



Nirav A. Shah, MD
Board Certified Orthopaedic Surgeon
Sports Medicine & Arthroscopic Surgery
708.923.2567

**EDUCATIONAL BACKGROUND
FELLOWSHIP**

RESIDENCY

Department of
Orthopaedic Surgery,
Northwestern University-
McGaw Medical Center
Chicago, Illinois

MEDICAL SCHOOL

University of Illinois College
of Medicine
Chicago, Illinois

BOARD CERTIFICATION

Fellow American Board
Orthopaedic Surgery
Certification of Qualification
(CAQ) in Sports Medicine

SOCIETY MEMBERSHIPS

- American Orthopaedic Society for Sports Medicine
- American Academy of Orthopaedic Surgeons
- Arthroscopy Association of North America
- International Cartilage Repair Society
- Orthopaedic Research Society
- Mid America Orthopaedic Association

BACKGROUND

Dr. Shah is excited to return home after successfully completing an intensive fellowship in knee, shoulder, and elbow arthroscopic and reconstructive surgery in Houston, TX where he cared for injured athletes and workers; including elite professional (Assistant Team Physician for Houston Astros, Texans, Dynamo), collegiate (University of Houston), high school, and recreational athletes. Dr. Shah was born and raised in the suburbs of Chicago. He graduated with honors from Northwestern University's prestigious McCormick School of Engineering (Evanston, IL) with a BS in Biomedical Engineering and subsequently graduated from the University Of Illinois College Of Medicine (Chicago, IL). He completed a residency in Orthopaedic Surgery at Northwestern University (Chicago, IL).

Dr. Shah has published and presented topics relating to knee and shoulder injuries on both a national and international level. Dr. Shah continues to stay active in teaching medical students, resident physicians, as well as other orthopaedic surgeons. Dr. Shah also continues to stay active in basic science and clinical translational research.

INJURED ATHLETE PHILOSOPHY

Dr. Shah focuses and believes in a multi-modal team approach to treating the injured athlete to maximize return to sport and activity. He strives to tailor a specific treatment algorithm, whether surgical or non-surgical for each athlete, Dr. Shah will construct a treatment plan specifically for what is best for each athlete as an individual with tier goals and activities in mind and maximize their ability to return to their pre-injury level of activity and sport safely and efficiently.

PROFESSIONAL TRAINING, ACADEMIC ACTIVITIES, INTERESTS

Dr. Shah's professional training has fostered a deep commitment to patient care, medical education, and research. He has published multiple papers in peer-reviewed journals and book chapters throughout residency and fellowship. Dr. Shah has been awarded multiple grants and awards for his original research presented at national and international meetings on topics including cartilage restoration/regeneration, tissue engineering, and injuries of the knee, shoulder, and elbow. He has collaborated with and continues to work with scientists to develop novel nanotechnology based methods of improving cartilage repair and improving soft tissue healing to bone to optimize the latest arthroscopic techniques. Additionally, Dr. Shah is involved as a consultant to Northwestern University's TEAM lab that is developing 3D Printed Tissue Inks and 3D Printed biological tissue. He hopes to one day incorporate these advances to help patients recover and return back to functional activity quicker, safer and with better outcomes.

Dr. Shah was one of the first orthopaedic surgeons to obtain a certificate of added qualification in sports medicine from the American Board of Orthopaedic Surgeons, which helps defines his commitment to improving outcomes for not only athletes but functional outcomes for active injured workers as well.

Dr. Shah treats all acute and non-acute injuries of the knee including ligamentous injuries, meniscal and articular cartilage injuries. Dr. Shah also has extensive experience and interest in primary and revision arthroscopic treatments for all shoulder injuries and pathology: rotator cuff tears, instability, labral tears, biceps tendonitis, AC joint arthritis/instability, overhead shoulder injuries, and arthritis.



Main Office

7600 W. College Drive
Palos Heights, IL 60463
(708) 361-0600
(708) 361-8710 FAX
www.parkviewortho.com