

# Rehabilitation Institute of Chicago and Northwestern Feinberg School of Medicine Spine and Sports Fellowship

Dear Fellowship Applicant,

Thank you for your interest in our Spine and Sports Fellowship at the Rehabilitation Institute of Chicago and Northwestern Feinberg School of Medicine. July 2017 will mark the start of the 25<sup>th</sup> year of this program. The fellowship is twelve months in duration and includes clinical, teaching, and research experiences. The fellowship is ACGME-accredited in sports medicine so physicians completing this fellowship will be eligible to take the subspecialty board exam for sports medicine. A prospective applicant does not need to complete an elective rotation at our institution to be considered for the fellowship.

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

1. Completion of an ACGME-or RCPSC-accredited residency in emergency medicine, family medicine, internal medicine, pediatrics, or physical medicine and rehabilitation
2. Completion of an ERAS application

**Applications will be accepted after July 15<sup>th</sup> and the deadline is September 1<sup>st</sup>, 2017.**

Interviews will be granted only following receipt of all application materials. Interviews will take place at our Spine and Sports Clinic or at the American Academy of Physical Medicine and Rehabilitation (AAPM&R) Annual Assembly, which occurs in the fall each year.

**Selection of the fellow will occur via the National Resident Matching Program (NRMP).**

**Submit your application at the website for the Electronic Residency Application Service (ERAS):**

<https://students-residents.aamc.org/training-residency-fellowship/applying-fellowships-eras/>

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 Joe Ihm at [jihm1@ric.org](mailto:jihm1@ric.org) or 312-238-7719 if you have any questions about the fellowship. Once again, we thank you for your interest in our program.

Joseph Ihm, MD

Attending Physiatrist, Spine & Sports Rehabilitation Center, RIC

Associate Professor, Northwestern Feinberg School of Medicine, Dept PM&R

RIC/NU Sports Medicine Fellowship Director

## **MISSION OF THE RIC SPINE AND SPORTS FELLOWSHIP**

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. Spend the majority of 12 months at 1-2 Spine and Sports Rehabilitation Clinics (SSRC) at the Rehabilitation Institute of Chicago
  - b. Spend ½-1 day per week with primary care physicians who see sports-related injuries and diseases
  - c. Cover team sports at Northwestern University and mass sporting events, including the Chicago Marathon
  - d. Gain exposure to acute, subacute, and chronic musculoskeletal pathology
  - e. Opportunity to learn and become competent in performing fluoroscopically-guided spinal injections and ultrasound procedures
  - f. Opportunity to set up elective time with orthopedic surgeons and other physiatrists at RIC
2. Teaching responsibilities
  - a. Organize and plan weekly Spine & Sports journal club
  - b. Supervise residents presenting at Sports & Spine journal club
  - c. Attend Resident Spine & Sports lecture series
  - d. Prepare for and give lectures for Kinesiology section of the resident Sports & Spine lecture series
  - e. Prepare for and give lectures for the musculoskeletal Anatomy section of the resident Anatomy Conference
  - f. Prepare for and give lectures for the Physical Exam section of the resident curriculum
  - g. Review rotation objectives with the PGY-3 and PGY-4 residents on the Spine and Sports Medicine Rotation
3. Coordinate Neuroradiology Spine Conference monthly
4. Opportunity to attend major academic conferences (AAPM&R, NASS, ACSM, AAP)
5. Attend RIC Spine Injection Course and Ultrasound Course during fellowship year
6. Each fellow has a book stipend
7. Opportunity to attend RIC Academy sponsored courses at discounted rate
8. 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://mcgaw.northwestern.edu/>.

## **SCHOLARLY ACTIVITY**

1. Adopt and work on a musculoskeletal research project with fellowship faculty
2. Present research project at the Resident & Fellow Research Day (June)
3. Opportunity to write a chapter or article by the end of the academic year
4. Present research or case report at national meeting (e.g., ACSM, AAP, or AAPMR)

## **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 – Georgia
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, Philadelphia, PA)
8. 2000-01: Paul Lento (Sarasota Orthopedic Associates, Sarasota, FL)
9. 2001-02: Ed Hanada\* (Dalhousie University, Halifax, Nova Scotia)
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\* (Lake Washington Sports and Spine, Washington) and Jim Mclean (deceased)
15. 2007-08: Paula Dawson\* (University Hospital of the West Indies, Jamaica) and Shana Margolis\* (RIC)
16. 2008-09: D.J. Kennedy\* (Stanford University) and Chris Visco\* (Columbia/Cornell Medical Center)
17. 2009-10: Ellen Casey\* (University of Pennsylvania) and Kevin Carneiro\* (University of North Carolina)
18. 2010-11: Jason Hu\* (New York Hospital of Queens - Weill Cornell Medical College) and James Sigler\* (University of Kansas Medical Center)
19. 2011-12: Farah Hameed\* (New York-Presbyterian Hospital/Columbia University Medical Center) and Cindy Lin\* (University of Washington, Seattle, WA)
20. 2012-13: Bryan Murtaugh\* (National Rehabilitation Hospital, Washington, DC) and Fariba Shah\* (National Rehabilitation Hospital, Washington, DC)
21. 2013-14: Cheri Blauwet\* (Spaulding, Boston, MA) and Maria Reese\* (RIC)
22. 2014-15: David Woznica\* (Yale, New Haven, CT) and Melinda Loveless\* (University of Washington, Seattle, WA)
23. 2015-16: Samuel Chu\* (RIC) and Prakash Jayabalan\* (RIC)

