

2026 STEP Spasticity Scholarship Application

Contact Information

Name Ryan Andersen, DO

Email Address rlandersen15@gmail.com

Cell Phone Number (608) 797-4854

Address 339 Athens Way, Apt 418
Nashville, Tennessee, 37228
United States

Is an AAPM&R Member

Training Information

Residency Program

What year of training are you currently in?

Have you completed 20 toxin injections in your training?

Have you completed 10 Ultrasound Scans in your training?

How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

I have developed a strong foundation with Ultrasound and EMG principles through my training, education, and independent study. I have participated in and performed EMG's over multiple rotations during my residency training, and with additional electrodiagnostic training planned over the course of my PGY-4 year. I have used ultrasound for needle guidance in botulinum toxin injections for spasticity, as well as peripheral nerve blocks and steroid injections for pain relief. I also regularly practice performing ultrasound independently outside of a clinical setting, during which I will check out an ultrasound probe to practice anatomic visualization on myself, friends or colleagues. While I am comfortable with the foundational principles, I am seeking an opportunity to refine my skills in musculoskeletal ultrasound and ultrasound guided chemodenervation.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

I have developed a strong foundation of MSK anatomy and kinesiology over the course of my physiatry training, and this has played an integral role in success and development in my inpatient rehab, and outpatient pain, MSK, spasticity, and EMG rotations and training. Outside of formal training, I independently build upon and reinforce concepts of MSK anatomy and kinesiology. This includes independent study, but also independently practicing my ultrasound skills and localization of anatomy outside of a formal clinical or didactic setting. I have a strong interest in spasticity management; and my goal in training is to develop an advanced understanding of complex functional anatomy and biomechanics, as well as targeted spasticity management.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

Over the course of my residency training I have gained experience in evaluating and managing patients with spasticity in both inpatient and outpatient settings. I have participated in planning and discussion for non-pharmacological spasticity management, oral treatments for spasticity, and botulinum toxin injections. In an outpatient setting, I performed botulinum toxin injections for spasticity management under attending supervision and have practiced using landmark, ultrasound, EMG, and E-stim guidance. I have participated in patient discussions about intrathecal baclofen for management of their spasticity and if the therapy would be appropriate for them. I have assisted in and performed intrathecal baclofen pump refills in an outpatient setting using both landmark and ultrasound guidance. I do see an opportunity to learn more about and have further training in patient selection, pump management, and dose adjustment when working with intrathecal baclofen pumps; as well as increased experience, education and training in nerve and motor point blocks in spasticity management.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I want to participate in this program because I have a strong interest in incorporating interventional spasticity in my future practice. I am particularly interested in developing greater proficiency in ultrasound guided interventions including chemodenervation. I have a strong interest in musculoskeletal ultrasound; with a goal to heavily incorporate this into my practice for both procedural guidance assistance in diagnostics. My goal in this course would be to further strengthen my functional anatomy, spasticity management, ultrasound skills, and help provide the skills and training to effectively incorporate MSK ultrasound and interventional chemodenervation into my practice.

Please attest to the following statements by checking each box:

- I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).
- I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.
- I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Ryan Andersen, DO

Is an AAPM&R Member

No

Ryan Andersen
339 Athens Way. Apt 418. Nashville, TN. 37228
608-797-4854. rlandersen15@gmail.com

Post Graduate Training

HCA Healthcare Tristar Skyline Medical Center
Physical Medicine and Rehabilitation Residency Program. Nashville, TN June 2024-Present

Rowan-Virtua School of Osteopathic Medicine
Transitional Year Residency Program. Stratford, NJ June 2023-June 2024

EDUCATION

Kansas City University. Joplin, MO July 2019-May 2023
Doctor of Osteopathic Medicine

University of Wisconsin-Madison. Madison, WI August 2013-May 2017
Bachelor of Science. Major: Biology
Honors: Graduated with Distinction

PROFESSIONAL EXPERIENCE

Patient Care Technician February 2018-May 2019
Mayo Clinic Health System. La Crosse, WI

- Responsibilities included assisting patients in ambulation and activities of daily living, patient transport, measuring and recording patient's vital signs and intake/output, and assisting nursing staff as needed.
- Gap between professional experience notable for MCAT studying, CNA training course, and post college job search.

Summer Student Research Fellow June 2017-August 2017
Gundersen Health System. La Crosse, WI

- Performed a retrospective study with the Hematology/Oncology department, analyzing 30-day outcomes in patients who received intra-operative or post-operative blood products during elective coronary artery bypass graft procedures.

Undergraduate Researcher/Student Hourly May 2015 -June 2017
Gasch Lab. University of Wisconsin Madison. Madison, WI

- Assisted in research study investigating the aneuploidy tolerance in wild type yeast strains.
- Student hourly responsibilities included preparing growth media, cleaning and sterilizing glassware, maintaining inventory of commonly used lab items.

Leadership

Chief Resident. HCA Tristar Skyline PM&R Residency. Nashville, TN March 2025-Present

- Chief resident at Tristar Skyline PM&R Residency Program in Nashville, TN. Starting role as PGY-3 as a part of the inaugural class of the program and continued into PGYT-4 year. Responsibilities include developing call schedule, didactic curriculum, rotation schedule, assisting in recruitment.

- Resident Peer Review Committee. HCA Tristar Skyline GME. Nashville, TN March 2026-Present
- Committee responsibilities include reviewing peer submitted research presentations to be selected podium presentation as at HCA Tristar Research Day.
- Research Committee. HCA Tristar GME. Nashville, TN October 2025-Present
- PM&R residency representative on the graduate medical education research committee.
- Social Media Chair. HCA Tristar Skyline PM&R Residency. Nashville, TN August 2024-Present
- Responsibilities include development and maintenance of residency program's Instagram and X accounts, highlighting the program and its involvement in the hospital and community
- PHiT Ambassador. HCA Tristar Skyline PM&R Residency. Nashville, TN July 2024-June 2026
- Physiatrist in Training Ambassador representative through the American Academy of Physical Medicine and Rehabilitation. The program is focused on providing education to programs, residents, and medical students on opportunities and resources through the organization.
- Resident Wellness Committee. Stratford, NJ October 2023-June 2024
- Transitional Year Program representative on the Resident Wellness Committee at Rowan-Virtua. Comprises of monthly meetings with faculty and residents aimed at maintaining and improving resident well-being.
- OMM Teaching Assistant. Stratford, NJ August 2023-May 2024
- Duties include assisting in demonstrating techniques, answering questions and providing feedback to students in lab, grading practical examinations.
- Fourth Year Medical Student Panel. Joplin, MO May 2023
- Panel aimed at providing third year medical students with information in regard to fourth year of medical school, residency applications and interviews, etc.
- KCU Big Sibling Program. Joplin, MO June 2020-May 2023
- Participated in mentorship program at Kansas City University in which I was assigned a first year medical student during my second year of education. Mentorship persisted for duration of medical education.

Scholarly Activity

Podium Presentations

Andersen R, Able A. Refractory Nausea and Vomiting After Posterior Circulation Stroke: Suspected Area Postrema Syndrome Responsive to Carbamazepine. A Case Report. Accepted for podium presentation at the American Academy of Physical Medicine and Rehabilitation (AAPM&R) Annual Assembly; November 2026; Orlando, FL

Andersen R, Dewan M, Swenson T. Donepezil as an Adjunct Treatment to Speech Therapy in Receptive Aphasia. Presented at Academy of Physical Medicine and Rehabilitation (AAPM&R) Annual Assembly; October 2025; Salt Lake City, UT. Salt Lake City, UT

Poster Presentations

League M, **Andersen R**, Able A. Necrosis to Next Steps, Rehabilitation Considerations in Immune-Mediated Necrotizing Myopathy. A Case Report. Accepted for poster presentation at the American Academy of Physical Medicine and Rehabilitation (AAPM&R) Annual Assembly; November 2026; Orlando, FL

Dewan M, **Andersen R**, Schmidt A. Unraveling Back Pain Years After Hybrid Lumbar Surgery: A Case Report on Index Level and Adjacent Segment Facet Arthropathy. Presented at the Association of Academic Physiatrists (AAP) Annual Assembly; February 2026; San Juan, PR.

Dewan M, **Andersen R**, Schmidt A. Utilizing Radiofrequency Ablation to Manage Lumbar Facet Arthropathy in Bertolotti Syndrome, Type 2 B: A Case Report. Presented at HCA Research Day; April 2025; Nashville, TN

Oral Presentations

Andersen R. Management of Agitation of Traumatic Brain Injury Patients. Nashville, TN June 2025

- Presented on management of post TBI agitation as a part of HCA Tristar Skyline hospital wide grand rounds representing the rehab department.

Department Presentations

Lumbar Anatomy and Pathology. HCA Tristar Skyline PM&R. Nashville, TN January 2026

Disorders of Consciousness in Traumatic Brain Injury. HCA Tristar Skyline PM&R. Nashville, TN November 2025

Nitrous Oxide Toxicity. HCA Tristar Skyline PM&R. Nashville, TN October 2025

Mechanisms of Primary and Secondary Spinal Cord Injury. HCA Tristar Skyline PM&R. Nashville, TN September 2025

Brainstem and Abnormal Stroke Presentations. HCA Tristar Skyline PM&R. Nashville, TN July 2025

Review of Diagnostics and Treatment of Complex Regional Pain Syndrome. HCA Tristar Skyline PM&R. Nashville, TN May 2025

Knee Anatomy and Ultrasound HCA Tristar Skyline PM&R. Nashville, TN March 2025

Elbow Anatomy and Pathology. HCA Tristar Skyline PM&R. Nashville, TN January 2025

Spinal Anatomy and Pathology. HCA Tristar Skyline PM&R. Nashville, TN December 2024

General Rehab and Gait. HCA Tristar Skyline PM&R. Nashville, TN November 2024

Atraumatic Brown-Sequard Syndrome: A Case Presentation. Rowan-Virtua School of Osteopathic Medicine Transitional Year Residency Program. Stratford, NJ. March 2024

Introduction to Osteopathic Manipulative Medicine and Easy to Perform Techniques. Medical College of Wisconsin PM&R. Milwaukee, WI September 2023

Left Hemineglect. Freeman Health System PM&R. Joplin, MO August 2023

Management of Post-Operative Ileus. Freeman Health System Surgery Department. Joplin, MO April 2023

COMMUNITY SERVICE

- Special Olympics Tennessee. Brentwood, TN October 2025-Present
- Responsibilities have included providing pre-participation sports physicals and providing medical sideline coverage at training and competitions.
- Rock n Roll Marathon. Nashville, TN May 2025-Present
- Volunteer annually in the medical tent to provide aid as needed to marathon runners.
- John Pope II High School Athletic Department. Hendersonville, TN September 2024-Present
- Participate in sideline sports coverage for the John Pope II High School Football Team
- Lipscomb University Athletic Department August 2025
- Assisted in Fall preseason physicals and activity clearance for Lipscomb student athletes.
- Stop the Bleed 5k Run and Walk. Hendersonville, TN August 2025
- Volunteered in handing out race day packets and shirts, set up, clean up, and recording times of participants.
- AAMC Virtual Resident Forum May 2025
- Participated in virtual forum answering questions about residency applicant process, psychiatry as a field, and provided advise and feedback to prospective PM&R residency applicants.
- Philadelphia Medical Reserve Corps/Philadelphia Marathon. Philadelphia, PA November 2023
- Volunteered in the medical tent as a Resident Physician during the Philadelphia Marathon. Evaluated and provided aid as needed to participants.
- Fit Testing/Resident Physician. Rowan-Virtua SOM. Stratford, NJ August 2023
- Assisted in fit testing incoming medical students for respirators at Rowan-Virtua School of Osteopathic Medicine.
- Downtown Joplin Alliance Clean Team. Joplin, MO May 2021-May2023
- Weekly service activity cleaning up litter in downtown streets and parking lots.
- YMCA Maple Leaf Walk Run. La Crosse, WI September 2022
- Responsibilities consisted of providing participants with pre-race packets and shirts, as well as assisting with registration.
- American Foundation for Suicide Prevention Out of the Darkness Walk. Joplin, MO November 2021
- Volunteered by handing out water to participants in the AFSP Out of the Darkness Walk, aimed at raising awareness and funds toward suicide prevention.
- KCU Score 1 For Health. Joplin, MO January 2019
- Assisted in vision screenings for school age children as apart of Kansas City University's Score 1 for Health program, a preventative health program providing free health screenings for elementary school aged children.
- KCU Community Service Day. Joplin, MO August 2019
- Participated in repainting walls in Lafayette House, a residential facility offering services for individuals and families affected by domestic abuse, sexual assault, and substance abuse.

St. Claire Health Mission. La Crosse, Wisconsin

January 2019-March 2019

- Assisted rooming patients, recording vitals, and recording patient medications at St. Claire Health Mission, a clinic consisting of volunteer healthcare workers providing care for individuals without financial resources.

William S. Middleton Memorial Veterans Hospital. Madison, WI

June 2015-April 2017

- Observed and recorded hand hygiene practices and compliance of healthcare professionals before and after patient contact on inpatient units. Data was used in a project working towards reducing the incidence of hospital transmitted infections.

Professional Memberships

American Academy of Physical Medicine and Rehabilitation (AAPM&R)

Association of Academic Physiatrists (AAP)

Tennessee Medical Association

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Kaylie Bullock, MD
Email Address	kayabull@iu.edu
Cell Phone Number	(734) 972-2111
Address	10675 Lexington Dr Carmel, Indidana, 46280 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	Indiana University School of Medicine PM&R Program
What year of training are you currently in?	4th-Year Resident
Have you completed 20 toxin injections in your training?	☒ Yes
Have you completed 10 Ultrasound Scans in your training?	☒ Yes
How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	5 / 5

Comments

I have already completed over 190 of the required 200 NCS/EMGs for residency already. My September 2026 elective will be entirely dedicated to EMGs, as well. I am hoping to get at least 50 more studies during this month. I will then also have the opportunity to perform and interpret EMGs, as well as use EMG-guidance for MSK injections, throughout at least 9 of my remaining 12 months of residency. EMG will be a large part of my first position as an attending, thus is a key area of focus for my personal training goals.

I have completed more than 50 ultrasound scans and injections thus far in my training and anticipate I will likely have about 75 by November of 2026. Thus, I am very familiar with ultrasound principles, though my technical skill is of course still developing.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

My functional MSK anatomy and kinesiology knowledge is good. While the early years of training in my program largely focus on interventional spine and spasticity management, the latter half of my PGY-3 year was heavily dedicated to seeing and treating patients with various MSK pathologies in the outpatient setting. I have worked diligently to hone and refine my MSK physical exam skills to guide targeted treatment plans and interventions. In the last 3 months particularly, I have regularly performed both anatomic-guided and ultrasound-guided MSK injections of knees, hips, shoulders and occasionally the SI joint.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

I have performed focal chemodenervation via botulinum toxin and phenol injections. I have accrued more than 90 botulinum toxin injections (including migraine protocols) and 2 phenol injections for pediatric patients during my residency thus far. I have assisted in one complicated intrathecal baclofen pump trial for a patient who was several years past SDR and then refilled at least 5 baclofen pumps, as well. I only anticipate these numbers will grow throughout my last year of residency.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I have signed on to my first attending physician position as only general outpatient physiatrist out of Bronson Battle Creek Hospital (BBC). BBC's patient catchment area holds a mix of urban and rural populations, but often is far closer to many outlying rural communities compared to the flagship Bronson hospital in Kalamazoo. BBC recently became a primary stroke center, expanding access to comprehensive stroke care for many folks who would have otherwise had to travel quite a distance from their areas of residence to access post-stroke, and post-stroke spasticity, care.

While I will be part of a larger Neuroscience Center with three PM&R colleagues, they will be located at a hospital 30-35 minutes away from my practice. Two of them focus mainly on medical and interventional spine patients, while only one is focused on neurorehab with interventional spasticity management services--mainly botulinum toxin injections. Additionally, being part of a larger Neuroscience group will allow me to have connections and relationships with other key players in spasticity management such as neurosurgeons and neurologists.

Knowing this need for additional interventional spasticity management exists in that area and will likely grow due to increased access to services via BBC's new status as a stroke center, I want to be as prepared as I possibly can be to serve those who come to me needing spasticity management and be able to foster relationships with my neuroscience colleagues who can provide spasticity management procedures that I cannot (e.g. pump placement). Participating in the STEP Interventional Spasticity course now as a 4th year resident appears to be the best way I can ensure that I will be ready to hit the ground running in my first year as a new physiatrist in Battle Creek, MI.

Please attest to the following statements by checking each box:

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I understand that I will be required to attend an upcoming

in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature



Is an AAPM&R Member

Yes

Kaylie A. Bullock, MD

10675 Lexington Drive
Carmel, IN 46280
734-972-2111
kayabull@iu.edu

CAREER

Bronson Neuroscience Center – Battle Creek

To Start Sep 2027

Battle Creek, MI

Physical Medicine & Rehabilitation Attending Physician, Outpatient

Director of Clinical Practice – Neuroscience & Sleep Health: Dr. Larry Morgan, DO

--Returning to my home state to begin my career as the only physiatrist serving Bronson Battle Creek Hospital (BBC), which recently became a Primary Stroke Center. Will be seeing many patients with neck, back and chronic pain as well as those with spasticity and other general physiatry needs. Will be performing many EMGs, interventional spine procedures and expanding availability for spasticity management services to this largely rural patient catchment. Planning to join Bronson's affiliated academic partner institution, Western Michigan University Homer Stryker School of Medicine, as clinical faculty.

POST-GRADUATE TRAINING

Indiana University School of Medicine

07/01/2024 – Present

Indianapolis, IN

Physical Medicine & Rehabilitation Resident, Class of 2027

Program Director: Dr. Nathan D. Prahlow, MD

--Experienced with weekly 24-hour in-house call as the only on-site physician at an 63-bed, free-standing inpatient rehabilitation hospital

Interests: General physiatry, botulinum toxin injection, spasticity management, EMG, chronic pain management, medical and interventional spine

Trinity Health Livonia Hospital

06/21/2023 – 06/30/2024

Livonia, MI

Transitional Year Resident

Program Director: Dr. Sangeetha Nanthabalan, MD

EDUCATION

Oakland University William Beaumont School of Medicine

08/2019 – 06/2023

Rochester, MI

Doctor of Medicine, MD

Emergent Health Partners, Huron Valley Ambulance

05/2018 – 12/2018

Ann Arbor, MI

Advanced Emergency Medical Technician Student

- Completed 36 hours in-hospital training, 48 hours in-ambulance training, and 25 successful IV starts for state license eligibility
- Licensed AEMT in the State of Michigan from 08/2020 through 07/2022

Emergency Medical Technician Student

- Trained in basic life support skills and emergency transport of the sick and injured
- 36 hours in-hospital training, 48 hours in-ambulance training for state license
- Licensed EMT in the State of Michigan from 08/2019 through 08/2020

University of Michigan

09/2014 – 04/2018

Ann Arbor, MI

B.S. with High Honors, Microbiology

RESEARCH EXPERIENCE

Indiana University School of Medicine

08/2025 – Current

Indianapolis, IN

“Multi-domain Physical Function Outcomes Following a 3-Week Outpatient Psychology-Based Program for Chronic Pain”

Principal Investigator: **Jill Penman, MD**

- Retrospective cohort study examining impact of a psychology-based pain program on physical function metrics. Leading chart review data collection, abstract writing, poster presentations. Writing manuscript for publication.

Oakland University William Beaumont School of Medicine

10/2019 – 05/2022

Rochester, MI

Capstone Research Project: “Attitudes and self-assessment of physical medicine and rehabilitation (PM&R) clinicians in addressing reproductive health needs for women with physical disabilities”

Principal Investigator: **Edward J Rohn, PhD**

- Qualitatively coded transcribed interviews of PM&R and rehabilitation healthcare providers discussing how they address reproductive and sexual healthcare needs of patients in their practice

Rochester, MI

12/2021 – 05/2022

“Antiracist Professional Development in Medical Students: Evaluating the Effects of a Peer-led Virtual Book Club on Discussing Race in Medicine.”

Principal Investigator: **Deirdre Hurse, PhD**

- Participant recruitment, book club facilitator, survey design, collection & qualitative analysis
- Assisted in writing IRB protocol

University of Michigan

05/2015 – 09/2018

Ann Arbor, MI

Undergraduate Research Assistant

Principal Investigators: **Christine Bassis PhD, Jason Bell MD/MPH, Vincent Young MD/PhD**

- **Honors Thesis:** “The vaginal microbiota of mothers and their adolescent daughters”
- Bioinformatic coding, microbial DNA analytics, genomics, bacterial culture, and specimen processing, clinical subject recruitment

PUBLICATIONS

Christine M. Bassis, **Kaylie A. Bullock**, Daniel E. Sack, Katie Saund BS, Evan S. Snitkin PhD, Veronica I. Alaniz MD MPH, Elisabeth M. Quint MD, Vincent B. Young MD PhD, and Jason D. Bell MD MPH. Vaginal microbiota of adolescents and their mothers: A preliminary study of vertical transmission and persistence. *Frontiers in Microbiomes*. 2023;(2). doi: 10.3389/frmbi.2023.1129394

Awais Ahmed, **Kaylie Bullock**, Amy Cox, Kelly Fahey, Eric James, Benjamin Malamet, Ramiz Memon, Grace Peterson, and Stephanie Wong. Michigan State Medical Society House of Delegates. Resolution 13-22 (40-20): Tuition Cost Transparency. Session 2021-2022 (May 1, 2022).

Abiba Salahou, Dalia Rahmon, Ashley Williams, **Kaylie Bullock**, Kaitlin Pataroque, Michelle Fedorowicz, Aviv Spillinger, Eric James, Kimberly Anyadike, Maryam Hermez, Anisah Hashmi, Kerrin Bersani. Qualitative Assessment of Inclusivity and Ethnic Diversity within the Preclinical Medical Curriculum and Implementation of a Student-led “Call to Action” Taskforce. *University of Michigan 2022 Diversity in Medicine Conference*. Poster presentation. March 12, 2022. Virtual.

Yasmine Abushkur, **Kaylie Bullock**, Anne Grossbauer, Alice Hou, Yousef Ibrahim, Tiffany Loh, Dana Rector, Leah Rotenbakh, and Manraj Sekhon. Michigan State Medical Society House of Delegates. Resolution 28-21: Access to Menstrual Products in Correctional Facilities. Session 2020-2021 (June 2021).

Zach Carlson, Hannah Hafner, Molly Mulcahy, **Kaylie Bullock**, Allen Zhu, Dave Bridges, Ernesto Bernal-Mizrachi, and Brigid Gregg. Lactational metformin exposure programs offspring white adipose tissue glucose homeostasis and resilience to metabolic stress in a sex-dependent manner. *Am J Physiol Metab*. 2020;318(5):E600-E612. doi:10.1152/ajpendo.00473.2019. PMID: 32154743

PRESENTATIONS

Kaylie Bullock MD, Elijah Williams BS, Lindsay Flegge PhD, Michael Bushey MD, Dhwan Raj PT, Jill Penman MD. *Multi-domain Physical Function Outcomes Following a 3-Week Outpatient Psychology-Based Program for Chronic Pain: Final Report*. To present

findings as a poster at the Annual Jaseng Academic 2026 International Conference (AJA) in Indianapolis, IN on August 28 and 29, 2026.

Kaylie Bullock MD. *Functional Outcomes for patients with Chronic Pain in the IU Pain Rehabilitation Program: Original Research Report.* Grand Rounds Presentation for Indiana University Dep of PM&R. July 22, 2026. Indianapolis, IN.

Kaylie Bullock MD. *Determining Medical Decision-Making Capacity.* Morbidity and Mortality Case Presentation for Indiana University Dept of PM&R and Rehabilitation Hospital of Indiana.

Kaylie Bullock MD. *Frontiers in Gene Therapy and Rehabilitation: Duchenne Muscular Dystrophy.* Guest Speaker: Jonah Dillon. Grand Rounds Presentation for Indiana University Dept of PM&R. November 12, 2025. Indianapolis, IN.

Kaylie Bullock MD, Elijah Williams BS, Lindsay Flegge PhD, Michael Bushey MD, Dhwani Raj PT, Jill Penman MD. *Multi-domain Physical Function Outcomes Following a 3-Week Outpatient Psychology-Based Program for Chronic Pain: Preliminary Report.* Poster presenter at 49th Annual Midwest Pain Society Scientific Meeting on October 24, 2025 in Chicago, IL.

Kaylie Bullock MD, Zachary Ward DO, Nicole LaRue MS/BS, Shashank Dave DO. *Utility of a Myelogram in Intrathecal Baclofen Screening Trials: A Case Series.* Abstract accepted for poster presentation at Association of Academic Physiatrists Conference “Physiatry ’26” on February 20, 2026 in San Juan, Puerto Rico.

Kaylie Bullock MD. *Pain Management in the Elderly: Is Buprenorphine Better?* Grand Rounds Presentation for Indiana University Department of Physical Medicine & Rehabilitation. April 8, 2025. Indianapolis, IN.

Kaylie Bullock MD, Alexander Gosselin DO, Leah Manimaletu DO, Sangeetha Nanthabalan MD. *Use of Buprenorphine compared to Full Opioid Agonists for Chronic Pain Management in the Elderly: A Critical Appraisal.* Poster presenter at Regional Research Day Symposium on March 22, 2024. Livonia, MI.

Kaylie A Bullock, Edward J Rohn PhD, Claire Z Kalpakjian PhD MS, Nancy D Chiaravalloti PhD. Tamara Bushnik PhD FACRM. *Attitudes and self-assessment of physical medicine and rehabilitation (PM&R) clinicians in addressing reproductive health care needs for women with physical disabilities.* Poster presenter at Association of Academic Physiatrists Conference “Physiatry ’22.” May 27, 2022. New Orleans, LA.

Kaylie Bullock, Dana Rector, Dalia Rahmon, Katherine Wheeler, Nathan Shin, Sarah Becker, Parisa Bastani, Megan Clontz, Charlotte O’Sullivan, Ramona Stamatina, and Deirdre Hurse Ph.D. *Antiracist Professional Development in Medical Students: Evaluating the Effects of a Peer-led Virtual Book Club on Discussing Race in Medicine.* Poster presenter on May 18, 2022. Royal Oak, MI.

EXTERNSHIPS

Northwestern University Feinberg School of Medicine

06/2020-07/2020

Chicago, IL

Shirley Ryan AbilityLab (SRALab) Medical Student Summer Extern

- 4-weeks of in-person rotations on inpatient SRALab spinal cord injury & pediatric rehabilitation units
- 6-week literature review project with Dr. Eliot Roth, MD—presentation and paper on interventions for increasing resiliency in stroke survivors to fellow externs and program mentors.

Association of Academic Physiatrists

06/2020-07/2020

2020 Medical Student Virtual PM&R Experience

- 6 weeks of online lectures on PM&R topics such as Spinal Cord Injury & Pregnancy, Disability Studies, and more with PM&R clinicians from around the country

WORK EXPERIENCE

Community Living Centers Inc. & Life Long Advocacy

07/2018 – 01/2019

Roseville, MI and Ann Arbor, MI

Caregiver

Employer: Bradley Ebenhoeh

- Assisted employer with activities of daily living: showering, dressing, toileting
- Transported and accompanied employer to classes, meetings, events in the community

Community Alliance Network

07/2017 – 07/2018

Ypsilanti, MI

Caregiver

Employer: Jonah Dillon

- Assisted employer with light cooking & cleaning, activities of daily living: getting out of bed, showering, toileting, dressing, eating, etc.
- Transported and accompanied employer to grocery store, classes, meetings, events in the community

LEADERSHIP

Indiana University School of Medicine

House Staff Forum

08/2025 – 06/2026

Physical Medicine & Rehabilitation Program Representative

- Attend bimonthly forum meetings
- Advocate for resident benefits and issues in collaboration with Graduate Medical Education (GME) office, disseminate forum updates to PM&R co-residents

Women's Advisory Committee for Residents & Fellows (WACRF)

- | | |
|--|--------------------|
| Member, Family Planning Subcommittee | 08/2025 -- 04/2026 |
| <ul style="list-style-type: none"> • Attend monthly committee and subcommittee meetings • Advocate for promotion of equity, benefits, and interests of women residents & fellows with IUSM's Graduate Medical Education (GME) department • Developed of IUSM Resident & Fellows Parents social page and Resident Mother Peer Mentorship program with Family Planning Subcommittee | |
| Chair, Family Planning Subcommittee | 04/2026 – Present |
| <ul style="list-style-type: none"> • Above duties and focus continue • Recruit new members to WACRF and subcommittee • Drive direction and planning of future events for the 2026-2027 academic year | |

Oakland University William Beaumont School of Medicine

American Medical Association (AMA)

- | | |
|-------------------|-------------------|
| Treasurer | 03/2020 – 02/2021 |
| M1 Representative | 09/2019 – 02/2020 |

EviDance-based Medicine (EDM)

- | | |
|--------------------------|-------------------|
| Co-Founder and Treasurer | 10/2021 – 04/2022 |
|--------------------------|-------------------|

Obstetrics and Gynecology Interest Group (OGIG)

- | | |
|-------------------|-------------------|
| President | 03/2020 – 04/2021 |
| M1 Representative | 09/2019 – 02/2020 |

OUWB Wilderness Medical Society (OWMS)

- | | |
|---|-------------------|
| Co-Founder and Co-President | 03/2020 – 05/2021 |
| <ul style="list-style-type: none"> • Contestant and team leader in 2021 Midwest Medical Wilderness Adventure Race ("MedWAR") | |

Gap Year

Somos Hermanos Spanish Immersion Program

01/05/2019 – 05/29/2019

Quetzaltenango, Guatemala
Student

- Committed to goal of the Somos Hermanos program to "reduce barriers to quality health care for Spanish-speaking populations by increasing the number of bilingual and culturally competent health care providers in the U.S. and Canada"
- Lived with a Guatemalan host family, 20 hours per week of 1-on-1 Spanish lessons for 3 months, volunteer externship at for 1 month
- Biweekly afternoon discussions on media regarding Guatemalan history, culture, and current socio-political issues such as immigration
- Visited to government-sponsored and NGO-sponsored clinics and hospitals to learn about the dynamics of Guatemalan health care

University of Michigan

Raw Strength and Courage Whitewater Kayak Club (RSCK) 09/2017 – 04/2018

Ann Arbor, MI

President

- Managed storage and care a fleet of 27 whitewater kayaks
- Organized and led weekly Huron River trips to teach basic whitewater skills to new recruits
- Organized and led the annual beginner Fall Break whitewater trip in 2017 to Slippery Rock Creek in Pennsylvania for 14 beginners and 6 river guides

VOLUNTEER EXPERIENCE

Indiana University School of Medicine

Rehabilitation Hospital of Indiana Sports

06/2025

Adaptive Waterskiing Clinic Volunteer

- Assisted participants of varying ability levels with wet-starts from beach and as a safety jumper if participant fell during waterski lap

Oakland University William Beaumont School of Medicine

Hispanic Newcomer Outreach (HNO) Mentor Program

02/2020 – 02/2021

Youth Mentor

- Conducted one year of weekly phone calls and bi-monthly online health class lessons with my 11-year-old mentee to establish a supportive mentor-mentee relationship during COVID-19 pandemic

Pediatrics Interest Group (PIG)

09/2019 – 02/2020

Storybook Reader

- Read sing-a-long books with preschool students who have autism spectrum disorders and/or other developmental delays at Oakland University's Center for Autism ABA (Applied Behavior Analysis) Clinic

Street Medicine Pontiac

09/2020 – 05/2023

HOPE Recuperative Care Center Mobile Clinic Volunteer

- Assisted in providing free medical care to guests who signed up to be seen at the mobile clinic under the supervision of Beaumont Emergency Medicine physician, Brian Felice MD

Community Volunteer Experience

Global Genes RARE Compassion Program 2022

03/2022 – 02/2023

Medical Student Participant

- Paired with four patients with different rare disease diagnoses over a total of 8 months to develop compassion for and awareness of the challenges individuals and their families face over a life time and on a daily basis.
- Multiple meetings for conversation with each paired patient and their families in a 2-month rotation to learn about their daily lives, how they navigate the healthcare system, and what they would like their future providers to know about themselves or their loved one as partners in care.

COVID-19 Service

04/2020 – 02/2021

Oakland and Wayne Counties

Volunteer

- Performed COVID-19 nasopharyngeal and nasal swab tests in drive-up test sites, mobile clinics, senior living facility and other health department sites throughout Oakland and Wayne Counties with the training and supervision of licensed, on-site medical professionals
- General non-medical on-site monitor at Oakland County Health Department vaccine clinic site

Veterans Affairs Hospital Ann Arbor

01/2016 – 05/2018

Ann Arbor, MI

Volunteer

- Changed linens, cleaned equipment, greeted patients at PT clinic
- Saturday morning bingo assistant in long-term care unit
- Friendly visits with veterans who wanted to talk with someone

International Volunteer Experience

Primeros Pasos Clinic

04/2019 – 05/2019

Quetzaltenango, Guatemala

Community Volunteer

- Traveled to remote, rural villages to advertise “mobile clinic” days coming to these communities from the permanent Primeros Pasos clinic
- Wrote and delivered lessons in Spanish to school children and community mothers on acting in emergency medical situations, CPR, and First Aid
- Assisted in organization and inventory of permanent and mobile clinic pharmacy medications and patient intake

Proyecto Educativo Integral Libertad y Enseñanza (P.E.I.L.E)

02/2019 - 04/2019

Quetzaltenango, Guatemala

Volunteer Women’s Class Leader

- Created and led a 9-week class in Spanish on topics of women’s health and wellness such as mental well-being, cooking healthy recipes, first aid, and others for a group of 10-15 women and their children

Volunteer Optometric Services to Humanity (VOSH) & Xela Aid 02/11– 02/15/2019

Quetzaltenango, Guatemala
Translator

- Translated for English-speaking ophthalmologists and optometrists at 5-day optometry brigade hosted by the local community center, “Xela Aid”

AWARDS

Oakland University William Beaumont School of Medicine

Rochester, MI

Clinical Faculty Scholarship Recipient Winter 2023

- Scholarship awarded to select students in recognition of their excellence in the classroom, personal attributes and contributions to the OUWB community

Midwest Pain Society

Chicago, IL

2nd Place Best Poster Presentation at 49th Annual Scientific Meeting on Oct 24, 2025

PROFESSIONAL MEMBERSHIPS, LICENCES, & CERTIFICATIONS

Association of Academic Physiatrists (AAP)

07/2024 – Present

American Academy of Physical Medicine & Rehabilitation (AAPM&R)

07/2024 – Present

American College of Lifestyle Medicine

07/2024 – Present

ACLS/BLS

09/2025 – Present

American Medical Association (AMA)

10/2019 – Present

Phi Sigma Pi National Honor Fraternity

Alumnus

Brother of Beta Alpha Chapter at University of Michigan

09/2016 – 05/2018

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Alvin Chang, MD
Email Address	alvin33@uw.edu
Cell Phone Number	(631) 678-8844
Address	14 Clinton Avenue Saint James, NY, 11780 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	University of Washington PM&R Program
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What year of training are you currently in?	Fellow In-Training
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Have you completed 20 toxin injections in your training?	☒ Yes
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Have you completed 10 Ultrasound Scans in your training?	☒ Yes
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How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	5 / 5
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Comments

After completing my residency, I've done over 200 EMGs and over 30 ultrasound guided injections. I am fairly confident in my EMG principles to practice on my own if I wasn't pursuing a fellowship. I have typically used ultrasound guided injections for botulinum toxin injections when working with chronic spasticity.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	5 / 5
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Comments

After completing my residency, I am very familiar with MSK anatomy and kinesiology. To be able to perform ultrasound guided injections and/or EMG guided injections, I felt the need to know my anatomy very well and thoroughly understand kinesiology to choose the appropriate targets.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

I have performed over 100 botulinum toxin injections over the course of my residency program. I have used ultrasound guidance, EMG guidance, and E-stim. I have practiced on intrathecal baclofen pumps but have not filled a pump on a patient.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I want to participate in this program to further master how to optimize my spasticity treatment plans, further increase my education on pump knowledge, and understand how to grow a spasticity practice. I hope to join an academic position in the future where I will be performing a lot of spasticity interventions and I would like to master it, so I may teach it to future physiatrists. As with everything in medicine, there is always more to learn and improve my own skills. The STEP program seems like the perfect opportunity and as a fellow, I have the opportunity to maximize my learning before I begin my practice.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Alvin Chang

Is an AAPM&R Member

Yes

Alvin Chang

alvin.y.chang@gmail.com

(631) 678-8844

RESIDENCY

University of Washington

Brain Injury Medicine Fellowship, 2026-2027

Casa Colina Hospital and Centers for Healthcare, OPTI West

Physical Medicine and Rehabilitation Residency, 2023-2026

Bassett Medical Center

Transitional Year Internship, 2022-2023

EDUCATION

SUNY Downstate Health Sciences University

Doctor of Medicine, 2018-2022

Tufts University School of Medicine, Boston, MA

Master of Science in Biomedical Sciences, 2016-2018

Vassar College, Poughkeepsie, NY

Bachelor of Arts in Biology, Minor in Mathematics, 2010-2014

EXPERIENCES

Chief Resident, Casa Colina Hospital, July 2025-Present

- My responsibilities include building the annual didactic and call schedules, fostering a positive culture, and supporting residents through challenges in collaboration with leadership

Beat The Heat, Casa Colina Hospital, August 2023-Present

- Volunteer event for adaptive sports held every year, interacting with the community, helping with transfers into various water events, assisting with coordination of events

Spasticity Master Course, Association of Academic Physiatrists, February 2025

- Participated in the spasticity workshop at AAP, learned about how to define spasticity, and new developments such as cryoneurolysis and hands on training with ultrasound

mTBI and Concussion STEP Course Volunteer, American Academy of Physical Medicine and Rehabilitation, November 2024

- mTBI and Concussion STEP course is a multi-tiered training program for concussion management
- Volunteered and participated in the course to learn on the field assessment of concussion

AAP Abstract Reviewer, Association of Academic Physiatrists, October 2024

- Review submitted abstracts for AAP to either accept or reject for the AAP conference in 2025

Residency Social Media Liaison, Casa Colina Hospital, September 2023-Present

- Started a new instagram page for the residency program
- Posting major events and updates throughout the year

Concussion Clinic, Casa Colina Hospital, July 2023-Present

- Multidisciplinary clinic working with physical therapy, occupational therapy, neuropsychology and neuro-optometry to rehabilitate patients with concussions
- Multidisciplinary meeting every month to discuss patient care and patient progress

Walnut High School Sports Physicals, Walnut High School, May 2024-Present

- Yearly community service with the local Walnut High School offering free sports physicals to students

Rehab In Review Regional Manager, August 2021-Present

- Rehab in review is a monthly journal with summaries on current PM&R research
- Identify and read multiple articles from various journals, and write up summaries every month
- Delegate articles and summaries to the group, submit summaries of research articles every month

Senior Volunteer, Anne Kastor Brooklyn Free Clinic, NY, August 2021-2022

- Perform a thorough H&P on patients and present them to the attending physician

- Teach first and second year medical students about taking a H&P
- Anne Kastor Brooklyn free clinic gives free medical treatment to the underserved community

Peer Wellness Mentor, SUNY Downstate, NY, August 2019-2020

- Meet with first year medical students and organize monthly wellness meeting addressing the importance of mental health within medical school

Research Technician, Albert Einstein College of Medicine, NY, July 2014-July 2016

- Studied a calcium binding protein, S100A4 which is a prognostic marker for some cancers
- Lab work included western blotting, tissue culture, mouse dissections and more.
- Evaluated data using Excel and presented at weekly lab meetings

PUBLICATIONS

- Chang, A., Vu, B., Ye, X., Patterson, D. Late Presentation of Paroxysmal Sympathetic Hyperactivity in Multi-Focal Stroke: A Case Report. *Brain Injury*. 2025 39(sup1), S2–S287.
- Chang, A., Anton, E., Quan, V., Schnakers, C. Comparative Assessment of the RightEye Test in Evaluating Neurological Function in Adult Concussion Patients: A Retrospective Validation Study. *American Journal of PM&R*. 2025 June; 104(6S): S1-S240.
- Ye, X., Chang, A., Vu, B., Huang, A. Dextrose Prolotherapy for the Treatment of Instability and Pain in Ehlers-Danlos Syndrome: A Case Series. *American Journal of PM&R*. 2025 June; 104(6S): S1-S240.
- Chang, A. Neuromodulation for Brain Injury Patients. *Physiatry in Motion*. 2025 April: 17-19.
- Chang, A., Vu, B., Ye, X., Patterson, D. Importance Of Physiatry Consults In Acute Trauma: A Case Of Non-Contiguous Spinal Cord Injury. *American Journal of PM&R*. 2024 May; 103(5S): S73-S308.
- Ye, X., Vu, B., Chang, A., Patterson, D. First Timer: A Rare Case of Surfer’s Myelopathy in a Pediatric Patient. *American Journal of PM&R*. 2024 May; 103(5S): S73-S308.
- Ho, J., Yazdanpanah N., Shah, A., Chang, A., Zektser, K., Agarwal, S. A Review of Spinal Cord Stimulation Devices for Chronic Pain: Open-Loop Versus Closed-Loop. *Neuromodulation*. 2023 Jun 26(4): S199.
- Yazdanpanah N, Ho ES, Ho JS, Chang A, Agarwal S. Reporting of Interventions for Treating Complex Regional Pain Syndrome in Randomized controlled trials using the template for intervention description and replication checklist. *Pain Med*. 2023 Jun;24(6):723-726.
- Ho, E., Yazdanpanah, N., Ho, J., Drukman, B., Chang, A., Agarwal, S. Parameters of Spinal Cord Stimulation in Complex Regional Pain Syndrome: Systematic Review and Meta-analysis of Randomized Controlled Trials. *Pain Physician*. 2022 Nov;25(8):521-530.
- Ho, J., Ramos Emos, M., Chang, A., Yazdanpanah, N., Tom, A., Ho, D. Severe acute respiratory distress syndrome and critical illness myopathy due to adult onset stills disease. *American Journal of PM&R*. 2022 Jul; 101(7): a1-a182
- Qian, B., Zhang, H., Li, J., He, T., Yeo, E., Soong, D.,...Pollard, J. FLT1 signaling in metastasis-associated macrophages activates an inflammatory signature that promotes breast cancer metastasis. *Journal of Experimental Medicine*. 2015 Aug 24;212(9):1433-1448.

POSTER PRESENTATIONS

- Chang, A., Bagnato, S., Gumarang, J., Fullmer, N., Marta, A., Formisano, R., Fatemed, S., Thibaut, A., Schnakers, C. Genetic influences on the consciousness and functional outcome of patients with severe brain injury: an international study. *NABIS 2026*, Washington, DC.
- Vu, B., Chang, A., Ye, X., Herpes Encephalitis with Subsequent Right MCA Stroke, Subarachnoid Hemorrhage, and NMDA-R Encephalitis - A 22-year-old’s Complex Rehabilitation Journey: A Case Report. *AAPM&R Annual Assembly 2025*, Salt Lake City, Utah.
- Palaha, J., Chang, A. Prolonged Spasticity Reduction with IncobotulinumtoxinA (Xeomin) in a Patient with Zellweger Syndrome: A Case Report. *AAPM&R Annual Assembly 2025*, Salt Lake City, Utah.
- Chang, A., Vu, B., Ye, X., Patterson, D. Late Presentation of Paroxysmal Sympathetic Hyperactivity in Multi-Focal Stroke: A Case Report. *IBIA 15th World Congress 2025*, Montreal, Canada.

- Chang, A., Anton, E., Giberson, C, Quan, V., Schnakers, C. Comparative Assessment of the RightEye Test in Evaluating Neurological Function in Adult Concussion Patients: A Retrospective Validation Study. AAP Annual Assembly 2025, Phoenix, Arizona.
- Ye, X., Chang, A., Vu, B, Huang, A. Dextrose Prolotherapy for the Treatment of Instability and Pain in Ehlers-Danlos Syndrome: A Case Series. AAP Annual Assembly 2025, Phoenix, Arizona.
- Chang, A., Ye, X., Vu, B., Huang, A. Prolotherapy to Treat Chronic Bilateral Knee and Bilateral Ankle Pain in Ehlers-Danlos Syndrome: A Case Report. Tier A Presentation. AAPM&R Annual Assembly 2024, San Diego, California.
- Ye, X., Vu, B., Chang, A., Huang, A. Pubic Symphysis Prolotherapy in Ehler-Danlos Syndrome: A Case Study. Tier A Presentation. AAPM&R Annual Assembly 2024, San Diego, California.
- Ye, X., Chang, A., Vu, B., Huang, A. Orthostasis-Induced Seizures: A Case Report and Literature Review. Tier B Presentation. AAPM&R Annual Assembly 2024, San Diego, California.
- Vu, B., Vu, V., Chang, A., Ye, X., Phillips, J. Delayed Delirium Induced by Duloxetine-Oxycodone Interaction in the Postoperative Elderly: A Case Report. Tier A Presentation. AAPM&R Annual Assembly 2024, San Diego, California.
- Vu, B., Ye, X., Chang, A., Wei, J. Stellate Ganglion Blocks for Alleviation of Anosmia and Dysgeusia from Long COVID: A Case Report. Tier B Presentation. AAPM&R Annual Assembly 2024, San Diego, California.
- Vu, B., Vu, V., Ye, X., Chang, A., Huang, A. Tier A Presentation. Foreign Accent Syndrome in the Setting of Chronic Complex Migraine Exacerbation: A Case Report. AAPM&R Annual Assembly 2024, San Diego, California.
- Chang, A., Vu, B., Ye, X., Patterson, D. Importance Of Physiatry Consults In Acute Trauma: A Case Of Non-Contiguous Spinal Cord Injury. AAP Annual Assembly 2024, Orlando, Florida.
- Ye, X., Vu, B., Chang, A., Patterson, D. First Timer: A Rare Case of Surfer's Myelopathy in a Pediatric Patient. AAP Annual Assembly 2024, Orlando, Florida.
- Ho, J., Ramos Emos, M., Chang, A., Yazdanpanah, N., Tom, A., Ho, D. Severe acute respiratory distress syndrome and critical illness myopathy due to adult onset stills disease. AAP Annual Assembly 2022, New Orleans, Louisiana.
- Yazdanpanah, N., Ho, J., Ho, E., Chang, A., Agarwal, S. Quality of Complex Regional Pain Syndrome Reporting using Template for Intervention Description and Replication Checklist. AAPM Annual Meeting, 2022, Washington D.C.
- Yazdanpanah, N., Ho, J., Chang, A., Agarwal, S. Opioid Dispensing Rates and Overdose Death Rates between States with Legalized Recreational Marijuana versus Medical Marijuana Only. AAPM Annual Meeting, 2022, Washington D.C.
- Yazdanpanah, N., Ho, J., Ho, E., Chang, A., Agarwal, S. (1st place on poster competition) Conus Medullaris Syndrome Evaluation and Management in an Outpatient Setting. EPA Assembly, 2022, New York, NY.

ONGOING RESEARCH

- Genetic influences on the consciousness and functional outcome of patients with severe brain injury, July 2023-Present
- Testing Concurrent Validity Between RightEye Test and ImPACT Test, July 2023-Present
- Ultrasonic Deep Brain Neuromodulation in Acute Disorders of Consciousness, March 2025-Present

ORAL PRESENTATIONS

- Intro to EMG - Western University Physical Therapy Students
- Rehab Pharmacology - Western University Physical Therapy Students
- Rehab Emergencies - Resident lecture
- Common Lower Extremity Injuries - Resident lecture

- Podium Presentation for Tier A - Prolotherapy to Treat Chronic Bilateral Knee and Bilateral Ankle Pain in Ehlers-Danlos Syndrome: A Case Report - AAPMR

LEADERSHIP and COMMITTEES

- Global Academic Psychiatry Subcommittee Member - AAP - February 2025-Present
- Performance Improvement Committee Member - September 2024-Present
- Physician Advisory Group Committee Member - July 2023-Present
- Utilization Review and Health Information Management Committee Member - July 2023-Present
- Peer Review Committee Member - July 2023-Present
- PM&R Committee Member - July 2023-Present
- Graduate Medical Education Committee - June 2022-June 2023, July 2025-Present
- NYSPMR Treasury Committee Member, 2021-2022
- AAP Interest Group Representative, 2021-2022
- PM&R Interest Group President, 2020-2022
- Korean American Medical Student Association (KAMSA) National E-Board Vice President, 2019-2020
- KAMSA Regional NY/NJ Vice President, 2019-2020
- KAMSA National E-Board Membership Chair, 2018-2019
- Tufts MBS Class Vice President, 2016-2017
- Tufts MBS Class Student Senate Representative, 2016-2017

ACTIVITIES

- American Society of Neurorehabilitation, 2024-Present
- International Brain Injury Association, 2024-Present
- Concussion/mTBI Special Interest Group (SIG), 2024-Present
- DoC Special Interest Group (SIG), 2024-Present
- International Society of Physical and Rehabilitation Medicine, 2024-Present
- Association of Academic Physiatrists Member, 2021-Present
- American Academy of PM&R (AAPMR) Member, 2021-Present
- New York Society of PM&R Member, 2020-Present
- SUNY Downstate Intramural Basketball, 2018-2020
- High School Varsity Girls Basketball Assistant Coach, 2017-2018
- Member, Varsity Track & Field, 2010-2012, 2013-2014

AWARDS & SKILLS

- Medicine Bassett Medical Center Intern of the Year, TY, 2023
- Surgery Bassett Medical Center Intern of the Year, TY, 2023
- 25th SeolBong Scholar, 2019
- Men's Track & Field Liberty League All-Academic Team, 2011-2012, 2013-2014

2026 STEP Spasticity Scholarship Application

Contact Information

Name Andrew Chen, DO

Email Address achen3@pennstatehealth.psu.edu

Cell Phone Number (510) 367-2886

Address 142 Robin Ln, Apt R1
Hummelstown, PA, 17036
United States

Is an AAPM&R Member

Training Information

Residency Program Penn State Milton S Hershey Medical Center PM&R Program

What year of training are you currently in?

Have you completed 20 toxin injections in your training?

Have you completed 10 Ultrasound Scans in your training?

How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 5 / 5

Comments

As part of my residency program I have 6 months of scheduled time to perform EMG studies. Additionally, during clinics where we perform spasticity management we use both EMG and ultrasound to guide our needles for where to inject. All of our cervical dystonia injections are performed under ultrasound. I have logged several dozens of procedures using each guidance modality.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 5 / 5

Comments

As a PM&R resident, MSK anatomy and kinesiology is the foundation of our knowledge base. I have had several years of MSK anatomy lectures that have been reinforced by numerous rotations in sports medicine and EMG, both of which require very robust knowledge of MSK anatomy and neuroanatomy.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

I have performed focal chemodenervation procedures since I was a medical student. I worked with a PM&R pain physician and I assisted in injecting Xeomin for upper limb spasticity. In residency I have logged nearly 100 botulinum toxin injections, over a dozen intrathecal pump refills and reprogramming (baclofen and pain pumps), and a handful of phenol neurolysis procedures.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I am eager to participate in the AAPM&R STEP Interventional Spasticity Program to refine my procedural skills and formalize my expertise through a standardized, competency-based curriculum. While residency provided core foundational exposure, this program offers the rigorous hands-on training, multi-modal localization mastery (combining ultrasound, EMG, and anatomical landmarks), and advanced intrathecal drug delivery management needed to deliver the highest standard of care.

