

**Michael J. Skyhar, M.D., F.A.C.S.  
Fellowship Trained Sports Medicine**

**Curriculum Vitae**

- Education:** Beaverton High School  
Beaverton, OR  
National Honor Society, 1973
- Oregon State University  
Corvallis, OR  
B.S. Zoology, Honors, 1977
- Oregon Health Sciences University  
Portland, OR  
M.D. Degree, 1981
- Internship:** UC San Diego Medical Center  
Surgery, 1981
- Residency:** UC San Diego Medical Center  
Orthopaedic Surgery, 1982-1987  
(One year full time research)
- Fellowship:** Hospital for Special Surgery  
Sports Medicine/Shoulder-Under the direction of  
Russell F. Warren, M.D., Team Physician for the New York Giants  
New York, NY, July 1987-July 1988
- Licensure:** California, 1982  
Oregon, 1990

**Awards and Distinctions:** San Diego Magazine Top Physician, 2005 & 2007  
Board of Directors, Memorial Union Oregon State University,  
1975-1977  
Oregon State University Scholarship and Leadership Award, 1976  
Phi Eta Sigma Honor Society  
Blue Key Honor society  
McCoy Award, UCSD, 1987  
Naval Hospital Camp Pendleton Sports Medicine Fellowship  
Program -Mike Skyhar Excellence in Teaching Award, 2010-2011

**Hospital Affiliations:** Scripps Memorial Hospital Encinitas  
Scripps Encinitas Surgery Center

**Hospital Appointments:** Chief, Department of Surgery  
Scripps-Encinitas, January 1993–December 1994  
Secretary/Treasurer Medical Staff  
Scripps-Encinitas, January 1995–December 1996  
Vice Chair, Medical Staff  
Scripps-Encinitas, January 1997–April 1998  
Chief of Medical Staff  
Scripps-Encinitas, April 1998–2001  
Physician Leader  
Scripps Health Ortho/Neuro/Rehab  
Scripps System of Excellence, April 1999-2001  
Assistant Clinical Professor  
UCSD

**Community Affiliations:** Team Physician, San Dieguito High School and La Costa  
Canyon High School, 1988-1998  
Team Physician, Palomar College, 1996-2011  
Team Physician, Carlsbad High School, 2005-2011

**Societies:** California Medical Association  
San Diego County Medical Society  
Western Orthopedic Association  
Fellow American Academy of Orthopaedic Surgeons  
Fellow American College of Surgeons  
American Orthopaedic Society for Sports Medicine  
Scripps Ximed Medical Group

**Board Certification:** American Board of Orthopedic Surgery, July 30, 1990.  
Recertification, January 2000.

Recertification, January 2009.

## Bibliography

### Publications: Book Chapters

1. Gershuni DH, Skyhar MJ, Thompson B, Resnick D, Donald G, Akeson WH: Conventional Radiography and Computed Tomography in the Evaluation of Spiral Fractures in Biomedical Engineering. Recent Developments, ed. B.W. Sauer, Pergammon Press, 188-191, NY, 1985.
2. Altchek DW, Skyhar MJ, Warren RF: Shoulder Arthroscopy for Shoulder Instability. Instructional Course Lectures. American Academy of Orthopaedic Surgeons, Chapter 13, 187-198, 1989.
3. Skyhar MJ, Altchek DW, Warren RF: Instability of the Shoulder. The Upper Extremity in Sports Medicine, ed. Nicholas and Hershman, Mosby, Chapter 7, 181, 1990.
4. Skyhar MJ, Gershuni DH: The Orthopaedic Management of Neo-plasms Metastatic to the Skeleton. Problems in General Surgery, ed. A.R. Moosa, 6(1), 147-154, 1989.
5. Altchek DW, Warren RF, Skyhar MJ: Shoulder Arthroscopy. The Shoulder, ed. C.A. Rockwood and F.A. Matsen, W.B. Saunders, Chapter 8, 258, 1990.
6. Arnoczky SP, Skyhar MJ, Wickiewicz TL: Basic Science of the Knee. Operative Arthroscopy, ed. J.B. McGinty, Raven Press, Chapter 12, 155, 1991.
7. Skyhar MJ, Simmons TC: Rehabilitation of the Shoulder. Orthopaedic Rehabilitation, ed. Nickel and Botte, Churchill Livingstone, 747, 1992.
8. Shoemaker SC, Skyhar MJ, Simmons TC: Rehabilitation of the Knee. Orthopaedic Rehabilitation, ed. Nickel and Botte, Churchill Livingstone, 791, 1992.

