

## CURRICULUM VITAE

**John Reid West, MS, MD**  
**[drwest@libertyknee.com](mailto:drwest@libertyknee.com)**

Orthopedic surgeon with specialization in complex knee procedures including advanced arthroscopy, complex multiligament reconstruction, patellofemoral realignment, osteotomies, cartilage restoration, arthroplasty, and knee arthroplasty revision.

### PERSONAL DATA

<b>Name</b>	John Reid West
<b>Birth date</b>	September 8, 1969
<b>Birthplace</b>	Hartford, CT
<b>Citizenship</b>	U.S.A.
<b>Home:</b>	John Reid West, MS, MD 24753 Pioneer Way NW Poulsbo, WA 98370 (c) 360-801-7966 E-mail: <a href="mailto:tojwestsr@gmail.com">tojwestsr@gmail.com</a>
<b>Practice:</b>	John Reid West, MS, MD FAAOS 20696 Bond Road NE, Suite 205 Poulsbo, WA 98370 (w) 360-930-0222 (f) 360-210-1429 E-mail: <a href="mailto:drwest@libertyknee.com">drwest@libertyknee.com</a> <a href="https://www.libertyknee.com">https://www.libertyknee.com</a>

## EDUCATION

Sept. '84 - June '88	East High School, Salt Lake City, UT
Sept. '90 - June '93	Ohio State University, Major in Mechanical Engineering
Sept. '93 - June '96	University of Utah, B.S. Mechanical Engineering
Sept. '00 – Dec. '03	University of Cincinnati, M.S. Biomechanical Engineering
Aug. '03 – June '07	Wright State University, Boonshoft School of Medicine, M.D.
July '07 – June '13	SUNY at Buffalo, NY, Residency in Orthopaedic Surgery
Aug '13 – July '14	Cincinnati Sports Medicine/ Noyes Knee Center, Sports Medicine Fellowship

## LICENSURE

Ohio (lapsed)  
Kentucky (lapsed)  
Oregon (Lapsed)  
Washington

## Board Certification

2016, American Board of Orthopedic Surgery, Expires 2026

## Hospital CREDENTIALS

### **Residency (7/2007 – 6/2013)**

1. Erie County Medical Center, Buffalo NY
2. Kaleida Health,
  - Women and Children's Hospital, Buffalo, NY
  - Kaleida Health, Buffalo General Hospital, Buffalo, NY
  - Kaleida Health, Milard Fillmore Surgery Center, Amherst, NY

### **Fellowship (8/2013 – 7/2014)**

1. Mercy Health, Jewish Hospital, Cincinnati, OH
2. TriHealth
  - Good Samaritan Hospital, Cincinnati, OH
  - Bethesda Hospital, Montgomery, OH
  - Bethesda North Surgery Center, Montgomery, OH
  - St Elizabeth's Hospital, Edgewood, KY

### **Orthopedic Surgery Practice (8/2014 – 8/2016)**

1. Sacred Heart Medical Center at Riverbend, Springfield, OR
2. Day Surgery at Riverbend, ASC, Springfield, OR
3. Sacred Heart Medical Center, University District, Eugene, OR

