

Stephen R. Soffer, M.D.

CURRICULUM VITAE  
STEPHEN R. SOFFER, M.D.

OFFICE: Berkshire Orthopedic Associates, Inc.  
A Division of Keystone Orthopedics  
2201 Ridgewood Road Suite 250  
Wyomissing, PA 19510  
(610) 375-4949 work number  
(610) 375-5233 fax number

PERSONAL DATA: Birth date: November 23, 1960  
Birthplace: Philadelphia, Pennsylvania  
Marital Status: Married

CURRENT POSITION: Orthopedic Surgeon  
The Reading Hospital and Medical Center  
P.O. Box 16052  
Reading, PA 19612-6052

Orthopedic Surgeon (courtesy staff)  
St. Joseph's Hospital  
P.O. Box 315  
12th & Walnut Streets  
Reading, PA 19603-0316

Orthopedic Surgeon  
Surgical Institute of Reading  
2751 Century Blvd.  
Wyomissing, PA 19610

Co-Director Eastern Sports Medicine &  
Orthopedic Institute  
2201 Ridgewood Road Suite 250  
Wyomissing, PA 19610

EDUCATION: University of Pennsylvania  
Philadelphia, Pennsylvania 19104  
Bachelor of Arts, 1982

University of Pennsylvania School of Medicine  
Philadelphia, Pennsylvania 19104  
Doctor of Medicine, 1986

Stephen R. Soffer, M.D.

POSTDOCTORAL

TRAINING:

Intern, General Surgery 7/86 - 6/87  
Boston University Affiliated Hospitals  
Boston, Massachusetts

Junior Assistant Resident, 7/87 - 6/88  
Orthopedic Surgery  
The Union Memorial Hospital  
Baltimore, Maryland

Junior Assistant Resident, 7/88 - 6/89  
Orthopedic Surgery  
The Johns Hopkins Hospital  
Baltimore, Maryland

Senior Assistant Resident, 7/89 - 6/90  
Orthopedic Surgery  
The Johns Hopkins Hospital  
Baltimore, Maryland

Chief Resident, 7/90 - 6/91  
Orthopedic Surgery  
The Union Memorial Hospital  
Baltimore, Maryland

FELLOWSHIP

TRAINING:

Sports Medicine 7/91 - 6/92  
American Sports Medicine Institute  
Birmingham, Alabama

Under the direction of:  
James H. Andrews, M.D.  
William G. Clancy, Jr., M.D.

Orthopedic Rotations 1987 - 1991:

Rotation  
The Union Memorial Hospital  
Baltimore, Maryland 21218

Chief of Service  
Leslie S. Matthews, M.D.

Children's Hospital  
Baltimore, Maryland 21211

Jerry T.H. Johnson, M.D.  
Kirby L.C. VonKessler, M.D.

Johns Hopkins Adult Service  
Baltimore, Maryland 21205

Lee H. Riley, Jr. M.D.

Johns Hopkins Pediatric Service

Paul P. Griffin, B.D.

Stephen R. Soffer, M.D.

Baltimore, Maryland 21205

Maryland Shock-Trauma Institute  
Baltimore, Maryland 21201

Andrew B. Burgess, M.D.

Francis Scott Key Hospital  
Baltimore, Maryland 21224

Ronald P. Byank, M.D.

Raymond Curtis Hand Center  
Baltimore, Maryland 21281

E.F. Shaw Wilgis, M.D.

MEDICAL LICENSURE: Pennsylvania MD 046649 L

BOARD CERTIFICATION: 1994 American Board of Orthopedic Surgery  
2004 Recertification, American Board of Orthopedic Surgery  
2011 Subspecialty Certification in Orthopedic Sports Medicine

HONORS/  
ACHIEVEMENTS:

Dean's List  
University of Pennsylvania, 1978-1982

Alpha Epsilon Delta National  
Premedical Honor Society  
University of Pennsylvania, 1979-1982

Phi Beta Kappa National  
Honor Society  
University of Pennsylvania, 1981

Magna Cum Laude  
University of Pennsylvania, 1982

President, D. Hayes Agnew  
Surgical Society  
University of Pennsylvania  
School of Medicine, 1985-1986

Lehigh Valley TOP DOCS for 2009  
Orthopedic Surgery,  
Lehigh Valley Magazine

TOP DOCTORS, US News and World Reports, 2012

TOP DOCTORS, Castle Connolly, 2012

Selected to serve as Volunteer Physician at  
United States Olympic Training Center

