

KUDOS!

Residents and Fellows | 2014-2015 Academic Year

About

This is the first 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 2014-2015

Ashwin Babu, MD

Alejandra Camacho-Soto, MD

Samuel Chu, MD

Chief Residents 2015-2016

Mary Caldwell, DO

Colin Franz, MD, PhD

Mithra Maneyapanda, MD



American Academy of Physical Medicine & Rehabilitation (AAPM&R) Annual Assembly. San Diego, CA. November 13-16, 2014.

- ✦ 21 Resident Poster Presentations
- ✦ 1 Resident Podium Presentation



Association of Academic Physiatrists (AAP) Annual Meeting. San Antonio, TX. March 10-14, 2015.

- ✦ 19 Resident Poster Presentations
- ✦ 2 Resident Podium Presentations

Additional Conferences with Resident/Fellow Presentations:

- ✦ American Academy of Pain Medicine (AAPM)
- ✦ American College of Sports Medicine (ACSM)
- ✦ American Congress of Rehabilitation Medicine (ACRM)
- ✦ American Medical Society for Sports Medicine (AMSSM)
- ✦ American Pain Society (APS)
- ✦ Canadian Association of Physical Medicine and Rehabilitation
- ✦ International Motorneuron Meeting
- ✦ International Spine Intervention Society
- ✦ Midwest Pain Society (MPS)
- ✦ Northwestern Feinberg Research Day

Oral Presentations

- ✦ **McCormick Z**, Cushman D, Garvan C, Casey E, Kennedy DJ, Plastaras C. Factors Associated with Pain Reduction after a First-time Transforaminal Epidural Steroid Injection for Lumbosacral Radicular Pain. International Spine Intervention Society Annual Scientific Meeting. Orlando, FL, July 2014.
- ✦ **Lynch MM**, Srivatsan S, Deatsch K, Duffell L, **Kessler A**, Jayaraman A, Rymer WZ. Lower Extremity Motor Function in Chronic Spinal Cord Injury After Exposure to Ibuprofen and Intermittent Hypoxia: A Randomized Trial. AAPM&R Annual Assembly, San Diego, CA, November 14, 2014.
- ✦ **Dubon M**, Labella C. The Risks of Injury Associated with Dance Specialization: Research Update. Loyola Sports Medicine Update, Maywood, IL, January 24, 2015.
- ✦ **McCormick Z**, Cushman D, **Caldwell M**, **Marshall B**, Ghannad L, Eng C, **Patel J**, **Makovitch S**, **Chu SK**, Walega D, Marciniak C, Press J, **Babu A**, Kennedy DJ, Plastaras C. Does Electrodiagnostic Confirmation of Acute or Chronic Cervical or Lumbosacral Radiculopathy Predict Pain Reduction After Transforaminal Epidural Steroid Injection? a Multicenter Longitudinal Study. AAP Annual Meeting, San Antonio, TX, March 12, 2015.
- ✦ **Lam N**, **Camacho-Soto A**, Grafman J, **Maneyapanda M**. Expectations of Recovery After Brain Damage: A Pilot Study. AAP Annual Meeting, San Antonio, TX, March 12, 2015.
- ✦ **Chu SK**, Jaworski CA, Casey E. Thoracic Pain - Tennis. American College of Sports Medicine, San Diego, CA, May 27, 2015 (accepted, not yet presented).
- ✦ **Ziegler C**, Rho M, Press J. Groin Pain-Marathon Running. American College of Sports Medicine, San Diego, CA, May 28, 2015 (accepted, not yet presented).
- ✦ **Woznica D**, Ihm J. Unilateral Lower Limb Pain - Law Enforcement Applicant. American College of Sports Medicine, San Diego, CA, May 28, 2015 (accepted, not yet presented).
- ✦ **Loveless MS**, Rho ME. Buttock Pain and Weakness - Runner. American College of Sports Medicine, San Diego, CA, May 29, 2015 (accepted, not yet presented).
- ✦ **Dubon ME**, Rho M. Back pain - Adolescent Runner. American College of Sports Medicine, San Diego, CA, May 29, 2015 (accepted, not yet presented).

