

Curriculum Vitae

Jas Chahal MD MSc MBA

1. EDUCATION

Degrees

2014 - 2016	MBA, International Master of Business Administration, Omnium International MBA Program, Rotman School of Management, University of Toronto, Toronto, Ontario, Canada
2014 - 2016	EMBA, Executive Master of Business Administration, Omnium International MBA Program, University of St. Gallen, St. Gallen, Switzerland
2009 - 2013	MSc, Clinical Epidemiology, Health Policy, Management and Evaluation, University of Toronto, Toronto, Ontario, Canada
2001 - 2005	MD, University of Manitoba, Winnipeg, Manitoba, Canada
1998 - 2001	BSc, Human Biology with High Distinction, Arts and Science, University of Toronto, Toronto, Ontario, Canada

Postgraduate, Research and Specialty Training

2011 - 2012	Clinical Fellowship, Sports Medicine, Division of Orthopaedic Sports Medicine, Rush University Medical Centre, Chicago, Illinois, United States
2010 - 2011	Clinical Fellowship, Sports Medicine, University of Toronto, Toronto, Ontario, Canada
2009 - 2013	Surgeon Scientist Program, Department of Surgery, University of Toronto, Toronto, Ontario, Canada
2005 - 2010	Orthopaedic Surgery Residency, Department of Surgery, University of Toronto, Toronto, Ontario, Canada

Qualifications, Certifications and Licenses

2011 - present	License for Independent Practice, College of Physicians and Surgeons of Ontario, Toronto, Ontario, Canada, License / Membership #: 82778
2010 - present	Fellow (FRCSC), Royal College of Physicians and Surgeons of Canada, Ottawa, Ontario, Canada
2009 - present	Licentiate of the Medical Council of Canada (LMCC), Medical Council of Canada, Ottawa, Ontario, Canada
2009	Medical Council of Canada Qualifying Examination Part II, Medical Council of Canada, Ottawa, Ontario, Canada
2008	Chief Resident Leadership Workshop, University of Toronto, Faculty of Medicine, Toronto, Ontario, Canada
2007	Principles of Surgery (POS), Royal College of Physicians and Surgeons of Canada, Ottawa, Ontario, Canada
2005	Medical Council of Canada Qualifying Examination Part I, Medical Council of Canada, Ottawa, Ontario, Canada
2003	United States Medical Licensing Examination Step I (248/99), National Board of Medical Examiners, United States

2. EMPLOYMENT

Current Appointments

2023 - present	Head, Innovation and Entrepreneurship Committee, Department of Surgery, University of Toronto, Toronto, Ontario, Canada
2022 - present	Head, Division of Orthopaedic Surgery, Women's College Hospital, Toronto, Ontario, Canada
2021 - present	Head Orthopaedic Consultant, Toronto Football Club (TFC), Major League Soccer, Toronto, Ontario, Canada
2014 - present	Associate Professor, Institute of Health Policy, Management and Evaluation, University of Toronto, Toronto, Ontario, Canada
2014 - present	Associate Member, Graduate Studies, University of Toronto, Toronto, Ontario, Canada
2012 - present	Assistant Professor, Division of Orthopaedic Surgery, Department of Surgery, Toronto Western Hospital and Women's College Hospital, University of Toronto, Toronto, Ontario, Canada
2012 - present	Head Orthopaedic Consultant, University of Toronto Varsity Blues Athletics, Toronto, Ontario, Canada

Previous Appointments

CONSULTING

2013 - 2016	Head Orthopaedic Surgery Consultant, Toronto Football Club (TFC), Major League Soccer, Toronto, Ontario, Canada
2012	Fellow Physician, Chicago Bulls, National Basketball Association, Chicago, Illinois, United States
2011 - 2012	Fellow Physician, Chicago Steel, United States Junior Hockey League, Chicago, Illinois, United States
2011 - 2012	Fellow Physician, Chicago White Sox, Major League Baseball, Chicago, Illinois, United States
2011	Fellow Physician, Nazareth Academy Varsity Football, Chicago, Illinois, United States
2011	Fellow Physician, Toronto Raptors, National Basketball Association, Toronto, Ontario, Canada

HOSPITAL

2020 - 2022	Interim Division Head of Orthopaedic Surgery, Women's College Hospital, Toronto, Ontario, Canada
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3. HONOURS AND CAREER AWARDS