### **Orthopedic Surgery Locums Practice (8/2016 – 3/2017)**

1. Holzer Medical Center, Gallipolis, OH
2. Holzer Medical Center, Jackson, OH

### **Orthopedic Surgery Practice (3/2017 – Present)**

1. St Michael Medical Center, Orthopedic Center, Silverdale, WA
2. Silverdale Ambulatory Surgery Center, Silverdale, WA

## PROFESSIONAL EXPERIENCE

- Feb. '86 - Sept. '88 **Stout Cycles, Salt Lake City, UT**, Head Mechanic and assistant manager of bicycle shop and custom frame manufacturer.
- Sept. '88 - Sept. '90 **Church of Jesus Christ of Latter Day Saints, Rochester, New York Mission**, Service and proselyting missionary. Served as Trainer, District Leader and Zone Leader, overseeing missionary activities.
- Nov. '90 - Nov. '91 **Lazarus Department Store, Columbus OH**, Part time housewares Salesman.
- Apr. '92 - June '93 **Riverside Methodist Hospital, Department of Pathology, Columbus, OH**, Laboratory Assistant preparing patients and specimens for clinical tests.
- June '93 - Aug. '96 **Bone and Joint Research Laboratory, VA Medical Center, Salt Lake City, UT**, Research assistant, hip, knee and shoulder biomechanics.
- June '95 - Aug. '96 **Orthopedic Bioengineering Research Laboratory, University of Utah School of Medicine, Department of Orthopedics, Salt Lake City, UT**, Research assistant working in hip and spine biomechanics.
- Aug. '96 – Nov. '97 **Orthopedic Biomechanics Institute, Orthopedic Specialty Hospital, Salt Lake City, UT**, Laboratory Manager and Director of Medical Device Testing. Directed independent laboratory testing for companies seeking FDA 510K approval for new medical devices. Managed CME courses in arthroscopy.
- Nov. '97 – Aug. '00 **Orthopedic Bioengineering Research Laboratory, University of Utah School of Medicine, Salt Lake City, UT**. Lab Specialist overseeing basic science projects in Sports Medicine and other orthopedic specialties. Assist Bioengineering graduate students and medical students with protocol preparation and good laboratory practices. Worked closely with orthopedic surgeons, fellows and residents on a variety of research projects.
- Sept. '00 – Dec. '03 **Noyes-Giannestras Biomechanics Laboratory, Department of Aerospace Engineering/Engineering Mechanics. University of Cincinnati, Cincinnati, OH**. Graduate student studying knee meniscus biomechanics and development of methods for soft tissue tensile forces and *in-vivo* joint contact pressures measurement in animals.
- July '07 – July '13 **State University of New York at Buffalo, Department of Orthopaedics, Buffalo, NY**. Resident, Orthopaedic Surgery.
- Aug '13 – Aug '14 **Cincinnati Sports Medicine and Orthopaedic Clinic, Sports Medicine Fellowship** with emphasis on advanced procedures in the knee.
- Aug '14 – Aug '16 **Orthopedic Surgeon, PeaceHealth Medical Group, Eugene, OR**, Specialty in Orthopedic Surgery and Sports Medicine with emphasis in hip and knee arthroscopy and arthroplasty.

- Aug '16 – Mar '17 **Orthopedic Surgeon, Holzer Medical Center, Gallipolis, OH,** Locums Orthopedic Surgeon staffing a general orthopedic surgery clinic and taking general orthopedic trauma call.
- Mar '17 – Dec '20 **Orthopedic Surgeon, The Doctors Clinic, Silverdale, WA** Specialty in Orthopedic Surgery and Sports Medicine with emphasis in hip and knee arthroscopy and arthroplasty.
- January '21 – Present **President, Orthopedic Surgeon, Liberty Orthopedics PS, DB Liberty Knee Center.** Orthopedic Surgeon specializing in knee procedures

