

Cindy R. Nahhas, MD

Education and Professional Experience

University of Minnesota/HealthPartners • Hand surgery fellowship	2025 - 2026
University of Illinois at Chicago • Orthopedic surgery residency • Administrative Chief Resident	2020 - 2025
University of Illinois at Chicago College of Medicine • Doctor of Medicine 2020 • Graduation with Honors	2015 - 2020
Research Fellowship Rush University Medical Center • Dedicated year of clinical research in hip and knee arthroplasty • Completed between third and fourth year of medical school	2018 - 2019
University of Illinois at Chicago • Bachelor of Science in biological sciences, minor in philosophy • Guaranteed Professional Program Admission to Medicine Program (GPPA), a combined undergraduate and medical school program • Honors College • Graduated Summa Cum Laude	2011 - 2015

Peer Reviewed Publications

Raeker-Jordan E, **Nahhas CR**, Mzeihem M, Mungalpara N, Paponov H, Mejia A, Amirouche F. Fingertip Forces and Thenar Pressure During Instrument Use in Simulated Meniscectomy: A Comparative Study of Rongeur and Forceps. *Hand*, accepted 2026.

Nahhas CR, Chalmers PN, Parvizi J, Sporer SM, Deirmengian GK, Chen AF, Culvern C, Moric M, Della Valle CJ. A Randomized Trial of Static and Articulating Spacers for Treatment of the Infected Total Hip Arthroplasty. *The Journal of Arthroplasty* 2021;36(6):2171-2177.

Nahhas CR, Hannon CP, Yang J, Gerlinger TL, Nam D, Della Valle CJ. Education Increases Disposal of Unused Opioids after Total Joint Arthroplasty: A Cluster Randomized Controlled Trial. *The Journal of Bone and Joint Surgery* 2020; 102(11):953-960.

Nahhas CR, Chalmers PN, Pavizi J, Sporer SM, Berend KR, Moric M, Chen AF, Austin M, Deirmengian GK, Morris MJ, Della Valle CJ. A Randomized Trial of Static and Articulating Spacers for Treatment of the Infected Total Knee Arthroplasty. *The Journal of Bone and Joint Surgery* 2020; 102(9):778-787.

Heckmann ND, **Nahhas CR**, Yang JW, Della Valle CJ, Culvern C, Gerlinger TL, Nam D. Saline Lavage After a “Dry Tap.” *The Journal of Bone and Joint Surgery* 2020; 102: 138-144.

Sershon RA, Fillingham YA, Abdel MP, Malkani AL, Schwarzkopf R, Padgett DE, Vail TP, Nam D, **Nahhas C**, Culvern C, Della Valle CJ; Hip Society Research Group. The Optimal Dosing Regimen for Tranexamic Acid in Revision Total Hip Arthroplasty: A Multicenter Randomized Clinical Trial. *The Journal of Bone and Joint Surgery* 2020; 102(21):1883-1890.

Nahhas CR, Yi PH, Culvern C, Cross MB, Akhavan S, Johnson SR, Nunley RM, Bozic KJ, Della Valle CJ. Patient Attitudes Towards Resident And Fellow Participation In Orthopaedic Surgery. *The Journal of Arthroplasty* 2019; 34(9):1884-1888.

Nahhas CR, Fuller B, Hannon CP, Gerlinger TL, Nam D, Della Valle CJ. Which Non-Operative Treatments Do Patients Feel Are Most Effective for Hip and Knee Arthritis? *Journal of the American Academy of Orthopaedic Surgeons Global Research & Reviews* 2020.

Bigart KC, **Nahhas CR**, Ruzich GP, Culvern C, Salzano MB, Della Valle CJ, Nam D. Does Femoral Morphology Predict the Risk of Periprosthetic Fracture After Cementless Total Hip Arthroplasty? *The Journal of Arthroplasty* 2020; 35(6S):S359-363.

Nam D, Salih R, **Nahhas CR**, Barrack RL, Nunley RM. Is a Modular Dual Mobility Acetabulum a Viable Option for the Young, Active Total Hip Arthroplasty Patient? *The Bone & Joint Journal* 2019; 101-B:365-371.

