

# JUSTIN T. JABARA, MD

## OFFICE

### **Orthopaedic Associates of Muskegon**

1400 Mercy Drive, Suite 100  
Muskegon, MI 49444  
Phone: 231.733.1326

## EDUCATION AND TRAINING

**University of California San Francisco**, San Francisco, CA  
Sports and Shoulder Surgery Fellowship

August 2024-July 2025

**University of Minnesota**, Minneapolis, MN  
Orthopaedic Surgery Residency

June 2019-July 2024

**Wayne State University School of Medicine**, Detroit, MI  
Doctor of Medicine

July 2015-June 2019

**Michigan State University**, East Lansing, MI  
Physiology, Bachelor of Science  
Bioethics, Humanities, & Society, Interdisciplinary Minor

Aug. 2011-May 2015

## AWARDS & RECOGNITION

**Resident Role Model Award**  
University of Minnesota Department of Orthopaedic Surgery

June 2024

**Gustilo Research Award for Best Scientific Paper**  
University of Minnesota Department of Orthopaedic Surgery

June 2024

**Orthopaedic Resident Distinguished Service Award**  
Minneapolis Veterans Affairs Healthcare System

June 2024

**Mary and George Ritter Endowed Scholarship**  
Wayne State University School of Medicine

July 2018

**Year Three Clinical Clerkship Honors**  
Wayne State University School of Medicine

May 2018

**Spirit of Community Project Engagement Award Finalist**  
Wayne State University

May 2017

**Ralph Wadley, M.D. Scholarship**  
Wayne State University School of Medicine

October 2016

**Magna Cum Laude Graduate**  
Michigan State University

May 2015

**Distinguished Senior Award**  
Lyman Briggs College

May 2015

**Outstanding Senior Award**  
Associated Students of Michigan State University

April 2015

**Dean's Honors List**  
Michigan State University

Fall 2011-Spring 2015

**Eagle Scout Rank**  
Boy Scouts of America

May 2011

**PEER REVIEWED PUBLICATIONS**

- Jabara, J.T.**, Trotter, M., Confino, J.E., LaRoque, E. and Colyvas, N., 2025. Simplified Centralization Technique With Dual-Tunnel Meniscal Root Repair. *Arthroscopy Techniques*, p.103709.
- Jabara, J.T.**, Kiani, S., Youn, A. and Feeley, B., 2025. Orthobiologic Augmentation to Improve Rotator Cuff Repair Outcomes: Current and Future Strategies. *JAAOS-Journal of the American Academy of Orthopaedic Surgeons*, 33(13), pp.e731-e736.
- Jabara, J.T.**, Trotter, M., Confino, J.E. and Zhang, A.L., 2025. ACL Repair With Suture Tape Augmentation Using Self-Tapping Knotless Anchors. *Arthroscopy Techniques*, p.103532.
- Liu, K.C., **Jabara, J.T.**, Lizarraga, M.A., Gatto, A.P. and Feeley, B., 2025. Preoperative Antibiotic Prophylaxis in Primary Shoulder Arthroplasty Patients: A Systematic Review. *JSES International*.
- Jabara, J.T.**, Neuner, J.H., Vasanthan, A., Aleshi, P., Kinjo, S., Wong, S.E. and Zhang, A.L., 2025. General Anesthesia Utilizing Laryngeal Mask Airway Ventilation with Low Dose Neuromuscular Blockade is Safe and Effective for Patients Undergoing Hip Arthroscopy. *Arthroscopy, Sports Medicine, and Rehabilitation*, p.101218.
- Petrie, K.A., Pratapneni, A., **Jabara, J.T.** and Lansdown, D.A., 2025. Operative Techniques: Orthobiologics in the Treatment/ Augmentation of Meniscal Injuries. *Operative Techniques in Orthopaedics*, 35(2), p.101187.
- Overman K.L, **Jabara, J.T.**, Gannon, N.P., Edwards, K., Kahat, D., Tatman, L., Agel, J., Swiontkowski, M., Nguyen, M.P., 2023. Comparison of clinical and radiographic outcomes of arthroscopic-assisted percutaneous fixation versus open reduction internal fixation of lateral tibial plateau fractures. *International Orthopaedics*, 47(6), pp.1583-1590.
- Jabara, J.T.**, Gannon, N.P., Marsh, J.L., Vallier, H.A. and Nguyen, M.P., 2022. Comparisons of Procedures Performed in Training vs in Early Practice by Orthopaedic Trauma Surgeons. *Journal of the American Academy of Orthopaedic Surgeons*, pp.10-5435.
