# Kavi Sachar, M.D.

##### The Steadman Clinic

181 West Meadow Drive Suite 400

Vail, Colorado 81657

**Education:**

Albany Medical College  
Albany, New York  
M.D. 1990  
Alpha Omega Alpha (AOA)

Rensselaer Polytechnic Institute  
Six Year Medical Education Program  
Troy, New York  
B.S. Biology 1986  
Cum Laude

**Postgraduate Training:**

Hand Surgery Fellowship, 1997  
The Indiana Hand Center  
University of Indiana School of Medicine  
Indianapolis, Indiana

Orthopaedic Surgical Residency, 1990-1996  
Department of Orthopaedic Surgery  
Brown University School of Medicine  
Providence, Rhode Island

General Surgical Internship, 1990  
Department of General Surgery  
Brown University School of Medicine  
Providence, Rhode Island

**National Certification:**

American Board of Orthopedic Surgery

Recertified, 2019-2030

Certificate of Added Qualification in Hand Surgery, 2000

Level II certified State of Colorado

1998-present

American Academy of Orthopedic Surgeons

Board Certified, 1999

National Board of Medical Examiners  
Diplomat, July 1990

**Professional Organizations:**

American Society for Surgery of the Hand

Active member, 2000-present

American Academy of Orthopedic Surgeons  
Active Fellow, 1999-present

Carpe Diem Hand Club

Member, 1999-present

Colorado Medical Society  
Member, 1997-present

Rocky Mountain Hand Society  
Member, 1997-present

Denver Medical Society  
Member, 1997-present

**Academic Appointments:**

Clinical Assistant Professor

Department of Orthopedic Surgery  
University of Colorado School of Medicine  
Denver, Colorado  
2003

Clinical Instructor, 1996  
Department of Orthopedic Surgery  
Brown University School of Medicine  
Providence, Rhode Island

**Honors:**

Haffenreffer Fellowship Award for  
Outstanding Basic Research  
Brown University School of Medicine, 1995

Alpha Omega Alpha (AOA)  
Medical Honor Society, 1988

Harold C. Wiggers Award: Most Likely to  
Become an Outstanding Physician  
Albany Medical College, 1990

Sigma XI  
Scientific Research Honor Society, 1988

Letter of Commendation for Scholastic  
Excellence  
Albany Medical College, 1987

Cum Laude  
Rensselaer Polytechnic Institute, 1986

Weiss APC, Sachar K, Gendrau M  
*The Conservative Management of Carpal  
Tunnel Syndrome: A Re-examination of  
Steroid Injection and Splinting.*  
Feature Paper: Research Day, American  
Society of Hand Therapists, Annual Meeting,  
Washington, DC 1994

**Editorial Boards/ Committees:**

Program Co-Chair, *Demystify Upper Extremity Nerves,* Denver, CO, 2019

Program Co-Chair, *Demystify the Elbow*, Denver, CO, 2018

Moderator/faculty, Indo-US Hand Trauma Conference, Hubballi, India, 2018

Moderator, Controversies in Hand Surgery, ASSH 63rd Annual Meeting, San Francisco, CA, 2017

Program Co-Chair, *Demystify the Thumb,* Denver, CO, 2017

Program Committee Member, ASSH 62nd Annual Meeting

Austin, TX, 2016

Program Co-Chair, *Demystify Wound Care*, Denver, CO 2016

Program Co-Chair, *Demystify the Cartilage, Ligaments and Fascia*, Denver, CO 2015

Program Co-Chairman, *Demystify the Wrist*, Denver, Co, 2014

Program Committee Member, ASSH 60th Annual Meeting, Boston, MA 2014

Pre-Course Co-Chairman, *Ulnar Wrist: Reconstruction and Salvage*, ASSH, 59th Annual Meeting, 2013, San Francisco, CA, 2013

Program Co-Chairman, *The How and Why of Hand* *Surgery*, Denver, CO, 2013

Program Co-Chairman, *Demystify the Finger*, Denver, CO, 2012

Editorial Board, Techniques in Hand and Upper Extremity Surgery, 2020-present

Associate Editor, Journal of the American Society for Surgery of the Hand

2001-2011

Manuscript Reviewer, Journal of Hand Surgery, 2001-present

ManuscriptReviewer, Current Orthopedic Practice

2009-present

Manuscript Reviewer, Journal of Hand and Microsurgery

2011-present

Oral Board Examiner, American Board of Orthopedic Surgery

2010-present

State of Colorado Cumulative Trauma Task Force Committee

2009-2010

**Publications:**

Sachar, K, Ulnar Sided Wrist Pain: Evaluation and Treatment of Triangular Fibrocartilage Complex Tears, Ulnocarpal Impaction Syndrome and Lunotriquetral Ligament Tears, JHS, 21(1), 117-121, 2012

