

CHRISTOPHER STERLING PALLIA, MD

PRACTICE

Ortho1 Medical Group, 4/1/2022-current

230 Prospect Place #230 9834 Genessee Ave. #228
Coronado, CA 92118 La Jolla, CA 92037

Synergy Specialists Medical Group, 6/1/2014-4/1/2022

230 Prospect Place #230 4910 Directors Place, Suite 350
Coronado, CA 92118 San Diego, CA 92123

Private Orthopaedic Practice, 11/1/2002 to 6/1/2014

230 Prospect Place #230 4910 Directors Place, Suite 350
Coronado, CA 92118 San Diego, CA 92123

Shoulder Knee Institute, 1/04 to 1/10

3444 Kearny Villa Road, Suite 202
San Diego, CA 92123

Beverly Hills Surgical Institute, 1/03-12/03

Alta Therapy and Pain Management Medical Group, Inc.

255 North Elm St. #204
Escondido, CA 92025

EDUCATION

Oasis Sports Medical Group

Sports Medicine Fellowship (San Diego Chargers), 2001-2002

State University of New York at Stony Brook

Orthopaedic Surgery Residency, 1996-2001

Harbor-UCLA Medical Center

General Surgery Internship, 1995-1996

University of California at Los Angeles School of Medicine

Degree: Medical Doctor 1993-1995

George Washington University School of Medicine 1991-1993

University of California at San Diego

Bachelor of Science, Bioengineering
Area Studies in Philosophy and Anthropology
Cum Laude Honors, 1986-1991

LICENSURE

American Board of Orthopaedic Surgery - Board Certified 03/15/2006 - Active
Orthopaedic Sports Medicine Sub-Speciality - Board Certified 12/15/2007 - Active
Fellow, American Academy of Orthopaedic Surgeons, Class of 2008 - Active
American Board of Orthopaedic Surgery, Part II. 2006: Board Certified
American Board of Orthopaedic Surgery, Part I. 2001: PASS
California Medical License 2001-Current
DEA License State of California 2001-Current
Fluoroscopy / X-ray Supervisor and Operator License 2003-Current

CERTIFICATIONS

Qualified Medical Examiner, State of California, 2003
Makoplasty Hip and Knee Certifications 2012
Biomet Oxford Unicompartmental Arthroplasty FDA Certification - 2006
Holmium Laser Certification – Trimeddyne 2001
Genzyme Autologous Cartilage Implantation Technique Certification. 2002

CHRISTOPHER STERLING PALLIA, MD

HOSPITAL / SURGERY CENTER AFFILIATIONS

Sharp Coronado Hospital, Active
Scripps Memorial Hospital, La Jolla, Courtesy
Coast Surgery Center, Active
OASIS Surgery Center, Active

WORK EXPERIENCE

Team Physician for Helix High School Football Team 2002 to 2022
Sports Fellow, San Diego Chargers 2001 season.
Physician for the San Diego Rock 'n Roll Marathon, 2002,2003
Team Physician for the Mira Mesa High School Football Team 2001 season
Team Physician for the Gold Coast Classic Football Tournament 10/01
Team Physician for OMBAC Rugby 7's Nationals Tournament 8/01
Volunteer Orthopaedist, Woodstock, July 1999
Cardiac Rehabilitation Program, West Los Angeles YMCA, 1995
Independent Insurance Examiner, Los Angeles, 1995
Programmer, Microscopy and Imaging Resource, UCSD School of Medicine, 1991-1992
Engineering Support Analyst, TRW, Space and Technology Group, Redondo Beach, CA, 1988-1990

PUBLICATIONS

Pallia CS. The PC Knot: A Secure and Satisfying Arthroscopic Slip Knot. *Arthroscopy: The Journal of Arthroscopic and Related Surgery*, Vol 19, 5:558-560, 2003.
Pallia CS, Scott RE, Chao DJ. Traumatic Hip Dislocations in Athletes. *Current Sports Medicine Reports* 6:1, 2002.
Chao DJ, Pallia CS, David TS, Cawley P, Young S. Femoral Tunnel Placement in Endoscopic ACL Reconstruction: A Comparison of Transtibial Drilling Versus the Medial Portal Technique. Submitted to *Arthroscopy* 2/02. Nominated for the Richard O'Connor Award from AANA.
Contributed to McKellop et al., In Vivo Wear of 3 Types of Metal on Metal Hip Prostheses During 2 Decades of Use, *CORR* 329S, pg 128-140, 1996.
Pallia C, Living Inside, *Tomorrow's Dream*, The National Library of Poetry, 1995.
Carrier G., Fendell F., Chen K., Pallia C., Evaluating a Simple Model for Laminar Flame Propagation Rate: I. Planar Geometry, *Combustion Science and Technology*, Vol. 79, N4-6:206-27, 1991.