In my future practice, I plan to integrate interventional spasticity management into a multidisciplinary clinical model for patients with upper motor neuron syndromes. Specifically, I intend to establish a comprehensive spasticity clinic offering tailored targeted interventions—such as ultrasound/EMG-guided chemodenervation, diagnostic and therapeutic nerve blocks, and intrathecal baclofen (ITB) pump management—to maximize functional independence, optimize ease of care, and improve overall quality of life.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Andrew Chen

Is an AAPM&R Member

Yes

Andrew G. Chen DO, MS

Current Position: Resident Physician, Physical Medicine & Rehabilitation
Penn State Health, Penn State Health Rehabilitation Hospital

Curriculum Vitae Date: 02/24/2025

Contact Information:

Business Address: 1135 Old West Chocolate Avenue, Hummelstown, PA, 17036

Email: andrewgchen7@gmail.com

Languages: English, Mandarin Chinese

EDUCATION

Graduate	Western University of Health Sciences College of Osteopathic Medicine of the Pacific (WesternU COMP), Pomona, CA Doctor of Osteopathic Medicine	8/2019 – 6/2023
	University of California, San Diego, San Diego, CA Master of Science, Biology Thesis Advisor: Lawrence Goldstein, PhD “The impact of the unfolded protein response on human neurons carrying the familial Alzheimer's disease PSEN1-deltaE9 mutation”	6/2015 – 5/2017
Undergraduate	University of California, San Diego, San Diego, CA Bachelor of Science in General Biology, Minor in Music	8/2011 – 6/2015

POST-GRADUATE EDUCATION AND TRAINING

Postgraduate	Penn State Health, Penn State Health Rehabilitation Hospital Department of Physical Medicine and Rehabilitation, Hershey, PA Resident Physician	7/2024 – present
	Southern Hills Hospital and Medical Center Department of Family Medicine, Las Vegas, NV Transitional Year Internship	7/2023 – 6/2024

BOARD CERTIFICATIONS/LICENSURE

Medical	Commonwealth of Pennsylvania Graduate Osteopathic Trainee	Active
	Nevada State Board of Osteopathic Medicine Graduate Trainee	Inactive

PROFESSIONAL DEVELOPMENT ACTIVITIES

	Delaware Valley Interventional Spasticity Course, Camden, NJ	2025
	<i>Selected as one of three representatives from Penn State Hershey PM&R Residency to attend two-day educational course to gain additional training in interventional procedures for the management of spasticity and cervical dystonia</i>	
	Residents and Fellows as Educators, Penn State Health, Hershey, PA	2025-2026
	<i>Selected to participate in longitudinal course fostering resident interest in education and potential careers as clinician educators</i>	
	Jefferson Moss-Magee Inter-City Lower Extremity Orthotics & Gait Course, Elkins Park, PA	2024
Conferences	<i>Selected as one of three representatives from Penn State Hershey PM&R Residency to attend two-day educational course to learn about normal and pathologic gait and lower limb orthotics and prescriptions</i>	
	Association of Academic Physiatrists Conference, San Juan, PR	2026
	Pennsylvania Pain Society Annual Meeting, Hershey, PA	2025
	American Association of Physiatrists Conference, Phoenix, AZ	2025
	Association of Academic Physiatrists Conference, Anaheim, CA	2023

EMPLOYMENT

	WesternU COMP Department of Neuromusculoskeletal Medicine/Osteopathic Medicine	8/2020 – 7/2021
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Teaching Assistant

ScribeAmerica
Medical Scribe

8/2018 – 6/2019

University of California, San Diego
Department of Biology
Teaching Assistant

11/2015 – 3/2016

PROFESSIONAL SOCIETIES

American Academy of Pain Medicine	2025 – present
American Osteopathic College of Physical Medicine and Rehabilitation	2025 – present
Association of Academic Physiatrists	2020 – present
American Academy of Physical Medicine and Rehabilitation (AAPM&R)	2020 – present
Association of Academic Physiatrists Neurocritical Care Subcouncil	2024 – 2025
Asian Pacific American Medical Student Association (APAMSA)	2019 – 2023
American Academy of Osteopathy	2019 – 2023

HONORS, AWARDS

Student Doctor of the Year Nominee	2023
<i>Nominated by peers as one of fourteen medical students for award given by the Council of Osteopathic Student Government Presidents (COSGP) who go above-and-beyond the average medical student</i>	
Student Doctor of the Month	2020
<i>Award given by Western University of Health Sciences to peer-nominated medical student for their commitment and service towards their classmates</i>	

MENTORSHIP ACTIVITIES

Years of Mentorship	Name of Mentee	Position During Mentorship	Current Position
2025-current	Ritu Patel	Medical Student	Charles Drew PM&R Class of 2030
2025-current	Abby Chu	Medical Student	MS3, St. Louis SOM
2025-current	Thomas Leonard	Medical Student	MS2, Loyola Stritch SOM

LOCAL AND NATIONAL SERVICE

National

ASRA Pain Medicine Resident & Fellow Committee Member-at-Large	2026
Member, Abstract Reviewer, Association of Academic Physiatrists (#15)	2025
ASRA Pain Medicine Resident Liaison	2025
Peer Reviewer, Frontiers	2025
Mentor: Thiru Annaswamy, MD, Penn State PM&R	
Status: Complete	
Recommendation: Not approved	
Peer Reviewer, Pilot and Feasibility Studies	2025
Mentor: Thiru Annaswamy, MD, Penn State PM&R	
Status: Complete	
Recommendation: Approved with minor revision	
Peer Reviewer, F1000 Research https://f1000research.com/articles/13-1139/v1	2024
Mentor: Thiru Annaswamy, MD, Penn State PM&R	
Status: Complete	
Recommendation: Not approved	
Member, Abstract Reviewer, Association of Academic Physiatrists (#15)	2023

Local

Member, Adaptive Ski Day Volunteer	2026
<i>Joint collaboration with Penn State PM&R, Ability Ottobock.care, and Two Top Mountain Adaptive Sports Foundation to provide adaptive ski equipment and lessons to those interested</i>	
Member, Penn State PM&R Interest Group	2024 – present
<i>Assisted medical students practice key physical exam skills for OSCEs and taught them practical skills using anatomic models for botulinum toxin injections</i>	
Member, Adaptive Ski Day Volunteer	2025

<i>Joint collaboration with Penn State PM&R, Ability Ottobock.care, and Two Top Mountain Adaptive Sports Foundation to provide adaptive ski equipment and lessons to those interested</i>	
Member, Penn State Health RecFest Volunteer	2025
<i>Annual event sponsored by the Penn State PM&R department to provide education and opportunities for those with disabilities to learn about adaptive sports, equipment, and for those with disabilities to demonstrate their activity in adaptive cycling, basketball, tennis, etc.</i>	
Member, An Lành Clinic, Garden Grove, CA	2019
Member, Asian American Health Professionals Student Association Health Fair, Monterey Park, CA	2019
Volunteer, Stanford ValleyCare Cancer Clinic	2018 – 2019
Volunteer, Kaiser Permanente Emergency Department	2018 – 2019

TEACHING ACTIVITIES

PM&R Department Presentations:

GI Obstruction Work-up and Management, Morbidity & Mortality	12/19/2025
Anatomy, Pathophysiology, and Radiographic findings of a L MCA Ischemic Stroke	
Stroke Grand Rounds	04/03/2025
Recurrent Rectal Prolapse, Morbidity & Mortality	03/21/2025
PEA Arrest. Morbidity & Mortality	09/20/2024

Journal Club:

Effects of Neuromodulation on Motor Recovery in Spinal Cord Injury Patients	03/27/2026
Penn State PM&R Department Journal Club	
SCS as an Option for Chronic Low Back and/or Leg Pain Instead of Surgery	11/19/2025
Penn State Pain Medicine Fellowship Journal Club	
Clinical Characteristics Suggestive of a Genetic Cause in Cerebral Palsy: A Systematic Review	09/26/2025
Penn State PM&R Department Journal Club	
Effect of long-term marine ω -3 fatty acids supplementation on the risk of atrial fibrillation.	02/08/2024
Southern Hills Hospital FM Department Journal Club	

Neurosurgery Rounds Presentations:

Disorders of Consciousness	09/03/2025
Atlanto-occipital Dissociation	07/30/2025

Curriculum Development:

Buprenorphine Education for PM&R Residents	2025 – present
<i>Development of new lecture series to educate PM&R residents on the use of buprenorphine for treatment of opioid use disorder</i>	
Ultrasound Didactic Curriculum Development Committee	2024 – present
<i>Assist faculty mentor in optimizing ultrasound curriculum lectures, inviting speakers, and creating presentations for PM&R didactics to improve resident learning increase competency</i>	

Resident Didactics:

Non-Pharmacologic Treatment of Pain	12/17/2025
Knee, Ankle, and Foot: Anatomy and Clinical Correlates	09/10/2025
Introduction to the Brachial Plexus	08/27/2025
Introduction to Spinal Cord Injury Rehab	07/16/2025
Micturition and Incontinence	11/20/2023

Pre-Clinical Teaching – Western University of Health Sciences

Neuromuscular Medicine/Osteopathic Medicine Teaching Assistant	2020 – 2021
WesternU COMP OMM Department	
1 st year medical students – 4 contact hours/week	
Clinical Skills Assessment Instructor, Student American Academy of Osteopathy	2020 – 2021
1 st year medical students – 2-4 contact hours/week	
Study Material Creator	2019 – 2021
WesternU COMP	
1 st and 2 nd year medical students – 20 contact hours/week	
Ultrasound Teaching Assistant	2019 – 2021

WesternU COMP
1st and 2nd year medical students – 1-2 contact hours/week

Proven Study Methods 2020
WesternU COMP
1st and 2nd year medical students

Anki Information Sessions, 2 total 2019 – 2020
WesternU COMP
1st and 2nd year medical students – 1 contact hour/week

Chinese Medical Terminology Teaching Assistant 2019 – 2020
Chinese American Health Student Association (CAHSA)
1st and 2nd year health professional students – 1 contact hour/week

RESEARCH

Current Research

Assessing Knowledge Gaps in Buprenorphine Use for Opioid Use Disorder Among PM&R Residents

Role on Project: Primary Investigator

Current Status: Designing curriculum

Project Goals: To assess what PM&R residents know about using buprenorphine to treat opioid use disorder. By identifying knowledge gaps, we hope to improve education and training, ensuring that future physiatrists are better prepared to manage patients with opioid-related conditions.

Understanding Factors for QI Curriculum Design and Implementation for PM&R Residency Programs

Role on Project: Primary Investigator

Current Status: Writing manuscript

Project Goals: To understand the factors influencing Quality Improvement (QI) education, performance, and outcomes for Physical Medicine & Rehabilitation (PM&R) as a specialty.

Chemodenervation for the Management of Chronic Knee Pain: A Scoping Review

Role on Project: Collaborating Investigator

Current Status: Gathering data

Project Goals: To synthesize existing information regarding the use of chemodenervation techniques to treat chronic knee pain given the increasing difficulty of insurance approval for genicular nerve blocks

Publications

Lopez Aponte C, **Chen A.** Neurocognitive complications of critical illness. *PM&R KnowledgeNow*. Published February 12, 2026. <https://now.aapmr.org/neurocognitive-complications-of-critical-illness/>

Chen A, Shi J, Wu H, Shi W. Chronic back pain: recognising twelfth rib syndrome. *BMJ Case Rep*. 2025;18(7):e266106. Published 2025 Jul 27. doi:10.1136/bcr-2025-266106

Chen A, Min M, Chang E. Limb Dystonia After Surgery: Treatment with Botulinum Toxin A. Abstracts of Scientific Papers and Posters Presented at Physiatry '23: February 21-24, 2023. *Am J Phys Med Rehabil*. 2023;102(4S Suppl 2):A1-A234. doi:10.1097/PHM.0000000000002184

Almenar-Queralt, A., Merkurjev, D., Kim, H.S., Navarro, M., Ma, Q., Chaves, R. S., Allegue, C., Driscoll, S. P., **Chen, A. G.**, et al. Chromatin establishes an immature version of neuronal protocadherin selection during the naive-to-primed conversion of pluripotent stem cells. *Nat Genet*. 2019;51(12):1691-1701. doi:10.1038/s41588-019-0526-4

Chen, A. G. (2017). The impact of the unfolded protein response on human neurons carrying the familial Alzheimer's disease PSEN1-deltaE9 mutation. *UC San Diego*. ProQuest ID: Chen_ucsd_0033M_16510. Merritt ID: ark:/13030/m54r2pm9. Retrieved from <https://escholarship.org/uc/item/12d3h5dt>

Presentations

National

Chen A, Shi W. Assessing Knowledge Gaps in Buprenorphine Use for Opioid Use Disorder Among PM&R Residents. Poster presented at: Association of Academic Physiatrists; Feb 2026; San Juan, PR

Chen A, Min M, Chang E. Limb Dystonia After Surgery: Treatment with Botulinum Toxin A. Poster presented at: Association of Academic Physiatrists; Feb 2023; Anaheim, CA

Regional

Chen A, Shi W. Chronic Back Pain: A Case of Twelfth Rib Syndrome. Poster presented at: PA Pain Society Annual Meeting; May 2025; Hershey, PA.

Chen A, Hong J. Case Report: Persistent Post-Traumatic Headache Resolved with Cervical Radiofrequency Ablation. Poster presented at: PA Pain Society Annual Meeting; May 2025; Hershey, PA.

Blazek B, **Chen A**, Siran S, Rodriguez A. Metastatic Adrenocortical Carcinoma. Poster presented at: Southern Hills Hospital and Medical Center Research Day; April 2024; Las Vegas, NV.

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Roberto Cordero, DO
Email Address	robertocordero2023@gmail.com
Cell Phone Number	(772) 532-8164
Address	112 Sprague Dr. Penscola, FL, 32534 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	University of Central Florida/HCA Healthcare GME (Pensacola) PM&R Program
What year of training are you currently in?	4th-Year Resident
Have you completed 20 toxin injections in your training?	☒ Yes
Have you completed 10 Ultrasound Scans in your training?	☒ Yes
How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	4 / 5

Comments

Through my PM&R residency, I have developed a strong foundation in electrodiagnostic medicine and musculoskeletal ultrasound. My training has included dedicated EMG/NCS experience, neuromuscular localization, ultrasound-guided musculoskeletal evaluations, and the integration of imaging with anatomy and clinical decision-making. While I am confident applying these principles in clinical practice, I recognize that advanced ultrasound-guided chemodenervation and procedural management of spasticity require additional specialized training. I am eager to build upon this foundation through the STEP interventional Spasticity Certificate Program.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 5 / 5

Comments

My residency has provided training in musculoskeletal anatomy, biomechanics, and functional movement analysis across inpatient rehabilitation, sports medicine, electrodiagnostic medicine, and musculoskeletal ultrasound. Daily patient care requires applying detailed anatomical knowledge to diagnose neuromuscular and musculoskeletal conditions, interpret electrodiagnostic findings, and guide rehabilitation plans. Additionally, I have completed the Emerging Leaders in Spasticity program offered by AbbVie Medical Institute. I am comfortable with regional anatomy and kinesiology and look forward to applying this knowledge to advanced spasticity management and image-guided injections.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

Throughout my PM&R residency, I have developed meaningful hands-on experience in the evaluation and interventional management of spasticity in patients with acquired brain injury, stroke, spinal cord injury, cerebral palsy, and other neurologic disorders. Under the direct supervision of attending physiatrists, I have served as the primary proceduralist for approximately 40 upper and lower extremity botulinum toxin injection sessions utilizing both ultrasound and EMG guidance to optimize muscle localization and injection accuracy. I have also participated in the longitudinal management of patients receiving intrathecal baclofen therapy, performing approximately 8 baclofen pump refills while gaining experience with patient selection, pump management, dosing considerations, and multidisciplinary follow-up. These experiences, combined with my training in electrodiagnostic medicine, musculoskeletal ultrasound, and neurorehabilitation, have strengthened both my procedural skills and my appreciation for comprehensive, goal-directed spasticity management. They have also reinforced my desire to pursue advanced training and ultimately specialize in Brain Injury Medicine with an emphasis on interventional spasticity care.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

My career goal is to become a Brain Injury Medicine physiatrist specializing in the comprehensive management of spasticity following acquired neurologic injury. Throughout residency, I have cared for patients whose recovery has been limited by spasticity affecting mobility, upper and lower extremity function, pain, hygiene, caregiver burden, and participation in rehabilitation. While my procedural experience has provided a strong foundation, it has also shown me that excellence in spasticity management requires far more than technical proficiency. It requires thoughtful patient selection, individualized goal setting, precise localization techniques, longitudinal follow-up, and close collaboration with an interdisciplinary rehabilitation team. The STEP Interventional Spasticity Certificate Program represents an opportunity to learn from national leaders while refining the advanced knowledge and procedural skills necessary to provide evidence-based, patient-centered care. As I pursue Brain Injury Medicine fellowship training, I plan to integrate ultrasound and EMG-guided chemodenervation, intrathecal baclofen therapy, and comprehensive spasticity management into my future practice to improve functional outcomes and quality of life for individuals living with traumatic brain injury, stroke, spinal cord injury, and other neurologic conditions. As a chief resident and future educator, I also hope to share the knowledge and skills gained through this program with residents, medical students, and colleagues while contributing to the growth of multidisciplinary spasticity programs. I view this scholarship as an investment not only in my own professional development but also in the patients and learners I will serve throughout my career.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and

hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature



Is an AAPM&R Member

Yes

Roberto F. Cordero

Phone: 772-532-8164 | Email: roberto.cordero@ucf.edu

Education

07/2024 – 06/2027	University of Central Florida/HCA Florida West Hospital , Pensacola, FL Physical Medicine & Rehabilitation Residency Program
07/2023 – 06/2024	University of South Florida/HCA Bayonet Point Hospital , Hudson, FL Transitional Year Residency Program
07/2019 – 05/2023	William Carey University College of Osteopathic Medicine , Hattiesburg, MS Doctor of Osteopathic Medicine
08/2012 – 08/2017	University of Central Florida , Orlando, FL Bachelor of Science in Biomedical Sciences Bachelor of Arts in French and Francophone Studies, Honors Minor in Medical Anthropology

Honors & Awards

04/2026	UCF/HCA PM&R Residency Program – Academic Chief Resident (2026 – 2027)
07/2025	HCA Florida West Hospital Clinical Nutrition Team – Malnutrition Awareness
06/2024	USF/HCA Bayonet Point Hospital – Resident of the Quarter
03/2023	AOAAM - Addiction Medicine Mentorship Program
12/2020	WCUCOM Choosing Wisely (STARS) Scholar
08/2020	APAF Substance Abuse and Mental Health Services Administration SMPS Stipend
02/2017	UCF French Honors in the Major Scholarship
04/2016	UCF Summer Undergraduate Research Fellowship

Research/Publications

2026	Cordero R , Hulk K, Belcher S. Preserving function in giant axonal neuropathy through early multidisciplinary rehabilitation: a case report. American Osteopathic College of Physical Medicine and Rehabilitation Annual Meeting. Atlanta, Georgia. March 28 th , 2026. Poster Presentation.
2025	Ledbetter, K., Cordero, R. , Terry, M., Marshall, M., Slobodian, S. Para-infectious Longitudinally Extensive Transverse Myelitis from Varicella-Zoster Virus: A Rare Case with Rehabilitation Insights. FSIPP/FSPMR Annual Meeting. Orlando, Florida. September 6 th , 2025. Oral Presentation. <i>2nd Place Winner</i> .
2025	Cordero, R. , Ledbetter, K., Amerson, C., Cahill J., Belcher, S. A rare case of idiopathic vaso-glossopharyngeal neuralgia: a case report. Annual Meeting of the Association of Academic Physiatrists. Phoenix, Arizona. February 27 th , 2025. Poster Presentation.
2024	Cordero, R. , Hira A. Dural and paranasal sinus metastasis in advanced prostate adenocarcinoma presenting as unilateral ophthalmoplegia: a case report. American Osteopathic College of Physical Medicine and Rehabilitation Annual Meeting. Minneapolis, Minnesota. April 6 th , 2024. Poster Presentation. <i>2nd Place Winner</i> .
2024	Cordero, R. , Hira A., Guerrero F. Speech therapy for unilateral vocal cord paralysis following a Carotid endarterectomy complicated by a neck hematoma: a case report. Annual Meeting of the Association of Academic Physiatrists, Orlando, Florida. February 22 nd , 2024. Poster.
2021	WCUCOM, Department of Research, Student Researcher Singh, S., Cordero, R. , Farooqi, C., Overton, V., Pike, M., Thibodeaux, T., & Sandler, S. A Primer for Remote General Wellness Exams: An Osteopathic Approach to Telemedicine for the Post-COVID-19 Era. Paper presented at the Mississippi Osteopathic Medical Association Trainee Poster Symposium. January 30 th , 2021.
2017	UCF, Department of Modern Languages and Literatures, Honors Undergraduate Thesis Cordero, Roberto , "Examining the Efficacy of French Asylum Policies and Refugee Integration Effects" (2017). <i>Honors in the Major Theses</i> . 225.

Presentations/Lectures

2026	UCF/HCA Interdisciplinary Grand Rounds: Traumatic Brain Injury & Anticoagulation
2026	UCF/HCA Educational Outreach at the YMCA: Concussion Basics for Youth Athletes and Parents
2026	UCF PM&R Interest Group Presentation: Case Reviews, Think Like a Physiatrist
2026	UCF/HCA Journal Club: Measuring the Efficacy of Percutaneous Cryoneurolysis
2025	UCF/HCA Interdisciplinary Grand Rounds: Disorders of Consciousness and the Role of Neurostimulants
2025	UCF/HCA Resident Lecture: Post-Traumatic Seizures & Epilepsy
2025	UCF/HCA Board Review: Introduction to Physical Modalities
2025	UCF/HCA Board Review: Traumatic Brain Injury
2024	USF/HCA Journal Club: Spinal Cord Stimulation

Certifications

03/2026	Emerging Leaders in Spasticity Program
08/2025	Resident as a Teacher Program, UCF/HCA GME
06/2025	BLS, ACLS
07/2022	Montreal Cognitive Assessment (MoCA) Training Certification
05/2020	Question, Persuade, Refer (QPR) Suicide Prevention Gatekeeper Program
04/2020	PCSS 8-hour Medication Assisted Treatment (MAT) Waiver Training

Activities & Service

07/2025 – 06/2026	Physiatrist in Training Council Ambassador Program, AAPM&R ▪ Serve as the residency program's liaison to the AAPM&R PHIT Council by promoting resident engagement, leadership, advocacy, and Academy opportunities.
07/2025 – 06/2026	Florida Society of Physical Medicine & Rehabilitation, FSPMR Resident Liaison ▪ Serve as the residency program's liaison to FSPMR by coordinating and submitting quarterly program and resident updates for the <i>Physiatrist's Voice</i> newsletter.
10/2024 – Present	Protect Your Grape/Brain Initiative, UCF/HCA PM&R ▪ Led community outreach events on pediatric TBI prevention, focusing on education and helmet safety. Performed helmet fitting and distribution to improve access to protective equipment.
02/2024 – Present	Medical Student Mentor, AOCPMR Mentorship Program ▪ Mentoring several medical students. Helping them improve their CV, providing application season guidance, involvement in the PM&R field, opportunities, wellness, and expanding their network.
04/2022 – 05/2023	4th Year Student Representative, Physical Medicine & Rehabilitation Interest Group, WCUCOM ▪ Liaison for the OMS I-III to navigate the application process. Attended the AOCPMR 22 & 23 MYM to network with attendings, residents, and students. Participated in the MSK ultrasound lab workshop.
08/2021 – 05/2022	Vice-President, Latino Medical Student Association Interest Group, WCUCOM ▪ Hosted medical Spanish workshops, created a clothing drive for the local MS state hospital.
02/2021 – 04/2021	Medical Volunteer, COVID-19 Vaccine Clinic, Hattiesburg, MS ▪ Assisted in taking vitals, promoted social distancing, and updated patient documentation. Educated patients on vaccine immunology, efficacy, and answered any concerns they had.
12/2020 – 04/2023	Choosing Wisely (STARS) Program, WCUCOM ▪ Educated students and faculty on the importance of value-based health care (VBHC). Distributed evidence-based guidelines in rotations. Integrated VBHC into the pre-clinical curriculum.
10/2020 – 04/2022	Sigma Sigma Phi Honor Society, WCUCOM ▪ Raised funds and participated in the Hattiesburg Diabetes Walk. Worked with the local salvation army to provide necessities to local children living under the poverty line. Provided nutrition and vitals screening for participants of the Special Olympics hosted at Keesler Air Force Base.
09/2020 – 12/2020	Medical Interpreter, Hattiesburg Cough & Fever Clinic, Hattiesburg, MS ▪ Translated in Spanish the patient encounter for the family medicine physician.
08/2015 – 08/2018	Camp Counselor, Camp Boggy Creek, Eustis, FL ▪ Supervised children ages 7-16 with chronic illnesses and physical disabilities. Taught them skills in fishing, swimming, creating woodworking projects, and choreographed theater performances.

Teaching Experience

- 08/2020 – 06/2022 **Medical Student Tutor, WCUCOM**
▪ Provided one-on-one tutoring to first-year medical students who needed guidance in the courses of Neuroscience, Physiology, Behavioral Health & Public Science, Clinical Patient Care, and Histology.
- 01/2017 – 04/2017 **Epidemiology of Infectious Diseases Teaching Assistant, UCF, Orlando, FL**
▪ Proctored exams, graded quizzes, and prepared students in learning the material for MCB 4276.

Work Experience

- 11/2018 – 04/2019 **Electrocardiogram Technician, Orlando Regional Medical Center (ORMC), Orlando, FL**
▪ Performed ECGs, placed telemetry devices on patients, and responded to cardiac arrest and rapid response team calls. Assisted in preparing the patient for chemical cardioversions and tilt table tests.
- 10/2017 – 04/2019 **Medical Scribe, ScribeAmerica, Cleveland Clinic Indian River Hospital (CCIRH), Vero Beach, FL**
▪ Documented the patient's visit in a fast-paced environment in the ED. Strengthened my typing skills and knowledge of billing and coding. Learned how to communicate with different healthcare workers.
- 08/2016 – 04/2017 **Peer Mentor, UCF Office of Undergraduate Research, Orlando, FL**
▪ Mentored 10 first-year undergraduate students in the LEARN program. Tutored in their courses, taught them basic laboratory techniques, and involved them in STEM activities.
- 08/2015 – 03/2016 **Captioning Assistant, CapTel Service Specialists (CSS), Orlando, FL**
▪ Provided word-to-word captions to link the deaf and hard-of-hearing community with friends/family.

Committees

- 07/2025 – 06/2026 Medical Student Liaison Committee, UCF/HCA
07/2025 – 06/2026 UCF/HCA Residency Program FSPMR Liaison
05/2025 – 05/2026 Justice, Equity, Diversity, and Inclusion (JEDI) Committee, AOCPMR Resident Council
07/2024 – Present Brain Injury Core Team, HCA Florida West Hospital
07/2024 – Present Social Media & Wellness Committee, UCF/HCA
07/2024 – Present Program Evaluation Committee (PEC), UCF/HCA
05/2024 – 05/2025 Neurorehabilitation & Medically Complex Fellowship Committee, AOCPMR Resident Council

Academics

AAPM&R SAE in-service examinations

Percentile rank compared to all other PM&R residents in the same post-graduate year

PGY-2: 55.7

PGY-3: 91.7

Professional Organization Memberships

- 08/2025 – Present International Brain Injury Association (IBIA)
08/2025 – Present American Congress of Rehabilitation Medicine (ACRM)
02/2022 – Present American Osteopathic College of Physical Medicine & Rehabilitation (AOCPMR)
02/2022 – Present Association of Academic Physiatrists (AAP)
02/2022 – Present American Academy of Physical Medicine and Rehabilitation (AAPM&R)
05/2021 – Present American Medical Association (AMA)
01/2020 – 05/2023 Sigma Sigma Phi (SSP) Honor Society – Alpha Mu Chapter

Languages

Spanish: Native speaker

English: Fluent

French: Basic conversation and reading

Hobbies/Interests

Active in indoor cycling, rowing, and distance running, with a habit of seeking out trails whenever visiting a new city. Creative outlets include portrait photography and Polaroid scrapbooking. Passionate about bringing people together through food and coffee. Tends a home garden, growing fresh produce from seed to table. Enjoys baking classics like blackberry cobbler and flan, tackling escape rooms, and spending time with my dogs, Delta and Roux.

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Eleazar Fariscal, DO
Email Address	eleazarfariscal@gmail.com
Cell Phone Number	(248) 205-0575
Address	14156 NW 31st Ave Gainesville, FL, 32606-4709 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	University of Florida College of Medicine PM&R Program
What year of training are you currently in?	4th-Year Resident
Have you completed 20 toxin injections in your training?	☒ Yes
Have you completed 10 Ultrasound Scans in your training?	☒ Yes
How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	4 / 5

Comments

To deepen my understanding of ultrasound and EMG principles, I have sought several resources to enhance my education. In addition to completing my prerequisite requirements for toxin injections and ultrasound scans for my program, I have taken advantage of opportunities to participate in external courses.

For example, I attended conferences such as SpasticityX in San Juan, Puerto Rico, earlier this year. During that week, I also made sure to participate in AAP's course offerings on spasticity.

I have also been active in coordinating with guest speakers, including leaders in the field, to speak to our program, as I have found this to be very valuable for our residents and the program as a whole.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

As a former physical therapist, I have had a strong interest in MSK anatomy and kinesiology for over a decade. Now, at this stage of my journey as a physician, I continue to carry this enthusiasm as I further my personal growth and knowledge. In addition, I have enjoyed sharing this enthusiasm with my residency cohort. For example, I am involved in an ultrasound and MSK anatomy QI project that provides additional exposure to the aforementioned topics for our residents. I also have a personal interest in neuromuscular conditions and electrophysiology. As such, I am a Young Ambassador in the AANEM Young Physician Leadership Program. Academically, I was also heavily involved in a published manuscript with an AAPM&R Knowledge Now on the topic "Physiological Principles Underlying Electrodiagnosis and Neurophysiologic Testing".

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

As of today, I have more than double the ACGME requirements for focal chemodenervation of the upper and lower extremities. In addition to this, I have been trained and performed several toxin injections for migraine headaches. However, I still seek to continue learning and honing my skills. A large reason is my decision that, upon graduation, toxin injections will be an integral part of my practice. Regarding intrathecal baclofen delivery, I have not been satisfied with simulated exposure alone. As such, I am actively involved in coordinating in-person exposure for our residents to a baclofen pump clinic with our neurosurgery department.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

As I mentioned previously, I plan to incorporate spasticity management as an integral part of my practice upon graduation. Ideally, I would have two days of neuromuscular and spasticity clinic. Initially, I envision a large part of my practice will be providing toxin injections. However, I have seen the significant need for baclofen pump management within my community. I would love to strengthen my knowledge base and exposure to this so that I may also include this in my practice. In addition, I believe many residents would benefit from greater exposure to spasticity management options. The more I learned about options out there, the more I fell in love with the field. I hope to be a leader and an ambassador in promoting the many things that I have discovered. Crucial to this step would be sharpening and strengthening my skills. I seek to further this by participating in the STEP (Skills, Training, Evaluation, and Performance) Interventional Spasticity Certificate Program! After completing this, I will no doubt continue to share my enthusiasm with my peers.

Thank you for providing this scholarship and for your consideration of my application.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for

any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature



Is an AAPM&R Member

Yes

EDUCATION

University of Florida - Department of Physical Medicine and Rehabilitation, Gainesville, FL

Advanced Residency July 2024-Present

Parkview Health, Fort Wayne, IN

Internship: Transitional Year July 2023- June 2024

New York Institute of Technology College of Osteopathic Medicine, Jonesboro, AR

Doctor of Osteopathic Medicine, May 2023

Johns Hopkins University - Carey Business School, Baltimore, MD

Master of Business Administration - Health Care Management, *courses completed*

University of Southern California, Los Angeles, CA

Doctor of Physical Therapy, May 2009

Michigan State University, East Lansing, MI

Bachelor of Science - Physiology, May 2006

LEADERSHIP EXPERIENCE

University of Florida PM&R Chief Resident

2026-Present

- Advocate for residents by voicing feedback and concerns to program leadership.
- Manage resident on-call, vacation, and rotation schedules.
- Leading development of novel schedule changes towards impactful long term program benefit
- Collaborate with co-chief to develop structured didactics.
- Balance and maintain academic excellence with administrative responsibility.
- Gain experience in program administration, scheduling logistics, and resident wellness initiatives.
- Initiated longitudinal change to program rotations to include early outpatient exposure and return to inpatient rehabilitation by senior residents
- Initiated PM&R resident rotations to collaborate with Interdisciplinary muscular dystrophy clinic

Florida Society of Physical Medicine and Rehabilitation (FSPMR) Resident Liaison

2025-2026

- Maintained communication with the Regional Director and shared department updates.
- Authored quarterly newsletter content showcasing resident and UF PM&R department accomplishments.
- Organized UF PM&R Case Presenters for the 2024 FSPMR/FSIPP Annual Conference.

PROFESSIONAL CERTIFICATIONS / COMPETENCIES

- Andrew Weil Center for Integrative Medicine - Integrative Medicine in Residency - enrolled
- American Board of Physical Therapy Specialties – Orthopaedic Physical Therapy Clinical Specialist Board Certified – Emeritus
- Abbvie – Botox for Chronic Migraine Certification
- Abbvie - Emerging Leaders in Spasticity – Registered for 2026 cycle
- Graston Technique - M1
- Kinetacore Functional Dry Needling Techniques Certification [FDN1](#)
- Mckenzie Mechanical Diagnosis and Therapy Courses A-D

RESEARCH EXPERIENCES

Podium Presentations

- Fariscal E., White N.J., Coffey K., Maggard J.K., Kiehl D., Zaremski J.L. The Silent Muscle with a Loud Consequence: Plantaris Rupture Complicated by PE. Presented at Florida Society of Physical Medicine and Rehabilitation (FSPMR) 2025 Annual Conference, Orlando, FL, September 6, 2025.

Manuscripts

- Kumar, P., White, N. Fariscal, E. Physiological Principles Underlying Electrodiagnosis and Neurophysiologic Testing. PM&R Knowledge Now. Published 06/25/2026.

Poster Presentations

- Zaremski JL, Pezzulo LG, Nixon RM, Martenson MS, Pazmino J, Kiehl D, Fariscal E, Vincent HK. Exploring the Use of a Football Interval Training Program to Improve Velocity and Prevent Throwing-Related Injury in High School Baseball Pitchers. Poster presentation. To be presented at American Medical Society for Sports Medicine, April 23-29, 2026, Seattle, WA.
- Fariscal E, Dubin A, Lancaster B, Troyer W, Coffey K, Amare A, Maggard J, Zaremski JL. Facioscapulohumeral Muscular Dystrophy Variant Presenting as Chronic Tibial Pain. Presented by E. Fariscal at the Association of Academic Physiatrists Annual Meeting, San Juan, Puerto Rico. February 20, 2026.

Quality Improvement Projects

- Amare A, Fariscal E, White N, Axelrod A, Estores I, Zarreii P, Lamagna M, Enhancing Early Ultrasound Training: A Quality Improvement Initiative. University of Florida Physical Medicine and Rehabilitation. Ongoing. Last presented September 2025.

Honors and Awards

- **Co-1st Place, Resident Case Presentation, FSPMR/FSIPP Conference** The Silent Muscle with a Loud Consequence: Plantaris Rupture Complicated by PE. September 6, 2025.
- **Select Medical Living the Way Recipient**, Recognized for collaborative care, documentation efficiency, and responsiveness at the UF Health/Select Inpatient Rehabilitation Hospital. 2024

Institutional Projects

University of Florida - Department of Physical Medicine and Rehabilitation Gainesville, FL, Circadian Rhythm Research Group, Feb 2026, Advisors: Dr. Karyn Esser, Dr. Kimberly Sibille

- Monthly meetings to discuss most current research on biomechanical properties of Circadian rhythm on muscle growth, strength, and output.
- Discuss ideas to investigate applicability of current reach of rehabilitation and sports performance optimization.

University of Southern California, Los Angeles, CA, *Cerebellar Infarction*, April 2008, Advisors: Dr. Julie Tilson, Dr. Katherine Sullivan

- Integrated graduate project. Presented case report of patient with diagnosis of chronic cerebellar infarct. Included findings from patient interview, home environment modifications, activities of daily living analysis, and gait analysis with assistive device. Concluded with evidence based physical therapy intervention options.
- Submitted adjunct report regarding epidemiology, pathophysiology, and disease course of cerebellar infarction

Michigan State University, East Lansing, MI *Measuring effects of High fat diet on Blood Oxygenation Level Dependence using functional Magnetic Resonance Imaging*, Advisors: Dr. Ron Meyer, Dr. Robert Wiseman

- Capstone senior project. Examined 12 individuals consuming high fat diet and observed signal intensity of tibias anterior muscle in fMRI under supervision. Analyzed data and submitted

written report.

Michigan State University, East Lansing, MI, *Thermoregulatory Mechanisms and Adjustments to Thermal Stress by Poikilotherms*, Advisors: Dr. Thomas Adams, Dr. Richard Miksicek.

- Capstone senior project. Analyzed literature and compared thermoregulation and metabolism profiles of poikilotherms and homeotherms. Submitted written report and presented to faculty and students.

TEACHING EXPERIENCES / PRESENTATIONS

Institutional Presentations

University of Florida - Department of Physical Medicine and Rehabilitation

1. Fariscal, E., Casamento Moran, A., Estores, I M., Martenson, J., Sibille, K., Long Covid. UF PM&R Journal Club, Gainesville, FL, Apr 15, 2026
2. Fariscal, E., Zapf, A., Zarreii, P., Hip Osteonecrosis and Hip Septic Joint. UF PM&R Morbidity and Mortality Conference, Gainesville, FL, May 28, 2025.
3. Fariscal, E., Dubin, A, PCL, LCL and Posterolateral Corner Injuries. UF PM&R Didactics, Gainesville, FL, Apr 23, 2025
4. Fariscal, E., Zaremski, J.L., Anterior Interosseous Nerve Syndrome. UF PM&R Didactics, Gainesville, FL, Apr 16, 2025
5. Fariscal, E., Sibille, K, Vincent, H. K., Strength Training vs. Aerobic Training for Managing Pain and Physical Function in Patients with Knee UF PM&R Journal Club, Gainesville, FL, Mar 19, 2025
6. Fariscal, E., Rotator Cuff Tears: Treatment Options, UF PM&R Didactics, Gainesville, FL, October 16, 2024.
7. Fariscal, E., Scapular Winging, Fractures, and Dyskinesia, UF PM&R Didactics, Gainesville, FL, Oct 09, 2024.

University of South Florida - James A. Haley Veterans Hospital, Tampa, FL, *Osseointegration*, November 2022, Advisors: Dr. Joseph Standley

- Medical Student Year 4 Presentation during didactic lecture sessions given to faculty and residents in the PM&R department. Discussed

history, techniques, and current status of osseointegration in the setting of prosthetics. Reviewed current literature in regard to indications and post-operative risk of complications.

Harvard Medical School - Spaulding Rehabilitation Hospital, Charlestown, MA, *Rehabilitation Considerations in Traumatic Brain Injury*, July 2022, Advisors: Dr. Dorothy Tolchin, Dr. Shirley Shih

- Medical Student Year 4 Presentation during didactic lecture sessions given to faculty, fellows, and residents in the PM&R department. Goals: Discuss prognostic considerations and complications in a patient case. Review diffuse axonal brain injury, subglottic tracheal stenosis, dysphagia, altered mental status in the setting of inpatient rehabilitation. Discuss augmentative and alternative communication technology options.

Harvard Medical School - Spaulding Rehabilitation Hospital, Charlestown, MA, *Middle Meningeal Artery Embolization in the Setting of Subdural Hemorrhage*, July 2022, Advisors: Dr. Shirley Shih

- Medical Student Year 4 Presentation during small group didactic session given to faculty, fellow, and residents in the PM&R department. Reviewed pathophysiology of acute and chronic subdural hematoma. Discussed current concepts of middle meningeal artery embolism and efficacy in the setting of subdural hematoma.

Beaumont Hospital, Taylor, MI, *Evidence Based Exercise Programs for Patients with Parkinson's Disease*, May 2022, Advisor: Dr. Johnathan Ho

- Medical Student Year 3 Presentation during didactic lecture sessions given to faculty and residents in the PM&R department.
Reviewed etiology and pathophysiology of Parkinson's disease. Presented current evidence supporting different rehabilitation exercise protocols including LSVT Big and Loud, Tai Chi, Boxing, and Dance. Gave community-based options for patient participation.

Professional and Community Teaching Experiences

Area Agency on Aging 1-B, Ann Arbor, MI, *A Matter of Balance: Managing Concerns About Falling* April 2013, Invited by: Judy Liu

- Presented to Asian Center Members of Southeast Michigan, Presented falling and fear of falling as controllable events, Set realistic goals for increasing activity, Gave recommendations on changing environments to reduce fall risks and using exercise to increase strength and balance

US Physical Therapy Atoka, TN

Clinical Instructor - Physical Therapy June 2017

- Integrated students' course work to clinical practice. Taught and supervised student in treatments of patients. Performed weekly, midterm, and final review. Assessed in-service performance.

Essenza Physical Therapy / South University Lathrup Village, MI / Novi, MI

Clinical Instructor - Physical Therapy Assistant Program November 2013

- Taught 8 week clinical clerkship for Physical Therapy assistant program. Included use of modalities, therapeutic exercise, and safety. Performed weekly, midterm, and final review.

Summerlin Hospital, Las Vegas, NV *Benign paroxysmal positional vertigo* July 2008

Advisor: Ryan Jennings

- Gave inservice presentation. Presented to multidisciplinary team. Included common causes of benign paroxysmal positional vertigo and conservative treatment options.

CO-CURRICULAR / VOLUNTEER EXPERIENCE/ SPORTS COVERAGE

High School Football Coverage in Alachua County

Sports Coverage 2024-2025

- Williston High School
- Fort White High School
- Bradford High School

World Masters Indoor Track and Field Championships, Gainesville, FL

Sports Coverage March 27, 2025, Alachua County Sports & Events Center, Attending Oversight: Dr. Jason Zaremski

USA Masters Track and Field Indoor Championships, Gainesville, FL

Sports Coverage, Feb 23, 2025, Alachua County Sports & Events Center, Attending Oversight: Dr. Jason Zaremski

Rock Steady Boxing, Jonesboro Arkansas; Shreveport, Louisiana

Volunteer, May-June 2021; May-June 2022

- Promoted safety and fun with challenging exercises in populations with Parkinson's disease. Used circuit training, heavy bag, and focus mitt combinations to promote coordination and balance.

Northeast Arkansas Vaccination Event

Volunteer, April 2021

- Participated in community vaccination event which administered over 1,400 Moderna Covid-19 vaccination doses, trained in intramuscular injections prior to event at New York Institute of Technology College of Osteopathic Medicine

Essenza Physical Therapy - Community Fitness Program Lathrup Village, MI

Volunteer/Coordinator 2014-2015

- Developed community exercise program. Performed blood pressure reading and caliper testing, created health and fitness goals and consulted patients regarding health and wellness

University of Southern California - Fit Families Los Angeles, CA

Volunteer

- Partnered with community families to develop realistic and enjoyable exercise programs. Performed blood pressure measurements and consulted patients regarding fitness goals

MarathonKids Los Angeles, CA

Volunteer

- Helped with event organization, promoted movement, exercise, and running to local youth

CLCCA Middle School Mentor Lansing, MI

Volunteer/Mentor

- Served as a 'Big Spartan' mentor to urban youth 12-14 years old from immigrant backgrounds. Promoted education and exercise.

WORK EXPERIENCE

Athletico Physical Therapy Redford, MI; Plymouth, MI, *Physical Therapist 2019*

- Outpatient Physical Therapy setting. Treated patients with Orthopaedic conditions and sports injuries
- Supervised Physical Therapy assistants and technicians. Served as mentor to new PT school applicants.
- Applied different rehabilitation techniques and modalities including instrument assisted soft tissue mobilization

US Physical Therapy Memphis, TN; Atoka, TN; Nashville, TN; Southaven, MS, *Physical Therapist 2017-18*

- Outpatient Physical Therapy settings with various musculoskeletal and chronic neurologic conditions
- Served as interim director and lead therapist at Atoka, TN in which duties included supervising PT assistant, performing chart audits, and leading 125% clinic growth in two months
- Served in several clinics surrounding Nashville, TN. Became closely familiar with both urban and rural populations in the region

Vanderbilt University Medical Center Nashville, TN, *Physical Therapist 2014 - 2017*

- Outpatient Physical Therapy setting which included pre and post-operative Orthopaedic conditions, sports injuries, and chronic neurologic conditions
- Supervised Physical Therapist assistants, technicians, and Athletic trainers
- Applied use of different techniques and modalities including instrument assisted soft tissue mobilization and dry needling
- Key project: Participated in directed patient exercise protocol for MOON shoulder and knee post-operative rehabilitation

CONFERENCES/WORKSHOPS ATTENDED

- **University of Florida College of Medicine Chief Resident Leadership Development**, Gainesville, FL May 17, 2026
- **Association of Academic Physiatrists (AAP) Annual Meeting**, San Juan Puerto Rico, Feb 18-21, 2026
- **Spasticity X Momentum Lab**, San Juan, Puerto Rico, Feb 17-18, 2026
- **American Academy of Physical Medicine and Rehabilitation (AAPMR) PGY-2 Resident Retreat**, Downers Grove, IL, May 18-19, 2024.
- **Florida Society of Physical Medicine and Rehabilitation (FSPMR) Annual Conference**, Orlando, FL, September 05-07, 2025.
- **American Academy of Physical Medicine and Rehabilitation (AAPMR) Annual Assembly**, Baltimore, MD, October 20-23, 2022.
- **American Osteopathic College of Physical Medicine and Rehabilitation (AOCPMR) Mid Year Meeting**, Tampa, FL, April 28-May 1, 2022.

PROFESSIONAL ORGANIZATIONS

American Academy of Physical Medicine and Rehabilitation

American Board of Physical Therapy Specialties – Orthopaedic Physical Therapy Clinical Specialist Board
Certified - Emeritus

American Osteopathic College of Physical Medicine and Rehabilitation

INTERESTS AND SKILLS

Proficient in Tagalog/Filipino

Music production

Judo, Boxing

Photography - particular interest in low-key portraits

Cooking Filipino dishes such as sinigang

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Andrew Fisher, MD
Email Address	fisher.andrew.scott@gmail.com
Cell Phone Number	(423) 620-5026
Address	2133 Christian Street Philadelphia, PA, 19146 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	Sidney Kimmel Medical College At Thomas Jefferson University/TJUH PM&R
What year of training are you currently in?	5th-Year Resident (Pediatrics/PM&R Combined Program)
Have you completed 20 toxin injections in your training?	☒ Yes
Have you completed 10 Ultrasound Scans in your training?	☒ Yes
How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	3 / 5

Comments

My residency has provided meaningful experience with EMG-guided chemodenervation but limited exposure to ultrasound-guided spasticity procedures. Although I have observed ultrasound use in other PM&R interventions, I am eager to develop proficiency in ultrasound-guided spasticity management through formal training.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	3 / 5
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Comments

My residency has provided a strong foundation in musculoskeletal anatomy and kinesiology through clinical training and procedural experience. While I am comfortable applying these principles in practice, I hope to further strengthen my anatomic localization skills as they relate to advanced spasticity assessment and interventional management.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

During my combined Pediatrics and Physical Medicine & Rehabilitation residency, I have developed a strong foundation in the interventional management of spasticity in both pediatric and adult patients. To date, I have independently performed over 100 botulinum toxin procedures under faculty supervision using EMG and electrical stimulation guidance. My experience includes patient assessment, establishing functional treatment goals, selecting target muscles, calculating dosing, reconstituting botulinum toxin, and performing injections as part of comprehensive spasticity management.

I have also participated in over 25 intrathecal baclofen pump refills, including performing routine refills under supervision and assisting with selected dose adjustments based on patients' clinical status and functional goals.

While these experiences have provided a solid procedural foundation, my exposure to ultrasound-guided interventions and other advanced spasticity management techniques has been limited. As I pursue a career in academic pediatric rehabilitation medicine, I am eager to build upon these skills through the STEP Interventional Spasticity Certificate Program to further develop comprehensive expertise in interventional spasticity management as a way to better serve patients with spasticity.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

Interventional spasticity management will be a central component of my future practice as an academic pediatric physiatrist. My future practice will focus on children with cerebral palsy, acquired brain injury, spinal cord injury, and other neurologic conditions in whom thoughtful spasticity management can significantly improve function, comfort, and quality of life. I want to develop the expertise necessary to deliver comprehensive, evidence-based care while thoughtfully integrating focal chemodenervation and intrathecal baclofen therapy into individualized treatment plans.

Although my residency has provided a strong procedural foundation, the STEP Interventional Spasticity Certificate Program offers the advanced, standardized training needed to further refine my skills and expand my experience with comprehensive interventional spasticity management. I also hope to incorporate the knowledge and techniques gained through this program into resident and trainee education, helping disseminate best practices and improve the care of individuals with spasticity throughout my academic career.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know

as soon as possible and no later than two weeks prior to the course.

Signature

Andrew Fisher

Is an AAPM&R Member

Yes

Andrew Scott Fisher

fisher.andrew.scott@gmail.com | (423)-620-5026 | Philadelphia, PA

EDUCATION & TRAINING

Jefferson Health/Nemours Children's Hospital, Delaware Philadelphia, PA/Wilmington, DE
Resident Physician in Pediatrics & Physical Medicine and Rehabilitation Expected 2027

Sidney Kimmel Medical College at Thomas Jefferson University Philadelphia, PA
Doctor of Medicine 2022

Vanderbilt University Nashville, TN
Bachelor of Arts, Biological Sciences 2018
Cum Laude

LEADERSHIP

Jefferson Health/Nemours Children's Hospital, Delaware Wilmington, DE
Chief Resident Physician in Pediatrics & Physical Medicine and Rehabilitation July 2025 – June 2026

ADDITIONAL TRAINING

Emerging Leaders in Spasticity Philadelphia, PA
Participant 2024-2025

- Self-directed online education and in-person clinical skills course to further knowledge regarding spasticity management

AAPM&R PGY-2 Resident Retreat Chicago, IL
Selected Participant May 2024

- Selected as 1 of 60 rehabilitation medicine residents from across the United States to participate in an advanced education course to further develop relevant knowledge and skills and discuss the future direction of rehabilitation medicine

VitalTalk Mastering Tough Conversations Wilmington, DE
Participant April 2024

- Completed in-person training via a nationally recognized program to assist clinicians with navigating difficult conversations regarding patient outcomes

VitalTalk Delivering Serious News Wilmington, DE
Participant May 2023

- Completed in-person training via a nationally recognized program to assist clinicians with discussing important updates to patients and families

CLINICAL RESEARCH EXPERIENCE

Rothman Orthopaedic Institute Philadelphia, PA
Research Assistant December 2018 – April 2020

Principal Investigator: Steven Raikin, MD

- Reviewed the surgical histories and assessed the functional outcomes at various timepoints post-operatively of patients who had undergone hallux valgus correction surgery or Achilles' tendon repair surgery to determine predictors of clinical outcomes

SELECTED PUBLICATIONS

Daniel Corr; Ryan G. Rogero, BS; **Andrew Fisher, BA**; Joseph T. O'Neil, MD; Daniel J. Fuchs, MD; Steven M. Raikin, MD. Influence of First Metatarsophalangeal Joint Degenerative Changes on Functional Outcomes Following Hallux Valgus Correction. *Foot and Ankle Orthopaedics*, 5(4).

Ryan G. Rogero, BS; **Andrew Fisher, BA**; Daniel Corr; Joseph T. O'Neil, MD; Daniel J. Fuchs, MD; Steven M. Raikin, MD. Predictors of Functional Outcomes Following Operative Treatment of Acute Achilles Tendon Ruptures. *Foot and Ankle Orthopaedics*, 5(4).

Ryan G. Rogero, BS; Daniel Corr; **Andrew Fisher, BA**; Joseph T. O'Neil, MD; Daniel J. Fuchs, MD; Steven M. Raikin, MD. Outcomes of Plantaris Tendon Augmentation in Acute Achilles Tendon Rupture Repair. *Foot and Ankle Orthopaedics*, 5(4).

Ryan G. Rogero, BS; Daniel Corr; **Andrew Fisher, BA**; Joseph T. O'Neil, MD; Daniel J. Fuchs, MD; Steven M. Raikin, MD. Postoperative Noncompliance Following Repair of Acute Achilles Tendon Ruptures. *Foot and Ankle Orthopaedics*, 5(4).

PEER-REVIEWED PRESENTATIONS

Andrew Fisher, MD. Traffic Violence and Pediatric Brain Injury: How Physiatrists Can Lead in Advocacy and Prevention. AAP 2026

Mengyi Sun, BS; **Andrew Fisher, MD**; Maura McManus, MD; Eileen Shieh, MD. Catatonia is a rare adverse effect following resumption of intrathecal baclofen after experiencing baclofen withdrawal. AAPM&R 2023.

