

Jessica M. Arneson, DPM, FACFAS

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Double Board Certified Foot and Ankle Reconstructive Surgeon

Fellowship Trained Foot and Ankle Surgeon

EDUCATION AND WORK HISTORY

Artisan Foot and Ankle Specialists - Mission Viejo, CA

2026 – Present

- Associate Physician

Arneson Associates Inc. - Rancho Santa Margarita, CA

2026 – Present

- President
- Founded a specialist medico-legal expert witness practice in limb salvage, orthopedic trauma, and reconstructive foot and ankle surgery, serving both plaintiff and defense counsel

Aziz Foot and Ankle Specialty Group - Newport Beach, CA

2021 – 2026

- Small private practice with wide variety of foot and ankle pathology
- Focus on semi-elective surgical procedures from forefoot to total ankle replacements
- Large role in practice management and leadership

The CORE Institute Foot and Ankle Advanced Reconstructive Surgical Fellowship

2020 – 2021

- ACFAS approved 12 month surgical fellowship with an emphasis on primary and revision total ankle arthroplasty, (performed ~50 total ankle replacements during the year) advanced forefoot and hindfoot reconstruction, trauma, arthroscopy, external fixation and Charcot reconstruction
- Extremely high surgical volume with both orthopaedic MD and podiatric DPM surgeons.
- Immersive day-to-day experience with practice management in a large orthopaedic practice

Program Director: Dr. Ryan Scott DPM (937) 371-3157

MedStar Georgetown University Hospital/Washington Hospital Center - Washington DC

2017 – 2020

- Chief Resident
- Three-year PMSR/RRA credentialed surgical residency with extensive research experience
- Graduated with ~900 total podiatric surgery procedures, >100 1st level trauma of upper and lower extremity. Completed nearly 3x required surgical volume

Program Director: Dr. John S. Steinberg DPM (703) 434-1714

Temple University School of Podiatric Medicine – Philadelphia, PA

2013 – 2017

- Doctor of Podiatric Medicine, top 10% of class of 94 students
- Lower Extremity Anatomy Tutor 2013 – 2017

University of Pennsylvania – Philadelphia, PA

2009 – 2013

- Bachelor of Arts, College of Arts and Sciences
- Major: Biological Basis of Behavior
- Minor: Health Care Management at Wharton School of Business
- Neuroscience Department: Research Assistant
- NCAA Football Program Recruitment Manager

2011 – 2012

2009 – 2013

RESIDENCY EXPERIENCE

Hospital based inpatient and outpatient podiatric surgery	7.5 months
Elective outpatient podiatric surgery	7 months
Plastic surgery at Georgetown University Hospital with Dr. Christopher Attinger, MD including integrated multi-specialty approach to complex limb salvage and deformity correction	4.5 months
Orthopaedic surgery and trauma at a level I trauma center	10 weeks
Pediatric orthopaedic surgery at Children's National Hospital with Dr. Laura Tosi, MD	6 weeks
"Mini Fellowships"	6 weeks each
o Laurence Rubin, DPM: Total ankle arthroplasty, Rearfoot reconstruction and arthroscopy	
o Daniel Perez, DPM: Trauma	
o Jacob Wynes, DPM: Charcot reconstruction, external fixation, complex limb deformity correction	
o Gary Feldman DPM: Sports medicine and surgery	
General Surgery Trauma at a level I trauma center	1 month

LICENSING AND CERTIFICATION

Board Certified in Reconstructive Rearfoot and Ankle Surgery by The American Board of Foot and Ankle Surgery	2025
Board Certified in Forefoot Surgery by The American Board of Foot and Ankle Surgery	2024
California Board of Medicine: License to Practice	2021
California Radiology License	2021
Arizona Board of Medicine: License to Practice	2020
Passed American Board of Podiatric Medical Licensing Examination Parts 1, 2, and 3.	2019
Advanced Trauma Life Support (ATLS)	2017
Basic Life Support (BLS), Advanced Cardiac Life Support (ACLS)	2017
Virginia Board of Medicine: Resident License to Practice	2017
Maryland Board of Medicine: Resident License to Practice	2017

