



Julia Retzky, MD

Assistant Professor of Orthopaedic Surgery

CLINICAL OFFICE (PRIMARY)

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ACADEMIC CONTACT INFORMATION

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Bio

BIO

Dr. Julia Retzky, MD, is a fellowship-trained sports medicine surgeon at Stanford Health Care. She is also an assistant professor in the Department of Orthopaedic Surgery, Division of Sports Medicine at Stanford University School of Medicine.

Dr. Retzky specializes in arthroscopic surgery of the hip, knee and shoulder, with a particular interest in caring for the female athlete. She treats anterior cruciate ligament (ACL) and other ligament injuries, meniscus and cartilage damage, labral tears of the hip and shoulder, and rotator cuff and shoulder conditions.

Dr. Retzky's research centers on ACL injury and the prevention of post-traumatic osteoarthritis following ACL injury. During a dedicated research year in residency, she identified several strategies that slowed the development of arthritis following ACL rupture in mice.

Dr. Retzky's research has been published in numerous peer-reviewed journals, including The American Journal of Sports Medicine and Arthroscopy. She has also presented to her peers at international, national, and regional meetings, including annual meetings of the American Orthopaedic Society for Sports Medicine and the Orthopaedic Research Society.

Dr. Retzky is a member of the American Academy of Orthopaedic Surgeons (AAOS), the American Orthopaedic Society for Sports Medicine (AOSSM), and the International Society for Hip Arthroscopy (ISHA) – The Hip Preservation Society. She has served as an assistant team physician for the New York Liberty (WNBA) and the New York Red Bulls (MLS), and as head team physician for New York City Public School Athletic League (PSAL) football.

CLINICAL FOCUS

- Orthopaedic Sports Medicine

ACADEMIC APPOINTMENTS

- Assistant Professor-Univ Med Line, Orthopaedic Surgery

HONORS AND AWARDS

- Warren R. Kadrmas, MD Fellowship Award, Sports Medicine Institute, Hospital for Special Surgery
- Russell F. Warren, MD Fellowship Award, Sports Medicine Institute, Hospital for Special Surgery
- Russell F. Warren, MD Award for Excellence in Translational/Basic Science, Hospital for Special Surgery
- Presenter's Choice Award, Resident Research Symposium, Orthopaedic Research and Education Foundation (OREF)
- Philip D. Wilson Award for Excellence in Orthopaedic Surgery Research, Clinical Fellows Research Symposium Champion, Hospital for Special Surgery
- First Place, National Resident Research Symposium Champion, Orthopaedic Research and Education Foundation (OREF)
- First Place, Mid-Atlantic Regional Resident Research Symposium Champion, Orthopaedic Research and Education Foundation (OREF)
- First Place, Fellows Research Symposium Champion, West Point Research Day
- First Place, Fellows Research Day Champion, Sports Medicine Institute, Hospital for Special Surgery
- Finalist, New Investigator Research Award, Orthopaedic Research Society Annual Meeting
- Co-Chief Fellow, Sports Medicine Fellowship, Hospital for Special Surgery
- Basic Science Award, Maryland Orthopaedic Association (2017, 2018)

PROFESSIONAL EDUCATION

- Fellowship: Hospital for Special Surgery Orthopaedic Surgery Sports Medicine Fellowship (2026) NY
- Residency: Hospital for Special Surgery Orthopaedic Surgery Residency (2025) NY
- Medical Education: Johns Hopkins University School of Medicine (2019) MD

