
KUDOS!

Residents and Fellows | 2015-2016 Academic Year

About

This is the second annual newsletter to acknowledge the various accomplishments and accolades of the Physical Medicine and Rehabilitation residents and fellows at Northwestern Feinberg School of Medicine/Rehabilitation Institute of Chicago.

Chief Residents 2015-2016

Mary Caldwell, DO

Colin Franz, MD, PhD

Mithra Maneyapanda, MD

Chief Residents 2016-2017

Stacey Bennis, MD

Kristen McCormick DO

Rajiv Reddy, MD



American Academy of Physical Medicine & Rehabilitation (AAPM&R) Annual Assembly. Boston, MA. October 1-4, 2015.

23 Resident/Fellow Poster Presentations

2 Resident/Fellow Podium Presentation



Association of Academic Physiatrists (AAP) Annual Meeting. Sacramento, CA. February 16-20, 2016.

11 Resident/Fellow Poster Presentations

2 Resident/Fellow Workshops/Podium Presentations

Additional Conferences with Resident/Fellow Presentations:

American Academy of Cerebral Palsy and Developmental Medicine

American Academy of Pain Medicine (AAPM)

American College of Sports Medicine (ACSM)

American Medical Society for Sports Medicine (AMSSM)

American Osteopathic Academy of Sports Medicine

American Pain Society (APS)

American Society of Regional Anesthesia and Pain Medicine (ASRA)

Midwest Pain Society (MPS)

Northwestern Feinberg Research Day

Society for Neuroscience

Oral Presentations

Chu SK, Ihm J. Arm Swelling – Weight Lifting. American College of Sports Medicine Annual, Boston, MA. June 1, 2016. (*Oral presentation: accepted, not yet presented*).

Cheng A, Rho M, Press J. Shoulder Pain and Swelling - Swimming. American College of Sports Medicine Annual, Boston, MA. June 1, 2016. (*Oral presentation: accepted, not yet presented*).

Jayabalan P, Abbott K, Rho M. Lower leg pain in a basketball player. American College of Sports Medicine Annual, Boston, MA. June 1, 2016. (*Oral presentation: accepted, not yet presented*).

Peer-Reviewed Publications

Chu SK, Rho ME. Hamstring Injuries in the Athlete: Diagnosis, Treatment, and Return to Play. *Current Sports Medicine Reports*. 2016 Accepted, In Press.

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, Babu AN, McCormick Z, Mathews A, Toledo S, Oswald M. Outcomes of Inpatient Rehabilitation in Patients with Simultaneous Bilateral Total Knee Arthroplasty. *PM&R*. 2015 [Epub ahead of print]. PMID: 26603200.

Gaebler-Spira D, McCormick K. Relationship between characteristics on magnetic resonance imaging and motor outcomes in children with cerebral palsy and white matter injury. *Pediatr Neurol Briefs* 2015;29(8):60.

Jayabalan P, Ihm J. Rehabilitation Strategies for the Athletic Individual with Knee Osteoarthritis. *Current Sports Medicine Reports*. 2016 Accepted, In Press.

Karevelas K, Ziegler C, Rho M. Resident Accuracy of EMG Needle Electrode Placement Using Ultrasound Verification. *PM&R*. 2015 Dec [Epub ahead of print]. PMID: 26690019.

Lynch M, Duffell L, Sandhu M, Srivatsan S, Deatsch K, Kessler A, Mitchell GS, Jayaraman A, Rymer WZ. Effect of acute intermittent hypoxia on motor function in individuals with chronic spinal cord injury following ibuprofen pretreatments: A pilot study. *J Spinal Cord Med*. 2016 Feb. [Epub ahead of print].

Maneyapanda MB, Chang Chien G, Amorapanth P, Mattie R, Reger C, McCormick Z. Ultrasound Guidance for Technically Challenging Intrathecal Baclofen Pump Refills; Three Cases and Procedure Description. *American Journal of Physical Medicine & Rehabilitation*. 2016 Mar. [Epub ahead of print] PMID: 27003203.

McCormick Z, Cushman D, Marshall B, Caldwell M, Patel J, Ghannad L, Eng C, Makovitch S, Babu A, Chu SK, Marciniak C, Walega DR, Press J, Plastaras CT, Kennedy DJ. Pain Reduction and Repeat Injections After Transforaminal Epidural Injection With Particulate Versus Nonparticulate Steroid for the Treatment of Chronic Painful Lumbosacral Radiculopathy. *PM&R*. 2016 Accepted, In Press.

McCormick Z, Chu SK, Binler D, Neudorf D, Mathur S, Lee J, Marciniak CM. Intrathecal Versus Oral Baclofen; a Comparative Matched Cohort Study of Long-term Spasticity, Pain, Sleep, Fatigue and Quality of Life. *PM&R*. 2015 [Epub ahead of print]. PMID: 26498518.

