

Dr. Answorth A. Allen, BSci, M.D.

Research specialization: Sports medicine and Sports injury epidemiology and prevention with particular attention to disorders of the shoulder, elbow and knee.

Experience: Dr. Allen is an Attending Orthopedic Surgeon at [Hospital for Special Surgery \(HSS\)](#) an International Olympic Committee-Medical Centre, and Professor of Clinical Orthopedic Surgery at [Weill Cornell Medical College](#) in New York City. He is the Orthopedic physician for the New York Knicks and Orthopedic consultant for USA Basketball Men's National Team, Chief Orthopedic Consultant, the Kings College (NYC) and formally of St. John's University. He is an Orthopedic consultant for the West Indies Cricket Board of Control and former Head Team Physician for the New York Mets. Served as medical director to the NBA Player's Association. Current Orthopedic Consultant, of the [Rugby Research and Injury Prevention Group, Inc](#), and Consulting Orthopedist for the Northeast Regional Rugby-7s Program, Head Team Orthopedist to the [Northeast Rugby Olympic Development Academy](#), a USA Rugby Development Academy, with its elite team, the [New York City World Club 7s Squad](#), and the youth-aged US Olympic Committee, Community Olympic Development Programme (USOC-CODP). Additionally, he was former team physician for the Long Island Rough Riders soccer team, assistant team physician for both the New York Saints lacrosse team and the New York State Racing Association and staff physician for the New York State Athletic Commission and the Hunter Mountain Ski Sports Center.



Research overview: His primary areas of focus and interest are sports-related injuries of the knee, shoulder and elbow. His specialties include arthroscopic surgery of the knee and shoulder, anterior cruciate ligament (ACL) reconstruction and revision surgery, meniscal and cartilage injuries, shoulder instability, labral injuries, rotator cuff tears, elbow arthroscopy, and total knee and shoulder replacement. His current interest is in sports injury prevention and science of American rugby union, particularly rugby sevens. Furthermore, research efforts focus on understanding Rugby and its growth and injury prevention in the American sporting landscape. As Co-Principle Investigator of the [RISERugby Study](#) the prospective injury epidemiological study of Rugby-7s in North America, sponsored by [Hospital for Special Surgery](#) and the [National Operating Committee on Standards for Athletic Equipment](#), we attend many U.S. tournaments, including [United World Sports](#) events: [HSBC Las Vegas Rugby-7s](#) stop/Las Vegas Invitational, and the [Penn Mutual Collegiate Rugby Championships](#).

Postgraduate supervision: Dr. Allen supervises medical students, residents/fellows in the clinical setting and the operating room.

Research publications: Examples representative of Dr. Allen's ongoing work include:

- Lopez V, Jr., Ma R, Weinstein MG, Hume PA, Cantu RC,...**Allen AA**. Assessment of risk factors involved with contact and non-contact injuries in U.S. Rugby-7s. *BR J SPORTS MED*. 2017, 51 (4) 352; DOI: 10.1136/bjsports-2016-097372.173.
- Weber A, Nathani A, Dines J, **Allen AA**, Shubin-Stein B, Arendt E, Bedi A. "An algorithmic approach to the management of recurrent lateral patellar dislocation". *J BONE JOINT SURG (Am)*. 2016 Mar 2;98(5):417-27.
- Williams PN, Grawe B, **Allen AA**, Hannafin JA. Anterior Cruciate Ligament Reconstruction with Autologous Hamstring: Can Preoperative Magnetic Resonance Imaging Accurately Predict Graft Diameter? *ORTHOP J SPORTS MED*. 2016 May; 4(5): 2325967116646360.
- Lopez V, Jr., Ma, R, Weinstein MG, Victoria C, Marshall J,...**Allen AA**. Injuries in Elite U.S. Rugby-7s Tournament Players: A 4-year Analysis of Time-loss and Medical Attention (Non-Time-loss) Injuries. *MED SCI SPORTS EXERC*. 2016 May; 48(5S):873; DOI: 10.1249/01.mss.0000487614.17856.6f.
- Ma R, Lopez V, Jr., Weinstein MG, Chen JL, Black CM,...**Allen AA**. Injury Profile of American Women Rugby-7s. *MED SCI SPORTS EXERC*. 2016 Oct;48(10):1957-66.PMID:27232243
- Lopez V, Jr., Ma, R, Weinstein MG, Cantu RC, Myers LSD,...**Allen AA**. Concussive Injuries in Rugby-7s: An American Experience and Current Review. *MED SCI SPORTS EXERC*. 2016 Jul;48(7):1320-30. PMID: 26829001
- Noonan, BC, Dines, JS, **Allen, AA**, et al. Biomechanical Evaluation of an Adjustable Loop Suspensory Anterior Cruciate Ligament Reconstruction Fixation Device: The Value of Retensioning and Knot Tying. *ARTHROSCOPY*. 2016 Oct;32(10):2050-2059.
- Grawe BM, Williams PN, Burge A, et al..., **Allen AA** "Anterior Cruciate Ligament Reconstruction With Autologous Hamstring: Can Preoperative Magnetic Resonance Imaging Accurately Predict Graft Diameter?" *ORTHOP J SP MED*. 2016, 4(5):2325967116646360.
- Lopez Jr. V, Ma R, Weinstein MG,...**Allen AA**. An American Experience with a New Olympic Collision Sport: Rugby-7s. *ORTHOP J SP MED*. 2014 Jul; 2(2S); DOI: 2325967114S00056.
- Lopez V, Jr., Galano GJ, Black CM, Gupta AT, James DE, Kelleher, K, **Allen AA**. Profile of an American Amateur Rugby Union Sevens Series. *AM J SP MED*. 2012; 40(1):179-184.

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