## EDITORIAL ACTIVITIES

Reviewer for The American Journal of Sports Medicine

## BIBLIOGRAPHY

### Publications

1. Shae KG, Westin C, **West J**: *Anomalous Insertion of the Medial Meniscus of the Knee.* Journal of Bone and Joint Surgery, *J Bone Joint Surg Am* 1995 Dec;77(12):1894-6
2. Momberger N, Morgan J, Bachus KN, **West JR**, *Calcaneocuboid joint pressure after lateral column lengthening in a cadaveric planovalgus deformity model,* *Foot Ankle Int* 2000 Sep;21(9):730-5
3. Gryler EC, Greis PE, Burks RT, **West J** *Axillary nerve temperatures during radiofrequency capsulorrhaphy of the shoulder,* *Arthroscopy* 2001 17(6): 567-72
4. Randall RL, Weenig KN, **West JR**, Johnston JO, Bachus KN: Durability and strength of Steinmann pin augmentation in cemented tibial defects. *Clin Orthop*(397):306-314, 2002
5. Bardana DD, Burks RT, **West JR**, and Greis PE, *The effect of suture anchor design and orientation on suture abrasion: An in vitro study.* *Arthroscopy*, 19(3): 274-281, 2003.
6. Juncosa N, **West JR**, Galloway MT, Boivin GP, Butler DL, *In vivo forces used to develop design parameters for tissue engineered implants for rabbit patellar tendon repair.* *J Biomech*, 36(4): 483-8, 2003
7. Boylan D, Greis PE, **West JR**, Bachus KN, Burks RT, *Effects of initial graft tension on knee stability after anterior cruciate ligament reconstruction using hamstring tendons: a cadaver study.* *Arthroscopy*. 2003 Sep; 19(7): 700-5.
8. Cunningham R, **West JR**, Greis PE, Burks RT. *A survey of the tension applied to a doubled hamstring tendon graft for reconstruction of the anterior cruciate ligament.* *Arthroscopy*. 2002 Nov-Dec; 18(9): 983-8.
9. **West JR**, Juncosa N , Butler DL, Galloway MT, Boiven G, *Characterization of in vivo Achilles tendon forces in rabbits during treadmill locomotion at varying speeds and inclinations.* *J Biomech*. 2004 Nov;37(11):1647-53.
10. Noyes FR, Barber-Westin SD, Fleckenstein C, Walsh C, **West JR**, *The Drop-Jump Screening Test: Difference in Lower Limb Control By Gender and Effect of Neuromuscular Training in Female Athletes,* *Am J Sports Med*, 2005 Feb; 33(2), 197-207

11. Noyes FR, Goebel SX, **West JR**, *Opening Wedge Tibial Osteotomy: The Three Triangle Method to Correct Axial Alignment and Tibial Slope*, Am J Sports Med, 2005 33(3), 378-387
12. Juncosa-Melvin, Boivin, Galloway, Gooch, **West**, and Butler, *Effects of Cell to Collagen Ratio in Mesenchymal Stem Cell-Seeded Implants on Tendon Repair Biomechanics and Histology*, Tissue Engineering. 2005 March/April; 11(3/4), 448-457.
13. Juncosa-Melvin, Boivin, Galloway, Gooch, **West**, and Butler, *Effects of Cell to Collagen Ratio in Stem Cell-Seeded Constructs for Achilles Tendon Repair*, Tissue Engineering, 2006, Apr, 12(4), 681-689.
14. Juncosa-Melvin N, Shearn J, Boiven G, Gooch C, Galloway M, **West JR**, Nirmalanandhan VS, Bradica G, Butler DL *The Effect of Autologous Mesenchymal Stem Cells on the Biomechanics and Histology of Gel-Collagen Sponge Constructs Used for Rabbit Patellar Tendon Repair*, Tissue Engineering, 2006, Feb; 12(2), 369-379.
15. Juncosa-Melvin N, Shearn J, Boiven G, Gooch C, Galloway M, **West JR**, Nirmalanandhan VS, Bradica G, Butler DL *Effects of Mechanical Stimulation on the Biomechanics and Histology of Stem-Cell-Collagen Sponge Constructs for Rabbit Patellar Tendon Repair*, Tissue Engineering, 2006, Aug; 12(8), 2291-2300
16. Noyes FR, Huser LE, **West JR**, Jurgensmeier D, Walsh J, Levy MS *Two Different Knee Rotational Instabilities Occur With Anterior Cruciate Ligament and Anterolateral Ligament Injuries: A Robotic Study on Anterior Cruciate Ligament and Extra-articular Reconstructions in Restoring Rotational Stability*, Arthroscopy, 2018 Sep; 34(9): 2683-2695

