

SPORTS MEDICINE 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, JAYABALAN P, PRESS J, KIBLER WB. THE KINETIC CHAIN REVISITED: NEW CONCEPTS ON THROWING MECHANICS AND INJURY. PM&R. 2016 MARCH;8(3):S69-S77.

CHU SK, RHO ME. HAMSTRING INJURIES IN THE ATHLETE: DIAGNOSIS, TREATMENT, AND RETURN TO PLAY. CURRENT SPORTS MEDICINE REPORTS. 2016 MAY-JUN;15(3):184-90.

CHU SK, BABU AN, MCCORMICK Z, MATHEWS A, TOLEDO S, OSWALD M. OUTCOMES OF INPATIENT REHABILITATION IN PATIENTS WITH SIMULTANEOUS BILATERAL TOTAL KNEE ARTHROPLASTY. PM&R. 2016 AUG;8(8):761-6.

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.

FACULTY INSTRUCTOR, PHYSICAL EXAMINATION OF THE HIP AND KNEE, RESIDENT AND FELLOW WORKSHOP, ASSOCIATION OF ACADEMIC PHYSIATRISTS, 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:

CHU SK, JAYABALAN P, PRESS J, KIBLER WB. THE KINETIC CHAIN REVISITED: NEW CONCEPTS ON THROWING MECHANICS AND INJURY. PM&R. 2016 MARCH;8(3):S69-S77.

JAYABALAN P, IHM J. REHABILITATION STRATEGIES FOR THE ATHLETIC INDIVIDUAL WITH KNEE OSTEOARTHRITIS. CURRENT SPORTS MED REP. 2016 MAY-JUN; 15(3): 177-83.

JAYABALAN P, GUSTAFSON J, PIVA SR, SOWA GA, FARROKHI SS. THE INFLUENCE OF CONTINUOUS VERSUS INTERVAL WALKING EXERCISE ON JOINT LOADING, CARTILAGE SERUM OLIGOMERIC MATRIX PROTEIN LEVELS AND PAIN IN PATIENTS WITH KNEE OSTEOARTHRITIS. SUBMITTED TO JOURNAL OF BIOMECHANICS, JUNE 2016.

JAYABALAN P, SCHNITZER TJ. TANEZUMAB FOR THE TREATMENT OF CHRONIC MUSCULOSKELETAL CONDITIONS. SUBMITTED TO EXPERT OPINION ON BIOLOGICAL THERAPY, JUNE 2016.

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, FARROKHI SS. 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) S89

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 (5S 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

FACULTY INSTRUCTOR, PHYSICAL EXAMINATION OF THE HIP AND KNEE, RESIDENT AND FELLOW WORKSHOP, ASSOCIATION OF ACADEMIC PHYSIATRISTS, 2016.

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:

LOVELESS MS, IHM JM. RESISTANCE EXERCISE – HOW MUCH IS ENOUGH? CURRENT SPORTS MEDICINE REPORTS. 2015;14(3):221-226.

LOVELESS MS, RHO ME. BUTTOCK PAIN AND WEAKNESS – RUNNER [ABSTRACT]. MED SCI SPORTS EXERC. 2015;47(5):S676.

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).

WOZNICA D, IHM J. UNILATERAL LOWER LIMB PAIN – LAW ENFORCEMENT APPLICANT [ABSTRACT]. MED SCI SPORTS EXERC. 2015;47(5):S302.

AWARDS: BASKIN RESEARCH AWARD, FELLOW CATEGORY

2013-2014 FELLOWS**MARIA REESE, MD:**

GRAND ROUNDS: 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 ROUNDS: 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 LIGAMENOUS 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:

BLAUWET CA, BENJAMIN-LAING H, STOMPHORST J, WILLICK S. TESTING FOR BOOSTING AT THE PARALYMPIC GAMES: POLICIES, RESULTS, AND FUTURE DIRECTIONS. BR J SPORTS MED. 2013 SEPT;47(13):832-7.

BLAUWET CA, IEZZONI LI. FROM THE PARALYMPICS TO PUBLIC HEALTH: INCREASING PHYSICAL ACTIVITY THROUGH LEGISLATIVE AND POLICY INITIATIVES. PM R. 2014 AUG;6(8 SUPPL):S4-S10.

BRISTO M, BLAUWET CA, FRONTERA W, ET AL. THE CONVENTION ON THE RIGHTS OF PERSONS WITH DISABILITIES: WHAT IS AT STAKE FOR PHYSIATRISTS AND THE PATIENTS WE SERVE. PM R. 2014 APR;6(4):356-62.

BLAUWET C. THE FEMALE ATHLETE WITH A DISABILITY. IN: MOUNTJOY M, ED. IOC HANDBOOK OF SPORTS MEDICINE AND SCIENCE: THE FEMALE ATHLETE. WEST SUSSEX, UK: WILEY BLACKWELL; IN PRESS.