INSTITUTIONAL PRESENTATIONS

Nemours Children's Health Pediatric Grand Rounds	Wilmington, DE
• <i>Connecting the Dots: Progressive Myelopathy and Deep Vein Thrombosis</i>	June 2026
Rehabilitation Medicine Grand Rounds	Philadelphia, PA
• <i>Traffic Violence and Disability: The Role of Physiatry in Prevention and Advocacy</i>	April 2026

CLINICAL TEACHING

Rehabilitation Medicine Didactics	Philadelphia, PA
• <i>Approach to Hypotonia In Pediatric Patients</i>	April 2026
Pediatric Rehabilitation Medicine Didactics	Wilmington, DE
• <i>Gait Cycle Basics and Common Pediatric Gait Patterns</i>	December 2025
Pediatric Rehabilitation Medicine Didactics	Wilmington, DE
• <i>Introduction to Assistive Devices</i>	October 2025
Pediatrics Didactics	Wilmington, DE
• <i>Traffic Violence and the Pediatric Population</i>	May 2025
Rehabilitation Medicine Didactics	Philadelphia, PA
• <i>Role of Cryoneurolysis in Spasticity</i>	April 2025
Pediatric Critical Care Morning Report	Wilmington, DE
• <i>Tricuspid Valve Endocarditis in a 14-year-old male</i>	April 2024
Pediatric Hematology/Oncology Morning Report	Wilmington, DE
• <i>Idiopathic thrombocytopenia in a 3-year-old female</i>	November 2023

JOURNAL CLUBS

Rehabilitation Medicine Journal Club	Philadelphia, PA
• <i>Benefits of resistance training with blood flow restriction in knee osteoarthritis</i>	<i>June 2024</i>
Pediatric Rehabilitation Medicine Journal Club	Wilmington, DE
• <i>Persistent post-concussive syndrome in children after mild traumatic brain injury</i>	<i>February 2023</i>

HONORS & AWARDS

SKMC Clinical Educator Honor Roll	2023-2024
Edward J. Moore Memorial Prize in Pediatrics (honorable mention)	May 2022

PROFESSIONAL AFFILIATIONS

American Academy of Physical Medicine and Rehabilitation
Association of Academic Physiatrists
American Academy for Cerebral Palsy and Developmental Medicine
American Academy of Pediatrics

CERTIFICATIONS

Pediatric Advanced Life Support
Advanced Cardiovascular Life Support
Basic Life Support
Neonatal Resuscitation Program

LICENSURE

Pennsylvania Medical License
Delaware Medical License

INTERESTS & HOBBIES

Urban Development & Public Transit, Alpine Skiing, NFL, Soccer

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Naomi Francois, MD
Email Address	nfrancoiseras@gmail.com
Cell Phone Number	(631) 575-4553
Address	50 Fairwood Dr, Apt 352 Rochester, NY, 14623 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	Rochester Regional Health/Unity Hospital PM&R Program
What year of training are you currently in?	4th-Year Resident
Have you completed 20 toxin injections in your training?	☒ Yes
Have you completed 10 Ultrasound Scans in your training?	☒ Yes
How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	4 / 5

Comments

I have developed a strong foundation in EMG principles through a structured and rigorous curriculum within my residency. My program includes dedicated one-on-one EMG training with an attending, and I have completed three months of focused EMG rotations. This experience has provided me with a solid understanding of electrodiagnostic principles, including motor unit physiology, waveform interpretation, localization, and clinical correlation in neuromuscular and musculoskeletal conditions.

In addition, I have been introduced to musculoskeletal ultrasound through dedicated didactic lectures covering core principles such as image acquisition, probe positioning, and basic interpretation. While my hands-on ultrasound experience is still developing, I understand its role as a complementary tool to EMG, particularly in improving diagnostic accuracy and procedural guidance.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

I would rate my knowledge of musculoskeletal anatomy and kinesiology as strong and continually developing. My program provides a solid foundation through dedicated didactic lectures that emphasize functional anatomy, biomechanics, and clinical application.

In addition to structured learning, I have taken on an active role in reinforcing this knowledge by helping develop a basic anatomy review course for incoming residents. This collaborative effort has required revisiting core concepts, organizing clinically relevant material, and teaching foundational principles, which has further strengthened my own understanding of anatomy and kinesiology.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

To date, I have gained early hands-on experience in both focal chemodenervation and intrathecal baclofen delivery during my training. In the outpatient setting, I have performed 21 upper and lower extremity botulinum toxin injections under supervision, utilizing both EMG guidance and anatomical landmark-based techniques for muscle localization. These experiences have provided exposure to patient selection, muscle targeting, and procedural technique. In addition, I have participated in intrathecal baclofen pump management, including pump refills and programming on three separate occasions. To further build procedural competence, I have also completed two baclofen pump refill simulation sessions and two botulinum toxin injection simulation sessions.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I am motivated to participate in this program because it aligns directly with my long-term goal of building a comprehensive outpatient physiatry practice that emphasizes functional recovery, continuity of care, and interventional spasticity management. As a trainee, I am particularly drawn to the management of spasticity because of its profound impact on pain, mobility, independence, and overall quality of life. I have seen firsthand through a close family member with cerebral palsy, how thoughtful and timely spasticity management can transform daily function and reduce caregiver burden. My hope is, that through this program, I can develop advanced skills in spasticity management and incorporate these interventions into a longitudinal outpatient practice where

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and

hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Naomi Francois

Is an AAPM&R Member

Yes

Naomi Francois

Phone: (631) 575-4553 Nfrancoiseras@gmail.com	50 Fairwood Dr Apt 352 Rochester, NY 14623
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Post Graduate Training

Residency- Physical Medicine and Rehabilitation RRH Unity Hospital Rochester, NY 14626	Current
Internship- Internal Medicine SUNY Downstate Health Science Center Brooklyn, NY 11203	June 2024

Education

MD Geisinger Commonwealth School of Medicine Scranton, PA 18508	May 2023
MS Drexel University, Philadelphia, PA Master of Science in Interdisciplinary Health Sciences	May 2018
BS Stony Brook University, Stony Brook, NY Bachelor of Science in Biology	December 2013

Honors and Awards

Geisinger Commonwealth's Got Talent: Healing Through the Arts First place winner of fundraising talent show competition	Nov 2020
Geisinger Commonwealth School of Medicine, Summer Research Immersion Scholarship Recipient	Jun 2020

Research Experience

Student Researcher <i>Geisinger Commonwealth School of Medicine And AtlantiCare</i>	Aug 2021-May 2022 <i>Atlantic City, NJ</i>
Quality Improvement Community Collaborative (QuICC) Project: <i>AtlantiCare 30-day Hospital Readmission: A Review of Trends</i>	

- Assessed factors that contributed to 30-day hospital readmission rates at two AtlantiCare hospitals

Student Researcher

Geisinger Commonwealth School of Medicine

Jan 2020-May 2020

Scranton, PA

- Project: *The Effect of State Level Regulation on Gabapentin Prescription Volume*
- Extracted national gabapentin and Neurontin prescriptions from Medicaid State Drug Utilization System from 2008-2018
- Analyzed national trends in gabapentin prescriptions across the United States with varying prescription regulations

Student Researcher

Geisinger Commonwealth School of Medicine

Oct 2019-May 2020

Scranton, PA

- Collaborated with eight medical students, faculty, and community mentors on a yearlong community-based research project titled *Lung Cancer Screening: Improving Awareness and Knowledge Through Health Education*
- Gained important insights on epidemiology, community health, and physician engagement with organizations and agencies to improve community health
- Performed a literature review and assessed community-specific health data including demographics, health indicators, health-related infrastructure, and social, behavioral, and environmental determinants of health
- Recruited project over 50 participants, administered informed consent discussion, collected baseline data, and administered follow-up survey

Research Volunteer

Children's Hospital of Philadelphia

Jun 2017-Jun 2018

Philadelphia, PA

- Investigated the use of the Microsoft Kinect as an appropriate means of measuring upper-limb function in Friedreich Ataxia patients
- Recruited over 50 participants, administered informed consent discussion, collected baseline data
- Managed data collection, entry, and analyses of data

Undergraduate Researcher

Stony Brook University School of Medicine

Aug 2011-Aug 2012

Stony Brook, NY

- Investigated the correlation between PTSD in First Responders and tobacco use
- Performed chart reviews and compiled a uniform dataset for quality data collection reporting

Professional/Work Experience

Caregiver

Nanny

Sep 2017- Jun 2019

Wynnewood, PA

- Provided excellent care for children ranging from newborn to three years of age
- Documented detailed reports of the children's' day for parents

- Sparked creativity and imagination through new activities daily
- Safely and promptly transported the children to and from extracurricular activities
- Prepared and fed the children healthy snack and meals

Teaching Assistant

Jan 2019-Jun 2019

Drexel University School of Medicine

Philadelphia, PA

- Taught 60 graduate students in Career Counseling in Health Sciences
- Evaluated and assessed student performance, including participation, grading exams, quizzes, assignments, and papers
- Collaborated with faculty and course director on curriculum objectives
- Maintained open lines of communication for students as needed and promptly respond to student inquiries on course material

Teacher

Sep 2018-Jun 2019

Steppingstone Scholars

Philadelphia, PA

- Taught 30 students' mathematics in the fifth and seventh grades
- Planned and created lectures, in-class discussions, and assignments
- Evaluated and assessed student performance, including participation, grading exams, quizzes, assignments, and papers
- Collaborated with faculty and curriculum director in preparation of Pennsylvania System of School Assessments
- Planned, scheduled, and facilitated review sessions for 30 students
- Created an after-school science club curriculum

Administrative Support

Aug 2017-Jun 2018

Drexel University School of Medicine

Philadelphia, PA

- Coordinated operational tasks for the office including answering, screening, and transferring outbound phone calls for the Office of Student Life
- Received and directed visitors and clients in a welcoming and courteous and customer centered manner
- Prepared and modified documents including correspondence, reports, drafts, memos, and emails
- Engaged with the campus community and encouraged the student body to utilize Student Life resources

Teaching Assistant

Sep 2017-May 2018

Drexel University School of Medicine

Philadelphia, PA

- Taught 20 graduate students in Professionalism
- Evaluated and assessed student performance, including participation, grading exams, quizzes, assignments, and papers
- Collaborated with course director on curriculum objectives
- Maintained open lines of communication for students as needed and promptly responded to student inquiries on course material

Tutor

Sep 2017-May 2018

Drexel University School of Medicine

Philadelphia, PA

- Conducted individualized tutorial sessions for 20 students with academic deficiencies and determined skill areas requiring additional assistance in subjects such as Pharmacology and Histology
- Designed and implemented exercises and activities to facilitate students' academic improvement
- Assisted students in clarifying learning challenges and guided them in developing effective study skills

Publications and Presentations

Francois, N., Lewis D., Namassivaya, N., CIDP and Spinal Cord Compression: A Case Report. Presented at: AAPM&R 2025 Annual Assembly. 10/24/2025.

Howard S, Chowdhury I, **Francois N**, et al. (October 01, 2024) Heterotopic Ossification of the Elbow in a Patient With Cerebral Amyloid Angiopathy Following Intraparenchymal Hemorrhage: A Case Report. *Cureus* 16(10): e70643. doi:10.7759/cureus.70643

Fang, B. **Francois, N.**, Fox, O., Hocbo, A., Patel, H.K., Iqbal, J., “*AtlantiCare 30-day Hospital Readmission: A Review of Trends*” Spring Research Symposium at Geisinger Commonwealth School of Medicine, Scranton, PA, June 6, 2022.

Fang, B. **Francois, N.**, Fox, O., Hocbo, A., Patel, H.K., Iqbal, J., “*AtlantiCare 30-day Hospital Readmission: A Review of Trends*” Atlanticare Medical Education Research Day, March 30, 2022.

Francois, N., Ren, S., Sapp, V.T., (2021). An Examination of the Impact of COVID-19 on Black, Latino, and Asian New York City Residents. *Scholarly Research in Progress (SCRIP)*, 5(1), 118-124.

Francois, N., Ren,S., Sapp, V.T., “*Race, Social Determinants of Health, and COVID-19 in New York City*” Summer Research Immersion Program Symposium at Geisinger Commonwealth School of Medicine, Scranton, PA, July 23, 2020.

Francois, N., Lieberman, N., McDonald, L., Piper, B.J., “*The Effect of State Level Regulation Gabapentin Prescription Volume.*” Spring Research Symposium at Geisinger Commonwealth School of Medicine, Scranton, PA, May 11, 2020.

Coulter, J., Fortner-Buczala, E., **Francois, N.**, Hunsicker, S., Stemrich, R., Sofoluke, R., Sylvester, B., Timmerman, T. “*Lung Cancer Screening: Improving Awareness and Knowledge through Health Education.*” Longitudinal Community Health Investigation Projects Symposium at Geisinger Commonwealth School of Medicine, Scranton, PA, April 23, 2020

Leadership/Service Experience

COVID-19 Vaccinator
Geisinger Clinics

Jan 2021- May 2021
Scranton, PA

- Performed physical exams and administered COVID-19 vaccinations to adult patients at The Wright Center for Community Health
- Served as an integral member of the vaccine clinic medical team to ensure patient safety and satisfaction

“The CereBellas” All-Female a capella Group

May 2020- May 2021

Geisinger Commonwealth School of Medicine

Scranton, PA

Treasurer

- Sought and obtained funds from Medical Student Council, institutional offices, and/or community partners, to oversee club budget and accounts, to maintain upkeep of all financial records
- Performed at events such as the medical school’s Holiday Kick-Off, the annual Talent Show, Celebration of Remembrance Ceremony for families and friends of donor and leisure events for members of the Geisinger executive board

Association of Multicultural Students in Medicine (AMSM)

May 2020- May 2021

Geisinger Commonwealth School of Medicine

Scranton, PA

Student Engagement Chair

- Assessed the needs of the general body members for the implementation of supplementary programs/workshops, to promote upcoming events, assisted in the creative planning of events
- Collaborated with executive board members to organize several events for club members including “Pillows for Kiddos”

Mentor, MD Peer Mentorship Program

Aug 2020-May 2023

Geisinger Commonwealth School of Medicine

Scranton, PA

- Mentor and support first- and second-year medical students in their transition to the learning environment
- Provide guidance to mentees regarding the medical school curriculum, standardized examinations, specialty exposure, and the co-curricular aspects of medical school

Clinical Observation

Aug 2020- May 2021

Geisinger Hazelton Clinic

Hazelton Township, PA

- Shadowed providers in a primary care setting to gain insight into the unique roles played by different members of an interdisciplinary healthcare team and appreciated skills needed to conduct patient-centered clinical interactions

Member, Social Justice Equity Task Force

Jul 2020- Jun 2021

Geisinger Commonwealth School of Medicine

Scranton, PA

- Worked with diverse faculty and staff exploring a racial climate survey
- Assisted in the development and implementation of a curriculum that addresses social justice and the social determinants of health.
- Discussed continued evaluation of policies and practices that impact health outcomes

Mentor, Pre-Medical Mentoring Program

Aug 2019- May-2023

*Geisinger Commonwealth School of Medicine**Scranton, PA*

- Mentor and support pre-medical, undergraduate students in their journey to attend medical school or a health-related field
- Meet monthly with pre-medical undergraduate students from Juniata College and the University of Scranton to advise on the medical school application process
- Provide forthright guidance to mentees regarding the medical school curriculum, standardized examinations, specialty exposure, and the co-curricular aspects of medical school

Welcoming Scranton

Sep 2019

*Geisinger Commonwealth School of Medicine**Scranton, PA**Volunteer*

- Directed traffic and ensured the safety of community members in downtown Scranton
- Facilitated networking between long-term residents and those new to the city.
- Promoted cross-cultural understanding

Regional Education Academy for Careers in Health-Higher Education Initiative (REACH-HEI)

Sep 2019-March 2020

*Geisinger Commonwealth School of Medicine**Scranton, PA*

- Taught disadvantaged local middle and high school students the basic principles of hematology, physiology, and basic pathology as it relates to clinical practice in medicine
- Provided support and guidance to students regarding SAT preparation, college application and the medical school application process

Student Run Emergency Housing Unit of Philadelphia

Nov 2017- Apr 2018

*Volunteer**Philadelphia, PA*

- Oversaw food distribution to 20 displaced men residing at a housing unit
- Promoted recreational activities with residents
- Experienced the lifestyle through complete immersion in a culture unlike any previously encountered

Eliza Shirley House

Jan 2017- Aug 2018

*Salvation Army Greater Philadelphia Area**Philadelphia, PA**Volunteer*

- Provided recreational programs each week to residents and their children
- Promoted educational enrichment for children

Promoting Achievement Through Learning Science Program

Jul 2016- June 2017

*Drexel University School of Medicine**Philadelphia, PA**Volunteer*

- Conducted individualized tutorial sessions for 15 fifth grade students with academic deficiencies at a local Elementary school.
- Collaborated with the teacher to identify and address the needs of students

Cultural Competency Experiences

Geisinger Cultural competency Curriculum

Geisinger Commonwealth School of Medicine

Trainee

Aug 2019-May 2023

Scranton, PA

- Participate in a progressive curriculum that consisted of conferences, workshops, simulations, and trainings to share cross-cultural experiences, challenging participants to understand their own cultural competencies and engage medical students to learn and support the unique health needs of a diverse patient population

Professional Societies

- American Academy of Physical Medicine and Rehabilitation (AAPM&R)
- Association of Academic Physiatrists (AAP)
- American Medical Association (AMA)
- Student National Medical Association (SNMA)

Languages

English: Native Language

Haitian Creole: Intermediate Listener, Novice Speaker, Novice Reading and Writing

Personal Interests

Hiking, cooking, singing, reading

2026 STEP Spasticity Scholarship Application

Contact Information

Name Megan Gillum, MD

Email Address megillum@uw.edu

Cell Phone Number (618) 406-9919

Address 417 NE Ravenna Blvd, 3S
Seattle, WA, 98115
United States

Is an AAPM&R Member

Training Information

Residency Program

What year of training are you currently in?

Have you completed 20 toxin injections in your training?

Have you completed 10 Ultrasound Scans in your training?

How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 3 / 5

Comments

During residency, I performed over 200 EMGs, which has allowed me to build a solid foundation of EMG principles. I have been involved with assessments of many patients with the use of ultrasound, which has allowed me to develop an understanding of the ultrasound basics. However, I have done limited individual ultrasounds to allow myself to put those principles of knowledge to applicable use.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

I have good knowledge of musculoskeletal anatomy and kinesiology that I have been able to use during my residency training. In regards to spasticity management, I am familiar with the landmarks of the muscle most often targeted for botox injections, however I have lived the experience of our expected landmarks do not often correlate with each patient's individual anatomy. I am comfortable with muscle function and innervations, but am looking to improve my confidence on visualizing these structures with ultrasound use.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

In residency, I had great exposure to landmark and EMG guided botox injections with over 100 observed and performed. Unfortunately, our program does not utilize ultrasound often for guidance of botulinum toxin. I observed nerve and motor point blocks under ultrasound guidance but never performed during my training. In regards to intrathecal baclofen, I have done re-programming and troubleshooting of a few baclofen pumps; however, have done limited amounts of pump refills during residency.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I want to participate in the STEP Spasticity course to improve my interventional spasticity management skills to better serve my patients. While I have performed landmark and EMG guided botox injections during residency, I believe ultrasound guidance provides an extra level of precision and effectiveness to our spasticity management. As a future spinal cord injury physician interested in all aspect of neurorehabilitation, I hope to leverage the skills learned in this course to offer and execute the best treatment plan for my patients whether that be botulinum injections, motor blocks, intrathecal baclofen pump, or surgical intervention. I have had some training with general musculoskeletal ultrasound in residency, however as a physician with a visual impairment, I am always working to increase my repetitions with material such as ultrasound to build competency and confidence with these mediums. My goals for future practice include inpatient and outpatient spasticity management which would include injections, management of intrathecal baclofen pumps, and evaluations for surgical spasticity approaches such as hyperselective neurectomy. I believe this program will grant me the opportunity to achieve this higher level knowledge to provide excellent, comprehensive care for my patients.

Please attest to the following statements by checking each box:

- I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).
- I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.
- I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.
- I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Mage Dan

Is an AAPM&R Member

Yes

Megan A. Gillum

417 NE Ravenna Blvd 3S, Seattle WA

618/406-9919

megillum@uw.edu

Education and Training

University of Washington

Seattle, WA

Spinal Cord Injury Fellowship

July 2026 - June 2027

University of Washington

Seattle, WA

Physical Medicine and Rehabilitation Residency

July 2023 - June 2026

2023- 2024 Rookie of the Year Award

Advocate Lutheran General Hospital

Des Plaines, IL

Preliminary Internal Medicine Internship

June 2022 - June 2023

Chicago Medical School (CMS) at Rosalind Franklin University of Medicine and Science (RFUMS)

North Chicago, IL

Doctor of Medicine

Graduated May 2022

DePaul University

Chicago, IL

Bachelor of Science in Neuroscience, Cum laude

Graduated June 2017

2017 Neuroscience Student of the Year

Dean's Award for Outstanding Academic Achievement

Honors Program

Pathways Honors Program

Leadership Experience

University of Washington - Physical Medicine and Rehabilitation Residency Program – *Academic Executive Resident*

April 2025 - April 2026

- One of three executive residents for the University of Washington PM&R residency program, with a focus on the academic needs of the program.
- Design Introduction to PM&R curriculum for incoming PGY-2 resident didactics
- Assist with planning and scheduling of monthly Department wide Grand Rounds and Musculoskeletal Lectures
- Provides resident representation on the Committee for Resident Education, Evaluation, and Development, a committee tasked with monitoring program curriculum and evaluations as well as resident performance and progress
- Create yearly resident call schedule across four clinical sites, incorporation multiple resident interests and preferences

University of Washington - 39th Annual Justus F. Lehman Day Planning Committee– *Resident member*

July 2024 - May 2025

- Committee tasked with design and plan of annual Department Research Symposium with emphasis on Neuroscience for 2025
- Tasked with improving resident interest and involvement
- Collaborate with faculty members on Symposium topic as well as speakers and programming

University of Washington - PM&R Resident Quality Improvement Committee– *Co-chair*

April 2024 - April 2025

- Committee spearheading all residency program related patient safety and quality improvement content na project
- Developed quality improvement related monthly didactic content around patient safety and education
- Coordinated and assisted with facilitation of resident-led QI projects and support with QI-related resources

Chicago Medical School Curriculum Committee – *Student Member*

February 2019 – May 2022

- Committee tasked with design, management, and oversight of the newly implemented medical school curriculum
- Participate in biweekly meetings with professors and administrators to address curriculum issues and develop solutions
- Collaborated on new PM&R curriculum being implemented
- Met weekly from March to August 2020 for COVID-19 adjustments to the curriculum
- Serving on the Health Disparities and Inequalities in Medicine Task Force to overhaul curriculum to address health disparities and educate students on these topics
- Serving on the Grading Disparities Task Force to monitor 3rd year clerkship grading policies and practices, created a new grading system to standardize scores across many clinical sites

Chicago Medical School Class of 2022 Student Council - *Executive Student Council Representative*

October 2018 – May 2022

- Represent the medical school of 2022
- Organize academic and social functions for the class
- Voice the concerns of the class to the administration
- Serve as liaison between the Class Council and the Executive Student Council, which oversees all university students

Chicago PM&R Medical Student Fellowship –*Race Medicine Leader*

February 2021 - January 2022

- Identify and track volunteer opportunities for race/sideline coverage in Chicagoland area
- Advocate for medical student involvement
- Coordinate communication between organizers and fellowship members

American Women's Medical Association CMS Chapter – *Treasurer*

April 2019 – May 2020

- Responsible for managing group's finances
- Coordinate purchases and deposits between the group and the Executive Student Council Treasurer
- Complete monthly and yearly budgets to maintain compliance with Executive Student Council
- Plan alumni networking events geared towards female advocacy and advancement in medicine

DePaul University Pre-Health Advising Committee - *Graduate Student Committee Member*

February 2020 - 2022

- Serve as the alumni/current graduate student member on the pre-health advising committee for four pre-medical students
- Review medical school application documents and provide guidance to maximize success
- Conduct mock multiple mini-interviews for students with feedback on their performance
- Confer with faculty members of the committee to determine each student's overall preparedness for medical school
- Recommend certain extraordinary pre-medical students to Chicago Medical School for early opportunity admission interviews

Bank of America 42nd Chicago Marathon - *Medical Volunteer Group Leader*

October 2019

- Organized a group of medical students from Chicago Medical School to volunteer at medical aid tents at the marathon
- Coordinated between 25 medical students and the marathon volunteer coordinator to determine assignments
- Worked with the Dean's Office to arrange scheduling and payment of transportation from campus to the event

Team Up Against Concussions DePaul Chapter – President

June 2015- June 2017

- Recipient of grant from parent non-profit, Concussion Legacy Foundation
- Educate student athletes, coaches and parents about the seriousness of concussions through discussion, demonstration, and interactive exercises
- Coordinate contact with meeting sites and schedule community outreach presentations
- Instruct new members of the organization, expanding their knowledge of concussions and relevant material

DePaul University Honors Program– Peer Advisor

September 2016 – June 2017

- Oversee fall quarter provisionally admitted Honors students
- Provide support, advising, and resource services geared for the needs of those entering the program
- Maintain contact with advisees throughout the year including quarterly in-person meetings

DePaul University Honors Program - Freshman Mentor

September 2014-November 2015

- Served as support system and resource for new students at DePaul
- Led group activities and discussion during Honors Retreat
- Organized bi-weekly meetings

Research Experience

Rehabilitation Medicine Scientist Training Program - Association of Academic Physiatrists, Pre-applicant

October 2023- current

- Pre-applicant phase of program designed to foster research scientist development
- Currently working on a project interested in the positive predictive value of current sepsis identification tools in the SCI population with long term goal of improving proper diagnosis and management of infection and sepsis in spinal cord injury patients
- Attend quarterly teleconferences to discuss research progress and barriers
- Participate in yearly intensive research workshop at the national Association of Academic Physiatrist meeting with goal of improving scientific knowledge in the physiatry world

Janice Urban, Ph.D. Lab – Rosalind Franklin University of Medicine and Science, Research Assistant

July 2017 - March 2020

- Study neuroendocrinology in rodent model
- In charge of two projects: Traumatic Brain Injury (TBI) and Maternal Experience
- Perform daily vaginal lavages on female rodents
- Developed a system for animal mating and pregnancy care
- Administer head impacts to imitate TBI
- Conduct behavioral tests on rodents
- Perfuse rodents and dissect the brains
- Slice and stain brain tissue for analysis
- Analyze data including social interaction, conditioned fear, immunohistochemistry

Dorothy Kozlowski, Ph.D. Lab - DePaul University, Undergraduate Research Assistant

March 2015 - June 2017

- Study Mild Traumatic Brain Injury in a rodent model
- Examine neural plasticity following Traumatic Brain Injury with a goal in understanding how the brain attempts to repair itself
- Perform functional motor and behavioral tests on rodents
- Mount brain tissue onto microscopic slides
- Stain brain tissue slides using various staining methods including Cresyl Violet
- Analyze brain tissue under light microscope, looking for quantitative data of brain response after a traumatic brain injury

Laila Alibiglou, Ph.D. Lab – Rosalind Franklin University of Medicine and Science, *Research Intern*
June – August 2016

- Study locomotion of Stroke and Parkinson's Disease patients in a Movement Analysis and Translational Science Laboratory
- Prepare and revise Institutional Review Board documentation
- Compile comprehensive lists of potential subjects for research studies
- Create recruitment materials (PowerPoint, handouts) to be distributed to patients and medical teams
- Prepare placement of Motion Capture markers and Surface Electromyography electrodes for study design

Volunteer Experience

Northwest Regional SCI Wellness Summit *Volunteer*

May 2024 - 2026

- Attend Volunteered at semi-annually SCI Wellness summit, assisting with attendance and coordination of programming

Seattle Marathon *Volunteer*

August 2023

- Medical volunteer at Seattle Marathon, providing medical assistance throughout course as well as post-race care at finish line

Great Lakes Adaptive Sports Association *Goalball volunteer*

2018-2019

- Practice volunteer for the Great Lakes Adaptive Sports Goalball team, a Paralympic sport created for athletes with a visual impairment.

Healthcare Experience

Association of Academic Physiatrists – Medical Student Summer Clinical Experience

June – July 2019

- Worked at University of Pittsburgh Physical Medicine and Rehabilitation Department
- Spent 8 weeks treating patients in a variety of PM&R fields: 2 weeks of inpatient Spinal Cord Injury, 2 weeks inpatient Traumatic Brain Injury, 1 week inpatient Medically Complex, 2 weeks outpatient Sports Medicine, 1 week outpatient clinic with assistive technology, adult spina bifida and spasticity care
- Participated in inpatient daily rounding and weekly staffing with attendings and residents
- Worked with patients during inpatient rehab, collaborating with physical therapists, occupational therapists, and speech language pathologists
- Recorded histories and performed physical exams in outpatient clinics
- Conducted wheelchair evaluations and follow-up appointments
- Performed botulism injections in patients with spasticity
- Wrote a case report presented at the joint International Society of Physical & Rehabilitation Medicine (ISPRM) World Congress and AAP Annual Meeting in March 2020

Bank of America 41st Chicago Marathon - Medical Volunteer

October 2018

- Tasked with handling medical records for a medical aid tent along the marathon route
- Collaborated with physicians on rapid triage, diagnosis, and treatment of athletes
- Managed the release and transport of patients who were unable to finish the race

NovaCare Rehabilitation – East Lakeview-FFC – Physical Therapy Aide

March 2015-June 2016

- Directed post-operative patients/athletes with strength, range of motion, and flexibility exercises
- Assisted therapists with patient charting
- Performed front desk tasks: taking new patient information, scheduling appointments, and general patient assistance

Teaching Experience

DePaul University – Biological Sciences – *Teaching Assistant*

September 2016 – June 2017

- Explained biological concepts to a group of 30 non-science major students
- Evaluated homework to ensure students understanding of material
- Demonstrated lab techniques including correct use of the scientific method and dissection procedure

Publications

Poster Presentation

- **Gillum MA**; Leuders D; Day J. Snapping Gracilis Tendon in a Competitive Swimmer. Presented at: 2020 International Society of Physical Medicine and Rehabilitation and Association of Academic Physiatrists Meeting; March 2020; Orlando, FL

MEMBERSHIPS

Association of Academic Physiatrists

American Academy of Physical Medicine and Rehabilitation

2026 STEP Spasticity Scholarship Application

Contact Information

Name Alexander Goggins, MD

Email Address agoggins.eras@gmail.com

Cell Phone Number (248) 765-0373

Address 1806 Tammany Dr, Unit B
Nashville, TN, 37216
United States

Is an AAPM&R Member

Training Information

Residency Program

What year of training are you currently in?

Have you completed 20 toxin injections in your training?

Have you completed 10 Ultrasound Scans in your training?

How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

I utilize POC Ultrasound as much as possible, for all relevant patient encounters with MSK complaints in our outpatient clinics. I am also currently working with my faculty to develop a "Senior resident as teacher" longitudinal didactic course on neuromuscular ultrasound, to be delivered in conjunction with the general MSK ultrasound curriculum.

I have a strong interest in EMG, having completed with necessary number of studies and participated in an EMG intensive neurophysiology course. I am currently interviewing for a position in an electrodiagnostic heavy practice and hope to grow the neuromuscular US and spasticity components of the practice.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

I feel very comfortable with my understanding of MSK anatomy and biomechanics, having helped author a chapter on lower extremity biomechanics in "Atlas of Orthoses and Assistive Devices" 6th edition.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

During my training I have worked with multiple attending physicians (both neurology and PM&R) in the planning and delivering of toxins - having some experience with EMG guided, E-stim guided, and Ultrasound guided. I also have experience performing ultrasound guided nerve blocks (esp. suprascapular and median nerves) and ultrasound guided baclofen pump refills.

One weakness I feel I have is with adjusting treatment plans for spasticity management (the 1 month resident rotations make following up on patients and adjusting dosing/locations at the 2-3 month mark challenging), and my hope is this course will address this deficit.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I have interviewed and am considering joining an outpatient physiatry practice that focuses on EMG and general outpatient physiatry (including ultrasounded guided joint injections and spasticity management). My hope is that this course will strengthen my skills in planning and delivering toxin, to address this need in the community.

I also hope that this course will help prepare me for the transition from resident to attending, and connect me with experts in the field to support me as I grow into my practice.

Please attest to the following statements by checking each box:

- I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).
- I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.
- I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.
- I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Alexander S Goggins

Is an AAPM&R Member

Yes

Alexander S. Goggins, MD

1806 Tammany Dr, Unit B, Nashville TN, 37216

Email: agoggins818@gmail.com | Phone: 248-765-0373

Resident physician completing PM&R residency with a focus on stroke rehabilitation, electrodiagnostic medicine, and musculoskeletal medicine.

Postgraduate Training

Residency, Physical Medicine and Rehabilitation | TriStar Skyline Medical Center, Nashville, TN | July 2024 - June 2027

Transitional Year, Family Medicine | Mountain Area Health Education Center, Asheville, NC | July 2023 - June 2024

Education

Doctor of Medicine | Virginia Commonwealth University School of Medicine, Richmond, VA | August 2019 - May 2023

- Dean's Scholarship

Master of Science, International Health and Development | Institute of Hygiene and Tropical Medicine, Lisbon, Portugal | September 2017 - June 2019

- Francisco Cambournac Academic Merit Award

Bachelor of Science, International Studies & Global Health | University of Michigan, Ann Arbor, MI | September 2013 - April 2017

- Minor in Portuguese

Publications, Presentations, & Research

Goggins AS, Schmidt A, Kimball T. **A multidisciplinary approach to management of ossification of the posterior longitudinal ligament.** Presenting at AAPMR Annual Meeting; Oct 2025.

Goggins AS, Swenson T, Kimball T. **Atypical femur fracture with chronic denosumab use: a case report.** Am J Phys Med Rehabil. 2025 Jul 29. doi:10.1097/PHM.0000000000002832.

Goggins AS. **Biomechanics of the hip, knee, and ankle: basic biomechanical principles.** In: Murphy D, Webster J, Lovegreen W, eds. Atlas of Orthoses and Assistive Devices. 6th ed. Elsevier; 2025:Chapter 18.

Goggins AS, Schmidt A, Kimball T. **An atypical cause of low back pain: unilateral Bertolotti's syndrome.** Presented at AAP Annual Meeting; Feb 2025.

Goggins AS, Caldwell M, Parkhurst A. **Lateral compartment syndrome in power lifter.** Presented at AMSSM Annual Meeting; Apr 2024.

LeCrone N, Goggins A, Qiao Y, Salem A. **Conventional osteosarcoma.** RSNA Case Collection. May 2023.

Goggins A, Lykins J, Aston A, Shaw J. **Acute cholecystitis secondary to Raoultella ornithinolytica infection, complicated by sepsis, gallbladder perforation, hepatic abscess, and bacteremia.** BMJ Case Rep. 2022;15(12):e250766. doi:10.1136/bcr-2022-250766.

Alves D, Delgado AP, Amado M, Goggins A, et al. **Recreation and alcohol consumption in Sub-Saharan Africa: addressing gender and age differences in urban areas, Praia, Cabo Verde.** Int J Environ Res Public Health. 2022;19(18):11175. doi:10.3390/ijerph191811175.

Goggins AS, Haar PJ. **Osteitis pubis.** AMSER Medical Student Case of the Month. Jul 2022.

Clinical Experience

High School Football Sideline Coverage | Nashville, TN | Aug 2024 – Present

Adaptive Sports Climbing Chapter Coordinator, Catalyst Sports | Asheville, NC; Nashville, TN | Jun 2023 – Present

Lipscomb University Pre-participation Sports Physicals | Nashville, TN | Aug 2025

Special Olympics Sideline coverage & MedFest 2025 | Nashville, TN | Sept 2025 – Present

Leadership & Community Service

Chief Resident, MAHEC Transitional Year Program | Asheville, NC | Jun 2023 – Jun 2024

Vice President, VCU SOM Red Cross Club | Oct 2019 – Jan 2021

Vaccinator, Virginia Medical Reserve Corps | Feb 2021 – Jun 2021

Civic Health Volunteer, VotER | Oct 2020 – May 2023

Student Volunteer, Crossover Clinic | Sep 2019 – Mar 2020

Languages

English (fluent)

Spanish (advanced)

Portuguese (advanced)

Hobbies and interests

Rock climbing, cycling, hiking and backpacking with my fiancé and our two dogs.

References

Available upon request.

2026 STEP Spasticity Scholarship Application

Contact Information

Name Gregory Grigoropoulos, MD

Email Address grigoropoulosg@upmc.edu

Cell Phone Number (773) 987-2175

Address 3234 Liberty Ave, Apt 348
Pittsburgh, PA, 15201
United States

Is an AAPM&R Member

Yes

Training Information

Residency Program

UPMC Medical Education PM&R Program

What year of training are you currently in?

4th-Year Resident

Have you completed 20 toxin injections in your training?

Yes

Have you completed 10 Ultrasound Scans in your training?

Yes

How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 3 / 5

Comments

have experience using both EMG and ultrasound for procedural localization in clinic. My goal is to develop mastery of both modalities and ensure the highest level of accuracy and quality during botulinum toxin injections.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 3 / 5

Comments

I would rate my knowledge as relatively familiar for my level of training. I continue to build on that knowledge through daily clinical practice, my current electrodiagnostic medicine rotation, and ultrasound-guided procedures.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

One example is a gentleman with a right MCA stroke who had a classic left lower-extremity spasticity pattern with plantarflexion/inversion at the ankle, causing toe drag and poor foot clearance during gait. We targeted the left gastroc/soleus complex and tibialis posterior with botulinum toxin using a handheld EMG. The goal was to reduce the equinovarus pattern, improve foot positioning and gait mechanics, and help him continue walking for exercise more safely and efficiently.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I plan to pursue a Spinal Cord Injury Medicine fellowship and an academic career in neurorehab, where I hope spasticity management will be a core component of my practice. My goal is to provide longitudinal care for patients with SCI and other neurologic conditions, integrating rehab, functional restoration, and interventional spasticity management.

This program would strengthen my procedural skills with ultrasound, and EMG-guided toxin injections allowing me to deliver more precise care. Ultimately, I hope to combine these skills with teaching to patients and future learners in my clinic alike.

Please attest to the following statements by checking each box:

- I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).
- I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.
- I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.
- I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature



Is an AAPM&R Member

Yes

Gregory Grigoropoulos

Pittsburgh, PA | grigoropoulosg@upmc.edu | 773.987.2175

OVERVIEW

Compassionate resident physician training in Physical Medicine and Rehabilitation (PM&R) with clinical and research interests in neurorehabilitation and spinal cord injury (SCI). Experienced in assessing individual needs and developing personalized rehabilitation strategies to promote recovery, athletic performance, injury prevention, pain reduction, independence, and overall wellness. Passionate about helping individuals overcome physical barriers and maximize participation in the activities that give life meaning.



EDUCATION AND MEDICAL TRAINING

University of Pittsburgh Medical Center | Pittsburgh, PA
PM&R Resident | Resident of the Quarter January 2025

July 2024 – Present

Ascension Saint Joseph Hospital | Chicago, IL
Internal Medicine Preliminary Resident | Preliminary Resident of the Year

July 2023 – June 2024

Loyola University Stritch School of Medicine | Maywood, IL
Doctor of Medicine, M.D. | Top third of graduating class

August 2019 – May 2023

Loyola University Chicago | Chicago, IL
BS in Exercise Physiology & Minor in Bioethics | Summa cum laude

August 2014 – May 2018

EMPLOYMENT

Bulldog CrossFit and Bootcamp | Forest Park, IL
Certified Personal Trainer and CrossFit Instructor

May 2018 – May 2023

LEADERSHIP

ASCIP Early Career Trainees and Students (ECATS) Committee
Academy of Spinal Cord Injury Professionals ECATS Committee Member

November 2025 – Present

- Represent early career, trainee, and student interests within an academy-wide ASCIP committee composed of representatives from each ASCIP section
- Contribute to planning ASCIP programming, events, and professional development initiatives focused on students, trainees, and early career members

UPMC Department of PM&R | Pittsburgh, PA
Curriculum Reform Advocate for the Hands-on Spasticity and Ultrasound Didactic Seminar

June 2025 – Present

- Contribute to the development and implementation of an annual cadaveric-based curriculum for ultrasound-guided interventional procedures in spasticity and dystonia management
- Sponsors: Kevin Franzese, DO, Gary Galang, MD, Elise Pearson, MD, Amit Sinha, MD, Wendy Helkowski, MD

Great Lakes Adaptive Sports Association | Chicago, IL
Creator of GLASA's Functional Adaptive Clinic & Certified Adaptive Coach

March 2022 – July 2023

- Developed a CrossFit-style training clinic with focus on mobility, metabolic conditioning, and strength training for adaptive athletes and programming that improves patient mobility, promotes healing, and reduces pain
- Led training sessions in which all exercises were modified to individuals and their respective disability, including those with neuromuscular, upper- and/or lower-extremity limb loss, spinal cord, and cognitive-related disabilities

Kids Enjoy Exercise Now (KEEN) Chicago | Chicago, IL
Adaptive Coach, Coaches Committee Chair

September 2021 – July 2023

- Organizer of events within a nonprofit organization for children with disabilities
- Engaged children ages 8–16 to absorb them in fun, positive, and physically demanding activities
- Led pool sessions 2x/month engaging creativity and teaching children with disabilities how to swim

PEER-REVIEWED PUBLICATIONS

Grigoropoulos G, Rivetti D, Tranchitella N, et al. ***Improving Patient Safety Through a Multimodal Intervention to Reduce Meal Tray Errors in Inpatient Rehabilitation.*** Journal of Patient Safety. Accepted May 2026.

Ghorayeb J, Grigoropoulos G, George E, et al. ***Exercise Prescription for Low Back Pain Management in Parkinson's Disease.*** Journal of the International Academy of Neuromusculoskeletal Medicine. December 2022.

Chitneni A, Patil A, Dalal S, Ghorayeb J, Pham Y, Grigoropoulos G. ***Use of Ketamine Infusions for Treatment of Complex Regional Pain Syndrome: A Systematic Review.*** Cureus. October 2021.

PRESENTATIONS

Accepted Presentations

Grigoropoulos G, Irish J, Iliescu D, Campbell C, Eck D, Krull C, Wilson J, Russel S, Auh E, Hinton S. ***Early Career and Trainee Workshop: Job Search, Curriculum Vitae Development, and Negotiation Skills in Spinal Cord Injury Care.*** Accepted for pre-conference presentation at the Academy of Spinal Cord Injury Professionals Annual Conference, Salt Lake City, UT September 2026.

Oral Presentations

Grigoropoulos G. ***It's Not Just Walking or Wheeling: Functional Mobility One Year Post-Spinal Cord Injury as Measured by the SCI-FI.*** Oral presentation delivered at the Academy of Spinal Cord Injury Professionals Annual Conference; September 2025; Philadelphia, PA. Also presented at UPMC Children's Hospital of Pittsburgh Lunch and Learn; October 2025; Pittsburgh, PA.

Grigoropoulos, G. ***Emergence of Epidural Electrical Stimulation to Facilitate Sensorimotor Network Functionality After Spinal Cord Injury*** [Calvert et al.], Loyola University Chicago Stritch School of Medicine, oral presentation delivered at AAP Journal Club, Chicago, IL, March 2022.

Grigoropoulos, G. ***Evolution, Morality, and CRISPR: Understanding the Practical and Theoretical Implications***, Loyola University Chicago, Department of Philosophy and Bioethics, oral podium presentation delivered at Loyola Undergraduate Philosophy Conference, Chicago, IL April 2018.

Poster Presentations

Rivetti, I, Grigoropoulos, G, Masterson, R, Horton, J. ***Swallow Recovery Following Cervical Osteophylectomy in Spinal Cord Injury: A Case of DISH-phagia.*** University of Pittsburgh, Department of Physical Medicine and Rehabilitation, poster accepted at Association of Academic Physiatrists (AAP) Annual Conference; San Juan, PR February 2026.

Proaño, I, Grigoropoulos, G, Fogel, B, McCay, M, Walli, O, Bryce, T, Chavez, J, Wecht, J. ***Feasibility of Conducting the International Standards to document Autonomic Function following Spinal Cord Injury (ISAFSCI) in Newly Injured Patients with SCI***, Icahn School of Medicine at Mount Sinai, Department of Rehabilitation and Human Performance, poster accepted at American Spinal Injury Association Scientific (ASIA) Annual Conference; Atlanta, GA April 2023.

Vicki, A, Povieng, B, Grigoropoulos, G. ***Case Study: Tetraplegia Following Intervention for Massive Pulmonary Embolism Months After Severe COVID-19 Pneumonia***, Hines VA Hospital, Department of Physical Medicine and Rehabilitation, poster accepted at Academy of Spinal Cord Injury Professionals (ASCIP) Annual Conference; Kansas City, MO September 2022.

ONGOING RESEARCH PROJECTS

"Feasibility and Outcomes of Outpatient Bladder Botox in Individuals with Spinal Cord Injury"

Research Assistant, collaborating with Paul Rusilko, MD

UPMC Department of Urology, May 2025 – Present

- Explores the safety, symptom profiles, and blood pressure trends to assess autonomic dysreflexia associated with outpatient Botox for neurogenic bladder in individuals with SCI
- Contributing to literature review and manuscript development
- Status: Active data collection; pre/post symptom analysis planned

“Functional Mobility One Year Post-Spinal Cord Injury as Measured by the SCI-FI”

Research Assistant, collaborating with Lynn Worobey, PhD, DPT

UPMC Department of Physical Medicine & Rehabilitation, February 2025 – Present

- Project focuses on classifying ambulation ability in individuals with SCI based on assistive device combinations and functional mobility assessments
- Contributing to literature review, manuscript development, and abstract/presentation preparation
- Status: Submitted for publication, under revision after peer review

“The Prevalence and Ultrasound Characteristics of Elbow Overuse Injuries in Wheelchair Rugby Athletes”

Research Assistant, collaborating with Ryan Nussbaum, MD

UPMC Department of Physical Medicine & Rehabilitation, April 2025 – Present

- Study evaluated elbow overuse symptoms and ultrasound characteristics among wheelchair rugby athletes, with emphasis on injury patterns, sport participation, and upper-extremity health in adaptive athletes
- Contributing to literature review and manuscript development
- Status: Submitted for publication, awaiting response

VOLUNTEERING AND EDUCATIONAL ACTIVITIES

Three Rivers Rowing Association Adaptive Rowing Program | Pittsburgh, PA

April 2026 – Present

Adaptive Rowing Coach, Volunteer

- Provide weekly adaptive rowing coaching for athletes with disabilities, including CP, visual impairment, SCI, and other neurologic, physical, or cognitive disabilities
- Assist athletes with setup, stretching, erg training, indoor tank sessions, and on-the-water rowing activities
- Train alongside adaptive athletes while supporting individualized participation, safety, access, and functional independence through inclusive sport
- Total estimated volunteer hours: 18 (2 hours/session for 9 sessions)

Empowered E-Sports Adaptive Gaming Events | Pittsburgh, PA

November 2025 – Present

Volunteer

- Supported a community-based adaptive gaming event for individuals with physical disabilities by assisting with setup and facilitating engagement across multiple gaming stations
- Played video games alongside adaptive gamers and assisted with adaptive controllers, promoting inclusive participation and access to leisure activities
- Total estimated volunteer hours: 9 (3 hours/session for 3 sessions)

Street Medicine at the University of Pittsburgh | Pittsburgh, PA

April 2025 – Present

Resident Physician Volunteer

- Volunteer x2-3 month delivering food, medical care, wound care, and resource connection to unhoused individuals across urban Pittsburgh settings
- Provide on-site clinical support, such as field-based health assessments, local wound care, and medical counseling.
- Assist patients with connection to long-term services, including medical equipment, housing resources, and allied health/community support systems
- Total estimated volunteer hours: 57 (3 hours/session for 19 sessions)

UPMC Inpatient Rehabilitation Holiday Musical Performance | Pittsburgh, PA

December 2025

Resident Physician member of The Rehab Carolers

- Co-organized and performed in a resident-led holiday music group providing live guitar, percussion, and vocal Christmas carol performances for multiple inpatient rehabilitation units in the UPMC Mercy Hospital
- Used live holiday music to foster joy, human connection, and seasonal normalcy for patients, families, and staff, reinforcing a patient-centered, holistic rehabilitation culture beyond traditional clinical care

United Stroke Alliance Stroke Camp | Slippery Rock, PA

June 2025

Resident Physician Volunteer

- Supported a three-day rehabilitation retreat for stroke survivors and caregivers by facilitating group discussions, assisting with logistics, and ensuring smooth program delivery
- Provided massage therapy and educational support to attendees, serving as a medical resource for stroke-related questions and post-stroke rehabilitation guidance
- Engaged in caregiver support sessions and survivor dialogues, deepening insight into the continuum of stroke recovery and the psychosocial dimensions of healing

UPMC Spinal Cord Injury Conference | Pittsburgh, PA

April 2025

Resident Physician Speaker

- Participated in a multidisciplinary conference centered on advancing quality of life for individuals with SCI
- Led a roundtable discussion on "Outcomes in SCI", facilitating an open forum exploring functional, psychosocial, and community reintegration outcomes, focusing on patient-centered measures and innovations in rehabilitation
- Presented in conjunction with John Horton, MD

UPMC PM&R Fair Lecturer | Pittsburgh, PA

April 2025

Resident Physician Volunteer

- Developed and delivered interactive mini lectures to pre-medical and medical students on the topic of spasticity, including pathophysiology and management with oral medications and botulinum toxin
- Facilitated small-group discussions and Q&A sessions to promote understanding of PM&R as a specialty and its interdisciplinary role in patient care
- Created an engaging and approachable learning environment to introduce core PM&R concepts and spark interest among future healthcare professionals

HONORS & AWARDS

- | | |
|---|--------------|
| ▪ AANEM – Resident Physician Scholarship Recipient | August 2025 |
| ▪ AAPM&R – Resident Retreat Scholarship Recipient | May 2025 |
| ▪ UPMC PM&R – Resident of the Quarter | January 2025 |
| ▪ Ascension Saint Joseph – Preliminary Resident of the Year | June 2024 |
| ▪ Loyola University Chicago – Advocacy in Healthcare Award | May 2018 |
| ▪ PanHellenic Foundation – Scholarship Recipient | June 2017 |
| ▪ Alpha Sigma Nu – Jesuit Honor Society Inductee | March 2016 |

MEMBERSHIP & PROFESSIONAL SOCIETIES

- | | |
|--|--------------------------|
| ▪ United Spinal Association Pittsburgh Chapter | April 2025 – Present |
| ▪ Academy of Spinal Cord Injury Professionals | October 2025 – Present |
| ▪ American Spinal Injury Association | February 2022 – 2024 |
| ▪ American Academy of Physical Medicine and Rehabilitation | August 2020 – Present |
| ▪ Association of Academic Physiatrists | September 2019 – Present |

LANGUAGES

English | Native

Greek | Advanced

HOBBIES & INTERESTS

- **Olympic weightlifting.** Includes training and participating in competitions, previous coaching experience
- **Cycling & running.** Endurance sport is meditative, and has been a way to connect with residents and staff at UPMC
- **Music.** I play classical guitar, the Greek bouzouki, and the Arabic oud; I also enjoy headbanging to technical death metal, crying to Italian operas, and dancing to Chicago house and dark techno
- **Reading.** Science fiction has become my central literary interest, particularly as advances in AI make questions of consciousness, identity, and what it means to be human feel increasingly immediate
- **Being a cat dad.** I love my cat so much; her company helped me throughout medical school and residency
- **Meditating.** Trained in Transcendental Meditation prior to medical school and continue to practice
- **Philosophy.** Enjoy analyzing the “why” behind medicine, culture, ethics, technology, and everyday life

CERTIFICATIONS

- Basic Life Support (BLS) & Advanced Cardiac Life Support (ACLS). Last renewed: May 2026.
- Adaptive Training Academy (ATA)
- CrossFit (CF) Level 1 Trainer
- American Council on Exercise (ACE)
- CITI Social and Behavioral Investigator

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Don Hoang, MD
Email Address	dhoang@pennstatehealth.psu.edu
Cell Phone Number	(937) 856-1747
Address	114 Robin Ln, Apt G5 Hummelstown, PA, 17036 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	Penn State Milton S Hershey Medical Center PM&R Program
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What year of training are you currently in?	4th-Year Resident
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Have you completed 20 toxin injections in your training?	☒ Yes
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Have you completed 10 Ultrasound Scans in your training?	☒ Yes
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How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	3 / 5
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Comments

I am comfortable with EMG and am fairly familiar with ultrasound basics; however, I feel like I have room to improve when it comes to using ultrasounds practically.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	4 / 5
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Comments

I feel fairly comfortable with MSK anatomy, specifically of the upper extremity.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

I have had various opportunities to perform botulinum toxin injections (typically EMG + landmark guided) (over 100) and intrathecal baclofen pump refills/programming (around 20).

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I envision my future practice being predominantly outpatient, incorporating both pain and spasticity. While I have had various experiences with managing spasticity interventionally, utilizing botulinum toxin and intrathecal baclofen, I have not had much experience in phenol neurolysis or cryoablation. Likewise, I would like to improve my proficiency with utilizing ultrasound.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature



Is an AAPM&R Member

Yes

Don Hoang, M.D., M.Ed.

114 Robin Lane, Apt G5, Hummelstown, PA 17036

Phone: (937) 856-1747 | E-mail: dhoang@pennstatehealth.psu.edu

EDUCATION

Pennsylvania State University Harrisburg – Master of Education	May 2022 – May 2023
Pennsylvania State University College of Medicine – Doctor of Medicine Honors: Alphonse E. Leure-duPree Exemplary Medical Student Award	July 2019 – May 2023
Wright State University – Bachelor of Science in Biomedical Engineering Honors: Oma K. Sells Trustees Scholarship, University Honors Scholar, <i>summa cum laude</i>	August 2015 – May 2019

POST-GRADUATE TRAINING

Penn State Health – Physical Medicine and Rehabilitation Residency Program Director: Natasha Romanoski, DO PGY-3, Expected Graduation: 2027	July 2024 – Present
University of California Davis Health – Preliminary General Surgery Internship Program Director: Edgardo Salcedo, MD	June 2023 – June 2024

HONORS AND AWARDS

Penn State Health PM&R “WE ARE” Award Awarded to an exceptional junior PM&R resident who demonstrates well-rounded contributions and equitable treatment of others and who is an advocate for patient care, respectful team member, and emerging leader.	June 4, 2026
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CERTIFICATION AND LICENSURE

Advanced Cardiac Life Support Certification	July 2024 – Present
Basic Life Support Certification	July 2024 – Present
Pennsylvania State Medical License	July 2024 – Present
California State Medical License	October 2023 – October 2026
Certified Stop the Bleed Instructor	Spring 2024
Lean Six Sigma Yellow Belt Certification	February 2022
Lean Six Sigma White Belt Certification	Fall 2020

BOOK CHAPTERS

- Sunico R, **Hoang D**. Gender Differences in Pain Perception, Diagnosis, and Treatment. In: Gupta A, ed. *Interventional Pain Management for Women’s Health*. Oxford University Press. In Production.
Discussion of biological and psychosocial gender differences in pain and their implications on pain diagnosis and treatment.