Sachar K, *Fractures of the Hand*, ASSH Manual of Hand Surgery, Lippincott, Williams and Wilkins, 2010

Sachar K, Ulnar-Sided Wrist Pain: Evaluation and Treatment of Triangular Fibrocartilage Complex Tears, Ulnocarpal Impaction Syndrome, and Lunotriquetral Ligament Tears, JHS, 33(9), 1669-1679, 2008

Shin A, Sachar K, Dietch M, Boyer M, Instructional Course Lecture*: Ulnar Sided Wrist Pain: Low Back Pain of the Wrist*, Journal of Bone and Joint Surgery, JBJS, 86A(7), 1560-1574, 2004

Sachar K*, Ulnar Nerve Reconstruction*, Hand Surgery, Lippincott, Williams and Wilkins, 979-990, 2004

Boyer M, Leversedge F, Sachar K, Strickland JW, Engles D, Instructional Course Lecture: *Flexor Tendon Repairs: State of the Art*, Journal of Bone and Joint Surgery, JBJS, 2002

Sachar K*, Fractures of the Hand, Ligament Injuries of the Hand* Orthopaedic Knowledge Update 7, American Academy of Orthopeadic Surgeons publication, 2002

Sachar K, Hastings H, *Total Wrist Arthrodesis*, Surgery of the Arthritic Hand and Wrist, Lippincott, Wlliams and Wilkins, 2002

Sachar K, Mih A *Open Reduction of Congenital Radial Head Dislocations*, Hand Clinics 14(1), 39-47, 1998

Sachar K, Weiss APC, Goel R *The Acute and Chronic Effects of Nicotine on The Survival of Ischemic Extremity Replants* Accepted, Journal of Reconstructive Microsurgery 14(3): 179-84, 1998

Weiss APC, Sachar K, Glowacki K *Arthroscopic Debridement Alone for Intercarpal Ligament Tears* Journal of Hand Surgery, 22A:344-349, 1997

Glowacki K, Breen C, Sachar K, Weiss APC *Electrodiagnostic Testing and Carpal Tunnel Release Outcome* Journal of Hand Surgery 21A:117-122, 1996

Griggs S, Weiss APC, Lane L, SchwenkerC, Akelman A, Sachar K *Treatment of Trigger Finger in Patients with Diabetes Mellitus* Journal of Hand Surgery 21A:117-122, 1996

Weiss APC, Sachar K, Gendrau M.*The Conservation Management of Carpal Tunnel Syndrome: A re-examination of Steroid Injection and Splinting* Journal of Hand Surgery 19A(3):410-415, 1994 Bone and Joint Deseases: Index and Reviews 3(3):16, 1994

Weiss APC, Sachar K *Soft Tissue Contractures about the Elbow* Hand Clinics 10 (3):493-451,1994

Sachar K, Akelman E, Ehrlich, M *Radioulnar Synostosis* Hand Clinics 10(3):399-404, 1994

**Grants:**

*The Effects of Cold and Warm Ischemia on Physeal Growth in a Limb-Replant Model*  
American Society for Surgery of the Hand  
September, 1994-September, 1995  
Ammount: $6,945.00 (Principal Investigator)

**Abstracts:**

Weiss APC, Sachar K, Gendrau M *The Conservation Management of Carpal Tunnel Syndrome: A re-examination of Steroid Injection and Splinting* Transactions of the Eastern Orthopaedic Asociation, twenty fourth Annual Meeting Orlando, FL 1993

Sachar K, Glowacki K, Weiss APC *A Prospective Study of Arthroscopic Debridement Alone for Intercarpal Ligament Tears* Transactions of the American Academy of Orthopaedic Surgeons sixty second Annual Meeting, Orlando, FL 1995

Glowacki K, Breen C, Sachar K, Weiss APC *Electodiagnostic Testing and Carpal Tunnel Release Outcome* Transactions of the American Academy of Orthopaedic Surgeons sixty second Annual Meeting, Orlando, FL 1995

Sachar K, Goel R, Madnani D, Alford W, Izzi J Blanks R, Glowacki K, Weiss APC *The Acute and Chronic Effects of Nicotine on The Survival of Ischemic Extremity Replants* Transactions of the Orthopaedic Research Society forty first Annual Meeting, Orlando, FL 1995

Glowacki K, Alford W, Breen C, Goel R, Sachar K, Weiss APC *The Effect of Wrist Ulnar Variance on Forces Across the Lunotriquetral Ligament* Transactions of the International Orthopaedic Research Society second Meeting, San Diego, CA 1995

