

# Alfonso J. Arevalo, D.O.

## **FELLOWSHIP:**

**University of Buffalo (Buffalo, NY)** August 2022 - July 2023  
Orthopedic Sports Medicine Fellowship

## **INTERNSHIP AND RESIDENCY:**

**Philadelphia College of Osteopathic Medicine (Philadelphia, PA)** July 2018 - June 2022  
Orthopedic Surgery Residency Program

**Philadelphia College of Osteopathic Medicine (Philadelphia, PA)** July 2017 - June 2018  
Orthopedic Surgery Program Internship

## **EDUCATION:**

**Philadelphia College of Osteopathic Medicine (Philadelphia, PA)** August 2013 - June 2017  
Doctor of Osteopathic Medicine

**Philadelphia College of Osteopathic Medicine (Philadelphia, PA)** August 2012 - June 2013  
Certificate of Graduate Studies in Biomedical Sciences

**Boston University (Boston, MA)** August 2008 - May 2012  
Bachelors of Science in Human Physiology

## **PUBLICATIONS:**

1. Smith T.J., **Arevalo A**, Kazanjian J.E. “Simultaneous Pectoralis Major Rupture at the Muscle Belly and Musculotendinous Junction.” *Journal of American Osteopathic Academy of Orthopedics*. 2019.
2. Smith T.J., D’Alonzo J, **Arevalo A**, Kazanjian J.E. “A Novel Indication for Reverse Total Shoulder Arthroplasty: Isolated Glenoid Fracture in Acute Glenohumeral Dislocation.” *Case Rep Orthop*. 2020. PMID: 32855832
3. Hadley C.J., Edelman D, **Arevalo A**, Patel N, Ciccotti M.G., Dodson C.C. “Systematic Review: Ulnar Collateral Ligament Reconstruction in Adolescents.” *Am J Sports Med*. 2020. PMID: 32791013
4. Allred G, **Arevalo A**, Brooks R, Greenhill D.A. “Delayed Diagnosis and Treatment of a Distal Patellar Tendon Avulsion in an Adolescent”. *BMJ Case Rep*. 2022. PMID: 35228250
5. Szukics P.F., Otlans P.T., **Arevalo A**, Meade M, Deluca P, Salvo J.P. “A Scoping Review of Injuries in Amateur and Professional Men’s Ice Hockey.” *Orthop J Sports Med*. 2022. PMID: 35464903

6. **Arevalo A**, Rao S, Willier D.P. 3rd, Schrock C, Erickson B.J., Jack R.A. 2nd, Cohen S.B., Ciccotti M.G. “Surgical Techniques and Clinical Outcomes for Medial Epicondylitis: A Systematic Review.” *Am J Sports Med.* 2022. PMID: 35658623
7. Chaudhry YP, Hayes H, Wells Z, Papadelis E, **Arevalo A**, Horan T, Khanuja HS, Deirmengian C. “Unsupervised Home Exercises Versus Formal Physical Therapy After Primary Total Hip Arthroplasty: A Systematic Review.” *Cureus.* 2022. PMID: 36159349
8. Pratte T, Smith T.J., **Arevalo A**, Wazen J, Rubenstein D. “Arthroscopic Suprapectoral Biceps Tenodesis: The Best of Both Worlds.” *Arthros Tech.* 2022. PMID: 36185115
9. Szukics P.F., Otlans P.T., **Arevalo A**, Meade M, Deluca P, Salvo J.P. “A Scoping Review of Injuries in Amateur and Professional Men’s Ice Hockey: Response.” *Orthop J Sports Med.* 2022. PMID: 36199828
10. **Arevalo A**, Keller R.E., Szukics P.F., Olsen C, Arevalo I, Yagnik G.P., Salvo J.P. “Variation in Reported Learning Outcomes and Measurement Instruments in Hip Arthroscopy Simulation Training: A Systematic Review.” *Arthroscopy: The Journal of Arthroscopic and Related Surgery.* 2023. PMID: 37355192

### **SCIENTIFIC EXHIBITS:**

1. Dixit A, Campbell R.E., **Arevalo A**, Hammoud S, Dodson C.C., Freedman K.B., Cohen S.B., Ciccotti M.G., Tjoumakaris F.P. “Management of Massive Rotator Cuff Tears without Arthroplasty.” American Academy of Orthopaedic Surgeons Annual Meeting, March 2019.
2. Dixit A, **Arevalo A**, Weekes D, Freedman K.B., Dodson C.C., Tjoumakaris F.P., Cohen S.B., Ciccotti, M.G., Hammoud S. “Osteotomies About The Knee - Pros, Cons, and Technical Pearls.” American Academy of Orthopaedic Surgeons Annual Meeting, March 2019.

