
TIGRAN GARABEKYAN, MD

Southern California Hip Institute

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Profile

Dr. Garabekyan is a Board Certified Orthopedic Surgeon who specializes in Hip Preservation.

Employment

Founder and Director - Southern California Hip Institute
Los Angeles, CA — 2015 - Present

Assistant Professor and Associate Program Director, Marshall University,
Department of Orthopedic Surgery; Huntington, WV — 2012 - 2015

Education

Fellowship - Hip Preservation

University of Colorado, School of Medicine; Denver, CO — 2015
Dr. Omer Mei-Dan - Fellowship Director

Residency - Orthopedic Surgery

Marshall University; Huntington, WV — 2008 - 2012

Internship - General Surgery

University of California at San Francisco; San Francisco, CA — 2007 - 2008

Medical School

University of California at San Diego; La Jolla, CA — M.D., 2003 - 2007

Undergraduate - Chemical Engineering

University of California at Los Angeles — B.S., 1999 - 2003

Awards

Orthopedic Trauma Association Award for Excellence in Teaching — 2009

Gold Humanism in Medicine Honor Society — 2006

Demonstrated excellence in clinical care, leadership, compassion, and dedication to service.

Academic
Appointments

Marshall University School of Medicine Integration Subcommittee – 2013
Marshall University Oncology Fellowship Internal Review Chair – 2013
Marshall University School of Medicine Faculty Council – 2012
Marshall University School of Medicine Curriculum Committee – 2012

Professional
Affiliations

Qualified Medical Examiner (QME) – 2015
California Orthopedic Association (COA) – 2015
American Board of Independent Medical Examiners (ABIME) – 2015
Arthroscopy Association of North America (AANA) – 2011
American Academy of Orthopedic Surgeons (AAOS) – 2008
Marshall University School of Medicine Curriculum Committee – 2012

Textbook
Publications

1. **Garabekyan T**, Southard D, Ashton J: Femoroacetabular Impingement in Giangarra and Manske (eds) *Clinical Orthopaedic Rehabilitation*, 4th Edition. Elsevier, 2017.
 2. **Garabekyan T**, Giangarra CE: Elbow Arthroplasty and Treating Elbow Flexion Contracture in Throwing Athletes in Brotzman SB, Wilk KE (eds) *Clinical Orthopaedic Rehabilitation*, 3rd Edition. Elsevier, 2011.
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Online
Publications

1. **Garabekyan T**, Cheung F. Destructive Bone Lesion in a Eucalcemic Patient With Primary Hyperparathyroidism. *Orthopaedia Cases*. In: *Orthopaedia - Collaborative Orthopaedic Knowledgebase*. Created Aug 28, 2011 08:43. Last modified Aug 28, 2011 09:08 ver.4. Retrieved 2011-08-28, from <http://www.orthopaedia.com/x/UgD8Aw>.