AWARDS AND HONORS

TUSPM Graduation Award	2017
Pi Delta: National Academic Society	2017
Pi Mu Delta Merit and Service Society	2016
Zelda Walling Vicha Memorial Scholarship	2016
APMA Educational Foundation Scholarship	2015, 2016
Dr. Gallman-Stelmach Endowed Scholarship	2016
Dr. James Conwell White and Nancy L White Scholarship	2016
American Academy of Podiatric Sports Medicine Robert Barnes Memorial Scholarship	2016
Betty S. Frese Scholarship	2015
Stirling Harford DiPrimio Anatomical Honor Society	2014
Temple University School of Podiatric Medicine Academic Scholarship	2013 – 2016

PROFESSIONAL SOCIETY AND MEMBERSHIPS

American College of Foot and Ankle Surgeons – Associate Member	2021
American College of Foot and Ankle Surgeons – Fellow Chapter	2020
American College of Foot and Ankle Surgeons – Resident Chapter	2017–2020
Community Service Club – President	2015–2016
Sports Medicine Club – Vice President 2015-2016	2014–2016
TUSPM Student Ambassador	2013–2017
University of Pennsylvania NCAA D1 Softball Team Member	2009–2013
o Team Captain	2012–2013
o Ivy League Champions and NCAA Championship Tournament Participants	2013
NCAA Student Athlete Advisory Committee – UPenn Chapter – Treasurer	2012–2013

PROFESSIONAL DEVELOPMENT

NovaStep Minimally Invasive Surgical Course, Las Vegas, NV	2022
8 th International Symposium on the Diabetic Foot, Den Haag, Netherlands	2019
Diabetic Limb Salvage Conference, Washington, DC	2019

Foot and Ankle Arthroscopy Surgical Skills Course, Chicago, IL	2019
American College of Foot and Ankle Surgeons Scientific Conference, New Orleans, LA	2019
Zimmer Foot and Ankle Course, Miami, FL	2018
Diabetic Limb Salvage Conference, Washington, DC	2018
AAFAO Basic Course, Dallas, TX	2018
American College of Foot and Ankle Surgeons Scientific Conference, Nashville, TN	2018
American College of Foot and Ankle Surgeons Scientific Conference, Las Vegas, NV	2017

PUBLICATIONS

Liu T, Mansoori A, Rocha Z, Arneson JM , Steinberg JS, Attinger CE, Elmarsafi T. The Impact of Tendo-Achilles Lengthening with Transmetatarsal Amputation in Diabetic Patients: A Matched Cohort Study	<u>Honorable Mention</u> <u>ACFAS 2023</u>
Meshkin D, Ragothaman, KK, Arneson JM , Black C, Episalla NC, Walters ET, Evans KK, Steinberg JS, Attinger CE, Kim PJ. Plantar Foot Ulcer Recurrence in Neuropathic Patients Undergoing Percutaneous Tendo-Achilles Lengthening. <i>Journal of Foot and Ankle Surgery</i> . Aug 2020	<u>Published 2020</u>
Arneson JM , Srour J, Elmarsafi T. Foot and Ankle Pathology of the Homeless Population, a chapter of a textbook on the lack of proper medical care of the homeless in America	<u>Published 2020</u>
Arneson JM . Scientific Literature Review: Does Surgical Approach Influence the Risk of Post-operative Infection Following Treatment of Tibial Plafond Fractures? ACFAS March 2020 Edition	<u>Published</u>
Arneson JM , Pandya M, Stern E, Attinger CE. The first pediatric report of necrotizing fasciitis of the lower extremity secondary to serratia marcescens: A Case Report	<u>Pending Acceptance</u>
So E, Jules CA, Arneson JM , Crafton J. Keys to Addressing Periprosthetic Joint Infections After Total Ankle Arthroplasty	<u>Pending Acceptance</u>
Arneson JM , Elmarsafi T, Kim PJ. Expert Insights On Damage Control for Debridement for Diabetic Foot Ulcers. <i>Podiatry Today</i> . 31(8). August 2018	<u>Published 2018</u>
Arneson JM . Contributing Student Author to the Compendium of Podiatric Medicine and Surgery	<u>Published 2016</u>