Nam D, Lawrie CM, Salih R, **Nahhas CR**, Barrack RL, Nunley RM. Prospective, Randomized Trial of Cemented versus Cementless Total Knee Arthroplasty of the Same Design. *The Journal of Bone and Joint Surgery* 2019; 101(13):1185-1192.

Bigart K, **Nahhas CR**, Ruzich GP, Salzano MB, Della Valle CJ, Nam D. Proximal Femur Morphology and the Risk of Early Aseptic Loosening and Periprosthetic Fracture in Primary Total Hip Arthroplasty 2020.

Cohn MR, Tetreault MW, **Nahhas CR**, Li J, Kunze KN, Nam D. Is There a Benefit to Modularity for Femoral Revisions When Using a Splined, Tapered Titanium Stem? *The Journal of Arthroplasty* 2019; 35(6S):S278-S283.

Nahhas CR, Yi PH, Moric M, Puri R, Jacobs J, Sporer SM. High Failure at a Minimum 5-year Follow-up in Primary Total Hip Arthroplasty Using a Modular Femoral Trunnion. *The Journal of Arthroplasty* 2019; 34(7):1395-1399.

Calkins TE, Culvern C, **Nahhas CR**, Della Valle CJ, Gerlinger TL, Levine BR, Nam D. External Validity of a New Prediction Model for Patient Satisfaction after Total Knee Arthroplasty. Accepted to *The Journal of Arthroplasty* April 2019; 34(8):1677-1681.

Nahhas CR, Scheer JK, Khalid SI, Adogwa O, Arnone GD, Bhimani AD, Kheirkhah P, Mehta AI. Non-neurological Outcomes of Anterior and Posterolateral Approaches in the Surgical Treatment of Thoracic Disc Disease: a Retrospective Study. *Journal of Spine Surgery* 2018; 4(2):233-240.

Nahhas CR, Hu K, Mehta AI. Incidence and Risk Factors of Wound Complications in Long Segment Instrumented Thoracolumbar Spinal Fusions: a Retrospective Study. *Journal of Spine Surgery* 2018; 4(2):241-246.

Ongoing Research

The Natural History and Treatment Patterns in Dupuytren's Disease: Undergoing data collection of this retrospective study

Podium and Poster Presentations

Nahhas CR and Ward CM. What Can Patients Expect After Carpometacarpal Denervation? A Quality Improvement Study. University of Minnesota Fellowship Symposium. Minneapolis, MN – July 23, 2026. Poster Presentation.

Patel BH, Pereseda D, **Nahhas CR**, Mejia A Novel Technique for Angiocatheter Irrigation Can Allow for Safe, Effective, and Efficient Surgical Treatment of Pyogenic Flexor Tenosynovitis by a Single Provider. Annual Meeting for the American Society for Surgery of the Hand 41st Adrian E. Flatt Residents & Fellows Conference. Toronto, Canada – Oct 5-7, 2023. Poster Presentation.

Nahhas CR, Chalmers PN, Parvizi J, Sporer SM, Deirmengian GK, Chen AF, Culvern C, Moric M, Della Valle CJ. A Randomized Clinical Trial of Static and Articulating Spacers for Treatment of the Infected Total Hip Arthroplasty. American Association of Hip and Knee Surgeons. Dallas, Texas – Nov 5-8, 2020. “Best Poster Award” in the Infection Clinical Category. Poster Presentation.

Nahhas CR, Chalmers PN, Parvizi J, Sporer SM, Deirmengian GK, Chen AF, Culvern C, Moric M, Della Valle CJ. A Randomized Clinical Trial of Articulating and Static Spacers in the Management of Chronic Periprosthetic Hip Infection. Mid-America Orthopaedic Association. Bonita Springs, Florida – April 22-26, 2020. Podium Presentation.