### **ABSTRACTS:**

1. Wilkie W.A., Remily E.A., Mohamed N.S., Pervaiz S, Douglas S, Sax O, Campbell N, **Arevalo A**, Digioia N, Pastore M, D’Alonzo J, Delanois R.E. “Bipolar Disorder in TKA: Clinical and Economic Consequences.” Pennsylvania Orthopaedic Society Annual Meeting. October 2020.
2. Wilkie W.A., Remily E.A., Mohamed N.S., Douglas S, Pervaiz S, Sax O, Forte S.A., Horan T, **Arevalo A**, Campbell N, Digioia N, Delanois R.E. “Depression in Total Hip Arthroplasty: Cost and Outcomes.” Pennsylvania Orthopaedic Society Annual Meeting. October 2020.
3. Smith T.J., Judice A, Forte S.A., Wilkie W.A., D’Alonzo J, Wells Z, **Arevalo A**, Campbell N, Horan T, McPhilemy J.J. “The Vacuum Phenomenon in the Elbow: A Case Report.” Pennsylvania Orthopaedic Society Annual Meeting. October 2020.

4. **Arevalo A**, Keller R.E., Szukics P.F., Olsen C, Arevalo I, Pratte T, Smith T.J., Salvo J.P. “Hip Arthroscopy Simulation Training: A Systematic Review.” Pennsylvania Orthopaedic Society Annual Meeting. October 2022.

### **POSTER PRESENTATION:**

1. Wilkie W.A., Remily E.A., Mohamed N.S., Douglas S, Pervaiz S, Delanois R.E., Nace J, **Arevalo A**, Forte S.A. “Do Total Knee Arthroplasty Patients Fare Better under Publicly or Privately Owned Hospitals?” American Academy of Hip and Knee Surgeons Annual Meeting. November 2020.
2. **Arevalo A**, Keller R.E., Szukics P.F., Olsen C, Pratte T, Patel A, Smith T.J., Kester C, Salvo J.P. “Hip Arthroscopy Simulation Training: A Systematic Review.” American Osteopathic Academy of Orthopedics Annual Meeting. November 2022.
3. Weiss-Laxer N, Pavlesen S, **Arevalo A**, Carlock K, Jeffords J, Haidir M, Bisson LJ. “Comparison of One-Year Postoperative Patient-Reported Outcomes Measures Response Among Rotator Cuff Repair Patients.” Orthopedic Research Society Annual Meeting. February 2023.

### **OTHER PUBLICATIONS:**

1. **Arevalo A**, Smith K, Tedesco L. “Medical Student Roadmap Outlines Year-by-Year Milestones.” *AAOS Now*. American Academy of Orthopaedic Surgeons, October 2021.

### **MULTIMEDIA:**

1. **Arevalo A**. “How to Read an X-ray”. Medical Student Roadmap Video Series. *American Academy of Orthopaedic Surgeons*. June 2021.
2. Viola A, **Arevalo A**. “How to Prepare for Surgery: Preoperative Imaging.” Medical Student Roadmap Video Series. *American Academy of Orthopaedic Surgeons*. June 2021.
3. **Arevalo A**, Lutz RW. “Basics of Hip Fractures”. Medical Student Roadmap Video Series. *American Academy of Orthopaedic Surgeons*. July 2021.
4. **Arevalo A**, Harkin W. “Open Fractures”. Medical Student Roadmap Video Series. *American Academy of Orthopaedic Surgeons*. July 2021.
5. **Arevalo A**, Lutz RW. “Basics of Ankle Fractures”. Medical Student Roadmap Video Series. *American Academy of Orthopaedic Surgeons*. July 2021.
6. **Arevalo A**. “Orthopedic Shoulder Exam”. Medical Student Roadmap Video Series. *American Academy of Orthopaedic Surgeons*. December 2021.

7. **Arevalo A.** “Basics of Knee Arthroscopy”. Medical Student Roadmap Video Series. *American Academy of Orthopaedic Surgeons*. July 2022.

**TEAM COVERAGE EXPERIENCE:**

Buffalo Bills (NFL), Assistant Team Physician	August 2022 - July 2023
Buffalo Sabres (NHL), Assistant Team Physician	August 2022 - July 2023
Rochester Americans (AHL), Assistant Team Physician	August 2022 - July 2023
Hilbert College Football (Division III), Assistant Team Physician	August 2022 - July 2023

**MEMBERSHIPS and ASSOCIATIONS:**

Journal of Orthopaedic Experience & Innovation, <i>Resident/Fellow Advisor</i>	July 2022 - Present
Medical Student Orthopedic Society (MSOS), <i>Advisor</i>	July 2022 - Present
Arthroscopy Association of North America (AANA), <i>Member</i>	July 2022 - Present
AAOS Resident Assembly Education Committee, <i>Vice Chair</i>	March 2022 - March 2023
PCOM Orthopedic Program Evaluation Committee, <i>Representative</i>	July 2020 - June 2021
Journal of Clinical Orthopaedics and Trauma, <i>Reviewer</i>	June 2020 - Present
AAOS Resident Assembly Education Committee, <i>Member</i>	March 2019 - July 2023
American Osteopathic Academy of Orthopedic Surgeons (AOAO), <i>Member</i>	July 2017 - Present
American Academy of Orthopaedic Surgeons (AAOS), <i>Member</i>	July 2017 - Present

**CERTIFICATIONS:**

AAOS Leadership Institute Level 1, Certificate of Completion  
AOBOS Board Certification, Part I

**AWARDS:**

Chief Resident, PCOM Orthopedic Residency	July 2021 - June 2022
PCOM Orthopedics John J. McPhilemy Resident Teaching Award	June 2022
PCOM Orthopedics Ahmed Siddiqi Resident Research Award	June 2022