

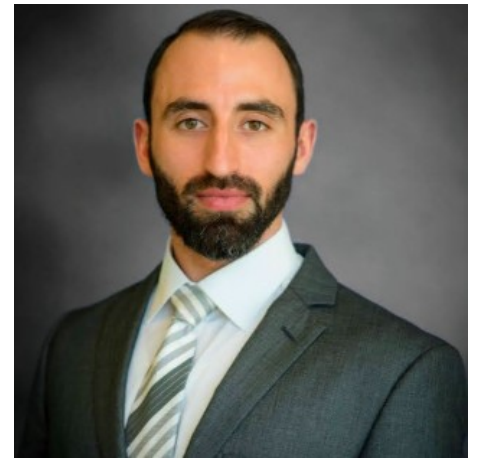
# JOHN O'SHEA

---

## SUMMARY

Board-certified Physician Associate with specialized expertise in orthopedic surgery and extensive experience in musculoskeletal care. Proven ability to assist in over 1,000 orthopedic procedures, including joint arthroplasties and fracture repairs. Skilled in managing patient care through all stages, from evaluation to post-operative care, with a strong focus on interdisciplinary collaboration and evidence-based practices.

---



## EXPERIENCE

### **Founder and president, 01/2025 - Current**

#### **Orthohealth PLLC**

- Founder and president
- Orthopedic expert witness consultant
- Rehabilitation consultant at Legacy Rehab and Wellness Center and Flagstaff medical center

### **Physician Associate, 10/2024 - Current**

#### **Northern Arizona Healthcare Orthopedic and Spine Institute - Flagstaff, AZ**

- Provider covering an array of orthopedic conditions in clinic including, sports medicine, complex upper extremity injuries, orthopedic urgent care, and spine conditions independently
- Provide orthopedic inpatient coverage admitting and managing hospital patients, along with covering first call for the emergency department
- Book and first assist in surgical cases
- Collaborate with other healthcare professionals to coordinate optimal care for each patient.
- Review X-rays, MRI scans, CT scans and other imaging studies

### **Physician Associate, 04/2020 - 01/2024**

#### **Southwestern Vermont Medical Center Orthopedics**

- Successfully passed my orthopedic specialty exam and hands on credentials
- Implemented meditation education and a new perioperative pain management protocol for total joint patients
- Helped develop the protocol for same day total joint arthroplasties
- Wrote a research proposal for music as an alternative pain management adjunct
- Top RVU producer out of all advanced practitioners in clinic

## CONTACT

**Address:** Flagstaff, AZ 86001

**Phone:** 9788888231

**Email:** [Joshea102@gmail.com](mailto:Joshea102@gmail.com)

**WWW:** [Bold Profile](#)

---

## SKILLS

- Orthopedic consultation
- Surgical case booking
- Casting
- Fracture and joint reductions
- Patient education
- Medical record management
- Treatment plan development
- Cross-discipline collaboration
- Radiology interpretation
- Pain management protocols
- Team leadership
- Surgical assistance
- Patient assessment
- Joint injections
- Nutritional counseling
- Cerner, Meditech
- Time management
- Fitness and rehabilitation

- Received multiple recognitions for patient care excellence
- On Call- First call for the emergency department, inpatients and clinic. Consult, round, discharge patients
- First Assist- total joints, sports medicine procedures and general orthopedics, write orders, consent, position patient, surgical power tool use, close superficial and deep layers

**Physician Associate, 10/2018 - 04/2020**

**Orthopaedics Northeast**

- Clinic- Upper extremity specialty, evaluate, diagnose and treat patients independently and with oversight.
- Provided care to 25-30 patients per day
- Implemented video patient care education

**Patient care technician, 06/2013 - 03/2015**

**Lawrence General Hospital**

- Utilized my EMT and CNA licenses to work as a hands on patient care technician in the emergency room
  - Performed CPR, phlebotomy, EKGs, hands on patient care.
- 