Nahhas CR, Chalmers PN, Parvizi J, Sporer SM, Berend KR, Moric M, Chen AF, Austin M, Deirmengian GK, Morris MJ, Della Valle CJ. Randomized trial of static and articulating spacers for the infected TKA. Current Concepts in Joint Replacement Winter Meeting. Orlando, FL – December 11-14, 2019. CCJR/ OREF Clinical Practice Award Recipient. Podium Presentation.

Nahhas CR, Chalmers PN, Parvizi J, Sporer SM, Deirmengian GK, Chen AF, Culvern C, Moric M, Della Valle CJ. A Randomized Clinical Trial of Articulating and Static Spacers in the Management of Chronic Periprosthetic Hip Infection. Mid-America Orthopaedic Association. Bonita Springs, Florida – April 22-26, 2020. Poster Presentation.

Nahhas CR, Chalmers PN, Parvizi J, Sporer SM, Berend KR, Moric M, Chen AF, Austin M, Deirmengian GK, Morris MJ, Culvern C, Della Valle CJ. A Randomized Clinical Trial of Articulating and Static Spacers in the Management of Chronic Periprosthetic Knee Infection. Bonita Springs, Florida – April 22-26, 2020. Poster Presentation.

Fuller B, **Nahhas CR**, Hannon CP, Culvern C, Nam D, Della Valle CJ. Which Non-Operative Treatments Do Patients Feel Are Most Effective for Hip and Knee Arthritis? Bonita Springs, Florida – April 22-26, 2020. Poster Presentation.

Sershon, RA, Fillingham YA, Abdel MP, Malkani AL, Schwarzkopf R, Padgett PE, Vail TP, Nam D, **Nahhas C**, Culvern CN, Della Valle CJ, Hip Society Research Group. A Multi-Center Randomized Clinical Trial of Tranexamic Acid in Revision Total Hip Arthroplasty: Does the Dosing Regimen Matter? Bonita Springs, Florida – April 22-26, 2020. Poster Presentation.

Nahhas CR, Hannon CP, Culvern C, Nam D, Gerlinger TL, Della Valle CJ. Education Increases Disposal of Unused Opioids After Total Joint Arthroplasty: A Randomized Controlled Trial. Bonita Springs, Florida – April 22-26, 2020. Podium Presentation.

Nahhas CR, Chalmers PN, Sporer SM, Berend KR, Chen AF, Austin M, Deirmengian GK, Morris MJ, Pavizi J. Randomized trial of static and articulating spacers for the infected TKA. American Academy of Orthopedic Surgeons. Orlando, Florida– March 24-28, 2020. Podium Presentation.

Heckmann N, **Nahhas CR**, Yi P, Della Valle CJ, Nam D. Prospective Analysis of the Accuracy of Saline Lavage for Joint Aspiration in Total Hip and Knee Arthroplasty. American Academy of Orthopedic Surgeons. Orlando, Florida– March 24-28, 2020. Poster Presentation.

Nahhas CR, Hannon CP, Nam D, Gerlinger TL, Della Valle CJ. Impacting the Disposal of Unused Opioid Analgesics through Education in the Orthopaedic Population: A Cluster Randomized Control Trial. American Academy of Orthopedic Surgeons. Orlando, Florida– March 24-28, 2020. Poster Presentation.

Fuller B, **Nahhas CR**, Hannon CP, Culvern C, Nam D, Della Valle CJ. Which Non-Operative Treatments Do Patients Feel Are Most Effective for Hip and Knee Arthritis? American Academy of Orthopedic Surgeons. Orlando, Florida– March 24-28, 2020. Poster Presentation.

Nahhas CR, Hannon CP, Nam D, Gerlinger TL, Della Valle CJ. Impacting the Disposal of Unused Opioid Analgesics through Education in the Orthopaedic Population: A Cluster Randomized Control Trial. American Association of Hip and Knee Surgeons. Dallas, Texas – Nov 7-10, 2019. Podium Presentation.