BLAUWET CA, RHO ME. SHOULDER INJURY - PARATRIATHLON. MED SCI SPORTS EXERC. 2014 MAY 46(5):S606.

BLAUWET C, WILLICK S. THE EPIDEMIOLOGY OF INJURIES AT THE LONDON 2012 PARALYMPIC GAMES. PM R. 2013 SEP 5(9):S135.

AWARDS:

SARAH BASKIN AWARD FOR EXCELLENCE IN RESEARCH, 1ST PLACE FELLOW CATEGORY
UNIVERSITY OF ARIZONA HONORS COLLEGE ALUMNI 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:

SHAH, F., RHO, M., PRESS, J. FINGER INJURY—RUNNING. CASE REPORT. AMERICAN COLLEGE OF SPORTS MEDICINE 60TH ANNUAL MEETING IN INDIANAPOLIS, IN. MAY 2013

REESE, M., SHAH, F., RHO, M. SACROILIAC JOINT DYSFUNCTION DUE TO RADIATION FIBROSIS OF THE INGUINAL REGION: AN UNUSUAL CASE FOR THE PHYSIATRIST. POSTER PRESENTATION AT THE ASSOCIATION OF ACADEMIC PHYSIATRIST ANNUAL MEETING IN NEW ORLEANS, LA. MARCH 2013.

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:

MURTAUGH B, IHM J. ECCENTRIC EXERCISES IN THE TREATMENT OF TENDINOPATHY. CURRENT SPORTS MEDICINE REPORTS.

MURTAUGH B, RHO, M. HIP PAIN — SOCCER PLAYER. CASE REPORT. AMERICAN COLLEGE OF SPORTS MEDICINE 60TH ANNUAL MEETING IN INDIANAPOLIS, IN. MAY 2013

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:

EVALUATION & MANAGEMENT OF LOW BACK PAIN IN ATHLETES. MARCH 6, 2012. SINGAPORE SPORTS COUNCIL, SPORTS MEDICINE TRAINING PROGRAM, SINGAPORE.

CLINICAL GAIT ANALYSIS: FROM LOW TECH TO HIGH TECH LECTURE. MARCH 9, 2012. SINGAPORE GENERAL HOSPITAL, DEPARTMENT OF REHABILITATION MEDICINE, SINGAPORE.

PUBLICATIONS:

CHEW KT, LEONG D, LIN CY, TAN B, LIM KK. COMPARISON OF AUTOLOGOUS CONDITIONED PLASMA INJECTION, EXTRACORPOREAL SHOCKWAVE THERAPY, AND CONVENTIONAL TREATMENT FOR PLANTAR FASCIITIS: A RANDOMIZED TRIAL. *PM&R JOURNAL*. DECEMBER 2013;5(12):1035-43.

RHO M, CHU SK, YANG A, HAMEED A, LIN CY, HURH PJ. RESIDENT ACCURACY OF JOINT LINE PALPATION USING ULTRASOUND VERIFICATION. *PM&R JOURNAL*. 2014 FEB 14. [EPUB AHEAD OF PRINT]

LIN CY, TSAI LC, CHUNG SG, REN Y, PRESS J, ZHANG LQ. COMPARISON OF CONVENTIONAL THERAPEUTIC EXERCISES FOR HIP STRENGTHENING TO OFF-AXIS ELLIPTICAL TRAINING DEVICE. 2014. MANUSCRIPT SUBMITTED FOR JOURNAL REVIEW.

NATIONAL PRESENTATION:

LIN CY, RHO M, BALLENTINE S, JAWORSKI C. LOW BACK PAIN IN A FOOTBALL PLAYER. AMERICAN COLLEGE OF SPORTS MEDICINE. SAN FRANCISCO, CALIFORNIA, USA. MAY 2012. [ORAL CLINICAL CASE 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:

RHO M, CHU S, YANG A, HAMEED F, LIN C, HURH P. "RESIDENT ACCURACY OF JOINT LINE PALPATION USING ULTRASOUND VERIFICATION" *PMR* 18 FEBRUARY 2014 (10.1016/j.pmrj.2014.02.006).

CASEY E, HAMEED F, DHAHER YY. THE MUSCLE STRETCH REFLEX THROUGHOUT THE MENSTRUAL CYCLE. *MED SCI SPORTS EXERC.* 2014 MAR;46(3):600-9.

AWARDS:

SARAH BASKIN AWARD FOR EXCELLENCE IN PHYSICAL MEDICINE & REHABILITATION RESEARCH, 2ND PLACE AWARD FOR FELLOW, REHABILITATION INSTITUTE OF CHICAGO, CHICAGO, ILLINOIS