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PROFESSIONAL

ORGANIZATIONS:

American Academy of Orthopedic Surgeons, Fellow  
American Orthopedic Society for Sports Medicine, Active Member  
Arthroscopy Association of North America, Member  
American Sports Medicine Fellowship Society  
Pennsylvania Medical Society, Member  
Berks County Medical Society, Member  
Reading Physicians Organization, Member

Academic Appointments:

Sports Medicine/Arthroscopy Program Subcommittee Member, American Academy of Orthopedic Surgeons, 2012-2014

RESEARCH

EXPERIENCE:

Hospital of University of Pennsylvania  
Department of Orthopedic Surgery:  
Osteomalacia and Hyperparathyroidism.

Union Memorial Hospital  
Department of Orthopedic Surgery:  
Arthroscopic Findings of Chondromalacia/Chronic  
Compartment Syndrome/Pitfalls of Interference  
Screws/Tarsal Tunnel Syndrome/Continuous  
Passive Motion of the Elbow/Biomechanical  
Evaluation of Bone Suture Anchors.

John Hopkins University School of Medicine  
Department of Orthopedic Surgery:  
Chronic Compartment Syndrome/College  
Preparticipation Evaluation.

American Sports Medicine Institute  
Under direction of James R. Andrews, M.D.:  
Meniscal Allografts and Synthetic Grafts/  
Pitfalls of ACL Reconstruction/PCL Autografts/  
Elbow Arthroscopy/Ulnar Collateral Ligament.

Eastern Sports Medicine and Orthopedic Institute Under Direction of Stephen R. Soffer, M.D. and Gary C. Canner, M.D.:  
Proprioception and Muscle Fatigue of The Knee/Use of The Fastex in Returning Athletes to Sports/Proprioception of The Knee Before and After Arthroscopy, Proprioception of The Shoulder Before and After Arthroscopy, Rotator Cuff Tears in Patients Younger than 45/Effects of Bracing on Proprioception of The Knee.

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#### ACADEMIC

#### PRESENTATIONS:

Soffer, S.R., Martin, D.F. and Michael, R.H.: Bilateral Leg Pain-Aerobic Walking  
American College of Sports Medicine Annual Meeting, June, 1989

Yahiro, M.A., Wolock, B.S., Soffer, S.R., Matthews, L.S., O'Donnell, J.B., and Yu  
Yahiro, J.A.: Patello-Femoral Crepitus: Correlation with Arthroscopic Findings.  
American College of Sports Medicine Annual Meeting June, 1989 (given by M.A.  
Yahiro).

Soffer, S.R., Yahiro, M.A., Wolock, S.R., Matthews, L.S., O'Donnell, J.B. and  
Yu-Yahiro, J.A. : Patello-Femoral Crepitus: Correlation with Arthroscopic  
Findings.  
American Orthopedic Association Residents'  
Conference, March, 1990.

Soffer, S.R., Murrah, R.L., Ebert-Smith, T., Hungerford, D.S. and Lennox, D.W. :  
Long Term Study of Natural History and Results with  
Core Decompression in Non-Traumatic Osteonecrosis of the Distal Femur.  
American Orthopedic Association  
Residents' Conference, March, 1990.

Matthews, L., Yahiro, M., Lawrence, S., Sinclair, N., Soffer, S.R., Jones, L.  
Interference Screw Fixation of Anterior Cruciate Ligament Grafts:  
Strength Testing and Technical Considerations.  
American Orthopedic Society for Sports Medicine. 16th Annual Meeting.  
July, 1990 (Given by J.B. O'Donnell).

Soffer, S.R., Matthews, L. (course co-chairmen): Spring Sports Symposium:  
The Adolescent Athlete's Knee, April 19, 1991, Baltimore, Maryland

Soffer, S.R., Byank, R., O'Donnell, J.: Ankle Pain - Basketball.  
American College of Sports Medicine Annual Meeting, May 1991.

Soffer, S.R., Matthews, L., Flesher, D., Ruland, C., Cunningham, B. :  
Comparative Biomechanical Evaluation of Bone Suture-Anchor  
Devices in Human Cadaveric Patellae.  
Southern Medical Association 85th Annual  
Scientific Assembly, November, 1991.

Andrews, J.R., Soffer, S.R. : Meniscal Repair with Allografts and Synthetic Grafts.  
American Academy of Orthopedic Surgeons  
Orthopedic Surgery Update - 1991, November 1991.