#### Abstracts

1. Shae, Schlegel, Bachus, Dunn, **West**: *The Contribution of the Rib Cage to Thoracic Spine Stability*, International Society for the Study of the Lumbar Spine, 1996 Meeting.
2. Momberger, Morgan, Bachus, **West**: *Calcaneocuboid Joint Pressure after Lateral Column Lengthening in a Cadaveric Planovalgus Deformity Model*, Specialty Day, AAOS 1999
3. Street, **West**, Bachus, Burks: *Cyclic Loading of Rotator Cuff Repairs: A Comparison of Two Repair Techniques*, AOSSM 2000
4. Gryler, Greis, Burks, **West**, Bachus: *Temperature along the Axillary Nerve During Radiofrequency Induced Thermal Capsular Shrinkage of the Shoulder*, Paper #205, AAOS 2000
5. Boylan, **West**, Bachus, Burks: *Hamstring Tendon Grafts for Reconstruction of the Anterior Cruciate Ligament: Analysis of Tension Degradation in a Cadaveric Model*, Specialty Day, AAOS 2000
6. Randall, Wennig, **West**, *In-Vitro Cyclic Durability and Strength of Steinman Pin Augmentation in Acrylic Cement Reconstruction of Non-Contained Tibial Defects*, Musculoskeletal Tumor Society, 2000
7. **West**, West, Friedrichs, *Load disparity in multi stranded hamstring ACL reconstruction*, AAOS 2001
8. West, **West**, Lowe, Richards, *Bipolar vs. Monopolar: The Effect of Electrode Configuration on Thermal Penetration in Collagenous Tissue*, AAOS 2001

9. West, **West**, Lowe, Richards, Bipolar vs. Monopolar: *The Effect of Electrode Configuration on Thermal Penetration in Collagenous Tissue*, AOSSM 2001
10. Cunningham, **West**, Greis, Burks, *A Community Survey of the Tension Applied to Doubled Hamstring Tendon Graft for Reconstruction of the Anterior Cruciate Ligament*, AANA 2002
11. **West**, Juncosa, Butler, Galloway, Boiven, *In-vivo Measurement of Physiologic Loads in the Rabbit Achilles Tendon*, Midwest Tissue Engineering Consortium, 2002
12. Juncosa, **West**, Butler, Galloway, Boiven, *In-Vivo Measurement of Patellar Tendon Forces in the Rabbit Model*, Midwest Tissue Engineering Consortium, 2002
13. Juncosa, **West**, Butler, Galloway, Boiven, *In-Vivo Measurement of Tensile Loads in the Patellar Tendons of New Zealand White Rabbits*, ORS, 2003
14. **West**, Juncosa, Butler, Galloway, Boiven, *In-Vivo Measurement of Tensile Loads in the Achilles Tendons of New Zealand White Rabbits*, ORS, 2003
15. DL Butler, H Awad, MT Harris, MR Dressler, N Juncosa, **J West**, GP Boivin, R. Young, M Galloway, *Aspects of Functional Tissue Engineering in Tendinopathies*, International Symposium on Ligaments and Tendons, 2003
16. Juncosa LN, **West JR**, Dressler MR, Galloway MT, Boivin GP, Butler DL, *Mesenchymal Cell Seeded Implants for Rabbit Patellar Tendon Repair*. Midwest Tissue Engineering Consortium 2003
17. Juncosa N, Boivin GP, Galloway MT, Gooch C, **West JR**, Sklenka AM, Butler D L, *Effects of Cell to Collagen Ratio in Mesenchymal Stem Cell-Seeded Implants on Biomechanics and Structure of Tendon Repair*, ORS, 2004
18. Juncosa N, Boivin GP, Galloway MT, Gooch C, **West JR**, Butler DL, *In Vivo Mechanical Performance of Cell-Cell-Collagen Repairs to be Used for Rabbit Patellar Tendon Repair*. International Symposium on Ligaments and Tendons, 2004
19. Juncosa N, Boivin GP, Galloway MT, Gooch, C, **West JR**, Butler DL, *Mesenchymal Stem Cells-Seeded Implants for Rabbit Achilles Tendon Repair*, Midwest Tissue Engineering Consortium, 2004
20. Juncosa-Melvin, N, Boivin, G P, Galloway, M T, Gooch, C, **West, J R**, Butler, D L. *Effects of Cell to Collagen Ratio in Mesenchymal Stem Cell-Seeded Implants for Achilles Tendon Repair*. ORS, 2005
21. Juncosa-Melvin N, Butler DL, Boivin GP, Galloway MT, Gooch C, **West JR**, *Effects of Introducing Collagen Sponge on the Biomechanics and Histology of Stem Cell – Collagen Gel Constructs for Patellar Tendon Repair*, International Symposium on Ligaments and Tendons, 2005
22. Juncosa-Melvin N, Shearn J, Boivin G, Gooch C, Galloway MT, **West JR**, Bradica G, Butler DL, , *Effects of Mechanical Stimulation on the Biomechanics of Stem Cell Collagen Sponge Constructs for Patellar Tendon Repair*. ORS, 2006
23. **West JR**, Muttly CE, Ehrensberger MT, *Biomechanical Evaluation of Posterior Plating and Screw Fixation of Posteromedial fragment in Tibial Plateau Fractures*. ORS, 2010
24. **West JR**, Muttly CE, Ehrensberger MT, *Biomechanical Comparison of Posterior Plates and Screw Fixation of Posteromedial Fragments in Tibial Plateau*. OTA, 2011