POSTER PRESENTATIONS

Arneson JM , Rocha ZM, Mayer AM, Steinberg JS, Attinger CE, Elmarsafi T. A Risk Adjusted Matched-Cohort: The Impact of Prophylactic Tendo-Achilles Lengthening with Transmetatarsal Amputation in Diabetic Patient. <i>ACFAS, San Antonio, TX</i>	2020
Rocha ZM, Arneson JM , Mayer AM, Tacktil JZ. Medial Extensile Approach: A Case Study Involving A Novel Incision for Calcaneal Aneurysmal Bone Cyst. <i>ACFAS, San Antonio, TX</i>	2020
Arneson JM , Pandya M, Rocha Z, Sterns EJ, Attinger CE. The First Pediatric Report of Necrotizing Fasciitis of the Lower Extremity Secondary to Serratia Marcescens: A Case Report. <i>ACFAS, San Antonio, TX</i>	2020
Walters ET, Ragothaman KK, Arneson JM , Meshkin D, Black C, Episalla NC, Evans KK, Steinberg JS, Attinger CE, Kim PJ. Time to Recurrence of Plantar Foot Ulceration in Patients Undergoing Percutaneous Tendo-Achilles Lengthening. <i>SAWC/WHC Conference</i> . San Antonio, TX. *3 rd Place Clinical Research Poster Award at SAWC/WHC Spring Conference	2019
Arneson JM , Dalal D, Cates N, Steinberg JS, Attinger CE. The Impact of Prophylactic Tendo-achilles Lengthening with Transmetatarsal Amputation in Diabetic Patients. <i>ACFAS</i> , New Orleans, LA.	2019
Arneson JM , Wagler EC, Steinberg JS, Evans KK, Attinger CE, Kim PJ. Case Report: Definitive Midfoot Antibiotic Spacer. <i>ACFAS</i> , New Orleans, LA.	2019
Arneson JM , Gunsch C, Wagler EC, Steinberg JS. Novel Technique: Percutaneous Medial Fascial Band Release for Hallux Interphalangeal Joint Pressure Ulcerations. <i>8th International Symposium on the Diabetic Foot</i> . The Netherlands.	2019
Pandya M, Arneson JM , Kim PJ, Steinberg JS, Attinger CE. Percutaneous Digital Flexor Tenotomy: An Effective Procedure for Treatment of Digital Wounds in Reducible Flexion Deformities. <i>8th International Symposium on the Diabetic Foot</i> . The Netherlands.	2019
Salerno N, Arneson JM , Steinberg JS. The Use of Methylene Blue Dye as a Guide for Precise Surgical Debridement in Patients with Diabetic Foot Ulcerations. <i>8th International Symposium on the Diabetic Foot</i> . The Netherlands.	2019

LECTURES

Lecturer / Associate Professor: Waterhouse Board Review Courses	2021 - Present
An Intro to Total Ankle Arthroplasty with Case Discussion, St Barnabas Residency Program	2022
Foot and Ankle Arthroscopy Surgical Skills Course, Chicago, IL. Fireside Chat: Arthroscopic Case Presentations	2019

VOLUNTEER EXPERIENCE

Broad Street Run 10K Medical Coordinator and Volunteer: Philadelphia, PA	2016
TUSPM – Thanksgiving Food Drive: Founder, Coordinator, and Volunteer	2015
Penn Relays Track Meet Medical Coordinator and Volunteer: Philadelphia, PA	2015, 2016
Broad Street Run 10K Medical Volunteer: Philadelphia, PA	2015
Marine Corps Marathon Medical Volunteer: Washington D.C.	2015
Back on my feet in 24 Ultra Marathon Medical Volunteer: Philadelphia, PA	2013

INTERESTS

PROFESSIONAL

Total ankle arthroplasty, Limb salvage, Lower extremity trauma, Arthroscopy, Sports Medicine, Limb deformity correction, Hindfoot reconstruction, Charcot reconstruction, Local muscle flaps

PERSONAL

Boating/Water Sports, Green Bay Packers Football, Travel, Botany, Exploring new restaurants

Personal and Professional References Available Upon Request