Distinctions and Research Awards

INTERNATIONAL

Received

2022	2022 APKASS AOSSM Traveling Fellowship. American Orthopaedic Society for Sports Medicine.
2020	Arthroscopy Journal Award for Resident / Fellow Research Excellence, Co-Investigator, Arthroscopy Association of North America Education Foundation, Rosemont, Illinois, United States. (Research Award) <i>Conventional Follow-Up Versus Mobile App Home Monitoring for Post-Operative Anterior</i>

Cruciate Ligament Reconstruction Patients: A Randomized Controlled Trial.

- 2020 **Arthroscopy Journal Award for Systematic Review / Meta-analysis Research Excellence**, Principal Investigator, Arthroscopy Association of North America Education Foundation, Rosemont, Illinois, United States. (Research Award)
Operative Versus Nonoperative Treatment of Femoroacetabular Impingement Syndrome: A Meta-analysis of Short-term Outcomes.

LOCAL

Received

- 2018 **Bernie Langer Surgeon Scientist Award**, Gallie Day, Department of Surgery, University of Toronto, Toronto, Ontario, Canada. (Distinction)
Awarded to a graduate of the Surgeon-Scientist Training Program who shows the greatest promise for a career in academic surgery.
- 2015 **Division of Orthopaedics Junior Faculty Research Award**, Orthopaedic Research Day, Division of Orthopaedic Surgery, University of Toronto, Toronto, Ontario, Canada. (Research Award)
- 2011 **Best Pre-Clinical Paper**, Division of Orthopaedics Fellowship Day, Department of Surgery, University of Toronto, Toronto, Ontario, Canada. (Distinction)
Presented for Artur Kroell.
- 2011 **Best Thesis Related Paper**, Division of Orthopaedics Fellowship Day, Department of Surgery, University of Toronto, Toronto, Ontario, Canada. (Distinction)
- 2011 **Honorable Mention for the Gallie Bateman Research Prize**, Department of Surgery, University of Toronto, Toronto, Ontario, Canada. (Distinction)
- 2010 **Bob Jackson Sports Medicine Research Award**, Orthopaedic Surgery Graduation Day, University of Toronto, Toronto, Ontario, Canada. (Research Award)
- 2009 **Wyeth Award for Best Clinical Research (1st Place)**, Gallie Day, University of Toronto, Toronto, Ontario, Canada. (Distinction)
- 2008 **Chief Resident**, Sunnybrook Health Sciences Centre, Toronto, Ontario, Canada. (Distinction)
- 2001 **High Distinction**, University of Toronto, Toronto, Ontario, Canada. (Distinction)
- 2001 **Outstanding Achievement Award**, University of Toronto, Toronto, Ontario, Canada. (Distinction, Specialty: Immunology)
- 2001 **Silver Medalist**, University of Toronto, Toronto, Ontario, Canada. (Distinction)
Awarded to students with a high cumulative grade point average upon graduation.
- 2000 - 2001 **Scholar**, University of Toronto, Toronto, Ontario, Canada. (Distinction)
Awarded to top 1% of undergraduate students in a given academic year enrolled at the University of Toronto.
- 2000 **Outstanding Achievement Award**, University of Toronto, Toronto, Ontario, Canada. (Distinction, Specialty: Organic Chemistry).
- 1999 - 2001 **Dean's Honor List**, University of Toronto, Toronto, Ontario, Canada. (Distinction)
Merit-based, minimum A- average.
- 1999 - 2001 **St. Michael's In-Course College Scholarship**, University of Toronto, Toronto, Ontario, Canada. (Distinction)
Merit-based, top 10% of students.
- 1999 **Outstanding Achievement Award**, University of Toronto, Toronto, Ontario, Canada. (Distinction, Specialty: Biology)

Student/Trainee Awards

NATIONAL

Received

- 2010 **Master's Award: Fredrick Banting and Charles Best Canada Graduate Scholarship**, Canadian Institutes of Health Research, Ottawa, Ontario, Canada. (Distinction)
Total Amount: 17,500 CAD
- 2009 **J.A. Nutter Award – 1st Place**, Annual Research Competition, Canadian Orthopaedic Residents' Association (CORA), Westmount, Quebec, Canada.
For best paper presented: 'Generalized Ligamentous Laxity as a Predisposing Factor for Primary Anterior Shoulder Dislocation'.