\* Academic positions

**Faculty physicians** you will be working with include:

Daniel Blatz, MD  
Samuel Chu, MD  
Joseph Ihm, MD  
Prakash Jayabalan, MD, PhD  
Maria Reese, MD  
Monica Rho, MD  
Alexander Sheng, MD

# **Rehabilitation Institute of Chicago and Northwestern Feinberg School of Medicine Sports Medicine Fellowship**

## **Skills and Competencies**

### **Patient Care**

1. Gather essential and accurate patient information.
2. Develop and implement patient management plans.
3. Perform competently all medical procedures, and provide services and patient education aimed at preventing secondary complications.
4. Determine appropriateness of and indications for diagnostic and therapeutic interventions.
5. Identify indications for imaging, and electrodiagnostic studies.
6. Identify indications for peripheral joint injection treatment.
7. Identify indications for ordering fluoroscopically guided spinal injections, and be able to describe level and routes.
8. Understand risks of injection treatments to patients, and be able to consent a patient for injection.
9. Compose a therapeutic exercise prescription.
10. Identify conditions that require surgical referral.
11. Demonstrate the role of the physiatrist and the concept of the team approach to care, working effectively/collaboratively as leader of the team.
12. Communicate effectively and demonstrate caring/respectful behaviors with patients and staff.
13. Be able to perform peripheral joint and soft tissue injections under sterile technique safely.
14. Be able to perform spinal injection procedures under sterile technique safely.
15. Use fluoroscopy during procedure in a safe manner.
16. Gain exposure to ultrasound-guided injections.
17. Understand the role for complementary/alternative medicine.
18. Be a well-rounded sports medicine physician who can care for athletes throughout the spectrum of life from children through the geriatric years.
19. Be able to function as a team physician.
20. Be able to provide an appropriate assessment and care in a sports medicine emergency.
21. Understand principles of musculoskeletal injury prevention.
22. Evaluate and treat patient problems independently and without supervision.

### **Medical Knowledge**

1. Generate a differential diagnosis for patients presenting with acute and chronic sports medicine injuries and other regional pain complaints.
2. Demonstrate knowledge of the biologic basis for tissue injury and repair.
3. Demonstrate knowledge of biologic pain mechanisms.
4. Understand kinesiology principles of the spine, shoulder, knee, ankle, foot.
5. Understand basics of reading imaging studies (plain films, MRI, and CT) of peripheral joints, spine and long bones.
6. Understand anatomy of the musculoskeletal system in detail and how each muscle functions to move and support the joint which it affects.
7. Understand physiologic effect of exercise on soft tissues.
8. Understand physiologic effect of therapeutic modalities on soft tissues.
9. Understand the degenerative cascade of the spine.
10. Understand manual and functional rehabilitation approaches.
11. Name expected effects and side effects of commonly used oral and injected medications.

## **Practice Based Learning and Improvement**

1. Identify strengths, deficiencies, and limits in your knowledge and expertise.
2. Set learning and improvement goals.
3. Demonstrate that you can locate, appraise, and assimilate evidence from scientific studies related to their patients' health problems.
4. Use information technology to optimize learning.
5. Actively participate in the education of others, including residents, health care providers and patients.

## **System Based Practice**

1. Understand financial and quality of life implications for the patient and society.
2. Advocate for quality patient care and assist patients in dealing with system complexities.
3. Partner with health care managers as appropriate to assess, coordinate, and improve health care and how these activities impact system performance.
4. Demonstrate understanding of how potential lost income or desire to return-to-play affects management decisions for patients with musculoskeletal injuries.
5. Demonstrate understanding of how a patient's insurance status or income affects patient management decisions.
6. Be able to develop and implement a screening preparticipation physical for a sports medicine population.
7. Be able to develop and implement a plan for medical coverage of a mass-participation sporting event.
8. Use diagnostic and therapeutic procedures judiciously.

## **Professionalism**

1. Practice medicine with high ethical and moral standards.
2. Exemplify core humanistic values (honesty, integrity, caring, compassion, altruism, empathy, respect for others, trustworthiness).
3. Accept responsibility for own actions and decisions.
4. Apply ethical principles in obtaining informed consent.

## **Interpersonal skills and communication**

1. Use effective listening skills and elicit and provide information using effective nonverbal, explanatory, questioning, and writing skills.
2. Present material clearly and accurately to patients, coaches, athletic trainers, other sports medicine team members, and referring providers using effective verbal and non-verbal skills.
3. Communicate effectively with the support staff.

# SPORTS COVERAGE



- RIC SkyRise
- Adaptive Sports Coverage
- Joffrey Ballet
- Blue Man Group
- Looking Glass Theater
- Ravinia Music Festival



- Division I Varsity Coverage
- Club Team Coverage
- Midlands Wrestling Tournament
- BIG 10 Tournaments



- Chicago Marathon
- Shamrock Shuffle
- CARA Lakefront 10-Miler

