

JOSHUA M. ALPERT, MD

Dralpert@fvortho.com

EMPLOYMENT: **Fox Valley Orthopedics** (9/2020-Present)
Board Certified in Orthopedic Surgery
Sports Medicine Subspecialty
Northwestern Suburbs of Chicago, Illinois
Office Locations: Barrington, Algonquin, Geneva, Elgin

Team Physician: Judson University, Dundee Crown HS, Larkin HS, Elgin HS, Chicago Inferno Soccer

Midwest Bone and Joint Institute (9/2008-9/2020)
MBJ Joined Fox Valley Orthopedics 9/1/2020

EDUCATION: **Board Certified: American Academy of Orthopedic Surgery** (2010)
Medical License: Illinois (2002) **Wisconsin** (2017)

Massachusetts General/Harvard Sports Medicine Fellowship ('07- '08)
Team Physician: New England Patriots, Boston Red Sox, Boston Bruins
Head Team Physician: Curry College: Football, Basketball, Wrestling

Rush University Medical Center (2002- '07)
Orthopedic Surgery Resident

The Chicago Medical School North Chicago, IL (1998- '02)
M.D.

Rosalind Franklin University of Health Sciences (1997-'98)
M.S. in Applied Physiology

University of Illinois Urbana-Champaign, IL (1993- '97)
B.S. in Biology

HONORS/AWARDS: Alpha Omega Alpha: Academic Honorary
Advocate Sherman Hospital Physician Spotlight Award 2013
Massachusetts General Hospital Academic Enrichment Grant
Strathmore's Who's Who 2008
Dean's Award: The Chicago Medical School
Scholarship Award: The Association for Chemoreception Sciences
Alpha Lambda Delta National Academic Honorary
Member: Zeta Beta Tau Fraternity College of Honors
University of Illinois Dean's List (5 semesters)

ACTIVITIES: Member: American Orthopedic Society for Sports Medicine (AOSSM)
Certified: 6th Edition AMA Guide to Evaluation of Impairment Ratings
Member: American Academy of Orthopedic Surgery
Member: Sherman Hospital Trauma Committee
Member: Illinois State Medical Society
Manuscript Reviewer: American Journal of Sports Medicine, The Knee
Mentor: Rosalind Franklin School of Medicine Alumni Program
President: Presence-St Joe's Hospital Orthopedic Co-Management, LLC.
Resident Judge: OREF Midwest Resident Research Competition (2007)
President: Chicago Medical School Honor Council
Vice President Chicago Medical School Class of 2002

PUBLICATIONS:

Alpert, J. Wuerz, T. O' Donnell, T. Gill, T. The Effect of Age on the Outcomes of Arthroscopic Repair of Type II Superior Labrum Anterior Posterior Lesions. *American Journal of Sports Medicine*. 2010.

Alpert J and Asnis P. Orthopedic Surgery. Oxford American Handbook of Surgery. Oxford University Press: New York, 18: 569-646, 2009.

Alpert, J. Kozanek, M. Li, G. Kelly, B. Asnis, P. Cross Sectional Analysis of the Iliopsoas Tendon and Its Relationship to the Acetabular Labrum: An Anatomic Study *Am J of Sports Medicine*. 2009 Apr 8. (Epub ahead of print).

McCarty LP, Alpert, J. Bush-Joseph. Reconstruction of a Chronic Distal Biceps Tendon Rupture Using Semitendinosus Autograft. *Am J Orthop*. 2008 Nov;37(11):579-82

Alpert JM, Verma N, Wysocki R, Yanke AB, Romeo AA. Arthroscopic treatment of multidirectional shoulder instability with minimum 270 degrees labral repair: minimum 2-year follow-up. *Arthroscopy*. 2008 Jun;24(6):704-11. Epub 2008 Mar 21

Alpert JM, Bush-Joseph CA, Bach Jr BR. 2008. Patellar Tendon Autograft for Anterior Cruciate Ligament Reconstruction. In: Cole BJ, Sekiya JK, editors. *Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine*. Philadelphia: Saunders. p 599-610

Alpert J, McCarty LP, Bach BB Jr. The Direct Posterior Approach to the Knee: Surgical and Anatomic Dissection *J Knee Surg*. 2008; 21: 44-49.

Alpert J, McCarty LP, Bach BB Jr. The Posterolateral Corner of the Knee: Anatomic Dissection and Surgical Approach. *J Knee Surg*. 2008 :21 50-54.

Alpert, J. Management of Acute and Chronic Distal Biceps Tendon Ruptures. *Orthopedics HyperGuide*. May 2007.

Shapiro, M, Alpert, J, Pandit, R. Tent-shaped retinal detachments in retinopathy of prematurity. *Retina*. 2006 Sep; 26 (7 Suppl): S32-7.