25. **West JR**, Bernas GA, Patelofemoral Contact Mechanics After Quadriceps Tendon Graft Harvest, ORS, 2012
26. **West, John R.**, *3-Point Bending Strength of Layered Fiberglass Cast Material After Lubrication with Hand Soap*, ORS 2013
27. **West JR**, Gage, AH, Sprentall, NT, Muttu, CE, *Mechanical Strength and Stiffness of Plaster Ankle Splints*, SUNY Buffalo Medical Student Poster Competition, 1<sup>st</sup> Place Award Winner.
28. **West JR**, Gage, AH, Sprentall, NT, Muttu, CE, *Mechanical Strength and Stiffness of Plaster Ankle Splints*, OTA 2013.
29. Huser L, Noyes FR, **West JR**, Jurgensmeier J, Walsh J, White J, Levy M, *Two Different Knee Rotational Instabilities Occur with Injury to the Anterior Cruciate Ligament and Anterolateral Structures*, AAOS 2018

## INTELECTUAL PROPERTY

### **Patents**

- |              |  |
|--------------|--|
| October 1999 | <i>Apparatus and Methods for Mounting a Ligament Graft to a Bone</i> , Patent No. US 5,964,764, Linvatec Bioclick.   |
| January 2004 | <i>Apparatus and Methods for Independently Conditioning and Pre-Tensioning a Plurality of Ligament Grafts During Joint Repair Surgery</i> , Patent No. US 6,679,889, Linvatec SE Ligament Tensioner. |

### **Software Authorship**

- |            |  |
|------------|--|
| June 2000  | <b>CompuKT™</b> Invented and wrote Windows based Software for electronic Measurement of Cruciate Ligament Stability, licensed to MEDmetric Corp.   |
| July 2003  | <b>Sportmetrics™ Jump Evaluation Software</b> , Windows based software for digital analysis of knee alignment during controlled jumping drills, Produced for Cincinnati Sports Medicine and Orthopaedic Center |
| Sept. 2004 | <b>Allstar Seminars &amp; Training Postural Digitizer</b> . Windows based Software for digital quantification of spinal posture, sold to Allstar Seminars & Training.  |

## HONORS

### **Scholastic**

- |      |  |
|------|--|
| 1985 | Freshman Class President, East High School, Salt Lake City, UT       |
| 1986 | Who's Who of American High School Students                           |
| 1988 | Boys State Delegate, UT  |
| 1989 | District Leader, New York Rochester Mission, LDS Church              |
| 1990 | Zone Leader, New York Rochester Mission, LDS Church                  |
| 1994 | Tau Beta Pi, Engineering Honors Society                              |
| 1994 | Pi Tau Sigma, Mechanical Engineering Honors Society                  |
| 1994 | Golden Key, National Honors Society                                  |
| 1995 | Dean's List, University of Utah Department of Mechanical Engineering |