Nahhas CR, Bigart K, Ruzich GP, Salzano MB, Della Valle CJ, Nam D. Proximal Femur Morphology and the Risk of Early Aseptic Loosening and Periprosthetic Fracture in Primary Total Hip Arthroplasty. American Association of Hip and Knee Surgeons. Dallas, Texas – Nov 7-10, 2019. Podium Presentation.

Nahhas CR, Chalmers PN, Parvizi J, Sporer SM, Berend KR, Moric M, Chen AF, Austin M, Deirmengian GK, Morris MJ, Culvern C, Della Valle CJ. A Randomized Clinical Trial of Articulating and Static Spacers in the Management of Chronic Periprosthetic Knee Infection. American Association of Hip and Knee Surgeons. Dallas, Texas – Nov 7-10, 2019. Podium Presentation.

Cohn MR, Tetreault MW, **Nahhas CR**, Li J, Kunze KN, Nam D. Is There a Benefit to Modularity for Femoral Revisions When Using a Splined, Tapered Titanium Stem? American Association of Hip and Knee Surgeons. Dallas, Texas – Nov 7-10, 2019. Podium Presentation.

Sershon, RA, Fillingham YA, Abdel MP, Malkani AL, Schwarzkopf R, Padgett PE, Vail TP, Nam D, **Nahhas C**, Culvern CN, Della Valle CJ, Hip Society Research Group. A Multi-Center Randomized Clinical Trial of Tranexamic Acid in Revision Total Hip Arthroplasty: Does the Dosing Regimen Matter? American Association of Hip and Knee Surgeons. Dallas, Texas – Nov 7-10, 2019. Podium Presentation.

Fuller B, **Nahhas CR**, Hannon C, Nam D, Della Valle CJ. Patient Satisfaction with Nonoperative Treatment of Osteoarthritis: A Survey Study. American Association of Hip and Knee Surgeons. Dallas, Texas – Nov 7-10, 2019. Poster Presentation.

Nahhas CR, Chalmers PN, Parvizi J, Sporer SM, Berend KR, Moric M, Chen AF, Austin M, Deirmengian GK, Morris MJ, Culvern C, Della Valle CJ. Randomized trial of static and

articulating spacers for the infected TKA. The Knee Society Annual Meeting. Cape Neddick, ME – September 5-7, 2019. Podium Presentation.

Heckmann N, **Nahhas CR**, Yi P, Della Valle CJ, Nam D. Prospective Analysis of the Accuracy of Saline Lavage for Joint Aspiration in Total Hip and Knee Arthroplasty. The Knee Society Annual Meeting. Cape Neddick, ME – September 5-7, 2019. Podium Presentation.

Fuller B, **Nahhas CR**, Hannon C, Nam D, Della Valle CJ. Patient Satisfaction with Nonoperative Treatment of Osteoarthritis: A Survey Study. Rush University Medical Center Thesis Day. Chicago, IL – June 21, 2019. Podium Presentation.

Calkins TE, Culvern C, **Nahhas CR**, Della Valle CJ, Gerlinger TL, Levine BR, Nam D. External Validity of a New Prediction Model for Patient Satisfaction after Total Knee Arthroplasty. Mid-America Orthopaedic Association. Destin, Florida – April 10-14, 2019. Poster Presentation.

Nam D, Salih R, **Nahhas CR**, Barrack RL, Nunley RM. Is a Modular Dual Mobility Acetabulum a Viable Option for the Young, Active Total Hip Arthroplasty Patient? International Hip Society Annual Meeting. Gothenberg, Sweden – Jun 28-29, 2018. Podium Presentation.

Nam D, Lawrie CM, Salih R, **Nahhas CR**, Barrack RL, Nunley RM. Prospective, Randomized Trial of Cemented versus Cementless Total Knee Arthroplasty of the Same Design. American Association of Hip and Knee Surgeons. Dallas, Texas – Nov 7-10, 2018. Podium Presentation.

Nam D, Lawrie CM, Salih R, **Nahhas CR**, Barrack RL, Nunley RM. Prospective, Randomized Trial of Cemented versus Cementless Total Knee Arthroplasty of the Same Design. American Academy of Orthopedic Surgeons. Las Vegas, Nevada – March 12-16, 2019. Podium Presentation.