PUBLICATIONS AND PRESENTATIONS

PEER REVIEWED JOURNAL PUBLICATIONS

- Hoang D**, Stephen C, Shi W, Annaswamy T. Silencing the phantom: Sustained resolution of phantom limb pain after an extreme sensory event. *American Journal of Physical Medicine & Rehabilitation*. Published online June 18, 2026. doi: 10.1097/PHM.0000000000003071
Clinical vignette discussing a case of phantom limb pain that resolved following an unorthodox, self-directed, behavioral event involving a single intense episode of multisensory input directed at the perceived location of phantom pain.
- Hoang D**, Sunico R, Perret D. The US academic physiatric footprint: The types and names of PM&R departments. *American Journal of Physical Medicine & Rehabilitation*. Published online June 2, 2026. doi:10.1097/PHM.0000000000003055
Analysis of the presence of PM&R departments and divisions and departmental and divisional naming variability at US academic institutions.
- Rehl KM, Selvakumar J, Pitsch RL, **Hoang D**, Arumugam K, Harshman SW, Gorfe AA, Cho KJ. A new ferrocene derivative blocks K-Ras localization and function by oxidative modification at His95. *Life Science Alliance*. 2023;6(11): e202302094. doi: 10.26508/lsa.202302094
Discussion of a novel ferrocene derivative that has demonstrated the ability to increase cellular ROS levels and inhibit growth of K-Ras-driven cancers.

Hoang D, Wong A, Olympia RP. Looking back to move forward: The current state of research on the clinical applications of camphor- and menthol-containing agents. *Cureus*. 2023;15(7):e41426. doi:10.7759/cureus.41426
Review of clinical applicability of camphor- and menthol-containing compounds, particularly as it pertains to treating pain, upper respiratory infection symptoms, and pruritus.

Pan T, **Hoang D**, Payatakes A. Proximal interphalangeal-level fracture in patient with symphalangism. *Case Reports in Plastic Surgery and Hand Surgery*. 2022;9(1):214-219. doi: 10.1080/23320885.2022.2123808
Clinical vignette discussing a case of a fracture at the level of the fused proximal interphalangeal joint in a patient with proximal symphalangism.

Hoang D, Saran S, Wang M, Wong A, Shalaby M. Implications of anti-AAPI racism in light of the COVID-19 pandemic. *ISMMS Journal of Science and Medicine*. 2021;1(1):15. doi: 10.29024/ijsm.41
Discussion of anti-AAPI racism, particularly during the COVID-19 pandemic, and its effects on AAPI medical students as well as future steps to address these effects.

SUBMITTED AND UNDER REVIEW

Hoang D, Hubbell J, Verbeek T. Managing erythromelalgia-associated pain with suzetrigine: A case report. *Pain Medicine Case Reports*. Status: Accepted and awaiting publication.
Clinical vignette discussing a case of idiopathic erythromelalgia being treated successfully with suzetrigine.

PODIUM PRESENTATIONS

Cao C, Axiopoulou A, Day J, Aue W, **Hoang D**, Topolski C. Design of a virtual coach for training critical care air transport team. Presented at 21st Triennial Congress of The International Ergonomics Association; June 14, 2021; Vancouver, BC, Canada.
Discussion of the development of a virtual coach for critical care air transport team training.

Hoang D, Saran S, Wang M, Wong A, Shalaby M. Anti-Asian racism and medical student mental health during the COVID-19 pandemic. Presented at 2021 Engaging Humanities in Health Cross-disciplinary Conference; April 10, 2021; Pittsburgh, PA, United States.
Discussion of how the COVID-19 pandemic and associated anti-Asian sentiment impacted medical student mental health.

Wong A, **Hoang D**, Shalaby M, Wang M, Saran S. Implications of anti-API racism in light of the COVID-19 pandemic. Presented as a webinar at Pennsylvania State University College of Medicine; October 14, 2020; Hershey, PA, United States.
Discussion of anti-API sentiment and increasing incidence of hate crimes in the United States during the COVID-19 pandemic and means by which to support the API community during this time.

Hoang D, Robinson N, Tenorio I, Topolski C, Weber M. Intracranial pressure waveform generator for traumatic brain injury simulation. Presented at 2019 Senior Design Expo; April 27, 2019; Dayton, OH, United States.
Discussion of the development of an intracranial pressure waveform generator for traumatic brain injury simulation for critical care air transport team training.

POSTER PRESENTATIONS

Hoang D, Sunico R, Perret D. Academic physiatry: Has physiatric presence changed across US academic institutions? Poster presented at: Physiatry '26; February, 2026; San Juan, PR, United States.
Workforce analysis examining the presence of PM&R departments and divisions at US academic institutions.

Hoang D, Sunico R, Jones P, Perret D. Growth trends in PM&R residency positions. Poster presented at: Physiatry '26; February, 2026; San Juan, PR, United States.
Workforce analysis examining the growth of PM&R residency positions. Serving in a mentorship role for a medical student.

Hoang D, Qureshi U, Tisdell E. Introversion in undergraduate medical education: A scoping review on how personality can impact educational experiences. Poster presented at: EdVenture 2025; May, 2025; Hershey, PA, United States.
Review of the impact of personality, particularly introversion, on undergraduate medical education.

Hoang D, Voulo M, Romanoski N. Intrathecal baclofen management education: A scoping review. Poster presented at: Physiatry '25; February, 2025; Phoenix, AZ, United States.

Hoang D, Voulo M, Romanoski N. Intrathecal baclofen management education: A scoping review. Poster presented at: Penn State Health PM&R Scientific Day; October, 2024; Hershey, PA, United States. Awarded 2nd place.
Review of educational interventions pertaining to intrathecal baclofen management, exposing lack of formalized curriculum for intrathecal baclofen management.

Hoang D, Wong A, Olympia RP. Bibliometric analysis of camphor and menthol containing topical anesthetics. Poster presented at: PAINWeek 2022; September, 2022; Las Vegas, NV, United States.

Review of clinical applicability of camphor- and menthol-containing topical agents as a complementary therapy for pain.

Sturts A, **Hoang D**, Wu E, Akhtar A. Young and the restless: Cytomegalovirus-associated hemophagocytic lymphohistiocytosis discovered in a young, immunocompetent female. Poster presented at: Society of General Internal Medicine 2022 Annual Meeting; April, 2022; Orlando, FL, United States.

Clinical vignette of a case of CMV-associated hemophagocytic lymphohistiocytosis in a young, immunocompetent female.

Chen J, Cross A, **Hoang D**, Carlisle K, Gottshall P, Stauch C, Martinazzi B, Ptasinski A, Thompson A. Reducing radiograph wait times in outpatient orthopaedics clinic. Poster presented at: Translating Health Systems Science Poster Day; February, 2022; Hershey, PA, United States.

Assessment of system factors contributing to long radiograph wait times in an outpatient orthopaedics clinic.

Colello J, Dan Y, Eden B, **Hoang D**, Miyfa Z, Su L, Yoder L. The EMR interoperability issue: Bridging the gap. Poster presented at: Science of Health Systems Poster Day; May, 2020; Hershey, PA, United States.

Discussion of a potential software-based intervention to improve EMR interoperability.

SCHOLARSHIP IN PROGRESS

Curriculum Development for Intrathecal Baclofen Management Education

August 2024 – Present

Mentor: Natasha Romanoski, DO

Penn State Health Department of Physical Medicine and Rehabilitation – Hershey, PA

Completed a scoping review of medical education literature regarding the topic of intrathecal baclofen education (ITB), pending manuscript re-submission. Developing educational interventions to improve ITB education, with planned validation studies.

Wearable Sensor Prosthetic Gait Analysis Scoping Review

August 2024 – Present

Mentor: Prateek Grover, MD, PhD, MHA

Penn State Health Department of Physical Medicine and Rehabilitation – Hershey, PA

Participating in the review process, which examined the use of inertial measurement units and foot mounted pressure sensors in prosthetic gait analysis, for an IRB study. Pending manuscript completion.

EDITORIAL/REVIEW ACTIVITIES

AJPM&R Resident/Fellow Section Editor

July 2025 – Present

Selected to serve as a reviewer for the American Journal of Physical Medicine and Rehabilitation's (AJPM&R) Resident/Fellow Section and helping compose Resident/Fellow Editor's Blogs.

OTHER PRESENTATIONS: COMMUNITY/LOCAL

Penn State Health PM&R Residency Didactics

December 2025

Discussed non-pharmacological treatment of pain.

Penn State Health Pediatric Neurosurgery Rounds

December 2025

Provided brief overview of pediatric spasticity management, with a focus on botulinum toxin injections, for neurosurgery trainees.

Penn State Health Pediatric Neurosurgery Rounds

November 2025

Discussed rehabilitation from pediatric concussion with neurosurgery trainees.

Penn State Health Pain Medicine Journal Club (September 2025)

September 2025

Discussed safety and efficacy of genicular nerve radiofrequency ablation for inferolateral knee pain.

Penn State Health PM&R Residency Didactics

July 2025

Discussed fundamentals of stroke rehabilitation.

Penn State Health Rehabilitation Hospital Stroke Rounds

December 2024

Discussed navigating language/cultural barriers in stroke patients.

Penn State Health PM&R Journal Club (September 2024)

September 2024

Discussed basivertebral nerve radiofrequency ablation clinical trial outcomes.

PROFESSIONAL AFFILIATIONS

American Association of Neuromuscular & Electrodiagnostic Medicine (AANEM)	December 2025 – Present
International Society of Physical and Rehabilitation Medicine (ISPRM)	November 2025 – Present
International Pain & Spine Intervention Society (IPSIS)	August 2025 – Present
American Society of Regional Anesthesia and Pain Medicine (ASRA)	December 2024 – Present
North American Neuromodulation Society (NANS)	December 2024 – Present
Association of Academic Physiatrists (AAP)	December 2024 – Present
American Academy of Pain Medicine (AAPM)	October 2024 – Present
American Academy of Physical Medicine and Rehabilitation (AAPM&R)	July 2024 – Present

PROFESSIONAL AND SERVICE EXPERIENCES

Penn State College of Medicine LCME Accreditation Site Visit Participant Serving as a resident representative during a LCME accreditation site visit.	November 2025 – February 2026
Residents and Fellows as Educators - Clinical Educator Track Participating in an individualized, longitudinal medical education track with the goal of growing as a clinician-educator. Engaging in opportunities to enhance skills in curriculum design and instructional methods.	July 2025 – Present
Physical Medicine & Rehabilitation (PM&R) Resident Research Champion Contributing to the development and implementation of the resident research curriculum within Penn State Health's PM&R Department, including designing a research presentation workshop. Working to support research amongst residents and medical students within the Penn State PM&R Department, including helping match trainees with research projects.	June 2025 – Present
Volunteering with Penn State PM&R Student Interest Group Taught pre-clinical medical students about botulinum toxin injections for spasticity, helped them build upon their neurological physical examination skills, and participated in residency application panel.	September 2024 – June 2026
UME-GME Transition Workgroup Helped identify issues with fourth-year medical school curriculum and design interventions to address said issues for future classes of medical students.	December 2022 – May 2023
Comparability Committee Helped review data from various clinical clerkship sites and Penn State College of Medicine's two campuses to ensure comparability in educational opportunity.	June 2022 – May 2023
Students as Educators Facilitated problem-based learning sessions for pre-clinical medical students.	May 2022 – May 2023
Penn State College of Medicine Health Professions Student Assembly (HPSA) Secretary Vice-President Scheduled all student organization events, updated the student body on policy changes pertaining to student activities, helped make decisions regarding activities funding, established the position of diversity representative within the HPSA board, and started a weekly bulletin to communicate upcoming events to the student body.	March 2020 – February 2021 February 2021 – March 2022
BRIDGE Secretary Mentored pre-medical students, organized lectures and workshops focused on the medical school application process, and recruited both mentors from the college of medicine as well as mentees from local universities.	December 2019 – January 2021
PULSE Facilitated problem-based learning for high-school students on the topics of oncology and pediatrics and mentored high-school students through the college application process.	Fall 2019 – Fall 2020

SKILLS AND HOBBIES

Conversational proficiency in Vietnamese.

Creative writing pieces published in humanities journal: *Wild Onions*.
Enjoys volleyball, pickleball, traveling, origami, and playing guitar.

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Jeremy Holden, DO
Email Address	jeremy.holden@ascension.org
Cell Phone Number	(210) 643-8702
Address	1900 Simond Ave, Apt 1016 Austin, TX, 78723 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	University of Texas At Austin Dell Medical School PM&R Program
What year of training are you currently in?	4th-Year Resident
Have you completed 20 toxin injections in your training?	☒ Yes
Have you completed 10 Ultrasound Scans in your training?	☒ Yes
How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	4 / 5

Comments

I have received appropriate ultrasound and EMG didactics and clinical exposure through our residency, so I feel comfortable with general principles of each. I would benefit from more intensive ultrasound and EMG exposure for toxin and phenol/cryoneurolysis.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	4 / 5
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Comments

I feel comfortable with most MSK anatomy within the scope of a PM&R residency. I think I've received great sports medicine and pain medicine training and our residency prioritizes anatomy and kinesiology principles when designing therapy plans. I think I definitely have room to improve so that I can fine tune a spasticity practice in the future.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

We provide botulinum toxin injections via both ultrasound and EMG to adult and pediatric patients. I have specifically tried to tailor rotations and experiences to get more exposure to toxin injections. Our residency is building a pediatric phenol program, so I have some exposure through our pediatric department and during a spinal cord elective I took in Houston. I have good exposure to pediatric baclofen pump refills and programming, but do not have much experience managing these in an adult population.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

Central Texas, Austin in particular, has very few providers providing extensive interventional spasticity management and some of those providers have scaled down their clinical practice recently. In addition, besides in the pediatric space, there are essentially no providers managing new adult or chronic pediatric ITB pumps. I have really enjoyed interventional spasticity management and the benefits it provides to patients, so my ultimate goal would be to provide toxin/phenol/pump services to the area and train residents in the practice. I really want to improve my technique and knowledge so I feel comfortable and effective managing complex cases.

Please attest to the following statements by checking each box:

- I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).
- I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.
- I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.
- I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature



Is an AAPM&R Member

Yes

Jeremy Holden, DO

jeremy.holden@ascension.org • 210-643-8702 • Austin, TX

EDUCATION & TRAINING

Residency in Physical Medicine & Rehabilitation University of Texas at Austin Dell Medical School	2024-2027
Elective in Spinal Cord Injury Medicine Baylor College of Medicine / Michael E. DeBakey VA Medical Center Inpatient and outpatient SCI rehabilitation including annual visits, home health, and spasticity management	2025
AbbVie Emerging Leaders in Spasticity Program National leadership program focused on in-depth spasticity management	2025
Medical Internship University of Texas at Austin Dell Medical School	2023-2024
Doctor of Osteopathic Medicine University of North Texas Health Science Center – TCOM	2019-2023
Bachelor of Science & Arts in Neuroscience; Minor in Psychology University of Texas at Austin	2015-2019

CLINICAL & RESEARCH INTERESTS

Spinal cord and traumatic brain injury, interventional spasticity management (neurotoxin injection and intrathecal baclofen pump management), pediatric-to-adult transitional neurologic disability care

LEADERSHIP

University of Texas at Austin Dell Medical School PM&R Residency Chief Resident	July 2026-2027
American Academy of Physical Medicine and Rehabilitation Physician in Training (PHiT) Council Ambassador	2026-2027
American Osteopathic College of PM&R Education Committee Member, National Chapter	2021-2022
Vice President, UNTHSC Chapter	2019-2021

RESEARCH POSITIONS

PRECISION Pain Research Registry, Research Fellow University of North Texas Health Science Center – TCOM	2019–2021
University of Texas at Austin, Research Assistant Zakon Laboratory, Neurophysiology	2015-2019
Barrick Laboratory, Molecular Biosciences	2015-2017
Reliant Immune Diagnostics, Research Intern	2018

PUBLICATIONS, ABSTRACTS, & PRESENTATIONS

Manuscripts in Preparation

“Novel Method for Intrathecal Baclofen Trials Using an External Pump”

Supervisors: Glendaliz Bosques, MD; Elias Rizk, MD

Developing clinical framework and analysis of a novel method for intrathecal baclofen trial used at Dell Children’s Medical Center

Quality Improvement Projects in Progress

“Spinal Cord Injury Resources: Central Texas”

Supervisor: Deborah Bergfeld, MD

Developing a list including physicians, therapists, and community resources for spinal cord injury patients with intention to distribute in inpatient rehabilitation hospitals, on the acute PM&R consultation service, and in PM&R outpatient clinics

Publications

Holden J, Bosques G. Pediatric Acquired Upper and Lower Limb Deficiency. *PM&R KnowledgeNow*. November 21, 2024.
<https://now.aapmr.org/pediatric-acquired-upper-and-lower-limb-deficiency/>.

Martes J, **Holden J**, Bosques G. Functional Syndromes in the Pediatric Population and Their Rehabilitation Management: Chronic Pain Syndrome and Functional Neurologic Disorder. *Phys Med Rehabil Clin N Am*. 2025 Aug;36(3):625-645. PMID: 40581443.

Oral Presentations

Holden J. “Functional Neurologic Disorder in Pediatric Rehabilitation.” *Dell Medical School 10th Annual Clinical Neurosciences Resident Research Evening*, Austin, TX, April 2026.

Steinbeck L, **Holden J**. “The Aging Brain.” *Encompass Health, Centre for Neuro Skills*, Round Rock, TX, March 2026.

Holden J, Wallace L. "Spinal Cord Injury Considerations for the Wound Care Clinician." *Athena Specialty Group*, Austin, TX, August 2025.

Holden J. "Race-specific differences in outcome measures for chronic low back pain patients with HTR2A variations." *American Academy of Physical Medicine and Rehabilitation 2021 Podium Presentation*, Nashville, TN, November 2021.

Poster Presentations

Holden J, Vo H, Wong K. "Tuberculoma and Pott's from Primary Pulmonary Tuberculosis Causing Thoracic Spinal Cord Injury." *Association of Academic Physiatrists 2026*, San Juan, PR, February 2026.

Vo H, **Holden J**, Bosques G. "Deep Brain Stimulation for Pediatric Anoctamin 3 (ANO3) Associated Dystonia: A Case Report." *Association of Academic Physiatrists 2026*, San Juan, PR, February 2026.

Holden J, Bosques G. "Necrotizing Encephalitis in a Pediatric Patient Secondary to COVID-19 Infection: A Case Report." *Dell Medical School 9th Annual Clinical Neurosciences Resident Research Evening*, Austin, TX, November 2024.

Holden J, Bosques G. "Necrotizing Encephalitis in a Pediatric Patient Secondary to COVID-19 Infection: A Case Report." *American Academy of Physical Medicine and Rehabilitation 2024*, San Diego, CA, November 2024.

Averitt D, **Holden J**, Bosques G. "Orthopedic complications secondary to extended prostaglandin infusion and medically-induced paralysis in an infant with hypoplastic left heart syndrome awaiting transplant: A Case Report." *American Academy of Physical Medicine and Rehabilitation 2024*, San Diego, CA, November 2024.

Owens J, **Holden J**, Haselhorst A. "Intracranial Phaeohyphomycosis in an Immunocompetent Individual: A Case Report." *American Academy of Physical Medicine and Rehabilitation 2023*, New Orleans, LA, November 2023.

Holden J, Reed G, Weiss B, Selod O. "Bilateral Peroneal Neuropathy About Both Fibular Heads Following Significant Weight Loss: A Case Report." *Association of Academic Physiatrists 2022*, Anaheim, CA, November 2022.

Educational Presentations

"Neuromuscular Medicine Review" *Dell Medical School Physical Medicine and Rehabilitation Residency Didactics*, Austin, TX, April 2026.

"Introduction to Wound Care in Spinal Cord Injury" *Dell Medical School Physical Medicine and Rehabilitation Residency Didactics*, Austin, TX, April 2026.

“Basics of Urodynamics in Neurogenic Bladder” *Dell Medical School Physical Medicine and Rehabilitation Residency Didactics*, Austin, TX, March 2026.

“SAE Prep: Electrodiagnostic Medicine” *Dell Medical School Physical Medicine and Rehabilitation Residency Didactics*, Austin, TX, December 2025.

“Musculoskeletal Series: Shoulder Overview” *Dell Medical School Physical Medicine and Rehabilitation Residency Didactics*, Austin, TX, October 2025.

“Case of the Month: Acute Disseminated Encephalomyelitis” *Dell Medical School Physical Medicine and Rehabilitation Residency Didactics*, Austin, TX, July 2025.

“Neurogenic Bowel and Bladder” *Dell Medical School Physical Medicine and Rehabilitation Residency Didactics*, Austin, TX, July 2025.

“Musculoskeletal Series: Shoulder Overview.” *Dell Medical School Physical Medicine and Rehabilitation Residency Didactics*, Austin, TX, October 2024.

AWARDS AND HONORS

Lisa and Steve Roach Publication Award	2025
Top Abstract Award, AAPM&R	2021
UNTHSC-TCOM Dean’s List	2020–2021
University of Texas Austin Presidential Achievement Scholar	2015–2019
University of Texas Austin Distinguished Scholar	2015–2019
AmeriCorps Education Award	2017

COMMUNITY SERVICE

Lonestar Paralysis Foundation	2025
Equest Therapeutic Riding	2020-2023
Neuro Fitness Foundation	2020-2023
RISE Adaptive Sports	2020-2022
PM&R Charity	2022-2023
Habitat for Humanity Trinity	2019-2021
Habitat for Humanity Austin	2017-2019

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Briget Hyde, MD
Email Address	hydebriget@gmail.com
Cell Phone Number	(832) 406-2421
Address	2984 Sidney St, 505 Pittsburgh, PA, 15203 United States
Is an AAPM&R Member	Yes

Training Information

Residency Program	UPMC Medical Education PM&R Program
What year of training are you currently in?	Fellow In-Training
Have you completed 20 toxin injections in your training?	Yes
Have you completed 10 Ultrasound Scans in your training?	Yes
How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	4 / 5

Comments

4/5

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	4 / 5
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Comments

4/5

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

To date, my experience has primarily consisted of landmark-guided and EMG-guided toxin injections for the management of spasticity. I have also gained experience evaluating and managing patients with intrathecal baclofen pumps, including dose adjustments and longitudinal follow-up. While I have had limited exposure to other focal spasticity interventions, such as nerve and motor point blocks, I am eager to expand my knowledge, refine my procedural skills, and broaden my experience through the STEP program.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

As an incoming Brain Injury Medicine physiatrist, I recognize that comprehensive spasticity management is an integral component of caring for patients with a variety of neurologic conditions. I am interested in participating in the STEP program to further develop my expertise in the evaluation, diagnosis, and treatment of spasticity, including the appropriate use of interventional techniques as part of a broader, goal-directed management plan. In my future practice, I hope to integrate interventional spasticity treatments alongside rehabilitation strategies, functional assessments, and patient-centered goals to create individualized, dynamic treatment plans that optimize function and quality of life. The STEP program would provide valuable training to enhance my procedural skills and clinical decision making as I continue to grow as a physiatrist.

Please attest to the following statements by checking each box:

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- I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.
- I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.
- I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

bridget hyde

Is an AAPM&R Member

Yes

Briget Hyde, MD

2984 Sidney St. apt 505, Pittsburgh, PA 15203

832-406-2421 hydebriget@gmail.edu

EDUCATION AND MEDICAL TRAINING

2026 - PRESENT UNIVERSITY OF PITTSBURGH MEDICAL CENTER – PITTSBURGH, PA
Fellowship, Brain Injury Medicine

2023 - 2026 UNIVERSITY OF PITTSBURGH MEDICAL CENTER – PITTSBURGH, PA
Residency, Physical Medicine and Rehabilitation

2022 - 2023 UNIVERSITY OF PITTSBURGH MEDICAL CENTER – PITTSBURGH, PA
Internship, Internal Medicine

2018 - 2022 TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER – LUBBOCK, TX
Doctor of Medicine

2014 – 2022 UNIVERSITY OF DALLAS - IRVING, TX
Bachelor of Science, Biology
Minor, Biopsychology
Minor, French

PUBLICATIONS AND PRESENTATIONS

PEER REVIEWED PUBLICATIONS

Iwuji, K., Alkmekdash, H., Nungent K. M., Islam, E., Hyde, B., Kopel, J., Opiegbe, A., & Appiah, D. (2021). Age-adjusted D-dimer in the Prediction of Pulmonary Embolism: Systematic Review and Meta- analysis. *Journal of Primary Care & Community Health*. 12, 215013272110549.

Iwuji, K., Hyde, B., & Uke, N. (2021). Colorectal cancer disparities and African Americans: is it time to narrow the gap? *The Southwest Respiratory and Critical Care Chronicles*, 9(40), 27-30. <https://doi.org/10.12746/swrccc.v9i40.88>

Opoku, A., Iwuji, K., Clough, B., Le, J., Moore, M., Simmons, C., & Hyde, B. (2019). *Discordance between aPTT and anti-factor Xa levels and implications in patients receiving intravenous unfractionated heparin therapy. The Southwest Respiratory and Critical Care Chronicles*, 7(30), 12-18. <https://doi.org/10.12746/swrccc.v7i30.559>

POSTER PRESENTATIONS

Hyde B., Enam N., Posterich K., Horton J. “*Intrathecal Baclofen Pump for Acute Spasticity Management in a Patient with Autoimmune Myelitis.*” Selected for poster presentation at American Academy of Physical Medicine and Rehabilitation Annual Assembly, San Diego, CA. November 8, 2024.

Hyde B., Enam N. “*Utility of Botulinum Toxin Injection for Focal Spasticity Following Traumatic Brain Injury in the Inpatient Rehab Setting.*” Selected for poster presentation at American Academy of Physical Medicine and Rehabilitation Annual Assembly, San Diego, CA. November 7, 2024.

Nicholas S., Hyde B., Race N., Franzese K., Enam N. “*Emergence from Minimally Conscious State following Treatment of Hydrocephalus with Ventriculoperitoneal Shunting in the Setting of Severe Traumatic Brain Injury.*” Selected for poster presentation at American Academy of Physical Medicine and Rehabilitation Annual Assembly, San Diego, CA. November 7, 2024

PRESENTATIONS

Lost in Translation: Understanding and treating aphasia. Presented at UPMC Department of Physical Medicine & Rehabilitation Grand Rounds, Pittsburgh, PA. January 8, 2025.

Safety, tolerability, and effectiveness of Dextromethorphan-Quinidine for Pseudobulbar Affect among Study Participants with Traumatic Brain Injury: Results from the PRISM-II Open Label Study. Presented at UPMC Department of Physical Medicine & Rehabilitation Didactics Journal Club, Brain Injury Session, Pittsburgh, PA. November 1, 2024.

RESEARCH ACTIVITIES

2025 – 2026 UNIVERSITY OF PITTSBURGH MEDICAL CENTER – PITTSBURGH, PA
Amy Wagner, MD, Director, Brain Injury Medicine Fellowship

- 2025 – PRESENT UNIVERSITY OF PITTSBURGH MEDICAL CENTER – PITTSBURGH, PA
Gary Galang, MD, Unit Director, UPMC Traumatic Brain injury Unit

- 2025 – 2026 UNIVERISTY OF PITTSBURGH MEDICAL CENTER – PITTSBURGH, PA
Shen Jeniffer, MD & Kerry Deluca, MD

- Hyde, Briget | 3

- Synapse National is an organization dedicated to supporting individuals with brain injuries and preparing the next generation of brain injury medicine professionals
- Assisted in reinstating the Brain Injury Support Group at UPMC Mercy Hospital.
- Facilitated shadowing opportunities for undergraduate students to increase early exposure to PM&R and brain injury medicine.

Member, PM&R Residency Recruitment Committee 4/2025 - PRESENT

- Involved in all aspects of the residency recruitment process including holistic application review, interviewing, and assisting in the rank process for residency applicants.

Co-chair, Coalition of Residents and Fellows of Color 8/2024 - PRESENT

- Lead initiatives to promote community-building, peer-support, and inclusion among residents and fellows from underrepresented backgrounds.
- Collaborate with underrepresented minority medical students to provide mentorship, enhance professional development.

PM&R Residency Social Media Committee 7/2023 – PRESENT

- Curate and manage the residency program’s online presence by creating engaging content that highlights resident achievement, faculty expertise, and program events.

Administrative Leadership Track Member 5/2024 – PRESENT

- Selected for a specialized curriculum designed to develop leadership, systems-based practice, and healthcare administration skills.
- Participate in monthly four-hour sessions featuring discussions and presentations on topics such as healthcare finance, hospital operations, quality improvement, organizational structure, and value-based care models – bridging clinical practice with administrative strategy and health system leadership.
- Lead a longitudinal administrative project titled: “Baclofen Pump Billing and Reimbursement” Developed and implemented an educational curriculum for residents, fellows, and faculty to standardize documentation of intrathecal baclofen procedures, ensuring accurate coding and optimizing reimbursement.

AMERICAN ACADEMY OF PHYSICAL MEDICINE & REHABILITATION

Physiatry in Training Council 5/2024 – 5/2025

- Share upcoming AAPM&R events and opportunities with program residents and fellows in training.
- Participate in onsite annual assembly.

TEXAS TECH HEALTH SCIENCES CENTER SCHOOL OF MEDICINE - LUBBOCK, TX

Admissions Selection Committee

4/2020-5/2022

- Interviewed applicants applying for admission to TTUHSC SOM.
- One of six 4th year medical student selected to serve on the Admissions Selection Committee to review all information concerning applicants, including the interview evaluation and scores and made final decisions regarding acceptance of interviewed applicants.

Chapter President, Student National Medical Association

4/2019 – 4/2020

- Co-ordinated monthly meetings with speakers and assisted with other duties as needed.
- Facilitated discussions centered on race between SOM students, SOM faculty, and the Dean's Office.
- Worked with the executive team, Office of Student Affairs, and Dean's Office to plan annual SNMA chapter Scholarship Gala & Auction to raise over \$40,000 for minority scholarships.
- Co-ordinated volunteer opportunities aimed at addressing needs of the Lubbock community members.

STUDENT NATIONAL MEDICAL ASSOCIATION

Lead Program Co-Ordinator, Mental Health Committee

4/2020-4/2021

- Organized monthly "Safe Space Sunday" sessions featuring guest speakers on wellness and mental health topics.
- Led weekly national virtual study halls for medical students preparing for USMLE STEP 1 during the early months of the COVID-19 pandemic (April-June 2020).
- Collaborated with committee members to promote mental health awareness and wellness practices, with a focus on supporting underrepresented minority medical students and healthcare professionals.

CERTIFICATIONS

Basic Life Support (BLS)

Advanced Cardiac Life Support (ACLS)

HONORS & AWARDS

Gold Humanism Honor Society

UPMC 2025-2025 PM&R Resident Humanitarian Award

PROFESSIONAL MEMBERSHIPS

American Academy of Physical Medicine and Rehabilitation
Association of Academic Physiatrists

LANGUAGE SKILLS

French - Conversational
Twi - Conversational
Ga - Fluent

INTERESTS

Creative writing & Reading
Strength training and fitness
Cooking

2026 STEP Spasticity Scholarship Application

Contact Information

Name Andrew Kramer, DO

Email Address adkramer@uw.edu

Cell Phone Number (760) 815-1138

Address 7714 39th Ave NE
Seattle, WA, 98115
United States

Is an AAPM&R Member

Training Information

Residency Program

What year of training are you currently in?

Have you completed 20 toxin injections in your training?

Have you completed 10 Ultrasound Scans in your training?

How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

Through my residency at the University of Utah and my current pediatric rehabilitation fellowship at the University of Washington, I have developed a working comfort with Ultrasound and EMG Principles. Though, as I have used these tools more, I have recognized that there is still I have much to learn in regard to their depth and potential, particularly in point of care diagnostics and procedural guidance.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

My current and previous trainings have required continuous application of MSK anatomy and kinesiology in clinical decision-making, from gait analysis to procedural planning for spasticity management. Much of my day to day in pediatric rehabilitation revolves around the biomechanics of the human body, how a muscular weakness or spasticity could alter bony growth and development, resulting in pathology and functional changes down into adolescents and adulthood. I welcome the opportunity that this program offers to deepen that foundation with ultrasound-guided anatomic correlation.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

During my first year of fellowship, I performed botulinum toxin injections for dystonia and spasticity management in 54 different patients, targeting from 2-10 different muscle groups in each patient. Additionally, during this time, I also performed 26 different nerve and motor point blocks. All of these procedures were with ultrasound guidance. This does not include the additional multitudes of landmark guided and EMG-guided chemodenervation procedures I performed in residency.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I am pursuing this program because interventional spasticity management is at the core of my clinical and career goals in pediatric rehabilitation medicine. Through the years, I have found that the ultrasound is a physiatrist's Swiss Army knife, capable of diagnosis, educating, and treating patients in a timely, efficient manner. My goal is to integrate ultrasound into my daily pediatric rehabilitation practice for both diagnostic evaluations and procedural guidance, especially with chemodenervation and joint/soft-tissue assessments. I see a systems level case for this skill set in that a point-of-care ultrasound can reduce wait times for formal imaging, support patient and family education at their initial visit, and allow treatment decisions to begin the same day rather than after weeks of additional work up. This program presents a direct opportunity to close the gap between my current comfort level and the fluency I need to make ultrasound a core part of my clinical practice.

Please attest to the following statements by checking each box:

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I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Andy Kramer, DO

Is an AAPM&R Member

Yes

ANDY KRAMER, DO
CURRICULUM VITAE

PERSONAL DATA

Legal Name	Andrew Kramer
Place of Birth	San Diego, California
Work Address	Seattle Children's Hospital M/S OB.8.410 4800 Sand Point Way NE Seattle, Washington 98105
Office Phone	206-987-1048
Email	Andy.kramer@seattlechildrens.org

EDUCATION

Undergraduate

2011-2015	Bachelor of Science, Neuroscience Texas Christian University, Fort Worth, Texas
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Graduate

2017-2021	Doctor of Medicine Texas College of Osteopathic Medicine (TCOM), Fort Worth, Texas
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Post-Graduate

2021-2022	Internship: Internal Medicine University of Utah, Salt Lake City, Utah
2022-2025	Residency: Physical Medicine and Rehabilitation University of Utah, Salt Lake City, Utah
2025-Present	Fellowship: Pediatric Rehabilitation Medicine University of Washington, Seattle, Washington

HONORS/AWARDS:

2011	Chancellor's Scholar, Texas Christian University
2011	Academic All-Mountain West First Team Recipient
2012	Academic All-Big 12 First Team Recipient
2015	Magna Cum Laude, Texas Christian University
2019	Pediatric Research Program Scholar, Texas College of Osteopathic Medicine
2020	Sigma Sigma Pi, Texas College of Osteopathic Medicine
2021	Gold Humanism Honor Society, Texas College of Osteopathic Medicine
2021	Wayne O. Stockseth Chair's Award, Texas College of Osteopathic Medicine
2024-2025	Chief Resident, University of Utah
2025	Mark P. Scott, MD Outstanding Resident of the Year Award, University of Utah
2025	Resident Research Award, University of Utah

BOARD CERTIFICATIONS

2025 - Present	Board-Certified in Physical Medicine and Rehabilitation.
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CURRENT LICENSE(S) TO PRACTICE

2025 - Present	Physician, State of Washington, (OP 61666215)
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DIVERSITY, EQUITY, AND INCLUSION ACTIVITIES

2017 - 2021 The Net Refugee Mentor. Mentored refugee children from Congo, Somalia, Bhutan, and Syria in a community-based program addressing educational access and social integration. Developed skills in cross-cultural communication, cultural humility, and trauma-informed engagement.

PROFESSIONAL ORGANIZATIONS

2019 – Present American Academy of Physical Medicine and Rehabilitation (AAPMR)
 2019 – 2022 American Osteopathic College of Physical Medicine and Rehabilitation (AOCPMR)
 2022 – 2025 American Association of Neuromuscular and Electrodagnostic Medicine (AANEM)

EDUCATION AND TRAINING ACTIVITIES

Curriculum and Training Program Development

2018 – 2020 Student Curriculum Leader, Medical Practice Course. Selected to lead the curriculum revision for the Medical Practice course at TCOM, strengthening students' training in patient interviewing, rapport building, and efficient physical examination skills.
 2023 – 2024 Resident Education Committee Co-chair. Responsible for the maintenance and implementation of the medical student rotation curriculum and education during the University of Utah PM&R Elective. Oversaw the board review series associated with the residency didactic curriculum.
 2022 – 2025 Resident as Educator. In conjunction with the residency leadership, launched a novel track with the goal of developing medical educators in the field of Physiatry.
 2023 – 2025 Phase 3 Subcommittee Resident Chair, Spencer Fox Eccles School of Medicine Education committee. Resident lead of the development and implementation of the new school of medicine Phase 3 clerkship curriculum, an innovative longitudinal, integrative clerkship design for third-year medical students.

Teaching Responsibilities

Courses

2023 – 2024 University of Utah Pediatric Residency Lecture Series.
 "Introduction to Cerebral Palsy"
 2024 – 2025 University of Utah Pediatric Residency Lecture Series.
 "Introduction to Cerebral Palsy" and "Management of Hypertonia"
 2026 University of Washington Lunch Bunch Series.
 "Medical Management of Pediatric Spinal Cord Injuries"

Mentorship

2021 – 2025 Eric Nguyen, DO. PM&R Residency Applicant and current resident.
 2023 – 2025 Michael Blatt, MD. PM&R Residency Applicant and current resident.
 2023 – 2025 PM&R Interest Group Buddy System. Created a mentorship program between the medical school PM&R interest group and the University of Utah PM&R residency.

INVITED TALKS

Regional

Kramer A, Green M. Hypotonia: Evaluation and Treatment. Presented to DDI Vantage Early Intervention therapists, case managers, and caretakers. June, 2023.
Kramer A, Green M. Hypertonia: Evaluation and Treatment. Presented to DDI Vantage Early Intervention therapists, case managers, and caretakers. July, 2023.
Kramer A. Introduction to Cerebral Palsy. Presented to the St. Luke's PM&R Residency. March, 2026.

Local

Kramer A. Caring for Adults with Cerebral Palsy. Presented at the University of Utah Department of Physical Medicine and Rehabilitation Grand Rounds. March, 2025.

Kramer A. Exploring the Causes and Etiology of Complicated-Mild Traumatic Brain Injuries in the Pediatric Population. Presented at the University of Utah Department of Physical Medicine and Rehabilitation Swenson Day. May, 2025.

EDITORIAL RESPONSIBILITIES

2025 - 2026 Journal of Pediatric Rehabilitation Medicine Peer Mentor Review Program.

SPECIAL REPSONBILITIES AND SERVICE

National

2020 – 2025 AOCPMR Mentorship Program

2023 – 2025 AAPMR Physiatrist in Training (PHiT) Ambassador

Regional

2024 – 2025 Student Trainee Advisory Committee. Led a committee reviewing faculty CVs to evaluate educational quality, academic commitment, and institutional engagement, ultimately providing recommendations for academic promotion.

CLINICAL ACTIVITIES

2025 – Present Pediatric Rehabilitation Medicine Fellow

RESEARCH FUNDING

2025 Primary Investigator
Parental Perception on Return to Sport After a Complicated-Mild to Severe Traumatic Brain Injury.
Sponsor: University of Utah
Funding Amount: \$1000
Mentor: Colby Hansen, MD

BIBLIOGRAPHY

Posters

Kramer A, Hansen C, Teramoto M, Foley J. Academic Outcomes After a mTBI in the Pediatric Population. American Journal of Physical Medicine & Rehabilitation, (5S):S247, Feb 2024.

Kramer A, Hansen C, Teramoto M, Foley J. Academic Outcomes After a mTBI in the Pediatric Population. University of Utah Department of PM&R Annual Swenson Day, May 2024

Oza, S, **Kramer A,** Ying J, Cushman D. The relationship between patient-reported and objective measures of physical function among cancer survivors receiving rehabilitation care: A correlation analysis. The American Academy of Physical Medicine and Rehabilitation Annual Assembly. November, 2023.

Tran J, **Kramer A,** Fenger C, Miller C, Hansen P. IMPACT-PMR: Innovative Methods for Preceptor Advancement and Clinical Teaching in Physical Medicine and Rehabilitation. University of Utah Education Scholarship Retreat. May, 2024.

Kramer A, Teramoto M, Hansen C. Sport Participation Pre- and Post-mTBI and Its Association with Pediatric Quality of Life. The American Academy of Physical Medicine and Rehabilitation Annual Assembly. November, 2024.

Kramer A, Lanpher A, Mervis M, Koval M, Jager Z, Teramoto M, Green M. Exploring the Causes and Etiology of Complicated-Mild Traumatic Brain Injuries in the Pediatric Population.

The American Academy of Physical Medicine and Rehabilitation Annual Assembly. November, 2025.

Publications

Hill SE, Prokosch ML, DelPriore DJ, Griskevicius V, **Kramer A**. Low childhood socioeconomic status promotes eating in the absence of energy need. *Psychological Science*. 2016 Mar;27(3):354-64.

Oza S, **Kramer A**, Ying J, Cushman DM. The relationship between patient-reported and objective measures of physical function among cancer survivors receiving rehabilitation care: A correlation analysis. *PM&R*. 2024; 1-10. doi:10.1002/pmrj.13182

Kramer A, Foley J, Hansen C, Teramoto M. Parent-Reported Academic Outcomes After a Mild Traumatic Brain Injury in the Pediatric Population. *J Sch Health*. 2024 Aug 5. doi: 10.1111/josh.13502. Epub ahead of print. PMID: 39103203.

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Sarah Meeuwsen, MD
Email Address	meeuwsen.sarah@gmail.com
Cell Phone Number	(262) 989-5760
Address	11924 W Langlade Street Milwaukee, WI, 53225 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	University of Wisconsin Hospitals and Clinics PM&R Program
What year of training are you currently in?	☒ Fellow In-Training
Have you completed 20 toxin injections in your training?	☒ Yes
Have you completed 10 Ultrasound Scans in your training?	☒ Yes
How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	☒ 3 / 5

Comments

My residency program provided essential training in ultrasound and EMG, however one of my goals for fellowship, and reasons for applying for this course, is to obtain advanced training in ultrasound and EMG with the perspectives of experts across the nation and around the world.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	☒ 3 / 5
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Comments

Overall, I feel my knowledge base is average and an area I hope to improve. I have rarely found success with rote memorization strategies, so I seek out hands-on and case-based trainings like this course to solidify facts and gain confidence.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

My residency program provides a good foundation in focal chemodenervation with botulinum toxin, but I am searching for more exposure to nerve blocks under ultrasound guidance, and titration strategies for intrathecal baclofen pumps. Additionally, I have observed some advanced procedures in spasticity management such as cryoneurolysis, but often as the second or third learner in the room, and therefore have not had hands-on experience with ultrasound-guided chemodenervation yet to date.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I want to participate in this program to further develop skills in spasticity management, but also to learn about motion analysis, complex pump programming, and resources needed for a spasticity practice as mentioned in the objectives. My goal for future practice is to care for patients with neurologic injuries, which is why I am also starting a fellowship year in neurorehabilitation and spasticity management. I hope to be able to offer my future patients the full spectrum of treatment options discussed in this course. Though I will be dedicating the next year of my training to this topic, I believe there is so much value in learning clinical management strategies from experts from different institutions. I hopeful for the opportunity to network and engage with other clinicians while obtaining valuable skills for my future practice.

Please attest to the following statements by checking each box:

- I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).
- I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.
- I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.
- I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Sarah M. Meeuwse

Is an AAPM&R Member

Yes

Sarah Meeuwsen, M.D

Curriculum Vitae

CONTACT INFORMATION

11924 W Langlade Street, Milwaukee, WI 53225
meeuwsen.sarah@gmail.com
(262)989-5760

LICENSURE

State of Wisconsin

Full License

09/23/2024 – Current

TRAINING

Fellowship - Comprehensive Neurorehabilitation and Spasticity Management

Starting 08/2026

Medical College of Wisconsin – Affiliated Hospitals

Residency - Physical Medicine and Rehabilitation

07/2023 – 06/2026

Medical College of Wisconsin – Affiliated Hospitals

Registered for August 2026 ABPM&R Board Exam

Preliminary Year - Internal Medicine

07/2022 – 06/2023

Medical College of Wisconsin – Affiliated Hospitals

EDUCATION

M.D

08/2018 – 05/2022

Medical College of Wisconsin

B.S in Biochemistry/Molecular Biology

09/2011 – 05/2015

University of Wisconsin – Eau Claire:

- *Magna Cum Laude*, University Honors

PRESENTATIONS

1. Sarah Meeuwsen, MD, Mary Meyers, BS, and David Del Toro, MD. Persistent Phantom Limb Pain After Multiple Targeted Muscle Reinnervations: A Case Report. Poster presentation at American Academy of Physical Medicine and Rehabilitation Annual Assembly, October 22-25, 2025. Salt Lake City, UT
2. Sarah Meeuwsen, MD, and Merle Orr, MD. Thoracic Myelopathy Due to Large Aortic Aneurysm: A Case Report. Podium presentation at American Academy of Physical Medicine and Rehabilitation Annual Assembly, November 6-10, 2024. San Diego, CA.
3. Sarah Meeuwsen, Charlotte Ball, MD and Christopher White, MD. Race- and Ethnicity-Based Health Disparities in Post-Stroke Rehabilitation. Poster session at Physiatry '24, February 20-24, 2024. Orlando, FL.
4. Sarah Meeuwsen, Charlotte Ball, MD and Christopher White, MD. Racial Disparities in Post-Acute Rehabilitation Following Stroke: A Pilot Study. Poster session for MCW's Annual Scholarship Forum, 2021, June 24. Held Virtually.

5. Sarah Meeuwsen and Sushma Bangalore-Raju, MD. A case of subcutaneous emphysema with pneumomediastinum and pneumopericardium in the setting of rhinotillexomania and medial orbital wall fracture. Poster session for Society of Hospital Medicine: Converge Annual Meeting, 2021, May 3-7; Held Virtually.
6. Sarah Meeuwsen; Michael Sobin; Robert Treat, PhD, Kurt Pfeifer, MD, Jeffery Fritz, PhD. Medical Student Perspectives on a Structured Medical Student Leadership Curriculum. Poster session presented at: 24th Annual Meeting of the International Association of Medical Science Educators, 2020 June 13-15; Held Virtually.
7. Sarah Meeuwsen, Rachel Minkin, Jennifer Nguyen, Timothy Ridolfi, MD, Carrie Peterson, MD, Kirk Ludwig, MD, FACS, FASCRS, Matthew Durand, PhD, Julie Freed, MD, PhD. The Prehab Study: Impact of ischemic preconditioning on frailty and intraoperative blood pressure variability. Poster session presented at: Medical Student Summer Research Day, 2019 October 3; Milwaukee, WI
8. Sarah Meeuwsen, Rachel Minkin, Jennifer Nguyen, Timothy Ridolfi, MD, Carrie Peterson, MD, Kirk Ludwig, MD, FACS, FASCRS, Matthew Durand, PhD, Julie Freed, MD, PhD. Prehabilitation of Frail Surgical Cancer Patients Using Remote Ischemic Preconditioning. Oral presentation at: MCW's Summer Student Injury Series, 2019 July 26; Milwaukee, WI.
9. Sarah Bretl, Ryan McMunn, Students of Biophysical Chemistry (Fall 2014) and Sanchita Hati, PhD. Exploring the Intrinsic Dynamics of Proteins involved in Metabolic Pathways using Coarse-Grained Normal Mode Analysis. Poster session presented at: UW-Eau Claire Celebration of Excellence in Research and Creative Activity, 2015 April 30; Eau Claire, WI
10. Sarah Bretl, Ryan McMunn, Students of Biophysical Chemistry (Fall 2014) and Sanchita Hati, PhD. Comparison of Intrinsic Dynamics of Proteins involved in Metabolic Pathways using Coarse-Grained Normal Mode Analysis. Poster session presented at: 29th Annual National Conference on Undergraduate Research, 2015 April 16-18; Cheney, WI

PUBLICATIONS

- Willarson, H; Meeuwsen, S; McDonald, C; Olivos, Z; Blount, D; Kull, N; Yacub Martin, J; White, C; Farr, E. (2026). Functional Outcomes After Decompressive Craniectomy, Neurosurgery Clinics of North America. <https://doi.org/10.1016/j.nec.2025.12.011>.
- Kamalia, MA; Bureau, B; Ayoub, ME; Abdel-Reheem, AK; Meeuwsen, S; Jha, P. Acute fever of unknown origin: a presentation of West Nile Encephalitis. Abstract published at SHM Converge 2021. Abstract 499. Journal of Hospital Medicine, June 23rd 2021. <https://shmabstracts.org/abstract/acute-fever-of-unknown-origin-a-presentation-of-west-nile-encephalitis/>.
- Meeuwsen, S; Sobin, M; Treat, R; Pfeifer, K; Fritz, J. Medical Student Perspectives on a Structured Medical Student Leadership Curriculum. Abstract published at 24th Annual Meeting of the International Association of Medical Science Educators, June 15-18, 2020. Medical Science Educator. 2020 Dec;30(1):19–67. <https://doi.org/10.1007/s40670-020-01154-1>
- Meeuwsen, S; McMunn, R; Hodac, A.N., Adams, L.A., Anschutz, M.S., Carothers, K.J., Egdorf, R.E., Hanneman, P.M., Kitzrow, J.P., Keoningsberg, C.K., Lopez-Martinez, O., Matthew, P.A., Richter, E.H., Schenk, J.E., Schmit, H.L., Scott, M.A., Volenec, E.M., Hati, S. (2017) Investigation of intrinsic dynamics of enzymes involved in metabolic pathways using coarse-grained normal mode analysis. Cogent Biology. 2017 Feb;3(1). <https://doi.org/10.1080/23312025.2017.1291877>

INVITED ARTICLES

Meeuwssen, S. and Sobin, M, MD. Leadership Skills: From the classroom to the bedside. Kern Institute Transformational Times. Published online 2021 January 8.

HONORS AND AWARDS

Department of PM&R Travel Award, AAPM&R 2024, 2025	2024, 2025
Physiatry '24 Top Poster	2024
Department of PM&R Travel Award, AAP 2024	2024
N. Muni Reddy, MD Endowed Student Award in Physical Medicine and Rehabilitation	2022
Travel Award, International Association of Medical Science Educators Conference	2020
Scholarship Recipient, Edmund J. and Estelle D. Walker Trust, Wisconsin Medical Society	2019 - 2021
Chemistry Department Honors, UW - Eau Claire	2015
Outstanding Senior Award, UW - Eau Claire	2015
Scholarship Recipient, Mel and Lois Gleiter Trust, UW – Eau Claire Chemistry Department	2014
Honors Program, UW - Eau Claire	2011 – 2015
Academic Excellence Scholarship Recipient, State of Wisconsin	2011 – 2015

CURRENT PROFESSIONAL MEMBERSHIPS

American Academy of Physical Medicine and Rehabilitation (AAPM&R)
Association of Academic Physiatrists (AAP)
American Academy of Neuromuscular and Electrodiagnostic Medicine (AANEM)
American Medical Association
Wisconsin Medical Society

RESEARCH EXPERIENCE

Department of Physical Medicine and Rehabilitation, Medical College of Wisconsin, Milwaukee, WI
John McGuire, MD 12/2024 – present

- Evaluate muscle architecture as spasticity develops using ultrasound.
- Analyze ultrasound images for pennation angles, muscle diameter, and echointensity.
- Correlate ultrasound data with manual muscle testing and modified Ashworth scale.
- Mentor a medical student on the project.

Charlotte Ball, MD and Christopher White, MD 12/2020 – 02/2024

- Performed background research on racial disparities on rehab admissions and outcomes.
- Supported chart review of over 500 patients admitted to Froedtert Hospital with acute stroke and consult placed to inpatient rehabilitation.
- Collaborated with Biostatistics for in-depth evaluation of data and results.

Kern Institute, Medical College of Wisconsin, Milwaukee, WI

Student Leadership Initiative 02/2019 – 01/2021

- Developed a survey to assess interest in a formal leadership curriculum.
- Analyzed results from 155 students currently enrolled at MCW - Milwaukee.
- Presented results at IAMSE national conference.

