SPINE AND SPORTS FELLOWSHIP SCHOLARLY ACTIVITY

Each fellow must complete a scholarly activity during the fellowship year. All fellows participate in a research project and can also present a case at a professional meeting, write a review article or chapter. Fellows present their research during Resident/Fellow Research Day in June. Fellows also give a Grand Rounds presentation at RIC.

The following are examples of what former fellows were able to accomplish during their fellowship year.

2015-2016 FELLOWS:
SAMUEL CHU, MD:
GRAND ROUNDS: WAVES OF THE FUTURE: NOVEL APPLICATIONS OF ULTRASOUND IN REHABILITATION
RESEARCH: USING ULTRASONOGRAPHY AS A NOVEL METHOD FOR TEACHING THE MUSCULOSKELETAL PHYSICAL EXAMINATION

PUBLICATIONS:


CHU SK, IHM J. TENDINOPATHY. IN GENDER AND SEX DIFFERENCES IN SPORTS MEDICINE. DEMOS MEDICAL, 2016.

NATIONAL PRESENTATIONS/TEACHING:
CHU, SK, IHM J. ARM SWELLING - WEIGHT LIFTING. AMERICAN COLLEGE OF SPORTS MEDICINE ANNUAL MEETING, 2016.
CLINICAL CASE PANEL DISCUSSANT, ACSM ANNUAL MEETING, 2016.

REGIONAL LECTURES:
LOW BACK PAIN - ILLINOIS MASONIC GRAND HOSPITAL INTERNAL MEDICINE GRAND ROUNDS.
MUSCULOSKELETAL DISORDERS IN THE STROKE POPULATION – SCHWAB REHABILITATION HOSPITAL.
MUSCULOSKELETAL PHYSICAL EXAMINATION, INTRODUCTION TO MUSCULOSKELETAL ULTRASOUND – NORTHWESTERN SCHOOL OF MEDICINE.

AWARDS:
3RD PLACE MEDICAL EDUCATION POSTER WINNER, 12TH ANNUAL LEWIS LANDSBERG RESEARCH DAY, NORTHWESTERN FEINBERG SCHOOL OF MEDICINE

PRAKASH JAYABALAN, MD, PhD:
CLINICAL GRAND ROUNDS - SPORTS CONCUSSION: GETTING YOUR HEAD BACK IN THE GAME!
RESEARCH GRAND ROUNDS - KNEE OSTEOARTHRITIS: HOW YOUR BIOLOGY CAN HELP!
RESEARCH: AN INVESTIGATION INTO THE OUTCOME OF CONCUSSIONS IN STUDENTS ENROLLED AT A COLLEGIATE INSTITUTION

PUBLICATIONS:


JAYABALAN P. THE AGING ATHLETE IN GENDER AND SEX DIFFERENCES IN SPORTS MEDICINE. DEMOS MEDICAL, 2016.

NATIONAL PRESENTATIONS/TEACHING:

JAYABALAN P, GUSTAFSON J, PIVA SR, SOWA GA, FARROKHIS. THE INFLUENCE OF CONTINUOUS VERSUS INTERVAL WALKING EXERCISE ON JOINT LOADING AND SERUM BIOMARKER PROFILE IN PATIENTS WITH KNEE OSTEOARTHRITIS, AAPM&R ANNUAL MEETING, BOSTON, MA, OCT, 2015. PM&R:(7) 589

JAYABALAN P, ABBOTT K, RHO M. EXERTIONAL LEG PAIN IN A COLLEGIATE BASKETBALL PLAYER. ACSM ANNUAL MEETING, BOSTON MA, MED SCI SPORTS EXERC. 2016 MAY; 48 (S SUPP.1):502

JAYABALAN P, KRAMER NP, BECKER KI, VESCI B, JAIN R, ABBOTT K. AN INVESTIGATION INTO THE OUTCOME OF CONCUSSIONS IN STUDENTS ENROLLED AT A COLLEGIATE INSTITUTION, SUBMITTED TO AAP ANNUAL MEETING, LAS VEGAS, NV, 2017


