

Stanford



Geoffrey Abrams, MD

Assistant Professor of Orthopaedic Surgery at the Stanford University Medical Center

CLINICAL OFFICES

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ACADEMIC CONTACT INFORMATION

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Bio

BIO

Dr. Abrams specializes in Sports Medicine and arthroscopy, upper extremity joint replacement, as well as ligament reconstructive surgery of the shoulder, knee, and elbow. He is Board Certified in Orthopedic Surgery, with a subspecialty certificate in Sports Medicine, and is a member of the American Academy of Orthopedic Surgeons (AAOS), and the American Orthopedic Society for Sports Medicine (AOSSM), among others. He is actively involved in tendon disease research, focusing on the role of microRNA and tendon-derived stem cells in the pathogenesis of the disease. Dr. Abrams received his undergraduate degree from Stanford University and his Doctor of Medicine from the University of California - San Diego. He completed his residency in Orthopedic Surgery at Stanford University and went on to a Fellowship in Orthopedic Sports Medicine and Shoulder Surgery at Rush University Medical Center in Chicago, Illinois. He currently serves as Director of Sports Medicine for the Lacob Family Sports Medicine Center, which cares for Stanford varsity athletes, as well as assistant team physician for the Golden State Warriors and San Francisco 49ers. Dr. Abrams has authored or co-authored over 60 peer-reviewed scientific articles, over 20 book chapters, has presented original research at numerous national and international scientific meetings, and serves as a reviewer for numerous Sports Medicine scientific journals.

CLINICAL FOCUS

- Orthopaedic Surgery
- Sports Medicine

ACADEMIC APPOINTMENTS

- Assistant Professor - Med Center Line, Orthopaedic Surgery

ADMINISTRATIVE APPOINTMENTS

- Medical Director, Lacob Family Sports Medicine Center, (2016- present)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, American Academy of Orthopedic Surgeons (2009 - present)
- Member, American Orthopedic Society for Sports Medicine (2013 - present)
- Member, California Orthopedic Association (2013 - present)

- Member, Western Orthopedic Association (2013 - present)

PROFESSIONAL EDUCATION

- Internship: Stanford University General Surgery Residency (2008) CA
- Fellowship: Rush University Sports Medicine Fellowship (2013) IL
- Residency: Stanford University Orthopaedic Surgery Residency (2012) CA
- Medical Education: University of California San Diego School of Medicine Registrar (2007) CA
- Board Certification: Sports Medicine (2016)N/A
- Board Certification: Orthopaedic Surgery, American Board of Orthopaedic Surgery (2015)

LINKS

- Get a Second Opinion: <https://stanfordhealthcare.org/second-opinion/overview.html>

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Abrams' research is focused on elucidating the pathobiology behind tendinopathy and developing new treatment modalities for the disease. Specifically, his team is studying the role of micro-RNA as it relates to chronic inflammation and stem cell differentiation in the development and perpetuation of chronic tendinopathy.

CLINICAL TRIALS

- PEMF as Adjunctive Treatment Following Surgical Repair of Full Thickness Rotator Cuff Tears, Recruiting

Teaching

COURSES

2018-19

- Sport and Exercise Medicine: HUMBIO 139S (Spr)

2017-18

- Sport and Exercise Medicine: HUMBIO 139S (Spr)

2016-17

- Sport and Exercise Medicine: HUMBIO 139S (Spr)

Publications

PUBLICATIONS

- **Exogenous Micro-RNA and Antagomir Modulate Osteogenic Gene Expression in Tenocytes.** *Experimental cell research*
Xiao, M., Iglinski-Benjamin, K. C., Sharpe, O., Robinson, W. H., Abrams, G. D.
2019
- **Augmentation of chronic rotator cuff healing using adipose-derived stem cell-seeded human tendon-derived hydrogel.** *Journal of orthopaedic research : official publication of the Orthopaedic Research Society*
Kaizawa, Y., Franklin, A., Leyden, J., Behn, A. W., Tulu, U. S., Leon, D., Wang, Z., Abrams, G. D., Chang, J., Fox, P. M.
2019
- **Increased Prevalence of Concomitant Psychiatric Diagnoses Among Patients Undergoing Hip Arthroscopic Surgery** *ORTHOPAEDIC JOURNAL OF SPORTS MEDICINE*
Iglinski-Benjamin, K. C., Xiao, M., Safran, M. R., Abrams, G. D.
2019; 7 (1)

