

Education

Washington University in St. Louis

Bachelor of Science in Biology, Honors
Class of 2016

University of Illinois at Chicago - College of Medicine

Class of 2020, Honors, AOA

University of Illinois at Chicago - Orthopaedic Surgery

Class of 2025, Chief Resident

The Carrell Clinic Adult Reconstruction Fellowship

Class of 2026

9301 N Central Expressway, Suite 400, Dallas, TX 75231

Leadership

Academic Chief Resident

University of Illinois at Chicago - Orthopaedic Surgery Department

2024 – 2025 Academic year

Awards

Riad Barmada MD Award for Academic Achievement

June 14, 2025

Robert D. Ray, MD, PhD Orthopaedic Research Award

June 14, 2025

Leo Weinstein, MD Award for Excellence in Patient Care

“Smart, skilled, compassionate, perceptive, honest, straightforward and trustworthy” – Houlihan, JBJS, 2002

June 14, 2025

Presentations

1. **Zabawa L**, Mzeihem M, Raji Y, Park Y, Amirouche F. “Comparison of Lateral Tibial Plateau Fracture Fixation with Fluoroscopy vs Nanoscopy Assisted”
 - Presented at Mid-America Orthopaedic Association 2026 Annual Meeting
2. **Zabawa L**, Mungalpara N, Asher L, Amirouche F. “Biomechanical Comparison of Single Versus Double Bicortical Screw Fixation for Medial Malleolar Fractures in Healthy and Osteoporotic Bone Models”
 - Presented at Clinical Orthopaedic Society Annual Meeting. September 3, 2025. Amelia Island, Florida
3. **Zabawa L**, Mzeihem M, Raji Y, Park Y, Amirouche F. “Comparison of Lateral Tibial Plateau Fracture Fixation with Fluoroscopy vs Nanoscopy Assisted”
 - Presented at Senior Thesis Day 2025 University of Illinois at Chicago Department of Orthopaedic Surgery
 - **Winner of the Robert D. Ray MD Award for Research**
4. Choubey A, Drake B, Hussain J, Shaik N, **Zabawa L**, Farid Y, Gonzalez M. “Evaluating the Inflation on Medicare Reimbursement Trends for Total Knee Arthroplasty 2006-2022”
 - Presented at Mid-America Orthopaedic Association 2025 Annual Meeting
5. Choubey A, Drake B, Hussain J, Shaik N, **Zabawa L**, Farid Y, Gonzalez M. “Hip Arthroplasty Reimbursement Dynamics: Inflation-Adjusted Analysis from 2006-2022”
 - Presented at Mid-America Orthopaedic Association 2025 Annual Meeting
6. Choubey A, Drake B, Hussain J, Shaik N, **Zabawa L**, Farid Y, Gonzalez M. “Hip Arthroplasty Reimbursement Dynamics: Inflation-Adjusted Analysis from 2006-2022”
 - Presented at AAHKS 2024 Annual Meeting
7. Choubey A, Drake B, Hussain J, Shaik N, Abunnur N, Mungalpara N, **Zabawa L**, Farid Y, Gonzalez M. “Analyzing Economic Trends in Hip Arthroplasty: A Study of Inflation-Adjusted Medicare Reimbursement Rate from 2006 to 2022”
 - Presented at Clinical Orthopaedic Society Annual Meeting 2024
8. Choubey A, Drake B, Hussain J, Shaik N, Abunnur N, Mungalpara N, **Zabawa L**, Farid Y, Gonzalez M. “Analyzing Knee Arthroplasty Reimbursement: A 16-Year Inflation-Adjusted Financial Review”
 - Presented at Clinical Orthopaedic Society Annual Meeting 2024
9. **Zabawa L**, Choubey A, Drake B, Hussain J, Shaik N, Farid Y, Gonzalez M. “Knee Arthroplasty Reimbursement Dynamics: Inflation-Adjusted Analysis from 2006-2022”
 - Orthopaedic Research and Education Foundation 2024 Midwest Regional Resident Research Symposium
 - **Presenters’ Choice Award**
10. Rivera R, Lin Y, Tafur J, Lichtig A, Desphande A, Paladino L, **Zabawa L**, Gonzalez M. “Preoperative Approaches for Timely Discharge of Joint Arthroplasty Patients”
 - ISAKOS 2023 Meeting
11. Lichtig A, Rivera R, Park G, , Lin Y, Tafur J, **Zabawa L**, Gonzalez M. “Changes to Anticipated Disposition Prevent Timely Discharge after Total Joint Arthroplasty”
 - AAOS 2023 Annual Meeting
12. Rivera R, Lichtig A, Desphande A, Lin Y, Tafur J, Paladino L, **Zabawa L**, Gonzalez M. “Determining An Ideal Cutoff For Home Disposition Utilizing Risk Assessment And Prediction Tool”
 - Orthopaedic Research Society 2023 Annual Meeting

