

## **VLAD GENDELMAN, MD, QME, AME, FAAOS**

Vlad Gendelman MD Inc.  
DBA: Urgent Orthopaedic Care  
E-Mail: [dr.gendelman@gmail.com](mailto:dr.gendelman@gmail.com)



---

### **PATIENT OFFICES**

#### **Southern California:**

10640 Riverside Drive  
North Hollywood, CA 91602  
Ph: 818-344-ORTHO (6784)  
Fx: 818-344-6785

1711 W. Temple Street, Suite 4607  
Los Angeles, CA 90028  
Ph: 323-933-3434  
Fx: 323-954-8666

#### **Northern California:**

2893 Sunrise Blv.d, Suite 103  
Rancho Cordova, CA 95742  
Ph: 818-344-ORTHO (6784)  
Fx: 818-344-6785

127 Hospital Drive, Suite 102  
Vallejo, CA 94589  
Ph: 818-344-ORTHO (6784)  
Fx: 818-344-6785

### **SURGICAL PRIVILEGES**

Providence Cedars Sinai Tarzana Medical Center  
Tarzana, CA

Los Angeles Downtown Medical Center  
Los Angeles, CA

Tarzana Outpatient Surgical Institute  
Tarzana, CA

Sherman Way Surgical Center  
Reseda, CA

Sunrise Surgical Institute  
Rancho Cordova, CA

Redwood Surgical Institute  
Vallejo, CA

### **ORTHOPAEDIC BOARD CERTIFICATION**

August '14-current

Diplomate of American Board of Orthopaedic Surgery  
(board certified)

### **LICENSES & CERTIFICATIONS**

December '10 (exp 12/24)	California Qualified Medical Evaluator
September '10 (exp 9/27)	Fluoroscopy Supervisor and Operator Permit – State of California
July '07 (exp 1/25)	Medical License – State of California

March '16-current

Fellow of the American Academy of Orthopaedic Surgery

## EDUCATION

9/00 - 6/04                      University of CA at Irvine – College of Medicine (COM); M.D.  
8/94 - 5/98                      University of Southern CA; B.S. in Biology

## POSTGRADUATE MEDICAL TRAINING

July '05 – June '10      SUNY Downstate Orthopaedic Surgery Residency Program  
Rotations in:

Kings County Hospital  
SUNY Downstate University Hospital  
Staten Island College Hospital  
Long Island College Hospital  
Brookdale Hospital  
Brooklyn VA Hospital

## PROFESSIONAL/WORK EXPERIENCE

August '10 – Current              *Orthopaedic Surgeon* – Private Practice  
October '23 – Current              Adjunct Clinical Faculty, Department of Surgery, St George's  
University School of Medicine (SGU)  
October '23 – Current              Adjunct Clinical Faculty, Department of Surgery, Medical  
University of the Americas (MUA)  
October '23 – Current              Adjunct Clinical Faculty, Department of Surgery, Saba University  
School of Medicine (Saba)  
May '11 – August '14              *Team Physician* – Los Angeles Blues SC Women's PRO-AM  
Soccer Team  
Sep '06 – Nov '09                  *Team Physician* – Sheepshead Bay High School (Sharks) Varsity  
and Junior Varsity Football Teams

## PROFESSIONAL ORGANIZATIONS

2011-Present                      California Orthopaedic Association  
2010-Present                      California Medical Association  
2010-Present                      Los Angeles County Medical Association  
2008-Present                      American Academy of Orthopaedic Surgery

## HONORS & AWARDS

March '10                          Recipient, Kings County Hospital, Chief Resident of the year  
Award  
May '04                              Recipient, UCI College of Medicine, Associated Medical Students  
Government Service Award

## RESEARCH

May 04–May 05	<i>Research Assistant</i> , Arthritis Institute, Centinela Hospital Medical Center.
Nov 03–Mar 04	<i>Research Assistant</i> , LAC-USC Hospital. Retrospective chart review study on necrotizing fasciitis.
Oct 98–Nov 98	<i>Volunteer Research Assistant</i> , Cedars Sinai Animal Research. Artificial liver research with porcine organs.
May 93–Apr 98	<i>Research Assistant</i> , USC School of Pharmacy. Free energy perturbation studies of polyamine-DNA interactions.