Publications

PUBLICATIONS

- **Revision Tibial Tubercle Osteotomy for Nonhealing: A Single-center Case Series.** *The journal of knee surgery*
ElNemer, W., Retzky, J. S., Barth, K., Klinger, C., Bilodeau, R., Ricci, W., Fabricant, P., Helfet, D., Fragomen, A. T., Strickland, S. M.
2026
- **Simulated wrist fractures displace in well molded casts and splints under fall simulation forces: A cadaveric study.** *Clinical biomechanics (Bristol, Avon)*
Bram, J. T., Retzky, J. S., Meyers, K. N., Tracey, O. C., Pascual-Leone, N., Levine, K. R., Darko, M. V., Nichols, E., Dodwell, E. R.
2026; 133: 106752
- **Early Anterior Cruciate Ligament Reconstruction Mitigates the Development of Posttraumatic Osteoarthritis in a Murine Anterior Cruciate Ligament Rupture Model.** *The American journal of sports medicine*
Retzky, J. S., Carballo, C., Simonian, L., Li, T. M., Suzuki, Y., Okazaki, Y., Hammad, M., Ranga, S., Trinh, P. M., Aydin, E., Covello, M., Eliasberg, C. D., Lu, et al
2026; 54 (1): 17-26
- **Smaller ischiofemoral space measurements are associated with proximal hamstring injuries** *Arthroscopy, Sports Medicine, and Rehabilitation*
Itthipanichpong, T., Retzky, J. S., Curran, P., Menta, S. V., Ranawat, A. S.
2026
- **Time Is of the Essence.** *The American journal of sports medicine*
Owens, B. D.
2026; 54 (1): 15-16
- **The Effect of Capsular Repair Location on Humeral Head Position and Translation After Distal Tibial Allograft Reconstruction: A Cadaveric Study.** *The American journal of sports medicine*
Fury, M. S., Cirino, C. M., Jahandar, A., Retzky, J. S., Brusalis, C. M., Rauck, R. C., Gulotta, L. V., Blaine, T. A., Fu, M. C., Warren, R. F., Kontaxis, A., Taylor, S. A.
2026; 54 (1): 128-134