AWARDS:

RMSTP/K12 AWARD – NATIONAL INSTITUTES OF HEALTH
BEST MUSCULOSKELETAL POSTER PRESENTATIONS, AAPM&R
USBJI YOUNG INVESTIGATORS GRANT, AMSSM
RICHARD F. MATERSON NEW INVESTIGATOR AWARD, FOUNDATION FOR PM&R

2014-2015 FELLOWS

MINDY LOVELESS, MD:
GRAND ROUNDS: THE PHYSICAL INACTIVITY PANDEMIC: TOO MUCH SITTING, TOO LITTLE STEPPING
RESEARCH: RETROSPECTIVE REVIEW OF AN INPATIENT REHABILITATION MUSCULOSKELETAL CONSULT SERVICE UTILIZING BEDSIDE ULTRASOUND

PUBLICATIONS:


DAVID WOZNICA, MD:
GRAND ROUNDS: BLOOD FLOW RESTRICTION TRAINING
RESEARCH: DEVELOPMENT OF REDCAP DATABASE FOR BALLET DANCER DATA; ANALYSIS OF DATA AND ESTABLISHMENT OF CORRELATIONS IN BODY IMAGE AND BODY WEIGHT SATISFACTION SCORES WITH STRESS FRACTURE HISTORY
NATIONAL LECTURES:
NORTH AMERICAN SPINE SOCIETY — PHYSICAL EXAMINATION IN SPINE PRACTICE: THE ART AND SCIENCE

PUBLICATIONS:
WOZNICA, D & PRESS, J. PHYSICAL EXAMINATION OF THE LUMBAR SPINE AND SACROILIAC JOINT. MUSCULOSKELETAL PHYSICAL EXAM, AN EVIDENCE-BASED APPROACH, 2E (IN PRESS).

AWARDS: BASKIN RESEARCH AWARD, FELLOW CATEGORY

2013-2014 FELLOWS
MARIA REESE, MD:
GRAND ROUND: PERFORMING ARTS MEDICINE: DANCERS AND JOINT HYPERMOBILITY
RESEARCH: THE INFLUENCE OF MENSTRUAL CYCLE PHASE AND ORAL CONTRACEPTIVES ON MOTONEURON EXCITABILITY
NATIONAL LECTURES:
WOMEN’S HEALTH. MEDICAL STUDENT FORUM, AMERICAN ACADEMY OF PHYSICAL MEDICINE AND REHABILITATION 2013 ANNUAL ASSEMBLY

REGIONAL LECTURES:
ASSESSMENT OF PELVIC FLOOR MUSCLE AND ABDOMINAL MUSCLE FUNCTION WITH MUSCULOSKELETAL REAL-TIME ULTRASOUND. THE ACTIVE FEMALE THROUGHOUT THE LIFESPAN: CLINICAL UPDATES IN SPORTS MEDICINE AND WOMEN’S HEALTH, POST-CONFERENCE WORKSHOP, RIC AND NORTHWESTERN UNIVERSITY, FEINBERG SCHOOL OF MEDICINE

PUBLICATIONS:
CASEY E, REESE ME, OKAFOR E, CHUN D, GAGNON C, FRANZ NIGL F, DHAHER Y. THE INFLUENCE OF MENSTRUAL CYCLE PHASE AND ORAL CONTRACEPTIVES ON MOTONEURON EXCITABILITY. MSSE

REESE ME, CASEY E. HORMONAL INFLUENCE ON THE NEUROMUSCULOSKELETAL SYSTEM IN PREGNANCY. MUSCULOSKELETAL HEALTH IN PREGNANCY AND POSTPARTUM: A GUIDE FOR CLINICIANS, ED. FITZGERALD C, SEGAL N. UNDER REVIEW.

REESE ME, FITZGERALD C, HYNES C. TRANSIENT OSTEOPOROSIS OF PREGNANCY OF THE BILATERAL HIPS IN TWIN GESTATION: A CASE SERIES. ACCEPTED FOR PUBLICATION PM&R.