PROVINCIAL / REGIONAL

Nominated

- 2010 **Ontario Graduate Scholarship (OGS)**, Ministry of Colleges and Universities, Toronto, Ontario, Canada.
Total Amount: 15,000 CAD (Declined)

4. PROFESSIONAL AFFILIATIONS AND ACTIVITIES

Professional Associations

- 2016 - 2020 Member, AOSSM Research Committee
- 2013 - present Member, Canadian Orthopaedic Association
- 2011 - present Member, American Academy of Orthopaedic Surgeons (AAOS)
- 2011 - present Member, American Orthopaedic Society for Sport Medicine (AOSSM)
- 2011 - present Member, Arthroscopic Association of North America (AANA)
- 2005 - present Member, Ontario Medical Association

Administrative Activities

INTERNATIONAL

American Orthopaedic Society for Sports Medicine (AOSSM)

- 2023 - 2026 **Member**, AOSSM Council of Delegates, AOSSM, Rosemont, Illinois, United States.

Arthroscopy Association of North America (AANA)

- 2020 - 2022 **Member**, International Committee, AANA, Rosemont, Illinois, United States.

American Academy of Orthopaedic Surgeons (AAOS)

- 2017 - 2020 **Co-chair**, Clinical Practice Guideline Working Group for Rotator Cuff Tears, AAOS, Rosemont, Illinois, United States.

American Orthopaedic Society for Sports Medicine (AOSSM)

- 2015 - 2019 **Member**, Research Committee, AOSSM, Rosemont, Illinois, United States.

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NATIONAL

University of British Columbia

2023 **External Reviewer**, Sport & Exercise Medicine Program, The University of British Columbia, Vancouver, British Columbia, Canada.

LOCAL

Women's College Hospital

2022 - present **Division Head**, Orthopaedic Surgery, Department of Surgery, Women's College Hospital, University of Toronto, Toronto, Ontario, Canada.

2019 - present **Member**, WCH AFP Innovation Fund Review Panel, Women's College Hospital Academic and Medical Services Group, Toronto, Ontario, Canada.

2019 - 2022 **Interim Division Head**, Orthopaedic Surgery, Department of Surgery, Women's College Hospital, University of Toronto, Toronto, Ontario, Canada.

University of Toronto

2023 - present **Head**, Innovation and Entrepreneurship Committee, Department of Surgery, University of Toronto, Toronto, Ontario, Canada. (*Inaugural meeting: 01-May-2023*)

2018 - present **Member**, Resident Program Committee, Division of Orthopaedics, Department of Surgery, University of Toronto, Toronto, Ontario, Canada.

2018 - present **Member**, Resident Evaluation Committee, Division of Orthopaedics, Department of Surgery, University of Toronto, Toronto, Ontario, Canada.

Peer Review Activities

GRANT REVIEWS

Reviewer

2016 - 2020 American Orthopaedic Society for Sports Medicine

2013 Nov 2013 ConMed Linvatec Sports Medicine Grant Competition

MANUSCRIPT REVIEWS

Reviewer

2012 - present American Orthopaedic Society for Sports Medicine, American Journal of Sports Medicine

2012 - present Arthroscopy Association of North America, Arthroscopy: The Journal of Arthroscopic and Related Surgery

2012 - 2016 American Orthopaedic Association, The Journal of Bone & Joint Surgery, American Volume

C. Research Funding

1. GRANTS, CONTRACTS AND CLINICAL TRIALS

PEER-REVIEWED GRANTS

FUNDED

2023 Jan – 2025 Dec **Co-Investigator**. Arthritis Society Strategic Operating Grant 2023. Principal Investigator:

Ayeni, Femi. Collaborators: E Belzile, J Buchko, S Carson, R Degen, K Johnston, P Lodhia, M Nault, T Pauyo, L Thabane, D Whelan, K Willits, I Wong, HN Chouder, D Peterson, Y Sim. 450,000 CAD. [Grants] *Autologous Matrix-Induced Chondrogenesis Compared with Microfracture for Focal Articular Damage of the Hip: A Pilot Randomized Controlled Trial.*