- **Human Tendon-Derived Collagen Hydrogel Significantly Improves Biomechanical Properties of the Tendon-Bone Interface in a Chronic Rotator Cuff Injury Model.** *The Journal of hand surgery*
Kaizawa, Y., Leyden, J., Behn, A. W., Tulu, U. S., Franklin, A., Wang, Z., Abrams, G., Chang, J., Fox, P. M.
2019
- **Effect of micro-RNA on tenocytes and tendon-related gene expression: A systematic review** *JOURNAL OF ORTHOPAEDIC RESEARCH*
Dubin, J. A., Greenberg, D. R., Iglinski-Benjamin, K. C., Abrams, G. D.
2018; 36 (11): 2823–29
- **Effects of Vitamin D on Skeletal Muscle and Athletic Performance.** *The Journal of the American Academy of Orthopaedic Surgeons*
Abrams, G. D., Feldman, D., Safran, M. R.
2018; 26 (8): 278–85
- **Editorial Commentary: The Importance of Capsular Closure in Hip Arthroscopy: Is There a Limit to the Benefit?** *ARTHROSCOPY-THE JOURNAL OF ARTHROSCOPIC AND RELATED SURGERY*
Abrams, G. D.
2018; 34 (3): 864–65
- **Identification of differentially expressed micro-RNA in rotator cuff tendinopathy** *MLTJ-MUSCLES LIGAMENTS AND TENDONS JOURNAL*
Hall, K. E., Sarkissian, E. J., Sharpe, O., Robinson, W. H., Abrams, G. D.
2018; 8 (1): 8–14
- **Editorial Commentary: Not Repairing the Hip Capsule After Arthroscopy - What Were We Thinking?** *ARTHROSCOPY-THE JOURNAL OF ARTHROSCOPIC AND RELATED SURGERY*
Abrams, G. D.
2018; 34 (1): 319–20
- **In Vitro Chondrotoxicity of Nonsteroidal Anti-inflammatory Drugs and Opioid Medications**
Abrams, G. D., Chang, W., Dragoo, J. L.
SAGE PUBLICATIONS INC.2017: 3345–50
- **Hip arthroscopy in the United States: an update following coding changes in 2011** *JOURNAL OF HIP PRESERVATION SURGERY*
Truntzer, J. N., Shapiro, L. M., Hoppe, D. J., Abrams, G. D., Safran, M. R.
2017; 4 (3): 250–57
- **Complication Rates for Hip Arthroscopy Are Underestimated: A Population-Based Study.** *Arthroscopy*
Truntzer, J. N., Hoppe, D. J., Shapiro, L. M., Abrams, G. D., Safran, M.
2017
- **Decreased Synovial Inflammation in Atraumatic Hip Microinstability Compared With Femoroacetabular Impingement.** *Arthroscopy*
Abrams, G. D., Luria, A., Sampson, J., Madding, R. A., Robinson, W. H., Safran, M. R., Sokolove, J.
2017; 33 (3): 553-558
- **Cytokines as a predictor of clinical response following hip arthroscopy: minimum 2-year follow-up.** *Journal of hip preservation surgery*
Shapiro, L. M., Safran, M. R., Maloney, W. J., Goodman, S. B., Huddleston, J. I., Bellino, M. J., Scuderi, G. J., Abrams, G. D.
2016; 3 (3): 229-235
- **Association of synovial inflammation and inflammatory mediators with glenohumeral rotator cuff pathology** *JOURNAL OF SHOULDER AND ELBOW SURGERY*
Abrams, G. D., Luria, A., Carr, R. A., Rhodes, C., Robinson, W. H., Sokolove, J.
2016; 25 (6): 989-997
- **Rotator cuff tears after total shoulder arthroplasty in primary osteoarthritis: A systematic review** *INTERNATIONAL JOURNAL OF SHOULDER SURGERY*
Levy, D. M., Abrams, G. D., Harris, J. D., Bach, B. R., Nicholson, G. P., Romeo, A. A.
2016; 10 (2): 78-84
- **Arthroscopic Reduction and Internal Fixation of an Inferior Glenoid Fracture With Scapular Extension (Ideberg V).** *Arthroscopy techniques*
Tuman, J. M., Bishop, J. A., Abrams, G. D.
2015; 4 (6): e869-72

