

# **RIC Spine & Sports Fellowships**

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**Rehabilitation Institute *of* Chicago**



## RIC Spine & Sports Fellowships

Dear Fellowship Applicant,

Thank you for your interest in our Spine and Sports Fellowship at the Rehabilitation Institute of Chicago. July 2010 will mark the start of the 18<sup>th</sup> year of this program. The fellowship is twelve months long and includes clinical, teaching, and research experiences.

**Requirements** for consideration for the sports and spine fellowship at our institution include:

1. Completion of an accredited North American Physical Medicine & Rehabilitation residency
2. Completed application form
3. Curriculum vitae
4. Three letters of recommendation, with at least two being from your academic institution

**Elective** rotations are not required to be considered for the fellowship.

**Applications due August 1<sup>st</sup>.**

**Interviews** will be granted only following receipt of all application materials. Invitations for interview will be extended in late summer.

**Selection** of the fellow will occur in the late summer/early fall.

**Submit your application at:**

<http://www.feinberg.northwestern.edu/depts/pmr/fellowships/spinesports.html>

**For further questions about the fellowship application process**, contact Rita Bailey, Physician Fellowship Coordinator, Rehabilitation Institute of Chicago by email at [rbailey@ric.org](mailto:rbailey@ric.org). You may contact Chris Plastaras at [cplastaras@ric.org](mailto:cplastaras@ric.org) or at (312) 238-7714 if you have any questions about didactics/content of the fellowship. Once again, we thank you for your interest in our program. We hope that the following outline provides you some details of the curriculum.

A handwritten signature in black ink that reads "C. Plastaras".

Chris Plastaras, MD

Attending Physiatrist, Spine & Sports Rehabilitation Center, RIC  
Assistant Professor, Northwestern Feinberg School of Medicine, Dept PM&R  
RIC Sports & Spine Fellowship Co-Director

A handwritten signature in black ink that reads "Joel Press".

Joel Press, MD

Medical Director & Attending Physiatrist, Spine & Sports Rehabilitation Center, RIC  
Associate Professor, Northwestern Feinberg School of Medicine, Dept PM&R  
RIC Sports & Spine Fellowship Co-Director



## **RIC Spine & Sports Fellowships**

### **MISSION OF THE RIC SPORTS & SPINE FELLOWSHIPS**

To provide musculoskeletal education to academically inclined physiatrists who wish to bring clinical excellence to other academic centers.

### **FELLOW CURRICULUM & EXPECTATIONS**

#### **EDUCATION**

##### 1) Clinical Education

- a. 8 months required Spine and Sports Medicine; 4 months of elective time, which could be Spine and Sports Medicine if desired by the fellow.
- b. Attend and work with the musculoskeletal attending physiatrists and chiropractors at scheduled clinics.
- c. Exposure to acute, subacute, and chronic musculoskeletal pathology.
- d. Shadow musculoskeletal physical therapist at scheduled clinics.
- e. Opportunity to learn fluoroscopically guided spinal injections under direct attending supervision at scheduled clinics. Depending on the skill progress of each fellow, opportunity to do more complex procedures as appropriate:
  - Cervical, Thoracic, Lumbar epidurals
  - Cervical, Thoracic, Lumbar facet joint injections
  - Cervical, Thoracic, Lumbar Medial branch blocks
  - Sacroiliac joint injections
  - Intraarticular hip, knee, and shoulder
  - Radiofrequency procedures
  - Lumbar Discography
  - Lumbar intradiscal therapeutic procedures
- f. Maintain and sharpen electrodiagnostic skills - opportunity to supervise PM&R residents clinically and didactically.
- g. Opportunity to set up half day clinics with podiatrists, orthopedic surgeons, radiologists.
- h. Opportunity to exposure to ultrasound guided joint injections.

2) Opportunity to attend major academic conferences (AAPM&R, NASS, ACSM, AAP, AAEM, ISIS, AAPM). Fellowship director will allocate an educational budget for conferences desired.