McCormick Z, Cushman D, Lee D, Scholten P, Chu SK, Babu A, Caldwell M, Ziegler C, Ashraf H, Sundar B, Clark R, Gross C, Cara J, McCormick K, Ross B, Press J, Smuck M, Walega D. Is There A Relationship Between Body Mass Index and Fluoroscopy Time During Sacroiliac Joint Injection? A Multicenter Cohort Study. *Pain Medicine*. 2015 [Epub ahead of print]. PMID: 26814282.

McCormick Z, Cushman D, Caldwell M, Marshall B, Ghannad L, Eng C, Patel J, Makovitch S, Chu SK, Babu A, Walega DR, Marciniak C, Press J, Kennedy DJ, Plastaras C. Does Electrodiagnostic Confirmation of Radiculopathy Predict Pain Reduction after Transforaminal Epidural Steroid Injection? A Multicenter Study. *Journal of Nature and Science*. 2015 Aug;1(8):1-7. PMID: 26251843.

McCormick Z, Gagnon C, Caldwell M, Patel J, Kornfeld S, Stanos S, Atchison J, Harden RN, Calisoff R. Short-term Functional, Emotional, and Pain Outcomes of Patients with Complex Regional Pain Syndrome Treated in a Comprehensive Interdisciplinary Pain Management Program. *Pain Medicine*. 2015 Dec;16(12):2357-67. PMID: 26178320.

Prather H, Cheng A. Diagnosis and Treatment of Hip Girdle Pain in the Athlete. *PM&R*. 2016 Mar;8(3):S45-60.

Reddy R, Marshall B, McCormick, Mattie R, Walega D. Cooled Radiofrequency Ablation of Genicular Nerves for Knee Osteoarthritis Pain: A Protocol for Patient Selection. *Pain Medicine*. 2016;17(2):381-441. PMID 26893465.

Rho M, Camacho-Soto A, Cheng A, Havran M, Morone N, Rodriguez E, Shega J, Weiner D. Deconstructing Chronic Low Back Pain in the Older Adult – Step by Step Evidence and Expert-Based Recommendations for Evaluation and Treatment: Part VIII: Lateral Hip and Thigh Pain. *Pain Med*. *Accepted, In Press*.

Simon NG, Franz CK, Gupta N, Alden T, Kliot M. Central Adaptation following Brachial Plexus Injury. *World Neurosurg* 2016 Jan;85:325-32.

Book Chapters

Caldwell M, Bouffard K. Tendinopathies of Upper Extremities. In *Decision Making in Pain Management*. JaypeeMedical Publishers. *Accepted, In Press*.

Caldwell M, Bouffard K. Tendinopathies of Lower Extremities. In *Decision Making in Pain Management*. JaypeeMedical Publishers. *Accepted, In Press*.

Caldwell M, De Luigi J. Wheelchair Dance Sport. In *Adaptive Sports Medicine: A Clinical Guide*. Springer. *Accepted, In Press*.

Caldwell M, De Luigi J. Wheelchair Tennis and Para Table Tennis. In *Adaptive Sports Medicine: A Clinical Guide*. Springer. *Accepted, In Press*.

Caldwell M, De Luigi J. Wheelchair Fencing. In *Adaptive Sports Medicine: A Clinical Guide*. Springer. *Accepted, In Press*.

Caldwell M, De Luigi J. Wheelchair Curling. In *Adaptive Sports Medicine: A Clinical Guide*. Springer. *Accepted, In Press*.

Caldwell M, Shultz S, Powell B, Casey E. Hormonal Influences on Sex and Gender Differences in Sports Medicine. In *Gender and Sex Differences in Sports Medicine*. Demos Medical. *Accepted, In Press*.

Chu SK, Ihm J. Tendinopathy. In *Gender and Sex Differences in Sports Medicine*. Demos Medical. *Accepted, In Press*.

Cheng A, Prather H. Hip. In *Gender and Sex Differences in Sports Medicine*. Demos Medical. *Accepted, In Press*.

Jayabalan, P. Sex Differences in The Aging Athlete. In *Gender and Sex Differences in Sports Medicine*. Demos Medical. *Accepted, In Press*.

Press J, Caldwell M. Role of Non-Operative Spinal Specialist in Managing the Spine Patient. In *Rehabilitation of the Spine*. LWW. *Accepted, In Press*.

Marshall B, Bouffard K. Upper Extremity Bursitis. In *Decision Making in Pain Management*. JaypeeMedical Publishers. *Accepted, In Press*.

Marshall B, Bouffard K. Lower Extremity Bursitis. In *Decision Making in Pain Management*. JaypeeMedical Publishers. *Accepted, In Press*.

Reddy GD, Cotton RJ, Tolia AS & Saggau P. Random-Access Multiphoton Microscopy for Fast Three-Dimensional Imaging. In *Advances in Experimental Medicine and Biology*. 2015;859:455-72.

Zhukalin M, Williams C, Reed M, Strasser D. Polypharmacy and Rational Prescribing: Finding the Golden Mean for the Silver Tsunami. In *Geriatric Rehabilitation: From Bedside to Curbside*. CPR Press. *Accepted, In Press*.