Sachar K, Akelmen E, Weiss APC *Carpal Tunnel Release Outcome and Objective Measures: 7-10 Year Follow-up* Transactions of the American Academy of Orthopaedic Surgeons sixty third Annual Meeting, Atlanta, GA 1996

Weiss APC, Blanks R, Glowacki K, Sachar K, Moore D, Panzica M, Koch R, Thompson N *TGF-B Expression in Extremity Replant Reperfusion Injury* Transactions of the Orthopaedic Research Society forty second Annual Meeting, Atlanta, GA 1996

Sachar K, Akelman E, Weiss APC *Carpal Tunnel Release Outcome and Objective Measures: 7-10 Year Follow-up* Transactions of the American Society for Surgery of the Hand fifty first Annual Meeting, Nashville, TN 1996

Sachar, K. Glowacki K, Koch R, Weiss APC *TGF-B Expression in Extremity Replan Reperfusion Injury* Transactions of the American Society for Surgery of the Hand fifty first Annual Meeting, Nashville, TN 1996

Sachar , K, Weiss APC *The Extensile Medial Approach for Elbow Contracture Release* Transactions of the American Academy of Orthopaedic Surgeons sixty fourth Annual Meeting, San Francisco, CA 1997

Weiss APC, Sachar K, Glowacki K, Moore D Koch R, Panzica M, Thompson N *TGF-B Isoform Expression After Ischemia and Reperfusion* Submitted Orthopaedic Research Society forty third Annual Meeting, San Francisco, CA 1997

**Presentations:**

*TFCC Tears: Diagnosis and Management*

Hand Conference, University of Colorado, 2019

*Macro anatomy: From Brain to Fingertips,* Doctors Demystify Nerves, Denver, CO, 2019

*Approach to Ulnar Sided Wrist Pain*

Residents Conference, University of Colorado, October, 2018

*DRUJ Instability*

*ASSH 64th Annual Meeting, Boston, MA, 2018*

*Total Elbow Replacement*

Doctors Demystify the Elbow

Denver, CO, April, 2018

*Examination of the Injured Hand*

Indo-US Hand Trauma Conference, Hubballi, India, 2018

*Closed Treatment of Metacarpal Fractures*

Indo-US Hand Trauma Conference, Hubballi, India, 2018

*Casting and Pin Fixation Of Distal Radius Fractures*

Indo-US Hand Trauma Conference, Hubballi, India, 2018

*Monoblock Plating of Distal Radius Fractures*

Indo-US Hand Trauma Conference, Hubballi, India, 2018

*TFCC and DRUJ Instability*

*ASSH 63rd Annual Meeting, San Francisco, CA, 2017*

*Burns and Thumb Contractures*

Doctors Demystify the Thumb, Denver, CO, 2017

*Replantation*

Doctors Demystify the Thumb, Denver, CO, 2017

*Approach to Ulnar Sided Wrist Pain*

ASSH Wrist Course, Denver, CO, 2017

*Approaches to the Ulnar Wrist*

Advanced AO Upper Extremity Course, Miami, FL, 2017

*PIP Arthrodesis*

Advanced AO Upper Extremity Course, Miami, FL, 2017

*Replantation Surgery*

ASSH 62nd Annual Meeting, Austin, TX, 2016

*Imaging of the Ulnar Wrist*

ASSH 62nd Annual Meeting, Austin, TX, 2016

*Insufficiency Distal Radius Fractures in the Elderly*

Comprehensive Hand Course, Orlando, FL, 2016

*Treatment of Distal Radius Fractures*

AO Hand Fracture Course, San Francisco, CA, 2016

*Treatment of Metacarpal Fractures*

AO Hand Fracture Course, St. Louis, MO 2015

*TFCC Tears, DRUJ Instability*

Doctor’s Demystify, Denver, CO 2014

*Cartilage and Ligament Injuries*

Doctor’s Demystify, Denver, CO, 2013

*Treatment of Scaphoid Fractures*

AO Hand Fracture Course, San Francisco, CA, 2013

*Metacarpal Fracture Fixation*

AO Hand Fracture Course, San Francisco, CA, 2013

*Ulnar Sided Wrist Pain: Imaging*

Ulnar Wrist: Reconstruction and Salvage

ASSH 59th Annual Meeting, San Francisco, CA, 2013

*Case Presentations*

Ulnar Wrist: Reconstruction and Salvage

ASSH 59th Annual Meeting, San Francisco, CA, 2013

*Rheumatoid Arthritis*

Demystify the Finger Joint

Denver, CO, April 14, 2012

*Insufficiency Distal Radius Fractures in the Eldery.*

AO Hand and Wrist Fracture Management Course

Dallas, Tx, March 14-16, 2012

*Tennis Elbow: Current Operative and Nonoperative Treatment*. ASSH 57th Annual Meeting, Las Vegas, NV, 2011