- Jabara, J.T.**, Paull, T.Z., Wise, K.L., Swiontkowski, M.F. and Nguyen, M.P., 2022. Arthroscopically Assisted Percutaneous Screw Fixation of Tibial Plateau Fractures. *Journal of Bone and Joint Surgery Essential Surgical Techniques*, 12(2), p.e21.
- Jabara, J.T.**, Gannon, N.P., Vallier, H.A. and Nguyen, M.P., 2021. Management of civilian low-velocity gunshot injuries to an extremity. *Journal of Bone and Joint Surgery*, 103(11), pp.1026-1037.
- Shaw, J.H., Mahan, M.C., **Jabara, J.T.**, Jildeh, T.R. and Davis, J.J., 2020. Mepivacaine Spinal Anesthesia Facilitates Shorter Lengths of Stay and Fewer Urinary Complications in Total Hip Arthroplasty Compared to Bupivacaine. *The Journal of Hip Surgery*, 4(03), pp.134-141.
- Taliaferro, T.M., Crawford, A., **Jabara, J.T.**, Lynch, J., Jung, E., Zvirbulis, R., Banka, T., 2018. Intraocular pressure increases after intraarticular knee injection with triamcinolone but not hyaluronic acid. *Clinical Orthopaedics and Related Research*, 476.7, pp.1420-1425.
- Buraimoh, M., **Jabara, J.T.**, Nelson, A., Yu, C., Bartol, S., Graziano, G., 2018. Awake C7 Osteotomy for Chin to Chest Cervical Deformity in Ankylosing Spondylitis. *American Academy of Orthopaedic Surgeons. Orthopaedic Video Theater*. Peer Reviewed Video Publication.
- Mahan, M.C., **Jabara, J.T.**, Nahm, N., Novacheck, T., 2018. Distal Femoral Extension Osteotomy with Patellar Tendon Advancement for Crouch Gait in Cerebral Palsy. *American Academy of Orthopaedic Surgeons. Orthopaedic Video Theater*. Peer Reviewed Video Publication.
- Chaddha, A., Erickson, S., Kline-Rogers, E., Montgomery, D., Woznicki, E., **Jabara, J.T.**, Eagle, K., 2018. Medication adherence patterns in aortic dissection survivors. *The Indian journal of medical research*. 147(2), p.183.
- Taliaferro, K., **Jabara, J.T.**, Wessell, N., Jung E., Bartol, S., 2017. Direct Lateral Lumbar Interbody Fusion (DLIF) Using MMG (Mechanomyography) Nerve Mapping. *American Academy of Orthopaedic Surgeons. Orthopaedic Video Theater*. Peer Reviewed Video Publication.
- Wessell, N., **Jabara, J.T.**, Taliaferro, K., Bartol, S., 2017. Percutaneous Pedicle Screw Placement With Mechanomyography (MMG) Testing. *American Academy of Orthopaedic Surgeons. Orthopaedic Video Theater*. Peer Reviewed Video Publication.
- Chau, L., **Jabara, J.T.**, Lai, W., Svider, P.F., Warner, B.M., Lin, H.S., Raza, S.N. and Fribley, A.M., 2017. Topical agents for oral cancer chemoprevention: A systematic review of the literature. *Oral Oncology*, 67, pp.153-159.

Chaddha, A., Kline-Rogers, E., Braverman, A.C., Erickson, S.R., Jackson, E.A., Franklin, B.A., Woznicki, E.M., **Jabara, J.T.**, Montgomery, D.G. and Eagle, K.A., 2015. Survivors of Aortic Dissection: Activity, Mental Health, and Sexual Function. *Clinical Cardiology*, 38(11), pp.652-659.

#### NATIONAL/REGIONAL PRESENTATIONS

Wise K.L, **Jabara, J.T.**, Gannon, N., Edwards, K., Kahat, D., Tatman, L., Agel, J., Swiontkowski, M., Nguyen, M. *Comparison of Functional and Radiographic Outcomes of Arthroscopic-Assisted Percutaneous Fixation versus Open Reduction Internal Fixation of Tibial Plateau Fractures.*

American Academy of Orthopaedic Surgeons. Poster. 2022 Annual Meeting.

**Jabara, J.T.**, Gannon, N.P., Marsh, J.L., Vallier, H.A. and Nguyen, M.P. *Are orthopaedic trauma fellowships training surgeons with procedures that they are actually performing?*

Mid-America Orthopaedic Association. Poster. 2021 Annual Meeting.

**Jabara, J.T.**, Mahan, M.C., Nelson, A., Kadri, O., Silverton, C. *Survey Results on Orthopaedic Sharps Injuries: Are we properly reporting our accidents?*

Mid-America Orthopaedic Association. Poster. 2019 Annual Meeting.