1. Vogel LA, Kraeutler MJ, Jesse MK, Ho CK, Houck DA, **Garabekyan T**, Mei-Dan O. The Everted Acetabular Labrum: Patho-anatomy, Magnetic Resonance Imaging and Arthroscopic Findings of a Native Variant. *Arthroscopy*. 2021 May 4
2. Kraeutler MJ, Houck DA, **Garabekyan T**, Miller SL, Dragoo JL, Mei-Dan O. Comparing Intra-articular Injections of Leukocyte-Poor Platelet-Rich Plasma Versus Low-Molecular Weight Hyaluronic Acid for the Treatment of Symptomatic Osteoarthritis of the Hip: A Double-Blind, Randomized Pilot Study. *Ortho J Sports Med*. 2021 Jan 20;9(1)
3. Ramos L, Kraeutler MJ, Marty E, Welton KL, **Garabekyan T**, Mei-Dan O. Pain Scores and Activity Tolerance in the Early Postoperative Period After Hip Arthroscopy. *Ortho J Sports Med*. 2020 Oct 28;8(10)
4. **Garabekyan T**, Mei-Dan O. Editorial Commentary: Treating Hip Impingement Without a Computed Tomography Scan? You Might as Well Operate With a Blindfold. *Arthroscopy*. 2020 Jul;36(7):1872-1874
5. Babazadeh S, Kraeutler MJ, **Garabekyan T**, Welton KL, Mei-Dan O. Longitudinal versus transverse hip arthroscopy portal cosmesis: a case-control trial of simultaneous bilateral cases. *J Hip Preserve Surg*. 2019 Sep 9;6(3):265-270
6. Kraeutler MJ, Safran MR, Scillia AJ, Ayeni OR, **Garabekyan T**, Mei-Dan O. A Contemporary Look at the Evaluation and Management of Adult Borderline and Frank Hip Dysplasia. *Am J Sports Med*. 2019 Nov 14 [epub]
7. Kraeutler MJ, Goodrich JA, Fioravanti MJ, **Garabekyan T**, Chadayammuri V, Mei-Dan O. The “Outside-In” Lesion of Hip Impingement and the “Inside-Out” Lesion of Hip Dysplasia: Two Distinct Patterns of Acetabular Chondral Injury. *Am J Sports Med*. 2019 Oct;47(12):2978-2984
8. Mei-Dan O, Welton KL, Kraeutler MJ, Young DA, Raju S, , **Garabekyan T**. The CU PAO: A Minimally Invasive, 2-Incision, Interlocking Periacetabular Osteotomy: Technique and Early Results. *J Bone Joint Surg Am*. 2019 Aug 21;101(16):1495-1504
9. Welton KL, **Garabekyan T**, Kraeutler MJ, Vogel-Abernathie LA, Raible D, Goodrich JA, Mei-Dan O. Effects of Hip Arthroscopy Without a Perineal Post on Venous Blood Flow, Muscle Damage, Peripheral Nerve Conduction, and Perineal Injury: A Prospective Study. *Am J Sports Med*. 2019 Jul;47(8):1931-1938
10. Kraeutler MJ, Fioravanti MJ, Goodrich JA, Jesse MK, **Garabekyan T**, Chadayammuri V, Mei-Dan O. Increased Prevalence of Femoroacetabular

Impingement in Patients With Proximal Hamstring Tendon Injuries. *Arthroscopy*. 2019 May;35(5):1396-1402

11. McConkey MO, Chadayammuri V, **Garabekyan T**, Mayer SW, Kraeutler MJ, Mei-Dan O. Simultaneous Bilateral Hip Arthroscopy in Adolescent Athletes With Symptomatic Femoroacetabular Impingement. *J Pediatr Orthop*. 2019 Apr;39(4):193-197
12. **Garabekyan T**, Mei-Dan O. Editorial Commentary: Which Allograft Is Superior for Hip Capsular Reconstruction? Let's Choose the Right Patient Before We Choose the Right Graft. *Arthroscopy*. 2019 Mar;35(3):787-788
13. Kraeutler MJ, Goodrich JA, Ashwell ZR, **Garabekyan T**, Jesse MK, Mei-Dan O. Combined Lateral Osseolabral Coverage Is Normal In Hips With Acetabular Dysplasia. *Arthroscopy*. 2019 Mar;35(3):800-806
14. Kraeutler MJ, Strickland CD, Brick MJ, **Garabekyan T**, Woon JTK, Chadayammuri V, Mei-Dan O. A multicenter, double-blind, randomized controlled trial comparing magnetic resonance imaging evaluation of repaired versus unprepared inter portal capsulotomy in patients undergoing hip arthroscopy for femoroacetabular impingement. *J Hip Preserv Surg*. 2018 Nov 26;5(4):349-356
15. Kraeutler MJ, **Garabekyan T**, Fioravanti MJ, Young DA, Mei-Dan O. Efficacy of non-image guided diagnostic hip injection in patients with clinical and radiographic evidence of intra-articular hip pathology. *J Hip Preserv Surg*. 2018 May 3;5(3):220-225
16. Kraeutler MJ, Raju S, **Garabekyan T**, Mei-Dan O. Incidence of deep venous thrombosis following periacetabular and derivational femoral osteotomy: a case for mechanical prophylaxis. *J Hip Preserv Surg*. 2018 Mar 5;4(2):119-124
17. Kraeutler MJ, **Garabekyan T**, Goodrich JA, Fioravanti MJ, Chadayammuri V, Mei-Dan O. Standardizing the Prearthritic Hip Joint Space Width: An Analysis of 994 Hips. *Arthroscopy*. 2018 Jul;34(7):2114-2120
18. Kraeutler MJ, Chadayammuri V, **Garabekyan T**, Mei-Dan O. Femoral Version Abnormalities Significantly Outweigh Effect of Cam Impingement on Hip Internal Rotation. *J Bone Joint Surg Am*. 2018 Feb 7;100(3):205-210
19. Strickland CD, Kraeutler MJ, Brick MJ, **Garabekyan T**, Woon JTK, Chadayammuri V, Mei-Dan O. MRI Evaluation of Repaired Versus Unprepared Interportal Capsulotomy in Simultaneous Bilateral Hip Arthroscopy: A Double-Blind, Randomized Controlled Trial. *J Bone Joint Surg Am*. 2018 Jan 17; 100(2):91-98