Soffer, S.R. : Post-Operative Complications of Anterior Cruciate Ligament  
Reconstruction for Pitfalls and Complications of Anterior  
Cruciate Reconstruction Instructional Course Lecture. American

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Orthopedic Society of Sports Medicine Annual Meeting, July 1992.

Soffer, S.R. : Surgical Approach to Rotator Cuff Lesions. Healthsouth Sports Medicine Seminar, March, 1992 and April 1992.

Soffer, S.R. : Management of Acromioclavicular Pathology. Healthsouth Sports Medicine Seminar, March 1992 and April 1992

Soffer, S.R., Freeman, T., Axe, M. : Anatomy of the Shoulder Complex. Injuries in Baseball Course, January, 1992.

Soffer, S.R., Matthews, L., Flesher, B., Ruland, C., Cunningham, B.: Biomechanical Evaluation of Suture-Anchor Fixation to Bone. Second Biennial Combined Congress of The International Arthroscopy Association and The International Society of the Knee, June, 1993.

Soffer, S.R.: Post-Operative Complications of Anterior Cruciate Ligament Reconstruction for Pitfalls and Complications of Anterior Cruciate Reconstruction Instructional Course Lecture. American Orthopedic Society of Sports Medicine Annual Meeting, July 1993 and July 1994

Soffer, S.R., Matthews, L., Flesher, B., Ruland, C., Cunningham, B.: Biomechanical Evaluation of Suture-Anchor Fixation to Bone. American Academy of Orthopedic Surgeons. Annual Meeting, February, 1993.

Soffer, S.R.: Examination of The Throwing Elbow. Injuries in Baseball Course, January 1993.

Gillogly, S., Andrews, J., Soffer, S.R., Schaefer, R. : Pitfalls of Intra-Articular Anterior Cruciate Ligament Reconstruction American Academy of Orthopedic Surgeons, Individual Orthopedic Instruction, 1993 video award winner.

Canner, G.C. & Soffer, S.R. (course co chairmen) : Knee Bracing: 1993 New Perspectives, June 26, 1993, Valley Forge, PA.

Soffer, S.R.: Operative Treatment of Anterior Cruciate Ligament Injuries. Knee Bracing: 1993 New Perspectives, June, 1993.

Soffer, S.R.: Diagnosis and Treatment of Posterior Cruciate Ligament Injuries. Knee Bracing: 1993 New Perspectives, June, 1993.

Soffer, S.R., Andrews, J.R.: The Ulnar Collateral Ligament Arthroscopic Stress Test. American Academy of Orthopedic Surgeons Annual Meeting, March 1994 and Arthroscopy Association of North America Annual Meeting, May 1994.

Soffer, S.R., Gillogly, S., Andrews, J.R, Schaefer, R. Pitfalls of Intra-Articular Anterior Cruciate Ligament Reconstruction Pennsylvania Orthopedic Society, Fall Meeting, November, 1993.

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Soffer, S.R.: Surgical Management of Rotator Cuff Pathology.  
Netherlands Knee and Shoulder Symposium, April, 1995.

Soffer, S.R.: Evaluation of The Knee.  
Netherlands Knee and Shoulder Symposium, April 1995.

Soffer, S.R. Anterior Cruciate Ligament Reconstruction.  
Netherlands Knee and Shoulder Symposium, April, 1995.

Soffer S.R., Canner, G.C., Lynch, T.A. (course co-chairman) : The Female Athlete, A Clinical Symposium, Reading, PA, December 9, 1995.

Soffer S.R. : Orthopedic Issues with Female Athletes. The Female Athlete, A Clinical Symposium, Reading, PA, December, 1995.

Annual Meeting, Soffer, S.R. : Moderator, American Academy of Orthopedic Surgeons  
Sports II: Articular Cartilage, March 20, 2013.

LOCAL  
PRESENTATIONS:

Injuries to The Throwing Arm in Baseball. Wyomissing, Pennsylvania	2/6/93
Overuse Injuries in The Lower Extremities. Reading, Pennsylvania	3/24/93 and 4/7/93
Injuries in Football, Reading, Pennsylvania	8/25/94
Current Concepts of Injuries in Basketball, Wyomissing, Pennsylvania	12/3/94
Ski Seminar Reading, Pennsylvania	1/10/96
Family Practice Conference: Lower Extremity Overuse Injuries. Reading, Pennsylvania	3/22/96
Alvernia College Occupational Therapy Program Course OT209 - Diseases, Injuries, and Health Conditions I Management of Hip and Knee Injuries	11/96, 11/97, 11/98