- **6-Month Postoperative Magnetic Resonance Imaging Appearance of Osteochondral Allografts With Bone Marrow Aspirate Augmentation From Either the Proximal Tibia or Iliac Crest** *ORTHOPAEDIC JOURNAL OF SPORTS MEDICINE*
Retzky, J. S., Palhares, G. M., Khilnani, T. K., Davie, R., Xu, A., Neijna, A. G., Rzy, M. E., Gracitelli, G. C., Terry, H. L., Strickland, S. M., Gomoll, A. H.
2026; 14 (1)
- **Comparison of preoperative mechanical axis alignment in pediatric and adolescent patients with anterior cruciate ligament rupture and patellofemoral instability.** *The Knee*
Pascual-Leone, N., Chipman, D. E., Retzky, J., Lijesen, E., Gross, P. W., Ammerman, B., Widmann, R. F., Fabricant, P. D., Green, D. W.
2025; 57: 396-400
- **Tendon-Bone Interface Healing Improvement by Moderate Treadmill Exercise After Anterior Cruciate Ligament Reconstruction in a Murine Model** *ORTHOPAEDIC JOURNAL OF SPORTS MEDICINE*
Okazaki, Y., Takata, Y., Piacentini, A., Morita, W., Retzky, J., Suzuki, Y., Sanchez, L., Chen, T., Rodeo, S. A., Carballo, C. B.
2025; 13 (12)
- **Combined Unicompartmental Knee Arthroplasty and Trochlear Porous Calcium Carbonate Scaffold Implantation: Surgical Technique** *ARTHROSCOPY TECHNIQUES*
Terry, H. L., Retzky, J. S., Neijna, A. G., Gomoll, A. H., Strickland, S. M.
2025; 14 (10)
- **Increased Lateral Posterior Tibial Slope Is Associated With a Greater Rate of Lateral Meniscal Injury in Acute Noncontact Anterior Cruciate Ligament Ruptures.** *Arthroscopy : the journal of arthroscopic & related surgery : official publication of the Arthroscopy Association of North America and the International Arthroscopy Association*
Thacher, R. R., Retzky, J. S., Hsu, J., Amone, P. G., Nguyen, J. T., Greditzer, H. G., Nawabi, D. H., Marx, R. G.
2025; 41 (10): 4069-4078
- **Incidence, indications, and risk factors for revision tibial tubercle osteotomy: A national database study** *JOURNAL OF EXPERIMENTAL ORTHOPAEDICS*
Retzky, J. S., Elneimer, W., Varady, N. H., Suhardi, V. J., Strickland, S. M.
2025; 12 (3)
- **Surgical Management of Humeral Avulsion of the Glenohumeral Ligament Injuries: Indications, Treatment Strategies, and Outcomes.** *Current reviews in musculoskeletal medicine*
Varady, N. H., Retzky, J., Reddy, R. P., Greditzer, H. G., Tagliero, A. J., Dines, J. S.
2025; 18 (7): 281-288
- **Patellofemoral Joint Chondral Defects Treated With Third-Generation Matrix-Induced Autologous Chondrocyte Implantation on Porcine Collagen Membrane: Minimum 2-Year Follow-up** *ORTHOPAEDIC JOURNAL OF SPORTS MEDICINE*
Palhares, G. M., Retzky, J. S., Cox, F., Hinkley, P., Rzy, M. E., Neijna, A. G., Gomoll, A. H., Strickland, S. M.
2025; 13 (5)
- **Efficacy of Transection-Free Patellar Tendon Imbrication Technique for the Correction of Patella Alta** *ORTHOPAEDIC JOURNAL OF SPORTS MEDICINE*
Retzky, J. S., Jahandar, A. S., Gould, H. P., Inclan, P. M., Rzy, M., Bram, J. T., Strickland, S. M.
2025; 13 (4)
- **Indications, Techniques, and Outcomes of Bridge-Enhanced ACL Restoration (BEAR).** *Current reviews in musculoskeletal medicine*
Shah, A. K., Neijna, A. G., Retzky, J. S., Gomoll, A. H., Strickland, S. M.
2025; 18 (4): 140-148
- **Magnetic Resonance Observation of Cartilage Repair Tissue (MOCART) Scores > 55 at 6 Months Postoperative Predict Ability to Achieve Patient Acceptable Symptomatic State at Minimum 1 Year Postoperative Following Autologous Chondrocyte Implantation for Grade IV Chondral Defects About the Patellofemoral Joint.** *Cartilage*
Retzky, J. S., Fletcher, C., Rzy, M., Burge, A., Strickland, S. M.
2025; 16 (1): 17-23
- **Novel Noninvasive Imaging Techniques to Assess Structural, Functional, and Material Properties of Tendon, Ligament, and Cartilage: A Narrative Review of Current Concepts** *ORTHOPAEDIC JOURNAL OF SPORTS MEDICINE*
Retzky, J. S., Koff, M. F., Nwawka, O. K., Rodeo, S. A.
2025; 13 (2)