- **Posterior Glenoid Wear in Total Shoulder Arthroplasty: Eccentric Anterior Reaming Is Superior to Posterior Augment** *CLINICAL ORTHOPAEDICS AND RELATED RESEARCH*
Wang, T., Abrams, G. D., Behn, A. W., Lindsey, D., Giori, N., Cheung, E. V.
2015; 473 (12): 3928-3936
- **Extra-Articular Impingement: Ischiofemoral Impingement and Trochanteric-Pelvic** *OPERATIVE TECHNIQUES IN SPORTS MEDICINE*
Beckmann, J. T., Safran, M. R., Abrams, G. D.
2015; 23 (3): 184-189
- **Anterolateral Versus Medial Plating of Distal Extra-articular Tibia Fractures: A Biomechanical Model** *ORTHOPEDICS*
Pirolo, J. M., Behn, A. W., Abrams, G. D., Bishop, J. A.
2015; 38 (9): E760-E765
- **Biomechanical Evaluation of Capsulotomy, Capsulectomy, and Capsular Repair on Hip Rotation.** *Arthroscopy*
Abrams, G. D., Hart, M. A., Takami, K., Bayne, C. O., Kelly, B. T., Espinoza Orías, A. A., Nho, S. J.
2015; 31 (8): 1511-1517
- **Biomechanical Evaluation of Capsulotomy, Capsulectomy, and Capsular Repair on Hip Rotation** *ARTHROSCOPY-THE JOURNAL OF ARTHROSCOPIC AND RELATED SURGERY*
Abrams, G. D., Hart, M. A., Takami, K., Bayne, C. O., Kelly, B. T., Orias, A. A., Nho, S. J.
2015; 31 (8): 1511-1517
- **Fibronectin-aggrecan complex as a marker for cartilage degradation in non-arthritis hips.** *Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA*
Abrams, G. D., Safran, M. R., Shapiro, L. M., Maloney, W. J., Goodman, S. B., Huddleston, J. I., Bellino, M. J., Scuderi, G. J.
2014; 22 (4): 768-773
- **What's New in Femoroacetabular Impingement Surgery: Will We Be Better in 2023?** *Sports health*
Gupta, A. K., Abrams, G. D., Nho, S. J.
2014; 6 (2): 162-170
- **Rate of return to pitching and performance after tommy john surgery in major league baseball pitchers.** *American journal of sports medicine*
Erickson, B. J., Gupta, A. K., Harris, J. D., Bush-Joseph, C., Bach, B. R., Abrams, G. D., San Juan, A. M., Cole, B. J., Romeo, A. A.
2014; 42 (3): 536-543
- **Trends in the Surgical Treatment of Articular Cartilage Lesions in the United States: An Analysis of a Large Private-Payer Database Over a Period of 8 Years** *ARTHROSCOPY-THE JOURNAL OF ARTHROSCOPIC AND RELATED SURGERY*
McCormick, F., Harris, J. D., Abrams, G. D., Frank, R., Gupta, A., Hussey, K., Wilson, H., Bach, B., Cole, B.
2014; 30 (2): 222-226
- **Biomechanical analysis of three tennis serve types using a markerless system** *BRITISH JOURNAL OF SPORTS MEDICINE*
Abrams, G. D., Harris, A. H., Andriacchi, T. P., Safran, M. R.
2014; 48 (4)
- **Biomechanical analysis of three tennis serve types using a markerless system.** *British journal of sports medicine*
Abrams, G. D., Harris, A. H., Andriacchi, T. P., Safran, M. R.
2014; 48 (4): 339-342
- **Survival and Reoperation Rates After Meniscal Allograft Transplantation: Analysis of Failures for 172 Consecutive Transplants at a Minimum 2-Year Follow-up.** *The American journal of sports medicine*
McCormick, F., Harris, J. D., Abrams, G. D., Hussey, K. E., Wilson, H., Frank, R., Gupta, A. K., Bach, B. R., Cole, B. J.
2014; 42 (4): 892-97
- **Return to sport after ACL reconstruction.** *Orthopedics*
Harris, J. D., Abrams, G. D., Bach, B. R., Williams, D., Heidloff, D., Bush-Joseph, C. A., Verma, N. N., Forsythe, B., Cole, B. J.
2014; 37 (2): e103-8
- **Arthroscopic Repair of Full-Thickness Rotator Cuff Tears With and Without Acromioplasty: Randomized Prospective Trial With 2-Year Follow-up.** *The American journal of sports medicine*
Abrams, G. D., Gupta, A. K., Hussey, K. E., Tetteh, E. S., Karas, V., Bach, B. R., Cole, B. J., Romeo, A. A., Verma, N. N.