2020 Apr – 2022 Apr **Principal Investigator.** Women's College Hospital Academic and Medical Services Group (WCHAMSG) Innovation Fund. Principal Investigator: Chahal, Jas. 88,246 CAD. [Grants] *Establishing predictive factors of success for non-operative management of femoroacetabular impingement in a prospective cohort.*

2018 Apr – 2021 Sep **Principal Investigator.** Canadian Institutes of Health Research (CIHR). Principal Investigator: Chahal, Jas. Project Experts: T Dwyer, L Li, D Ogilvie-Harris, L Nimmon, P Marks, JA Wilson, N Urquhart. Collaborators: D Blevins, R McGlasson, R Wong, D Cudmore, L Cruz, L Murnaghan. 493,426 CAD. [Grants] *Let's Stop OA: Development and feasibility testing of an intervention to manage knee osteoarthritis risk factors after anterior cruciate ligament injury.*

2018 Apr **Collaborator.** American Shoulder and Elbow Surgeons' Research Grant (2018). Principal Investigator: Nauth, Aaron. Collaborators: J Chahal, P Henry, J Theodoropoulos. 20,000 CAD. [Grants] *The Impact of Psychological Factors on the Outcome of Surgical Repair for Rotator Cuff Tears – A Prospective Cohort.*

2017 Jan **Co-Applicant.** Planning and Dissemination Grant. Canadian Institutes of Health Research (CIHR). Principal Investigator: Kapoor, Mohit. 9,837 CAD. [Grants] *Workshop on Early Knee Osteoarthritis: Novel Biomarkers, Diagnostics, Therapeutics and Clinical Cohorts for Early Detection and Intervention.*

2016 Oct - 2017 Sep **Collaborator.** University Health Network. Arthritis Program. Principal Investigator: Viswanathan, Sowmya. 49,530 CAD. [Grants] *Quantifying Synovial Fluid Monocyte Sub-Populations as a Diagnostic Marker to Identify Symptomatic OA Patients.*

2016 Oct - 2017 Sep **Co-Principal Investigator.** University Health Network. Arthritis Program. Principal Investigator: Davis, Aileen. 49,338 CAD. [Grants] *Limiting the Risk of Symptomatic Osteoarthritis after Anterior Cruciate Ligament Injury: Are We Missing the Opportunity to Intervene?*

2016 Sep - 2017 Aug **Collaborator.** Clinical Translation Impact Research Agreement. Stem Cell Network. Principal Investigator: Viswanathan, Sowmya. 100,000 CAD. [Grants] *Iron-labeled Mesenchymal Stromal Cells for Clinical Tracking in Phase I Trial in Osteoarthritis Patients.*

2016 Sep - 2017 Aug **Co-Applicant.** Director's Kickstart Award. University of Toronto. Principal Investigator: Viswanathan, Sowmya. 10,000 CAD. [Grants] *Quantifying Synovial Fluid Monocyte Sub-Populations as a Diagnostic Marker to Identify and Stratify Symptomatic Osteoarthritis Patients.*

2015 Jan **Co-Investigator.** ConMed Linvatec Research Grant. Principal Investigators: Wasserstein, David and Tomescu, Sebastian. Collaborators: J Chahal, P Marks, N Chandrashekar. 20,000 CAD. [Grants] *Do Functional Braces Reliably Predict Critical Knee Structures in the Anterior Cruciate Ligament Deficient Athlete?*

2014 Nov **Co-Investigator.** Ossur Industry Grant. Principal Investigators: Tomescu, Sebastian and Chandrashekar Peng, Naveen. Collaborators: P Marks, D Wasserstein. 25,000 CAD. [Grants] *The Effect of Bracing on Anterior Cruciate Ligament Strain During Rehabilitation Exercises: A Dynamic Simulator Study.*