- **No significant differences in patient-reported outcome measures in men versus women following tibial tubercle osteotomy** *Journal of Cartilage & Joint Preservation*
Neijna, A. G., Retzky, J. S., Gomoll, A. H., Strickland, S. M.
2025
- **A Murine Model of Non-Wear-Particle-Induced Aseptic Loosening** *BIOMIMETICS*
Suhardi, V., Oktarina, A., Niu, Y., Sosa, B., Retzky, J., Greenblatt, M., Ivashkiv, L., Bostrom, M., Yang, X.
2024; 9 (11)
- **Injury Patterns, Imaging Findings, and Prognosis for Muscle Strength Recovery in Surgical Infraclavicular Brachial Plexus Injuries.** *Journal of hand surgery global online*
Retzky, J. S., Straus, C., Bhatia, A., Sneag, D. B., Nwawka, O. K., Lee, S. K.
2024; 6 (6): 888-893
- **Initial Outcomes of Single versus Multiple-Plug Osteochondral Allograft Transplantation for Osteochondral Defects of the Knee: A Matched Cohort Analysis.** *The journal of knee surgery*
Retzky, J. S., Coxe, F. R., Ammerman, B., Neijna, A. G., Hinkley, P., Gomoll, A. H., Strickland, S. M.
2024; 37 (13): 902-909
- **Management of patellar and trochlear cartilage lesions with matrix-induced autologous chondrocyte implantation in conjunction with patellofemoral realignment procedures improves patient-reported outcomes and magnetic resonance image appearance.** *Journal of ISAKOS : joint disorders & orthopaedic sports medicine*
Retzky, J. S., Carey, E. G., Selley, R. S., Fletcher, C., Hartwell, M. J., Burge, A. J., Gomoll, A., Strickland, S.
2024; 9 (5): 100311
- **Defining the minimal clinically important difference for IKDC and KOOS scores for patients undergoing tibial tubercle osteotomy for patellofemoral pain or instability** *JOURNAL OF EXPERIMENTAL ORTHOPAEDICS*
Retzky, J. S., Shah, A. K., Neijna, A. G., Rizy, M. E., Gomoll, A. H., Strickland, S. M.
2024; 11 (3)
- **Risk Factors for Atraumatic Medial Patellar Facet Lesions** *ORTHOPAEDIC JOURNAL OF SPORTS MEDICINE*
Retzky, J. S., Palhares, G. M., Uppstrom, T. J., Hinkley, P., Fletcher, C., Gomoll, A. H., Strickland, S. M.
2024; 12 (6)
- **Multi-Surface Cartilage Defects about the Knee Treated with Cartilage Restoration Procedures Show Good Outcomes and Survivorship at Minimum 2-Year Follow-Up.** *Cartilage*
Retzky, J. S., Palhares, G. M., Rizy, M., Hinkley, P., Gomoll, A. H., Strickland, S. M.
2024; 15 (2): 77-83
- **Simultaneous MPFL reconstruction and guided growth result in low rates of recurrent patellofemoral instability.** *Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA*
Bram, J. T., Tracey, O. C., Lijesen, E., Li, D. T., Chipman, D. E., Retzky, J. S., Fabricant, P. D., Green, D. W.
2024; 32 (5): 1105-1112
- **Team Approach: Neuromuscular Training for Primary and Secondary Prevention of Anterior Cruciate Ligament Injury.** *JBJS reviews*
Inclan, P. M., Hicks, J. J., Retzky, J. S., Janosky, J. J., Pearle, A. D.
2024; 12 (4)
- **High Rates of Abnormal Patellofemoral Morphology in Adolescents With Anterior Knee Pain: A Retrospective Review** *HSS JOURNAL*
Retzky, J. S., Gross, P. W., Doyle, S. M., Strickland, S. M.
2024; 20 (3): 351-358
- **Impact of Wiberg Patellar Type on Outcomes and Survival Following Cell-Based Cartilage Repair for Patellar Chondral Lesions at Midterm Follow-up.** *The American journal of sports medicine*
Retzky, J. S., Thacher, R. R., Palhares, G. H., Gomoll, A. H., Strickland, S. M.
2024; 52 (3): 705-709
- **Association of Lateral Extra-Articular Tenodesis With Improved Graft Maturity on MRI 2 Years After ACL Reconstruction With Quadriceps Tendon Autograft in Skeletally Immature Athletes** *ORTHOPAEDIC JOURNAL OF SPORTS MEDICINE*
Retzky, J. S., Chipman, D. E., Mintz, D. N., Cordasco, F. A., Green, D. W.
2024; 12 (1)

