



NIKHIL K. SAHAI, MD/MPH

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Attending Spine Surgeon Wayne, NJ University Spine Center

Asst Professor, Orthopaedic Surgery Paterson, NJ St. Joseph's University Medical Center

EDUCATION

Twin Cities Spine Center Minneapolis, MN Spine Surgery Fellowship, July 2020-August 2021

Seton Hall University/St. Joseph's University Medical Center Paterson, NJ Orthopaedic Surgery Residency, July 2015-June 2020

University of Iowa Carver College of Medicine Iowa City, IA Doctor of Medicine, Graduated May 2015

University of Iowa College of Public Health Iowa City, IA Master of Public Health, Graduated May 2015

Northwestern University Evanston, IL B.A. in Biochemistry, Minor in Business Institutions, Graduated May 2011

HONORS AND AWARDS

Eastern Orthopaedic Association: Mark J. Levine, MD Donor Award

Carver College of Medicine: NIH Research Grant

Northwestern University: Outstanding Achievement in Biochemistry

PATENTS

Wireless Stethobroadcasting Instrument for Medical Training. US 10,321,888 B2 June 2019 PUBLICATIONS

1. Sahai N, Changoor S, Dunn C, et al. Minimally Invasive Posterior Cervical Foraminotomy as an Alternative to Anterior Cervical Discectomy and Fusion for Unilateral Cervical Radiculopathy, *SPINE* 44.24 (2019): 1731-1739.
2. Sahai N, Faloon MJ, Dunn CJ, et al. Short-Segment Fixation With Percutaneous Pedicle Screws in the Treatment of Unstable Thoracolumbar Vertebral Body Fractures. *Orthopedics*. 2018;41(6):802-806.
3. Emami A, Faloon M, Sahai N, et al. Risk Factors for Pseudarthrosis in Minimally-Invasive Transforaminal Lumbar Interbody Fusion. *Asian Spine J*. 2018;12(5):830-838.
4. Dunn C, Moore J, Sahai N, et al. Minimally invasive posterior cervical foraminotomy with tubes to prevent undesired fusion: a long-term follow-up study. *J Neurosurg Spine*. 2018;29(4):358-364.
5. Faloon M, Sahai N, Pierce TP, et al. Reply to the Letter to the Editor: Incidence of Neuraxial Abnormalities Is Approximately 8% Among Patients With Adolescent Idiopathic Scoliosis: A Meta-analysis. *Clin Orthop Relat Res*. 2018;476(8):1688.
6. Faloon M, Sahai N, Pierce TP, et al. Incidence of Neuraxial Abnormalities Is Approximately 8% Among Patients With Adolescent Idiopathic Scoliosis: A Meta-analysis. *Clin Orthop Relat Res*. 2018;476(7):1506-1513.
7. Issa K, Pourtaheri S, Stewart T, et al. Clinical Differences Between Monomicrobial and Polymicrobial Vertebral Osteomyelitis. *Orthopedics*. 2017;40(2):e370-e373.
8. Edwards A, Larson E, Beckert M, Sahai N, Albright JP. TT-TG vs. modified lateral patellar edge for determination of tibial tubercle transfer distance in Fulkerson osteotomy procedures. *Knee*. 2016;23(4):712-5.
9. Sahai N, Hwang KS, Emami A. Guillain-Barré syndrome following elective spine surgery. *Eur Spine J*. 2017;26:6-8.
10. Fredericks DC, Petersen EB, Sahai N, et al. Evaluation of a novel silicate substituted hydroxyapatite bone graft substitute in a rabbit posterolateral fusion model. *Iowa Orthop J*. 2013;33:25-32.

PRESENTATIONS

1. Sahai N, Changoor S, Dunn C, Issa K, Faloon M, Sinha K, Hwang K, Emami A. Minimally-invasive posterior cervical foraminotomy as an alternative to anterior cervical discectomy and fusion for unilateral cervical radiculopathy. Cervical Spine Research Society Annual Meeting. New York, NY. Nov. 2019.

