

# Christopher P. O'Grady, MD

Andrews Orthopaedic Surgery and Sports Medicine Center  
1040 Gulf Breeze Parkway, Suite 200  
Gulf Breeze, FL 32561  
(850)916-3700

**Undergraduate Education:** Georgetown University  
Washington D.C.  
Physics Major  
Bachelor of Science, 1992

**Research:** Lombardi Cancer Center  
Georgetown University  
Microbiology Lab Technician, 1992-93

**Medical Education:** Georgetown University School of Medicine  
Washington D.C.  
Doctor of Medicine, 1997

**Orthopaedic Residency:** 1997-2002  
Albert Einstein College of Medicine/  
Long Island Jewish Medical Center  
Department of Orthopaedic Surgery  
New Hyde Park, NY

**Board Certified Orthopaedic Surgeon:** Part I-July 2002, Part II-July 2004

**ABOS Subspecialty Certificate in Sports Medicine** November 2007

**Military:** US Navy 2002-2006  
Pensacola Naval Hospital  
Department of Orthopaedic Surgery  
LCDR-Staff MD

**Orthopaedic Practice** Andrews Orthopaedics and Sports Medicine Center  
The Andrews Institute  
Gulf Breeze, FL  
September 2006-Present

**Awards:** Intern of the Year  
Long Island Jewish Medical Center  
Department of General Surgery, 1997-1998

**Awards/Honors:**

American Orthopaedic Association-Zimmer Resident  
Travel Award for Orthopaedic Research, June, 2001

Journal of Bone and Joint Surgery / Orthopaedic Research  
and Education Foundation Resident Journal Club  
Grant 2001-2002

North Shore/Long Island Jewish Department of  
Orthopaedics, Research Day, Moderator, May 14, 2010

**Arthroscopy Instructor:**

2010 International Shoulder, Hip, and Knee Arthroscopy  
Course, Instructor, Havana, Cuba March 28-April 3

2009 Fall Shoulder Course, Mitek, November 7-8

2008 AANA Fall Meeting, November 20-22  
Shoulder and Knee Course Faculty

2007 AANA Winter Course, January 11-13, 2007  
Shoulder, Knee, and Hip Course Faculty

2006 AANA Fall Meeting, November 9-11  
Shoulder Course and Knee Course Faculty

Masters Experience-Arthroscopic Surgical Skills Series  
Orthopaedic Learning Center, Rosemont , IL  
Associate Masters Instructor-Knee Cartilage Course  
September 8-10, 2006

Masters Experience-Arthroscopic Surgical Skills Series  
Orthopaedic Learning Center, Rosemont , IL  
Associate Masters Instructor-Shoulder Course  
April 7-9, 2006

2005 AANA Fall Meeting , December 1-3  
Shoulder Course Faculty

2004 AANA Fall Meeting, December 2-5  
Shoulder Course Faculty

2002 AANA Fall Meeting, November 16-20  
Knee Course Faculty

**Professional Associations:** American Association of Orthopaedic Surgeons-  
Fellow

Arthroscopy Association of North America-  
Active Member

Florida Orthopaedic Society  
Active Member

Society of Military Orthopaedic Surgeons-  
Active Member

**Team Associations:**

Foley High School Football  
Foley, AL  
Orthopaedic Team Physician 2007-Present

Blue Angels Flight Demonstration Squadron  
US Navy, Pensacola, FL  
Orthopaedic Consultant, 2002-2006

Pensacola Ice Pilots-ECHL Hockey  
Pensacola, FL  
Associate Orthopaedic Team Physician 2006-2007

Nassau Community College Football Team  
Garden City, NY  
Assistant Orthopaedic Team Physician 2002

Manhasset High School Football Team  
Manhasset, NY  
Assistant Orthopaedic Team Physician 1999-2002

**Lectures/Presentations:**

James Andrews Injuries in Football Course  
2007 Faculty  
*Labral Tears in the Shoulder*