### Publications: Journals

1. Beals RK, Skyhar MJ: Growth and Development of the Tibia, Fibula, and Ankle Joint. Clin Orthop Rel Res, 192:289-929, 1984.
2. Skyhar MJ, Danzig L, Hargens AR, Akeson WH: Nutrition of the Anterior Cruciate Ligament Effects of Continuous Passive Motion. Am J Sports Med, 13 (6):415-418, 1985.

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3. Gershuni DH, Skyhar MJ, Thompson BR, Resnick DR, Donald G, Akeson WH: A Comparison of Conventional Radiography and Computed Tomography in the Elevation of Spiral Tibial Fractures. J Bone Joint Surg, 67A:1388-1395, 1985.
4. Skyhar MJ, Hargens AR, Strauss MB, Gershuni DH, Hart GB, Akeson WH: Hyperbaric Oxygen Reduces Edema and Necrosis of Skeletal Muscle in Compartment Syndromes Associated with Hemorrhagic Hypotension. J Bone Joint Surg, 68A:1218-1224, 1986.
5. Hargens AR, McClure AG, Skyhar MJ, Lieber RL, Gershuni DH, Akeson WH: Local Compression Patterns Beneath Pneumatic Tourniquets Applied to Arms and Thighs of Human Cadavers. J Orthop Res, 5(2):247-252, 1987.
6. Danzig LA, Hargens AR, Gershuni DH, Skyhar MJ, Sfakianos PN, Akeson WH: Increased Transynovial Transport with Continuous Passive Motion. J Orthop Res, 5(3):409-413, 1987.
7. Skyhar MJ, Mubarak SJ: Arthroscopic Treatment of Septic Knees in Children. J Ped Orthop, 7(6):647-651, 1987.
8. Gershuni DH, Skyhar MJ, Danzig LA, Camp J, Hargens AR, Akeson WH: Experimental Models to Promote Healing of Tears in the Avascular Segment of Canine Knee Menisci. J Bone and Joint Surg, 71A, 1363-1370, October 1989.
9. Skyhar MJ, Cawley PW: Clinical Evaluation of the 4-Point ACL Brace: A Preliminary Report of Phase One. Technical Monograph, Don Joy, Inc, 1984.
10. Skyhar MJ, Altcheck DW, Warren RF, Wickiewicz TL, O'Brien SJ: Shoulder Arthroscopy with the Patient in the Beach Chair Position. J Arthroscopy, 4(4), 256-259, December 1988.
11. Skyhar MJ, Altcheck DW, Warren RF: Plastic Suction Tip in ACL Reconstruction. Orthopaedic Review, No.9, 933-935, September 1988.
12. Skyhar MJ, Altcheck DW, Warren RF: Shoulder Arthroscopy in the Seated Position. Orthopaedic Review, No 10, 1033-1034, October 1988
13. Altcheck DW, Warren RF, Wickiewicz TL, Skyhar MJ, Ortiz, Schwartz E: Arthroscopic Acromioplasty: Techniques and Results. J Bone Joint Surg, 72A, 1198-1207, September 1990.
14. Altchek DW, Warren RF, Skyhar MJ, Ortiz G: T-plasty, Modification of Bankart Procedure for Multidirectional Instability of the Anterior and Inferior Type. J Bone Joint Surg, 73A, 105-112, January 1991.

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15. Skyhar MJ, Warren RF, Ortiz GJ, Schwartz E, Otis JC: The Effects of Sectioning of the Posterior Cruciate Ligament and the Posterolateral Complex on the Articular Contact Pressures within the Knee. J Bone Joint Surg, 75A, 694-699, May 1993.
  
16. Buss DD, Min R, Skyhar M, Galinant B, Warren RF, Wickiewicz TL: Nonoperative Treatment of Acute Anterior Cruciate Ligament Injuries in Selected Group of Patients. Am.J of Sports Medicine, V. 23, #2, 160-165, March-April 1995.
  
17. Blaine T, Moskowitz R, Udel J, Skyhar MJ, et al.: Treatment of Persistent Shoulder Pain with Sodium Hyaluronate: A Randomized, Controlled Trial. J Bone Joint Surg, V. 90-A, #5, 970-9, May 2008.

