

## **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 WERE ABLE TO ACCOMPLISH DURING THEIR FELLOWSHIP YEAR.

### **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

#### **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.

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### **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 ATHLETES: CARING FOR THE DIABETIC ATHLETE.” NORTHWESTERN UNIVERSITY (EVANSTON) GROUND ROUNDS, 2017

ASSOCIATION OF ACADEMIC PHYSIATRY 2017 RESIDENT AND FELLOW BOOT CAMP. PHYSICAL EXAM INSTRUCTOR, 2017.

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## **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

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**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:** BASKIN RESEARCH AWARD, FELLOW CATEGORY

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**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 LIGAMENOUS 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, 1<sup>ST</sup> PLACE FELLOW CATEGORY  
UNIVERSITY OF ARIZONA HONORS COLLEGE ALUMNI OF THE YEAR

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## **2012-2013 FELLOWS**

### **FARIBA SHAH, MD**

**GRAND ROUNDS:** TRANSIENT OSTEOPOROSIS OF PREGNANCY

**RESEARCH:** THE SHIN STUDY: SEX HORMONE INFLUENCES IN NEUROMUSCULAR CONTROL OF THE CLINICAL TRIAL: LOWER LIMB. A RANDOMIZED, DOUBLE BLINDED TRIAL.

### **PUBLICATIONS:**

SHAH, F., RHO, M., PRESS, J. FINGER INJURY—RUNNING. CASE REPORT. AMERICAN COLLEGE OF SPORTS MEDICINE 60<sup>TH</sup> ANNUAL MEETING IN INDIANAPOLIS, IN. MAY 2013

REESE, M., SHAH, F., RHO, M. SACROILIAC JOINT DYSFUNCTION DUE TO RADIATION FIBROSIS OF THE INGUINAL REGION: AN UNUSUAL CASE FOR THE PHYSIATRIST. POSTER PRESENTATION AT THE ASSOCIATION OF ACADEMIC PHYSIATRIST ANNUAL MEETING IN NEW ORLEANS, LA. MARCH 2013.

### **AWARDS:**

SARAH BASKIN AWARD FOR EXCELLENCE IN RESEARCH, 1<sup>ST</sup> PLACE FELLOW CATEGORY

### **BRYAN MURTAUGH, MD**

**GRAND ROUNDS:** EFFICACY OF ECCENTRIC EXERCISES IN THE TREATMENT OF TENDINOPATHY

**RESEARCH:** INSOMNIA PREVALENCE AND SEVERITY IN PATIENTS WITH PRE-ARTHRITIC HIP DISORDERS

### **PUBLICATIONS:**

MURTAUGH B, IHM J. ECCENTRIC EXERCISES IN THE TREATMENT OF TENDINOPATHY. CURRENT SPORTS MEDICINE REPORTS.

MURTAUGH B, RHO, M. HIP PAIN – SOCCER PLAYER. CASE REPORT. AMERICAN COLLEGE OF SPORTS MEDICINE 60<sup>TH</sup> ANNUAL MEETING IN INDIANAPOLIS, IN. MAY 2013

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## **2011-2012 FELLOWS**

### **CINDY LIN, MD:**

**GRAND ROUNDS:** LOWER EXTREMITY MUSCLE ACTIVATION PATTERNS WITH OFF AXIS ELLIPTICAL TRAINER COMPARED TO CONVENTIONAL THERAPEUTIC EXERCISES

**RESEARCH:** LOWER EXTREMITY MUSCLE ACTIVATION PATTERNS WITH OFF AXIS ELLIPTICAL TRAINER COMPARED TO CONVENTIONAL THERAPEUTIC EXERCISES

### **INTERNATIONAL/NATIONAL LECTURES:**

*EVALUATION & MANAGEMENT OF LOW BACK PAIN IN ATHLETES.* MARCH 6, 2012. SINGAPORE SPORTS COUNCIL, SPORTS MEDICINE TRAINING PROGRAM, SINGAPORE.

CLINICAL GAIT ANALYSIS: FROM LOW TECH TO HIGH TECH LECTURE. MARCH 9, 2012. SINGAPORE GENERAL HOSPITAL, DEPARTMENT OF REHABILITATION MEDICINE, SINGAPORE.

### **PUBLICATIONS:**

CHEW KT, LEONG D, LIN CY, TAN B, LIM KK. COMPARISON OF AUTOLOGOUS CONDITIONED PLASMA INJECTION, EXTRACORPOREAL SHOCKWAVE THERAPY, AND CONVENTIONAL TREATMENT FOR PLANTAR FASCIITIS: A RANDOMIZED TRIAL. *PM&R JOURNAL*. DECEMBER 2013;5(12):1035-43.

RHO M, CHU SK, YANG A, HAMEED A, LIN CY, HURH PJ. RESIDENT ACCURACY OF JOINT LINE PALPATION USING ULTRASOUND VERIFICATION. *PM&R JOURNAL*. 2014 FEB 14. [EPUB AHEAD OF PRINT]

LIN CY, TSAI LC, CHUNG SG, REN Y, PRESS J, ZHANG LQ. COMPARISON OF CONVENTIONAL THERAPEUTIC EXERCISES FOR HIP STRENGTHENING TO OFF-AXIS ELLIPTICAL TRAINING DEVICE. 2014. MANUSCRIPT SUBMITTED FOR JOURNAL REVIEW.

**NATIONAL PRESENTATION:**

LIN CY, RHO M, BALLENTINE S, JAWORSKI C. LOW BACK PAIN IN A FOOTBALL PLAYER. AMERICAN COLLEGE OF SPORTS MEDICINE. SAN FRANCISCO, CALIFORNIA, USA. MAY 2012. [ORAL CLINICAL CASE PRESENTATION]

**AWARDS:**

SARAH BASKIN AWARD FOR EXCELLENCE IN PHYSICAL MEDICINE & REHABILITATION RESEARCH, 1ST PLACE AWARD FOR FELLOW, REHABILITATION INSTITUTE OF CHICAGO, CHICAGO, ILLINOIS

**FARAH HAMEED, MD:**

**GRAND ROUNDS:** OBESITY, HEALTH AND PHYSICAL ACTIVITY: WHAT EVERY HEALTH CARE PROVIDER SHOULD KNOW

**RESEARCH:** SHIN STUDY: SEX HORMONES IN NEUROMUSCULAR CONTROL

**PUBLICATIONS:**

RHO M, CHU S, YANG A, HAMEED F, LIN C, HURH P. "RESIDENT ACCURACY OF JOINT LINE PALPATION USING ULTRASOUND VERIFICATION" PMR 18 FEBRUARY 2014 (10.1016/j.pmrj.2014.02.006).

CASEY E, HAMEED F, DHAHER YY. THE MUSCLE STRETCH REFLEX THROUGHOUT THE MENSTRUAL CYCLE. MED SCI SPORTS EXERC. 2014 MAR;46(3):600-9.

**AWARDS:**

SARAH BASKIN AWARD FOR EXCELLENCE IN PHYSICAL MEDICINE & REHABILITATION RESEARCH, 2ND PLACE AWARD FOR FELLOW, REHABILITATION INSTITUTE OF CHICAGO, CHICAGO, ILLINOIS