20. Welton, KL, Jesse MK, Kraeutler MJ, **Garabekyan T**, Mei-Dan O. The Anteroposterior Pelvic Radiograph: Acetabular and Femoral Measurements and Relation to Hip Pathologies. *J Bone Joint Surg Am.* 2018 Jan 3;100(1):76-85
21. Mei-Dan O, Kraeutler MJ, **Garabekyan T**, Goodrich JA, Young DA. Hip Distraction Without a Perineal Post: A Prospective Study of 1000 Hip Arthroscopy Cases. *Am J Sports Med.* 2017 Dec 1;363546517741704
22. Kraeutler MJ, Ashwell ZR, **Garabekyan T**, Goodrich JA, Welton KL, Flug JA, O'Hara JN, Mei-Dan O. The Iliofemoral Line: A Radiographic Sign of Acetabular Dysplasia in the Adult Hip. *Am J Sports Med.* 2017 Sep;45(11):2493-2500
23. Makhni EC, Stone AV, Ukwauani GC, Zuke W, **Garabekyan T**, Mei-Dan O, Nho SJ. A Critical Review: Management and Surgical Options for Articular Defects in the Hip. *Clin Sports Med.* 2017 Jul;36(3):573-586
24. Mei-Dan O, Jewell D, **Garabekyan T**, Brockwell J, Young DA, McBryde CW, O'Hara JN. The Birmingham Interlocking Pelvic Osteotomy for acetabular dysplasia: 13- to 21-year survival outcomes. *Bone Joint J.* 2017 Jun;99-B(6):724-731
25. McConkey MO, Chadayammuri V, **Garabekyan T**, Mayer, SW, Kraeutler MJ,. Simultaneous bilateral hip arthroscopy in adolescent athletes with symptomatic femoroacetabular impingement. *J Pediatr Orthop.* 2017 Apr 3; Epub
26. Kraeutler MJ, **Garabekyan T**, Mei-Dan O. The use of platelet-rich plasma to augment conservative and surgical treatment of hip and pelvic disorders. *Muscles Ligaments Tendons J.* 2016 Dec 21; 6(3):410-419
27. Kraeutler MJ, **Garabekyan T**, Pascual-Garrido C, Mei-Dan O. Hip instability: a review of hip dysplasia and other contributing factors. *Muscles Ligaments Tendons J.* 2016 Dec 21; 6(3):343-353
28. Kraeutler MJ, **Garabekyan T**, Pascual-Garrido C, Mei-Dan O. Ligamentum teres tendinopathy and tears. *Muscles Ligaments Tendons J.* 2016 Dec 21; 6(3):337-342
29. Chadayammuri V, Pascual-Garrido C, **Garabekyan T**, Kraeutler MJ, Milligan K, Bedi A, Mei-Dan O. Effect of General Anesthesia on Preoperative Hip Range of Motion in Patients Undergoing Hip Arthroscopy. *Orthopedics.* 2016 Nov 1; 39(6):e1165-e1169
30. **Garabekyan T**, Ashwell Z, Chadayammuri V, Jesse MK, Pascual-Garrido C, Petersen B, Mei-Dan O. Lateral Acetabular Coverage Predicts Size of Hip Labrum. *Am J Sports Med.* 2016 Jun; 44(6):1582-9