3) Each fellow has available book stipend.

4) Opportunity to attend RIC Academy sponsored courses at discounted rate (Sports & Spine Symposium Upper Body; Sports & Spine Symposium Lower Body; Electrodiagnostic Review Course)

5) Opportunity to participate in the PASSOR Fellowship Exchange Program

6) Fellows are considered PGY-5 residents of the Northwestern McGaw Center and are expected to follow the guidelines of the Northwestern McGaw Center for Graduate Medical Education policies. For more information, see:

[http://gme.northwestern.edu/housestaff\\_manual/Changes%20to%20the%20Housestaff%20Manual/index.html](http://gme.northwestern.edu/housestaff_manual/Changes%20to%20the%20Housestaff%20Manual/index.html)



## **RIC Spine & Sports Fellowships**

### **RESEARCH**

- 1) 20% of time protected for research
- 2) Adopt and work on a significant musculoskeletal research project at RIC/Northwestern.
- 3) Prepare for and give presentation at the Resident & Fellow Research Day (June)
- 4) Write a publishable chapter or article by the end of the academic year.

### **PATIENT CARE**

Each fellow is required to:

- 1) See patients in clinic supervised by an attending and depending on fellow's progress, to see patients in clinic and assume responsibilities for patient care during the academic year at an RIC site.
  - a. Broadly speaking, these patients are:
    - i. about 60% spine related and 40% other musculoskeletal problems
    - ii. about 80% are acute/subacute (musculoskeletal pain <6 months) and about 20% have chronic pain (musculoskeletal pain >6 months)
  - b. An attending physiatrist will be in the vicinity to supervise the fellow at each scheduled clinic.
  - c. The fellows are expected to check their voice mail on a regular basis. All phone calls should be returned within one working day.
- 2) Opportunity to perform electrodiagnostic examinations
  - a. Maintain and sharpen electrodiagnostic skills
  - b. An attending physiatrist credentialed by RIC to perform EMGs will be in the vicinity to supervise the fellow at each scheduled clinic.
- 3) Opportunity to take weekend inpatient call at RIC if deemed appropriate by Medical Director.
  - a. Opportunity to participate in the care of patients that may pertain to ABPM&R oral board content.

### **TEACHING**

Each fellow is expected to:

- 1) Organize weekly journal club
- 2) Organize monthly Musculoskeletal & Spine MRI conference
- 3) Teach and supervise Northwestern Feinberg School of Medicine medical student Sports Medicine Interest group functions
- 4) Teach and supervise weekly Spine & Sports lecture series with PM&R residents and medical students
- 5) Teach and supervise Anatomy, EMG Boot Camp, and Physical Exam lecture series with PM&R residents and medical students
- 6) Teach and evaluate clinical physical exam skills of Northwestern Feinberg School of Medicine medical students
- 7) Teach and supervise residents and medical students on Spine & Sports Medicine rotation



# RIC Spine & Sports Fellowships

Rehabilitation Institute of Chicago

## COMMUNITY SERVICE Opportunity to cover community sporting events:

- 1) Chicago Triathlon
- 2) Chicago Marathon
- 3) Chicago Half Marathon
- 4) Chase Corporate Challenge
- 5) Pre-participation Physical Examinations
- 6) Sports Injury Prevention screenings

## SAMPLE WEEKLY SCHEDULE

	Mon	Tues	Wed	Thur	Fri
				Journal Club	
<b>AM</b>	Rittenberg Injections	Press Clinic	Research	Lento Clinic	Rittenberg Injections
<b>PM</b>	Press Clinic	Lento Injections	Plastaras EMGs	Research	Ihm Clinic
			Sports/Spine Conference	Anatomy & Physical Exam Conference	