- 2014 Mar **Principal Investigator.** Arthroscopy Association of North America Research Grant. Principal Investigator: Chahal, Jas. Collaborators: D Whelan, T Dwyer, D Ogilvie-Harris, P Marks, J Theodoropoulos. 20,500 CAD. [Grants] *The Effect of Knee Flexion Angle for Graft Fixation During Single-Bundle Anterior Cruciate Ligament Reconstruction – A Multicenter, Patient and Assessor Blinded, Stratified, Two-arm Parallel Group Superiority Trial.*
- 2012 May **Co-Investigator.** Arthroscopy Association of North America (AANA). Principal Investigator: Cole, Brian J. 12,250. [Grants] *The Minimal Clinically Important Difference (MCID) and Patient Acceptable Symptomatic State (PASS) for the KOOS and IKDC in Patients Undergoing Surgery for Articular Cartilage Defects of the Knee.*
- SUBMITTED
- 2017 Oct **Collaborator.** Stem Cell Network (SCN). Principal Investigator: Viswanathan, Sowmya. Collaborators: J Chahal, C McCabe. 100,000 CAD. [Grants] *Health Technology Assessment of Mesenchymal Stromal Cell Therapy for Osteoarthritis.*

D. Publications

1. PEER-REVIEWED PUBLICATIONS

Journal Articles

1. Tong J, Ajrawat P, **Chahal J**, Daud A, Whelan DB, Nauth A, Dehghan N, Hoit G. Early Versus Delayed Weight Bearing and Mobilization After Ankle Fracture Fixation Surgery: A Systematic Review and Meta-analysis of Randomized Controlled Trials. *Orthopedics*. 2023 Aug 9:1-8. Available from: <https://pubmed.ncbi.nlm.nih.gov/37561102/>. Impact Factor 1.345. **Co-Author.**
2. Dwyer T, Hoit G, Burns D, Higgins J, Chang J, Whelan D, Kiroplis I, **Chahal J**. Use of an Artificial Intelligence Conversational Agent (Chatbot) for Hip Arthroscopy Patients Following Surgery. *Arthroscopy, Sports Medicine, and Rehabilitation*. 2023 Apr;5(2):e495-e505. Available from: <https://pubmed-ncbi-nlm-nih.gov.myaccess.library.utoronto.ca/37101866/>. Impact Factor 1.640. **Senior Responsible Author.**
3. Sanjevic A, Tourvas E, Cairns MA, Alnuaimi F, Theodoropoulos J, Dwyer T, **Chahal J**, Ogilvie-Harris D. Is anterior knee pain following anterior cruciate ligament reconstruction a consideration for graft choice, and the influence of COVID: a qualitative analysis in recreational athletes. *BMC Sports Science, Medicine and Rehabilitation*. 2023 Mar 13;15(1):30. Available from: <https://pubmed.ncbi.nlm.nih.gov/36907905/>. Impact Factor 2.367. **Co-Author.**
4. McKeithan LJ, Lameire DL, Tagliero AJ, **Chahal J**, Gwathmey FW, Lee CA. What's New in Sports Medicine. *The Journal of Bone and Joint Surgery – American Volume*. 2023 Apr 19;105(8):582-590. Available from: <https://pubmed-ncbi-nlm-nih.gov.myaccess.library.utoronto.ca/36853964/>. Impact Factor 6.558. **Co-Author.**
5. Newmarch T, Betsch M, Michalik R, Dwyer T, Whelan D, **Chahal J**, Theodoropoulos J. Wie wichtig sind psychologische Maßnahmen, um die Bereitschaft zur Rückkehr zum Sport nach der Rekonstruktion des vorderen Kreuzbandes zu bestimmen? *Z Orthop Unfall*. 2022 Oct 20. Available from: <https://pubmed-ncbi-nlm-nih.gov.myaccess.library.utoronto.ca/36265494/>. Impact Factor 0.527. **Co-Author.**
6. Betch M, Darwich A, Chang J, Whelan D, Ogilvie-Harris D, **Chahal J**, Theodoropoulos J. Wide Variability in Return-to-Sport Criteria used by Team Physicians After Anterior Cruciate Ligament Reconstruction in Elite Athletes-A Qualitative Study. *Arthroscopy, Sports Medicine, and Rehabilitation*. 2022 Aug 15;4(5):e1759-e1766. Available from: <https://pubmed.ncbi.nlm.nih.gov/36312698/>. Impact Factor 1.640. **Co-Author.**