PRESENTATIONS

Recognition, Prevention, and Treatment of Common Sports Injuries, Coronado Community Presentation sponsored by Sharp Coronado Hospital, July 2004
Common Causes of Shoulder Pain, Grand Rounds, Sharp Coronado Hospital, March 2004.
The Role of MRI in Musculoskeletal Medicine. The Worker's Compensation Division of the North County Bar Association of San Diego, May 2003.
Lecture and Practical Review of Surgical Anatomy of the Hip by Cadaver Dissection. UCSD Primary Care Sports Medicine Fellowship Teaching Conference, March 2002
The Safety of Ketorolac in Sports Injury Analgesia Prophylaxis. Poster Presentation. NFL Physician Sports Science Symposium, Indianapolis 2002
Femoral Tunnel Placement in Endoscopic ACL Reconstruction: A Comparison of Transtibial Drilling Versus the Medial Portal Technique. Podium Presentation. AANA 2002
Postoperative Pain Management Following Arthroscopic Shoulder Surgery: A Comparison of Interscalene Block and Patient Controlled Infusion of 0.25% Bupivacaine. Poster presentation. AANA 2002, AOSSM 2002
Nutritional Supplements in Athletes, CIF San Diego Section Annual Athletic Administration Symposium, October 2001
Biomechanical Fixation of Reverse Oblique Intertrochanteric Hip Fractures, Stony Brook Resident Research Day, June 2000
Lecture and Practical Review of Surgical Approaches to the Foot by Anatomic Cadaver Dissection, July 1999
Foot and Ankle Lecture, Orthopaedics and Rheumatology Unit of the Clinical Medicine Course

CHRISTOPHER STERLING PALLIA, MD

for the Department of Physician Assistant Education, Class of 2000, April 1999

HONORS and AWARDS

Patient Satisfaction Top Specialist Award for Sharp Community Medical Group, 4th Qtr 2013
Selected as Administrative Chief Resident 2000-2001
Stony Brook Resident Research Award, 2000
Orthopaedic Surgery Resident of the Year, PGY-3
Awarded AO North America Resident Research Grant, 1999
UCLA Medical Student Thesis Program, 1994
Member of William Beaumont Research Honor Society, 1992
Membership Recruitment Award, AMA Medical Student Section, 1992
Cum Laude, UCSD, 1991
Provost Honors List, Warren College UCSD, 1986-1991

COURSE PARTICIPATION

Annual Meeting of the California Orthopaedic Association, Carlsbad, CA 4/12
Arthroscopy Association of North America, Fall Meeting, Palm Springs, CA 11/11
Annual Meeting of the American Academy of Orthopaedic Surgeons, San Diego, CA 2/11
Update in Hip and Knee Arthroplasty Bearing Surfaces, Indian Wells, CA 10/10
Vail Hip Arthroscopy Symposium, Vail, CO 3/10
Fall Meeting of the Arthroscopy Association of North America, Palm Springs, CA 11/09
Annual Meeting of the American Academy of Orthopaedic Surgeons, Las Vegas, NV 3/09
Annual Meeting of the California Orthopaedic Association, Newport Beach, CA 4/08
Annual Meeting of the American Academy of Orthopaedic Surgeons, San Francisco, CA 3/08
Annual Sports Medicine Review Course, Chicago, IL, 8/07
Annual Meeting of the American Academy of Orthopaedic Surgeons, San Diego, CA 2/07
Arthroscopy Association of North America, Fall Meeting, Palm Desert, CA 11/06
Annual Meeting of the California Orthopaedic Association, La Costa, CA 4/06
Joint Conference on Pain Management and Palliative Care, UCSD, San Diego, CA 10/05
Annual Meeting of the California Orthopaedic Association, Palm Springs, CA 5/05
Annual Meeting of the American Academy of Orthopaedic Surgeons, San Francisco, CA 2/04
Physician and Executive Team Media Training Seminar, Sharp Coronado, 1/04
Emerging Trends Whistler 2003 Orthopaedic Symposium, Whistler, British Columbia, 3/03
Disability Evaluation Report Writing Seminar, Livingston-Lopez Consulting, 11/02.
Arthroscopy Association of North America, Washington D.C, 4/02
Annual Meeting of the American Academy of Orthopaedic Surgeons, Dallas, TX, 2/02
National Articular Cartilage Course for Sports Medicine Fellows, Carlsbad, CA, 12/01
Controversies in Shoulder Surgery, Wesley Nottage, Laguna Niguel, CA, 9/01
Miller Review Course, Colorado Springs, CO, 5/01
Annual Meeting of the American Academy of Orthopaedic Surgeons, San Francisco, CA, 3/01
AANA "The Master's Experience" General Shoulder Arthroscopy Course, 2/01
Zimmer Resident Course, Chicago, IL, 7/99
Annual Meeting of the American Academy of Orthopaedic Surgeons, Anaheim, CA, 2/99
AO/ASIF Residents Basic Course, 7/98