*Computers and Mobile Technology: Mobile Applications*. ASSH 57th Annual Meeting, Las Vegas, NV, 2011

*Anatomy of the Shoulder.*

Demystify the Shoulder

Denver, CO, August 14, 2010

*Radius Malunion and DRUJ Instability: Pathophysiology and Indications for Surgical Correction,* ASSH 56th Annual Meeting, Boston, MA 2010

*Treatment of Pain After Dorsal Carpal Ganglion Excision: PIN Entrapment,* 98TH Annual Clinical Orthopaedic Society Meeting, Denver, CO 2010

*Flexor Tendon Injuries*,Comprehensive Review in Hand Surgery AAOS, Chicago, Il, 2007-2010

*Fractures of the Hand and Wrist,* Comprehensive Review in Hand Surgery AAOS, Chicago, Il, 2007-2010

What’s New in Elbow Surgery? Hand SIG Study Group, Denver, CO, 2009

*Carpal Tunnel Syndrome*, Doctors Demystify the Hand, Denver, CO, 2009

*Intrarticular Distal Radius Fractures***,** AO Hand and Distal

Radius Fracture Course, Phoenix, AZ April 2007

*Fracture of the Distal Radius,* AO Basic Course, Denver, CO November 2007

*Flexor Tendon Repair: State of the Art*, Instructional Course Lecture, American Academy of Orthopaedic Surgeons seventy first annual meeting, San Francisco, CA, 2004

*Low Back Pain of the Wrist: Ulnar Sided Wrist Pain*, Instructional Course Lecture, American Academy of Orthopaedic Surgeons seventy first annual meeting, San Francisco, CA, 2004

*Flexor Tendon Repair: State of the Art*, Instructional Course Lecture, American Academy of Orthopaedic Surgeons seventieth annual meeting, New Orleans, LA, 2003

*Low Back Pain of the Wrist: Ulnar Sided Wrist Pain*, Instructional Course Lecture, American Academy of Orthopaedic Surgeons seventieth annual meeting, New Orleans, LA, 2003

*Flexor Tendon Repair: State of the Art*, Instructional Course Lecture, American Academy of Orthopaedic Surgeons sixty-ninth annual meeting, Dallas, Tx, 2002

*Open Reduction of Congenital Radial Head Dislocation* Tri-City Hand Meeting Louisville, KY 1997

*The Extensile Medial Approach for Elbow Contracture Release* American Academy of Orthopaedic Surgeons sixty fourth Annual Meeting, San Francisco, CA 1997

*TGF-B Expression in Extremity Replant Reperfusion Injury* American Society for Surgery of the Hand forty second Annual Meeting, Nashville, TN 1996

*Carpal Tunnel Release Outcome and Objective Measures: 7-10 Year Follow-up* American Society for Surgery of the Hand fifty first Annual Meeting, Nashville, TN 1996

*TGF-B Expression in Extremity Replant Reperfusion Injury* Orthopaedic Research Society forty second Annual Meeting, Atlanta, GA 1996

*Carpal Tunnel Release Outcome and Objective Measures: 7-10 Year Follow-up* American Academy of Orthopaedic Surgeons sixty third Annual Meeting, Atlanta, GA 1996 New England Hand Society, twenty fifth Annual Meeting, Sturbridge, MA 1995

*The Effect of Wrist Ulnar Variance on Forces Across the Lunotriquetral Ligament* Combined Othropaedic Research Society second Annual Meeting, San Diego, CA 1995

*The EVG/NCV Test and Carpal Tunnel Release Outcome* American Academy of Othropaedic Surgeons sixty second Annual Meeting, Orlando, FL 1995 Academic Orthopaedic Association twenty eighth Annual Resident Meeting Pittsburgh, PA 1995

*A Prospective Study of Arthroscopic Debridement Alone for Intercarpal Ligament Tears* American Academy of Orthopaedic Surgeons sixty second Annual Meeting, Orlando, FL 1995

*The Acute and Chronic Effects of Nicotine on The Survival of Ischemic Extremity Replants* Orthopaedic Research Society  
forty first Annual Meeting, Orlando, FL 1995

*The Conservation Management of Carpal Tunnel Syndrome: A Re-examination of Steroid Injection and Splinting* Eastern Orthopaedic Association twenty fourth Annual Meeting, Orlando, FL 1993 New England Hand Society twenty third Annual Meeting, Sturbridge, MA 1993

*Assessment of Chemo-Radio Nuclide Protocol for Proliferation Human Lymphocytes* Eastern Student Research Forum University of Miami, FL 1988