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Expo '98 Wyomissing Area Education Foundation: "Sports and Wellness" Avoiding and Treating Sports Injuries	10/4/98
Family Medicine Conference "Advances in the Treatment of Rotator Cuff Disorders"	2/12/99
National Association of Orthopedic Nurses Berks Local Chapter: There's No Fooling Around With Sports Injuries Treatment of Knee Injuries	4/1/00
What's New in Prevention and Treatment of Osteoporosis	5/16/00
Berks Society of Orthopedic Physical Therapy (BSOPT): Current Concepts in Shoulder Surgery	8/22/00
Family Practice Conference: Common Sports Related Knee Injuries	12/7/00
The Use of Cox-2 Drugs in Orthopedic Practice	10/30/03
Arthritis Awareness Seminar. "Common Shoulder Problems"	5/5/04
Common Shoulder Disorders	10/21/04
Rotator Cuff Family Medicine Residents Lecture	10/29/04
Advances in Shoulder Treatment	9/22/05
Knee & Shoulder Arthroscopy: A Minimally Invasive Joint Surgery	5/23/06
Sports Medicine Seminar, "ACL Tears: Assessment and Treatment"	6/13/07
"Scoping" Knee and Shoulder Problems	6/18/07
Advances in Knee Replacement	11/28/07
Sports Injuries of the Knee	4/2/09
Treating Shoulder Pain	11/17/09



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Treating Common Knee Injuries	10/13/10
Advancements in Joint Replacement Surgery	7/26/12
Shoulder Pain – WEEU Radio Talk Show	8/15/12

SCIENTIFIC  
EXHIBITS:

Matthews, L.S., Soffer, S.R., Yahiro, M., Flesher, D. Interference Screw Fixation of Anterior Cruciate Ligament Grafts. American Academy of Orthopedic Surgeons 58th Annual Meeting, March 1991.

Soffer, S.R., Matthews, L., Flesher, D., Ruland, C., Cunningham, B., Yu-Yahiro, J. Comparative Biomechanical Evaluation of Bone Suture-Anchor Devices in Human Cadaveric Patellae. American Academy of Orthopedic Surgeons 59th Annual Meeting, February, 1992.

Gillogly, S.D., Andrews, J.R., Schaefer, R.A., Soffer, S.R., Kupferman, S.: Pitfalls of Intra-Articular Anterior Cruciate Ligament Reconstruction. American Academy of Orthopedic Surgeons 59th Annual Meeting, February, 1992.

Blackburn, T., Voight, M., Canner, C., Soffer, S.R.: The Effects of Bracing on Knee Proprioception and Single Leg Stance in an ACL Deficient Population. American Orthopedic Society of Sports Medicine 22nd Annual Meeting/Second World Congress on Sports Trauma, June 1996

PUBLICATIONS:

1) Books:

Andrews, J.R., Soffer, S.R.: Elbow Arthroscopy.  
1st ed. St. Louis, Missouri:  
The C.V. Mosby Company, 1994.

2) Chapters:

Andrews, J.R., Soffer, S.R. : Posterior Cruciate Reconstruction with Bone-Patellar Tendon-Bone Autografts. In The Knee, Ed. Norman Scott, The C.V. Mosby Company, St. Louis, Missouri, 1994.

Soffer, S.R.: Diagnostic Arthroscopy of the Elbow. In Diagnostic and Operative Arthroscopy. Ed J.R. Andrews and I.A. Timmerman, WB Saunders Co., Phila., PA 1997

Soffer, S.R., John Cuido, Jr.: Adhesive Capsulitis. In Diagnostic and

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Operative Arthroscopy, Ed. J.R. Andrews and L.A. Timmerman, WB Saunders Co., Phila., 1997

Soffer, S.R., Dennison, J.M., and Andrews, J.R.: Operative Arthroscopy in The Throwing Shoulder. In Injuries in Baseball, Ed. J.R. Andrews, B. Zarins and K.E. Wilk. Lippincott-Raven Press. Phila., PA, 1998.

Soffer, S.R.: Sports Injuries of The Elbow. In Surgery of The Elbow: Practical and Scientific Aspects, Ed. D. Stanely and Neville, R.M. Kay, Oxford University Press, New York, 1998.

3) Articles:

Kaplan, P.S., Soffer, S.R., Fallon, M.D., Haddad, J.G., Dalinka, M., and Raffensperger, E.C. : Osteomalacia as a Very late Manifestation of Primary Hyperparathyroidism. Clinical Orthopedic and Related Research, 228: 26, 1988.