Shapiro MS, Alpert, J. Description of Unusual Vitreoretinal Relationships in Advanced Retinopathy of Prematurity. *Archives of Ophthalmology*. Aug. 2001.

Hirsch, A.R., Alpert, J. Retest Reliability of the Alcohol Sniff Test. *Chemical Senses*. Vol 25, p. 655. 2000.

Hirsch, A.R., Alpert, J. Retest Reliability of the Alcohol Sniff Test. *ACHEMS-XXII*. 2000.

Byrkit G, Keller J.D, Alpert J, Is Prior Cesarean Section Associated with Subsequent Pre-Term Delivery? *American College of Obstetricians & Gynecologists, Annual Clinical Meeting*, May 2000.

PRESENTATIONS:

Alpert J, Shoulder Injuries and Case Studies. *DPT- Physical Therapy. Webinar In-Service.* September 23rd, 2020.

Alpert J, Work Related Shoulder Injuries. *Athletico-Travelers. Webinar In-Service.* September 1st, 2020.

Alpert, J. Common Shoulder Injuries. *Judson University-Athletico ATC Meeting.* Elgin, IL. January 30th 2020.

Alpert, J. Mock Trial: Shoulder Injuries. The Wisconsin Worker's Compensation College. Grand Geneva Resort. Lake Geneva, Wi. May 22nd, 2019

Alpert, J. What you "Kneed" to Know. Treating Knee Injuries in the Workplace. *Sedgewick Case Manager/Adjustor Lunch and Learn.* Sears Center. Hoffman Estates, IL. April 9th 2019.

Alpert J, Work Related Shoulder Injuries. *CCMSI. Lunch In-Service.* Lisle, IL. March 21st, 2019.

Alpert, J. Work Injuries and How it Relates to an IME. *Gallagher Bassett / Athletico Lunch and Learn.* Rolling Meadows, IL. Dec 5th, 2018.

Alpert, J. Work Related Shoulder Injuries: Difficult Cases. *Nurse Case Manager CME event.* Schaumburg, IL. Oct 25th, 2018.

Alpert, J. Shoulder Injuries and How it Relates to an IME. *Sedgewick Insurance Company Lunch and Learn.* Aurora, IL. Oct 23rd, 2018.

Alpert, J. Stanley, T. Shoulder and Neck Injuries, Difficult Cases. *Power and Cronin Annual Medicolegal Seminar.* Arlington Race Track, Arlington Heights, IL. Sept. 13th, 2018

Alpert, J. Shoulder Injuries: Difficult Cases. *Athletico Physical Therapy Clinic.* Elgin, IL. May 16th, 2018.

Alpert, Stanley, T. Complex Shoulder and Spine Injuries. *JPB Medical.* Schaumburg, IL Feb 22nd, 2018.

Alpert, J. Stanley, T. Work Related Shoulder Pain Versus Neck Pain. Which One is it? *Team Rehab Physical Therapy Educational Dinner.* Schaumburg, IL. Oct 3rd, 2017.

Alpert, J. Stanley, T. Work Related Shoulder Pain Versus Neck Pain. Which One Is It? *MMS Educational Dinner.* Oakbrook, IL. February 1st, 2017.

Alpert, J. Work Related Shoulder Injuries: Evaluation and Treatment. *PMA/ Athletico.* Schaumburg IL. October 18th, 2016.

Alpert, J. What's New in Shoulder and Elbow Surgery? *Illinois Worker's Compensation Lawyers Association Meeting.* Chicago IL. Sept 16th, 2016.

Alpert, J. Work Related Shoulder Injuries: Evaluation and Treatment. *Presence St.*

Joseph Hospital Occupational Health. Elgin IL. September 15th, 2016.

Alpert, J. Work Related Shoulder Injuries: Evaluation and Treatment. *Broadspire/Athletico*. Schaumburg IL July 12th, 2016.

Alpert, J. Work Related Shoulder Injuries: How It Relates to an IME. *Woodlake Medical*. Aurora, IL. June 27th, 2016

Alpert, J. Stanley, T. Work Related Shoulder Pain Versus Neck Pain. Which One Is It? *Brickstreet Insurance*. Naperville, IL. April 12th, 2016.

Alpert, J. Understanding Shoulder Pain. *Northern District of the Illinois Physical Therapy Association*. Elgin Community College. Feb. 16th, 2016.

Alpert, J. Shoulder Injuries. Evaluation and Treatment. *Advocate Sherman Hospital Community Outreach*. Huntley, IL. Dec. 14th, 2015.

Alpert, J. What's New in Shoulder Surgery? *Advocate Sherman Hospital Physical Therapy CME*. Advocate Sherman Hospital. July 7th, 2015.

Alpert, J. Work Related Knee Injuries. *Corvel*. Chicago, IL. May 19th, 2015

Alpert, J. What's New in Shoulder Surgery? *Athletico Breakfast Seminar: Spotlight on the Shoulder*. July 7th, 2015.