Healthy Minds Initiative 10/2018 – 06/2022

- Developed study protocol for a mindfulness phone application as a student mental health tool.
- Wrote a proposal to the Kern Institute for study funding.
- Assessed the impact of the Healthy Minds at Work mobile application on medical student wellbeing.
- Manuscript draft in progress

Medical Student Summer Research Program, Medical College of Wisconsin, Milwaukee, WI

Department of Anesthesiology, Julie Freed, MD, PhD

05/2019 - 09/2019

Department of Physical Medicine and Rehabilitation, Matthew Durand, PhD

- Support study personnel during initial evaluations of clinical trial participants.
- Conduct background research on remote ischemic preconditioning, intraoperative blood pressure, and prehabilitation on post-surgical outcomes.
- Explore future avenues of clinical study including post-operative cognitive defects.
- Participate in the Summer Student Injury Series funded by the National Institutes of Health.
- Present study progress at Medical Student Summer Research Day.

Student Researcher, University of Wisconsin – Eau Claire, Eau Claire, WI

09/2014 - 05/2015

Department of Chemistry, Sanchita Hati, PhD

- Explored the relationship between protein sequence, structure, and dynamics.
- Studied the single and comparative coarse-grained normal modes of 24 proteins.
- Utilized collaborative online resources, such as, Swiss-Model, NCBI BLAST, and WEBnma.
- Composed a manuscript for publication in a scientific journal.

LEADERSHIP AND VOLUNTEER EXPERIENCE**Medical College of Wisconsin – Affiliated Hospitals**

Housestaff Quality and Safety Committee

07/2024 – current

- Participate in monthly discussions about current and future quality initiatives
- Learn about hospital quality and safety evaluations, including root-cause analysis.
- Explore systems-based ways to evaluate quality and safety concerns

Department of Physical Medicine and Rehabilitation

Residency Interviewer

01/2026

- Interviewed 6 residency candidates for the 2025 application season
- Evaluated residency applications, curricula vitae, and personal statements of interviewees.

Abbvie

Emerging Leaders in Spasticity

08/2024 – 07/2025

- Participated in a four-phase program to develop an elevated approach to spasticity management
- Developed confidence in spasticity management treatment options.
- Practiced advocating for patients with spasticity and developing treatment plans.

American Academy of Physical Medicine and Rehabilitation

PHiT Liason

07/2024 – 06/2025

- Serve as a representative for MCW's PM&R program on a national level
- Report back to the program about AAPM&R upcoming events and opportunities
- Encourage upcoming residents to engage with AAPM&R

Great Lakes Adaptive Sports Association

Great Lakes Games

05/2021

- Volunteered to support the powerlifting meet for adaptive athletes at GLASA Games 2021 with weigh-ins and changing bar weights.

Kern Institute

Student Leadership Initiative

02/2019 – 01/2021

- Serve on a committee dedicated to improving leadership education at MCW.

- Participated in monthly meetings
 - Collaborated with external consultants for brainstorming sessions
- Healthy Minds Student Champion 10/2018 – present
- Be a resource to all students enrolled in the Healthy Minds study.
 - Serve on a workgroup dedicated to finding resources helpful for improving student mental health.
 - Participate in monthly meetings with study updates.

Medical College of Wisconsin Admissions Office

- Panel Participant 01/2021 – 03/2021
- Participated on student panels for admitted applications on topics for wellness, spouses and significant others, and non-traditional students

COVIDsitters

- Co-Founder, Co-Director 03/2020 – 08/2020
- Collaborated with two fellow students to set up an organization to serve frontline healthcare workers during the COVID-19 pandemic
 - Navigated changing safety recommendations to protect our volunteers and the families we served.
 - Lead a team of 9 fellow students to match student volunteers with families in need.
 - Delegated responsibilities among organizational leadership to keep operations running smoothly.

Physical Medicine and Rehabilitation Interest Group

- Member 09/2018 – 03/2019
- Co-President 03/2019 – 04/2020
- Participated in group events as a member during my first year of medical school.
 - Organized and hosted 3 events for students during my second year of medical school
 - Raised interest in PM&R through hands-on workshops and case-based discussions.
 - Selected successors for new leadership and completed a thorough hand-off of group materials and information.

Wisconsin Medical Society

- Member
- WisMed Meet Up Paint Night 02/2021
- Participated in a virtual paint night hosted by Revel and the Wisconsin Medical Society Foundation
- Doctor Day 01/2020
- Traveled to the WI state capitol to lobby members of congress on current vaccination policies.
 - Served as the first point of contact for my district's representative.
- Operation Education 01/2019
- Learned about different specialties from physicians across Wisconsin and explored various practice types.

Physicians for the Arts, Medical College of Wisconsin

- Member
- Pop Up Art Volunteer 09/2019 - 01/2020
- Visited patient rooms at Children's Hospital to deliver art supplies and books to patients.
- Memory Art Volunteer 12/2019
- Painted a landscape view with members of St. John's on the Lake retirement home.
- Window Painting Volunteer 12/2019
- Decorated a window in the Children's cafeteria for patients and their families to enjoy.

TEACHING EXPERIENCE

Medical College of Wisconsin

Medical Student Teaching 07/2024 – 06/2026

- Led small group sessions for musculoskeletal and neurologic exam skills
- Facilitated comprehensive physical exam and history-taking practice prior to skill's exams

University Honors Program, UW – Eau Claire

Mentor in Honors 09/2014 - 12/2014

- Instructed the Introduction to Honors course for first year students for one semester.
- Planned and graded assigned activities.

Honors Living Learning Community Co-Coordinator 09/2012 - 05/2014

- Planned specific events for the Honors Living Learning community.
- Encouraged participation from my residents in University Honors-related activities and events.

WORK EXPERIENCE

Clinical Laboratory Technologist, Mayo Clinic, Rochester, MN 06/2015 - 04/2018

Clinical Mass Spectrometry Laboratory

- Extracted and analyzed patient samples for 7 specific hormone tests.
- Solved issues with daily assays and equipment, including mass spectrometers and LC systems.
- Assisted technical specialists with laboratory test and equipment validations.
- Performed daily, weekly, and monthly preventative maintenance on instruments.
- Monitored the DHEA assay standard and quality control materials for sustained operation.
- Collaborated with management for data collection and laboratory organization.
- Complied with CLIA, CAP, and other regulatory standards.
- Planned an annual lab week celebration.

Summer Laboratory Science Student, Mayo Clinic, Rochester, MN 06/2014 - 08/2014

Endocrine Laboratory

- Dialyzed and quantitated up to 200 samples daily for the Free Testosterone Serum Test.
- Worked with fellow bench members for efficient and accurate testing.
- Learned about the role of a laboratory technologist within a healthcare system.

Resident Assistant, University of Wisconsin – Eau Claire, Eau Claire, WI 08/2012 - 05/2014

Housing and Residence Life

- Organized student recreational and educational events for 31 students each year.
- Directed development sessions for 9 staff members each semester.
- Mentored new freshmen in adjusting to college life.
- Facilitated discussions between residents to promote citizenship and cooperation.
- Implemented crisis management and reporting skills.



American Academy of
Physical Medicine and Rehabilitation

Physicians Adding Quality to Life®

Thursday, July 30, 2026

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Kelly Michanczyk, MD
Email Address	kelly.n.michanczyk.1@vumc.org
Cell Phone Number	(615) 557-3304
Address	1707 3rd Ave. N. Nashville, TN, 37208 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	Vanderbilt University Medical Center PM&R Program
What year of training are you currently in?	4th-Year Resident
Have you completed 20 toxin injections in your training?	☒ Yes
Have you completed 10 Ultrasound Scans in your training?	☒ Yes
How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	4 / 5

Comments

Thankfully, I have had exposure to both EMG and Ultrasound as part of my residency program. For ultrasound, approximately half of my hands-on experience has been in the setting of cancer rehab clinic for treatment of radiation fibrosis-related hypertonicity and/or pain. The other half has been in sports clinic for ultrasound-guided peripheral joint injections. My exposure to spasticity management has been limited, as it is only available if done during Elective time. This month, during my elective, I have had a lot more experience with spasticity management, mostly using EMG-guided botulinum toxin injections. This has also included titration of oral medications.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

My main goal of my final year of residency is to become much more confident with MSK anatomy to be able to confidently manage MSK conditions and spasticity as a general physiatrist. Currently, I feel more comfortable with identifying anatomical structures on ultrasound as it relates to large joint/bursa injections, since most of my experience has been in the sports clinic setting. This month, my understanding of using anatomic landmarks, muscle action, ultrasound, and EMG to identify specific muscles has significantly improved. Given that spasticity management is not simply about intentionally weakening all spastic muscles, I am still learning about the nuances of dosing and muscle selection in order to optimize the patient's overall function.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

So far, I have logged 48 patients for which I have performed botulinum toxin injections. I have observed 19 other patient encounters for botulinum toxin injections. The vast majority of these have been done using ultrasound guidance in the cancer rehab setting to address cervical dystonia for head & neck cancer survivors or to address hypertonicity of the pectoralis and latissimus muscles following mastectomy/radiation in breast cancer survivors. This month, I have performed several botulinum toxin injections for spasticity management using EMG guidance. I do not have any experience with nerve blocks, motor point blocks, or intrathecal baclofen.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

Given that I will not be completing a fellowship, I would greatly benefit from this STEP spasticity course. As a future general physiatrist, my hope is to be able to manage spasticity in patients whose spasticity is due to a variety of etiologies, including SCI, TBI, stroke, cerebral palsy, and patients who have late effects including hypertonicity due to radiation for cancer. I feel that this is an area where patients are generally underserved, and physiatrists are uniquely skilled to provide this service. While I have had some exposure in my residency program on an elective basis, I believe I will feel much more confident in my ability to manage spasticity upon completion of this STEP course. In my ideal future clinical practice, I would like to have at least 1-2 days per week dedicated to spasticity management. I appreciate your consideration.

Please attest to the following statements by checking each box:

- I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).
- I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.
- I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.
- I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Kelly Michener

Is an AAPM&R Member

Yes

Kelly (Dille) Michanczyk, MD, MS

Resident Physician, PGY-4
Vanderbilt University Medical Center
Physical Medicine and Rehabilitation

Education:

07/2024-Present	PGY-4	Physical Medicine and Rehabilitation (PM&R) Residency Program at Vanderbilt University Medical Center (VUMC)
07/2019-05 /2023	M.D.	Louisiana State University Health Sciences Center (LSUHSC) – New Orleans, LA
01/2017-05/2018	M.S.	Mississippi College – Clinton, MS. Major: Biology, Medical Sciences
08/2010-08/2014	B.S.	Louisiana State University – Baton Rouge, LA. Major: Biological Sciences

Professional Organizations:

2024-Present	North American Spine Society
2023-Present	American Academy of Physical Medicine and Rehabilitation (AAPM&R)
2023-Present	Association of Academic Physiatrists (AAP)

Mentorship/Teaching Experience:

05/15/2025	Shoulder musculoskeletal exam teaching for first year medical students, VUMC, Nashville, TN
08/2020-12/2020	Gross Anatomy Peer Tutor (Selected as an Honors student), LSUHSC, New Orleans, LA
01/2018-05/2018	Graduate Teaching Assistant for Masters program Neuroanatomy course, Mississippi College, Clinton, MS

Residency Program Oral Presentations:

10/30/2025	Spine Journal Club. Presented with coresidents Kilgore J and Evans J. Residency didactics. Mentor: Dr. Aaron Yang
08/27/2025	Spine Case Conference. Presented spine cases for discussion among residents and faculty in the department.
08/13/2025	Spine Conference Journal Club. Presented articles for discussion among residents and faculty in the department.
01/22/2025	Spine Case Conference. Presented spine cases for discussion among residents and faculty in the department. Mentors: Dr. Schneider, Dr. Yang, Dr. Dovgan, Dr. Presley
01/08/2025	Spine Conference Journal Club. Presented articles for discussion among residents and faculty in the department. Mentor: Dr. Jakob Dovgan
12/16/2024	Mortality, Morbidity, and Improvement. Presented cases to the Department of Physical Medicine and Rehabilitation. Mentor: Dr. Jeffery Johns
11/21/2024	Cancer Rehabilitation Journal Club. Presented with coresidents Chase P and Geller J. Residency didactics. Mentor: Dr. Cristina Kline-Quiroz

Community Service/Extracurricular Activities:

05/2025	VUMC Internal Medicine Handbook, PM&R Section Editor. Nashville, TN
07/2020-06/2021	President of Edgar Hull Society, LSUHSC Internal Medicine Interest Group. New Orleans, LA

01/2021-07/2022	Representative on the Council of Student Members, American College of Physicians, Louisiana Chapter. New Orleans, LA
09/2020-11/2020	Campus Tour Guide for LSUHSC School of Medicine Interviewees. New Orleans, LA
05/2019	Summer Camp Counselor for Children with Special Needs, Camp Tiger, LSUHSC. New Orleans, LA
06/2017-06/2018	Hospice Patient Companion. Volunteer visits with hospice patients in the community. Hospice of Leesville. Leesville, LA
02/2016-07/2016	Women's Empowerment Program English Teacher. Heartland Alliance. Chicago, IL

Research Experience:

05/2020-07/2020	Medical Student Researcher. LSUHSC Medical Student Summer Research Program, Pennington Biomedical Research Center (PBRC). Laboratory of Oxidative Stress and Diseases. PI: Krisztian Stadler, PhD. Baton Rouge, LA
09/2015-07/2016	Research Associate II. University of Illinois at Chicago. Investigation of possible therapeutic targets in the treatment of breast cancer in murine models. Department of Defense-funded. PI: Marcelo Bonini, PhD. Chicago, IL
02/2012-07/2015	Research Associate. PBRC. Laboratory of Nutrient Sensing and Adipocyte Signaling. Investigation of dietary preventative measures against diabetes and obesity in murine models. NIH-funded. PI: Thomas Gettys, PhD. Baton Rouge, LA

Oral Research Presentations:

Michanczyk KN, Allen G, Yang A. (2025 Oct 23) Inclusion body myositis diagnosis complicated by comorbid pain and history of chemotherapy: A case study. Research poster presentation at American Academy of Physical Medicine and Rehabilitation Annual Assembly. Salt Lake City, UT.

Michanczyk KN, Welch S, Williams A, Whiteson J. (2024 May 30) PM&R Hospital Consults in the United States: Where is the Data? Resident Research Day, Vanderbilt PM&R Residency Program. Nashville, TN.

Michanczyk KN, Welch S, Williams A, Whiteson J. (2023 Nov 16) PM&R Hospital Consults in the United States: Where is the Data? Podium presentation at American Academy of Physical Medicine and Rehabilitation Annual Assembly, "Improving Efficiency in Patient Throughput in Acute Care – Demonstrating the Value of Physiatry." New Orleans, LA.

Dille KN, McCrimmon A, Dobroski T, Bouffard E, Stadler K. (2020 Oct 16). Proximal tubular cell-specific heterozygous ablation of carnitine acetyltransferase causes cellular and respiratory remodeling as a component of tubular disease. LSUHSC Medical Student Research Day. New Orleans, LA.

Dille KN, Hart P, Bonini M. (2016 Apr 8). Possible role of nuclear protein 1 in mediating the tumor-promoting activity of manganese superoxide dismutase. Poster presentation. Fourth Annual Scholarly Activities Day, University of Illinois at Chicago College of Medicine. Chicago, IL.

Peer-Reviewed Publications:

McCrimmon A, Cahill KM, Kruger C, Mangelli ME, Bouffard E, Dobroski T, Michanczyk KN, Burke SJ,

- Noland RC, Ilatovskaya DV, Stadler K. Intact mitochondrial substrate efflux is essential for prevention of tubular injury in a sex-dependent manner. JCI Insight. 2022 Apr 8;7(7):e150696. doi: 10.1172/jci.insight.150696. PMID: 35230975; PMCID: PMC9057616.
- Patil Y, Dille KN, Burk DH, Cortez CC, Gettys TW. (2015 Nov). Cellular and molecular remodeling of inguinal adipose tissue mitochondria by dietary methionine restriction. Journal of Nutritional Biochemistry 26 , Cited in PubMed; PMID: 26278039.
- Wanders D, Stone K, Dille KN, Simon J, Pierse A, Gettys TW. (2015 Nov). Metabolic responses to dietary leucine restriction involve remodeling of adipose tissue and enhanced hepatic insulin signaling. BioFactors 41 , Cited in PubMed; PMID: 26643647.
- Wanders D, Stone KP, Forney LA, Cortez CC, Dille KN, Simon J, Xu M, Hotard EC, Nikonorova IA, Pettit AP, Anthony TG, Gettys TW. (2016 Jun). Role of GCN2-independent signaling through a non-canonical PERK/NRF2 pathway in the physiological responses to dietary methionine restriction. Diabetes 65 Cited in PubMed; PMID: 26936965.

Abstracts/Posters:

- Cash C, Michanczyk KN, Massey L. (2024 Sept). "Chronic changes, acute injury; A case of an osteophyte implicated in post-traumatic tetraplegia." Poster at Academy of Spinal Cord Injury Professionals Annual Meeting. Chicago, IL.
- Davis Z, Reyes N, Michanczyk KN, Kirkorsky J, Fang Z, Perez D, Weiss J. (2021 June 05). Mask-associated dry eye: A survey study. Poster at LSUHSC Ophthalmology Resident Research Day. New Orleans, LA.
- Sharma S, Dixon T, Dille KN, Simon J, Bobart L, Gettys TW, Wanders D. (2016 Feb 15). Dietary methionine restriction inhibits STAT3 signaling and decreases inflammation in liver and adipose tissue of rodents. Poster at Ninth Annual Boshell Diabetes and Metabolic Diseases Research Day. Auburn, AL.
- Wanders D, Stone KP, Cortez CC, Burk DH, Orgeron M, Dille KN, Gettys TW. (2015 Feb 11). Effects of dietary leucine restriction on energy balance and insulin sensitivity. Poster at Eighth Annual Boshell Diabetes and Metabolic Diseases Research Day. Auburn, AL.

2026 STEP Spasticity Scholarship Application

Contact Information

Name Lena M Mishack, MD

Email Address lena_m_mishack@rush.edu

Cell Phone Number (248) 321-9960

Address 1164 West Madison Street, Apt 417
Chicago, IL, 60607
United States

Is an AAPM&R Member

Training Information

Residency Program Rush University Medical Center PM&R Program

What year of training are you currently in? 4th-Year Resident

Have you completed 20 toxin injections in your training?

Have you completed 10 Ultrasound Scans in your training?

How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 3 / 5

Comments

Through dedicated EMG rotations and EMG-guided botulinum toxin clinics, I have developed a solid understanding of electrodiagnostic principles and feel comfortable using EMG to help localize muscles for injections. Our residency also recently introduced a structured musculoskeletal ultrasound curriculum, where I've completed about 20 supervised scans and gained experience with image acquisition, probe handling, and identifying relevant musculoskeletal and neurovascular anatomy. While I've built a good foundation, my experience using ultrasound specifically for spasticity management is still limited. That's one of the main reasons I hope to participate in this program. I feel I have enough knowledge to fully benefit from the course while continuing to build confidence using both ultrasound and EMG together to improve the precision and safety of these procedures.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

My residency training in neurologic and musculoskeletal rehabilitation has given me a strong foundation in functional anatomy, biomechanics, gait analysis, and common upper- and lower-extremity spasticity patterns. I rely on this knowledge during patient evaluations to identify which muscles are contributing to functional limitations and to connect treatment plans with meaningful patient goals. As I continue to gain procedural experience, I'd like to become more confident in muscle prioritization, localization strategies, and selecting the most appropriate intervention for each patient. I know this program's hands-on approach would help bridge that gap and strengthen both my decision-making and procedural skills.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

To date, I have participated in 35 supervised botulinum toxin injection procedures, primarily using EMG guidance, for patients with focal and multifocal spasticity. I have also been involved in patient evaluations, discussing functional goals with patients and caregivers, identifying spasticity patterns, selecting target muscles, and developing post-procedure therapy plans. I've also participated in clinics which manage intrathecal baclofen pumps, where I've observed patient assessments, performed several refills with supervision, and had discussions regarding pump programming and safety considerations. While I've gained meaningful exposure to botulinum toxin and baclofen management, I have not yet had experience performing phenol nerve and motor point blocks. I'd also like to become much more comfortable integrating ultrasound with EMG guidance during injections. Building competence with these techniques before graduating residency is one of my biggest goals, and I know this program would provide the structured training and mentorship to help me do that safely and confidently.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

As I transition from residency into outpatient general psychiatry, I hope to make spasticity management a meaningful part of my practice. I'll be caring for patients with a wide range of neurologic conditions, and I want to be able to offer comprehensive spasticity care. I look to become competent in functional goal setting and therapy recommendations, management of oral medications, botulinum toxin injections, ultrasound- and EMG-guided procedures, nerve blocks, and appropriate intrathecal baclofen management. My goal isn't simply to become proficient at performing injections; it's to understand which intervention is most appropriate for each patient and whether it meaningfully improves function, mobility, comfort, hygiene, caregiver burden, and quality of life. This program stands out to me because of its combination of standardized education, hands-on instruction, mentorship, and longitudinal assessment. I appreciate that the program emphasizes not only procedural skills but also thoughtful clinical decision-making. I'm committed to completing the online curriculum, live course, and skills assessment, and I look forward to bringing what I learn back to my residency program. Receiving this scholarship would help me build the confidence and skills needed to begin independent practice with a broader, safer, and more evidence-based approach to spasticity management.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for

any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Lena Mishack

Is an AAPM&R Member

Yes

LENA MISHACK, MD

1164 West Madison Street, Apt 417, Chicago, IL 60607 | (248) 321-9960 | lena_m_mishack@rush.edu

TRAINING AND EDUCATION

Rush University Medical Center Chicago, IL

Resident Physician, Physical Medicine and Rehabilitation — Expected graduation: June 2027

Michigan State University College of Human Medicine Grand Rapids, MI

Doctor of Medicine — May 2023

Oakland University Rochester, MI

Biology (Minor: Psychology) — May 2018

- Magna Cum Laude
- Distinguished Scholar Award Recipient

CLINICAL INTERESTS

Musculoskeletal medicine, spasticity management, lifestyle medicine

RESEARCH EXPERIENCE

Needs Assessment on RSH Nutrition for Acute Rehabilitation Patients 2025 – 2026

Select Medical Inpatient Rehabilitation at Rush, Chicago, IL

Research Assistant 2020 – 2023

Department of Epidemiology & Biostatistics, Michigan State University, East Lansing, MI

- Contributed to a clinical study examining how dietary interventions in pregnant women affect maternal and infant microbiomes and future health outcomes

Research Assistant 2014 – 2017

Department of Biology, Oakland University, Rochester, MI

- Conducted cell-line and animal-model research on the genetics of cardiovascular disease and thrombosis modifier genes

PUBLICATIONS

- Sensitized mutagenesis screen in Factor V Leiden mice identifies thrombosis suppressor loci. Proceedings of the National Academy of Sciences, 2017.

PRESENTATIONS

- Extreme Local Recombination Frequency in Compound Heterozygous Actr2 Mutant Mice. Sigma Xi National Research Symposium, 2016.

LEADERSHIP EXPERIENCE

Chief Resident 2026 – present

Rush University Medical Center PM&R Residency Program, Chicago, IL

- Support residency education and didactics, and lead resident wellness initiatives

Resident Curriculum Leader, American College of Lifestyle Medicine**2025 – present***Rush University Medical Center PM&R Residency Program, Chicago, IL*

- Lead the residency lifestyle medicine curriculum, coordinating modules, learning resources, and group-based activities on evidence-based therapeutic lifestyle interventions

Executive Board Member, House Staff Association**2024 – 2026***Rush University Medical Center Graduate Medical Education, Chicago, IL*

- Chaired the HSA Wellness Committee to improve the health and wellbeing of Rush residents and fellows in service of patients and the greater Chicago community

Executive Board Member, American College of Lifestyle Medicine — Grand Rapids Chapter **2021 – 2023***Michigan State University College of Human Medicine, Grand Rapids, MI*

- Brought lifestyle medicine and nutrition education to students and the surrounding community through events and workshops

Dean's Student Advisory Committee Representative**2018 – 2020***Michigan State University College of Human Medicine, Grand Rapids, MI*

- Served as liaison between students and the college Dean/Administration to communicate student concerns and college updates

Chapter President, American Medical Association — Grand Rapids Chapter**2019 – 2020***Michigan State University College of Human Medicine, Grand Rapids, MI*

- Developed programming for student health-policy education and resolution writing to impact local, state, and national health policy
- Served as student representative to the Kent County Medical Society

Intern, Office of U.S. Senator Gary Peters**2018***Rochester, MI*

- Assisted with constituent correspondence and provided local updates to the federal team
- Gained exposure to the structure of federal government and policy, with particular attention to healthcare policy

Student Body President**2017 – 2018***Oakland University, Rochester, MI*

- Represented over 20,000 students, bridging concerns between the student body and university administration and Board of Trustees
- Led the congressional executive board and legislative body

COMMUNITY SERVICE

Rush Annual Walk for Wellness**2026***Chicago, IL*

- Supported a fitness initiative engaging an underserved community through group exercise and health education

Musculoskeletal Clinic Volunteer, Academy of Movement and Music**2025 – present***Oak Park, IL*

- Help staff a free clinic serving youth in the performing arts with musculoskeletal pathologies

Volunteer, Rush PM&R Community Health Clinic**2024 – present***Chicago, IL*

- Assist with staffing a free musculoskeletal clinic providing clinical care and procedural interventions to underserved patients

Volunteer, Kids Enjoy Exercise Now (KEEN)**2024 – 2025***Chicago, IL*

- Supported recreational programming for youth with physical and intellectual disabilities

Adaptive Sports Volunteer, Mary Free Bed Rehabilitation**2021 – 2023***Grand Rapids, MI*

- Assisted with sports and fitness classes for adults and children with physical disabilities

Medical Volunteer, Special Olympics Unified Cup**2022***Detroit, MI*

- Served as medical volunteer during an international soccer tournament for youth with intellectual disabilities

Volunteer, Spectrum Health Culinary Medicine Program**2019 – 2020***Grand Rapids, MI*

- Assisted with classes teaching children and families nutrition and cooking skills for healthy meal preparation

PROFESSIONAL ORGANIZATIONS

- American Academy of Physical Medicine and Rehabilitation — Member, 2021 – present
- American College of Lifestyle Medicine — Member and Residency Chapter Executive Board Member, 2022 – present

PERSONAL INTERESTS

Fitness, cooking, yoga, hiking, travel

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Patrick Monico, DO
Email Address	monico@uchc.edu
Cell Phone Number	(203) 560-8826
Address	61 beach st New Britain, CT, 06053 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	UConn Health/Hartford Hospital/Gaylord Specialty Healthcare
What year of training are you currently in?	4th-Year Resident
Have you completed 20 toxin injections in your training?	☒ Yes
Have you completed 10 Ultrasound Scans in your training?	☒ Yes
How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	4 / 5

Comments

I have a strong foundation in the basic principles of EMG, developed through two dedicated EMG rotations and one neuromuscular medicine rotation during residency. While I am comfortable with the fundamentals and their clinical application, I recognize there is still room to further refine my diagnostic skills and procedural proficiency through additional training.

I have extensive experience with musculoskeletal ultrasound, routinely using ultrasound guidance for a variety of interventional procedures. I am comfortable with ultrasound principles and image acquisition; however, I recognize there is still room to further refine my understanding of complex sonoanatomy and its application to advanced spasticity interventions, particularly when targeting deep and anatomically challenging muscles.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

I have a strong foundation in musculoskeletal anatomy and kinesiology developed through residency training, dedicated musculoskeletal ultrasound experience, procedural practice, and additional musculoskeletal and ultrasound courses that I have pursued to further refine my knowledge. I am comfortable applying these principles to patient evaluation and image-guided interventions, but I am eager to further deepen my understanding of complex anatomy and biomechanics, particularly as they relate to advanced spasticity management and optimizing functional outcomes.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

Throughout residency, I have intentionally sought extensive training in the management of spasticity and focal chemodenervation. My interest began in medical school, where I worked closely with a mentor who treated patients with acquired brain injuries using botulinum toxin injections. Since beginning residency, I have continued to cultivate this interest under the mentorship of a fellowship-trained spasticity physiatrist, who has been instrumental in advancing my procedural skills.

To date, I have performed more than 60 chemodenervation procedures, including over 20 injections for cervical dystonia in collaboration with both physiatrists and movement disorders neurologists. My experience spans both inpatient and outpatient settings and includes ultrasound- and EMG-guided injections for a variety of upper and lower extremity spasticity patterns. I have also completed more than a dozen intrathecal baclofen pump interrogations and refills and have performed an intrathecal baclofen test dose trial, with an additional trial scheduled before the completion of my residency.

Beyond my clinical experience, I have actively pursued additional procedural training, using my resident education funds to attend ultrasound-guided spasticity courses at the AAPM&R Annual Assembly. I have also enrolled in advanced courses focused on ultrasound-guided spasticity and cervical dystonia chemodenervation at the upcoming Annual Assembly. As my senior residency quality improvement project, I plan to develop and implement a resident training curriculum focused on ultrasound evaluation of cervical muscle anatomy for chemodenervation procedures, incorporating pre- and post-intervention assessments to measure improvements in knowledge and confidence. My commitment to expanding both my procedural expertise and resident education reflects my long-term goal of developing a practice centered on comprehensive, evidence-based spasticity management.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

Neurorehabilitation, with a particular emphasis on interventional spasticity management, will be a central component of my future practice. As I transition from residency, I am pursuing general physiatry positions that offer the opportunity to develop a comprehensive spasticity program. My goal is to provide both inpatient and outpatient care, incorporating botulinum toxin injections for upper and lower limb spasticity

as well as cervical dystonia, while also managing patients with intrathecal baclofen pumps. I hope to provide longitudinal care for individuals with neurologic conditions by combining procedural expertise with comprehensive rehabilitation management.

I am eager to participate in this program because it offers an exceptional opportunity to further refine my procedural skills under the guidance of experts in the field. Beyond the hands-on procedural training, I am particularly drawn to the longitudinal nature of the program. The ongoing case log and culminating live assessment will create a sustained focus on spasticity management, encouraging deliberate practice, continuous learning, and progressive skill development throughout the year. During residency, I have developed a strong foundation in chemodenervation, but I recognize the importance of continued training to achieve greater precision and confidence with increasingly complex cases. In particular, I hope to expand my experience with ultrasound-guided injections to improve localization of deep and anatomically challenging muscles. Strengthening these skills will allow me to optimize treatment accuracy, maximize functional outcomes, and minimize complications for my patients. I also hope to learn from the faculty's expertise so that, as an attending physician, I can build a comprehensive spasticity program that serves as a meaningful training experience for future PM&R residents.

Additionally, I am interested in gaining experience with neurolytic procedures using nerve ablation agents for the management of severe spasticity. Understanding when and how to incorporate these interventions into a comprehensive treatment plan will broaden the therapeutic options I can offer patients with complex neurologic impairments. I also hope to deepen my understanding of functional anatomy and movement patterns as they relate to spasticity, allowing me to better tailor injection strategies to each patient's individual goals.

Ultimately, I intend to integrate the knowledge and skills gained through this program into a practice dedicated to providing evidence-based, patient-centered neurorehabilitation care. By expanding my expertise in interventional spasticity management, I will be better equipped to improve function, reduce disability, and enhance quality of life for individuals living with spasticity.

Please attest to the following statements by checking each box:

- ☐ I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).
- ☐ I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.
- ☐ I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.
- ☐ I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Patrick Monaco

Is an AAPM&R Member

☐ Yes

Patrick Monico, D.O.

New Britain, CT
monico@uchc.edu | 203-560-8826

EDUCATION

Resident Physician (PGY-4)

UConn Physical Medicine and Rehabilitation Residency Program – Farmington, CT
June 2023 – Present
Chief Resident, January 2026 – Present

- Contributed to residency curriculum development, collaborating with faculty to enhance educational content, integrate evidence-based learning strategies, and align training objectives with ACGME standards
- Oversaw rotation planning, scheduling, and overall coordination for 16 residents, ensuring seamless service coverage, managing scheduling conflicts, and maintaining efficient clinical operations across multiple training sites
- Led coordination and quality improvement initiatives for the resident PM&R clinic, optimizing workflow efficiency and strengthening resident clinical autonomy
- Organized and facilitated resident clinical education activities, including structured didactics, board examination preparation sessions, and coordination of resident and faculty evaluations to promote continuous feedback and program improvement

Doctor of Osteopathic Medicine (DO)

Edward Via College of Osteopathic Medicine (VCOM) – Virginia Campus, Blacksburg, VA
July 2019 – May 2023

Bachelor of Science, Molecular and Cell Biology, Honors Program, *Summa Cum Laude*

University of Connecticut, Storrs, CT
August 2012 – May 2016

LICENSING/CERTIFICATIONS

Battlefield Acupuncture (BFA), Course completed March 2026
Advanced Cardiac Life Support (ACLS), April 2021 – Present
Emergency Medical Technician–Basic (EMT-B), November 2016 – May 2019
Board Exams:

-	COMLEX-USA Level 1	07/03/2021	P	652
-	COMLEX-USA Level 2 CE	06/24/2022	P	665
-	COMLEX-USA Level 3	02/08/2024	P	765

WORK EXPERIENCE

Simulation Center Intern

VCOM Simulation Center – Blacksburg, VA

August 2020 – May 2021

- Operated high-fidelity simulation manikins and equipment to facilitate medical student education
- Assisted physician instructors in evaluating students during simulated patient encounters
- Trained first-year medical students for standardized patient encounters
- Completed formal ultrasound training course with proficiency in image acquisition and interpretation

Emergency Medical Technician – Basic (EMT-B)

Groton Ambulance Association – Groton, CT

November 2018 – June 2019

- Responded to emergency calls including cardiac arrest, motor vehicle collisions, respiratory distress, seizures, diabetic emergencies, overdoses, fractures, and psychiatric crises
- Managed care of non-compliant, combative, and intoxicated patients in high-acuity environments

Postgraduate Student Researcher, Department of Dermatology

Girardi Laboratory, Yale University School of Medicine – New Haven, CT

June 2016 – September 2018

- Developed and implemented a research protocol investigating immune system contributions to skin cancer using transgenic mouse models
- Translated bench research findings into peer-reviewed publications, aiding manuscript preparation, data analysis, and collaboration with multidisciplinary teams to disseminate results
- Performed genotyping, DNA purification, confocal and fluorescent microscopy, tissue culture, immunohistochemistry, flow cytometry, ELISA, and mouse husbandry

PUBLICATIONS

Lewis JM, Monico PF, Mirza FN, Xu S, Yumeen S, Turban JL, Galan A, Girardi M. Chronic UV radiation-induced ROR γ t+ IL-22-producing lymphoid cells are associated with mutant KC clonal expansion. *Proc Natl Acad Sci U S A*. 2021 Sep 14;118(37):e2016963118. doi: 10.1073/pnas.2016963118.

Kim SR, Lewis JM, Cyrenne BM, Monico PF, Mirza FN, Carlson KR, Foss FM, Girardi M. BET inhibition in advanced cutaneous T cell lymphoma is synergistically potentiated by BCL2 inhibition or HDAC inhibition. *Oncotarget*. 2018 Jun 26;9(49):29193-29207. doi: 10.18632/oncotarget.25670.

NATIONAL PRESENTATIONS

Patrick Monico, Bridget Walker. Systemic Iatrogenic Botulism Following Lower Extremity High Dose Abobotulinum Toxin A (Dysport) Injection: A Case Report.
Pending presentation in November 2026. Poster accepted at 2026 AAPM&R Annual Assembly.

Patrick Monico, David Rosenblum. Inpatient Rehabilitation's Role in Spinal Cavernoma-Induced Paraplegia: A Case Report. October 2025
Poster presentation given at AAPM&R Annual Assembly.

Patrick Monico. Selective Inhibition of NaV1.8 with VX-548 for Acute Pain. June 2025
Virtual presentation given at AOCPM&R National Journal Club.

Patrick Monico, Justin Pratte, Eric Kincaid-Sharp, David Monti. A Multidisciplinary Approach to Rehabilitation Care Coordination in a Rare Disease: A Case Report. April 2025
Poster presentation given at AOCPM&R Annual Conference – virtual submission.

LOCAL PRESENTATIONS

Patrick Monico. Journal Club Lecture – Impact of Early Versus Late Treatment with Botulinum Toxin A on Goal Attainment in Post-Stroke Spasticity: A Retrospective Cohort Study. June 2026
Presentation given at UConn PM&R Residency Didactic Conference, Hartford, CT.

Patrick Monico, Joseph Walker, Omar Alsheikh. Lecture – Orthobiologics in Outpatient MSK PM&R. April 2026
Presentation given to PhD candidates at UConn, Farmington CT.

Patrick Monico. Lecture – Neuromodulation in Brain Injury. December 2025
Presentation given to medical and therapy staff at Gaylord Specialty Healthcare, Wallingford, CT.

Patrick Monico. Lecture – Neurogenic Bowel. July 2025
Presentation given at UConn PM&R Residency Didactic Conference, Hartford, CT.

Patrick Monico. Case Report – Pressure Injuries. June 2025

Presentation given at UConn PM&R Residency Case Conference, Hartford, CT.

Patrick Monico. Case Report – Hyperkinetic Movement Disorders. May 2025

Presentation given at UConn PM&R Residency Case Conference, Hartford, CT.

Patrick Monico. Lecture – Medical Management of Spasticity. April 2025

Presentation given to medical and therapy staff at Gaylord Specialty Healthcare, Wallingford, CT.

Patrick Monico. Case Report – Left Ventricular Assist Devices. January 2025

Presentation given at UConn PM&R Residency Case Conference, Hartford, CT.

Patrick Monico. Case Report – Anticoagulation in the Inpatient Rehab Unit. November 2024

Presentation given at UConn PM&R Residency Case Conference, Hartford, CT.

Patrick Monico. Case Report – Agitation in Brain Injury. August 2024

Presentation given at UConn PM&R Residency Case Conference, Hartford, CT.

PROFESSIONAL ORGANIZATIONS

New York Society of Physical Medicine and Rehabilitation

Member | September 2025 – Present

American Academy of Physical Medicine and Rehabilitation

Member | October 2024 – Present

American Osteopathic College of Physical Medicine and Rehabilitation

Member | August 2022 – Present

Student American Academy of Osteopathy – VCOM Chapter, Blacksburg, VA

Treasurer | March 2020 – May 2023

- Managed organization funds and merchandise inventory
- Planned fundraising and community events
- Facilitated Osteopathic Manipulative Medicine (OMM) training sessions

Sigma Sigma Phi – VCOM Honors Society, Blacksburg, VA

Member | May 2020 – May 2023

- Completed 20 hours of community service including health education for local middle school students and volunteering at a local food pantry

VOLUNTEER EXPERIENCE

Dreaming and Working Together, Lima, Peru

Resident Physician | March 2026

- Worked with prosthetists, physical therapists, and medical staff to fabricate and fit prosthetic limbs for underserved patients with amputations in Peru
- Educated local physiatry residents on current inpatient standards of care, including training in diagnostic ultrasound and ultrasound-guided injection techniques

Medical Student Ultrasound Education, North Haven and Farmington, CT

Instructor | October 2024, November 2024, November 2025

- Taught musculoskeletal ultrasound techniques to medical students from Quinnipiac University School of Medicine and UConn School of Medicine PM&R Interest Groups

AmeriCares, Bridgeport, CT

Medical Assistant | September 2018 – February 2019

- Volunteered weekly at a no-cost clinic serving underserved populations
- Worked with patients from diverse backgrounds and navigated language barriers while maintaining quality care

Killingworth Ambulance Association, Killingworth, CT

EMT-B (Volunteer) | January 2017 – November 2018

- Provided weekly emergency medical services to rural communities

Stop the Bleed, Killingworth, CT

Instructor | March 2018 – September 2018

- Taught community classes on hemorrhage control and emergency bleeding response

PROFESSIONAL ACTIVITIES

NYSPM&R Diagnostic Shoulder Ultrasound Workshop

Participant | February 2026

- Completed 4-hour hands-on diagnostic shoulder ultrasound training course

AAPM&R Ultrasound Skills Lab: The Art of Treating Spasticity

Participant | October 2025

- Completed 3-hour hands-on ultrasound workshop focused on spasticity management

Intrathecal Baclofen Test Dose Administration

Participant | May 2025

- Performed intrathecal baclofen pump test-dose administration with post-procedure monitoring

Hanger Clinic Prosthetic Symposium

Participant | July 2024; November 2024

- Participated in educational symposium focused on prosthetic advancements and rehabilitation care

Resident Safety Incident Report

Quality Improvement | January 2025

- Completed institutional safety incident reporting as part of residency quality and safety training

PERSONAL ACTIVITIES

- Hiking and trail walking with my dog and family, enjoying time outdoors and exploring new parks and scenic routes
- Film enthusiast with a particular interest in heist films, crime thrillers, and complex plotlines
- Recreational tennis, with a growing interest in pickleball
- Exploring local orchards and cider mills, with an appreciation for seasonal traditions and local foods

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Victoria Nguyen, DO
Email Address	victoria.nguyen300@gmail.com
Cell Phone Number	(619) 315-7521
Address	345 East Ohio, Apt 3306 Chicago, IL, 60611 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	McGaw Medical Center of Northwestern University (SRAL) PM&R Program
What year of training are you currently in?	Recent graduate class of 2026, emailed about exception due to scholarship not being offered to class of 2026
Have you completed 20 toxin injections in your training?	☒ Yes
Have you completed 10 Ultrasound Scans in your training?	☒ Yes
How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	5 / 5
Comments	I am very familiar with ultrasound and EMG principles, having completed 146 ultrasound scans and 236 EMGs during my training.
How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	4 / 5

Comments

I am very familiar with MSK anatomy, with 6 months of dedicated MSK continuity clinic and throughout my training.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

I have a strong interest in spasticity, having completed 284 toxin injections and 26 intrathecal baclofen pump refills during my training.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I am eager to participate in the STEP Spasticity Program because I am committed to developing expertise in spasticity management and incorporating it into my future practice. Throughout residency, I intentionally focused my elective rotations and 12 months of continuity clinic on spasticity care, where I completed 284 botulinum toxin injections and 26 intrathecal baclofen pump refills, including procedures performed under ultrasound guidance. As I transition to practice as a new attending, I plan to build a dedicated interventional spasticity practice, and I believe the STEP Spasticity Program will further strengthen the knowledge and skills needed to provide the highest quality care for patients with spasticity.

Of note, I previously emailed Education@aapmr.org on 7/15/26 about respectfully requesting that AAPM&R consider extending eligibility for the scholarship to physicians who newly graduated PM&R residency in June 2026.

During the 2024–2025 academic year, I was a third-year resident. When the STEP Spasticity Scholarship was offered in February 2025, only fourth-year residents were eligible, so I planned to apply the following year and was very excited by the opportunity to expand my spasticity knowledge. However, the scholarship was not offered during my fourth year of residency (July 2025–June 2026) due to the change in course timing to align with the AAPM&R conferences. The current scholarship was not announced until July 2026, after the Class of 2026 had already graduated.

As a result, the Class of 2026 did not have the opportunity to apply for the scholarship while meeting the stated eligibility requirement of being fourth-year residents. I respectfully ask the committee to consider a one-time exception to allow June 2026 graduates to apply this year, as the scheduling change unintentionally excluded our graduating class.

Thank you for your time and consideration. I appreciate AAPM&R's continued commitment to furthering education.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Victoria Nguyen

Is an AAPM&R Member

Yes

VICTORIA NGUYEN, DO

Chicago, IL | 619-315-7521 | victoria.nguyen300@gmail.com | [LinkedIn](#) | [Faculty Profile](#)

SUMMARY

I bring a robust foundation in clinical care, leadership, and teaching. During my residency training I routinely cared for medically complex patients such as ventilator-dependent spinal cord injuries, disorders of consciousness, and lung transplants at a 242-bed stand-alone rehabilitation hospital. I provided consults at an 894-bed academic center with a broad patient base. My interests include inpatient neurorehabilitation, consults, spasticity management, and medical education.

POSTGRADUATE TRAINING

Shirley Ryan AbilityLab/McGaw Medical Center of Northwestern University	07/2023 – 06/2026
<i>Physical Medicine & Rehabilitation Residency</i>	<i>Chicago, IL</i>
PM&R Leadership Track	08/2025 – 06/2026
Instructor in the Department of PM&R, Northwestern University's Feinberg School of Medicine	04/2025 – 06/2026
PM&R Medical Education Track	07/2024 – 06/2026
PM&R Quality Improvement Track	07/2024 – 06/2026
Osteopathic Manipulative Medicine (OMM) Club Leader	07/2024 – 06/2026
Star Resident Award	04/2024
Cerner Informatics Committee	08/2022 – 06/2026
Kaweah Delta Health Care District	07/2022 – 06/2023
<i>Transitional Year Internship</i>	<i>Visalia, CA</i>

EDUCATION

Western University of Health Sciences, COMP	08/2017 – 05/2022
<i>Doctor of Osteopathic Medicine (DO) - Gold Humanism Honor Society</i>	<i>Pomona, CA</i>
Scripps College	09/2012 – 01/2016
<i>Bachelor of Arts, Biology - Magna Cum Laude, Phi Beta Kappa Society</i>	<i>Claremont, CA</i>

PROFESSIONAL EXPERIENCE

Walter E. Heller Academic Chief Resident	04/2025 – 04/2026
<i>Shirley Ryan AbilityLab</i>	<i>Chicago, IL</i>
- Elected position focused on program advocacy, curriculum innovation, conflict management, peer mentorship, leadership training, and advanced communication as a liaison between 40 residents and program leadership - Organize and oversee >440 annual educational activities including daily core didactics; weekly MSK Foundations, Chair Rounds, Grand Rounds; monthly Business of Medicine series and Emergency Simulation training - Plan annual EMG Bootcamp, P&O Course, Ultrasound Injection Course, and Spine Procedure Course - Enact curriculum improvement via monthly Medical Education Committee and bi-annual Grand Rounds Committee - Contributing Editor of the 13th edition of the <i>Shirley Ryan AbilityLab Residency Survival Guide (2025-2026)</i>	
Pre-Doctoral Teaching Fellow	01/2019 – 05/2022
<i>Neuromusculoskeletal Medicine (NMM)/Osteopathic Manipulative Medicine (OMM) Department</i>	<i>Pomona, CA</i>
- Competitive 12-month teaching scholarship program integrated within 3rd/4th year clinical clerkships, focused on instructing 1st-3rd year medical students at COMP on NMM/OMM principles and techniques - Elected as Chief Teaching Fellow (Fall 2021) to coordinate daily curriculum and educational activities - Delivered large-group lectures (220 students), facilitated small-group case-based sessions (15 students), guided hands-on psychomotor skill development in labs (10 students), and proctored practical examinations (20 students) - Innovated creative teaching methods to deliver high-quality education during COVID-19 curriculum redesign	
Surgical Technician & Medical Back Office Assistant	04/2016 – 06/2017
<i>Saddleback Eye Center - Dr. Charles Manger, MD</i>	<i>Laguna Hills, CA</i>
- Assisted in >3,300 laser in-situ keratomileusis (LASIK) and photorefractive keratectomy (PRK) surgeries - Mentored and trained 3 new technicians on LASIK patient evaluation, surgical assistance, and perioperative care - Co-authored the clinic's 1st surgical technician training manual to improve onboarding and educational consistency	

VOLUNTEER EXPERIENCE

American Indian Health Career Ladder Mentor

10/2014 – 09/2018

Western University of Health Sciences, COMP

Pomona, CA

- Developed and delivered health science curriculum for up to 50 students in 6th-12th grade at monthly academies
- Mentored underrepresented students in the Inland Empire, supporting their pursuit of healthcare professions

Medical History Team Leader & Surgical Assistant

11/2015 – 07/2017

Good Samaritan Medical Dental Ministry (GSMDM)

Southern California & Cao Bang, Vietnam

- Coordinated community health outreach and clinics serving Vietnamese communities in Southern California
- Trained and supervised medical history volunteers, optimizing clinic flow for >200 patients per day at rural clinics
- Doubled cataract surgical candidates identified by developing educational handouts and improved TB screening protocols for >3,000 patients in collaboration with local tribal interpreters during annual 2-week mission in Vietnam
- Assisted during 70 ophthalmology and gynecology cases in collaboration with GSMDM/local Vietnamese surgeons

RESEARCH EXPERIENCE

Residency Research

07/2022 – 06/2026

Shirley Ryan AbilityLab

Chicago, IL

- "Bridging the G-Tube Gap: Enhancing Physical Medicine and Rehabilitation Resident Knowledge and Confidence in Gastrostomy Tube Management Through Structured Education and Simulation" - Mentors: Dr. Richard Harvey, Dr. Leslie Rydberg, Dr. Priya Mhatre

Kaweah Delta Health Care District

Visalia, CA

- Implemented a quality improvement intervention by creating a physician script to streamline communication and improve transfer times for hemorrhagic stroke patients requiring escalation of care (Mentor: Dr. Sean Oldroyd)

Undergraduate Research Assistant

02/2013 – 01/2016

Claremont Colleges, W.M. Keck Science Department - Mentor: Dr. Babak Sanii, PhD

Claremont, CA

- Conducted senior honors thesis project *The Design of a Cost-effective, Multi-functional Fluorescence Microscope*
- Engineered an affordable multi-functional fluorescence and imaging ellipsometric microscope capable of 180° rotation around a sample using off-the-shelf and 3D-printed parts at a fraction of commercial systems costs
- Authored a comprehensive instruction manual enabling assembly of the microscope in <1 workday

PUBLICATIONS & SCHOLARLY ACTIVITIES

1. **Nguyen V**, Revivo G, Anaya M. From Poisoning to Progress: A Rare Case of Thallium-Induced Critical Illness Polyneuropathy in Acute Inpatient Rehabilitation. Presented at the Association of Academic Physiatrists Annual Meeting; February 2026; San Juan, Puerto Rico.
2. Zwicky S, **Nguyen V**, Reger C. Pressure Relief: Botulinum Toxin in Refractory Chronic Exertional Compartment Syndrome – A Case Report. Presented at the Association of Academic Physiatrists Annual Meeting; February 2026; San Juan, Puerto Rico.
3. **Nguyen V**, Nassiri K. From Fall to Right Call: A Case Report on the Diagnosis of Amyotrophic Lateral Sclerosis in a Traumatic Brain Injury Patient with Progressive Right-Sided Weakness. Presented at American Academy of Physical Medicine and Rehabilitation Annual Assembly; October 2025; Salt Lake City, UT.
4. **Nguyen V**, Rydberg L. Wearable Cardioverter Defibrillator Use in Advanced Heart Failure in Acute Inpatient Rehabilitation: A Case Report. Presented at American Academy of Physical Medicine and Rehabilitation Annual Assembly; November 2024; San Diego, CA.
5. Feng N, Chan J, **Nguyen V**, Reger C. Interstitial Lung Disease Secondary to Antisynthetase Syndrome in Acute Inpatient Rehabilitation: A Case Report. Presented at Association of Academic Physiatrists Annual Meeting; February 2024; Orlando, FL. doi: [10.1097/PHM.0000000000002459](https://doi.org/10.1097/PHM.0000000000002459).
6. **Nguyen V**, Beckman M, Koh J. Nitrous Oxide Abuse and Pernicious Anemia-Induced Vitamin B12 Deficiency in a Patient with Polyneuropathy. Accepted for presentation at Association of Academic Physiatrists Annual Meeting; February 2022; New Orleans, LA.
7. Vanjara P, **Nguyen V**, Philippas E, Dong F, Sathananthan A. The Impact of Obesity on 30-day Hospital Readmission Risk Factors Among Asthmatic Adults. *J Investig Med*. 2019;67(1):255. doi:[10.1136/jim-2018-000939.224](https://doi.org/10.1136/jim-2018-000939.224).

8. Vanjara P, **Nguyen V**, Philippas E, Dong F, Sathananthan A. The Impact of Obesity on 30-day Hospital Readmission Risk Factors Among Asthmatic Adults. Presented at Western Medical Research Conference; January 2019; Carmel, CA.
9. **Nguyen V**, Rizzo J, Sanii B. An Assemblable, Multi-Angle Fluorescence and Ellipsometric Microscope. Plos One. 2016;11(12). doi:10.1371/journal.pone.0166735.
10. **Nguyen V**, Rizzo J, Zehner J, Cook W, Sanii B. Open Plans of a Low-Cost Fluorescence and Imaging Ellipsometry Microscope. Presented at American Chemical Society National Meeting; March 2016; San Diego, CA.