## PUBLICATIONS

- Gendelman V. How to Buy Compression Socks. WiKiHow. [Wikihow.com/Buy-Compression-Socks](https://www.wikihow.com/Buy-Compression-Socks). November 4, 2021.
- Gendelman V. How to Talk to Patients. WiKiHow. [Wikihow.com/Talk-to-Patients](https://www.wikihow.com/Talk-to-Patients). August 25, 2021.
- Gendelman V. How to Become a Surgeon. WiKiHow. [Wikihow.com/Become-a-Surgeon](https://www.wikihow.com/Become-a-Surgeon). August 10, 2021.
- Gendelman V. How to Get Rid of Bruises. WiKiHow. [Wikihow.com/Get-Rid-of-Bruises](https://www.wikihow.com/Get-Rid-of-Bruises). July 31, 2021.
- Gendelman V. How to Wear Compression Socks. WiKiHow. [Wikihow.com/Wear-Compression-Socks](https://www.wikihow.com/Wear-Compression-Socks). July 20, 2021.
- Gendelman V. How to Put on Compression Stockings. WiKiHow. [Wikihow.com/Put-on-Compression-Stockings](https://www.wikihow.com/Put-on-Compression-Stockings). July 20, 2021.
- Gendelman V. How to Clean a Wrist Brace. WiKiHow. [Wikihow.com/Clean-a-Wrist-Brace](https://www.wikihow.com/Clean-a-Wrist-Brace). July 20, 2021.
- Gendelman V. How to Relieve Varicose Vein Pain. WiKiHow. [Wikihow.com/Relieve-Varicose-Vein-Pain](https://www.wikihow.com/Relieve-Varicose-Vein-Pain). May 25, 2021.
- Gendelman V. How to Reduce Bruising. WiKiHow. [Wikihow.com/Reduce-Bruising](https://www.wikihow.com/Reduce-Bruising). May 6, 2021.
- Gendelman V. How to Communicate Effectively with a Patient As a CNA. WiKiHow. [Wikihow.com/Communicate-Effectively-with-a-Patient-As-a-CNA](https://www.wikihow.com/Communicate-Effectively-with-a-Patient-As-a-CNA). February 17, 2021.
- Gendelman V. How to Prevent Varicose Veins. WiKiHow. [Wikihow.com/Prevent-Varicose-Veins](https://www.wikihow.com/Prevent-Varicose-Veins). February 16, 2021.

Gendelman V. How to Prevent Spider Veins. WiKiHow. Wikihow.com/Prevent-Spider-Veins. February 16, 2021.

Gendelman V. Spider Veins: Safe Ways to Get Rid of Them + Prevention Tips. WiKiHow. Wikihow.com/Remove-Spider-Veins. June 1, 2021.

Gendelman V. How to Get Rid of Bruises Fast. WiKiHow. Wikihow.com/Get-Rid-of-Bruises-Fast. July 29, 2020.

Gendelman V. How to Reduce Inflammation. WiKiHow. Wikihow.com/Reduce-Inflammation#aiinfo. July 27, 2020.

Gendelman V. How to Use an Inversion Table. WiKiHow. Wikohow.com/Use-an-Inversion-Table. July 27, 2020.

Mitgang J, Hayes W, Gendelman V, Frumberg D, Saha S. The Effect of Drill Holes on the Bending Strength of Human Radii and Ulnae. Abstract presentation at Biomedical Engineering: Recent Developments conference, 2008 in El Paso, TX.

Gendelman V, Dorr L, Maheshwari A, Boutary M, Wan Z, Long W. Multimodal Thromboprophylaxis for Total Hip and Knee Arthroplasty Based on Risk Assessment. Journal of Bone and Joint Surgery, Am. Vol. 89, December 2007, pp2648-2657.

Gendelman V, Dorr L, Boutary M, Wan Z. VTE Prophylaxis with Aspirin. Abstract/Poster presentation at AAOS Meeting in 2006 in Chicago, IL.

Long W, Dorr L, Gendelman V. An American Experience With Metal-On-Metal Total Hip Arthroplasties: A 7-year follow-up study. Journal of Arthroplasty. Vol. 19, No. 8, Supplement 3, December 2004, pp29-34.

Masayuki Y, \***Grukhin V**, Chong-Soon L, Haworth I. Spermine Binding to GC-Rich DNA: Experimental and Theoretical Studies. Archives of Biochemistry and Biophysics. Vol. 325, No. 1, January 1, pp. 39-46, 1996.

Masayuki Y, \***Grukhin V**, Haworth I. Molecular Dynamics and Free Energy Perturbation Studies of the DNA Complexes of Natural and Synthetic Polyamines. Journal of Biomolecular Structure & Dynamics. Vol. 12, No. 6, June, p. a270, 1995.

\***Grukhin V**. Computer Modeling of Polyamine/DNA Complexes. Presented at 1994 LA County Science Fair.

(\*Changed last name from Grukhin to Gendelman during undergraduate years at USC.)

## PERSONAL

Place/Date of Birth: Russia; January 27, 1977

Citizenship: United States

Languages: English & Russian