Alpert, J. Impairment Ratings: What are they, how are they Performed, what do they mean: An Orthopedic Surgeon's Perspective. *Northwest Suburban Law Association Lecture*. Arlington Heights, IL. June 23rd, 2015.

Alpert, J. Work Related Shoulder Injuries: Evaluation and Treatment. *Accelerated 2015 Worker's Compensation "Webinar Wednesdays."* April 1st, 2015.

Alpert, J. Visionscope Imaging: Transforming the Standard of Care. *Novacare Physical Therapy*. Palatine, IL. February 24th, 2015.

Alpert, J. Work Related Knee Injury: Evaluation and Treatment, *KCBA Worker's Compensation Committee CLE Seminar*. Geneva, IL. February 5th, 2015.

Alpert, J. Visionscope Imaging: Transforming the Standard of Care. *Athletico University Lecture Series*. South Elgin, IL. January 28th, 2015.

Alpert, J. Understanding Shoulder Throwing and Overuse Injuries. *Illinois High School Coaches Baseball Association Annual Meeting*. Lombard, IL. January 23rd, 2015

Alpert, J. Shoulder Pain: Is it Arthritis or Is It My Rotator Cuff? *ATI Networking Event*. Barrington, IL. November 23rd, 2014.

Alpert, J. Lower Extremity Trauma: An Orthopedic Surgeon's Perspective. *Advocate Sherman / Presence St. Joseph Hospital Trauma CME Conference*. May 29th, 2014

Alpert, J. Work Injury Prevention. *Presence St Joseph Hospital Occupational Health Department*. May 12th, 2014.

Alpert, J. Work Related Shoulder Injuries: Evaluation and Treatment. *Accelerated*

Rehabilitation's Dinner with a Doctor. Oakbrook, IL. May 1st, 2014

Alpert, J. Understanding Labral Tears: Evaluation and Treatment. *Accelerated Rehabilitation.* Elgin, IL. April 28th, 2014

Alpert, J. Impairment Ratings: What are they, how are they Performed, what do they mean: An Orthopedic Surgeon's Perspective. *AMA Rating Seminar.* Eaglebrook Country Club, Geneva, IL. April 10, 2014.

Alpert, J. Evaluating Rotator Cuff and Elbow Tendonitis: Does Treatment with PRP work? *Orthocentrix Lunch and Learn.* March 27th, 2014.

Alpert, J. Work Related Knee Injury: Evaluation and Treatment, *Diamond Mark Nurse Case Manager Lecture.* January 29th, 2014.

Alpert, J. Work Related Shoulder and Knee Injuries: Evaluation and Treatment. *ESIS.* December 10th, 2013.

Alpert, J. How to prevent Youth Sports Injury: An Orthopedic Surgeons Perspective. *Elgin Academy/Advocate Sherman Hospital Health and Education Symposium.* October 12th, 2013.

Alpert, J. Runners Injuries: Evaluation and Treatment. *Alpine Runners Association.* Schaumburg, IL June 3rd, 2013.

Alpert, J. Upper Extremity Trauma: Current Concepts in Treatment. *Sherman Hospital Continuing Medical Education Program.* Advocate Sherman Hospital. May 29th, 2013.

Alpert, J. Work Related Knee Injuries: Evaluation and Treatment. *Diamond Mark Educational Meetings, LLC.* Maggiano's, Schaumburg IL. April 11th, 2013.

Alpert, J. Shoulder Pain: Evaluation and Management. *ATI Physical Therapy Department.* Elgin, IL. February 13th, 2013.

Alpert, J. Shoulder Pain: Evaluation and Management. *Sherman Hospital Physical Therapy Department.* Elgin, IL. February 6th, 2013.

Alpert, J. Shoulder Pain: Evaluation and Management. *Athletico University.* Hoffman Estates, IL. August 7th, 2012.

Alpert, J. Work-Related Shoulder Injuries. *United Heartland Case Managers.* Itasca, IL. July 26th, 2012.

Alpert, J. "Shoulder Pain in the Active Patient." *Sherman Hospital: Lecture Series.* Sherman Hospital, Elgin IL. June 27th, 2012.

Alpert, J. Understanding Shoulder Pain. *Novacare Physical Therapy.* Lake in the Hills, IL. May 1st, 2012.

Alpert, J. Work-Related Shoulder Injuries. *Orthocentrix Worker's Compensation Case Mangers' Meeting.* Oakbrook, IL. Jan 26th, 2012.

Alpert, J. Understanding Shoulder Pain. *Midwest Bone and Joint Institute.* Barrington, IL. July 18th, 2011.

Alpert, J. "Concussions: Evaluation and Treatment." *Dundee Crown High School Pre-Season Football/Soccer Meeting*. Dundee Crown High School. Aug. 4th, 2010.