SELECTED TEACHING ACTIVITIES

1. EMG Bootcamp: Upper Extremity Nerve Conduction Studies	06/2026
2. Chair Rounds: Gastric Tube Removal and Replacement Skills Workshop	01/2026
3. Chair Rounds: Introduction to Gastric Tube Management	01/2026
4. EMG Didactics: Motor Neuron Disease Cases	12/2025
5. MSK Foundations: Cervical Spine Conditions	09/2025
6. EMG Didactics: Proximal Median Neuropathy Cases	08/2025
7. Rehabilitation Physical Exam Workshop	07/2025
8. Medical Externs: Neurogenic Bladder and Bowel Management	06/2025
9. Complex Cases: Stroke and Genetic Risk Factors	04/2025
10. OMM Club: Lymphatic Techniques	03/2025
11. Cadaver Lab: Anatomy of the Shoulder, Arm, and Elbow	03/2025
12. OMM Club: Cervical/Lumbar Soft Tissue, Myofascial, and Articulatory Techniques	02/2025
13. MSK Foundations: Hip Pain Differentials	02/2025
14. OMM Club: Adhesive Capsulitis, Ankle Sprains, and Low Back Pain Techniques	01/2025
15. Chair Rounds: Rancho Los Amigos Scale Revised	01/2025
16. EMG Didactics: Optimal Screens for Cervical and Lumbosacral Radiculopathies	09/2024
17. Medical Externs: Spasticity Management	06/2024
18. MSK Foundations: Elbow Injuries	04/2024
19. Complex Cases: Bilateral Transfemoral Amputation	04/2024
20. Cadaver Lab: Anatomy of the Hip	10/2023
21. Rehab Emergencies for Emergency Medicine Residents: Understanding Autonomic Dysreflexia	01/2023
22. OMS II: Lymphatic Integrated Learning Session, Upper Respiratory Infections	10/2021
23. OMS II: Respiratory Integrated Exam	10/2021
24. OMS II: Congestive Heart Failure Integrated Learning Session	09/2021
25. OMS II: Urinary Tract Infection Integrated Learning Session	09/2021
26. OMS II: Renal Integrated Exam	09/2021
27. Medical Student Talk: Cord Syndromes and Functional Outcomes by Neurological Level of Injury	07/2021
28. OMS I: Cervicogenic Headache*	09/2020
29. OMS I: Sacral Biomechanics*	08/2020
30. OMS I: Sacroiliac/Iliosacral Diagnosis and Treatment*	05/2020
31. OMS I: Lumbar Spine and Low Back Pain*	05/2020
32. OMS I: Anterior Pelvis Counterstrain Techniques*	04/2020
33. OMS I: Posterior Cervical Counterstrain Techniques	03/2020

*asynchronous recordings or lectures delivered virtually during the COVID-19 pandemic

LICENSURE & CERTIFICATIONS

California Medical License	Expires 03/2028
Advanced Cardiovascular Life Support (ACLS)	Expires 07/2027
Pediatric Advanced Life Support (PALS)	Expires 07/2027
Basic Life Support (BLS)	Expires 07/2027
Board Eligible, American Board of Physical Medicine and Rehabilitation (ABPMR)	Expected 08/2026
State of Illinois Temporary Medical Permit	Expires 06/2026

NUPOC OP 725 - Prosthetics & Orthotics for Physicians, Surgeons, & Therapists Course	04/2026
Merz Therapeutics Expert Anatomy and Ultrasound Course	10/2025
AAP Physiatry Nxt Certificate	09/2025

PROFESSIONAL ORGANIZATIONS

Association of Academic Physiatrists (AAP)	05/2020 – present
American Academy of Physical Medicine and Rehabilitation (AAPM&R)	10/2018 – present

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Alex Nickel, MD
Email Address	anickel2023@gmail.com
Cell Phone Number	(260) 316-2523
Address	101 S Union St, Unit 201 Plymouth, MI, 48170 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	Beaumont Health (Royal Oak) PM&R Program
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What year of training are you currently in?	4th-Year Resident
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Have you completed 20 toxin injections in your training?	☒ Yes
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Have you completed 10 Ultrasound Scans in your training?	☒ Yes
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How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	4 / 5
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Comments

More experience with EMG than ultrasound

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	4 / 5
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Comments

More confidence with MSK anatomy than kinesiology

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

I have experience in residency observing and performing focal chemodenervation for both upper and lower extremity spasticity/dystonia in both adult and pediatric outpatient settings. I also have experience observing and performing botox for chronic migraines. I have performed these injections with EMG guidance and using anatomical landmarks. I do not have ultrasound guided botox or intrathecal baclofen experience as none of the attending physicians in my residency program currently perform these procedures as part of their practice.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

As a fourth-year resident, I have accepted my first attending position closer to my home in rural Indiana, where access to physicians - and particularly PM&R specialists - is extremely limited. Many patients with spasticity must travel long distances to tertiary centers to receive subspecialty care, creating barriers that often delay or prevent treatment altogether and negatively impact function, comfort, and quality of life.

Because I will not be pursuing a fellowship, I am committed to seeking high-quality educational opportunities that will allow me to build the knowledge and procedural skills necessary to provide comprehensive spasticity management from the start of my practice.

Receiving this scholarship to complete this certification would also help demonstrate my commitment to providing safe, evidence-based interventional spasticity management, helping instill confidence in patients that they are receiving specialized, high-quality care close to home.

Please attest to the following statements by checking each box:

- I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).
- I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.
- I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.
- I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Dr. Michel

Is an AAPM&R Member

Yes

ALEX NICKEL, MD
260-316-2523
alex.nickel@corewellhealth.org

EDUCATION

- 2023-2027 **Corewell Health William Beaumont University Hospital; Royal Oak, MI**
Physical Medicine & Rehabilitation Residency
Current Position: PGY-4
- 2019-2023 **University of Michigan Medical School (UMMS); Ann Arbor, MI**
Doctor of Medicine
- 2014-2018 **University of Michigan; Ann Arbor, MI**
B.S. International Studies – Global Environment & Health
Four-time Varsity Letterwinner - Cheerleading

PROFESSIONAL MEMBERSHIPS

- 2022-present American Academy of Physical Medicine and Rehabilitation
- 2025-present Pediatric Research in Sports Medicine Society (PRiSM)

HONORS AND AWARDS

- 2017, 2018 University of Michigan Scholar Athlete Award - High Honors
- 2017 University Honors
- 2015, 2016 University of Michigan Scholar Athlete Award - Highest Honors
- 2015, 2016 National Cheerleaders Association Collegiate National Champion, Intermediate Co-Ed
- 2014, 2015 University Honors

PEER REVIEWED PUBLICATIONS

Krumheuer, A., Janke, A. T., **Nickel, A.**, Kim, E., Bailes, C., Ager, E. E., Purington, E. K., Mahmood, S. M., Hooyer, M., Ryan, M. L., Baker, J. E., Purdy, M., Greineder, C. F., Commissaris, C. V., Smith, S. N., Fung, C. M., & Losman, E. D. (2025). Implementation of an emergency department opioid use disorder initiative: Clinical processes and institution specific education improve care. *The Journal of Emergency Medicine*, 71, 104–113. <https://doi.org/10.1016/j.jemermed.2024.10.009>

POSTER PRESENTATIONS

Nickel, A., Connor, L., Schumacher, A. Concomitant long segment spinal subdural hematoma and Takotsubo cardiomyopathy after minor trauma: A Case Report. Poster presentation to be presented at: AAPMR Annual Conference 2026; Nov 11-15 2026; Orlando, FL. Presented by: Nickel, A.

Kim, E., Krumheuer, A., **Nickel, A.**, Ager, E., Bailes, C., Baker, J., Losman, E., Fung, C. Developing a computable phenotype to identify opioid use disorder in emergency department visits. Poster presentation at: The Society for Academic Emergency Medicine Annual Conference; May 16-19 2023; Austin, TX. Presented by: Kim, E.

Krumheuer, A., **Nickel, A.**, Kim, E., Bailes, C., Ager, E., Purington, E., Mahmood, S., Hooyer, M., Ryan, M., Baker, J., Purdy, M., Commissaris, C., Greineder, C., Smith, S., Fung, C., Losman, E. Impact of a Medication for Opioid Use Disorder Curriculum for Emergency Residents. Poster presentation at: The Society for Academic Emergency Medicine Annual Conference; May 16-19 2023; Austin, TX. Presented by: Krumheuer, A.

Krumheuer, A., **Nickel, A.**, Kim, E., Bailes, C., Ager, E., Purington, E., Mahmood, S., Hooyer, M., Ryan, M., Baker, J., Purdy, M., Commissaris, C., Greineder, C., Smith, S., Fung, C., Losman, E. Impact of a Medication for Opioid Use Disorder Curriculum for Emergency Residents. Poster presentation at: The American Society of Addiction Medicine Annual Conference; April 13-16 2023; Washington, DC. Presented by: Krumheuer, A.

Ager, E., Purington, E., Purdy, M., **Nickel, A.**, Baker, J., Smith, G., Hunt, N., Losman, E. First Responder Experiences with a Novel Naloxone Leave-Behind Program. Poster presentation at: The American Society of Addiction Medicine Annual Conference; April 13-16 2023; Washington, DC. Presented by: Ager, E.

Shabet, C., **Nickel, A.**, Grodman, L., Lemos, J., Callow, B., Koulos, N., Hopson, L. Athletes in Medicine: Understanding and Addressing the Needs of Undergraduate Student-Athletes as they Apply to Health Professional School. Poster presentation at: University of Michigan Health Professions Education Day; April 4 2023; Ann Arbor, MI. Presented by: Shabet, C.

NOTABLE PRESENTATIONS

2026 **Nickel, A.**, Connor, L., Schumacher, A. Concomitant long segment spinal subdural hematoma and Takotsubo cardiomyopathy after minor trauma: A Case Report. TierA podium presentation to be presented at: AAPMR Annual Conference 2026; Nov 13 2026; Orlando, FL. Presented by: Nickel, A.

2024-2026 **Lectures and Presentations for Corewell Health William Beaumont University Hospital PM&R Department**
-Fibromyalgia Review
-Radiculopathies/Plexopathies
-Cervical Spine Anatomy
-Foot and Ankle Disorders: Diagnosis and Treatment
-SLP Disorders Following Stroke
-Nerve Conduction Studies: Anomalous Innervations & Late Responses
-Journal Club Host: “Venous Thromboembolic Events in the Rehabilitation Setting” (Kelly et al. 2010)

- Journal Club Host: “The Current State of Charcot-Marie-Tooth Disease Treatment” (Okamoto et al. 2023)
- Journal Club Host: “Predictive Value of Preoperative Compound Muscle Action Potential Amplitude for Surgical Outcomes in Idiopathic Ulnar Neuropathy at the Elbow” (Cho et al. 2025)
- Case Study: A missed diagnosis of T11-T12 spinal cord compression
- Case Study: Concomitant long segment spinal subdural hematoma and Takotsubo cardiomyopathy after minor trauma

CONFERENCES / NOTEWORTHY MEETINGS

2025	Pediatric Research in Sports Medicine Society (PRiSM) Annual Meeting
2024	Boston Children’s Hospital Gymnastics Medicine Education and Research 6th Annual Symposium
2023	Michigan Athletes Towards Careers in Healthcare (MATCH) 5th Annual Student-Athlete Healthcare Conference - Panelist

SELECTED PRIOR WORK EXPERIENCE

2018-2019	Gymnastics Judge - Michigan High School Athletic Association Became certified to officiate at a high school gymnastics competitions throughout Michigan. I was honored to be elected to serve as one of eight judges at the 2019 Girls Gymnastics Regional Championship.
2018-2019	Medical Assistant-Scribe - Michigan Medicine, Kellogg Eye Center Documented physician dictated medical history and physical exam to ensure efficient patient care and thorough charting. Created corresponding MiChart templates with individual physician preferences to expedite new hire training. Assisted with ocular injections, instilled ocular medications, and performed visual field testing.
2017-2018	Undergraduate Research and Teaching Assistant - University of Michigan, Dept. of Microbiology Assisted in leading a weekly undergraduate introductory biology lab course. Collected data and processed research samples in the Schmidt lab to investigate the effect of dietary resistant starch on the composition of human microbiomes.
2017	Administrative and Research Assistant - Michigan Medicine, Dept. of Orthopedic Surgery Triageed phone calls, transcribed meetings, managed physician schedules, and ensured up to date faculty licensure. Became certified to use REDCap, and the Own The Bone registry to assist with chart review and data entry for an ongoing orthopedic surgery research project. Interviewed and trained the oncoming administrative assistant.
2011-2016	Club Gymnastics Coach - Tri-State Gymnastics; Angola, IN Developed lesson plans and lead daily workouts for group classes and taught private lessons by request. Choreographed competition routines, spotted novel skills, and critiqued gymnastics skills for athletes of various skill levels aged four to eighteen years old.

LEADERSHIP EXPERIENCE

- 2026-present **Well-Being Champion - Corewell Health East**
Attend quarterly wellness committee meetings with hospital leadership, assist in developing action plans based on wellness survey results, secure grant funding for department specific wellness initiatives, and promote engagement in existing wellness programming/resources.
- 2022-2023 **Community Outreach Chair - PM&R Student Interest Group at UMMS**
Pioneered initiatives for our inaugural interest group to educate medical students on the breadth of the field and ensure earlier access to clinical experience and mentorship. Connected with community organizations to expand opportunities for medical students to volunteer in the local community and support and advocate for people with various abilities.
- 2022-2023 **Founder & Co-President - Athletes in Medicine Mentorship Program**
Founded a student organization that connects former collegiate athlete medical students with current University of Michigan student-athletes who are interested in health care careers. Recruited 40 medical student mentors to provide 1-on-1 near peer mentorship and increase access to shadowing, research, and gap year internship opportunities.
- 2022-2023 **Student Lead - UMMS Diagnostics & Therapeutics Curriculum**
UMMS medical students select one of four curriculum concentrations during the final two years of training. Served as a liaison between these medical students and faculty leadership, provided feedback, and student perspective on the curriculum.
- 2015-2018 **Student-Athlete Advisory Committee - University of Michigan**
Served as a liaison between athletes and the athletic department and planned community service events. Represented the Michigan Varsity Cheer Team and lobbied for equal treatment as a varsity sport. My efforts helped my team receive national championship rings, gain access to university sponsored nutrition stations, and full access to the student-athlete academic center resources.

SERVICE AND COMMUNITY ENGAGEMENT

- 2025 **Musculoskeletal Case Night - Oakland University William Beaumont School of Medicine**
Served as a co instructor for an interactive musculoskeletal case-based lecture for first year medical students.
- 2022-2023 **Athletes in Medicine Mentorship Program - University of Michigan Athletics Career Center**
Provided near-peer mentorship, networking opportunities, interview preparation, and application review to student-athletes from the University of Michigan and Eastern Michigan University. Served as a panelist at the annual Michigan Athletes Towards Careers in Healthcare Conference (MATCH) in 2023.
- 2022 **Pediatric Well Child Free Clinic - Angola, IN**
Provided free preventative dental, vision, and physical exams to uninsured and

underinsured pediatric patients. Greeted patients and families, obtained vitals, and performed hemoglobin saturation and urinalysis.

- 2021 **Admissions Ambassador - University of Michigan Medical School**
Assisted with prospective student interviews, provided campus tours, and curated original social media content to assist applicants in their decision-making process.
- 2019-2020 **Doctors of Tomorrow Mentorship Program - Cass Tech High School**
Provided mentorship to a 9th grade Cass Tech High School student from Detroit, MI. Convened monthly in a small group of other mentor-mentee pairs to provide early exposure to STEM career paths. Guided students through background research and study design for a community impact project of their choice.
- 2019-2020 **Galen's Medical Society Tag Days - University of Michigan Medical School**
Assisted in fundraising donations for local children's charities in Washtenaw County that help provide educational resources, medical care, and special needs assistance.
- 2017-2018 **Adaptive Gymnastics Program - Bounce Gymnastics at Hartland Sports Center**
Utilized my passion and background training in gymnastics to guide children with a wide range of abilities through gymnastics based obstacle courses.
- 2015-2018 **Michigan From The Heart - C.S. Mott Children's Hospital**
Visited and support hospitalized patients and families, coordinated recreational group activities.

CERTIFICATIONS

Basic Life Support, *current*

IHI Open School Basic Certificate in Quality and Safety, 2022

2026 STEP Spasticity Scholarship Application

Contact Information

Name Benjamin Nosrati, MD

Email Address Bnosrati@stanford.edu

Cell Phone Number (213) 281-1118

Address 111 Lena Wy, Apt 3226
Mountain View, CA, 94040
United States

Is an AAPM&R Member

Training Information

Residency Program

What year of training are you currently in?

Have you completed 20 toxin injections in your training?

Have you completed 10 Ultrasound Scans in your training?

How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)

Comments

Stanford provides excellent hands-on didactics and clinical training on ultrasound principles, scanning technique and less common injections under ultrasound. There is strong sports/spine presence and many helpful mentors.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)

Comments

The reason I would rate my MSK anatomy and kinesiology knowledge a 4 out of 5 is that I'm strong on gross anatomy, most origins/insertions/innervations, joint biomechanics and the kinesiology concepts underlying EMG and neurorehab work, but I'd stop short of a 5 because I can miss very granular details (exact ranges of motion, more sports-specific injuries).

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

I've had the opportunity to perform numerous botulinum toxin injections for focal chemodenervation using ultrasound, EMG, and electrical stimulation guidance for muscle localization. I've also received dedicated instruction on injection technique and preparation from Botox representatives. With respect to intrathecal baclofen therapy, our patient population at our county hospital require regular baclofen pump refills, giving me ample opportunity to gain experience with this treatment.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

As a PM&R resident focused on neurorehabilitation, electrodiagnostics, and chemodenervation, I want to participate in this program because these skills are integral to the practice I intend to build. I find neurorehabilitation and EMG-guided procedures engaging and rewarding, and the STEP program offers the structured, advanced training I need to improve my competency. I plan to make spasticity management a core pillar of a radiation-free, EMG-guided practice. Above all, I am dedicated to helping underserved patients and those with chronic disabilities who require regular injections to maintain their function and quality of life. At our county hospital I already care for many such patients who depend on regular botulinum toxin injections and baclofen pump refills, and I have seen how access to skilled interventional spasticity care is too often limited for the populations who need it most. This program would allow me to bring a higher level of expertise back to these patients and build a practice dedicated to serving those who might otherwise go without this essential care.

Please attest to the following statements by checking each box:

- I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).
- I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.
- I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.
- I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Benjamin Nosrati

Is an AAPM&R Member

Yes

Benjamin Nosrati, MD

213-281-1118 | bnosrati@stanford.edu

EDUCATION AND TRAINING

Stanford University, Stanford, CA Physical Medicine & Rehabilitation Residency Program	August 2024 - Present
University of Rochester, Rochester, NY Physical Medicine & Rehabilitation Residency Program	July 2022 - November 2023
University of Maryland School of Medicine, Baltimore, MD M.D. Program	May 2022
University of California, Los Angeles, Los Angeles, CA B.S. in Psychobiology, Magna Cum Laude	May 2017

CERTIFICATIONS AND LICENSURE

California State Medical License, No. 199287	November 2024 - Present
USMLE Step 1	August 2020 - PASS
USMLE Step 2	July 2021 - PASS
USMLE Step 3	February 2023 - PASS

HONORS AND AWARDS

Stanford Biodesign Summer Extension Grant	Summer 2026
PM&R Team Player Award	June 2025
Dean's List / Latin Honors, University of California, Los Angeles	May 2017

RESEARCH EXPERIENCE

Stanford University Stanford Byers Center for Biodesign - Medical Device Innovation <i>Innovation Team Member</i> Medical device innovation project addressing stress urinary incontinence, device concept development, patient survey design, and technology and intellectual property landscape analysis	August 2025 - Present
University of Maryland School of Medicine Department of Emergency Medicine - PI: Michael Grasso, M.D., Ph.D. <i>Research Assistant</i> Clinical project examining the effect of patient use of online health information on patient outcomes in the ED	June 2020 - June 2022
University of California, Los Angeles Department of Neurology - PI: Peyman Golshani, M.D., Ph.D. <i>Research Assistant</i> Clinical project evaluating optogenetic-modified hippocampal cells in mice during time-delayed reward conditioning tasks	July 2017 - July 2018
University of California, Los Angeles Department of Psychiatry - PI: Linda Nelson	August 2016 - August 2018

Research Assistant

- Clinical project using neuropsychiatric tests to determine predictors of Alzheimer's Disease in patients with Down Syndrome

PUBLICATIONS AND PRESENTATIONS

Peer-Reviewed Publications

1. Grasso MA, Rogalski A, Farrukh N, Kim Z, **Nosrati B**. Physician Prescribing Changes Impacted by Patient-Initiated Online Health Searches. 2021 IEEE International Conference on Bioinformatics and Biomedicine (BIBM), December 2021. doi: 10.1109/BIBM52615.2021.9669731.

Poster Presentations

1. **Nosrati B**, Valdez J. Neuropsychology Behavior and Affect Profile: Predictive Validity. Poster presented at: UCLA Undergraduate Research Week Conference; May 2016; Los Angeles, CA.

Institutional Presentations

1. A Scoping Review of Ambient Workplace Factors and Musculoskeletal Disorders in Visual Display Unit Operators. Stanford PM&R Research Day. May 2026
2. A Case Review and Electrodiagnostic Algorithm for the Workup of Suspected Myopathy. Santa Clara Valley Medical Center EMG Conference. January 2026
3. Pre/Peri-Operative Optimization: The Role of Diet and Metabolic Disease Management in Reducing Post-Operative Spine Complications. Stanford Noon Conference. July 2025
4. Phantom Limb Pain: History and Innovations in Management. Palo Alto VA Noon Conference. September 2025
5. Posture and Occupational Workplace Modifications to Reduce Musculoskeletal Pain Complaints. Palo Alto VA Noon Conference. March 2026

EMPLOYMENT

Retina Vitreous Associates

August 2017 - June 2018

Clinical Research Coordinator

- Recruit, consent, and monitor participants during the course of phase III clinical trials for Diabetic Macular Edema and Age-related Macular Degeneration

LEADERSHIP

University of Maryland School of Medicine

President, Medical Ethics Interest Group

May 2019 - rMay 2020

- Organized lunch talks and panel speakers, and created mock ethical dilemma simulations for medical student education

Student Admissions Interviewer

September 2019 -March 2020

- Interviewed medical school applicants and submitted evaluations to the Office of Admissions

VOLUNTEER

Gifted and Advanced Learning (GAL)

August 2019 - June 2020

Mentor

- Science-based mentorship of Baltimore city middle school students

Prevention & Intervention for Early Learners Program (PIEL)

August 2018 - July 2019

Tutor

- Tutored Baltimore city elementary school students in math and English

University of California, Los Angeles

2014 - 2015

Vice President, Interaxon

- Delivered neuroscience presentations at under-resourced Los Angeles schools (grades 4–12) to promote student interest in the field

PROFESSIONAL MEMBERSHIPS AND ACTIVITIES

American Academy of Physical Medicine and Rehabilitation July 2021 - Present

Association of Academic Physiatrists (AAP) August 2023 - Present

American College of Physicians August 2018 - Present

HOBBIES AND INTERESTS

Piano, running, basketball, hiking

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Alexa Pfeiffer, DO
Email Address	alexapfeiffer@gmail.com
Cell Phone Number	(413) 441-9094
Address	5862 Lien Road Madison, WI, 53718 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	University of Wisconsin Hospitals and Clinics PM&R Program
What year of training are you currently in?	4th-Year Resident
Have you completed 20 toxin injections in your training?	☒ Yes
Have you completed 10 Ultrasound Scans in your training?	☒ Yes
How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	4 / 5

Comments

My residency program does a fantastic job training us in EMG and US principles early in our curriculum. In our PGY-2 year, we do 12 weeks of exclusive EMG training with neuromuscular trained neurologists and physiatrists, and continuing practice throughout our PGY-3 and PGY-4 years during our outpatient clinical rotations. In our PGY-3 year, we begin training in spasticity management and botulinum toxin injections using US localization. Review of my current ACGME case log shows that I have performed a total of 278 EMG/NCS and 61 ultrasound procedures for needle placement.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 5 / 5

Comments

My foundation in MSK anatomy is very strong. At every level of my education, including high school, college, and medical school, I have taken anatomy coursework. I earned my undergraduate degree in Kinesiology. I think this knowledge was deeply synthesized in osteopathic medical school and our work in the cadaver lab, where we spent a total of 3 months exclusively studying the upper and lower limbs. I attribute my strong anatomy knowledge to this training I received at University of New England. Residency is where I learned to apply my anatomy knowledge practically in EMG and spasticity management, and I have enjoyed using that knowledge to plan EMG studies, and make botulinum toxin injection plans for my patients.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

Review of my ACGME case log shows that I have performed a total of 245 botulinum toxin injections and 18 intrathecal baclofen pump refills. Approximately a quarter were performed with ultrasound guidance, and the rest primarily with EMG. Occasionally, e-stim was used for confirmation, or anatomy localization for patients who did not tolerate injections well. I have accompanied my attending to the emergency room to perform a baclofen pump refill for a patient who missed their appointment. During call, I have worked through ITB pump emergencies, and I also wrote up a case report for AAPM&R 2025 about a pump that was having frequent stalls due to a vagus nerve stimulator magnet.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I want to participate in this program because I am committed to doing interventional spasticity management in my future practice. It is an area of physiatry that I am passionate about, and that makes a significant, tangible difference in our patient's lives. Although I am still a PGY-4, I have already begun interviewing for inpatient general physiatry positions, with outpatient clinical expectations in spasticity treatment. One of these potential roles has the opportunity to take over an ITB pump clinic from another physician. I would like to be able to provide this service to my patients with confidence and the training that this course has to offer. I would also use this as an opportunity to seek out mentorship that will be vital as I begin my career as an attending.

Please attest to the following statements by checking each box:

- ☐ I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).
- ☐ I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.
- ☐ I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.
- ☐ I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Alexa Puffer

Is an AAPM&R Member

Yes

ALEXA PFEIFFER

5862 Lien Road, Madison, Wisconsin 53718 | alexapfeiffer@gmail.com | (413) 441-9094

June 2026

SUMMARY

Current physical medicine and rehabilitation resident with an interest in inpatient rehabilitation and outpatient neurorehabilitation, including spasticity management, electrodiagnostics, and osteopathic manipulative medicine. Board eligible in physical medicine and rehabilitation after residency completion in June 2027.

EDUCATION & TRAINING

University of Wisconsin Hospitals & Clinics Madison, WI Physical Medicine & Rehabilitation Residency, PGY 2-4	07/2024 – 06/2027
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Berkshire Medical Center Pittsfield, MA Preliminary Internal Medicine Residency, PGY 1 Distinction of Advanced Osteopathic Training in Internal Medicine	06/2023 – 06/2024
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University of New England College of Osteopathic Medicine Biddeford, ME Doctor of Osteopathic Medicine	07/2019 – 05/2023
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University of Massachusetts Commonwealth Honors College Amherst, MA Bachelor of Science in Kinesiology, Cum Laude	08/2012 – 05/2016
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CERTIFICATIONS & LICENSURE

Epic Physician SmartUser Certification	Completed 04/2026
Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS)	Expires 04/2027
DEA Certification	Expires 03/31/2028
Resident Education License (Wisconsin)	Expires 06/30/2026
Full Physician License – DO (Wisconsin)	Expires 10/31/2027

EMPLOYMENT

University of Wisconsin Hospitals and Clinics Madison, WI PGY 2-4 Resident Physician, Physical Medicine & Rehabilitation Epic Resident Super User	07/2024 – present
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Central Wisconsin Center Madison, WI Weekend Coverage Physician	09/2025 – present
Berkshire Medical Center Pittsfield, MA PGY 1 Resident Physician, Preliminary Internal Medicine	07/2023 – 06/2024
University of New England Biddeford, ME Anatomy Tutor and Osteopathic Clinical Skills Teaching Assistant	05/2020 – 04/2021
Andrea M. Bodine, MD, PC, Gynecology Pittsfield, MA Office Administration Assistant and Medical Assistant	03/2018 – 05/2019
Berkshire Cosmetic and Reconstructive Surgery Center Pittsfield, MA Perioperative Assistant and Medical Assistant	05/2015 – 12/2017
University of Massachusetts Emergency Medical Services Amherst, MA EMT-B	01/2015 – 05/2016

HONORS & AWARDS

AANEM Residency Member Award San Francisco, CA Presented to residents who conduct research in neuromuscular and electrodiagnostic medicine, are first author of the research, and present at the AANEM Annual Meeting.	11/2025
Spring Team Player Award Berkshire Medical Center, Pittsfield, MA Recognizes an intern who has garnered particularly high praise for their teamwork, diligence, and commitment.	03/2024
Best Student Research Poster Award Berkshire Medical Center, Pittsfield, MA Recognizes an outstanding student poster presented during the Resident & Student Scholarly Activity Showcase.	06/2022
J. Chase Rand Geriatrics Immersion Scholarship, 2021-2022 Awardee University of New England College of Osteopathic Medicine, Biddeford, ME Presented to a medical student who has demonstrated an interest and commitment to geriatric medicine.	06/2022

NEOMEN Student Original Research Award, Second Place
Biddeford, ME

05/2022

- Presented at the 21st Annual Research Forum of the Northeast Osteopathic Medical Education Network (NEOMEN) for outstanding original research by a medical student.

Sigma Sigma Phi: Honorary Osteopathic Service Fraternity Inductee

01/2020

University of New England College of Osteopathic Medicine, Biddeford, ME

- A national honorary osteopathic service fraternity that recognizes DO students who demonstrate high scholastic achievement and commitment to service.

RESEARCH & PRESENTATIONS

Peer Reviewed Journal Publications

Pfeiffer A, Falcone M, Aggarwal P, Bodine A. Comparison of Pregnancy Complication Rates: Does Opioid Agonist Pharmacotherapy Make A Difference? *Advances in Clinical Medical Research and Healthcare Delivery*. 2022;2(4). doi:10.53785/2769-2779.1114

Peer Reviewed Abstracts

Pfeiffer A, Weigert B. Blood Pressure Cuff-Induced Median Neuropathy Following a Prolonged Minimally Invasive Hernia Repair. *Muscle & Nerve*. 2025;72(4):678-1020. doi:10.1002/mus.70014

Pfeiffer A, Kreple C. Post-COVID Pan-Brachial Plexopathy: A Case of Parsonage-Turner Syndrome Following SARS-CoV-2 Infection. *Muscle & Nerve*. 2025;72(4):678-1020. doi:10.1002/mus.70014

Poster Presentations

Moe E, Pfeiffer A. Not Just Progression: A Case Report on Acute Decline in Alzheimer's Disease. Selected for a poster presentation at the American Academy of Physical Medicine & Rehabilitation Annual Assembly, Orlando, FL. November 2026.

Pfeiffer A, Weigert B. Blood Pressure Cuff-Induced Median Neuropathy Following a Prolonged Minimally Invasive Hernia Repair. Selected for a poster presentation at the American Association of Neuromuscular & Electrophysiology Medicine Annual Meeting, San Francisco, CA. November 2025.

Pfeiffer A, Kreple C. Post-COVID Pan-Brachial Plexopathy: A Case of Parsonage-Turner Syndrome Following SARS-CoV-2 Infection. Selected for a poster presentation at the American Association of Neuromuscular & Electrophysiology Medicine Annual Meeting, San Francisco, CA. November 2025.

Pfeiffer A, Bedi A. Conflicting Signals: A Case Report of Recurrent Intrathecal Baclofen Pump Stalls Triggered by a Vagus Nerve Stimulator Magnet. Selected for a poster presentation at the American Academy of Physical Medicine & Rehabilitation Annual Assembly, Salt Lake City, UT. October 2025.

Akre H, Pfeiffer A, Ganesh S. Preterm Cesarean Delivery in a Patient with Tetraplegia: A Multifactorial Decision. Selected for a poster presentation at the Association of Academic Physiatrists Annual Meeting, Anaheim, CA. February 2023.

Oral Presentations in Residency

Too Tired for Rehab: Evidence-Based Treatment Strategies for Post-Stroke Fatigue. University of Wisconsin. Physical Medicine & Rehabilitation Department Grand Rounds. May 2026.

An Unusual Cause of Right Hemidiaphragm Paralysis. University of Wisconsin. Department of Orthopedics and Rehabilitation Research Forum. May 2026.

Easy OMT. University of Wisconsin. Physical Medicine & Rehabilitation Department Resident Didactics. February 2026.

Chronic Inflammatory Demyelinating Polyneuropathy. University of Wisconsin. Physical Medicine & Rehabilitation Department Clinical Case Conference. Madison, WI. February 2026.

Dry Needling in People with Fibromyalgia: A Randomized Controlled Trial of its Effects on Pain Sensitivity and Pain Catastrophizing Influence. University of Wisconsin. Pain Medicine Department Journal Club. Madison, WI. October 2025.

Common Peroneal Neuropathy Following Significant Weight Loss Induced by Tirzepatide Therapy. University of Wisconsin. Pain Medicine Department Journal Club. Madison, WI. October 2025.

“I’d Rather Be in Pain Than Be Patronized.” A Qualitative Study of Health Care Experiences of Persons with Disabilities. University of Wisconsin. Physical Medicine & Rehabilitation Department Journal Club. Madison, WI. July 2025.

Complex Regional Pain Syndrome. University of Wisconsin. Physical Medicine & Rehabilitation Department Clinical Case Conference. Madison, WI. January 2025.

Low-value Interventions to Deimplement: A Secondary Analysis of a Systematic Review of Low Back Pain Clinical Practice Guidelines. University of Wisconsin. Physical Medicine & Rehabilitation Department Journal Club. Madison, WI. November 2024.

Osteopathic Manipulative Treatment in Patients with Anxiety and Depression: A Pilot Study. Berkshire Medical Center. Osteopathic Journal Club. Pittsfield, MA. March 2024

Oral Presentations in Medical School

Pediatric Wheelchair Assessment. Michigan State University, PM&R Department Resident Didactics. East Lansing, MI. August 2022.

Mild Traumatic Brain Injury: A Comprehensive Review. Berkshire Medical Center. Psychiatry Department Journal Club. Pittsfield, MA. March 2022.

A Case Presentation of a 91-Year-Old Male with Syncope. Berkshire Medical Center. Emergency Department Didactics. Pittsfield, MA. February 2022.

Rhinitis: The Osteopathic Modular Approach. Berkshire Medical Center. Osteopathic Journal Club. Pittsfield, MA. February 2022.

The Surgical Management of Gastroesophageal Reflux Disease. Berkshire Medical Center. Department of Surgery Resident Didactics. Pittsfield, MA. November 2021.

The Surgical Management of a Patient with Morbid Obesity. University of New England College of Osteopathic Medicine. Virtual Surgery Clerkship Didactics. Biddeford, ME. October 2021.

Adverse Birth Outcomes Associated with Prepregnancy and Prenatal Electronic Cigarette Use. Berkshire Medical Center. Department of Obstetrics & Gynecology Grand Rounds. Pittsfield, MA. August 2021.

Introduction to Vaccines. Southern Maine Agency on Aging Virtual Lecture Series. Biddeford, ME. March 2021.

Inclusive Sexual Health History Taking. The University of New England. Osteopathic Clinical Skills First-Year Course. Biddeford, ME. February 2020.

LEADERSHIP & PROFESSIONAL DEVELOPMENT

Epic Resident Super User

07/2025 – present

- This role involves optimizing the EHR system at the service/provider level, reviewing proposed system changes, providing feedback to the technical teams on ways to enhance their current information systems, and providing training for incoming residents.
- Completed the Epic Physician SmartUser certification course, which required attendance of eight virtual classes and completing their associated practice modules.
- Completed an internal department project optimizing referral pathways from the inpatient rehabilitation hospital to the outpatient bone health clinic.

Emerging Leaders in Spasticity (ELS)

09/2025 – 11/2025

- A training program sponsored by AbbVie Medical Institute, tailored for resident physicians aiming to build expertise in spasticity management. It focuses on enhancing diagnostic, treatment, and clinical skills for managing spasticity, preparing residents to lead in this field.
- Course completed in November 2025, which required attendance of five virtual lectures and completion of three online training modules.

AAPM&R PGY-2 Resident Retreat

05/31/2025 – 06/01/2025

- An in-person event exclusive to PGY2 residents, which offers a unique opportunity to explore the breadth of PM&R through hands-on training, interactive case studies, and small group discussions with national leaders and mentors across the specialty.

Transgender Health Scholars Program

10/2019 – 04/2020

- This course was designed by World Professional Association for Transgender Health (WPATH) to improve how physicians can best support and maintain the health of diverse patient populations.
- Completed 20 hours of live virtual lectures and discussion during the developing COVID-19 pandemic. Coursework included selected reading, reflection essays, and a final presentation.

COMMUNITY SERVICE

Miracle League of Dane County Dugout Buddy

06/2025 – present

Madison, WI

Dairyland Sports Track and Field Program Volunteer

03/2025 – present

Madison, WI

Deforest High School Football Sideline Medical Coverage

09/2025 – present

Deforest, WI

Mechanics Park Cleanup Organizer

07/2020 – 04/2021

Biddeford, ME

“Introduction to Vaccines” Virtual Lecture Series

03/2021

Portland, MA

Medical Student Pride 5K Organizer

06/2020

Biddeford, ME

Biddeford Intermediate School Student Mentor

10/2019 – 03/2020

Biddeford ME

Gosnell Hospice Home Murder Mystery Fundraiser

11/21/2019

Scarborough, ME

PROFESSIONAL MEMBERSHIPS

American Association of Neuromuscular & Electrodiagnostic Medicine

2024 – present

Association of Academic Physiatrists

2022 – present

American Academy of Physical Medicine & Rehabilitation

2022 – present

HOBBIES AND INTERESTS

Alpine skiing, martial arts, poetry, tabletop roleplaying games, drumming.

2026 STEP Spasticity Scholarship Application

Contact Information

Name Lance Reccoppa, MD

Email Address lmreccoppa95@gmail.com

Cell Phone Number (352) 672-1591

Address 200 N 16th St, Apt 2119
Philadelphia, PA, 19102
United States

Is an AAPM&R Member

Training Information

Residency Program

My Program Jefferson Moss-Magee Rehabilitation

What year of training are you currently in?

Have you completed 20 toxin injections in your training?

Have you completed 10 Ultrasound Scans in your training?

How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

I have experience with EMGs under the supervision of multiple attendings across different facilities. I additionally have hands-on experience with ultrasound through direct patient contact as well as cadaver labs.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 5 / 5

Comments

I have a strong foundation in MSK anatomy from the cadaver dissection lab in medical school, which was strengthened during residency through similar opportunities. I took kinesiology classes as an undergraduate student and have maintained my knowledge in that subject area as well.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

In residency, I was able to perform botulinum toxin injections into upper extremity, lower extremity, and trunk muscles under EMG and ultrasound guidance. I was additionally able to perform an obturator neurolysis with phenol. I also performed a number of intrathecal baclofen pump evaluations and refills in clinic.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

After completing my brain injury fellowship this academic year, I intend to start a career in Brain Injury Medicine with a heavy emphasis on spasticity management. I would like to provide the most up-to-date, efficacious treatment to my future patients in the inpatient and outpatient settings. I believe this course would help with my evaluation and treatment of spasticity, and I intend to teach those skills to trainees in the future.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

LR

Is an AAPM&R Member

Yes

LANCE RECCOPPA
CURRICULUM VITAE

(352) 672-1591
lmreccoppa95@gmail.com
Brain Injury Medicine Fellow (PGY-5)
Physical Medicine & Rehabilitation

Higher Education

University of Florida, College of Public Health & Health Professions
Bachelor of Health Science
Honors: summa cum laude
2014-2018

University of Louisville, School of Medicine
Doctor of Medicine
Honors: Alpha Omega Alpha Honor Society, cum laude
2018-2022

HCA Florida Aventura Hospital Transitional Year Residency
2022-2023

University of Miami/Jackson Health System Physical Medicine & Rehabilitation Residency Program
Board Eligible
Chief Resident 2025-2026
2023-2026

Lifestyle Medicine Residency via American College of Lifestyle Medicine
Board Eligible
2024-2026

Jefferson Moss-Magee Rehabilitation Brain Injury Medicine Fellowship Program
In progress
2026-2027

Licenses/Certifications

Pennsylvania Medical License (2026)
DEA (2026)
MD (2022)
BLS (Exp 2027)
ACLS (Exp 2027)
Botox for Chronic Migraine (2025)
Botox for Cervical Dystonia (2026)

Work Experience

Certified Nursing Assistant, Champion Home Health Care *May 2015- April 2016*
Travelled individually to patients' homes for intake and assistance. Reviewed each patient's medical chart to gather the appropriate medical information. Assisted with activities of daily living, transfers, and recorded vitals.

Mental Health Tech, UF Health Shands Psychiatric Hospital *September 2017 – June 2018*
Completed vitals and 15-minute rounds to ensure patient safety. Assisted with rapid response codes, both behavioral and medical. Used verbal de-escalation and restraint maneuvers (Handle with Care certified). Maintained a therapeutic and safe environment in the dayroom.

Chief Resident, University of Miami PM&R Residency Program *May 2025- May 2026*
Responsible for administrative duties including scheduling, conflict resolution, and communication. Involved in professional and program development to improve the department. Support and mentor junior co-residents and medical students.

Swim Coach, Gainesville High School Swim Team *August 2015-December 2016*
Prepared and conducted swim practices for 2 seasons. Alongside Coach Rob Ramirez, led the women's swim team to their first state title. Certified for concussion and sudden cardiac arrest protocol.

Publications/Research

Tiozzo, E., Reccoppa, L., Alvarez, G., Prince, T., Sherman, A., Morse, L., Yu, K., Molinares, D.; Interview Type and Signal Preferences of Interview Applicants to a Physical Medicine and Rehabilitation Residency Program: A Pilot Study; American Journal of Physical Medicine & Rehabilitation; 844-848; 9/1/2025.

Tiozzo, E., Henley, C., Pontee, N., Gober, J., Valbuena Valecillos, A., Reccoppa, L., Presley, J., Mitchell, J., Cahalin, L., De Mel, S., Gardener, H., Yu, K.; Abstract P2128: Can We Swim Our Way to Better Health? A Cross-sectional National Survey; Circulation; Volume 151; 3/11/2025.

Case Report Presentation, Third Author, AAP 2026 Annual Meeting
Trainees Perspective on Efficacy and Satisfaction of a Journal Club: A pre-post intervention study

Case Report, First Author, AAPMR 2025 Annual Assembly
Management of Agitation during Acute Inpatient Rehabilitation in a Chronic TBI Patient with Premorbid Psychiatric Disorders: A Case Report

Case Report, Second Author, AAPMR 2025 Annual Assembly
A Case Report of Functional Recovery in GAD-positive Autoimmune Encephalitis: The Role of Multidisciplinary Rehabilitation and Orthotic Management

Case Report, Third Author, AAPMR 2025 Annual Assembly
Sinking Skin Flap Syndrome, A Rare Condition, Affecting the Rehabilitation Course Quite Often: A Case Series

Case Report Presentation, First Author, AAP 2025 Annual Meeting
Title: Getting a Leg Up on Refractory Vastus Lateralis Spasticity

Case Report Presentation, First Author, AAPMR 2024 Annual Assembly
Timing is of the essence: Recurrent strokes as the first sign of recurrence of metastatic cervical signet-cell adenocarcinoma

Case Report, First Author, AAP 2024 Annual Meeting
Sciatic Mononeuropathy following a Total Knee Arthroplasty

Case Report Presentation, First Author, NSU MD Research Day 2022
A Case of Late Posttraumatic Seizure Secondary to Subdural Hematoma

Projects

Quality Improvement Project at Jackson Health/University of Miami **2026**
Standardizing Wound Documentation to Reduce Surgical Site Complication–Related Transfers in Inpatient Rehabilitation.

Professional/Awards

AOA Honor Society 2021- Present
3rd Place PGY-3 Research Project (2025)
Highest PGY-3 SAE score (2025)
Highest PGY-4 SAE score (2026)
The Bob Irwin Ultrasound Award (2026)
Chief Resident Award (2026)
Medi Resident of the Year Finalist (2026)

Florida Society of Physical Medicine & Rehabilitation Liaison (FSPM&R) *2024-2025*
Created quarterly article providing updates from the residency program. Represented the residency program at the Annual Assembly. Helped organize FSPM&R events with other Florida residency programs

Teaching

Cuccurullo Residency Reviews, University of Miami/Jackson Health System
Prepared and presented a review for board preparation with the titles of: Ankle Injections/Aspirations (May 2024), Traumatic Brain Injury (January 2025), Pediatric Bones & Joints (September 2025), Spasticity (January 2026)

Residency Presentations, Miami VA Medical Center

Gave presentations for VA residents, attendings and staff titled: Identification and Management of Cardiometabolic Risk and Spinal Cord Injury (February 2024), Peripheral neuropathies (May 2025), Exercise Prescriptions (September 2025)

Supplemental Instructor, Biochemistry, University of Florida**2017**

Taught private, weekly review sessions. Held office hours and exam reviews. Created and reviewed practice exam questions

Undergraduate TA, TA Coordinator, Physiology, University of Florida**2016-2017**

Held exam reviews for 100-200 students in lecture halls. Created and reviewed practice exam questions. Served as primary source of contact for students via email

Service**Volunteer for San Juan Bosco Clinic, Miami, FL****2024- 2025**

Participated in an after-hours PMR clinic for underprivileged residents of Miami-Dade County. Worked alongside and taught University of Miami medical students. Provided injections, medications, referrals and low-cost treatment plans to patients in clinic

Volunteer for Louisville Vaccine Clinic**2021**

Helped vaccine recipients with paperwork and counseled about vaccine eligibility. Administered the vaccine and monitored recipients after they received the vaccine. Drew up vaccines into syringes in the pharmacy area before distribution

Volunteer for Kentucky Special Olympics, Louisville, KY**2021-2022**

Participated in various sports tournaments as a unified partner with athletes. Attended local sporting events to cheer on athletes as they competed against others. Fundraised for athletes to receive free sport physicals and health screenings at MedFest. Participated in the 2021 UPS plane pull competition alongside athletes

Student-Run Clinic Volunteer, Healing Place Clinic, Louisville, KY**2019-2022**

Provided care for individuals recovering from addiction enrolled in the program. Fundraised for the clinic through the Annual Healthcare Classic 5K and ran the 5K. Initiated a donation drive to collect clothing, bed sheets, towels, and other supplies. Volunteered in the kitchen and served lunch to people enrolled in the program

SMILE Volunteer, Norton Children's Hospital**2018-2020**

Visited children staying on the oncology and general pediatrics floor. Participated in birthday and holiday parties for the children. Invited children to the playroom for board games, video games, drawing, and painting

Balance 180 Gym Volunteer, Gainesville, FL**2017**

Paired each week with a child with Down's Syndrome or Autism Spectrum Disorder. Assisted the children with the fundamentals of gymnastics and related motor skills. Charted progressions and downfalls to ensure successful future sessions

Florida Diabetes Camp Counselor, Camp Winona**2017**

Checked and recorded blood sugar of the twelve campers in my cabin. Administered insulin rations and assisted in counting carbohydrates during meals. Regulated blood sugar of campers throughout the night with 12 AM and 2 AM checks

Shift Captain, Streetlight at Shands Pediatrics, University of Florida

2016 -2018

Provided supportive care to pediatric patients with CF, cancer, and transplant. Led team briefings before shift and assured all volunteers were on time and in uniform. Charted visitations to ensure the teams' awareness of past patient interactions. Comforted and supported patients in times of hardship

2026 STEP Spasticity Scholarship Application

Contact Information

Name Wali Sabuhi, MD

Email Address was4006@nyp.org

Cell Phone Number (732) 850-0106

Address 5 Reynold Court
Edison, NJ, 08820
United States

Is an AAPM&R Member

Training Information

Residency Program New York Presbyterian Hospital (Columbia and Cornell)
PM&R Program

What year of training are you currently in?

Have you completed 20 toxin injections in your training?

Have you completed 10 Ultrasound Scans in your training?

How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

I have strong interests in musculoskeletal and neuromuscular ultrasound, as well as electrodiagnostics. I am helping oversee a QI project to increase electrodiagnostic education in our residency didactic curriculum.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

I have performed botulinum toxin injections or motor point blocks in 57 different patient encounters and observed another 27 chemodenervation procedures. I have observed and performed these procedures with any combination of EMG and ultrasound guidance.

I have observed 4 ITB pump refills, performed 6 ITB pump refills, and have interrogated and adjusted ITB pump settings in 4 other patient cases.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

While I have had access to excellent spasticity education and clinical exposure during residency training, I have appreciated variations in clinical assessment and management of spasticity from providers around the world. As it is a goal of mine to be a spasticity provider and educator, I am eager to supplement my training thus far with this intensive course.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature



Is an AAPM&R Member

Yes

WALI SABUHI

5 Reynold Court, Edison, NJ 08820 | 732.850.0106 | wali.sabuhi@gmail.com | www.linkedin.com/in/walisabuhi

POST-GRADUATE TRAINING

Physical Medicine & Rehabilitation, New York Presbyterian Hospital – Columbia & Cornell, NY
Residency July 2024 – June 2027

Internal Medicine, Morristown Medical Center, NJ
Internship (preliminary year) June 2023 – June 2024

EDUCATION

Boston University School of Medicine, Boston, Massachusetts
M.D. August 2019 – May 2023

Boston University, Boston, Massachusetts
B.S., Biomedical Engineering (concentration: nanotechnology) September 2013 – May 2017

CLINICAL INTERESTS

Spasticity, neurorehabilitation, electrodiagnostics, amputee rehabilitation, cancer rehabilitation, neuromuscular disease, neuromuscular ultrasound, musculoskeletal ultrasound, ICU-acquired weakness

LEADERSHIP & ACTIVITIES

Academic Chief Resident	2026-present
Member, ISPRM Spasticity Interest Group	2025-present
Resident Representative, Residency Program Education Committee (PEC)	2024-present
Americas Representative, International Society of Physical and Rehabilitation Medicine (ISPRM) Youth Forum	2021-present
Young Ambassador, American Association of Neuromuscular and Electrodiagnostic Medicine (AANEM)	2023-present
Social Media Graphics Designer, Cancer Rehabilitation Physicians Consortium (CRPC)	2022-present
Member, Global Academic Physiatry Subcommittee, Association of Academic Physiatrists	2021-present
Education Subcommittee Member, Association of Academic Physiatrists Medical Student Council	2022-2023
Social Media Graphics Designer, PM&R Scholars Medical Spanish Network	2020-2023
Member-at-Large, Association of Academic Physiatrists Medical Student Council	2021-2022

COURSES

AbbVie Emerging Leaders in Spasticity	2025-2026
BRIGHT (Building Rehabilitation Initiatives in Global Health Training) Program	2025-2026
Residency Global Health Curriculum	2024-2025
PM&R Scholars Medical Spanish Course	2020-2021
International Health Central American Institute Medical Spanish Advanced Course	2020

AWARDS

Shapiro Academy Honors Society in Internal Medicine at Boston University	2022
Finalist Team – JHU COVID-19 Virtual Design Challenge	2020
Poster Prize - MGH Center for Skeletal Research Symposium	2019
Boston University College of Engineering Ging S. Lee Community Service Award	2017
Boston University College of Engineering Dean's Host Award	2017
Millennium Campus Network Pitch Competition Grand Prize	2016
Boston University Provost's Scholars Award	2015

PROFESSIONAL ASSOCIATIONS

Association of Academic Physiatrists (AAP)	2020-present
International Society of Physical and Rehabilitation Medicine (ISPRM)	2020-present
American Academy of Physical Medicine and Rehabilitation (AAPMR)	2020-present
American Association of Neuromuscular and Electrodiagnostic Medicine (AANEM)	2021-present
New York Society of Physical Medicine & Rehabilitation (NYSPMR)	2022-present

RESEARCH EXPERIENCE

Massachusetts General Hospital, Boston, Massachusetts

Research Technician, Harris Orthopaedic Lab

September 2017 – June 2019

Characterized therapeutic efficacy of drug-eluting implants in a preclinical joint arthroplasty model. Built gait analysis arena and used high speed videography, static weight-bearing force mapping, and mechanical allodynia to monitor postoperative recovery.

Award: Prize Poster Presentation – MGH Center for Skeletal Research (2019)

Boston University & Beth Israel Deaconess Medical Center, Boston, MA

Undergraduate Research Assistant, Grinstaff Group

April 2015 – August 2017

Synthesized and studied material properties of polymer candidates for alternatives to currently administered viscosupplements. Studied tribology in with bovine cartilage explants in a mechanical testing system.

Bioventus LLC, Boston, MA

Research Intern

May 2016 – October 2016

Studied signaling activity in human periosteum derived cells via western blot to characterize the osteogenic efficacy of a designer bone morphogenetic protein geared toward spinal fusion therapeutics.

PRESENTATIONS

Mathews, A, Steere, H, Hartman, E, Eison, K, Petriello, M, Parnell, C, Vandenakker Albanese, C, Therattil, M, Sabui, WA. Development and Presentation of a Universally Applicable Global Health Curriculum for Physical Medicine & Rehabilitation Trainees and Practitioners. " **Physiatry 2024**, Orlando, FL. February 22, 2024.

Arickx, A, Groves, C, Rosario-Concepcion, R, Sabui, WA, Therattil, M. "Building resources for physiatrists around the world: Core competencies for international expansion of physiatry." **Physiatry 2023**, Anaheim CA. February 23, 2023.

Oh-Park, M, Arickx, A, Dy, R, Haig, AJ, Parnell, C, Rosario-Concepcion, RA, Sabui, WA. "Building resources for physiatrists around the world: Introduction of AAP Global Academic Physiatry Subcommittee." **Physiatry 2022**, New Orleans, LA. May 27, 2022.