13. Rivera R, Lichtig A, Deshpande A, Lin Y, Tafur J, **Zabawa L**, Gonzalez M. “What is the Optimal Threshold for the Risk Assessment and Prediction Tool?”
 - AAHKS 2022 Annual Meeting
14. **Zabawa L**, Alland J. “Association Between Parental Understanding of and Adherence to Pitch Smart Guidelines and Youth Baseball Player Injuries”
 - American Medical Society for Sports Medicine National Conference 2019
15. Dona S, Ghannad L, Shott S, Alland J, **Zabawa L**. “Epidemiology of Musculoskeletal Injuries in Platform Tennis Players”
 - American Medical Society for Sports Medicine National Conference 2018
16. **Zabawa L**, Li K, Chmell S. “Patient Dissatisfaction Following Total Knee Arthroplasty: External Validation and Development of a New Prediction Model”
 - University of Illinois College of Medicine Research Forum 2017
 - Award Winning
17. Olufunmilayo A, **Zabawa L**, Chmell S. “External Validation of a Prediction Model for Predicting Patient Dissatisfaction following Total Knee Arthroplasty”
 - Presented July 2017 – Research Training and Career Development Symposium at University of Illinois - Chicago
18. **Zabawa L**, Sheth U. “Graves’ Disease Management during Pregnancy”
 - Presented March 2017 – Mentors Program Research Symposium at University of Illinois - Chicago.
19. **Zabawa L**, Kim A, Allison S, Head D. “Lack of An Association of BDNF Val66Met Polymorphism and Plasma BDNF with Change in Regional Medial Temporal Volumes”
 - Presented May 2014 - Mind, Brain and Behavior Research Symposium at Washington University in St. Louis