LEADERSHIP

UCSD Voluntary Faculty Position 2001- 2014
Cadaver Lab Instructor, Stryker Inc. Surgical Representative Training Seminar, DJ Ortho Laboratory, May 2003.
Administrative Chief Resident, SUNY at Stony Brook, Department of Orthopaedics, 2001
UCLA School of Medicine Graduation Speech Selection Committee Member, 1995
President of the Medical Society of the District of Columbia (MSDC) George Washington
University Medical Student Section of the American Medical Association (AMA) ,1992-93
AMA National Convention Delegate for George Washington University, 1992

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GWU Note Service Quality Control for Microbiology, 1991
Public Relations Chair, Biomedical Engineering Society, UCSD Chapter, 1990
Academic Chair, Sigma Alpha Mu National Fraternity, 1989

MEMBERSHIPS

The American Academy of Orthopaedic Surgeons 1997-present
Arthroscopic Association of North America 2001-2008
Western Orthopaedic Association / California Orthopaedic Association 2005-present
San Diego County Medical Society 2005-present
International Mountain Biking Association 2001-present
Member of San Diego Mountain Biking Association, 2001-present
American Medical Association, 1991-1997
Medical Society of the District of Columbia, 1991-1993
Biomedical Engineering Society at UCSD
Member of UCSD Cycling Team
Sigma Alpha Mu National Fraternity

ADDITIONAL RESEARCH

Biomechanically tested various methods of fixation for reverse oblique intertrochanteric hip fractures using composite femurs. Bruce P. Meinhard, MD, Chairman Department of Orthopaedic Surgery at Nassau County Medical Center, New York, 2000

Analyzed and characterized wear in retrieved metal-on-metal hip implants both visually and through the use of a Perthometer. In-house documentation created with contribution to recent publication. Thomas P. Schmalzried, MD, Associate Medical Director, Joint Replacement Institute, Orthopaedic Hospital, Los Angeles, CA and Associate Professor of Orthopaedics, Harbor-UCLA Medical Center, 1994-1995

Developed a process to create a computer generated volumetric representation of 3-dimensional electron microscope images. Mark Ellisman, MD, PhD, Microscopy and Imaging Resource, UCSD School of Medicine, Department of Neurosciences, 1991, 1992

Quantitatively compared morphological changes in the microcirculation of skeletal muscle by analysis of the capillary bundle element. Poster presented. Geert Schmid-Schonbein, PhD, Microcirculation Laboratory, UCSD Department of Bioengineering, 1990

Analysis of the sociological demographics of lifespans by retrospective review of death certificates. David Phillips, PhD, UCSD, Department of Sociology, 1989

OUTSIDE INTERESTS

Mountain biking, camping, surfing, writing poetry, and traveling
Married, wife Julie, daughters Bryn, Taylor, and Annika

REFERENCES

Tal S. David, MD, Team Physician San Diego Gulls, Chargers (858) 571-9500

Byron F. King, MD, Oasis Sports Medical Group, Hand Surgeon, Worker's Comp. Specialist (858) 571-0606

David J. Chao, MD, Director, Oasis Sports Medical Group, Team Physician for the San Diego Chargers and ESPN Summer and Winter X-Games (858) 571-0606

Thomas Harris, MD, Shoulder Knee Institute, San Diego, (858) 874-3444

Lawrence C. Hurst, MD, Chairman, Department of Orthopaedic Surgery, State University of New York at Stony Brook, Associate Professor of Hand Surgery. (631) 444-3145