**Publications: Abstracts**

1. Skyhar MJ, Hargens AR, Strauss MG, Thompson BR, Freestone K, O'Hara RC, Crenshaw AG, Johansson CB, Hart GB, Akeson WH: Hyperbaric Oxygen Reduces Edema and Necrosis of Skeletal Muscle in Compartment Syndromes Associated with Hemorrhagic Hypotension.
  - A. XII International Congress on Hyperbaric Medicine, August 1994.
  - B. Trans Orthop Res Soc 1985.
  - C. Ninth Annual Conference on the Clinical Application of Hyperbaric Oxygen, Acapulco, Mexico, 1984.
  - D. Orthop Trans 9:374-375, 1985.
  
2. Hargens AR, Mubarak SJ, Gershuni DH, Skyhar MJ, Akeson WH: Role of Intramuscular Tamponade in Chronic Exertional Leg Pain. Societe Internationale de Recherche Orthopedique et de Tramatologie (SIROT) III World Congress, 1984.
  
3. Losse G, Orwig JB, Skyhar MJ: Shoulder Arthroscopy. Am Coll Sports Med, 1984.
  
4. Hargens AR, Danzig LA, Gershuni DH, Skyhar MJ, Akeson WH: Meniscus Nutrition as Modified by Exercise and Age in Rabbits. SICOT, 1984.
  
5. Gershuni DH, Skyhar MJ, Danzig LA, Camp J, Hargens AR, Akeson WH: Healing of Tears in the Avascular Segment of the Canine Lateral Meniscus.
  - A. Trans Orthop Res Soc 10:294, 1985.
  - B. Orthop Trans 9:342, 1985.
  
6. Gershuni DH, Skyhar MJ, Thompson BR, Resnick DR, Donald G, Akeson WH: A Comparison of Conventional Radiography and Computed Tomography in

- Evaluation of Spiral Tibial Fractures. West Orthop Assoc., 1985. Orthop Trans 10:75, 1986.
7. Hargens AR, Rydevik B, Lieber RL, Skyhar MJ, Gershuni DH, Akeson WH: Local Compression Patterns Beneath Pneumatic Tourniquets Applied to Arms and Legs of Human Cadavers. Trans Orthop 9: 319, 1985.
  8. Hargens AR, Skyhar MJ, McClure AG, O'Hara RC, Gershuni DH, Akeson WH: Tissue Fluid Pressure Distribution Pneumatic Tourniquets Applied to Arms and Legs of Human Cadavers. Trans Orthop Res Soc 10:248, 1985.
  9. Skyhar MJ: Evaluation of Spiral Tibial Fractures. J Musc Med, 66, October 1986.
  10. Gershuni DH, Skyhar MJ, Thompson B, Resnick D, Donald G, Akeson WH: An Analysis of Spiral Tibial Fractures. Orthop Trans 10:75, 1986.
  11. Skyhar MJ: Closed Intramedullary Bone Grafting of Segmental Femoral Defects. Orthop Trans 10:568, 1986.
  12. Gershuni DH, Maroudas A, Hargens AR, Skyhar MJ, Danzig LA, Schnerderman R, Garg F: Transports and Metabolism of (35s) Sulfate in Rabbit Menisci and Anterior Cruciate Ligaments With and Without CPM. Trans Orthop Res Soc 12:466, 1987.
  13. Skyhar MJ: Nutrition of the Anterior Cruciate Ligament: Effects of CPM. Yearbook of Rehab, 1988.
  14. Gershuni DH, Skyhar MJ, et al: The Assessment and Treatment of Spiral Tibial Fractures: In Vivo and In Vitro Study. Intl Soc Fracture Repair, Brussels, August 31, 1987.
  15. Skyhar MJ, Schwartz E, Warren RF, Ortiz G, Backus S: The Effects of Posterior Cruciate Ligament and Posterolateral Complex Laxity on Articular Contact Pressures within the Knee. AAOS Scientific Meeting, Las Vegas, 1989.
  16. Altcheck DW, Skyhar MJ, Warren RJ, Ortiz G: T-plasty Anterior Repair for Anterior Inferior Multidirectional Instability of the Shoulder.
    - A. AAOS Scientific Meeting, Las Vegas, 1989.
    - B. AOSSM, Palm Desert, 1988.
    - C. Fourth International Conference on Surgery of the Shoulder, New York, 1989.
  17. Warren RF, Altcheck DW, Skyhar MJ, Schwartz E, Wickiewicz TL: Arthroscopic Acromioplasty: A Prospective Analysis of 43 Patients. AAOS Scientific Meeting, Las Vegas, 1989.
  18. Skyhar MJ, Ortiz G, Warren RF, Schwartz E, Otis J: Effects of Load Placement and Flexion Angle on Tibial Displacement in Knees with Posterior Cruciate Ligament and Posterolateral Complex Laxity. Orthopaedic Res Soc, Las Vegas, 1989.

