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:
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.

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:

PRESENTATIONS:
“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:
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:


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:


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:

Publications:

awards: Baskin Research Award, 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

REES 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. 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.


AWARDS:  
SARAH BASKIN AWARD FOR EXCELLENCE IN RESEARCH, 1ST PLACE FELLOW CATEGORY  
UNIVERSITY OF ARIZONA HONORS COLLEGE ALUMNI OF THE YEAR
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:


AWARDS:
Sarah Baskin Award for Excellence in Research, 1st 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-arthritis Hip Disorders

PUBLICATIONS:


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:

Clinical Gait Analysis: From Low Tech to High Tech Lecture. March 9, 2012. Singapore General Hospital, Department of Rehabilitation Medicine, Singapore.

PUBLICATIONS:


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:


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