Peer-Reviewed Publications

- ✦ Chang-Chien GC, Knezevic NN, **McCormick Z**, **Chu SK**, Trescot AM, Candido KD. Transforaminal versus interlaminar approaches to epidural steroid injections: a systematic review of comparative studies for lumbosacral radicular pain. Pain Physician. 2014 Jul-Aug;17(4):E509-24. PMID: 25054401.
- ✦ Plastaras C, **McCormick Z**, Macron D, Garvan C, Joshi A, Chimes G, Smeal W, Rittenberg J. Adverse events associated with fluoroscopically guided zygapophyseal joint injections. Pain Physician. 2014 Jul-Aug;17(4):297-304. PMID:25054389.
- ✦ Prather H, **Camacho-Soto A**. Musculoskeletal etiologies of pelvic pain. Obstet Gynecol Clin North Am. 2014 Sep;41(3):433-42. PMID: 25155123.
- ✦ Rho ME, **Chu SK**, Yang A, Hameed F, Lin CY, Hurh PJ. Resident accuracy of joint line palpation using ultrasound verification. PM R. 2014 Oct;6(10):920-5. PMID: 24534099.
- ✦ Liem BC, **Loveless MS**, Apple EL, Krabak BJ. Nonoperative management of acetabular labral tear in a skeletally immature figure skater. PM R. 2014 Oct;6(10):951-5. PMID: 24713178.

- ♦ **Chu SK, McCormick Z**, Hwang S, Sliwa JA, Rydberg L. Outcomes of acute inpatient rehabilitation of patients with left ventricular assist devices. *PM R*. 2014 Nov;6(11):1008-12. PMID: 24844446.
- ♦ Sowa GA, Perera S, Bechara B, Agarwal V, Boardman J, Huang W, **Camacho-Soto A**, Vo N, Kang J, Weiner D. Associations between serum biomarkers and pain and pain-related function in older adults with low back pain: a pilot study. *J Am Geriatr Soc*. 2014 Nov;62(11):2047-55. PMID: 25367206.
- ♦ **McCormick Z**, Cushman D, Casey E, Garvan C, Kennedy DJ, Plastaras C. Factors associated with pain reduction after transforaminal epidural steroid injection for lumbosacral radicular pain. *Arch Phys Med Rehabil*. 2014 Dec; 95(12):2350-6. PMID: 25108099.
- ♦ **McCormick Z**, Walker JT, **Marshall B**, McCarthy R, Walega DR. Long-term Pain and Functional Outcomes of Cooled Radiofrequency Ablation for Lumbar Facet Syndrome: A Case Series. *Physical Medicine and Rehabilitation International*. 2014 Dec; 1(5). PMID: 25866845.
- ♦ **Scholten PM**, Massimi S, Dahmen N, Diamond J, Wyss J. Successful treatment of athletic pubalgia in a lacrosse player with ultrasound-guided needle tenotomy and platelet-rich plasma injection: a case report. *PM R*. 2015 Jan; 7(1):79-83. PMID: 25134854.
- ♦ **McCormick Z**, Margolis S, Temme K, Rivers E, Cameron SA, Smith MC, Rohr A, Zander E, Garvan C, Kennedy DJ, Plastaras C. Concordant pain provocation during transforaminal epidural steroid injection for lumbosacral radiculopathy: effect on pain outcome and predictive factors. *Pain Physician*. 2015 Jan-Feb;18(1):E19-26. PMID: 25675066.
- ♦ **McCormick ZL**, Walega DR. Cervical epidural steroid injection for refractory somatic tinnitus. *Pain Pract*. 2015 Feb; 15(2):e28-33. PMID: 25353360.
- ♦ **Scholten PM**, Patel SI, Christos PJ, Singh JR. Short-Term Efficacy of Sacroiliac Joint Corticosteroid Injection Based on Arthrographic Contrast Patterns. *PM R*. 2015 Apr;7(4):385-391. PMID: 25452127.
- ♦ Miller JE, **Camacho-Soto A**, Odonkor CA, Ferker S, Mukherjee D. Ethical Concerns Identified by Physical Medicine and Rehabilitation Residents. *PM R*. 2015 Apr;7(4):428-434. PMID: 25890639.
- ♦ **McCormick Z, Marshall B**, Walker JT, McCarthy R, Walega DR. Long-term Function, Pain and Medication Use Outcomes of Radiofrequency Ablation for Lumbar Facet Syndrome. *Int J Anesthetic Anesthesiol*. 2015 April; 2:028. PMID: 25866845.
- ♦ **Lynch MM, McCormick Z**, Liem B, Jacobs G, Hwang P, Hornby TG, Rydberg L, Roth E. Energy Cost of Lower Body Dressing, Pop-Over Transfers, and Manual Wheelchair Propulsion in People with Paraplegia Due to Motor-Complete Spinal Cord Injury. *Topics in Spinal Cord Injury Rehabilitation*. 2015 Spring;21(2):140-148.
- ♦ **McCormick ZL, Lynch M**, Liem B, Jacobs G, Hwang P, Hornby TG, Rydberg L, Roth E. Feasibility for developing cardiovascular exercise recommendations for persons with motor-complete paraplegia based on manual wheelchair propulsion; a protocol and preliminary data. *J Spinal Cord Med*. 2015 Jan 13. [Epub ahead of print]. PMID: 25582138.
- ♦ **McCormick ZL, Chu SK, Goodman D**, Oswald M, Reger C, Sliwa J. An Appropriate Population for Acute Inpatient Rehabilitation? A Case Series of Three Patients With Advanced Heart Failure on Continuous Inotropic Support. *PM R*. 2015 Jan 21. [Epub ahead of print] PMID: 25617705.
- ♦ Cushman D, **McCormick Z**, Casey E, Plastaras CT. Discrepancies in Describing Pain: Is There Agreement Between Numeric Rating Scale Scores and Pain Reduction Percentage Reported by Patients with Musculoskeletal Pain After Corticosteroid Injection? *Pain Med*. 2015 Feb 26. [Epub ahead of print] PMID: 25715989.