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19. Buss DD, Min R, Skyhar MJ, Galinat BJ, Wickiewicz TL, Warren RF: Conservatively Treated ACL Injuries. Orthop Trans, Vol 14, No. 3, 561 (AAOS), Fall, 1990.

**Presentations:**

1. Skyhar MJ, Danzig LA, Hargens AR, Akeson WH: Nutrition of the Anterior Cruciate Ligament: Effects of Continuous Motion. Amer Orthop Soc Sports Med, 1984
2. Skyhar MJ, Hargens AR, Strauss MB, Thompson BR, Freestone K, O'Hara RC, Crenshaw AG, Johansson CG, Hart GB, Akeson WH: Hyperbaric Oxygen Reduces Edema and Necrosis of Skeletal Muscle in Compartment Syndromes Associated with Hemorrhagic Hypotension.
  - A. VIII International Congress on Hyperbaric Med, Long Beach, CA, 1984.
  - B. Orthop Res Soc, Las Vegas, NV, 1985.
3. Skyhar MJ: Closed Intramedullary Bone Grafting of Segmental Femoral Defects. AOA Residents Conf, Santa Monica, CA, 1986.
4. Skyhar MJ: Arthroscopic Treatment of Septic Knees in Children. AAOS Scientific Meeting, Atlanta, 1988.
5. Skyhar MJ, Schwartz E, Warren RF, Ortiz G, Backus S: The Effects of Posterior Cruciate Ligament and Posterolateral Complex Laxity on Articular Contact Pressures within the Knee.
  - A. AAOS Scientific Meeting, Las Vegas, 1989.
  - B. Hospital for Special Surgery Alumni Meeting, New York, 1988.
6. Skyhar MJ, Ortiz G, Warren RF, Schwartz E, Otis J: Effects of Load Placement and Flexion Angle on Tibial Displacement in Knees with Posterior Cruciate Ligament and Posterolateral Complex Laxity. Orthop Res Soc, Las Vegas, 1989.
7. Lab Instructor, AAOS Course "Arthroscopy of the Upper Extremity," Monterey, CA, 1988.
8. Skyhar MJ, Crowe JF, et al: Elbow Arthroscopy: Know Your Anatomy!
  - A. IOI Videotape, AAOS, Las Vegas, 1989. AAOS Videotape Library.
  - B. Instructional Videotape, Annual Hand Society Meeting, 1988.
9. Course Faculty and Lab Instructor San Diego Shoulder Course, San Diego, CA, 1990-2016
10. Course Faculty, UCSD Orthopaedic Update, San Diego, 1990, 1992.

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11. Faculty, AO Course for Operating Room Personnel, San Diego, 1990, 1992, and 1994.
12. Course Director, The Shoulder, 1991, San Diego, June 1991. Course Director, The Shoulder, 1994, San Diego, July 1994.
13. Faculty, The Knee, 1992, San Diego, March 1992. Faculty, The Knee, 1994, San Diego.
14. Arthroscopy Association of North America, 16th Annual Meeting, San Diego, April 1997.
15. Faculty, Pediatric and Adolescent Sports Medicine, UCSD, 1996, 1997, 1999, 2000.
16. Blaine, T.A., Skyhar, M.J., Collins, P.C., Gastman, I.J., Ralph, L., Altman, R., Moskowitz, R., Daley, M.: Double-Blind, Randomized Trial of IA Sodium Hyaluronate (HYALGAN) for Chronic Shoulder Pain. Presented at American Academy of Orthopaedic Surgeons Annual Meeting, Chicago, IL, March 22-26, 2006.

**Exhibits and Posters:**

1. Hargens AR, Skyhar MJ, McClure AG, O'Hare RC, Gershuni DH, Akeson WH: Tissue Fluid Pressure Distribution Beneath Pneumatic Tourniquets Applied to Arms and Legs of Human Cadavers. Orthop Res Soc, Las Vegas, NV, 1985.
2. Gershuni DH, Hargens AR, Yaru NC, Lieber R, Skyhar MJ, Katz MM: Evaluation of Leg Muscle Pressures with Ankle Dorsiflexion. AAOS Annual Meeting, Las Vegas, NV, 1985.
3. Gershuni DH, Skyhar MJ, et al: The Repair of Tears in the Canine Knee Meniscus. 2nd Intl Symp Tissue Repair, Tarpon Springs, FL, May 1987.

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