Fan, Y, Xiao, Y, Leape, CP, Sabui, WA, Muratoglu, OK, Collins, JE, Randolph, MA, Oral, E. "Establishing a preclinical chronic periprosthetic infection model in rats." **2019 Orthopaedic Research Day**, Boston, MA. November 1, 2019

Sabui, WA, Leape, CP, Fan, Y, Grindy, SC, Gil, D, Muratoglu, OK, Randolph, MA, Oral, E. "Local Delivery of Pain Medication in a Rat Model for Total Knee Arthroplasty." **33rd Annual Congress of the International Society for Technology in Arthroplasty**, Toronto, Canada. October 2-5, 2019

Leape, CP, Sabui, WA, Xiao, Y, Fan, Y, Gil, D, Grindy, SC, Muratoglu, OK, Collins, JE, Randolph, MA, Oral, E. "Modelling Periprosthetic Joint Infection in Rats." **33rd Annual Congress of the International Society for Technology in Arthroplasty**, Toronto, Canada. October 2-5, 2019

POSTERS

Sabui, WA, Azizi, H. "The Hip Dilemma: Exploring the Link Between Developmental and Neuromuscular Dysplasia." **ISPRM 2025 World Congress**, Marrakesh, Morocco. November 13, 2025

Sabui, WA, Azizi, H. "When Tendons Slip - EDC Subluxation in a Hemiplegic Patient with Mixed Tone." **ISPRM 2025 World Congress**, Marrakesh, Morocco. November 12, 2025

Amrine, MB, Sabui, WA, Wu, S. "Comparing 2022 Match Data From Schools With and Without Affiliated PM&R Residency Programs." **Physiatry 2023**, Anaheim, CA. February 22, 2023

Sabui, WA, Selod, O. "A Framework to Assist Muslim Patients Through Biomechanical and Physiologic Limitations in Prayer." **2022 American Muslim Medical Student Association National Conference**, Ann Arbor, MI. August 13, 2022

Sabui, WA. "Comparing 2021 Match Data From Schools With and Without Affiliated PM&R Residency Programs." **Physiatry 2022**, New Orleans, LA. May 26, 2022

Fan, Y, Leape, CP, Sabui, WA, Hugard, S, Bishop, S, Gil, D, Grindy, SC, Muratoglu, OK, Collins, JE, Randolph, MA, Oral, E. "Local delivery of pain medication in an infected joint replacement model." **Orthopaedic Research Society 2020 Annual Meeting**, Phoenix, AZ. February 8-11, 2020

Leape, CP, Fan, Y, Sabui, WA, Muratoglu, OK, Collins, JE, Randolph, MA, Oral, E. "Bupivacaine-eluting polyethylene as an alternative to systemic opioid after total knee arthroplasty" **Orthopaedic Research Society 2020 Annual Meeting**, Phoenix, AZ. February 8-11, 2020

Leape, CP, Fan, Y, Sabui, WA, Muratoglu, OK, Collins, JE, Randolph, MA, Oral, E. "Bupivacaine-eluting polyethylene as an alternative to systemic opioid after total knee arthroplasty." **9th Annual UHMWPE Meeting**, Philadelphia, PA. October 10-11, 2019

Fan, Y, Sabui, WA, Muratoglu, OK, Collins, JE, Randolph, MA, Oral, E. "A rat model for assessing post-surgical pain and recovery following joint replacement." **Military Health System Research Symposium**, Kissimmee, FL. August 19-22, 2019

Fan, Y, Xiao, Y, Sabui, WA, Leape, CP, Gil, D, Muratoglu, OK, Collins, JE, Randolph, MA, Oral, E. "Establishing a preclinical chronic periprosthetic infection model in rats." **Military Health System Research Symposium**, Kissimmee, FL. August 19-22, 2019

Sabui, WA, Leape, CP, Fan, Y, Xiao, Y, Grindy, SC, Gil, D, Collins, JE, Muratoglu, OK, Randolph, MA, Oral, E. "Assessing Therapeutic Efficacy in Postoperative Recovery of Rats by Monitoring Pain and Gait." **5th Annual Skeletal Research Symposium**, Boston, MA. May 13, 2019

Sabui, WA, Leape, CP, Fan, Y, Xiao, Y, Grindy, SC, Gil, D, Collins, JE, Muratoglu, OK, Randolph, MA, Oral, E. "Assessing Therapeutic Efficacy in Postoperative Recovery of Rats by Monitoring Pain and Gait." **MGH Scientific Advisory Committee 2019 Poster Session**, Boston, MA. April 3, 2019

Xiao, Y, Sabui, WA, Leape, CP, Fan, Y, Gil, D, Muratoglu, OK, Collins, JE, Randolph, MA, Oral, E. "Establishing a preclinical chronic periprosthetic infection model in rats." **Society for Biomaterials 2019 Annual Meeting**, Seattle, WA. April 3-6, 2019

Sabui, WA, Fan, Y, Muratoglu, OK, Collins, JE, Randolph, MA, Oral, E. "A rat model for assessing post-surgical pain and recovery following joint replacement." **Orthopaedic Research Society 2019 Annual Meeting**, Austin, TX. February 2-5, 2019

Sabui, WA, Mort, RJ, Fan, Y, Muratoglu, OK, Randolph, MA, Oral, E. "Can toe spread be employed to assess dynamics of recovery without inducing nerve injury?" **Orthopaedic Research Society 2019 Annual Meeting**, Austin, TX. February 2-5, 2019

Sabui, WA, Drezek, K, Jeyaram, A, Cooper, BG, Mäkelä, JTA, Snyder, BD, Grinstaff, MW. "Characterization of a Synthetic Polymer Biolubricant in an Ex Vivo Rotational Cartilage Mechanical Model." **Orthopaedic Research Society 2018 Annual Meeting**, New Orleans, LA. March 10-13, 2018.

Drezek, K, Jeyaram, A, Sabui, WA, Mäkelä, JTA, Cooper, BG, Snyder, BD, Grinstaff, MW. "pMPC: A Synthetic Crosslinked Polymer Biolubricant." **Northeast Bioengineering Conference 2017**, Newark, NJ. March 31, 2017

Sabui, WA, Seeherman, H, Wilson, C, Eyckmans, J, Chen, C. "Comparing the Biology of Designer Bone Morphogenetic Proteins (BMPs) to that of the Naturally Occurring BMP-2 Homodimer in Human Periosteum-Derived Cells." **19th Undergraduate Research Symposium**, Boston University, Boston, Massachusetts. October 21, 2016

Sabui, WA, Cooper, BG, Snyder, BD, Grinstaff, MW. "High Molecular Weight Cross-Linked Polymer Developed for Osteoarthritis Treatment at Knee-Cartilage Interface Exhibits High Viscosity and Low Coefficient of Friction." **18th Undergraduate Research Symposium**, Boston University, Boston, Massachusetts. October 16, 2015

PUBLICATIONS

Fan, Y, Xiao, Y, Sabui, WA, Leape, CP, Gil, D, Grindy, SC, Muratoglu, OK, Bedair, H, Collins, JE, Randolph, M, Oral, E (2020). "A Longitudinal Model of Periprosthetic Joint Infection in the Rat." *Journal of Orthopaedic Research*, 38(5), 1101-1112.

VOLUNTEERING

Boston Medical Reserve Corps

Injured Runner Tracking Volunteer, Boston Marathon

April 2016 – May 2023

I electronically recorded admission, triage, transport, and discharge of injured runners and spectators in Boston Marathon course medical tents.

Jamaica Pond parkrun

Volunteer

December 2017 – May 2023

As one of the core volunteers of this 5K walk and run held every Saturday morning free of charge to the Boston community, I helped coordinate volunteer rosters, marshal the course, and publish results.

Achilles International

Guide Runner

January 2022 – May 2023

I volunteered as a guide runner for runners with disabilities on a one-to-one basis in the Boston chapter of Achilles International.

Boston University Coalition for Adult Immunization

Volunteer

August 2019 – November 2020

Administered influenza vaccines at immunization clinics for BU students

Massachusetts General Hospital

Patient Stretcher Transporter, ED/Radiology

May 2018 – June 2019

Transported ED patients requiring imaging to and from imaging suite

LANGUAGES

Spanish – speak, read, and write with basic competence

Mastering clinical Spanish is an ongoing pursuit of mine. I took a semester-long elective during medical school and a virtual summer elective with a Costa Rica-based clinical Spanish program to advance my baseline Spanish. I then attended weekly PM&R-specific medical Spanish sessions with Dr. Brian Cervoni from 2020 to 2021 as part of the PM&R Scholars Medical Spanish Network.

Urdu – speak fluently

SOFTWARE EXPERIENCE

MATLAB; Adobe InDesign; Adobe Photoshop

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Anju Sanchala, DO
Email Address	Asanchala@burke.org
Cell Phone Number	(914) 434-8244
Address	28 Western Drive Ardsley, NY, 10502 United States
Is an AAPM&R Member	<input checked="" type="button" value="Yes"/>

Training Information

Residency Program	Burke Rehabilitation Hospital PM&R Program
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What year of training are you currently in?	4th-Year Resident
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Have you completed 20 toxin injections in your training?	<input checked="" type="button" value="Yes"/>
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Have you completed 10 Ultrasound Scans in your training?	<input checked="" type="button" value="Yes"/>
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How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	5 / 5
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Comments

I have extensive hands-on experience utilizing both ultrasound and EMG guidance for targeted botulinum toxin injections. My procedural training also extends to advanced interventional techniques, including ultrasound-guided cryoablation, which has thoroughly reinforced my proficiency in these foundational principles.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	5 / 5
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Comments

My knowledge of MSK anatomy and kinesiology is integral to my daily clinical practice. I rely on these principles consistently during my residency, as they form the fundamental bedrock for my procedural techniques, targeted treatments, and overall clinical reasoning.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

During my residency training, I have gained extensive hands-on experience performing focal chemodenervation, specifically utilizing both ultrasound and EMG guidance for targeted botulinum toxin injections. In addition to focal treatments, I am experienced in performing routine pump refills. My procedural skill set also extends to advanced interventional techniques, such as ultrasound-guided cryoablation.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

Participating in this program will allow me to significantly advance my foundational skills. With plans to transition into a Brain Injury Medicine fellowship next year, I view advanced interventional spasticity management as a cornerstone of my future clinical practice. I am highly motivated to refine my techniques and absorb clinical pearls from the field's top leaders, ensuring I can provide the highest level of comprehensive care to patients with complex spasticity needs.

Please attest to the following statements by checking each box:

- I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).
- I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.
- I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.
- I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Anju Sanchala

Is an AAPM&R Member

Yes

Anju Sanchala, DO

28 Western Drive
Ardsley, NY 10502
914.434.8244
anjusanchala@gmail.com

Education

Burke Rehabilitation Hospital, White Plains, NY Physical Medicine and Rehabilitation, anticipated June 2027 Academic Chief Resident 2026 - 2027	07/2024 – Current
Garnet Health Medical Center, Middletown, NY Transitional Year	07/2023 – 06/2024
Idaho College of Osteopathic Medicine, Meridian, ID Doctor of Osteopathic Medicine	07/2019 – 05/2023
Binghamton University, State University of New York, Vestal, NY Bachelor of Science, Integrative Neuroscience	08/2014 – 05/2018

Publications

Sanchala, A., Hartnett, J., Hegedus, J., Tom, A., & Oh-Park, M. (2026). *The role of prehabilitation in functional capacity during the perioperative period in patients with lung cancer*. Systematic review. (Pending publication)

Hegedus, J., **Sanchala, A.**, Hartnett, J., Tom, A., & Oh-Park, M. (2026). Effectiveness of prehabilitation prior to surgical resection in colorectal cancer. Systematic review. (Pending publication)

Trovato, E., **Sanchala, A.**, Maldonado Vergara, K., Vazquez Pabon, A., & Wilson, M. (2026, April 16). *Overuse injuries of the upper extremities in disorders of the Central Nervous System*. PM&R KnowledgeNow. <https://now.aapmr.org/overuse-injuries-in-disorders-of-the-central-nervous-system/>

Oh-Park, M., **Sanchala, A.**, & Thornton, M. (2025, June 26). *Obesity*. PM&R KnowledgeNow. <https://now.aapmr.org/obesity/#disease/disorder>

Huynh K., **Sanchala A.**, Ekiz A. Recurrent Deep Vein Thrombosis (DVT) and Inferior Vena Cava (IVC) Filter: Should a Computed Tomography (CT) Venogram and Inferior Vena Cavagram Be the Standard of Care? Cureus. 2024 Apr 18;16(4):e58529. doi: 10.7759/cureus.58529. PMID: 38957832; PMCID: PMC11218494.

Presentations

Antimisiaris, S., Manjila, A., **Sanchala, A.**, Slitzky, M., Thornton, M., Trovato, E., Shah, M., Hartnett, J., (2026). *License to Renew: Improving Restraint Renewal Compliance*. Performance Improvement/Quality Improvement (PI/QI) Presentation, Burke Rehabilitation Hospital, White Plains, NY.

Sanchala, A., Hegedus, J., Hartnett, J., Tom, A., & Oh-Park, M. (2025). *The role of prehabilitation in functional capacity during the perioperative period in patients with lung cancer*. Systematic Review Presentation, American Academy of Physical Medicine and Rehabilitation Annual Assembly. Burke Rehabilitation Hospital, White Plains, NY.

Sanchala, A., Thornton, M., Hanna, B., Rizwan, M., & Newman, B. (2025). *Waves of change: Boosting residents' ultrasound skills*. Performance Improvement/Quality Improvement (PI/QI) Presentation, Burke Rehabilitation Hospital, White Plains, NY.

Sanchala, A. (2025). *Patterns of functional change five to ten years after moderate-severe traumatic brain injury* (Hammond, F. et al., *Journal of Neurotrauma*, 2021). Journal Club Presentation, Burke Rehabilitation Hospital, White Plains, NY.

Sanchala, A. (2025). *Early subthreshold aerobic exercise for sport-related concussion* (Leddy et al., *Clinical Journal of Sport Medicine*, 2019). Journal Club Presentation, Burke Rehabilitation Hospital, White Plains, NY.

Sanchala, A. (2025). *Effect of exercise training or complex mental and social activities on cognitive function in adults with chronic stroke* (Liu-Ambrose et al., JAMA, 2022). Journal Club Presentation, Burke Rehabilitation Hospital, White Plains, NY.

Dion, S., **Sanchala, A.**, & Ekiz, A. (2024). *A case of systemic AA amyloidosis with confirmed stomach, duodenum, and kidney involvement*. Case Presentation, Garnet Health Medical Center, Middletown, NY.

Sanchala, A., Sweat, S., & Castillo, C. (2022). *A case of spinal cord injury and Ogilvie syndrome seen at a university hospital*. Case Presentation, Association of Academic Physiatrists (AAP) Annual Meeting. University of Louisville PM&R, Louisville, KY.

Sweat, S., **Sanchala, A.**, & Castillo, C. (2022). *A case of chorea hyperglycemia basal ganglia syndrome in a university hospital*. Case Presentation, Association of Academic Physiatrists (AAP) Annual Meeting. University of Louisville PM&R, Louisville, KY.

Research Experience

The Therapeutic Presence & Resident Integration (TPRI) Initiative

Burke Rehabilitation Hospital

White Plains, NY

Advisors: Dr. Malav Shah, Dr. Atinder Nijjar

06/2026 - Current

- Implementing a clinical program to integrate resident physicians directly into active patient therapy gym sessions, fostering patient intrinsic motivation and advancing clinical outcomes in neuro-rehabilitation.
- Designed and implemented a cost-effective longitudinal tracking system using QR codes and the Stanford Professional Fulfillment Index to measure resident burnout and gather actionable clinical insights.

License to Renew: Improving Restraint Renewal Compliance

Burke Rehabilitation Hospital

White Plains, NY

Advisors: Dr. Erika Trovato, Dr. Malav Shah

07/2025 - 05/2026

- Co-led a longitudinal Performance Improvement/Quality Improvement (PI/QI) initiative consisting of 4 Plan-Do-Study-Act (PDSA) cycles aimed at optimizing institutional restraint safety protocols.
- Spearheaded an institutional policy reform at Burke Rehabilitation Hospital, successfully aligning hospital guidelines with the strict 24-hour restraint renewal standard to ensure 100% regulatory compliance.
- Streamlined clinical documentation workflows by integrating and optimizing a standardized restraint renewal acknowledgment process directly within residents' daily progress notes, minimizing documentation lag and improving team communication.

Waves of Change: Boosting Residents' Ultrasound Skills

License to Renew: Improving Restraint Renewal Compliance

Burke Rehabilitation Hospital

White Plains, NY

Advisors: Dr. Bram Newman, Dr. Malav Shah

07/2024 - 05/2025

- Co-led a longitudinal Performance Improvement/Quality Improvement (PI/QI) initiative aimed at standardizing and expanding diagnostic ultrasound (US) training for PM&R residents.
- Collaborated cross-functionally with Sports Medicine fellows to design and integrate a comprehensive, longitudinal musculoskeletal ultrasound workshop directly into the core residency didactics curriculum.
- Optimized outpatient clinical workflows to deliberately increase targeted patient volume in the resident clinic, expanding hands-on scanning exposure and broadening the diversity of pathology available for resident diagnosis

Idaho State University, Pharmacy Department

Meridian, ID

Advisor: Dr. Gustavo Gonzalez-Cuevas, PhD *Associate Professor*

08/2020 – 05/2021

- Assisted in preparing the neuroscience lab to house 100 zebrafish by using a 3D printer to create automated fish feeders
- Created larval plates and adult fish tanks for research regarding light and dark preference of larval and adult zebrafish
- Coded scripts for the Zantiks units to create automated experiments

Idaho College of Osteopathic Medicine

Meridian, ID

Advisor: Dr. Ben Wilson, MD *Assistant Professor of Family Medicine*

10/2020 – 11/2020

- Assisted in preliminary data collection for a research project about the intellectual humility and the philosophical assumptions of medical school faculty from around the world regarding reductionism and holism

Leadership Experience

Burke Rehabilitation Hospital
Academic Chief Resident
White Plains, NY
04/2026 – Current

- Oversee the development and execution of the residency's 18-month academic didactic schedule, integrating board-relevant materials and evidence-based clinical practices.
- Collaborating with faculty to design and implement a longitudinal EMG curriculum, providing residents with consistent, high-yield electrodiagnostic training throughout the academic year.
- Curating and leading the hospital-wide Grand Rounds series, selecting expert speakers and identifying high-yield clinical topics to address emerging trends in physiatry.
- Coordinating interdisciplinary educational sessions, including journal club presentations and research methodology seminars, to foster a culture of scholarly inquiry.

Burke Rehabilitation Hospital
Wellness Chair
White Plains, NY
04/2025 – 03/2026

- Planned and organized wellness events and initiatives to promote resident well-being and work-life balance
- Fostered a supportive and inclusive community within the residency program through regular check-ins and group activities
- Provided peer support and guidance to residents, offering resources and a safe space to discuss stress and mental health challenges
- Collaborated with program leadership to implement strategies addressing resident burnout and enhancing overall morale

Burke Rehabilitation Hospital
Medical Student Liaison
White Plains, NY
04/2025 – 03/2026

- Served as an on-call resource for medical students, assisting with campus logistics including navigation to rotations and lectures
- Coordinated and organize a medical student fair to promote engagement and access to academic opportunities
- Collaborated with the medical school student interest groups to develop and implement new student-focused initiatives

Academic Association of Physiatry Medical Student Fair
Event Organizer
White Plains, NY
06/2025 – 10/2025

- Applied and obtained a grant from the Academic Association of Physiatry to organize a fair at Burke Rehabilitation Hospital to educate students about the field of physical medicine and rehabilitation.
- Coordinated with physical medicine and rehabilitation attendings, co-residents, and therapists to provide students with education regarding sideline coverage, spasticity management, and ultrasound techniques.
- Worked with Ottobock representatives to provide demonstrations of prosthetics and orthotics.

Stony Brook Southampton Hospital
Class Representative
Southampton, NY
07/2021 – 07/2022

- Represented 11 medical students from the Idaho College of Osteopathic Medicine to streamline communication between administration and students

Real Education About College Health (REACH) Peer Education
Intern/Student Assistant
Vestal, NY
01/2016 – 05/2017

- Utilized outreach methods to educate students at Binghamton University about relevant health topics
- Planned and executed campus-wide events and initiatives to spread educational messages about safe sex, positive body image, and diet
- Created new procedures within the office to improve the planning process and communication between coworkers

Work Experience

CityMD
Medical Scribe
New York, NY
07/2018 – 07/2019

- Documented patient encounters into the electronic medical record
- Assisted the provider with basic patient care and procedure set-ups to ensure short visits for patients
- Communicated with patients, insurance companies, and pharmacies to lessen the daily workload for providers

Teaching Experience

Idaho College of Osteopathic Medicine

Meridian, ID

Tutor

01/2021 – 05/2021

- Helped medical students to understand neurology and respiratory block material during 1-hour tutoring sessions four times a week
- Prepared board-style questions for students on a weekly basis

C2 Education

Scarsdale, NY

Tutor

08/2018 – 01/2020

- Conducted 2-hour tutoring sessions for groups of 3 students
- Helped students in meeting their academic goals by tutoring for college admission tests and math and science schoolwork

Student Athlete Success Center

Vestal, NY

Tutor

09/2017 – 05/2018

- Conducted one-on-one sessions with student-athletes to ensure understanding of concepts from Physics I and Psychology Statistics

Physics I

Vestal, NY

Teaching Assistant

01/2017 – 05/2017

- Conducted weekly 1.5 hour lab sessions for 20 students to review the curriculum using physical demonstrations
- Administered and graded quizzes every week

Volunteer Experience

Stony Brook Southampton Hospital

Southampton, NY

Volunteer

10/2021

- Administered flu vaccine to employees at Stony Brook Southampton Hospital

Parish Hall, Stony Brook Southampton Hospital

Southampton, NY

Volunteer

09/2021 – 10/2021

- Provided COVID PCR tests to members of the community for 60 hours

Idaho College of Osteopathic Medicine

Meridian, ID

Volunteer

10/2020

- Contributed in converting an old shipping container into a medical/dental clinic that will be used to provide medical and dental care for those in need

Idaho College of Osteopathic Medicine Health Fair

Meridian, ID

Volunteer

02/2020

- Measured vital signs and recorded the medical history of patients
- Worked alongside second-year students and professors to diagnose and treat patients with osteopathic manipulative medicine

Conferences

American Academy of Osteopathy (AAO) Annual Convocation - 03/2020, 03/2021

American Academy of Physical Medicine & Rehabilitation Annual Assembly - 11/2020, 11/2021, 10/2022, 10/2025, 10/2026

Association of Academic Physiatrists - 02/2023, 02/2025, 02/2026

Certifications

Advanced Cardiac Life Support – 04/2025

Basic Life Support – 05/2026

Interests

Languages: basic conversational Spanish and Hindi

Hobbies: Bollywood Fusion dancing, hiking, skiing, barre, painting, golf, pickleball

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Jordan Schroeder, MD
Email Address	jschro@uw.edu
Cell Phone Number	(425) 283-6345
Address	2706 E Union St Unit B Seattle, WA, 98122 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	University of Washington PM&R Program
What year of training are you currently in?	Fellow In-Training
Have you completed 20 toxin injections in your training?	☒ Yes
Have you completed 10 Ultrasound Scans in your training?	☒ Yes
How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	3 / 5

Comments

I am somewhat familiar with ultrasound (US) and NCS/EMG principles. I've had very reasonable exposure to US by completing a 2 year US track under the guidance of two Sports and Neuromuscular attendings that covered upper and lower limbs with bi-monthly competency check-offs over the course of two years. I have completed 300 EMG/NCS studies, am above average for my training level, and anticipate sitting for Electrodiagnostic boards.

However, use of diagnostic US for nerve and musculoskeletal complaints in real time, in clinic has been limited. Only one of my attendings regularly uses US for nerve/muscle diagnostics or spasticity interventions. So while I do have reasonable base knowledge of US and NCS/EMG, I lack the training and exposure to clinically translate US, NCS/EMG skills for spasticity interventions. I am hoping to knit these two interests together. Hence my strong interest in this course!

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

As previously mentioned, I have very reasonable exposure to MSK anatomy via US from participating in a 2 year US course. Prior to this, I worked in an MSK clinic that was heavy in diagnostic ultrasound which I was apart of as a medical assistant. This early exposure and, later repetition in the US course during residency has given me a strong MSK base for my level of training.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

I have 60-70 botulinum toxin injections, 2 phenol injections, and ~10-15 intrathecal baclofen delivery treatments logged. Both my residency and fellowship has an ITB program. I am competent in common injection targets, have excellent needle control, but need to develop greater precision with less common targets or those that can be hard to reliably localize without US guidance (tibialis posterior and forearm muscles) especially in patients with challenging body alignments.

Additionally, I have completed a remote, year long course on focal chemodenervation via Emerging Leaders in Spasticity (ELS) by Abbvie. This course was mostly conceptual and lacked a robust practical component. Thus my primary aim in applying for this STEP Spasticity scholarship is to knit together my complementary interests in US, electrodiagnostic medicine, and spasticity with practical experience to deepen my clinical aptitude with chemodenervation to help our patients.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

At this juncture, I hope my interest in the STEP Spasticity program is abundantly clear—I really want to do this program!!

I believe that I have the requisite base knowledge be a worthwhile investment of the scholarship. And, moreover, my outpatient fellowship schedule this year has consistent scheduling in peripheral nerve, toxin, and ITB clinics wherein I could readily apply the STEP curriculum. Unlike residency, I now have the time and consistent access to US (there is a practice US in my workroom!) to focus on honing my spasticity skills and need exposure to phenol/ethanol blocks and surgical tone management. My goal is to have interventional spasticity management as a part of my clinic because it is an under utilized, yet powerful tool that can be exceedingly helpful for our patients. I want to be comfortable, competent so the patients have the confidence to use this tool.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature



Is an AAPM&R Member

Yes

Jordan M. Schroeder

2706 E. Union St, Unit B
Seattle, WA 98122
(425) 283-6345
jschro@uw.edu
Citizenship: USA

EDUCATION

University of Washington Spinal Cord Injury Medicine Fellowship	7/2026-Present
University of Washington Physical Medicine & Rehabilitation (PM&R) Residency, Seattle, WA	7/2023-6/2026
Spokane Teaching Health Transitional Year, Spokane, WA	7/2022-7/2023
University of Washington School of Medicine (UWSOM), Doctor of Medicine, Seattle, WA	8/2018-6/2022
Gonzaga University, Bachelor of Science, Biology, Spokane, WA	8/2010-5/2014
Minor: Entrepreneurial Business Leadership	

FACULTY POSITIONS HELD: N/A

HOSPITAL POSITIONS HELD: N/A

AWARDS & HONORS

Well-being Grant Recipient , University of Washington Medicine, Seattle, WA	3/2025
Successful grant application for to support Quality Improvement project focused on UW PM&R resident wellness. Of 500 applications, this was one of 44 grants that was fully funded.	
University of Washington School of Medicine Service Award	5/2021
Award given to fifteen percent of students in each class for their outstanding commitment to extracurricular service and advocacy activities within diverse and underserved communities.	
Division 1 Varsity Coxswain , Gonzaga Women's Rowing, Gonzaga University, Spokane, WA	8/2010-5/2014
- Coxswains are responsible for leading their crew (group of rowers) during practices and racing, steering the boat, managing athletes' skill development, executing the race plan, and motivating the athletes. - Skills accrued through athletics: peer leadership, communication skills, conflict resolution, organizational and time management. - Won the West Coast Conference (WCC) Rowing Title in 2013, competed at NCAA Division I Rowing Championships for the first time in school history, and by committee vote I was named West Coast Conference Coxswain of the Year 2013.	

BOARD CERTIFICATION: Board eligible Summer 2026

CURRENT LICENSE(S) TO PRACTICE

Washington State Limited Physician & Surgeon license (ML61417441)	7/2023-Present
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PROFESSIONAL ASSOCIATIONS/ORGANIZATIONS

Academy of Spinal Cord Injury Medicine Professionals	6/2025-Present
American Association of Neuromuscular & Electrodiagnostic Medicine	6/2024-Present
Association of Academic Physiatrists	3/2024-Present
Washington State Medical Association	3/2024-Present
American Academy of Physical Medicine and Rehabilitation	3/2020-Present
American Medical Association	8/2018-Present
Spokane County Medical Society	8/2018-Present

CONFERENCE ATTENDANCE

American Academy of Physical Medicine and Rehabilitation (AAPM&R) '25	11/2025
Academy of Spinal Cord Injury Medicine Professionals (ASCIP) '25	9/2025

Association of Academic Physiatrists (AAP) Physiatry '25	2/2025
American Academy of Physical Medicine and Rehabilitation Resident Learn & Connect	5/2024

EDUCATION & TRAINING ACTIVITIES

Pathways in Physical Medicine & Rehabilitation Mentorship Program , Mentor, Remote	11/2024-Present
Mentor and review written application materials for medical students applying to PM&R residencies.	
Student-Alumni Informational Discussions (SAID) , Physician lead, Bellevue, WA	11/2024
Facilitated and explored medical students' interest in PM&R as a specialty and residency training.	
University of Washington SOM Mock Interview Program , Interviewer, Seattle, WA	9/2024
Mock interviewed fourth year medical students applying to PM&R to help them prepare for intern year and PM&R residency interviews with constructive feedback and developed interviewing skills to mitigate unconscious bias.	
University of Washington PM&R Medical Student Interest group , Liaison, Seattle, WA	8/2024-10/2024
Communicate with the medical student interest group at University of Washington to coordinate events and shadowing opportunities for students.	
University of Washington School of Medicine Musculoskeletal course , Small group leader, Seattle, WA	1/2024
Facilitated a musculoskeletal case-based small group for first year medical students to ensure durable learning and team-based problem-solving skills.	
Advising/Mentorship for PM&R candidates , Remote/in-person, Seattle, WA	7/2023-Present
- Jennifer D., PM&R residency candidate, 2024-present, quarterly - Armando P., PM&R residency candidate, 2024, biyearly - Michael O., pre-medical, 2020-2022, biyearly - Taryn M., PM&R residency candidate, 2018-present, quarterly	
ZagConnect , Gonzaga University, Spokane, WA	3/2016-Present
Provide mentorship and career advising for current Gonzaga students through one-on-one meetings and yearly panel with the pre-health club.	
AFERM Mentorship program , Mentor, Remote	12/2021-2/2023
Mentored pre-health students of rural backgrounds through the medical school preparation and application process.	
Healthcare Bigs & Littles Mentor , Eastern Washington University, Cheney, WA	7/2020-5/2021
Led a first-generation high school student of disadvantaged background through the college application and acceptance process. This high school senior was accepted to several local universities and intention of pursuing pre-medicine.	
Advising/Mentorship for Medical School candidates , Remote, Seattle, WA	9/2016-Present
- Ashley G., pre-medical, 2022-2023, quarterly - Adriania K., pre-collegiate interested in medicine, 2022-2023, quarterly - Taryn T., pre-medical, 2020-2018, quarterly - Michael O., pre-medical, 2020-2022, biyearly - Justin R., pre-medical, 2021-2023, quarterly - Gian K., pre-medical, 2016-2020, quarterly	

EDITORIAL RESPONSIBILITIES

- Revised and updated PM&R Knowledge Now article *SCI Traumatic Part Two: Treatment and Practice* 3/2025
- Reviewed Manuscripts for PM&R—the scientific journal for AAPM&R. 5/2017, 5/2023

SPECIAL RESPONSIBILITIES & SERVICE

Executive (Chief) Resident , University of Washington PM&R Residency, Seattle, WA	6/2025-6/2026
Execute various scheduling and administrative tasks, act as a liaison between faculty and residents—fielding concerns, conflicts, etc.—managed and communicated through competing interests, teach PGY2- and PGY3-specific curriculum; modeled personal and professional behaviors for junior residents with an emphasis on effective communication.	
Resident Wellness Council , Recruitment Chair, Seattle, WA	6/2024-6/2026

- Responsible for scheduling and orchestrating recruitment happy hours, encouraging resident participation, and obtaining resident feedback on applicants.

Physiatrist in Training Council, PhiT Ambassador, Seattle, WA 6/2024-6/2025

- Conduit of communication between AAPM&R and residents for timely updates on AAPM&R scholarly projects, volunteer opportunities, conferences, and leadership positions for UW PM&R residents.

Graduate Medical Education Committee Member, Sacred Heart Medical Center, Spokane, WA 7/2022-6/2023

- Served as a voting member on the committee charged with developing policies related to residency education such as benefits, working conditions, supervision, quality of patient care, and the residency contract.

Student Representative, Patient Care Curriculum Committee of UWSOM, Seattle, WA 8/2020-5/2022

- Served as a voting member and class liaison to bring forth clinical education concerns during a two-year term on the Patient Care Curriculum Committee; namely, revising UW's five-year Medical Student Education Strategic Plan to reflect greater equality in educational outcomes.

CLINICAL ACTIVITIES

Ultrasound Track, University of Washington PM&R Residency, Seattle, WA 7/2024-6/2026

- Actively engaged in two-year ultrasound program, gaining hands-on ultrasound experience in musculoskeletal and peripheral nerve imaging to guide injection therapies, surgical planning, and enhance patient care.

Emerging Leaders in Spasticity, Participant, Remote 8/2024-8/2025

- Participated in a 4-phase, multifaceted, hands-on program to further Spasticity management knowledge and skills.

Medical Assistant, Lake Washington Sports & Spine, Bellevue, WA 1/2016-4/2018

- Facilitated patient care at the direction of the physician; interviewed patients, consented and counseled patients for procedures, prepared and assisted with injections, and completed myriad administrative tasks. 1.0 FTE.

Chief Orthopedic Medical Scribe, ScribeAmerica, Seattle, WA 2/2015-4/2016

- Hired, on-boarded, and trained new medical scribes; continued their development through professional and continuing education lectures in internal, family medicine, urgent care, spine, and pain medicine.
- Electronically documented patients' chief complaint, history, ROS, physical exam findings, diagnostic results, and the impression/plan. 1.0 FTE.

BIBLIOGRAPHY: N/A

TALKS & PRESENTATIONS

Caring for Inmates: A Disenfranchised Population 5/2023

- Northwest Medical Research Symposium, Regional conference, Poster Presenter

RESEARCH & QUALITY IMPROVEMENT

Physical Medicine & Rehabilitation Resident Debriefs, University of Washington Medicine 9/2024-6/2026

- Lead and orchestrate a Quality Improvement project aimed at decreasing resident burnout and moral injury through structured, quarterly debriefs that are facilitated by a mental health professional.

Caring for Inmates: A Disenfranchised Population, Sacred Heart Medical Center 5/2023

Faculty Sponsor: Khang Zhang MD, Spokane, WA

- Led a Quality Improvement project aimed at addressing the disenfranchisement of care for detained patients, fostering equitable and compassionate healthcare delivery.

Assistant Researcher, Seattle Genetics 7/2014-9/2014

Supervisor, Fu Li PhD, Bothell, WA

- Created lymphoid and renal carcinoma cell lines using transfection and transformation techniques to test the efficacy of 11 monoclonal antibody drugs in development using flow cytometry and Luminex.
- Investigated mechanism of monoclonal antibody internalization into cancer cells using staining and microscopy techniques.

Research Assistant, GenPrime 9/2013-4/2014

Supervisor, Bryce Kanter MBA, MS, Spokane, WA

- Completed quality control and generated confidence-interval data on "Split Key cups" (urine drug tests) for pivotal study phase submission to the FDA.

Research Assistant, Zymogenetics 6/2013-8/2013

Supervisor, Zane Kraft MS, Seattle, WA

- Developed receptor models using transfection and transformation in murine and rat cell lines to test antagonistic activity of 11 antibodies using flow cytometry.
- Learned tissue culture techniques for maintaining cell lines.

OTHER EMPLOYMENT

National Hiring Manager, ScribeAmerica, Seattle, WA

4/2016-10/2016

- Sourced, hired, on-boarded, and trained 75+ new medical scribes across a variety of specialties and geographic locations including pediatric, family, internal, emergency, orthopedic, spine, rheumatology, and pain medicine.
- Developed new national hiring protocols to support ScribeAmerica's rapid growth, specifically recruiting in urban and local areas, standardized application review and initial interview, and HR documentation workflow.

VOLUNTEER EXPERIENCE

Seattle Adaptive Sports, Volunteer for Goalball, Seatac, WA

2/2025-Present

- Support visually impaired athletes by facilitating gameplay, ensuring safety to prompt an active lifestyle and inclusivity in sport.

Seattle Marathon, Medical volunteer, Seattle, WA

6/2024, 11/2024

- Provided medical care to marathoners and half-marathoners.

Footloose Sailing Association, Volunteer, Seattle, WA

9/2023-6/2026

- Assisted with participant escort, preparedness to sail and crew small sailboats for participants with limitations to promote independence and recreational enjoyment.

Admissions Ambassador, Office of Admissions at UWSOM, Seattle, WA

3/2019-5/2022

- Connected with UWSOM applicants and admitted students to field questions about UWSOM and the Spokane Foundations Site.

Member, Career Advising Committee, UWSOM

3/2019-5/2022

Represented the medical student voice and needs to better serve the UWSOM students during the early phase of career exploration in preparation for applying to residency programs.

Yoga Ambassador, BeYouthiful Hot Yoga, Spokane, WA

9/2019-

12/2019

- Nominated by BeYouthiful Hot Yoga studio staff to be a yoga ambassador for my consistency, dedication, and growth in practice with the aim to welcome and inspire the practice of yoga in new members and grow the local yoga community.

Volunteer, Bailey Boushay House (BBH), Seattle, WA

5/2015-9/2017

- BBH is a care facility primarily for patients with HIV/AIDS, ALS, and Huntington who have been disenfranchised from the healthcare system. Provided companionship through structured group activities and one-on-one conversation with patients during the hospice phase of their illness. Accrued 300+ hours of community service.

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Fatma Segmen, MD
Email Address	fatmahingis@gmail.com
Cell Phone Number	(862) 406-5656
Address	454 Wisdom Path Chesapeake, VA, 23322 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	Old Dominion University Program
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What year of training are you currently in?	4th-Year Resident
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Have you completed 20 toxin injections in your training?	☒ Yes
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Have you completed 10 Ultrasound Scans in your training?	☒ Yes
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How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	5 / 5
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Comments

I have a strong knowledge of musculoskeletal ultrasound and electrodiagnostic (EMG/NCS) principles through my PM&R residency training. I routinely use diagnostic ultrasound to evaluate musculoskeletal pathology and have gained hands-on experience performing ultrasound-guided procedures, including joint, tendon, bursa, and peripheral nerve injections under the supervision of attending physicians.

In addition, I have incorporated ultrasound extensively into the management of spasticity, using it to accurately identify target muscles and improve the precision of botulinum toxin injections. I am familiar with ultrasound anatomy, image optimization, probe selection, needle visualization techniques, and sonoanatomy of the extremities.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 5 / 5

Comments

I would rate my knowledge of musculoskeletal (MSK) anatomy and kinesiology as advanced. Throughout my PM&R training, I have developed a strong understanding of functional anatomy, which I apply daily in the evaluation and management of patients with neuromuscular and MSK conditions. I have effectively utilized ultrasound guidance for spasticity management under the supervision of my attending physicians. In addition, I have gained experience performing ultrasound-guided musculoskeletal injections under direct supervision, further strengthening my understanding of sonoanatomy, dynamic anatomy, and needle guidance techniques. Prior to PMR residency, my postdoctoral research experience in SCI has also reinforced my knowledge of anatomy and functional movement, allowing me to integrate anatomical principles into both clinical practice and research.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

During my PM&R residency, I have gained experience evaluating and managing patients with spasticity from various etiologies, including spinal cord injury, stroke, traumatic brain injury, multiple sclerosis, and cerebral palsy. I have participated in the comprehensive assessment of spasticity, including identifying functional goals, selecting appropriate candidates for focal chemodenervation, and developing individualized treatment plans.

I have performed botulinum toxin injections under the direct supervision of attending physiatrists, utilizing anatomical landmarks and ultrasound guidance. In addition, I have observed and assisted with nerve blocks and have become familiar with patient selection, procedural techniques, expected outcomes, and potential complications.

I have also participated in the longitudinal management of patients receiving intrathecal baclofen therapy, including pre-implantation evaluations, pump refills, dose titration, troubleshooting, and monitoring for complications such as withdrawal and overdose.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I am applying for the STEP Interventional Spasticity Certificate Program because it aligns directly with my long-term career goals in Spinal Cord Injury (SCI) Medicine. I have applied to SCI fellowship programs this year and am committed to developing expertise in the comprehensive management of individuals living with SCIs.

As a future SCI specialist, I want to provide evidence-based, patient-centered care and develop advanced procedural skills that will allow me to manage spasticity safely and effectively. The STEP Interventional Spasticity Certificate Program would provide me with the skills and confidence needed to deliver high-quality interventional spasticity care early in my career.

In addition to my clinical interests, I completed a postdoctoral research fellowship during which I conducted research related to spasticity management. The STEP Interventional Spasticity Certificate Program will not only enhance my clinical skills but also support my academic and research career by providing advanced, standardized training that will inform future research and scholarly activities in this field.

Receiving this scholarship would enable me to participate in a program that is essential to achieving my professional goals. I am committed to applying the knowledge and skills gained through this course to improve outcomes for patients with SCIs and other neurologic conditions while contributing to excellence in rehabilitation medicine throughout my career.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature



Is an AAPM&R Member

Yes

CURRICULUM VITAE

Fatma Eren Segmen, MD

CONTACT INFORMATION

Email: drfatmasegmen@gmail.com

Cell: 862-406-5656

EDUCATION/TRAINING

- 2024 – Present **Eastern Virginia Medical School (EVMS) at Old Dominion University (ODU), Norfolk, VA**
Physical Medicine and Rehabilitation Residency, PGY-3
- 2023 – 2024 **Brody School of Medicine at East Carolina University, Greenville, NC**
Internal Medicine Preliminary Year
- 2018 – 2020 **Rutgers New Jersey Medical School, Newark, NJ**
Center for Spinal Cord Injury (SCI) Research, Center for Outcomes and Assessment
Postdoctoral Fellowship
- 2013 – 2017 **Inonu University Faculty of Medicine, Malatya, Turkey**
Physical Medicine and Rehabilitation Residency
Chief Resident (2016 – 2017)
- 2011 – 2012 **Dokuz Eylul University Faculty of Medicine, Izmir, Turkey**
Radiation Oncology Residency, PGY-1
- 2009 – 2010 **Marmara University Faculty of Medicine, Istanbul, Turkey**
Internship
- 2004 – 2010 **Marmara University Faculty of Medicine, Doctor of Medicine (MD), Istanbul, Turkey**

SPINAL CORD INJURY MEDICINE AWAY ROTATIONS

- August 2026 **Spaulding Rehabilitation Hospital / VA Boston Healthcare System, Boston, MA**
(Scheduled) Visiting Resident, Spinal Cord Injury Medicine
- December 2025 **Virginia Commonwealth University (VCU) / Sheltering Arms Institute, Richmond, VA**
Visiting Resident, Spinal Cord Injury Medicine

EMPLOYMENT

- 2020 – 2023 **Kessler Foundation, West Orange, NJ**
Center for Spinal Cord Injury Research, Center for Outcomes and Assessment
Research Coordinator, MD
- 2018 – 2023 **Rutgers New Jersey Medical School, Newark, NJ**
Volunteer Instructor (Non-Tenure track)
- 2017 – 2018 **Golbasi Public Hospital, Adiyaman, Turkey**
Physical Medicine and Rehabilitation Attending Physician
- 2010 – 2011 **Dogansehir Public Hospital, Malatya, Turkey**
Emergency Practitioner

PUBLICATIONS AND PRESENTATIONS

Peer Reviewed Journal Publications

1. Engel-Haber E, Snider B, Botticello A, **Eren F**, Kirshblum S. Clinical Subsets of Central Cord Syndrome: Is It a Distinct Entity from Other Forms of Incomplete Tetraplegia for Research?. *J Neurotrauma*. 2024;41(17-18):2133-2145.
2. Buyukavci R, **Eren F**, Akturk S, Ersoy Y. Effects of Kinesio Taping on Trunk and Sitting Balance and Functional Independence in Children with Cerebral Palsy. *KSI Medical Journal*. 2024;19(1):109-113.
3. Snider BA, **Eren F**, Reeves RK, Rupp R, Kirshblum SC. The International Standards for Neurological Classification of Spinal Cord Injury: Classification Accuracy and Challenges. *Top Spinal Cord Inj Rehabil*. 2023;29(1):1-15.
4. Kirshblum S, Botticello A, Benedetto J, **Eren F**, Donovan J, Marino R. Characterizing Natural Recovery of People with Initial Motor Complete Tetraplegia. *Arch Phys Med Rehabil*. 2022;103(4):649-656.
5. **Eren F**, DeLuca R, Kirshblum S. Frequency of Turning in Bed at Home in Persons with Chronic Spinal Cord Injury. *J Spinal Cord Med*. 2022;45(3):390-394.
6. Kirshblum S, Snider B, **Eren F**, Guest J. Characterizing Natural Recovery after Traumatic Spinal Cord Injury. *J Neurotrauma*. 2021;38(9):1267-1284.
7. Kirshblum SC, DeLauter G, **Eren F**, et al. Screening for Deep Vein Thrombosis in Persons with COVID-19 upon Admission to an Inpatient Rehabilitation Hospital. *Am J Phys Med Rehabil*. 2021;100(5):419-423.
8. Kirshblum S, **Eren F**, Solinsky R, et al. Diastolic Blood Pressure Changes During Episodes of Autonomic Dysreflexia. *J Spinal Cord Med*. 2021;44(5):720-724.
9. Yildirim T, Yesilada E, **Eren F**, Apaydin H, Gulbay G. Assessment of Plasma microRNA Potentials as a Non-invasive Biomarker in Patients with Axial Spondyloarthritis. *Eur Rev Med Pharmacol Sci*. 2021;25(2):620-625.
10. Yurdakul OV, Kilicoglu MS, Rezvani A, Kucukakkas O, **Eren F**, Aydin T. How Does Cross-Education Affect Muscles of the Paretic Upper Extremity in Subacute Stroke Survivors?. *Neurol Sci*. 2020;41(12):3667-3675.
11. Kirshblum S, **Eren F**. Anal Reflex versus Bulbocavernosus Reflex in Evaluation of Patients with Spinal Cord Injury. *Spinal Cord Ser Cases*. 2020;6:2.
12. Keskin, Y, Kilic G, Taspinar O, Posul SO, Halac G, **Eren F**, et al. Effectiveness of Home Exercise in Pregnant Women with Carpal Tunnel Syndrome: Randomized Controlled Trial. *J Pak Med Assoc*. 2020;70(2):202-207.
13. Kolu E, Buyukavci R, Akturk S, **Eren F**, Ersoy Y. Comparison of High-Intensity Laser Therapy and Combination of Transcutaneous Nerve Stimulation and Ultrasound Treatment in Patients with Chronic Lumbar Radiculopathy: A Randomized Single-Blind Study. *Pak J Med Sci*. 2018;34(3):530-534.
14. Guzeloz Z, **Eren F**, Adigül M, Capar A, Cakmakci H, Yilmaz S, Tufekci O, Oren H, Cetingoz R. The Effect of Dose-Volume Parameters on Central Nervous System Relapse in Pediatric Patients with Acute Leukemia Receiving Prophylactic Cranial Irradiation. *Gulf J Oncolog*. 2017;1(24)24-29.

Presentations & Posters

1. **Segmen F**, Atwater BR. Severe Charcot Arthropathy Secondary to Syringomyelia: A Case Report. Accepted for poster presentation at Academy of Spinal Cord Injury Professionals (ASCIP) Educational Conference, Salt Lake City, UT, September 2026.
2. **Segmen F**, Atwater BR. Acute Isolated Foot Drop Caused by Ischemic Stroke: A Case Report. Accepted for poster presentation at American Academy of Physical Medicine and Rehabilitation (AAPM&R) Annual Assembly, Orlando, FL, November 2026.
3. Luna K, **Segmen F**, Atwater BR. From Chronic Lymphocytic Leukemia to Cord Compression: Richter's Transformation Presenting as Thoracic Epidural Lymphoma: A Case Report. Accepted for poster presentation at AAPM&R Annual Assembly, Orlando, FL, November 2026.

4. Luna K, **Segmen F**, Montazar M, Chinea NM. Atypical Guillain-Barré Syndrome Masquerading as Cauda Equina Syndrome: A Case Report. Association of Academic Physiatrists (AAP) Annual Meeting, San Juan, Puerto Rico, 2026.
5. **Segmen F**, Luna K, Danturthy R, Atwater BR. Wallenberg Syndrome Following Cervical Traction and Manipulation: A Case Report. AAP Annual Meeting, San Juan, Puerto Rico, 2026.
6. **Segmen F**, Luna K, Barclay H, Atwater BR. Neurosyphilis Presenting with Myelitis: A Case Report. AAPM&R Annual Assembly, Salt Lake City, UT, 2025.
7. Luna K, **Segmen F**, Thompson S, Deguzman M. Paroxysmal Sympathetic Hyperactivity after Locked-in Syndrome: A Case Report. AAPM&R Annual Assembly, Salt Lake City, UT, 2025.
8. Gbadebo D, Luna K, **Segmen F**, Caramore M. Epidural Hematoma Leading to Paraplegia after Spinal Cord Stimulator Implantation. A Case Report. 24th Annual Pain Medicine Meeting, Austin, TX, 2025.
9. Chui J, **Eren F**, Kirshblum S, Luo R. Serial Ultrasound for Early Detection of Neurogenic Heterotopic Ossification in Patients with Spinal Cord Injuries. ASCIP Virtual Educational Conference, 2021.
10. **Eren F**, Kirshblum S. Definitions of Central Cord Syndrome. ASCIP Virtual Educational Conference, 2020.
11. Kirshblum S, **Eren F**. Anal Reflex vs Bulbocavernosus Reflex in Clinical Practice. ASCIP Educational Conference, Nashville, TN, 2019.
12. Gibbs K, **Eren F**, Kirshblum S, Linsenmeyer T, Tam K, Solinsky R. Diastolic Blood Pressure Changes During Episodes of Autonomic Dysreflexia and Urodynamics. ASCIP Educational Conference, Nashville, TN, 2019.
13. **Eren F**, Akbal Y, Ozaras N, Aydin T. Both Upper and Lower Extremity Entrapment Neuropathy Developed after Trauma. 25th National Physical Medicine and Rehabilitation Conference, Antalya, Turkey, 2015.
14. Ozaras N, **Eren F**, Gumussu K, Akbal Y, Rezvani A. Investigation of Musculoskeletal Discomfort in Turkish Housewives. 25th National Physical Medicine and Rehabilitation Conference, Antalya, Turkey, 2015.
15. Akbal Y, **Eren F**, Ozaras N, Aydin T. Transient Bone Marrow Edema Syndrome Progressing to Avascular Necrosis. 25th National Physical Medicine and Rehabilitation Conference, Antalya, Turkey, 2015.
16. Aydin T, Taspinar O, **Eren F**, Keskin Y. Electrodiagnostic Evaluation and Investigation of Risk Factors for Carpal Tunnel Syndrome in Pregnancy. 25th National Physical Medicine and Rehabilitation Conference, Antalya, Turkey, 2015.
17. Akbal Y, **Eren F**, Kepekci M, Aydin T. Paraplegia Caused by Brucellosis: A Case Report. 5th National Osteoporosis Conference, Cyprus, 2014.
18. Urkmez B, Taspinar Ozgur, **Eren F**, Aydin T. Union of Rheumatoid Arthritis with Lead Neuropathy. XV. Mediterranean Rheumatology Conference, Istanbul, Turkey, 2014.
19. **Eren F**, Rezvani A. Osteomyelitis in a Patient with Rheumatoid Arthritis Taking Anti-TNF therapy: A Case Report. 6th Turkish Rheumatology Conference, Antalya, 2014.

