



Julie C. Woodside, MD

**P: 704.867.2333**

**Patient Rating:**

4.9 out of 5 Stars

**LOCATIONS**

- Belmont
- Congenital Hand Clinic
- Gastonia
- Reconstructive Center for Lost Limbs

**CLINICAL SPECIALTIES**

- Elbow
- Hand
- Specialties
- Trauma
- Wrist

## Julie C. Woodside, MD

### Bio

- Dr. Woodside completed her hand surgery training at Loyola University Medical Center and Shriners Hospital for Children in Chicago, IL, and her orthopedic surgery training at Atrium Health in Charlotte, NC. Her training focused heavily on both adult and pediatric/congenital hand surgery. Dr. Woodside's interests are adult hand and elbow surgery to include: fractures, tendon and nerve injury, nerve compression (carpal tunnel syndrome and cubital tunnel syndrome), trauma, tendonitis, trigger fingers, Dupuytren's contracture, arthritis, sports injuries as well as pediatric hand surgery to include: congenital upper extremity and birth defects, cerebral palsy, and tetraplegia." She has completed extensive research on congenital conditions of the hand.
- Dr. Woodside is a former NCAA college basketball player and was inducted into the Sports Hall of Fame for Oglethorpe University. She enjoys being active, trips to the mountains, spending time with her husband and German Shepherds; as well as, at her coffee, beer and wine shop.

### Education

- **Oglethorpe University**- *Bachelor of Science*
- **Medical College of Georgia**- *Doctor of Medicine*
- **Atrium Health - Carolinas Medical Center** - *Internship*

- **Atrium Health - Carolinas Medical Center** - *Orthopedic Surgery Residency*
- **Loyola University Medical Center** - *Fellowship, Hand & Upper Extremity*
- **Shriners Hospital for Children** - *Fellowship, Hand & Upper Extremity*

## Practice

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Specializes in adult & pediatric/congenital hand surgery

- Member of the American Society for Surgery of the Hand
- Member of the American Association for Hand Surgery
- Member of the American Academy of Orthopedic Surgeons
- Member of the American Medical Association
- Member of the Ruth Jackson Orthopaedic Society
- ASSH Volunteer Service Committee (2015-2018)
- Charlotte Copperheads Lacrosse Team Doctor (2014)

RESOURCES:

- [WEBINAR TALK: 'Bone Health' A presentation for the Healthy Charlotte Alliance](#)

## Awards

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- 2023 [North Carolina's Top Doctors](#), Charlotte Region, SouthPark Magazine
- 2022 [North Carolina's Top Doctors](#), Charlotte Region, SouthPark Magazine
- AOA - Alpha Omega Alpha Medical honors Society (2008)
- Chuck Hawkins Scholarship - School of Medicine (2006-2009)
- USA Funds Access to Education Scholarship (2007-2009)

## Research

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### Publications

- **Woodside, Julie Colantoni**, and Randip R. Bindra. "Rerouting Extensor Pollicis Longus Tendon Transfer." *The Journal of Hand Surgery* 40.4 (2015): 822-25.
- **Woodside, Julie Colantoni**, Timothy Ganey, and R. Glenn Gaston. "Multiple Osteochondroma of the Hand:Initial and Long-term Follow-up Study." *Hand*(2015):n.pag. Web.
- **Colantoni,J.**, C. Chadderdon, and R. Gaston. "Arthroscopic Wafer Procedure for Ulnar Impaction Syndrome." *Arthroscopy Techniques* 3.1 (2014): E123-25. Print.



## Research

- **Woodside, J. C.**, and T. R. Light. "Symbrachydactyly – Diagnosis, Function, Treatment." *Journal of Hand Surgery*. 5. Aug. 2015.
- **Woodside, J. C.**, and R. Bindra. "Treatment of Proximal Interphalangeal Joint Fracture-Dislocations." *JBJS Reviews*. Print Pending 2015.

## National/International Presentations

- **Woodside (Colantoni) J**, Gaston RG, Patt J: Multiple Osteochondromatosis of the Hand- A Natural History Study. Poster presentation and Hand & Wrist Guided Poster Tour: American Academy of Orthopaedic Surgeons Annual Meeting, New Orleans, LA, March 11-15, 2014.
- **Woodside, J. C.**, and Randy Bindra. "Predictive Value of Chemodenervation on the Outcome of Pronator Teres Surgery in Children with Cerebral Palsy." World Congenital Hand Symposium. Netherlands, Rotterdam. May 2015. Scientific Presentation.
- **Woodside, J. C.**, R. Lopez and J. Kneisl. "Substitute Bone Graft Healing – Are Kids Different?" Society of Academic Bone Radiologists Annual Meeting. Oregon, Portland. July 2014. Scientific Presentation.
- **Woodside, J. C.**, and R. G. Gaston. "Osteochondromas of the Hand: Long Term Follow-up and Natural History Study." ASSH Annual Meeting. California, San Francisco. Oct. 2013. Scientific Presentation.