CHERI BLAuwET, MD:
GRAND ROUND: GOING FOR THE GOLD: MEDICAL AND SCIENTIFIC CONUNDRUMS IN PARALYMPIC SPORT
RESEARCH: THE EPIDEMIOLOGY OF INJURIES IN PARALYMPIC ATHLETICS (TRACK & FIELD) AT THE LONDON 2012 PARALYMPIC GAMES RELIABILITY AND VALIDITY OF KNEE LIGAMENTOUS PHYSICAL EXAM MANEUVERS FOR PRIMARY WHEELCHAIR USING PHYSICIANS

REGIONAL LECTURES:
DON’T DIS HER ABILITY: CONSIDERATIONS FOR WOMEN WITH DISABILITY IN EXERCISE AND SPORT
THE ACTIVE FEMALE THROUGHOUT THE LIFESPAN: CLINICAL UPDATES IN SPORTS MEDICINE AND WOMEN’S HEALTH, POST-CONFERENCE WORKSHOP, RIC AND NORTHWESTERN UNIVERSITY, FEINBERG SCHOOL OF MEDICINE

SPORTS MEDICINE CONSIDERATION FOR ATHLETES WITH SPINAL CORD INJURY
REHABILITATION INSTITUTE OF CHICAGO ACADEMY CME COURSE ON SPINAL CORD INJURY REHABILITATION
INTERNATIONAL/NATIONAL LECTURES:
Counseling Your Patients with Disabilities on Physical Activity: A Clinician’s Perspective Centers for Disease Control and Prevention (CDC) National “Vital Signs” Webinar

Don’t Dis My Ability: Exercise for People with Disabilities, Weill Cornell Medical College, Course: Introduction to Lifestyle Medicine

From the Paralympics to Public Health: A Paradigm Shift in the National Physical Activity Agenda, Invited Lecture, University of Alabama Birmingham/Lakeshore Foundation

PUBLICATIONS:


AWARDS:
Sarah Baskin Award for Excellence in Research, 1st Place Fellow Category
University of Arizona Honors College Alumnus of the Year

2012-2013 FELLOWS
Fariba Shah, MD

Grand Rounds: Transient Osteoporosis of Pregnancy

Research: The SHIN Study: Sex Hormone Influences in Neuromuscular Control of the Clinical Trial: Lower Limb. A Randomized, Double Blinded Trial.

Publications:


Awards:
Sarah Baskin Award for Excellence in Research, 1st Place Fellow Category
BRYAN MURTAUGH, MD
GRAND ROUNDS: Efficacy of Eccentric Exercises in the Treatment of Tendinopathy
RESEARCH: Insomnia Prevalence and Severity in Patients with Pre-arthritic Hip Disorders

PUBLICATIONS:


2011-2012 FELLOWS
CINDY LIN, MD:
GRAND ROUNDS: Lower Extremity Muscle Activation Patterns with Off Axis Elliptical Trainer Compared to Conventional Therapeutic Exercises
RESEARCH: Lower Extremity Muscle Activation Patterns with Off Axis Elliptical Trainer Compared to Conventional Therapeutic Exercises
INTERNATIONAL/NATIONAL LECTURES:

Clinical Gait Analysis: From Low Tech to High Tech Lecture. March 9, 2012. Singapore General Hospital, Department of Rehabilitation Medicine, Singapore.

PUBLICATIONS:


NATIONAL PRESENTATION:

AWARDS:
Sarah Baskin Award for Excellence in Physical Medicine & Rehabilitation Research, 1st Place Award for Fellow, Rehabilitation Institute of Chicago, Chicago, Illinois

FARAH HAMEED, MD:
GRAND ROUNDS: Obesity, Health and Physical Activity: What Every Health Care Provider Should Know
RESEARCH: SHIN Study: Sex Hormones in Neuromuscular Control
PUBLICATIONS:


AWARDS:
Sarah Baskin Award for Excellence in Physical Medicine & Rehabilitation Research, 2nd Place Award for Fellow, Rehabilitation Institute of Chicago, Chicago, Illinois