

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:

- Santa Barbara MT, Chu SK. Hip Pain in a Weightlifter. Clinical Journal of Sport Medicine. 2019 Mar;29(2):e37.

PRESENTATIONS:

- Hip Pain in a Weightlifter, Oral Presentation at the American Medical Society of Sports Medicine Annual Meeting, April 2019.
- 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:

- Splittgerber L, Ihm J. Significance of Asymptomatic Tendon Pathology in Athletes. Current Sports Medicine Reports. Publication status: In print; anticipated print date 06/2019.

PRESENTATIONS:

- More Pain in the Long Run: An Unusually Lengthy Cause of Leg Pain, Presentation at American Medical Society of Sports Medicine Annual Meeting, April 2019.

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:

- Toeing the Line: Shin Pain in a Professional Dancer, Poster at the American Medical Society of Sports Medicine Annual Meeting, April 2018.
- Thoracic Pain in a Competitive Middle-Aged Tennis Player, Podium Presentation at the American College of Sports Medicine Annual Meeting, May 2018.

JENNIFER SOO HOO, MD:

GRAND ROUNDS: Paralympic Movement, Shoulder Pain in the Wheelchair Athlete

RESEARCH: Shoulder pain and Ultrasound Findings in Wheelchair Athletes

PUBLICATIONS:

- Shoulder Pain and the Weight-Bearing Shoulder in the Wheelchair Athlete, Sports Medicine and Arthroscopy Review. June 2019, 27(2):42-47.

PRESENTATIONS:

- Unusual Cause of Anterior Knee Pain, Presented at American Medical Society of Sports Medicine Annual Meeting, April 2018.
- Groin Injury- Swimming, Podium Presentation at the American College of Sports Medicine Annual Meeting, May 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:

- Willoughby J. Physician Wellness and Public Health. Association of Academic Physiatrists Physiatry Forward Newsletter. Fall 2016.

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:

- Ramey L, Samet J. "More than just a pain in the hip [abstract]". Clin J Sports Med. March 2017; 27(2): e11 – e23.
- Ramey L, Babu A, Eng C, Borg-Stein J, Kohler M. "Does real-time ultrasound feedback during training improve accuracy of structure palpation [abstract]". Clin J Sports Med. March 2017; 27(2): 193 – 230.
- Ramey L, Ihm J, Tjong V. Proximal hamstring tendinopathy. In: Tendinopathy: From Basic Science to Clinical Management. Submitted for publication.

- Ramey L, Yin A. Epidemiology of injury in the young dancer. In: Solomon R, Solomon J, and Micheli L, editors. Medical conditions in the young dancer. Marlton, NJ: Springer Science. In press.

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.
- Ramey L, Blatz D. “Knee Injury- Ballet.” American College of Sports Medicine. 2017 Annual Meeting Podium Presentation. Denver, CO, 2017.
- “More than just a pain in the hip.” American Medical Society for Sports Medicine. 2017 Annual Meeting Podium Presentation. San Diego, CA, 2017.
- “Does real-time ultrasound feedback improve accuracy of structure palpation.” American Medical Society of Sports Medicine. 2017 Annual Meeting Oral Poster Presentation. San Diego, CA, 2017.
- “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:

- 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:

- 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, 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 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, 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