2003 Outstanding Poster Presentation, University of Cincinnati Graduate Poster Forum

**Other**

1987 Eagle Scout, Boy Scouts of America  
1993 Koch Carrigg Award, Ohio State Varsity Crew  
1994 National Roster of Lightweight Rowers, US Rowing Association  
2003 American Medical Association, Member  
2003 American Medical Student Association, Member

**Societies**

Kitsap County Medical Society, Member  
Washington State Medical Association, Member  
American Orthopedic Society of Sports Medicine, Member  
Arthroscopy Association of North America, Member  
American Association of Orthopedic Surgeons, Fellow

**EXTRACURRICULAR**

**Community Service**

1989 Wayne County Hospital, Geriatric Ward, Newark, NY. '88.  
1990 Boys and Girls Clubs of America Counselor, Orchard Park, NY.  
1994-1995 Reading Tutor, Jackson Elementary, Salt Lake City, UT.  
1995 Week long MDA Summer Camp Counselor, Salt Lake City, UT.  
2002 Science fair judge, St. Ursula Villa, Cincinnati, OH  
2002-2003 Scout Master, Boy Scouts of America, Troop 151, Cincinnati, OH  
2003-2007 Academic Committee, Wright State University School of Medicine, Dayton, OH

**Church Service**

Sept. '88 - Sept. '90 LDS Church, New York Rochester Mission, Rochester, NY. Full time voluntary service and proselytizing missionary.  
Sept. '90 - June '93 Columbus Ohio Stake Young Adult Chairman. Organized activities for young adults in the Columbus area.  
Sept. '97 – Aug. '00 University of Utah 7<sup>th</sup> Ward Elders Quorum 1<sup>st</sup> Councilor and President. Assisted with temporal needs of local members and organized and conducted meetings for the church.  
Sept. '00 – Dec. '00 Seminary teacher, for early morning religious education of high school students  
May '01 – Jan. '06 Sunday school teacher, 10 and 11 year old children.  
Jan. '06 – June, '07 Social Activity Chairman.  
Jun '17 – Aug 2020 Sunday school teacher, 10 and 11 year old children.  
Feb '21 – Present Youth advisor, Boys 14-15 years



## **Athletic**

1990-1993

Ohio State Varsity Crew. Represented OSU for three years in 8 and 4 man events. Acted as equipment manager responsible for transporting boats and equipment to races. Given the Koch/ Carrigg Oarsman Award, 1992. Victories include:

- Gold medals at Southern US Championships Light 8, and West Virginia Governors Cup Light 4.
- Silver at Midwest Championships Light 8, Speakman Regatta Light 8 and Mid-American College Rowing Association Championships Light 8.
- Bronze at Mid-American College Rowing Association Championships Light 8.

Active in a variety of individual sports including snow skiing, water skiing, hiking, Road and Mountain biking, scuba diving, golfing, and tennis.

2018-2019

Volunteer Medical Advisory Committee, Stevens Pass Ski Resort, National Ski Patrol member

## **Athletic Coverage**

- 2007-2014 Buffalo Bills, Worked as an Orthopedic Resident with Team Physicians to Professional Football team
- 2007-2014 Buffalo Sabres, Worked as an Orthopedic Resident with Team Physicians to Professional Hockey team
- 2008 Empire State Games, Medical Staff
- 2014-2015 Cincinnati Bengals, Worked as Sports Medicine Fellow with Team Physicians to Professional Football team
- 2014-2015 Milford High School, Cincinnati, OH, Worked as Team Physician to high school athletic program.
- 2014-2015 Cincinnati State, Cincinnati, OH, Worked as Team Physician to junior college athletic program.
- 2015 Eugene Marathon, Eugene, OR, Medical Staff,
- 2015 USA Track & Field Championship, Eugene, OR, Medical Staff,
- 2016 Hayward Classic, Eugene, OR, Medical Staff,
- 2016 Rio Grande College, Rio Grande, OH, Team Physician to collegiate men's and women's soccer teams.
- 2017-Present Kingston High School, Team Physician