Alpert, J. "Foot and Ankle Injuries." *Midwest Orthopedic Network*. OakBrook, IL. May 20th, 2010.

Alpert, J. "Overuse Injuries." *Advocate Good Shepherd Hospital Health and Fitness Center*. Barrington, IL. May 3rd, 2010.

Alpert, J. "Shoulder Pain in the Active Patient." *Sherman Hospital: Continuing Medical Education Program*. Sherman Hospital, Elgin IL. April 30th, 2010.

Alpert, J., Gill, T. "The Effect of Age on the Outcome of Arthroscopic Repair of Type II Superior Labrum Anterior Posterior Lesions: Minimum Two Year Follow Up. *7th Biennial AAOS / ASES Shoulder and Elbow: Current Techniques and Controversies*. Aventura, FL. April 16th. 2010.

Alpert, J., Gill, T. "The Effect of Age on the Outcome of Arthroscopic Repair of Type II Superior Labrum Anterior Posterior Lesions: Minimum Two Year Follow Up. *AAOS Annual Meeting /AOSSM Specialty Day*. New Orleans, LA. March 13th, 2010.

Alpert, J. "Throwing Biomechanics: Injuries Around the Shoulder." *Dundee Crown High School Pre-Season Baseball Meeting*. Dundee Crown High School. Feb 18th, 2010.

Alpert, J. "Throwing Biomechanics: Relationship to Injuries in the Shoulder." *Athletico Quarterly Meeting*, Alexian Field, Schaumburg, IL. March 2009

Alpert, J. "Shoulder Pain: What Causes It, How Should it be Treated?" *Student Athlete-Parent Presentation*. Dundee Crown High School. March 2009.

Alpert, J. "Knee Pain in High School Athletes." *Student Athlete-Parent Presentation*. Dundee Crown High School. September 2008

Alpert, JM; Kozanek, M; Li, G; Kelly, BT; Asnis, PD. "Cross Sectional Analysis of the Iliopsoas Tendon and Its Relationship to the Acetabular Labrum: Anatomic Study" *3rd Annual Research Fellows Poster Celebration at Massachusetts General Hospital*, Boston, MA, June 2008

Alpert, J. "Chondral Injuries of the Knee." Grand Rounds Presentation. *Department of Orthopedics Sports Medicine Conference*. Massachusetts General Hospital. February 7th, 2008.

Warner, J.J.P., Parnes, N., Alpert, J., Zimmer, Z.R. "Pectoralis Major Tendon Transfer for Scapular Winging." *Massachusetts General Hospital / Harvard Shoulder Service Video Library*, Harvard Medical School. February 2008.

Alpert J, Verma N, Wysocki, R, Romeo A. Arthroscopic Treatment of Multidirectional Shoulder Instability w/ Minimum 270 degree Labral Repair: Minimum 2-Year Follow-up. *Rush University Resident Research Forum*. March 2007.

Alpert J, Bloom, J. McCarty LP, Bush-Joseph. Reconstruction of a Chronic Distal Biceps Tendon Rupture Using Semitendinosus Autograft. *Rush University Resident Research Forum*. March 2007.

Alpert J. Retest Reliability of the Alcohol Sniff Test. The Association for *Chemoreception Sciences Annual Meeting*. Sarasota, FL April 29th, 2000.

Alpert J. Is Prior Cesarean Section Associated with Subsequent Pre-Term Delivery? *American College of Obstetrics and Gynecology Annual Clinical Meeting*. San Francisco, CA May 20-24th, 2000.

GRAND ROUNDS PRESENTATIONS: RUSH UNIVERSITY MEDICAL CENTER

“ACL Rupture In a 14 Y.O. Male.” January 14, 2004. Moderator: Dr. B Bach Jr, MD.

“Lateral Meniscus Transplant and Lateral Femoral Condyle Osteochondral Allograft in a 16 Year Old Female.” May 12, 2004. Moderator: Brian Cole, MD.

“Left Knee Synovial Sarcoma in an 18 Year Old Male.” September 22, 2004. Moderator: Steven Gitelis, MD.

“Distal Radius Fractures.” June 16th, 2004. Moderator: John Fernandez, MD.

“Displaced Femoral Neck Fracture in a 78 Year Old Female.” April 14th, 2004. Moderator: Craig DellaValle, MD.

“Femoral Neck Fracture Nonunion in a 38 Year Old Male.” January 5th, 2005. Moderator: Mitchell Sheinkop, MD.

“Chronic Hip Dislocation s/p THA.” September 13th, 2006. Moderator: C DellaValle MD.

“Revision ACL Reconstruction.” December 6th, 2006. Moderator: Bernard Bach Jr. MD.

“Revision UCL Reconstruction in a Baseball Player” February 21st, 2007. Moderator: Anthony Romeo, MD.