31. Burgers PT, Hoogendorn M, Van Woensel EA, Poolman RW, Bhandari M, Patka P, Van Lieshout EM; HEALTH Investigators. (**Garabekyan T** collaborator). Total medical costs of treating femoral neck fracture patients with hemi- or total hip arthroplasty: a cost analysis of a multi center prospective study. *Osteoporos Int.* 2016 Jun;27(6):1999-2008
32. **Garabekyan T**, Chadayammuri V, Pascual-Garrido C, Mei-Dan O. All Arthroscopic Ligamentum Teres Reconstruction with Graft Fixation at the Femoral Head-Neck Junction. *Arthrosc Tech.* 2016 Feb 15;5(12):e143-7
33. **Garabekyan T**, Chadayammuri V, Pascual-Garrido C, Mei-Dan O. Arthroscopic Bone Grafting of Deep Acetabular Cysts Utilizing a Curved Delivery Device. *Arthrosc Tech.* 2016 Feb; 5(1): e113-e119
34. Chadayammuri V, **Garabekyan T**, Bedi A, Pascual-Garrido C, Rhodes J, O'Hara J, Mei-Dan O. Passive Hip Range of Motion Predicts Femoral Torsion and Acetabular Version. *Journal of Bone and Joint Surgery Am.* 2016 Jan 20;98(2):127-34
35. Chadayammuri V, **Garabekyan T**, Mary-Kristen J, Pascual-Garrido C, Strickland C, Milligan K, Mei-Dan O. Measurement of lateral acetabular coverage: a comparison between CT and plain radiography. *J Hip Preserv Surg.* 2015; 2(4):385-391
36. Mei-Dan O, **Garabekyan T**, McConkey M, Pascual-Garrido C. Arthroscopic Anterior Capsular Reconstruction of the Hip for Recurrent Instability. *Arthroscopy Tech.* 2015 Nov 16;4(6):e711-5
37. Bhandari M, Devereaux PJ, Einhorn TA, Thabane L, Schemitsch EH, Koval KJ, Frihagen F, Poolman RW, Tetsworth K, Guerra-Farfán E, Madden K, Sprague S, Guyatt G; HEALTH Investigators. (**Garabekyan T** collaborator). Hip fracture evaluation with alternatives of total hip arthroplasty versus hemiarthroplasty (HEALTH): protocol for a multicentre randomised trial. *BMJ Open.* 2015 Feb 13;5(2):e006263
38. Burgers PT, Poolman RW, Van Bakel TM, Tuinebreijer WE, Zielinski SM, Bhandari M, Patka P, Van Lieshout EM, HEALTH and FAITH Trial Investigators. (**Garabekyan T** collaborator). Reliability, validity, and responsiveness of the Western Ontario and McMaster Universities Osteoarthritis Index for elderly patients with a femoral neck fracture. *JBJS Am.* 2015 May 6, 97(9):751-7
39. **Garabekyan T**, Hosseinzadeh P, Iwinski HJ, Muchow RD, Talwalkar VR, Walker J, Milbrandt TA. The results of perioperative halo-gravity traction in children with severe spinal deformity. *J Pediatr Orthop B.* 2014 Jan; 23(1):1-5

40. **Garabekyan T**, Oliashirazi A, Winters K. Case Report: The Value of Immediate Preoperative Vascular Exam in an “At-Risk” Patient for Total Knee Arthroplasty. *Orthopaedics*. 2011 Jan; 34(1)
41. Wheeler DJ, **Garabekyan T**, Lugo R, Buckley JM, Jones C, Lotz M, Lotz JC, Ma CB. Biomechanical Comparison of Transosseous Versus Suture Anchor Repair of The Subscapularis Tendon. *Arthroscopy*. 2010 Apr; 26(4):444-50
42. **Garabekyan T**, Murphey GC, Macias BR, Lynch JE, Hargens AR. New Non-Invasive Technique for Measuring Intramuscular Pressure in a Porcine Model of Acute Compartment Syndrome. *J Orthop Trauma*. 2009 Mar; 23(3):186-93; discussion 193-4