2014

- **Reverse total shoulder arthroplasty in patients of varying body mass index** *JOURNAL OF SHOULDER AND ELBOW SURGERY*
Gupta, A. K., Chalmers, P. N., Rahman, Z., Bruce, B., Harris, J. D., McCormick, F., Abrams, G. D., Nicholson, G. P.
2014; 23 (1): 35-42
- **Current status of evidence-based sports medicine.** *Arthroscopy : the journal of arthroscopic & related surgery : official publication of the Arthroscopy Association of North America and the International Arthroscopy Association*
Harris, J. D., Cvetanovich, G., Erickson, B. J., Abrams, G. D., Chahal, J., Gupta, A. K., McCormick, F. M., Bach, B. R.
2014; 30 (3): 362-71
- **Evidence of capsular defect following hip arthroscopy.** *Knee surgery, sports traumatology, arthroscopy : official journal of the ESSKA*
McCormick, F., Slikker, W., Harris, J. D., Gupta, A. K., Abrams, G. D., Frank, J., Bach, B. R., Nho, S. J.
2014; 22 (4): 902-5
- **Platelet-rich Plasma for Articular Cartilage Repair** *SPORTS MEDICINE AND ARTHROSCOPY REVIEW*
Abrams, G. D., Frank, R. M., Fortier, L. A., Cole, B. J.
2013; 21 (4): 213-219
- **Return-to-Sport and Performance After Anterior Cruciate Ligament Reconstruction in National Basketball Association Players.** *Sports health*
Harris, J. D., Erickson, B. J., Bach, B. R., Abrams, G. D., Cvetanovich, G. L., Forsythe, B., McCormick, F. M., Gupta, A. K., Cole, B. J.
2013; 5 (6): 562-568
- **Trends in Meniscus Repair and Meniscectomy in the United States, 2005-2011** *AMERICAN JOURNAL OF SPORTS MEDICINE*
Abrams, G. D., Frank, R. M., Gupta, A. K., Harris, J. D., McCormick, F. M., Cole, B. J.
2013; 41 (10): 2333-2339
- **Authors' reply.** *Arthroscopy*
Harris, J. D., Gupta, A. K., Mall, N. A., Abrams, G. D., McCormick, F. M., Cole, B. J., Bach, B. R., Romeo, A. A., Verma, N. N.
2013; 29 (10): 1602-1603
- **An assessment of the quality of rotator cuff randomized controlled trials: utilizing the Jadad score and CONSORT criteria** *JOURNAL OF SHOULDER AND ELBOW SURGERY*
McCormick, F., Cvetanovich, G. L., Kim, J. M., Harris, J. D., Gupta, A. K., Abrams, G. D., Romeo, A. A., Provencher, C. D.
2013; 22 (9): 1180-1185
- **Spontaneous Hip Labrum Regrowth After Initial Surgical Debridement** *CLINICAL ORTHOPAEDICS AND RELATED RESEARCH*
Abrams, G. D., Safran, M. R., Sadri, H.
2013; 471 (8): 2504-2508
- **Topographic Analysis of the Glenoid and Proximal Medial Tibial Articular Surfaces A Search for the Ideal Match for Glenoid Resurfacing** *AMERICAN JOURNAL OF SPORTS MEDICINE*
Gupta, A. K., Forsythe, B., Lee, A. S., Harris, J. D., McCormick, F., Abrams, G. D., Verma, N. N., Romeo, A. A., Inoue, N., Cole, B. J.
2013; 41 (8): 1893-1899
- **Biomechanical evaluation of a coracoclavicular and acromioclavicular ligament reconstruction technique utilizing a single continuous intramedullary free tendon graft.** *Journal of shoulder and elbow surgery*
Abrams, G. D., McGarry, M. H., Jain, N. S., Freehill, M. T., Shin, S., Cheung, E. V., Lee, T. Q., Safran, M. R.
2013; 22 (7): 979-985
- **Methodologic Quality of Knee Articular Cartilage Studies** *ARTHROSCOPY-THE JOURNAL OF ARTHROSCOPIC AND RELATED SURGERY*
Harris, J. D., Erickson, B. J., Abrams, G. D., Cvetanovich, G. L., McCormick, F. M., Gupta, A. K., Bach, B. R., Cole, B. J.
2013; 29 (7): 1243-U184
- **Response to letter to editor regarding "Risk factors for development of heterotopic ossification of the elbow after fracture fixation".** *Journal of shoulder and elbow surgery*
Abrams, G. D., Bellino, M. J., Cheung, E. V.
2013; 22 (7)
- **Return to sport following shoulder surgery in the elite pitcher: a systematic review.** *Sports health*
Harris, J. D., Frank, J. M., Jordan, M. A., Bush-Joseph, C. A., Romeo, A. A., Gupta, A. K., Abrams, G. D., McCormick, F. M., Bach, B. R.