7. **Chahal J**, Whelan DB, Hoit G, Theodoropoulos J, Ajrawat P, Betsch M, Docter S, Dwyer T. Anterior Cruciate Ligament Patellar Tendon Autograft Fixation at 0° Versus 30° Results in Improved Activity Scores and a Greater Proportion of Patients Achieving the Minimal Clinical Important Difference For Knee Injury and Osteoarthritis Outcome Score Pain: A Randomized Controlled Trial. *Arthroscopy: The Journal of Arthroscopic and Related Surgery*. 2022 Jun;38(6):1969-1977. Epub 2021 Dec 22. Available from: <https://pubmed-ncbi-nlm-nih-gov.myaccess.library.utoronto.ca/34952186/>. Impact Factor 5.973. **Principal Author**.
8. Matthies NF, Paul RA, Dwyer T, **Chahal J**, Whelan D. A Survey of Treatment Trends for Acute Quadriceps Tendon Ruptures Among North American Surgeons. *Orthopaedic Journal of Sports Medicine*. 2022 Mar 30;10(2):10(3):23259671211045399. Available from: <https://pubmed.ncbi.nlm.nih.gov/35368441/>. Impact Factor 3.401. **Co-Author**.
9. Newmarch T, Betsch M, Michalik R, Dwyer T, Whelan D, **Chahal J**, Theodoropoulos J. How Important are Psychological Measures to Determine Readiness to Return to Sports after Reconstruction of the Anterior Cruciate Ligament? An Online Survey Study. *Orthopaedic Journal of Sports Medicine*. 2022 Feb 7;10(2):23259671211066966. Available from: <https://pubmed-ncbi-nlm-nih-gov.myaccess.library.utoronto.ca/35155702/>. Impact Factor 3.401. **Co-Author**.
10. Degen RN, Hiemstra LA, Lobo J, Woodmass JM, Sommerfeldt M, Khan M, Carsen S, Pauyo T, **Chahal J**, Urquhart N, Grant J, Reusseu-Saine A, Lebel ME, Sheehan B, Sandman E, Tucker A, Kopka M, Wong I. Arthroscopy Association of Canada Position Statement on Intra-articular Injections for Hip Osteoarthritis. *Orthopaedic Journal of Sports Medicine*. 2022 Feb 7;10(2):23259671211066966. Available from: <https://pubmed-ncbi-nlm-nih-gov.myaccess.library.utoronto.ca/35155702/>. Impact Factor 3.401. **Co-Author**.
11. Dwyer T, Hoit G, Sellan M, Gopinath R, Whelan D, Theodoropoulos J, **Chahal J**. Six Percent Incidence of Graft-Tunnel Mismatch in Anatomic Anterior Cruciate Ligament Reconstruction Using Bone-Patella Tendon-Bone Autograft and Anteromedial Portal Drilling. *Arthroscopy, Sports Medicine, and Rehabilitation*. 2021 Dec 8;4(2):e479-e486. Available from: <https://pubmed.ncbi.nlm.nih.gov/35494272/>. Impact Factor 1.640. **Senior Responsible Author**.
12. Davis AM, Wong R, Steinhart K, Cruz L, Cudmore D, Dwyer T, Li L, Marks P, McGlasson R, Urquhart N, Wilson JA, Nimmon L, Ogilvie-Harris D, **Chahal J**. Development of an intervention to manage knee osteoarthritis risk and symptoms following anterior cruciate ligament injury. *Osteoarthritis and Cartilage*. 2021 Dec;29(12):1654-1665. Available from: <https://pubmed-ncbi-nlm-nih-gov.myaccess.library.utoronto.ca/34597801/>. Impact Factor 7.507. **Co-Principal Author**.
13. Davis AM, **Chahal J**, Wong R, Steinhart K, Dwyer T, Li L, Marks P, Cruz L, Urquhart N, Wilson JA, Cudmore D, Nimmon L, Ogilvie-Harris D. Limiting the Risk of Osteoarthritis After Anterior Cruciate Ligament Injury: Are Health Care Providers Missing the Opportunity to Intervene? *Arthritis Care & Research (Hoboken)*. 2021 Dec; 73(12):1754-1762. Epub 2021 Oct 19. Available from: <https://pubmed-ncbi-nlm-nih-gov.myaccess.library.utoronto.ca/32937005/>. Impact Factor 5.178. **Co-Author**.
14. **Chahal J**, Dwyer T. Editorial Commentary: Patients Who Achieve a Minimal Clinically Important Difference (Feel Better) Early After Hip Arthroscopy Have the Highest Rates of Long-Term Satisfaction. *Arthroscopy: The Journal of Arthroscopic and Related Surgery*. 2021 Oct;37(10):3088-3089. Available from: <https://pubmed-ncbi-nlm-nih-gov.myaccess.library.utoronto.ca/34602150/>. Impact Factor 5.973. **Principal Author**.
15. Betsch M, Hoit G, Dwyer T, Whelan D, Theodoropoulos J, **Chahal J**. Postoperative Pain Is Associated With Psychological and Physical Readiness to Return to Sports One-Year After Anterior Cruciate Ligament Reconstruction. *Arthroscopy, Sports Medicine, and Rehabilitation*. 2021 Aug 30;3(6):e1737-e1743. Available from: <https://pubmed-ncbi-nlm-nih-gov.myaccess.library.utoronto.ca/34977628/>. Impact Factor 1.640. **Senior Responsible Author**.
16. Wengle L, Migliorini F, Leroux T, **Chahal J**, Theodoropoulos J, Betsch M. The Effects of Blood Flow Restriction in Patients Undergoing Knee Surgery: A Systematic Review and Meta-analysis. *American Journal of Sports Medicine*. 2021 Aug 18;3635465211027296. Available from: <https://pubmed-ncbi-nlm-nih-gov.myaccess.library.utoronto.ca/34406084/>. Impact Factor 7.010. **Co-Author**.