- ✦ **McCormick Z**, Kennedy DJ, Garvan C, Rivers E, Temme K, Margolis S, Zander E, Rohr A, Smith MC, Plataras C. Comparison of Pain Score Reduction Using Triamcinolone vs. Betamethasone in Transforaminal Epidural Steroid Injections for Lumbosacral Radicular Pain. *Am J Phys Med Rehabil*. 2015 Apr 16. [Epub ahead of print] PMID: 25888660.
- ✦ **McCormick Z**, Kennedy DJ. Truth in Medicine: Why most reviews and commentaries on spine treatments are flawed. *Current Physical Medicine and Rehabilitation Reports* (Accepted for publication).
- ✦ Mattie R, **McCormick Z**, Yu S, Kennedy DJ, Levin J. Are All Epidurals Created Equally? A Review of the Literature on Caudal, Interlaminar, and Transforaminal Injections from the Last 5 years. *Current Physical Medicine and Rehabilitation Reports*. (Accepted for publication).
- ✦ **Loveless M**, Ihm J. Resistance Exercise: How Much is Enough. *Current Sports Medicine Reports*. Accepted, In Press.

Book Chapters

- ✦ Candido K.D., Chang-Chien G.C., **McCormick Z**. Phantom Limb Pain. In: Aminoff M.J. and Daroff R.B. (eds.) *Encyclopedia of the Neurological Sciences*, 2nd Edition. Vol. 3, pp. 878-883. Oxford: Academic Press.
- ✦ Huang M, Soriano R, **Caldwell M**. Amputation Rehabilitation. In: *Chapman's Comprehensive Orthopedics Surgery*, 4e. Jaypee Medical Publishers. In Press.
- ✦ Chang Chien GC, **McCormick Z**. Glossopharyngeal Nerve Block. In: Deer T. and Pope J (eds.). *Handbook of Pain*. Elsevier. In Press.
- ✦ **McCormick Z**. Evaluation of Headache. In: Deer T. and Pope J (eds.). *Handbook of Pain*. Elsevier. In Press.
- ✦ **Woznica D**, Press J. Low Back and Sacroiliac Joint. *Musculoskeletal Physical Examination: An Evidence-Based Approach*, 2e. In Press.

Awards/Honors

- ✦ *Best Resident Abstract - International Spine Intervention Society Annual Scientific Meeting*: El-Yahchouchi CA, Plataras CT, Maus TP, Carr CM, **McCormick Z**, Geske JR, Smuck M, Pingree MJ, Kennedy DJ. Complication rates of transforaminal and interlaminar epidural steroid injections: a multi-institutional study. Orlando, FL. (July 2014).
- ✦ *Midwest Pain Society 2nd Place Poster Winner*: **McCormick Z**, Cushman D, **Caldwell M**, **Marshall B**, Ghannad L, Eng C, **Patel J**, **Makovitch S**, **Chu SK**, Walega D, Marciniak C, Press J, **Babu A**, Kennedy DJ, Plataras C. Does Electrodiagnostic Confirmation of Acute or Chronic Cervical or Lumbosacral Radiculopathy Predict Pain Reduction After Transforaminal Epidural Steroid Injection? a Multicenter Longitudinal Study. (October 2014).

