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 Shirley Ryan AbilityLab.

The following are examples of what former fellows have accomplished during their fellowship year.

2018-2019 FELLOWS:
MATTHEW SANTA BARBARA, MD:
GRAND ROUNDS: Blood Flow Restriction Training
RESEARCH: Shoulder Injuries in Sled Hockey Athletes

PUBLICATIONS:

PRESENTATIONS:
• Shoulder Health of Collegiate Wheelchair Basketball Athletes, Presentation at American College of Sports Medicine, June 2019

AWARDS:
• AMSSM Best Case Presentation

LAUREN SPLITTGERBER, MD:
GRAND ROUNDS: Significance of Asymptomatic Tendon Pathology in Athletes
RESEARCH: Screening Athletes for Abuse: Practice Habits, Perceptions and Barriers Among Sports Medicine Providers

PUBLICATIONS:

PRESENTATIONS:

2017-2018 FELLOWS:
STACEY BENNIS, MD:
GRAND ROUNDS: Pregnancy in Exercise: Working out what's best for mom and baby
RESEARCH: Women’s Health Education in Physiatry: A Gap in Knowledge

PUBLICATIONS:
• Pelvic Floor Disorders, New Edition of Braddom
• Musculoskeletal Issues in Pregnancy (In review) – PM&R Review Book
PRESENTATIONS:

JENNIFER SOO HOO, MD:
GRAND ROUNDS: Paralympic Movement, Shoulder Pain in the Wheelchair Athlete
RESEARCH: Shoulder pain and Ultrasound Findings in Wheelchair Athletes

PUBLICATIONS:

PRESENTATIONS:
- Unusual Cause of Anterior Knee Pain, Presented at American Medical Society of Sports Medicine Annual Meeting, April 2018.

2016-2017 FELLOWS:
JULIAN WILLOUGHBY, MD:
GRAND ROUNDS: Physician Burnout
RESEARCH: Measuring Burnout, Vitality, Autonomy, and Meaning-in-Work to Better Understand Wellness Among PM&R Trainees

PUBLICATIONS:

PRESENTATIONS:
- Presentation to ACGME Executive Committee for Back to Bedside Initiative, 2016
- “What is the ACGME – and how you can get involved.” Resident and Fellows Committee at the Annual Meeting of the Association of Academic Physiatrists, 2017
- Physician burnout roundtable discussion (moderator and speaker), Annual Meeting of the Association of Academic Physiatrists, 2017
- Physician Wellness and burnout. Association of Academic Physiatrists Podcast, 2017
- “Shoulder Pain – Recreational Basketball” Case Report Presentation at the American College of Sports Medicine Annual Meeting, 2017

LINDSAY RAMEY, MD:
GRAND ROUNDS: Maps on Apps: The intersection of innovation and Access
RESEARCH: Measuring Burnout, Vitality, Autonomy, and Meaning-in-Work to Better Understand Wellness Among PM&R Trainees

PUBLICATIONS:

PRESENTATIONS:
• “Using innovation to improve community access for individuals with disabilities.” Keynote Address: Spaulding Rehabilitation Hospital and Massachusetts Institute of Technology 2016 Hackathon. “Using innovation to improve community access for individuals with disabilities,” 2016.
• “Wheaties, Diabetes and Athlet-es: Caring for the Diabetic Athlete.” Northwestern University (Evanston) Ground Rounds, 2017

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:

NATIONAL PRESENTATIONS/TEACHING:
• 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:

NATIONAL PRESENTATIONS/TEACHING:
- 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:

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:
• Sarah Baskin Award for Excellence in Research, 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, Dhafer Y. The Influence of Menstrual Cycle Phase and Oral Contraceptives on Motoneuron Excitability. MSSE
• 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 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:

- 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.

AWARDS:

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