1. **Garabekyan T**. “The Evolution of Hip Preservation Surgery” Valley Presbyterian Hospital Grand Rounds, Los Angeles, CA, 2016.
2. **Garabekyan T**. “The Evolution of Hip Preservation Surgery” Cedars-Sinai Medical Center Grand Rounds, Los Angeles, CA, 2016.
3. **Garabekyan T**. “The Evolution of Hip Preservation Surgery” Providence Tarzana Medical Center Grand Rounds, Tarzana, CA, 2016.
4. **Garabekyan T**. “The Evolution of Hip Preservation Surgery” Marshall University Grand Rounds, Huntington, WV, 2015.
5. **Garabekyan T**, Mei Dan O. “Hip Preservation Case Study” CU Sports Medicine Symposium Annual Meeting, Boulder, CO, 2015.
6. **Garabekyan T**, Mei Dan O. “Explaining ‘Counterintuitive’ Findings in Hip Preservation Surgery.” International Society for Hip Arthroscopy (ISHA) Annual Meeting, Cambridge, UK, 2015.
7. **Garabekyan T**, Chadayammuri V, Mei Dan O. “Combined Arthroscopic Ligamentum Teres Reconstruction with Posterior Capsular Re-Insertion for Recurrent Instability of the Hip.” International Society for Hip Arthroscopy (ISHA) Annual Meeting, Cambridge, UK, 2015.
8. **Garabekyan T**, Ashwell Z, Chadayammuri V, Mei Dan O. “Lateral Acetabular Coverage Predicts Femoroacetabular Articular Cartilage Thickness.” International Society for Hip Arthroscopy (ISHA) Annual Meeting, Cambridge, UK, 2015.
9. Mei Dan O, **Garabekyan T**, Chadayammuri V. “Validation of Neck Axis Distance (NAD) as a Radiographic Measure of Acetabular Version.” International Society for Hip Arthroscopy (ISHA) Annual Meeting, Cambridge, UK, 2015.

10. Chambers M, Garabekyan T, Zimmeck S, Jasko J, Giangarra CE. "Anterior Cruciate Ligament Reconstruction in Obese Patients." American Academy of Orthopaedic Surgeons, San Francisco, CA, 2012
11. **Garabekyan T**. "Management of the General Orthopaedic Patient." Marshall University Annual Orthopaedic Conference, Huntington, WV, 2012.
12. **Garabekyan T**, Giangarra C. "Platelet Rich Plasma: Evidence for Clinical Application." Marshall University Annual Orthopaedic Conference, Huntington, WV, 2011.
13. **Garabekyan T**. "Point:Counterpoint Discussion. Treatment of Displaced Midshaft Clavicle Fractures – Nonoperative Management." WV Orthopaedic Society Meeting, Charleston, WV, 2011.
14. Milbrandt TA, **Garabekyan T**, Iwinski HJ, Talwalkar VR, Walker J. "The Use of Halo-Gravity Traction for Treatment of Severe Spinal Deformity." Pediatric Orthopaedic Society of North America, Montreal, Canada, 2011.
15. **Garabekyan T**, Iwinski HJ, Talwalkar VR, Walker J, Milbrandt TA. "The Use of Halo-Gravity Traction for Treatment of Severe Spinal Deformity." American Academy of Orthopaedic Surgeons Annual Meeting, San Diego, CA, 2011.
16. **Garabekyan T**, Iwinski HJ, Talwalkar VR, Walker J, Milbrandt TA. "The Use of Halo-Gravity Traction for Treatment of Severe Spinal Deformity." WV Orthopaedic Society Meeting, Charleston, WV, 2010.
17. **Garabekyan T**, Giangarra CE. "Assessment of Orthopaedic Athletic Injuries: The Knee." Marshall University Physicians and Surgeons 1st Annual Assessment of Athletic Injuries Conference, Huntington, WV, 2010
18. **Garabekyan T**, Oliashirazi A, Winters K. "The Value of Immediate Preoperative Vascular Exam in an "At-Risk" Patient for Total Knee Arthroplasty." WV Orthopaedic Society Meeting, Charleston, WV, 2010.
19. **Garabekyan T**, Iwinski HJ, Talwalkar VR, Walker J, Milbrandt TA. "The Use of Halo-Gravity Traction for Treatment of Severe Spinal Deformity." Shriners Lexington Research Meeting, Lexington, KY, 2010.
20. **Garabekyan T**, Oliashirazi A. "Diagnosis and Management of Acute Compartment Syndrome." Marshall University Annual Orthopaedic Conference, Huntington, WV, 2010.
21. **Garabekyan T**, Murphey GC, Macias BR, Lynch JE, Hargens AR. "New Non-Invasive Technique for Measuring Intramuscular Pressure in a Porcine Model of Acute Compartment Syndrome." Orthopaedic Trauma Association, Boston, MA, 2007.