Awards/Honors

Northwestern Lewis Landsberg Research Day, 3rd Place Poster Winner (Medical Education Category): Chu SK, O'Brien CL, Gagnon CM, Garcia PM, Tapia C, Rho ME. Using Ultrasonography as a Novel Method for Teaching the Musculoskeletal Physical Examination (April 2016).

Midwest Pain Society, 1st Place Abstract Winner: Reddy R, Marshall B, Mattie R, McCormick Z, Walega D. Cooled Radiofrequency Ablation of Genicular Nerves for Knee Osteoarthritis Pain: A Protocol for Patient Selection and Case Series. (October 2015).

Midwest Pain Society, 2nd Place Abstract Winner: McCormick Z, Cushman D, Marshall B, Caldwell M, Patel J, Ghannad L, Eng C, Makovitch S, Babu AN, Chu SK, Marciniak C, Walega DR, Press J, Plastaras CT, Kennedy DJ. Dexamethasone versus Particulate Steroid Injections for the Treatment of Needle Electromyography-Confirmed Painful Lumbosacral Radiculopathy. (October 2015).

AAPM&R Best Musculoskeletal Research Poster Presentations: Jayabalan P, Gustafson J, Piva S, Sowa G, Farrokhi S. The Influence of Continuous Versus Interval Walking Exercise on Joint Loading and Serum Biomarker Profile in Patients with Knee Osteoarthritis. (October 2015).

Association of Academic Physiatrists Rehabilitation Medicine Scientist Training Program (RMSTP)/K12 Award from the NIH: Prakash Jayabalan. Walking Exercise Interventions for Patients with Knee Osteoarthritis.

Craig H. Neilsen Foundation Spinal Cord Injury Infrastructure Center Grant – RIC: Colin Franz. Rehabilitation in a Dish: Modeling Human Neuromuscular Disorders with Human Induced Pluripotent Stem Cells and Optogenetics.

Association of Academic Physiatrists Rehabilitation Medicine Scientist Training Program (RMSTP) Pre-Applicants: Sonal Oza, Abby Cheng, Donel Sequea, Heather Ma, Benjamin Marshall

Global Health Initiative Award from Northwestern University Feinberg School of Medicine: Amy Mathews.

Young Investigators Research Award, US Bone and Joint Initiative, Jan 2016.
Prakash Jayabalan.

Positions

Technology Committee, AAPM&R – Prakash Jayabalan

AAPM&R Resident Physician Council, RIC Ambassador – Keegan McClary

Public Policy Committee, AAP – Prakash Jayabalan

Alliance for Research in Chicagoland Communities – Prakash Jayabalan

Advisory Committee Member for Research Grant Project: Patient Centered Outcomes Research Institute: Developing Quality Metrics from Patient-Reported Outcomes for Medical Rehabilitation - Allison Kessler

McGaw Resident Fellows Forum Representative – Daniel Goodman

Rehabilitation Standards Committee, American Spinal Injury Association - Allison Kessler

Chicago Dance Medicine Journal Club Resident Coordinator – Claire Gross

Resident Coordinator for MSK Community Clinic – Mary Caldwell

Rehab in Review Co-Coordinators – Humaira Ashraf & Allison Kessler

Class of 2016 Fellowship Results

Humaira Ashraf, MD
Spine & Sports Medicine
Hospital for Special Surgery

Mary Caldwell, DO
Sports Medicine
Georgetown University/
National Rehabilitation Network

Allison Kessler, MD
Spinal Cord Injury
Northwestern Feinberg School of
Medicine/Rehabilitation Institute of Chicago

Xin Li, DO
Brain Injury Medicine
Virginia Commonwealth University

Mithra Maneyapanda, MD
Brain Injury Medicine
Northwestern Feinberg School of
Medicine/Rehabilitation Institute of Chicago

Benjamin Marshall, DO
Pain Medicine
University of Colorado, Denver

Amy Mathews, MD
Brain Injury Medicine
Baylor College of Medicine/
TIRR Memorial Hermann

Nassim Rad, MD
Neuromuscular Medicine
University of Michigan

Craig Ziegler, MD
Sports Medicine
Washington University St. Louis/
Barnes Jewish Hospital

Rehab in Review Contributors

Humaira Ashraf
Stacey Bennis
Laura Black
Mary Caldwell
Jeffrey Cara
Abby Cheng
Samuel Clanton
Ryan Clark
Khushboo Doshi

Megan Flanigan
Daniel Goodman
Claire Gross
Benjamin Ingraham
Allison Kessler
Xin Li
Heather Ma
Mithra Maneyapanda
Keegan McClary

Sarah Mihalov
Mariana Murguia
Sonal Oza
Rajiv Reddy
Brendon Ross
Pegah Safaeian
Donel Sequea
Lauren Vernese
Craig Ziegler