17. Dwyer T, Hoit G, Lee A, Watkins E, Henry P, Leroux T, Veillette C, Theodoropoulos J, Ogilvie-Harris D, **Chahal J**. Injection of Bone Marrow Aspirate for Glenohumeral Joint Osteoarthritis: A Pilot Randomized Control Trial. *Arthroscopy, Sports Medicine, and Rehabilitation*. 2021 Aug 14;3(5):e1431-e1440. Available from: <https://pubmed.ncbi.nlm.nih.gov/myaccess.library.utoronto.ca/34712981/>. Impact Factor 1.640. **Senior Responsible Author**.
18. Hoit G, Rubacha M, **Chahal J**, Khan R, Ravi B, Whelan DB. Is There a Disadvantage to Early Physical Therapy After Multiligament Surgery for Knee Dislocation? A Pilot Randomized Clinical Trial. *Clinical Orthopaedics and Related Research*. 2021 Aug 1;479(8):1725-1736. Available from: <https://pubmed.ncbi.nlm.nih.gov/myaccess.library.utoronto.ca/33729214/>. Impact Factor 4.837. **Co-Author**.
19. Ajrawat P, Dwyer T, Whelan D, Theodoropoulos J, Murnaghan L, Bhargava M, Ogilvie-Harris D, **Chahal J**. A Comparison of Quadriceps Tendon Autograft With Bone-Patellar Tendon-Bone Autograft and Hamstring Tendon Autograft for Primary Anterior Cruciate Ligament Reconstruction: A Systematic Review and Quantitative Synthesis. *Clinical Journal of Sport Medicine*. 2021 Jul 1;31(4):392-399. Available from: <https://pubmed.ncbi.nlm.nih.gov/myaccess.library.utoronto.ca/31233432/>. Impact Factor 3.454. **Senior Responsible Author**.
20. Rabani R, Robb KP, **Chahal J**, Mahomed N, Gandhi R, Viswanathan S. MicroRNA signature of mesenchymal stromal cells contributes to their therapeutic efficacy in the context of osteoarthritis. *Cytotherapy*. 2021 May;23(5):S24. Available from: <https://www.researchgate.net/publication/351508681>. Impact Factor 6.196. **Co-Author**.
21. Dwyer T, **Chahal J**. Editorial Commentary: Injections for Knee Osteoarthritis: Doc, You Gotta Help Me! *Arthroscopy: The Journal of Arthroscopic and Related Surgery*. 2021 Apr;37(4):1288-1289. Available from: <https://pubmed.ncbi.nlm.nih.gov/myaccess.library.utoronto.ca/33812528/>. Impact Factor 5.973. **Co-Principal Author**.
22. Weber S, **Chahal J**. Case Studies AAOS Clinical Practice Guideline: Management of Rotator Cuff Injuries. *Journal of the American Academy of Orthopaedic Surgeons*. 2021 Feb 1;29(3):e104-e108. Available from: <https://doi.org/10.5435/JAAOS-D-20-00450>. Impact Factor 4.000. **Co-Principal Author**.
23. **Chahal J**, Lansdown DA, Davey A, Davis AM, Cole BJ. The Clinically Important Difference and Patient Acceptable Symptomatic State for Commonly Used Patient-Reported Outcomes After Knee Cartilage Repair. *American Journal of Sports Medicine*. 2021 Jan;49(1):193-199. Epub 2020 Nov 23. Available from: <https://pubmed.ncbi.nlm.nih.gov/33226845/>. Impact Factor 7.010. **Principal Author**.