2. Sahai N, Changoor S, Dunn C, Issa K, Faloon M, Sinha K, Hwang K, Emami A. Minimally-invasive posterior cervical foraminotomy as an alternative to anterior cervical discectomy and fusion for unilateral cervical radiculopathy. North American Spine Society Annual Meeting. Chicago, IL. Sept. 2019.
3. Faloon M, Changoor S, Sahai N, Dunn C, Sinha K, Hwang K, Emami A. Two attending surgeons improve outcomes of anterior cervical discectomy and fusion. North American Spine Society Annual Meeting. Chicago, IL. Sept 2019.
4. Faloon M, Changoor S, Sahai N, Dunn C, Sinha K, Hwang K, Emami A. Two attending surgeons improve outcomes of anterior cervical discectomy and fusion. Eurospine Annual Meeting. Helsinki, Finland. Oct. 2019.
5. Faloon M, Changoor S, Sahai N, Dunn C, Sinha K, Hwang K, Emami A. Does obesity affect long term outcomes of lateral lumbar interbody fusion? Eurospine Annual Meeting. Helsinki, Finland. Oct. 2019.
6. Sahai N, Changoor S, Dunn C, Faloon M, Sinha K, Hwang K, Emami A. Minimally-invasive posterior cervical foraminotomy as an alternative to ACDF for unilateral cervical radiculopathy: A Meta-Analysis. Eastern Orthopaedic Association Annual Meeting. Palm Beach, FL. Oct 2019.
7. Changoor S, Faloon M, Dunn C, Sahai N, Sinha K, Hwang K, Emami A. Does obesity affect long term outcomes of lateral lumbar interbody fusion? Eastern Orthopaedic Association Annual Meeting. Palm Beach, FL. Oct 2019.
8. Faloon M, Changoor S, Sahai N, Dunn C, Sinha K, Hwang K, Emami A. Two attending surgeons improve outcomes of anterior cervical discectomy and fusion. Eastern Orthopaedic

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Association Annual Meeting. Palm Beach, FL. Oct 2019. (Kevin D. Plancher, MD, MPH Resident/Fellow Award)

9. Dunn C, Sahai N, Changoor S, Faloon M, Sinha K, Hwang KS, Emami A. Allograft cellular bone matrix vs ultra-low-dose recombinant bone morphogenic protein-2 for 3-level anterior cervical discectomy and fusion. Eastern Orthopaedic Association Annual Meeting. Amelia Island, FL. Oct 2018.
10. Leveque JA, Segebarth B, Schroerlucke SR, Khanna N, Youssef JA, Pollina J, Ali MH, Laxer EB, Orndorff DG, Dorsi MJ, Prasher A, Emami, A, Karikari IO, Tohmeh, A, Sahai N, Siasioa, I, Uribe JS. A Multicenter Radiographic Evaluation of the Rates of Preoperative and

Postoperative Malalignment in Degenerative Spinal Fusions. International Meeting on Advanced Spine Techniques Annual Meeting. Cape Town, South Africa. July 2017

11. Sahai N, Faloon M, Moore J, Sinha K, Hwang KS, Emami A. Short Segment Fixation of Unstable Thoracolumbar Vertebral Body Fractures With Percutaneous Pedicle Screws. North American Spine Society Annual Meeting. Boston, MA. Sept. 2016.

12. Record N, Sahai N, Faloon M, Hwang KS, Sinha K, Emami A. Multi-level ACDF with Ultra-Low Dose BMP-2 vs. Posterior Approach in Multilevel Fusions to the Cervicothoracic Junction. North American Spine Society Annual Meeting. Boston, MA. Sept. 2016.

13. Issa K, Boylan M, Faloon M, Pourtaheri S, Naziri Q, Sahai N, Paulino C, Emami A. The Incident Trends, Epidemiology, Mortality, & Economic Evaluation of Vertebral Osteomyelitis in the United States: A Nationwide Inpatient Database Study of 283,022 Cases from 1998 to 2010. North American Spine Society Annual Meeting. Boston, MA. Sept. 2016.

14. Record N, Sahai N, Faloon M, Hwang KS, Sinha K, Emami A. Does Approach To The Cervicothoracic Junction Affect Outcomes In Long Cervical Fusion. Eastern Orthopaedic Association Annual Meeting. New Orleans, LA. Oct. 2016.

15. Brothers A, Faloon M, Hwang KS, Sinha K, Issa K, Sahai, N, Emami A. "Does Percutaneous Pedicle Screw Instrumentation Prevent Long Term Adjacent Segment Disease?" Society for Minimally Invasive Spine Surgery Annual Meeting. Las Vegas, NV. Nov. 2015.

16. Sahai N, Edwards A, Larson E, Albright J. "TT-TG vs. Modified LPE for Determination of Tibial Tubercle Transfer Distance in Fulkerson Osteotomy." Mid-America Orthopaedic Association Annual Meeting. Hilton Head, SC. April 2015.

17. Sahai N, Larson E, Edwards A, Albright J. "Use of Both On-Field Physical Exam and Survey to Characterize Youth Pitchers Likely to Underreport Injuries." Mid-America Orthopaedic Association Annual Meeting. Hilton Head, SC. April 2015.

PROFESSIONAL SOCIETIES

American Academy of Orthopaedic Surgeons 2016—Present **North American Spine Society** 2016—Present **American Orthopaedic Association** 2016—Present **Eastern Orthopaedic Association** 2016—Present

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