James Andrews Injuries in Football Course  
2008 Faculty  
*Surgical Treatment of Shoulder Instability*

James Andrews Injuries in Football Course  
2009 Faculty  
*Acromioclavicular Injuries and Treatment*

James Andrews Injuries in Football Course  
2010 Faculty  
*Sports Injuries in the Hip, Acromioclavicular Injuries and Treatment*

**O'Grady C**, Mims TT, Marwin SE, Grande DA. Effects of Dietary Supplements on Cartilage Metabolism and Its Potential Role in Osteoarthritis. Paper 240, 46<sup>th</sup> Annual Meeting, Orthopaedic Research Society, Orlando, FL. March 14, 2000.

**O'Grady C**, Marwin SE, Grande DA. Effects of Glucosamine, Chondroitin Sulfate, and Manganese Ascorbate on Cartilage Metabolism. Scientific Day, Department of Orthopaedics, University of Liverpool, Liverpool, England. July, 2000

**O'Grady C**, Marwin SE, Grande DA. Effects of Glucosamine, Chondroitin Sulfate, and Manganese Ascorbate on Cartilage Metabolism. Paper S60 and Poster P35. 31<sup>st</sup> Annual Meeting, Eastern Orthopaedic Society, Lake Buena Vista, FL. October, 2000.

Watnik N, **O'Grady C**, Dantuluri P. Dorsal Anti-glide Plating for Stable Weber B Fractures of the Lateral Malleolus. Orthopaedic Trauma Association Annual Meeting, San Antonio, TX. October 2000

**O'Grady C**, Marwin SE, Grande DA. Effects of Glucosamine, Chondroitin Sulfate, and Manganese Ascorbate on Cartilage Metabolism. Paper 157, 68<sup>th</sup> Annual Meeting, American Academy of Orthopaedic Surgeons, San Francisco, March 2001

**O'Grady C**, Marwin SE, Grande DA. Effects of Glucosamine, Chondroitin Sulfate, and Manganese Ascorbate on Cartilage Metabolism. 31<sup>st</sup> Annual Residents Conference, Hershey, PA, April, 2001

**O'Grady C**, Marwin SE, Grande DA. Effects of Glucosamine, Chondroitin Sulfate, and Manganese Ascorbate on Cartilage Metabolism. 114<sup>th</sup> Annual Meeting, American Orthopaedic Association, Palm Beach, FL, June 2001

**O'Grady C**, Marwin SE, Grande DA. Effects of Glucosamine, Chondroitin Sulfate, and Manganese Ascorbate on Cartilage Metabolism. Society of Military Orthopaedic Surgeons 43<sup>th</sup> Annual Meeting, Vail, CO, December 2001

**O'Grady C**, Almy J, Menzies R. Toxic Shock Syndrome as a Complication of Fracture Blisters. Society of Military Orthopaedic Surgeons 45<sup>th</sup> Annual Meeting, Honolulu, HI, December 2003

**O'Grady C**, Simpson B. One-stage Bifocal Femoral Lengthening Osteotomy for Leg length Inequality. Society of Military Orthopaedic Surgeons 45<sup>th</sup> Annual Meeting, Honolulu, HI, December 2003

**Publications:**

Minniti C, Luan D, **O'Grady C**, Rosenfeld R, Oh Y, Helman L. Insulin-like Growth Factor II in Myoblasts Induces Phenotypic Changes Typical of the Malignant Phenotype. Cell Growth and Differentiation; Vol. 6, pp 263-9, March 1995

**O'Grady C**, Grande D, S.Marwin. Chondroprotection and Gene Expression Effects of Nutritional Supplements on Articular Cartilage. Osteoarthritis and Cartilage 8 [Suppl.B]: S34-35, 2000

**O'Grady C**, Almy J, Menzies R. Toxic Shock Syndrome as a Complication of Fracture Blisters. A Case Report-pending