Class of 2015 Fellowship Results

Ashwin Babu, MD

Sports Medicine
Harvard School of Medicine/
Spaulding Rehabilitation Hospital

Julie Chow, MD

Spinal Cord Injury
University of Miami/
Jackson Memorial Hospital

Samuel Chu, MD

Sports Medicine
Northwestern Feinberg School of Medicine/
Rehabilitation Institute of Chicago

Mary Dubon, MD

Pediatric Rehabilitation
University of Washington/
Seattle Children's Hospital

Steven Makovitch, DO

Sports Medicine
University of Utah School of Medicine

Zachary McCormick, MD

Pain Medicine
Northwestern Feinberg School of Medicine

Olivia Park, MD

Spinal Cord Injury
Rutgers New Jersey Medical School/
Kessler Institute for Rehabilitation

Jaymin Patel, MD

Pain Medicine
University of Pittsburgh Medical Center

La Shawna Williams, MD

Palliative Care
UCLA Medical Center

- ✦ American Congress of Rehabilitation Medicine 1st Place Poster Winner: Srivatsan S, **Lynch M**, Deatsch K, Duffel L, **Kessler A**, Jayaraman A, Rymer W. Motor Function in Chronic Spinal Cord Injury After Exposure to Ibuprofen and Intermittent Hypoxia. (October 2014).
- ✦ Midwest Pain Society Addison and Blonsky Research Grant: **Zachary McCormick**. A Randomized Comparative Trial of Water-cooled versus Conventional Radiofrequency Ablation of Medial Branch Nerves for the Treatment of Lumbar Facet Syndrome. (2014-present)
- ✦ Excellence in Teaching Award - Feinberg School of Medicine: **Brendon Ross** (October 2014).
- ✦ Association of Academic Physiatrists Rehabilitation Medicine Scientist Training Program (RMSTP) Fellow: **Alejandra Camacho-Soto**
- ✦ Association of Academic Physiatrists Rehabilitation Medicine Scientist Training Program (RMSTP) Pre-Applicants: **Ashwin Babu, Mary Dubon, Heather Ma, Abby Stephens**
- ✦ American Medical Society for Sports Medicine Resident Scholarship Award: **Samuel Chu** (April 2015).

Positions

- ✦ Completed term as AAPM&R Resident Physician Council (RPC) Vice President - **Samuel Chu**
- ✦ Completed term as member of national AMA Council on Legislation (appointed by the AMA Board of Trustees) - **Sangeeta Patel**
- ✦ Illinois State Medical Society (ISMS) Resident Fellow Section Governing Council - **Sangeeta Patel**
- ✦ Alternate Delegate to the ISMS House of Delegates - **Sangeeta Patel**
- ✦ ACSM Task Force for Increasing Clinical Physician Engagement - **David Woznica**
- ✦ 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 - **Steven Makovitch**
- ✦ 2nd Annual Evidence Based Osteopathic Manipulation for the Physiatrist Course - **Steven Makovitch (Course Director), Mary Caldwell**, James Atchison (March 28, 2015).
- ✦ Chicago Dance Medicine Journal Club Co-Organizers - **Mary Dubon, Ny-Ying Lam, Meaghan Lynch**
- ✦ Resident Coordinator for MSK Community Clinic - **Zachary McCormick**
- ✦ Rehab in Review Co-Coordiators - **Julie Chow, Mary Dubon**

Rehab in Review Contributors

Humaira Ashraf	Allison Kessler	Stacey Morris
Mary Caldwell	Ny-Ying Lam	Jaymin Patel
Jeffrey Cara	Xin Li	Nassim Rad
Julie Chow	Heather Ma	James Spendley
Ryan Clark	Steven Makovitch	Abby Stephens
Mary Dubon	Mithra Maneyapanda	Bindu Sundar
Daniel Goodman	Amy Matthews	Craig Ziegler



Northwestern University Feinberg School of Medicine 