Nelson, A., Mahan, M.C., **Jabara, J.T.**, Silverton, C. *Radiographic Comparison of Cementless Total Knee Arthroplasty in the Elderly (>70) vs Adult (<70) Population.*

Mid-America Orthopaedic Association. Podium. 2019 Annual Meeting.

Mahan, M.C., Shaw, J.H., **Jabara, J.T.**, Jildeh T.R., Kadri, O.M. Davis, J.J. *Mepivacaine Spinal Anesthesia for Total Hip Arthroplasty Facilitates Shorter Length of Stay and Fewer Urinary Complications Compared to Bupivacaine.*

Mid-America Orthopaedic Association. Podium. 2019 Annual Meeting.

Mahan, M.C., Shaw, J.H., **Jabara, J.T.**, Jildeh T.R., Kadri, O.M. Davis, J.J. *Mepivacaine Spinal Anesthesia for Total Hip Arthroplasty Facilitates Shorter Length of Stay and Fewer Urinary Complications Compared to Bupivacaine.*

American Association of Hip and Knee Surgeons. Poster. 2018 Annual Meeting.

Mahan, M.C., **Jabara, J.T.**, Nelson, A., Silverton, C. *Eccentric Reaming and the risk of Periprosthetic fracture.*

Michigan Orthopaedic Society. Podium. 2018 Annual Meeting.

Nelson, A., **Jabara, J.T.**, Mahan, M.C., Silverton, C. *Cementless Total Knee Arthroplasty: A comparison of patients above and below seventy years old.*

Michigan Orthopaedic Society. Poster. 2018 Annual Meeting.

Nelson, A., Srivastava, K., Ussef, N., **Jabara, J.T.**, Silverton, C. *Radiographic and Clinical Outcomes at Short Term Follow-up for Cementless Knee Arthroplasty.*

Michigan Orthopaedic Society. Poster. 2018 Annual Meeting.

Nelson, A., Mahan, M.C., **Jabara, J.T.**, Silverton, C. *Radiographic Comparison of Cementless Total Knee Arthroplasty in the Elderly (>70) vs Adult (<70) Population.*

Michigan Orthopaedic Society. Podium. 2018 Annual Meeting.

Nelson, A., **Jabara, J.T.**, Jung, E., Antaran, A., Banka, T. *Perioperative limb weight changes after TKA.*

Michigan Orthopaedic Society. Poster. 2018 Annual Meeting.

**Jabara, J.T.**, Clausen, D., Yu C., Nelson, F. *A modified active straight leg raise test to help distinguish hip vs. back origin of pain.*

Henry Ford Health System Annual Research Symposium. Poster. 2018.

Taliaferro, T.M., Crawford, A., Lynch J., Jung, E., **Jabara J.T.**, Zvirbulis, R., Banka, T. *Intra-Ocular Pressure Changes Associated with Intra-Articular Knee Injections of Kenalog for the Treatment of Knee Arthritis.*

American Association of Hip and Knee Surgeons. Poster. 2016 Annual Meeting.

Philip, S., Pape, L., Suzuki, T., Conklin, L.D., Froehlich, J., Fattori, R., Kline-Rogers, E., **Jabara, J.T.**, Jondeau, G., Siddiqi, H., Bossone, E., Montgomery, D., Isselbacher, E. and Nienaber, C. *Changes in Gender-related Differences in Acute Aortic Dissection Over Time.*

American College of Cardiology. Poster. 2014 Annual Meeting.

**Jabara, J.T.**, Peterson, M., Trimarchi, S., Myrmel, T., Reece, T.B., Bossone, E., Hutchison, S., Gilon, D., Appoo, J., Di Eusano, M., Montgomery, D., Isselbacher, E., Nienaber, C., Eagle, K.A. and Patel, H. *Aortic Dissection in the Elderly: Comparing Septuagenarians and Octogenarians*.

American College of Cardiology. Poster. 2013 Annual Meeting.

### **LOCAL PRESENTATIONS**

*Total Shoulder Arthroplasty: Around the Glenosphere in 60 minutes.*

University of Minnesota Grand Rounds. Minneapolis, MN. 2023.

*Data Driven Total Hip Arthroplasty: Around the Hemisphere in 60 minutes.*

Veterans Affairs Hospital Grand Rounds. Minneapolis, MN. 2022.

*Anterior Cruciate Ligament Reconstruction: Current Concepts in Graft Choice.*

Veterans Affairs Hospital Grand Rounds. Minneapolis, MN. 2021.

*Pediatric Anterior Cruciate Ligament Reconstruction: Current Concepts.*

Regions Hospital Grand Rounds. St. Paul, MN. 2021.

*Current Concepts in Distal Radius Fracture Care.*

Veterans Affairs Hospital Grand Rounds. Minneapolis, MN. 2020.