Nahhas CR, Hu K, Mehta AI. Incidence and Risk Factors of Wound Complications in Long Segment Instrumented Thoracolumbar Spinal Fusions. American Association of Neurological Surgeons. New Orleans, Louisiana – April 28- May 2, 2018. E-poster presentation.

Nahhas CR, Scheer JK, Khalid SI, Adogwa O, Arnone GD, Bhimani AD, Kheirkhah P, Mehta AI. Thirty-Day Perioperative Outcomes for Anterior and Posterolateral Approaches to Thoracic Degenerative Disc Disease: An Analysis of 432 Patients from the National Surgical Quality Improvement Program Database. American Association of Neurological Surgeons. New Orleans, Louisiana – April 28- May 2, 2018. E-poster presentation.

Nahhas CR, Beck E, Cheesman S, Yang S. Association Between Age of SCFE Onset and Obesity Status Among Children in the United States. University of Illinois at Chicago College of Medicine Research Forum – December 1, 2017. Poster presentation.

Nahhas CR, Beck E, Barragan-Echinique E, Mejia A. Analysis of National Trends in Pediatric Orthopedic Injuries and Assessment of Demographic Shifts Over a 10-year period. University of Illinois at Chicago College of Medicine Research Forum – December 1, 2017. AMA Research Forum – November 9, 2018. Poster presentation.

Nahhas CR, Berry R, Beck E, Danilkowicz R, Mejia A. Assessment of National Trends in Skull Fracture Causes and Incidence Rates over a 10-year period. University of Illinois at Chicago College of Medicine Research Forum – December 1, 2017. Poster presentation.

Behery T, **Nahhas CR**, Beck E, Danilkowicz R, Mejia A. Assessment of National Trends in Spinal Fracture Causes and Incidence Rates over a 10-year period. University of Illinois at Chicago College of Medicine Research Forum – December 1, 2017. Poster presentation.

Hollands C, Tobin MK, **Nahhas CR**, Lazarov O. The Role of Hippocampal Neurogenesis in Human Cognitive Function. University of Illinois at Chicago Research Forum – April, 2015. Poster presentation.

Awards

- American Society for Surgery of the Hand (ASSH)** 2023, 2024, 2025
- Scholarship: Adrian E. Flatt Residents and Fellows Conference
- American Orthopedic Association (AOA)**
- C. McCollister Evarts Resident Leadership Forum June 18-20, 2024
- Accreditation Council for Graduate Medical Education (ACGME)**
- Chief Resident Leadership Skills Training Program March 25-27, 2024
- CCJR OREF Clinical Practice Award Recipient**
- Randomized trial of static and articulating spacers for the infected TKA 2019
- AAHKS Best Poster Award in the Infection Clinical Category** 2020
- A Randomized Clinical Trial of Static and Articulating Spacers for Treatment of the Infected Total Hip Arthroplasty
- University of Illinois at Chicago Undergraduate Degree** 2011 - 2015
- Recipient of Sylvia Manning Scholarship, Hassan Mustafa Abdallah Scholarship, Thomas M. Eakman Scholarship, and TCF Bank Scholarship

Leadership

- Journal of Bone and Joint Surgery** December 2025 – February 2026
- Reviewer and editor of content and references for new AI generated JBJS question bank
- University of Illinois at Chicago**
- Orthopedic Administrative Chief Resident 2023 – 2025
- New Life Volunteering Society**
- UIC Chapter President 2016 - 2017

Teaching Experience

- University of Illinois College of Medicine**
- Anatomy lab peer educator 2016 –2018
 - Hispanic Center of Excellence Peer Mentor & Instructor 2016

- Urban Health Program Peer Educator 2016
- Honors College tutor 2012 - 2013

Kaplan Test Prep

- ACT course instructor 2014 – 2015

Professional Memberships

American Academy of Orthopedic Surgeons (AAOS)

- Member

American Society for Surgery of the Hand (ASSH)

- Candidate member