24. Dwyer T, Whelan D, Shah PS, Ajrawat P, Hoit G, **Chahal J**. Author Reply to “Can’t See the Right Forest Plot for the Wrong Trees!” *Arthroscopy: The Journal of Arthroscopic and Related Surgery*. 2020 Nov; 36(11):2789-2790. Epub 2020 Sep 24. Available from: <https://pubmed.ncbi.nlm.nih.gov/32979501/>. Impact Factor 5.973. **Senior Responsible Author**.
25. Dwyer T, Whelan D, Shah PS, Ajrawat P, Hoit G, **Chahal J**. Author Reply to “Regarding ‘Operative Versus Nonoperative Treatment of Femoroacetabular Impingement Syndrome: A Meta-analysis of Short-Term Outcomes’” *Arthroscopy: The Journal of Arthroscopic and Related Surgery*. 2020 Nov; 36(11):2786-2787. Epub 2020 May 19. Available from: <https://pubmed.ncbi.nlm.nih.gov/32442712/>. Impact Factor 5.973. **Senior Responsible Author**.
26. Davis AM, **Chahal J**, Wong R, Steinhart K, Dwyer T, Li L, Marks P, Cruz L, Urquhart N, Astephen Wilson J, Cudmore D, Nimmon L, Ogilvie-Harris D. Limiting the risk of osteoarthritis after anterior cruciate ligament injury: Are health care providers missing the opportunity to intervene? *Arthritis Care & Research*. 2020 Sep 16; doi:10.1002/acr.24419. Available from: <https://pubmed.ncbi.nlm.nih.gov/32937005/>. Impact Factor 5.178. **Co-Author**.
27. Higgins J, Chang J, Hoit G, **Chahal J**, Dwyer T, Theodoropoulos J. Conventional Follow-up Versus Mobile Application Home Monitoring for Postoperative Anterior Cruciate Ligament Reconstruction Patients: A Randomized Controlled Trial. *Arthroscopy: The Journal of Arthroscopic and Related Surgery*. 2020 Jul;36(7):1906-1916. Epub 2020 Apr 5. Available from: <https://pubmed.ncbi.nlm.nih.gov/32268161/>. Impact Factor 5.973. **Co-Author**.
28. Hoit G, Whelan DB, Dwyer T, Ajrawat P, **Chahal J**. Physiotherapy as an Initial Treatment Option for Femoroacetabular Impingement: A Systematic Review of the Literature and Meta-analysis of 5 Randomized Controlled Trials. *American Journal of Sports Medicine*. 2020 Jul;48(8):2042-2050. Epub 2019 Nov 27. Available from: <https://pubmed.ncbi.nlm.nih.gov/31774704/>. Impact Factor 7.010. **Senior Responsible Author**.

29. Dwyer T, **Chahal J**, Murnaghan L, Theodoropoulos J, Cheung J, McParland A, Ogilvie-Harris D. Development of a certification examination for orthopedic sports medicine fellows. *Canadian Journal of Surgery*. 2020 Mar 6;63(2):E110-E117. Available from: <https://pubmed.ncbi.nlm.nih.gov/32142243/>. Impact Factor 2.840. **Co-Author**.
30. Weber S, **Chahal J**. Management of Rotator Cuff Injuries. *Journal of the American Academy of Orthopaedic Surgeons*. 2020 Mar 1;28(5):e193-e201. Epub 2019 Oct 9. Available from: <https://pubmed.ncbi.nlm.nih.gov/31599763/>. Impact Factor 4.000. **Co-Principal Author**.
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