Mason Medical Center, Sutter Gould Medical Foundation (Northern California), St. Mary’s/Apple Valley (Southern California)

**Private Practice:** San Francisco, Minnesota, New Orleans, Miami, Sacramento

Current Fellows (2020-2021)

James Friedman, MD  
Residency: University of Pennsylvania  
Medical School: Duke University School of Medicine

Jae You, MD  
Residency: University of Hawaii  
Medical School: University of Hawaii School of Medicine

Incoming Fellows (2020-2021)

Kendall Bradley, MD  
Residency: Duke University Medical Center  
Medical School: Duke University School of Medicine

Hayley Jansson, MD  
Residency: UCLA-Harbor Medical Center  
Medical School: USC Keck School of Medicine
Sports Medicine Fellowship

Previous Fellows

Edward Cheung, MD (2018-2019)
Residency: UCLA Medical Center
Current Position: Faculty- UCLA Medical Center
“Working with the UCSF sports medicine and shoulder service this year has been an amazing opportunity. The attendings are great mentors and good people who have provided a well rounded, high volume, hands on, high complexity experience with exposure to arthroscopic and open procedures involving the shoulder, elbow, hip and knee. There are endless research opportunities, and working with the San Francisco Giants has been a once in a lifetime experience.”

Jonathan Hodax, MD (2018-2019)
Residency: Brown University Medical Center
Current Position: Virginia Mason Medical Center (Seattle, WA)
“Training with the team at UCSF has been a dream come true. We’ve been able to have a high volume of everything from shoulder arthroplasty to complex knee and hip arthroscopy. It’s hard to find a program that will give you all that, plus down time for research and the chance to cover an MLB team like the SF Giants.”

Caitlin Chambers, MD (2017-2018)
Residency: Northwestern University Medical Center
Current Position: Faculty- University of Minnesota/TRIA Sports Medicine
“I firmly believe that UCSF is one of the top sports fellowship programs in the country. The breadth and complexity of cases exceeded my expectations and was matched with a high degree of surgical autonomy. The monthly fellows clinic in particular provided a unique opportunity to independently develop and carry out surgical plans for complex problems. The faculty at UCSF have proven to be phenomenal mentors for my clinical, research, and personal goals and importantly, they have all made it clear that their mentorship role does not end July 31. I strongly recommend the UCSF sports fellowship program without hesitation.”

Emily Monroe, MD (2017-2018)
Residency: Northwestern University Medical Center
Current Position: Private Practice- Alexandria, Minnesota
“I had a fabulous fellowship year that included high level, complex cases spanning the full breadth of arthroscopic hip, knee, and shoulder with a rich shoulder arthroplasty and pediatric experience. I spent the year learning from tremendous faculty that were incredibly knowledgeable and invested in my technical, diagnostic, and personal growth. I feel well prepared for practice with lifelong mentors at my back.”
Sports Medicine Fellowship

Previous Fellows

Marc Ialenti, MD (2016-2017)
Residency: University of Miami
Current Position: Private Practice- Miami, FL

“Throughout my fellowship interviews, I came across many programs characterized by various strengths and weakness. It was not until I interviewed at UCSF that I found an extremely well rounded Fellowship that was ideal for my continued training. The high surgical volume, as well as variety of cases (especially shoulder arthroplasty and open shoulder procedures) first piqued my interest in UCSF. Developing and enhancing my surgical skills under the mentorship of leaders in the field of sports medicine who are dedicated to Fellow and Resident education was a major draw for me. UCSF is unique in providing a pediatric sports medicine rotation, as well as spending time in both the academic and private sector. The program provides sideline coverage of local sports, but does not overburden the fellows with excessive game coverage or travel. This allows ample time to participate in research and enjoy one of the most beautiful cities and regions in the country. Finally, and possibly most importantly, the current and former fellows loved their fellowship experience and being part of the UCSF family. In the end, UCSF was the program that provided the most well rounded fellowship under the guidance of some of the best mentors in the country.”

Michael Leathers, MD (2016-2017)
Residency: UCLA
Current Position: Private Practice- Sacramento, CA

“I used very specific criteria in my sports medicine fellowship search. I was interested in academic centers because they are the referral centers for complex cases and revisions, but still offer the bread and butter sports medicine experience. I also wanted a fellowship that offered a variety of cases, which include hip scopes and shoulder arthroplasty, to provide me with broad set of skills. A program with strong leaders and mentors was also a must. A fellowship that includes residents is also a positive as I feel teaching in the clinic and operative room provides a learning experience that is mutually beneficial. The UCSF Sports Medicine fellowship made the decision very easy as it excels in all of the qualities listed above. UCSF is a well known academic center and has numerous research opportunities, providing the skill set to go into academic positions in the future. Its location in a large dynamic city also offers an endless number of activities outside the hospital, which is an added bonus. Another unique feature is a pediatric sports medicine rotation which again increases the case variety and speaks to the breadth of the program. Lastly, when speaking with former fellows and current UCSF residents, all spoke positively of the sports medicine department.”
Sports Medicine Fellowship

Previous Fellows

David Ding, MD (2015-2016)
Residency: New York University Hospital for Joint Diseases
Current Position: Kaiser Permanente- San Francisco, CA

“When I was searching for a sports fellowship, I encountered plenty of exceptional programs but all had trade offs between location and program quality. With UCSF, there is no compromise—it has the best of both. Sure, the weather is a bit cold in the summer and there are a few hills to walk up in San Francisco but its location can’t be matched for outdoor lovers. Beaches, mountains, wine country, etc are just a short day trip away. As for the program, the new facilities immediately gave a good impression but most importantly, the combination of academics, research power, comprehensive hands-on operative exposure, and great mentorship is unmatched—it made selecting UCSF for Sports Fellowship a very simple choice.”

Joey LaMartina, MD (2015-16)
Residency: Boston University Medical Center
Current Position: Private Practice- New Orleans, Louisiana

“Having completed a sports medicine fellowship at UCSF, I leave with no regrets about making UCSF my top choice for fellowship. The facilities were phenomenal, making for a pleasant place to work. The case volume and variety were well beyond sufficient in providing me with all the confidence I need to take on both open and arthroscopic cases about the knee and shoulder, and the hip arthroscopy experience added an extra element of training that I will certainly put to use in clinical practice. I also chose UCSF for the unique open shoulder experience it offered, and it undoubtedly delivered a great mix of primary, revision and reverse shoulder cases.

That said, the most valuable feature of the UCSF orthopaedic sports medicine fellowship is the faculty. Not only are they extremely knowledgeable, approachable, and clinically skilled, but they are a great group of role models who treat you as both a colleague and a member of the UCSF family. As a group, they work incredibly well as a team and continue to improve all facets of the department. With the recent addition of a second accredited fellowship spot and the incorporation of pediatric sports medicine training, this program continues to strengthen and place itself on the level of the best programs in the country.”