- **Leadership in Orthopaedic Surgery: Creating a Highly Effective Leader.** *Instructional course lectures*
Sutton, K., Retzky, J., Bedi, A., Provencher, C. M., Mulcahey, M. K.
2023; 72: 29-37
- **Biomechanical properties of suprapectoral biceps tenodesis with double-anchor knotless luggage tag sutures vs. subpectoral biceps tenodesis with single-anchor whipstitch suture using all-suture anchors** *JSES INTERNATIONAL*
Nicolay, R. W., Jahandar, A., Retzky, J. S., Kontaxis, A., Verma, N. N., Fu, M. C.
2023; 7 (6): 2393-2399
- **The Perils of Sleeper Plates in Multiple Hereditary Exostosis: Tibial Deformity Overcorrection Due to Tether at Empty Metaphyseal Hole.** *Journal of pediatric orthopedics*
Retzky, J., Pascual-Leone, N., Cirrincione, P., Nichols, E., Blanco, J., Widmann, R., Dodwell, E.
2023; 43 (8): 471-474
- **Male sex is an independent risk factor for patellar osteochondral fractures following acute patellar dislocation in pediatric patients** *JOURNAL OF EXPERIMENTAL ORTHOPAEDICS*
Retzky, J. S., Uppstrom, T. J., Chipman, D. E., Bovonratwet, P., Green, D. W.
2023; 10 (1)
- **Current Concepts in the Measurement of Glenohumeral Bone Loss** *CURRENT REVIEWS IN MUSCULOSKELETAL MEDICINE*
Thacher, R. R. R., Retzky, J. S. S., Dekhne, M. S. S., Oquendo, Y. A. A., Greditzer, H. G. G.
2023; 16 (9): 419-431
- **High Rates of Successful Return to Competitive Athletics After Posterior Spinal Fusion for Adolescent Idiopathic Scoliosis Regardless of Distal Fusion Level: A Prospective Cohort Study.** *Spine*
Fabricant, P. D., Pascual-Leone, N., Gross, P. W., Retzky, J. S., Green, D. W., Blanco, J. S., Widmann, R. F.
2023; 48 (11): 737-741
- **Medial collateral ligament in the multiligament knee injury: diagnosis, evaluation, management, and outcomes** *Knee Arthroscopy and Knee Preservation Surgery*
Retzky, J., Ibarra, A., Elneimer, W., Marx, R. G.
2023
- **Ambulatory Single-level Posterior Cervical Foraminotomy for Cervical Radiculopathy: A Propensity-matched Analysis of Complication Rates.** *Clinical spine surgery*
Bovonratwet, P., Retzky, J. S., Chen, A. Z., Ondeck, N. T., Samuel, A. M., Qureshi, S. A., Grauer, J. N., Albert, T. J.
2022; 35 (2): E306-E313
- **Return to Play and Player Performance After Meniscal Tear Among Elite-Level European Soccer Players: A Matched Cohort Analysis of Injuries From 2006 to 2016.** *Orthopaedic journal of sports medicine*
Lavoie-Gagne, O. Z., Korrapati, A., Retzky, J., Bernstein, D. N., Diaz, C. C., Berlinberg, E. J., Forlenza, E. M., Fury, M. S., Mehta, N., O'Donnell, E. A., Forsythe, B.
2022; 10 (1): 23259671211059541
- **Return-to-Play Times and Player Performance After Medial Collateral Ligament Injury in Elite-Level European Soccer Players** *ORTHOPAEDIC JOURNAL OF SPORTS MEDICINE*
Lavoie-Gagne, O. Z., Retzky, J., Diaz, C. C., Mehta, N., Korrapati, A., Forlenza, E. M., Knapik, D. M., Forsythe, B.
2021; 9 (9)
- **Morphology at the Distal Radioulnar Joint: Identifying the Prevalence of Reverse Obliquity.** *Journal of wrist surgery*
O'Shaughnessy, M. n., Shapiro, L. M., Schultz, B. n., Retzky, J. n., Finlay, A. K., Yao, J. n.
2020; 9 (5): 417-24
- **Single Assessment Numeric Evaluation scores correlate positively with American Shoulder and Elbow Surgeons scores postoperatively in patients undergoing rotator cuff repair.** *Journal of shoulder and elbow surgery*
Retzky, J. S., Baker, M., Hannan, C. V., Srikumaran, U.
2020; 29 (1): 146-149
- **Near-Complete Traumatic Amputation of the Forefoot After Motorboat Propeller Injury.** *Foot & ankle orthopaedics*
Retzky, J. S., Humbyrd, C. J.
2019; 4 (1): 2473011418822278

- **Epidemiology of Recurrent Anterior Cruciate Ligament Injuries in National Collegiate Athletic Association Sports: The Injury Surveillance Program, 2004-2014** *ORTHOPAEDIC JOURNAL OF SPORTS MEDICINE*
Gans, I., Retzky, J. S., Jones, L. C., Tanaka, M. J.
2018; 6 (6)