Publications

1. **Zabawa L**, Baker N, Manganello C, Pfeil A, Cardenas J, Gladnick B. Impact of Fellow Involvement on Patient Outcomes in Total Hip and Knee Arthroplasty. *J Arthroplasty*. May, 2026. DOI: 10.1016/j.arth.2026.05.012. PMID: 42134637.
2. Mzeihem M, Zabawa L, Park Y, Crespo A, Raji Y, Amirouche F. Fluoroscopy-Guided Lateral Tibial Plateau Fracture Fixation with and without Needle Arthroscopy. *J Bone Joint Surg Am*. Dec 2025. DOI: 10.2106/JBJS.25.00793. PMID: 41417880.
3. Mzeihem M, **Zabawa L**, Piponov H, Amirouche F. Modern Aseptic Revision Total Hip Arthroplasty: Impact of Surgical Indications on Primary Surgery and Revision Outcomes. *International Orthopaedics*. Submitted May 2025.
4. Rivera R, Lin Y, Tafur J, Lichtig A, **Zabawa L**, Gonzalez M. Changes to Anticipated Disposition Prevent Timely Discharge after Total Joint Arthroplasty. *Journal of Surgical Orthopaedic Advances*. 2025 Summer;34(2):93-97. PMID: 40576513.
5. **Zabawa L**, Mungalpara N, Gross M, Amirouche F. Optimizing Medial Malleolar Fixation: Two Bicortical Screws Improve Stability in Osteoporotic and Health Bone Models. *Injury*. April 2025. DOI: 10.1016/j.injury.2025.112346. PMID: 40339356.
6. Choubey A, Hussain J, **Zabawa L**, Martini O, Farid Y, Gonzalez M. Compensation Crisis: The Impact of Inflation and Declining Medicare Payments on Hip Arthroplasty Surgeons. *J Arthroplasty*. May 2025. DOI: 10.1016/j.arth.2025.05.021. PMID: 40368075.
7. **Zabawa L**. What’s eating you? Western Pygmy Rattlesnake Envenomation and Management. *Cutis*. October 2024. DOI: 10.12788/cutis.1111. PMID: 39621570.
8. **Zabawa L**, Choubey AS, Drake B, Mayo J, Mejia A. Dementia and Hip Fractures: A Comprehensive Review of Management Approaches. *The Journal of Bone and Joint Surgery Reviews*. Dec 2023. DOI: 10.2106/JBJS.RVW.23.00157. PMID: 38079493.
9. **Zabawa L**, Hutchinson, M. *ACSM’s Sports Medicine: A Comprehensive Review*, 2nd edition. Chapter 92: Cheerleading. Accepted, pending publication.
10. Edmiston T, **Zabawa L**, Hutchinson, M. *Sideline Management in Sports*. Environmental Safety: Lightning. Springer (with ISAKOS), December 2023.
11. Edgar M, **Zabawa L**, Jiang S, Mumuni S, Hutchinson MR. *Sideline Management in Sports*. Airway management. Springer (with ISAKOS), December 2023.
12. Edgar M, Alderman R, Scharf I, Jiang S, Davison-Kerwood M, **Zabawa L**. A Comparison of Outcomes for Above-Knee-Amputation and Arthrodesis for the Chronically Infected Total Knee Arthroplasty: A Systematic Review. *Eur J Orthop Surg Traumatol*. Mar 2023. DOI: 10.1007/s00590-023-03507-z. PMID: 36912949.
13. Edgar M, Harvey J, Jiang S, Walters J, Kozina E, Kaplan N, Redondo M, **Zabawa L** Chmell S. Cemented total knee arthroplasty provides greater knee range of motion at 2 years than cementless technique. *Eur J Orthop Surg Traumatol*. May 2023. DOI: 10.1007/s00590-023-03596-w. PMID: 37231309.
14. **Zabawa L**, Alland J. Association Between Parental Understanding of and Adherence to Pitch Smart Guidelines and Youth Baseball Player Injuries. *Orthopaedic Journal of Sports Medicine*. May 2019. DOI:10.1177/2325967119846314. PMID: 31205967.
15. **Zabawa L**, Li K, Chmell S. Patient Dissatisfaction Following Total Knee Arthroplasty: External Validation of a New Prediction Model. *Eur J Orthop Surg Traumatol*. Jan 2019. DOI: 10.1007/s00590-019-02375-w. PMID: 30627925.
16. Kunze K, Akram F, Fuller B, **Zabawa L**, Sporer S, Levine B. Internal Validation of a Predictive Model for Satisfaction After Primary Total Knee Arthroplasty. *J Arthroplasty*. Apr 2019. DOI: 10.1016/j.arth.2018.12.020. PMID: 30612836.
17. **Zabawa L**, Alland J. Association Between Parental Understanding of and Adherence to Pitch Smart Guidelines and Youth Baseball Player Injuries. *Clinical Journal of Sports Medicine* 29(2), 101-153, 2019.
18. Dona S, Ghannad L, Shott S, Alland J, **Zabawa L**. Epidemiology of Musculoskeletal Injuries in Platform Tennis Players. *Clinical Journal of Sports Medicine* 28(2), 184-230, 2018.

Teaching Experience

University of Illinois – College of Medicine

Chicago, IL

<i>Peer Educator for Phase 1 Curriculum</i>	<i>2017 – 2020</i>
<i>USMLE Step 1 Peer Educator</i>	<i>2017 – 2020</i>
<i>USMLE Step 2 Peer Educator</i>	<i>2019 – 2020</i>
<i>Peer Educator for Phase 2 Curriculum</i>	<i>2019 – 2020</i>

University of Illinois – College of Medicine	Chicago, IL
<i>Peer Educator for Summer Pre-Matriculation Program – Urban Health Program</i>	<i>May 2017 – July 2017</i>

Washington University	St. Louis, MO
<i>Anatomy Laboratory Teaching Assistant</i>	<i>August 2015 – December 2015</i>
<i>Human Physiology Teaching Assistant</i>	<i>January 2016 – May 2016</i>

Memberships

Alpha Omega Alpha Honor Medical Society	<i>Class of 2019</i>
American Academy of Orthopaedic Surgeons	<i>2020 – present</i>

Licenses & Certifications

USMLE Step 1 – Passed (255)	<i>June 2018</i>
USMLE Step 2 CK – Passed (263)	<i>October 2019</i>
USMLE Step 2 CS – Passed	<i>October 2019</i>
USMLE Step 3 – Passed (237)	<i>March 2021</i>
ABOS Part I – Passed (Percentile Rank 97%)	<i>July 2025</i>