Poster
Presentations

1. **Garabekyan T**, Ashwell Z, Chadayammuri V, Mei Dan O. “Normative Values of Radiographic Femoroacetabular Joint Space Width in Patients with Pre-Arthritic Hip Pain.” International Society for Hip Arthroscopy (ISHA) Annual Meeting, Cambridge, UK, 2015
2. Chadayammuri V, **Garabekyan T**, Mary-Kristen J, Pascual-Garrido C, Strickland C, Milligan K, Mei-Dan O. “Does Acetabular Coverage Measured on Plain Radiography Correlate With That Measured on Pelvic CT?” International Society for Hip Arthroscopy (ISHA) Annual Meeting, Cambridge, UK, 2015
3. Chadayammuri V, **Garabekyan T**, Pascual-Garrido C, Bedi A, Mei Dan O. “Comparison of Preoperative Hip Range of motion with and without General Anesthesia in Patients Undergoing Hip Arthroscopy.” International Society for Hip Arthroscopy (ISHA) Annual Meeting, Cambridge, UK, 2015
4. **Garabekyan T**, Chadayammuri V, Mary-Kristen J, Pascual-Garrido C, Mei-Dan O. “Lateral Acetabular Coverage Predicts Labral Size.” International Society for Hip Arthroscopy (ISHA) Annual Meeting, Cambridge, UK, 2015
5. Chadayammuri V, **Garabekyan T**, Pascual-Garrido C, Bedi A, Mei Dan O. “Passive Hip Range of Motion Predicts Femoral Torsion and Acetabular Version.” International Society for Hip Arthroscopy (ISHA) Annual Meeting, Cambridge, UK, 2015
6. **Garabekyan T**, Oliashirazi A, Winters K. “The Value of Immediate Preoperative Vascular Exam in an “At-Risk” Patient for Total Knee Arthroplasty.” Marshall University Research Day, Huntington, WV, 2011.
7. Alberico A, **Garabekyan T**, Koester A. “Pronator Lengthening by Fascial Release (PLFR) to Facilitate Distal Radius Volar Locking Plate Coverage.” American Society for Surgery of the Hand (ASSH) Annual Meeting, Las Vegas, NV, 2011; e-poster.

Continuing
Medical
Education (CME)

1. ETO Annual Meeting - Ortho Summit; Dec, 2019
2. ETO Annual Meeting - Ortho Summit; Dec 2017
3. ISHA Annual Meeting; Sep, 2016; San Francisco, CA
4. Stryker Clinician Shadowing Program; Oct, 2015; Columbus, OH
5. ISHA Annual Meeting; Sep, 2015; Cambridge, UK

Continuing
Medical
Education (CME)

6. Stryker Advanced Hip Arthroscopy Course; Jun, 2015; Long Beach, CA
7. S&N Vail Hip Symposium; Jan, 2015; Vail, CO
8. ETO Annual Meeting – Ortho Summit; Dec, 2014; Las Vegas, NV
9. Pivot Medical Clinician Shadowing Program; Apr, 2014; Columbus, OH
10. AANA Master’s Hip Arthroscopy Course; Jun, 2013; Rosemont, IL
11. AAOS Hip Preservation Course; Apr, 2013; Rosemont, IL
12. AAOS Orthopaedic Educator’s Course; Nov, 2012; Bloomingdale, IL
13. S&N Vail Hip Symposium; Nov, 2012; Vail, CO
14. Arthrex Hip Arthroscopy Course; Oct, 2012; Naples, FL
15. ISHA Annual Meeting; Sep, 2012; Boston, MA

Board
Certification

American Board of Orthopedic Surgeons – 2014 (exp 2024)

Medical
License

California – #A137629 Eff 7/21/15 (Exp 3/31/23)

Current
Hospital
Affiliations

Cedars-Sinai Medical Center

Los Angeles, CA

LaPeer Surgery Center

Beverly Hills, CA