Matthews, L.S., and Soffer, S.R. : Pitfalls in Use of Interference Screws for Anterior Cruciate Ligament Reconstruction: Brief Report. Arthroscopy: The Journal of Arthroscopic and Related Surgery, 5(3): 225, 1989.

Soffer, S.R., Martin, D.F., and Michael, R.H.: Bilateral Leg Pain-Aerobic Walking. Medicine and Science in Sports and Exercise, 21(2) :108, 1989 (abstract)

Yahiro, M.A., Wolock, B.S., Soffer, S.R., Matthews, L.S., O'Donnell, J.B., and Yu-Yahiro, J.A.: Patello-Femoral Crepitus: Correlation with Arthroscopic Findings. Medicine and Science in Sports and Exercise, 21(2) :91, 1989 (abstract).

Soffer, S.R. and Yahiro, M.A. : CPM After Internal Fixation of Distal Humerus Fractures. PGY: Practical Issues for the Orthopedic Resident, 1:8, 1989.

Myerson, M.S. and Soffer, S.R.: Lipoma as a Cause of Tarsal Tunnel Syndrome: A Report of Two Cases and a Review of the Literature. Foot and Ankle, 10:176, 1989.

Soffer, S.R. and Yahiro, M.A.: Continuous Passive Motion after Internal Fixation of Distal Humerus Fractures. Orthopedic Review, 19:88, 1990.

Soffer, S.R., Martin, D.F., Stanish, W.D. and Michael R.H.: Chronic Compartment Syndrome Caused by Aberrant Fascia in an Aerobic Walker. Medicine and Science in Sports and Exercise, 23(3) :304, 1991

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Soffer, S.R., Yahiro, M.A., Wolock, B.S., Matthews, L.S., O'Donnell, J.B., and Yu Yahiro, J.A.: Patello-Femoral Crepitus: Correlation with Arthroscopic Findings. Orthopedic Transactions, 1991 (Abstract)

Soffer, S.R., Byank, R., O'Donnell, J: Ankle Pain - Basketball. Medicine and Science in Sports and Exercise, 23(4) :127, 1991 (Abstract)

Soffer, S.R., Andrews, J.R.: The Ulnar Collateral Ligament Arthroscopic Stress Test. Arthroscopy, June 1994 (Abstract)

Hardin, J.A., Voight, M.D., Blackburn, T.A., Canner, G.C., Soffer, S.R. The Effects of "Decelerated" Rehabilitation Following Anterior Cruciate Ligament Reconstruction on a Hyperelastic Female Adolescent: A Case Study. Journal of Orthopedic & Sports Physical Therapy, 26 (1) 29, 1997.

## RELATED EXPERIENCE

### Team Physician

Reading Rage Professional Soccer Team,  
United States Inter-Regional Soccer League (USISL-2)  
1995-2004, Premier Development League 2004-2009

Reading United A.C. (Athletic Club) USISL, Player Development  
Partner of Philadelphia Union, Major League Soccer (MLS).

Reading Express Indoor Football – 2009

USA Rugby Football Union, Medical Staff  
1996

Birmingham Barons, Minor League Professional Baseball Team (AA) ,  
Assistant Team Physician 1992

Albright College  
Reading, PA, 1992-present

Kutztown University  
Kutztown, PA, 1992 - 2000

Johns Hopkins University, Game Coverage,  
Varsity and Junior Varsity, 1987-1991

Troy State University  
Troy State, Alabama, 1991-1992

Stephen R. Soffer, M.D.

Berks Gymnastics  
Reading, PA 1995-2000

Team Physician/  
Orthopedic Consultant - High Schools:  
Blue Mountain  
Boyertown  
Conrad Weiser  
Exeter  
Fleetwood  
Governor Mifflin  
Hamburg  
Pell. City (AL)  
Pottsville  
Reading  
Schuylkill Valley  
Wilson  
Wyomissing

Event Coverage: Easter Seal Society Annual 10K Race, Sponsor and  
Orthopedic Consultant, 1996 to 2004.

Skate America, US Figure Skating Association,  
Sovereign Center, 2003 & 2007

Professional Bull Riders' Built Ford Tough Series  
Sovereign Center, 2006

Pennsylvania Interscholastic Athletic Association (PIAA)  
Wrestling Tournament District III, Class AAA, 2009-present

Other: American Journal of Sports Medicine Reviewer of Articles.

Berks Professional Sports, Co-owner Reading Rage Professional Soccer  
Team, Reading United A.C.