**EDUCATION AND TRAINING**

**Master of Science, Physician Associate , 05/2018**

**Massachusetts College of Pharmacy And Health Sciences** - Boston, MA

- Additional Coursework in ultrasound diagnostics
- Additional Coursework in reading advanced imaging
- Rural Medical rotation in Bolivia
- Elective Medical rotations in Neurology and Emergency Medicine

**Bachelor of Science, Commonwealth Honors College Kinesiology, Pre Med, 02/2014**

**University of Massachusetts, Amherst** - Amherst, MA

- GPA- 3.71
- 2009-2010- President of Dormitories
- 2010-2013- Division 1 Cross Country and Track athlete
- 2010-2011- Leadership Ambassador for the whole campus
- 2010-2011- Residential Assistant (RA)
- 2010-2013- UMass Amherst Campus Tour Guide
- 2010-2011- TA for anatomy and physiology II
- Kenneth L. O'Brien Scholarship recipient for outstanding academic, leadership and athletic performance
- Excellence Award- in exceeding expectations as president of dormitories
- Community of the month award- For leading my floor community as an RA to be the best community at UMass
- Certificate of recognition as a role model- For being an exceptional role model as an RA at UMass
- A-10 conference Commissioner's Honor Roll award for excellent academic and athletic performance

- Attended multiple leadership conferences including invite only all expense paid week long conference at UC San Diego
- Honors Thesis Paper on wearable exercise monitors and accuracy in caloric expenditure estimates

### **High School Diploma, 06/2009**

#### **Dracut Senior High School** - Dracut, MA

- Top Ranked: 10%
  - Class Treasurer 2005-2009
  - Participated in Cross Country, Indoor and Outdoor track 2005-2009
  - Recipient of Student Athlete Leadership award- Awarded to one individual in Dracut High School per year
  - 12 Varsity Letters
  - Captain of Varsity Track Team
  - Featured in Rise High School Athletic All Star Magazine
  - Multiple all conference awards
  - Rotary Scholarship Recipient
  - Multiple other scholarships awarded before graduation to go toward college
  - General student council member for entire school 2005-2009
  - Took semester long college robotics course 2008
  - Senior Homecoming king voted on by students and teachers
- 

## **ACTIVITIES AND HONORS**

- Avid mountaineer, biker, climber, runner, triathlete
  - 2022- Won Spartan Beast race at the birthplace of spartan races, Killington Mountain, and qualified for the world championship race in Greece
- 

## **INDEPENDENT INITIATIVES**

- 2010-2013- Recruited by former high school teacher to teach, and did teach summer school algebra, pre-calculus and biology
- 2013- Initiated and directed a local charity race to raise funds for Boston Marathon bombing victims, organized all logistics, secured sponsorships, and raised significant charitable contributions.
- 2015-2025- Sports Medical Consultants medical race volunteer at Jimmy fund walk and the Boston marathon
- 2016- Nepali Reliance Organization medical volunteer in rural Nepali clinics
- 2018- Designed and developed a simple prototype wearable headset delivering gamma-frequency light stimulation to target microglial activation and promote clearance of beta-amyloid, tau tangles, and neuroinflammation in the brain.
- 2022-2023- Developed an online video based website to help patients better understand orthopedic discussions, diagnosis, and some therapy

exercises to get better. Meant to serve remote and underserved communities without access to as much orthopedic education and in person physical therapy. [www.mybodyshop.org](http://www.mybodyshop.org)

---

## **CERTIFICATIONS**

- NCCPA Certified Physician Associate
  - Certificate of Added Qualifications in Orthopedic Surgery
  - Innovations and Healthcare Harvard Extension Course Certificate
  - Advanced Cardiovascular Life Support
  - Pediatric Cardiovascular Life support
  - Basic life support
  - Former EMT license
  - Former Certified Nursing Assistant certification
- 

## **REFERENCES**

References available upon request.