2013; 5 (4): 367-376

- **Long-Term Outcomes After Bankart Shoulder Stabilization** *ARTHROSCOPY-THE JOURNAL OF ARTHROSCOPIC AND RELATED SURGERY*
Harris, J. D., Gupta, A. K., Mall, N. A., Abrams, G. D., McCormick, F. M., Cole, B. J., Bach, B. R., Romeo, A. A., Verma, N. N.
2013; 29 (5): 920-933
- **Hyaluronic acid and platelet-rich plasma, intra-articular infiltration in the treatment of gonarthrosis: letter to the editor.** *American journal of sports medicine*
Abrams, G. D., Cole, B. J., Cerza, F., Carcangiu, A.
2013; 41 (5): NP27-?
- **Complications and Reoperations During and After Hip Arthroscopy: A Systematic Review of 92 Studies and More Than 6,000 Patients** *ARTHROSCOPY-THE JOURNAL OF ARTHROSCOPIC AND RELATED SURGERY*
Harris, J. D., McCormick, F. M., Abrams, G. D., Gupta, A. K., Ellis, T. J., Bach, B. R., Bush-Joseph, C. A., Nho, S. J.
2013; 29 (3): 589-595
- **The posterolateral portal: optimizing anchor placement and labral repair at the inferior glenoid.** *Arthroscopy techniques*
Cvetanovich, G. L., McCormick, F., Erickson, B. J., Gupta, A. K., Abrams, G. D., Harris, J. D., Romeo, A. A., Bach, B. R., Provencher, M. T.
2013; 2 (3): e201-4
- **Treatment of a lateral tibial plateau osteochondritis dissecans lesion with subchondral injection of calcium phosphate.** *Arthroscopy techniques*
Abrams, G. D., Alentorn-Geli, E., Harris, J. D., Cole, B. J.
2013; 2 (3): e271-4
- **Arthroscopic bony bankart fixation using a modified sugaya technique.** *Arthroscopy techniques*
Gupta, A. K., McCormick, F. M., Abrams, G. D., Harris, J. D., Bach, B. R., Romeo, A. A., Verma, N. N.
2013; 2 (3): e251-5
- **Risk factors for development of heterotopic ossification of the elbow after fracture fixation** *JOURNAL OF SHOULDER AND ELBOW SURGERY*
Abrams, G. D., Bellino, M. J., Cheung, E. V.
2012; 21 (11): 1550-1554
- **Use of an Inflatable Pressure Bag Bump for Medial and Lateral Operative Approaches to the Lower Leg** *FOOT & ANKLE INTERNATIONAL*
Abrams, G. D., Bishop, J. A.
2012; 33 (9): 795-797
- **Epidemiology of musculoskeletal injury in the tennis player** *BRITISH JOURNAL OF SPORTS MEDICINE*
Abrams, G. D., Renstrom, P. A., Safran, M. R.
2012; 46 (7): 492-498
- **Surgical Technique: Methods for Removing a Compress (R) Compliant Prestress Implant** *CLINICAL ORTHOPAEDICS AND RELATED RESEARCH*
Abrams, G. D., Gajendran, V. K., Mohler, D. G., Avedian, R. S.
2012; 470 (4): 1204-1212
- **MRI and arthroscopy correlations of the elbow: a case-based approach.** *Instructional course lectures*
Abrams, G. D., Stoller, D. W., Safran, M. R.
2012; 61: 235-249
- **Kinematics Differences Between the Flat, Kick, and Slice Serves Measured Using a Markerless Motion Capture Method** *ANNALS OF BIOMEDICAL ENGINEERING*
Sheets, A. L., Abrams, G. D., Corazza, S., Safran, M. R., Andriacchi, T. P.
2011; 39 (12): 3011-3020
- **Musculoskeletal injuries in the tennis player** *MINERVA ORTOPEDICA E TRAUMATOLOGICA*
Abrams, G. D., Safran, M. R.
2011; 62 (4): 311-329
- **Review of tennis serve motion analysis and the biomechanics of three serve types with implications for injury** *SPORTS BIOMECHANICS*
Abrams, G. D., Sheets, A. L., Andriacchi, T. P., Safran, M. R.
2011; 10 (4): 378-390

- **Diagnosis and management of superior labrum anterior posterior lesions in overhead athletes** *BRITISH JOURNAL OF SPORTS MEDICINE*
Abrams, G. D., Safran, M. R.
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- **Muscle geometry affects accuracy of forearm volume determination by magnetic resonance imaging (MRI)** *JOURNAL OF BIOMECHANICS*
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- **Pronator teres is an appropriate donor muscle for restoration of wrist and thumb extension.** *journal of hand surgery*
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