## PRIOR RIC PHYSIATRIC SPINE & SPORTS FELLOWS – Current Affiliation:

1. 1993-94: Nick Olson – Colorado
2. 1994-95: Marc Sherman – Texas
3. 1995-96: Brian Casazza – Virginia
4. 1996-98: \*Anne Zeni Hoch – Medical College of Wisconsin
5. 1997-98: \*Venu Akuthota – University Spine Center Director, University of Colorado
6. 1998-99: \*Stuart Willick – Director, Spine and Sports Program, University of Utah
7. 1999-00: Larry Chou – Premier Orthopedics
8. 2000-01: \*Paul Lento – Rehabilitation Institute of Chicago
9. 2001-02: \*Ed Hanada – Dalhousie University
10. 2002-03: \*Jennifer Reed – Spine Center Director, Eastern Virginia Medical School
11. 2003-04: Lee Wolfer – San Francisco, California
12. 2004-05: Brad Sorosky – Arizona Pain Institute
13. 2005-06: Wesley Smeal – Alegent Health Sports and Spine, Nebraska
14. 2006-07: \*Gary P. Chimes – University of Pittsburgh
15. 2007-08: \*Paula Dawson - University Hospital of the West Indies, Jamaica  
\*Shana Margolis - Rehabilitation Institute of Chicago
16. 2008-09: D.J. Kennedy and Chris Visco
17. 2009-10: Ellen Casey and Kevin Carneiro

\* Academic positions

**Staff doctors** you will be working with include:

- Paul Lento, MD
- Colleen Fitzgerald, MD
- Christina Hynes, MD
- Scott Fonda, DC
- Joseph Ihm, MD
- Natasha Kim, DC, L.Ac
- Chris Plastaras, MD
- Joel Press, MD
- Josh Rittenberg, MD
- Shana Margolis, MD



## **RIC Spine & Sports Fellowships**

### **Learning Objectives**

#### **Care of the Patient with musculoskeletal pain related complaints:**

- Gather essential information and accurate patient information
- Develop and implement patient management plans
- Perform competently all medical procedures, provide services aimed at preventing secondary complications
- Make decisions about diagnostic and therapeutic interventions
- Formulate differential diagnosis for patients with regional pain complaints
- Identify indications for imaging, and electrodiagnostic studies
- Identify indications for peripheral joint injection treatment
- Identify indications for ordering spinal injections; able to describe level and routes
- Understand risks of injection treatments
- Compose exercise/therapy prescription
- Identify conditions that require surgical referral
- Experience reading spine, knee, hip, shoulder, ankle x-rays and spine, knee, shoulder MRI's
- Demonstrate the role of the physiatrist and concept of team approach to care, working effectively/collaboratively as leader of the team
- Communicate effectively and demonstrate caring/respectful behaviors with patients and staff
- Experience with performing peripheral joint injection under sterile technique safely
- Experience with performing spinal injection procedures under sterile technique safely
- Experience with using fluoroscopy in a safe manner
- Experience with performing electrodiagnostic tests, interpreting data, and formulating electrodiagnostic impression
- Understand the role for complementary/alternative medicine

#### **Clinical Science:**

- Develop knowledge base of the person impaired by musculoskeletal pain related complaints
- Understand biologic basis for tissue injury and repair
- Understand biologic pain mechanisms
- Understand kinesiology principles of the spine, shoulder, knee, ankle, foot
- Understand clinically relevant anatomy and biomechanics
- Understand physiologic effect of exercise on soft tissues
- Understand physiologic effect of therapeutic modalities on soft tissues
- Understand the degenerative cascade of the spine
- Understand manual and functional rehabilitation approaches

#### **System Based Practice:**

- Appreciate care provided to the person with musculoskeletal pain related complaints in context of larger health care system
- Understand financial and quality of life implications for the patient and society
- Advocating quality patient care and assisting patients in dealing with system complexities
- Partner with health care managers as appropriate to assess, coordinate, and improve health care and how these activities impact system performance