### **TEAM AND EVENT COVERAGE**

**Race Physician-** San Francisco Marathon

San Francisco, CA

July 2025

**Team Physician PlaySafe Football-** San Francisco Public Schools

San Francisco, CA

August 2024-  
November 2024

**Assistant Team Physician-** University of San Francisco

San Francisco, CA

August 2024-  
November 2024

**Event Support Physician-** WCHA- Collegiate Women's Hockey Finals

Minneapolis, MN

March 2024

**Team Physician-** Central High School Varsity Football Team

St. Paul, MN

August 2021-  
November 2023

**Event Support Physician-** U.S. Pond Hockey Championships

Minneapolis, MN

January 2023

**Event Support Physician-** University of Minnesota Griak Cross Country Invitational

Minneapolis, MN

September 2022

### **CERTIFICATIONS/LICENSURE**

**Michigan Board of Medicine**

Physician License

2025-present

**Medical Board of California**

Physician's and Surgeon's License

2024-present

**American Board of Orthopaedic Surgery**

Part 1 Examination Pass

2024

**Minnesota Board of Medical Practice**

Residency Permit

2019-2024

**American College of Surgeons**

Advanced Trauma Life Support

2019-present

**American Heart Association**

Basic and Advanced Cardiac Life Support

2017-present

<b>United States Medical Licensing Examination</b> Step 3	2019
<b>United States Medical Licensing Examination</b> Step 2 Clinical Skills	2018
<b>United States Medical Licensing Examination</b> Step 2 Clinical Knowledge	2018
<b>United States Medical Licensing Examination</b> Step 1	2017

### **PROFESSIONAL DEVELOPMENT**

American Orthopaedic Society for Sports Medicine Annual Conference (Nashville, TN)	July 2025
American Academy of Orthopaedic Surgeons Annual Conference (San Diego, CA)	March 2025
Minnesota Orthopaedic Society Annual Conference (Edina, MN)	May 2023
American Academy of Orthopaedic Surgeons Annual Conference (Las Vegas, NV)	March 2023
TRIA Annual Sports Medicine Conference (Bloomington, MN)	February 2023
Minnesota Orthopaedic Society Annual Conference (Edina, MN)	May 2022
Anterior Hip Foundation Annual Meeting (Las Vegas, NV)	May 2022
American Academy of Orthopaedic Surgeons Annual Conference (Chicago, IL)	March 2022
TRIA Annual Sports Medicine Conference (Bloomington, MN)	February 2022
AO North America Basic Principles of Fracture Management Course (La Jolla, CA)	December 2021
Mid-America Orthopaedic Association Annual Meeting (Fernandina Beach, FL)	September 2021
TRIA Annual Sports Medicine Conference (Bloomington, MN)	February 2020
Children's Orthopaedic Trauma Summit (St. Paul, MN)	October 2019
Michigan Orthopaedic Society Annual Conference (Mackinac Island, MI)	June 2018
American Academy of Orthopaedic Surgeons Annual Conference (New Orleans, LA)	March 2018
Wayne State University School of Medicine Student Research Symposium	January 2018
American Academy of Orthopaedic Surgeons Annual Conference (San Diego, CA)	March 2017
International Society for Evolution, Medicine, & Public Health Annual Conference (Tempe, AZ)	March 2015
American College of Cardiology Annual Conference (San Francisco, CA)	March 2013

### **PROFESSIONAL SOCIETY MEMBERSHIP**

Arthroscopy Association of North America	2023-present
American Academy of Orthopaedic Surgeons	2019-present
Alpha Omega Alpha Honor Medical Society	2018-present

### **PROFESSIONAL POSITIONS**

<b>Founding President-</b> Research In Medical Education (RIME) Wayne State University School of Medicine, Detroit, MI	July 2017- May 2019
<b>Secretary-</b> Music in Medicine Wayne State University School of Medicine, Detroit, MI	April 2016-April 2017

<b>Expansion Liaison-</b> Cass Clinic Wayne State University School of Medicine, Detroit, MI	Dec. 2015-April 2017
<b>President-</b> Lyman Briggs College Student Advisory Council Michigan State University, East Lansing, MI	May 2014-May 2015
<b>Student Representative-</b> Lyman Briggs College Diversity and Inclusion Committee Michigan State University, East Lansing, MI	Sept. 2013-May 2015
<b>Student Representative-</b> Lyman Briggs College Advisory Council Michigan State University, East Lansing, MI	Sept. 2013-May 2015
<b>Vice President-</b> Lyman Briggs Student Advisory Council Michigan State University, East Lansing, MI	May 2013-May 2014
<b>Treasurer-</b> Lyman Briggs Student Advisory Council Michigan State University, East Lansing, MI	May 2012-May 2013