COURSES, MEETINGS, AND CONFERENCES

- AAPM&R Annual Assembly, Salt Lake City, UT. 2025
- AAPM&R Resident Retreat: Learn and Connect, Downers Grove, IL. 2025
- ASCIP Virtual Educational Conference. 2020
- ASCIP Educational Conference, Nashville, TN. 2019
- International Neurology and Rehabilitation Meeting, Istanbul, Turkey. 2015
- Platelet-Rich Plasma (PRP), Ozone Therapy and Dry Needling Course, Cyprus. 2014

RESEARCH

- 2026 – Present Venous thromboembolism during acute rehabilitation in individuals with traumatic spinal cord injury
Role: Principal Investigator
- 2019 – 2023 Mirabegron and oxybutynin safety and efficacy trial in spinal cord injury (MOSET-SCI): A randomized double-blind, controlled, cross-over clinical trial
Role: Co-Investigator
- 2020 – 2023 Definitions of central cord syndrome
Role: Co-Principal Investigator
- 2020 – 2023 Safety of higher doses of botulinum toxin type A injections for spasticity
Role: Co-Principal Investigator
- 2019 – 2023 Blood pressure changes during episodes of autonomic dysreflexia
Role: Principal Investigator
- 2020 – 2022 The impact of COVID-19 on individuals with spinal cord injury
Role: Co-Investigator
- 2020 – 2021 Use of serial bedside ultrasound for early detection of neurogenic heterotopic ossification in patients with acute traumatic spinal cord injuries
Role: Co-Principal Investigator
- 2020 – 2021 Screening for deep vein thrombosis in persons with COVID-19 upon admission to an inpatient rehabilitation facility
Role: Co-Principal Investigator
- 2019 – 2020 Frequency of turning in bed at home in persons with chronic spinal cord injury
Role: Co-Principal Investigator

GRANTS

- 2017 Investigation of serum micro-RNA levels and its association with disease activity in ankylosing spondylitis, \$15,000, Scientific Research Projects
Role: Co-Principal Investigator
- 2016 The effects of kinesio taping on sitting, trunk balance and functional independence in children with cerebral palsy, \$1,500, Scientific Research Projects
Role: Co-Principal Investigator
- 2015 The effects of cross-education on the muscle strength of upper extremity of stroke survivors, \$10,000, Scientific Research Projects
Role: Co-Principal Investigator

HONORS AND AWARDS

- Ranked in the top 0.01% of 1.8 million candidates on the National University Entrance Examination, 2004
- Achieved the highest score in the history of the PM&R Residency Proficiency Examination, Inonu University Faculty of Medicine, 2017
- Graduated in the top 10% of the class, Marmara University Faculty of Medicine, 2010
- Received a full-tuition scholarship, Marmara University Faculty of Medicine, 2004 – 2010

PROFESSIONAL MEMBERSHIPS

- 2023 – Present American Academy of Physical Medicine and Rehabilitation (AAPM&R)
- 2022 – Present Association of Academic Physiatrists (AAP)
- 2022 – Present International Society of Physical and Rehabilitation Medicine
- 2019 – Present Academy of Spinal Cord Injury Professionals (ASCIP)

PROFESSIONAL SERVICES

2026 AAP Annual Meeting, Abstract Reviewer
2026 – Present AAPM&R
Physiatrist in Training (PHiT), Ambassador
2025 – Present EVMS Patient Safety and Quality Improvement (PSQI) Council, Council Member
2024 – Present Specialty Insight Mentorship (SIM) Program at EVMS at ODU, Leader and Medical Student Mentor
2022 – Present Spinal Cord Series and Cases, Peer Reviewer

VOLUNTEER ACTIVITIES

- American Red Cross, On-site Volunteer
- HOPES Free Clinic, On-site Volunteer
- PM&R Interest Group (EVMS at ODU), Medical Student Mentor
- United Spinal Association, On-site Volunteer

SKILLS AND HOBBIES

- Technical: Microsoft Office, Advanced statistical analysis (SPSS), REDCap
- Hobbies: Sports enthusiast (badminton, basketball, and soccer) and traditional music performer, playing the Turkish kamancha.

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Sahil Shah, DO
Email Address	sshah5140@gmail.com
Cell Phone Number	(224) 400-8643
Address	1080 SW 46th Ave, Apt 201 Pompano Beach, FL, 33069 United States

Training Information

Residency Program	Larkin Community Hospital PM&R Program (South Miami)
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What year of training are you currently in?	4th-Year Resident
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Have you completed 20 toxin injections in your training?	Yes
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Have you completed 10 Ultrasound Scans in your training?	Yes
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How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	5 / 5
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Comments

My PM&R training has provided extensive experience in musculoskeletal anatomy, biomechanics, functional movement, and kinesiology. These principles are integral to my daily clinical practice, including musculoskeletal examinations, rehabilitation planning, electrodiagnostic medicine, and image-guided procedures. I am eager to further apply this knowledge to advanced spasticity management and ultrasound-guided interventions.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	5 / 5
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Comments

I have a solid foundation in EMG and neuromuscular medicine through my PM&R residency, including electrodiagnostic evaluations and peripheral nerve localization. I also have experience performing ultrasound-guided musculoskeletal procedures and continue to expand my ultrasound skills. I am comfortable with the fundamental principles of ultrasound imaging and EMG guidance and hope to further develop advanced procedural techniques for spasticity management.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

As a PM&R resident, I have developed a strong clinical interest in the evaluation and management of spasticity through my inpatient rehabilitation, neurorehabilitation, and musculoskeletal training. I have participated in the assessment of patients with spasticity secondary to stroke, traumatic brain injury, spinal cord injury, multiple sclerosis, cerebral palsy, and other neurologic disorders. My experience includes patient selection, spasticity examinations, goal setting, localization of target muscles, and understanding the indications for focal chemodenervation.

While my independent procedural experience with botulinum toxin injections, nerve and motor point blocks, and intrathecal baclofen pump management is still developing during residency, I have observed and assisted with these interventions and understand their role within a comprehensive rehabilitation program. I am eager to further refine my ultrasound and EMG-guided injection techniques and gain additional hands-on experience through this program.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

My career goal is to practice comprehensive PM&R with a strong focus on interventional management of neurologic and musculoskeletal disorders. Spasticity significantly impacts function, mobility, pain, caregiver burden, and quality of life, and I believe that effective management requires a combination of rehabilitation principles and advanced procedural skills.

This program would provide invaluable training in ultrasound and EMG-guided chemodenervation, motor point localization, and intrathecal baclofen management that will directly enhance my ability to care for patients with complex neurologic conditions. I plan to incorporate these techniques into my future practice by developing multidisciplinary spasticity treatment programs that integrate therapeutic exercise, orthotics, rehabilitation therapies, and interventional procedures to maximize functional outcomes.

I am highly motivated to continue expanding my procedural skills and remain committed to lifelong learning and advancing evidence-based rehabilitation care.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

A handwritten signature in black ink, appearing to be 'K. S. S.', written in a cursive style.

Sahil Shah

7375 Fairway Drive

Apt 206

Miami Lakes, FL, 33014

E-mail: sshah5140@gmail.com

Cell: (224) 400-8643

EDUCATION

- RESIDENCY:** *Larkin Community Hospital – Palm Springs Campus*
Physical Medicine and Rehabilitation
July 2023 – Present
Hialeah, NC
- MEDICAL SCHOOL:** *Campbell University School of Osteopathic Medicine*
Doctor of Osteopathic Medicine
December 2022
Lillington, NC
- UNDERGRADUATE:** *University of Illinois at Urbana-Champaign*
B.S. Molecular and Cellular Biology
May 2015
Chicago, IL
- TECHNICAL TRAINING:** *Elite Ambulance*
Emergency Medical Technician
February 2016
Chicago, IL

MEDICAL EXPERIENCE

Pain Management Journal Club, Boca Raton, FL

Dr. Anthony Giuffrida, Cantor Spine Center

- Attend monthly meetings organized by Cantor Spine Center
- Actively participate in discussion on various topics and Interventional Spine Procedures
- September 2023 to Present

Chicago PM&R Fellowship, Chicago, IL

- Mentor for PM&R residency applicants
- Assist residency applicants via Mock Interviews and feedback
- Attend monthly discussions on various topics
- March 2023 to Present

American Academy of Physical Medicine and Rehabilitation – Next Step Ultrasound Course and Assessment, Downers Grove, IL

- Participated as a model for Physicians taking the assessment
- Networked with fellow PM&R Residents and Attendings
- March 2023

Student Doctor at University Clinic for Uninsured, Buies Creek, NC

- Tuesdays: 5 PM – 9:30 PM (1x/month for one year)

- Provided full primary care under attending supervision
- April 2018– March 2019

Community Health Educator, Lillington, NC

- Lectured community members about stress management techniques in open public forum
- April 2018– May 2018

Emergency Medical Technician at Superior Ambulance, Chicago, IL

- Provide necessary emergent medical care to patients
- Took patient history, vitals, and performed other required tasks in a stressful environment
- Transported patients while ensuring their safety
- February 2016 – June 2017

Volunteer at Heartland Hospice, Palatine, IL

- Visited and provided comfort to hospice patients and their family members
- March 2016-January 2017

Volunteer at Countryside Association for People with Disabilities, Palatine, IL

- Helped provide support to children and adults to work and live in a semi-independent level
- May 2013-April 2014

Volunteer at Marian Joy Rehabilitation Hospital, Wheaton, IL

- Worked as a patient transporter to patients with traumatic injuries
- June 2011-July 2013

Peer Helper at Oakton Community College, Des Plaines, IL

- Explained concepts and assisted with test preparation to students with learning disability
- August 2011-December 2011

LEADERSHIP

AAPM&R Physiatrist in Training Council (PHiT): Elected Representative for Larkin Community Hospital Physical Medicine and Rehabilitation Residency Program

- Elected to represent our residency program at AAPM&R conferences
- Serve as a liaison between our residency program and AAPM&R
- Work towards enhancing our program and the Physiatry Community
- April 2024 to Present

The Pathways in PM&R Mentorship Program: Resident Mentor

- Guide for scheduling and preparing for a successful fourth year in terms of home and away PM&R Rotations
- Advice MS IV about ERAS Application, assist with Interview preparation, and rank list generation
- Check in with the mentees on a regular basis regarding their progress
- October 2023- Present

Pro bono Board of Advisor for The Review Duo, Seattle, WA

- Provide input regarding college admission essay and resume revisions
- Provide ideas to enhance website customization and social media presence
- Monitor performance on a monthly basis
- January 2021- Present

Ambassador Liaison of Campbell University to Pre-Medical Students, Buies Creek, NC

- Represent medical school at undergraduate institutions
- Educated pre-medical students about osteopathic medicine and pathway to medical school
- February 2018 – June 2019

Emergency Medical Technician (EMT) Squad Leader at Superior Ambulance, Chicago, IL

- Elected by peers to lead team of five EMT students during simulated patient rescue s
- November 2016- June 2017

Mentor to Undergraduate Transfer Students at University of Illinois, Urbana-Champaign, IL

- Selected by the College of Liberal Arts and Sciences Admissions Committee college to mentor four incoming transfer students each year
- Tutored students in coursework and helped integrate to the University
- January 2013 – April 2015

WORK EXPERIENCE

Academic Tutor for Varsity Tutors, Chicago, IL

- Tutored elementary, middle school, high school, and college (10 students/week for 20 hours/week)
- Specialized in Standardized Test Prep Tutoring – ACT and SAT
- October 2015 – June 2017

Academic Tutor for Club Z Tutoring, Chicago, IL

- Tutored children with learning disabilities in Math, Science, and English
- Helped developing and rethinking approaches towards how knowledge is taught and received
- September 2015 – May 2017

Molecular Biologist II at Abbott Molecular, Des Plaines, IL

- Managed technical investigations for on-market diagnostic assays
- Implemented corrective measures
- Led investigating and corrective team to resolve issues in HIV Dried Blood Spot Assay in Africa
- Worked on developing EBV, HBV, and HPV assays
- July 2016 – May 2017

Molecular Biologist at ACGT, Inc, Wheeling, IL

- Performed Sanger Sequencing, PCR, Gel Electrophoresis, and Plasmid purification in a high throughput lab
- Sequenced data analysis
- Provided customer support on DNA Sequencing
- October 2015 – March 2016

RESEARCH EXPERIENCE

Larkin Research Consortium

Founder and Director, Hialeah, FL

December 2023 – Present

- Established and led the Larkin Research Consortium, a collaborative platform dedicated to advancing medical research in scoping reviews on pertinent medical topics and case reports observed at Larkin Hospital and associated sites
- Developed strategic research goals and objectives, fostering a culture of innovation and excellence within the consortium
- Directed research projects, oversaw study design, data collection, analysis, and publication of findings
- Cultivated partnerships with medical schools such as NSU KPCOM, LECOM to enhance research capabilities and expand the consortium's impact
- Leading and mentoring a team of 20 medical students, providing guidance and support to foster professional growth and development
- Represented the consortium at National Conferences, presented research findings, and networking with key stakeholders

Summer Research Intern at Hey Clinic for Spine and Scoliosis Surgery, Raleigh, NC

Director: Dr. Lloyd Hey

May 2018-August 2018

- Worked alongside team of interns and clinic staff
- Learned entire process of forming a scoliosis brace – from obtaining measurements of the patient's body to tailoring the hardened plastic to ensure comfort and effectiveness
- Developed and implemented cardiac risk assessment as a part of pre-surgery checklist
- Helped in the early stages of surgery checklist development

Research Assistant at Beckman Institute for Advanced Science and Technology, Urbana-Champaign, IL

Director: Roberto Galvez, PhD.

August 2012 – May 2015

- Focused on Kappa opioid receptors in molecular mechanisms of learning and memory using trace-eyeblick mice model
- Ran study trials on mice models, administered injections, and collected quantitative data
- Dissected, manually sliced, and mounted mice brains for histochemical analysis
- Mentored upcoming research assistants on making head bolts to implant on mice
- Awarded Summer Research Fellowship by the Department of Molecular and Cellular Biology in May 2014

PUBLICATIONS & PRESENTATIONS

Overlooked Early Warning Signs of Headache: The Unforeseen Diagnosis of Diffuse Large B Cell Lymphoma

Poster Presentation

Puja Shah, De'Jon Parker, Bhargavi Madhu, Ravi Shah, Hein Linn Thant, Bendik Stenersen, **Sahil Shah**

North American Neuromodulation Society Annual Conference – Oralndo, FL- February, 2025

Unmarking the Hidden Culprit: A Case of Multilevel Vertebra Compression Fracture

Poster Presentation

Arshi Handa, **Sahil Shah**, Michael Erdman, Andrew Spencer, Jonathan Gomez, Ennes Rahim, Joseph Mouhanna

New York & New Jersey Pain Medicine Congress, November, 2024

From Pain to Performance: The Impact of Tenex in Treating Chronic Tendinopathies.

Cureus Journal

Sahil Shah, Amy A. Abdou, Alexander Blaca, Dhruv Ratra

Submitted, September 2024

Sacroiliac Joint Pain Post Lumbar Fusion: A Case Report

International Journal of Orthopaedics and Bone Disorders

Sahil Shah, Alexander Blanca, Neal Malhotra

Accepted, September 2024

Effects of Intraoperative Platelet Rich Plasma Versus Stem Cells on Anterior Cruciate Ligament

Reconstruction Healing

International Journal of Orthopaedics Research

Alexander Blanca, Shakil Huq, **Sahil Shah**

Submitted, September 2024

Variable expressivity in dystrophic epidermolysis bullosa: a case study

International Journal of Dermatology Sciences

Variable expressivity in dystrophic epidermolysis bullosa: A case study. Int. J.Dermatol. Sci. 2024;6(1):43-47.

DOI: [10.33545/26649772.2024.v6.i1a.35](https://doi.org/10.33545/26649772.2024.v6.i1a.35)

Sahil Shah, Sebastian Arango OMS and Alberto Cotton.

Misdiagnosis of Epithelioid Sarcoma

International Journal of Dermatology Sciences

Misdiagnosis of epithelioid sarcoma. Int. J.Dermatol. Sci. 2024;6(1):84-86.

DOI: [10.33545/26649772.2024.v6.i1b.38](https://doi.org/10.33545/26649772.2024.v6.i1b.38)

Samirah Khan, Neethu Mathew, Hiren Patel, Aya Ziq and **Sahil Shah**

A challenging case of Behçet's disease with late diagnosis in a 49-year-old female

International Journal of Orthopaedics and Rheumatology

A challenging case of Behçet's disease with late diagnosis in a 49-year-old female. Int. J. Orthop. Rheumatol.

2024;6(1):33-35. DOI: [10.33545/26649691.2024.v6.i1a.16](https://doi.org/10.33545/26649691.2024.v6.i1a.16)

Paul Kaldas, Miis Akel, Bharat Maddukuri, **Sahil Shah DO** and Sergio Hernandez-Borges MD.

Anesthesia Usage and Pain Management in Colposcopy: A Scoping Review of Efficacy and Approaches

Cureus Journal

Akel M, Ratra D, Wright M, et al. (September 28, 2024) Anesthesia Usage and Pain Management in Colposcopy: A Scoping Review of Efficacy and Approaches. Cureus 16(9): e70384.

doi:10.7759/cureus.70384

Miis Akel, Dhruv Ratra, Maggie Wright, Crystal Barroca, Amy A. Abdou, Paul Kaldads, Shreya Bhatt, Aleymy Perez, **Sahil Shah**, Sergi Hernandez Borges

HSV encephalitis in the context of substance abuse: A case report

International Journal of Neurology Sciences

HSV encephalitis in the context of substance abuse: A case report. Int. J. Neurol. Sci. 2024;6(1):29-31.

DOI: [10.33545/26646161.2024.v6.i1a.22](https://doi.org/10.33545/26646161.2024.v6.i1a.22)

Miis Akel, Dhruv Ratra, **Sahil Shah DO** and Sergio Hernandez Borges MD

Hypertriglyceridemia-Induced Acute Pancreatitis Exacerbated by Combined Oral Contraceptive Use: A Case Report

Cureus Journal

Hypertriglyceridemia-Induced Acute Pancreatitis Exacerbated by Combined Oral Contraceptive Use: A Case Report.

Cureus. 2024 Jul 14;16(7):e64537. doi: 10.7759/cureus.64537. PMID: 39144895; PMCID: PMC11322693.

Bhatt S, Perez A, Sarmiento E, Alfonso T, **Shah S**, Hernandez Borges S

Unveiling the Unusual: Incidental Identification of Riedel's Lobe in Female with Systemic Lupus Erythematosus

Journal of Case Reports and Scientific Images

Unveiling the unusual: Incidental identification of Riedel's Lobe in female with systemic lupus erythematosus. J

Case Rep Sci Images 2024;6(2):13-16. DOI: [10.22271/27080056.2024.v6.i2a.88](https://doi.org/10.22271/27080056.2024.v6.i2a.88)

Miis Akel, Aya Ziq, Abdul Rahman Omari, Jad Hamden, **Sahil Shah DO**, Sergio Hernandez-Borges MD

A case of Neurosarcoidosis manifesting Todd Paralysis in acute rehabilitation setting

American Academy of Physical Medicine and Rehabilitation

Tier 1 Oral Presentation

Hein Thant, Manuel Orozco, Puja Patel, Jasmine Sidhu, **Sahil Shah**

AAPM&R National Conference, San Diego, CA- November, 2024

A Case of Chronic Dermatographic Urticaria Secondary to Systemic Lupus Erythematosus

Cureus Journal

Chronic Dermatographic Urticaria Secondary to Systemic Lupus Erythematosus. Cureus. 2024 Jun 25;16(6):e63109.

doi: 10.7759/cureus.63109. PMID: 39055429; PMCID: PMC11272149

Akel M, Barroca C, Blanca A, Huq SO, Ratra D, **Shah S**, Hernandez Borges S

When surgery is not the answer: A case of sciatica and patient preference

International Journal of Case Reports in Orthopaedics

surgery is not the answer: A case of sciatica and patient preference. Int J Case Rep Orthop 2024;6(1):89-91.

DOI: [10.22271/27078345.2024.v6.i1b.197](https://doi.org/10.22271/27078345.2024.v6.i1b.197)

Michael Moussa, Miis Akel, Aya Ziq, **Sahil Shah**, Sergio Hernandez Borges.

A journey to Mobility: From Paraplegia to Ambulation Two Weeks Post-Multilevel Spinal Surgery in an Elderly Patient

Poster Presentation

Puja Shah, Ravi Shah, **Sahil Shah**

2024 Florida Society of Interventional Pain Physicians Annual Conference, Orlando, FL – September 2024

Emphysema With Superimposed Pneumonia

Case Report

Donahue, D., Blanca, A., Shah, S. (2024, August 09)

<https://www.aocr.org/page/caseoftheweek>

Coronary Artery Anomaly

Case Report

Huq, S., Blanca, A., Shah, S. (2024, May 20)

<https://www.aocr.org/page/caseoftheweek>

A Rare Presentation of Supraorbital Basal Cell Carcinoma

The American Osteopathic Colleges of Ophthalmology and Otolaryngology – Head and Neck Surgery

Shreya Bhatt, **Sahil Shah**

AOCOO-HNS Annual Clinical Assembly, South Carolina - May 2024

Acute Sciatica Secondary to Disc Herniation Case Report

American Osteopathic College of Radiology

Submitted, April 2024

Miss Akel, Michael Moussa, **Sahil Shah**

A Case Report of usage of Luminex 500 Treatment in Stump Neuroma

International Journal of Case Reports in Orthopaedics. 2024;6(1):8184.

DOI: [10.22271/27078345.2024.v6.i1b.195](https://doi.org/10.22271/27078345.2024.v6.i1b.195)

Sahil Shah, Neal Malhotra, Alexander Blanca, Shauna Patel, Richard J Rivera and Manuel Orozco

Misdiagnosed Morton's versus Hauser's Neuroma

International Journal of Case Reports in Orthopaedics

Int J Case Rep Orthop 2024;6(1):32-34. DOI: [10.22271/27078345.2024.v6.i1a.189](https://doi.org/10.22271/27078345.2024.v6.i1a.189)

Sahil Shah, Alex Blanca, Neal Malhotra

Misdiagnosed Neuromas: Differentiating Between Morton's and Hauser's Neuroma

Poster Presentation

2024 InterLACE Research Showcase, April 12, 2024

Blanca, A., Malhotra, N., **Shah, S.** (2024, April)

Coronary Artery Anomaly

American Osteopathic College of Radiology

Submitted, March 2024

Shakil Huq, Alex Blanca, **Sahil Shah**

Septic Arthritis and Periprosthetic Abscess

American Osteopathic College of Radiology

Submitted, March 2024

Alex Blanca, Shakil Huq, **Sahil Shah**

Unveiling the Unusual: Incidental Identification of Riedel's Lobe in Female with Systemic Lupus Erythematosus

Cureus Journal

Submitted, March 2024

Miss Akel, Abdula Rahman Omari, Jad Hamden, Aya Ziq, **Sahil Shah**, Sergio Hernandez Borges

Proximal Esophageal Rupture Secondary to Sexual Assault

American College of Gastroenterology

Gurdeep Singh, Arooj Mian, Baha Fawwaz, Naveena Chittineedi, **Sahil Shah**, Aimen Farooq

Vancouver, BC, Canada – October, 2023

Presidential Poster Award

Nuchal Ligament Detachment: A Rare Clinical Case

NCS-ACOFPP Conference

Sahil Shah, Gurdeep Singh, Morgan Eudy, Christi Szalanski, Lloyd Hey
Pinehurst, North Carolina – August 2021

Splenomegaly: A case of rare clinical finding

NCS-ACOFPP Conference

Sahil Shah, Andrew Monteleone
Pinehurst, North Carolina – August 2021

Nuchal Ligament Detachment: A Rare Clinical Case

International Journal of Case Reports in Orthopaedics

DOI: <https://doi.org/10.22271/27078345.2022.v4.i2b.128>

Int. J. Case Rep. Orthop., 2022; 4(2): 86-88

Sahil Shah, Morgan Eudy, Christi Eudy, Gurdeep Singh, Lloyd Hey

Anomalous origin of the left main coronary artery from proximal right coronary artery: A rare variant of coronary artery

Journal of Cardiology Cases, Submitted February 2022

Sahil Shah, Nizar Nouredine

Diagnostic Measures of Nasopharyngeal Carcinoma Using Human Herpesvirus 4

III Annual Womack Army Medical Research Symposium

Jarett Casale, Brian Gilani, **Sahil Shah**, Terrence Mitchell

Fayetteville, North Carolina

Oral Presentation, May 2019

Incidental Diagnosis of Hemoglobin Lepore presenting as Iron Deficiency Anemia

III Annual Womack Army Medical Research Symposium

Sahil Shah, Jarett Casale, Terrence Mitchell

Fayetteville, North Carolina

Poster Presentation, May 2019

Conflict in the Diagnosis of Granulomatosis with Polyangitis in a Pediatric Case

IPE Research Symposium

Angelo Seneviratne, Gurdeep Singh, Rehman Chaudhry, **Sahil Shah**, Steven Halm

Buies Creek, North Carolina

Poster Presentation – April 2019

Alzheimer's disease: cadaveric case study with discussion on emerging treatments

IPE Research Symposium

Gurdeep Singh, **Sahil Shah**, Rehman Chaudhry, Terrence Mitchell, Bonnie Brenseke

Buies Creek, North Carolina

Poster Presentation – April 2019

Implementation of Screening for Adolescent Idiopathic Scoliosis in NC Schools

NCS-ACOFPP Conference

Edwin McCray, **Sahil Shah**, Lloyd Hey

Pinehurst, North Carolina – August 2018

Degenerative Joint Repair using a combination therapy of Hyaluronic Acid and Human Mesenchymal Stem Cells

American Osteopathic Academy of Sports Medicine

Sahil Shah, Nicholas Puleo, Emilee Handyside, Shaun Knox, Andrew Martin

Columbus, Ohio
Poster Presentation – May 2018

Joint Repair using Human Stem Cells

II Annual Womack Army Medical Research Symposium
Sahil Shah, Emilee Handyside, Shaun Knox
Fayetteville, North Carolina
Poster Presentation, May 2018

Primum Non Nocere – A Case of Medication Overuse

Sahil Shah, Shaun Knox, Andrew Martin
Medicine and Science in Sports and Exercise, Volume 50:5 Supplement, May 2018
DOI: [10.1249/01.mss.0000536415.82048.cc](https://doi.org/10.1249/01.mss.0000536415.82048.cc)

Effect of Local Kappa Opioid modulation on forebrain dependent trace associative learning: An eyeblink conditioning analysis

Ryan Loh, **Sahil Shah**, Roberto Galvez
Annual Meeting of the Society for Neuroscience
Chicago, Illinois – October 2015

Neocortical Kappa Inhibition Attenuates Forebrain-Dependent Associative Learning

Ryan Loh, **Sahil Shah**, Roberto Galvez
Pavlovian Society Meeting
Portland, Oregon – September 2015

Effect of kappa opioid modulation on forebrain dependent trace associative learning

Ryan Loh, **Sahil Shah**, Roberto Galvez
Annual Meeting of the Society for Neuroscience
Washington DC – November 2014

HONORS & AWARDS

Translating Osteopathic Understanding into Community Health (TOUCH) Gold Award

- Awarded by the Council of Osteopathic Student Government Presidents (COSGP)
- Awarded for completing over 200 hours of community service
- August 2017- May 2018

David and Mary Bloom Scholarship

- Awarded by University of Illinois at Urbana-Champaign for Academic Excellence
- March 2015

Molecular and Cellular Biology (MCB) Summer Undergraduate Research Fellowship

- Awarded by Department of MCB to conduct summer research
- Stipend of \$2000
- May 2014

APEX-Plus Scholar at University of Illinois at Urbana-Champaign

- Awarded by College of Liberal Arts and Sciences for Academic Excellence
- April 2012

President's Scholar at Oakton Community College

- Nominated by Academic Affairs for GPA in top 5%
- December 2011

PROFESSIONAL MEMBERSHIP

- Student Osteopathic Surgical Association (SOSA)
- American Osteopathic Association (AOA)
- American Medical Association (AMA)
- North Carolina Osteopathic Medical Association (NCOMA)
- Student Osteopathic Medical Association (SOMA)
- American Academy of Physical Medicine and Rehabilitation (AAPMR)
- American Osteopathic College of Physical Medicine and Rehabilitation (AOCPMR)
- American Society of Pain and Neuroscience (ASPN)

LICENSE AND CERTIFICATIONS

- Florida Unrestricted Medical License
- ACLS Certification
- BLS Certification
- PALS Certification

HOBBIES/INTERESTS

- Amateur Astronomer
- Tennis
- Cricket
- International Travel
- Stock Market Enthusiast

2026 STEP Spasticity Scholarship Application

Contact Information

Name	William Tang
Email Address	wt.will.tang@gmail.com
Cell Phone Number	(801) 889-7419
Address	4934 S 3285 W Salt Lake City, UT, 84129-2951 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	University of Utah PM&R Program
--------------------------	---------------------------------

What year of training are you currently in?	4th-Year Resident
--	-------------------

Have you completed 20 toxin injections in your training?	☒ Yes
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Have you completed 10 Ultrasound Scans in your training?	☒ Yes
---	---

How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	5 / 5
--	-------

Comments

I started learning ultrasound during medical school. We have formal training in residency.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	3 / 5
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Comments

I can use more education on anatomy and kinesiology.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

I have experience in pediatric botulinum toxin injections, adult spasticity injection management with botulinum toxin, and spinal cord injury baclofen pump trials and refills.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I plan to integrate this into my career. I am planning on doing a NASS fellowship next year.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature



Is an AAPM&R Member

Yes

William (Will) Tang

Tang.William@hsc.utah.edu | (+1) 801-889-7419

85 N Medical Drive
Salt Lake City, UT 84112

EDUCATION

<u>Degree</u>	<u>Institution</u>	
Resident	University of Utah Health Craig Neilsen Rehabilitation Hospital Physical Medicine and Rehabilitation <i>Salt Lake City, UT</i>	2024 –
Prelim Medicine	St. Elizabeth’s Medical Center (Boston Medical Center – Brighton) <i>Boston, MA</i>	2023 – 2024
M.D.	Spencer Fox Eccles School of Medicine at the University of Utah <i>Salt Lake City, UT</i>	2019 – 2023
B.S.	University of Utah (Major: Chemistry, Minor: Biology) <i>Salt Lake City, UT</i>	2012 – 2016

PROFESSIONAL CERTIFICATION

Value Pathway Quality Improvement Certification, Spencer Fox Eccles School of Medicine	2023
Basic Life Support	2012 –
Utah Medical License	2023 –

WORK EXPERIENCE

Vascular Surgery Department, University of Utah <i>Research Assistant</i>	2020 – 2023
School of Medicine, University of Utah <i>Medical Student Tutor</i>	2020 – 2023
Salt Lake Health Department <i>COVID Contact Tracer</i>	2020

Salt Lake Behavioral Health <i>Mental Health Technician</i>	2017 – 2019
Department of Anesthesiology & Neuroscience, University of Utah <i>Research Assistant</i>	2013 – 2018
Comprehensive Arrhythmia Research & Management Center, University of Utah <i>Research Assistant</i>	2014 – 2015
Bioscience Research Program, University of Utah <i>Tutor</i>	2011 – 2012

PEER-REVIEWED MANUSCRIPT PUBLICATIONS

Fenger C, Locke B, **Tang W**, Barker J, Creveling P, Foster-Palmer S, Flis A, Park K, Rosenbluth J, Brown J. Predictors of Ventilator Weaning and Discharge Outcomes in Cervical Spinal Cord Injury: A Retrospective Analysis. *Respiratory Care*. 2026 Mar. PMID: 41823210.

<https://doi.org/10.1177/19433654261428406>

Sen H, Koshi E, **Tang W**, Essman M, Cooper A, Adler A, Nabi A, Dickenson B, Young C, Burnham T, Fogarty A, Przybysz A, Conger A, McCormick Z. The Effectiveness of Thoracic Medial Branch Radiofrequency Ablation Using a Three-Tined Electrode: A Cross-Sectional Cohort Study. *Interventional Pain Medicine*. 2025 Dec. PMCID: PMC12617753.

<https://doi.org/10.1016/j.inpm.2025.100649>

Kanjanapanang N, Sen H, **Tang W**, Cooper A, Adler A, Nabi A, Dickenson B, Young C, Burnham T, Fogarty A, Przybysz A, Conger A, McCormick Z. The Effectiveness of Lumbar Medial Branch Radiofrequency Ablation Using a Three- Tined Electrode: A Real-World Cross-Sectional Cohort Study. *Interventional Pain Medicine*. 2025 Nov. PMCID: PMC12702066.

<https://doi.org/10.1016/j.inpm.2025.100711>

Sen H, Kanjanapanang N, **Tang W**, Cooper A, Bires S, Adler A, Nabi A, Dickenson B, Young C, Burnham T, Przybysz A, Conger A, McCormick Z. The Effectiveness of Cervical Medial Branch Radiofrequency Ablation Using a Three-Tined Electrode: A Real-World Cross-Sectional Cohort Study. *Interventional Pain Medicine*. 2025 Nov. PMCID: PMC12702068.

<https://doi.org/10.1016/j.inpm.2025.100710>

Hoeppli M, Thurston T, Sidhu S, Mangum T, Weavil J, **Tang W**, Huguen R, Light A, Amann M, Schweinhart P. Differences in psychophysical responses to muscle stimulation in young and old healthy adults. *Journal of Pain*. 2016 Apr. 17:4. PMCID: PMC5363069

RESEARCH IN PROGRESS

Tang W, Graham W. Spinal Cord Stimulator Implantation in (2) Young Adults with Spina Bifida and History of Laminectomy with Low Lying Conus: A Case Series.” (*Submitted to IPSIS, pending acceptance*)

[Tentative title] “Arterial Duplex as a Modality for Predicting Limb Ischemia and Amputation Among Patients Undergoing Femoral Cannulation for Extracorporeal Membrane Oxygenation.” (*Stage: Data analysis*)

[Textbook Chapter Writing] Physical Therapy and Rehabilitation for Spine and Fascial Pain for the book tentatively entitled, Spine Sonography. Editors will be Dr. De Castro (Philippines), Dr. David Cifu (USA), et al.

Ischemic and Hemorrhagic Risk with Continuation Versus Interruption of Antithrombotic Therapy for Caudal Epidural Steroid Injections: A Retrospective Study
Cody S Crandall, DO; Audrey V Adler, MD; Daniel C Persson, DO, MBA1; Christopher G Leonardi, MD1; Jessica C Garcia, MD; William Tang, MD, Akbar S Nabi, DO; Amanda N Cooper, PhD; Katharine A. Smolinski, DO; Zachary L. McCormick, MD; Aaron M Conger, DO (*Submitted to IPSIS, pending acceptance*)

Ischemic and Hemorrhagic Risk with Continuation Versus Interruption of Antithrombotic Therapy for Cervical and Thoracic Transforaminal Epidural Steroid Injections: A Retrospective Study
Audrey V Adler, MD; Cody S Crandall, DO; Daniel C Persson, DO, MBA; Christopher G Leonardi, MD; Jessica C Garcia, MD; William Tang, MD; Akbar S Nabi, DO; Amanda N Cooper, PhD; Katharine A Smolinski, DO; Zachary L McCormick, MD; Aaron M Conger, DO (*Submitted to IPSIS, pending acceptance*)

PEER-REVIEWED ABSTRACT PUBLICATIONS

Tang W, CoRona K, Nabi A, Park C. Maternal Midodrine Administration During Pregnancy in a Patient with Complete T8 AIS A Spinal Cord Injury and Neonatal Follow-Up: A Case Report. American Journal of Physical Medicine & Rehabilitation. AAP. 2025.

Nabi A, CoRona K, **Tang W**, Park C. Functional Recovery Following Botulism: An Inpatient Rehabilitation Perspective. American Journal of Physical Medicine & Rehabilitation. AAP. 2025.

Tang W, Fogarty A. Peripheral Nerve Stimulation as Salvage Therapy for Intractable Neuropathic Foot Pain Following Crush Injury: A Case Report. American Journal of Physical Medicine & Rehabilitation. AAP. 2025.

Nabi A, **Tang W**, Cooper A, Teramoto M, McCormick Z, Cushman D, Conger A. The Feasibility and Effectiveness of Moderate Sedation for Managing Intraprocedural Pain Associated with Basivertebral Nerve Ablation: A Descriptive Study. Interventional Pain Medicine. 2025.

Taylor C, Tran A, **Tang W**, Flawa N, Gordon C, Kallins M. Post–Stroke Athetosis and Hyperacute Strength Reacquisition as Unrecognized Contributors to Hemiplegic Shoulder Pain: A Case Report. AAPM&R. 2025 Oct.

Achkar A, Alhaddad J, **Tang W**, Atallah N, Jaber B, Ergin S. A Rare Case of Granulomatosis with Polyangiitis Complicated by Intracranial Hemorrhage. St. Elizabeth’s Medical Center Annual Research Day. 2024 May.

Cushman J, **Tang W**, Zektser K, Gerges F, Acquadro M. Rare Obstetrical Complication of Paresthesia and Burning Pain in an L5 Dermatomal Distribution. AAPM. 2024 Mar.

OTHER ABSTRACT PUBLICATIONS

Tran A, Lui S, Vadipour O, **Tang W**, Hughen R, Light A. Exercise Induced Changes in HSPA2 and P2RX7 Gene Expression in Chronic Fatigue Syndrome and Fibromyalgia Compared to Controls. University of Utah Undergraduate Research Abstracts. 2016. 16:159.

Tang W, Hinecker K, Hughen R, Light A. The Effects of Pregabalin on Somatic Pain in Rat Models. University of Utah Undergraduate Research Abstracts. 2015. 15:163.

Tang W, Hughen R, Light A. Comparative Roles of Dorsal Root Ganglions in Muscle vs. Other Tissues. University of Utah Undergraduate Research Abstracts. 2014. 14:144.

CONFERENCE PRESENTATIONS

Tang W, CoRona K, Nabi A, Park C. Maternal Midodrine Administration During Pregnancy in a Patient with Complete T8 AIS A Spinal Cord Injury and Neonatal Follow-Up: A Case Report. American Journal of Physical Medicine & Rehabilitation. AAP Annual Conference. 2026 Apr. San Juan, PR.

Tang W, Fogarty A. Peripheral Nerve Stimulation as Salvage Therapy for Intractable Neuropathic Foot Pain Following Crush Injury: A Case Report. American Journal of Physical Medicine & Rehabilitation. AAP Annual Conference. 2026 Apr. San Juan, PR.

Nabi A, **Tang W**, Cooper A, Teramot M, McCormick Z, Cushman D, Conger A. The Feasibility and Effectiveness of Moderate Sedation for Managing Intraprocedural Pain Associated with Basivertebral Nerve Ablation: A Descriptive Study. IPSIS Annual Conference. 2025 Sep. Denver, CO.

Tang W, Wijetunge H, Arafat A, Dickenson B, Mascos J, McGuire F, Nabi A, Whitlock J. Wound Care in Complex Rehab Patients: A Quality Improvement Intervention. Craig H. Neilsen Rehabilitation Hospital. UUHC Poster Fair. 2025 Apr. Salt Lake City, UT.

Tang W, Cushman J, Zektser K, Gerges F, Acquadro M. Rare Obstetrical Complication of Paresthesia and Bruning Pain in an L5 Dermatomal Distribution. St. Elizabeth's Medical Center Annual Research Day. 2024 May. Boston, MA.

Zhang J, Light A, **Tang W**, Jensen J, Low S, Scherrer. Mu and Delta Opioid Receptors on Muscle Innervating Group III/IV Afferent Neurons Modulate Muscle Fatigue and Ache. Society for Neuroscience, 46th Annual Meeting. 2016 Nov. San Diego, CA.

Fenger C, Barker J, **Tang W**, Creveling P, Flis A, Park K, Rosenbluth J, Locke B, Brown J. Just Keep Trying: Prior Attempts at Weaning Do Not Determine Eventual Liberation From Tracheostomy and Mechanical Ventilation in High Level Spinal Cord Patients in Acute Rehabilitation. CHEST 2023 Annual Meeting. 2023 Oct. Honolulu, HI.

Tang W, Tonna J, Smith B, Kraiss L, Griffin C, Sarfati M, Brooke B. Arterial Duplex Ultrasound Criteria for Predicting Limb Ischemia and Amputation Among Patients Undergoing Femoral Cannulation for Extracorporeal Membrane Oxygenation. Vascular Annual Meeting. 2021 Aug. San Diego, CA.

Chelu M, Margetts H, **Tang W**, Kaur G, Marrouche N. Smartphone ECG in managing atrial fibrillation patients: Saving ER visits and changing paradigm. Western Atrial Fibrillation Symposium, Ninth Annual Meeting. 2016 Feb. Park City, UT.

Tang W, Mejia J. Bryant and Beyond East High Tutor Program. Undergraduate Research Opportunity Poster Symposium. 2016 Apr. Salt Lake City, UT.

Tang W, Hinecker K, Huguen R, Light A. The Effects of Pregabalin on Somatic Pain in Rat Models. Undergraduate Research Opportunity Poster Symposium. 2015 Apr. Salt Lake City, UT.

Tang W, Huguen R, Light A. Comparative Roles of Dorsal Root Ganglion in Muscle Vs. Other Tissues. Undergraduate Research Opportunity Poster Symposium. 2014 Apr. Salt Lake City, UT.

Tang W, Letsou A. Bubblegum Gene Associated Defects from Egg to Adult Form in Drosophila. University of Utah High School Bioscience Research Program Symposium. 2011 Aug. Salt Lake City, UT.

INVITED TALKS AND WORKSHOPS

Continuous Quality Improvement: Wound Care Project.

- University of Utah PMR Grand Rounds. 2025 Jun.

Introduction to Ultrasound.

- St. Elizabeth's Medical Center. 2024 Sep.

ZygMed and You: Personalize Your Studies.

- Oral Presentation. University of Utah School of Medicine. 2020 Aug.

Asian Pacific American Medical Association at the University of Utah Community Health Events.

- University of Utah School of Medicine. 2020 Jun.

ACADEMIC ACTIVITIES

Professional Membership

- International Pain and Spine Intervention Society (IP SIS)
- North American Spine Society (NASS)
- American Academy of Physical Medicine and Rehabilitation (AAPM&R)
- Association of Academic Physiatrists (AAP)

Leadership

- Early Career Council Systemic Review Committee Member, IPSIS (2025 –)
- Physicians in Training Ambassador, AAPM&R (2024 –)
- Media Chief, University of Utah PM&R (2024 –)
- Ultrasound Education Program, St. Elizabeth's Medical Center (2023 – 2024)
- Clinic Manager, Midvale Family Health Clinic (2020 – 2023)
- Co-Founder, Utah Chapter of Asian Pacific American Medical Student Association (2019 – 2021)
- Co-Founder, ZygMed.org (2019)
- Director of Academics, Asian American Student Association at the University of Utah (2012 – 2016)
- Financial Officer, UNICEF Red (2013)

Awards

- Stenberg-Cronkite Families Endowed Scholarship Recipient (2020)
- Health Science LEAP Scholar (2016)
- University of Utah Research Scholar (2016)
- Larry H. Miller Scholar (2012 – 2016)
- Dean's List (2012 – 2016)

Volunteer

- TRAILS (2022 – 2023)
- HIV Counselor, Utah AIDS Foundation (2016 – 2019)
- Mentor Health Science LEAP, University of Utah (2016 – 2018)
- Caregiver, Hospice First Choice (2016)
- Subaru Ambassador Connector, Utah Chapter (2015 – Current)
- High School Tutor, Bryant and Beyond Higher Education (2015 – 2016)
- Primary Children's Medical Center Emergency Room (2012 – 2015)
- University of Utah Emergency Room (2012 – 2015)



American Academy of
Physical Medicine and Rehabilitation

Physicians Adding Quality to Life®

Tuesday, June 30, 2026

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Chad Taylor, MD
Email Address	Chad.Taylor2@hcahealthcare.com
Cell Phone Number	(702) 481-4643
Address	2020 W 59th St Bradenton, FL, 34209 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	HCA Florida Healthcare/USF Morsani College of Medicine
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What year of training are you currently in?	4th-Year Resident
---	-------------------

Have you completed 20 toxin injections in your training?	☒ Yes
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Have you completed 10 Ultrasound Scans in your training?	☒ Yes
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How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	4 / 5
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Comments

Ultrasound was taught heavily in my medical school at the University of Utah. Unfortunately, being in a newly accredited residency program I have had fewer than desired opportunities to continue to hone US skills and STEP would be an amazing opportunity for me to do so.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	4 / 5
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Comments

I feel that I have a very good working knowledge of anatomy and MSK principles but there is always room for improvement.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

I rotated at John's Hopkins All Childrens' hospital and got my required botulinum toxin injections but have not had the opportunity to deliver intrathecal test blocks personally.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

As previously mentioned, I'm currently Chief of one of the newer PMR programs across the country. Although I've met my required spasticity injections and ultrasounds, I feel that I lack the clinical experience and education to manage spasticity from my residency training. After graduation I have a strong desire to help the many patients in the U.S. suffering from spasticity, especially those in rural locations who certainly have decreased access to specialists who can interventionally treat them. I would like to obtain the skills and knowledge to help me become that specialist.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Chad Taylor, MD

Is an AAPM&R Member

Yes

Chad Taylor, MD

1030 Tidewater Shores Loop, Bradenton Florida | 801-635-4703 | chad.taylor2@hcahealthcare.com

EDUCATION

PM&R RESIDENCY | CURRENT | BLAKE MEDICAL CENTER, BRADENTON, FLORIDA

TRANSITIONAL YEAR INTERNSHIP | JUNE 2024 | MOUNTAINVIEW HOSPITAL, LAS VEGAS, NEVADA

DOCTOR OF MEDICINE | MAY 2023 | UNIVERSITY OF UTAH SPENCER FOX ECCLES SCHOOL OF MEDICINE

- Recipient of Sara H. Perry Scholarship for every year applied

BACHELOR OF SCIENCE | APR 2016 | SOUTHERN UTAH UNIVERSITY

- Major: Biology
- Summa Cum Laude
- Took pre-medical classes with a heavy focus on genetics and lab based experiences (Western blot, PCR, gene editing, etc.)

SURGICAL TECHNOLOGY CERTIFICATION | JAN 2011 | SALT LAKE COMMUNITY COLLEGE

- Graduated top of the class in a field where attention to detail and sterile technique is critical.

WORK EXPERIENCE

EYE TECHNICIAN | UNIVERSITY OF UTAH LIONS EYE BANK | JUN 2018-JUN 2019

- Responsible for sterile recovery and preservation of transplant-eligible corneas.
- Maintain strict and accurate documentation for further quality assurance of tissues recovered.
- Provide compassionate assurance for patients and their families in terminal situations.

EMERGENCY ROOM REGISTRAR | IASIS HEALTHCARE | MAY 2016-JUN 2017

- Assisted nurses and physicians with patient care including triage, transportation, and palliative care.
- Visited patients in treatment rooms to ascertain insurance coverage, general demographic information, and medical history.
- Conducted data entry for new and returning patients, checking background information and insurance coverage across intrastate and national databases.
- Collected payment for copays when applicable.

LEAD INSTALLER | TAYLOR PRODUCTS INC. | JUN 2013 - JUN 2019

- Measured, fitted, and installed complex, heavy-weight glass for commercial and residential use
- Trained every new-hire

VOLUNTEER

BIG SIB | SCHOOL OF MEDICINE BIG SIB PROGRAM | AUG 2020 - JUN 2023

- Ensured incoming medical students received the encouragement, help, and advice necessary to be successful throughout their medical journey

STUDENT VOLUNTEER | JUNIOR LEAGUE OF SALT LAKE ANNUAL C.A.R.E. FAIR | JUL 2022

- Provided free healthcare and coordinated follow-up for uninsured members of the community.

STUDENT VOLUNTEER | STUDENT-RUN PrEP CLINIC | JUN 2022

- Offered free HIV screening, risk assessment, and access to pre-exposure prophylaxis for uninsured members of the LGBTQ+ community.

STUDENT PHYSICIAN VOLUNTEER | MIDVALE FREE CLINIC | AUG 2019-JAN 2020

- Took histories, conducted physical exams, and coordinated care with attending physicians to provide free healthcare to underserved communities.

RADIOLOGY DEPT. ASSISTANT | RIVERTON HOSPITAL | FEB 2018-JUN 2019

- Assisted in caring for radiology patients by transporting patients to and from the waiting and radiology rooms.
- Maintained sanitary and well-stocked patient treatment rooms.

YOUTH ADVOCATE ASSISTANT | VOLUNTEERS OF AMERICA | SEP 2017-JUN 2019

- Served homeless youth (ages 18-23) by administering necessities such as food, clothing, blankets, and hygiene items to residents.
- Provided emotional and life assistance by discussing living/employment options with residents.

REHABILITATION THERAPIST ASSISTANT | PRIMARY CHILDREN'S REHAB CLINIC | OCT 2017-MAR 2018

- Developed interpersonal skills through working as a team with therapists to create a clean and fun environment for patients.

RESEARCH

ACCEPTED MANUSCRIPT FOR PUBLICATION | *Externally Powered Peripheral Nerve Stimulator With A Separate Receiver at the Median Nerve for the Treatment of Post-Operative Carpal Tunnel Release-related Chronic Pain in the Upper Extremity: A Case Report* | Pain Medicine Case Reports Journal

MANUSCRIPT SUBMITTED PENDING REVIEW | *Externally Powered Peripheral Nerve Stimulator with a Separate Receiver at the Greater Occipital Nerve for the Treatment of Occipital Neuralgia: A Case Report* | Pain Medicine Case Reports Journal

AAPMR 2025 POSTER PRESENTER | *Post-stroke Athetosis and Hyperacute Strength Reacquisition as Unrecognized Contributors to Hemiplegic Shoulder Pain: A Case Report*

NANS 2026 POSTER PRESENTER (ACCEPTED PENDING PRESENTATION) | *Occipital Neuralgia Successfully Treated with Peripheral Nerve Stimulation Bilaterally at C2*

CASE REPORT PENDING REVIEW | *Nervus Intermedius Neuralgia in a Liver Transplant Recipient with Neuropathic Limb Pain: A Case Report*

RESEARCH POSTER | FAR WEST DIVISION RESEARCH SYMPOSIUM | *A Case of Sick Sinus SYndrome with Sinoatrial Exit Block Masquerading as Convulsions*

RESEARCH POSTER | FAR WEST DIVISION RESEARCH SYMPOSIUM | *Adrenal Insufficiency Crisis Presenting as Brugada Sign and Pericarditis*

BIODEGRADABLE TEMPORIZING MATRIX CO-RESEARCHER | DIVISION OF PLASTIC SURGERY | MAY 2020-AUG 2020

- Coordinated closely with the primary investigator to assess the viability and efficacy of novel artificial skin substances.

MORTON'S NEUROMA ANATOMICAL CO-RESEARCHER | DIVISION OF PLASTIC SURGERY | MAY 2020-DEC 2020

- Conducted anatomical dissections and investigations for procurement of potential re-innervation sites to treat Morton's Neuroma.
- Co-wrote research abstract accepted into American Society for Peripheral Nerve.
- Poster presented at annual Medical Student Research Program Symposium.

LABORATORY INTERN | CO-DIAGNOSTICS | MAR 2018-JAN 2019

- Conduct preliminary screens of proprietary CoPrimers in mathematically predicted PCR reactions.
- Maintain sterile and clean areas of lab.
- Keep strict documentation standards following company and industry protocols.

RESEARCH ASSISTANT | SOUTHERN UTAH UNIVERSITY | OCT 2015-APR 2016

- Worked collaboratively with the professor to conduct state funded research that improved the scientific understanding of insects and their habitat-influenced behavior.
- Completed duties in an efficient manner while keeping a clean and orderly work space.
- Used delicate lab equipment and procedures to manifest positive, verifiable results.
- Cared for and preserved irreplaceable specimens, invaluable to our research.
- Research presented in poster formal at annual Research Symposium.

LEADERSHIP

COMMUNITY OUTREACH COORDINATOR | UNIVERSITY OF UTAH SCHOOL OF MEDICINE DERMATOLOGY INTEREST GROUP | JUN 2020-JUN 2021

- Invited lower classmen to get involved and planned events and fundraisers.

CO-PRESIDENT | UNIVERSITY OF UTAH SCHOOL OF MEDICINE PLASTIC AND RECONSTRUCTIVE SURGERY INTEREST GROUP | JAN 2020-JUN 2021

- Planned, coordinated, and executed lunch series of lectures to build interest in the field.

ASSOCIATE JUSTICE | SOUTHERN UTAH UNIVERSITY JUDICIAL BRANCH OF GOVERNMENT | AUG 2015-APR 2016

- Acted as checks and balances for student government.
- Ensured elections were conducted fairly, ethically, and honestly.
- Worked closely with school administration to revise and revisit the writing in the school constitution.

COMMITTEE MEMBER | SOUTHERN UTAH UNIVERSITY ADMISSIONS REVIEW
COMMITTEE | AUG 2015-APR 2016

- Reviewed and discussed incoming potential students to the university.
- Deliberated and voted on individuals we believed would be successful at our institution.
- Personally acted as the students' voice when discussing potential applicants.

COMMITTEE MEMBER | SOUTHERN UTAH UNIVERSITY RESIDENCY APPEAL
COMMITTEE | AUG 2015-JAN 2016

- Reviewed appeals to the schools admission committee regarding potential students' residency statuses.

2026 STEP Spasticity Scholarship Application

Contact Information

Name Luke Tsai, MD

Email Address ltsai@uwhealth.org

Cell Phone Number (513) 356-3600

Address 552 Maywood St
Madison, WI, 53704
United States

Is an AAPM&R Member

Training Information

Residency Program University of Wisconsin Hospitals and Clinics PM&R Program

What year of training are you currently in?

Have you completed 20 toxin injections in your training?

Have you completed 10 Ultrasound Scans in your training?

How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

I have performed over 200 EMGs throughout my PM&R residency with a 3-month dedicated rotation for EMGs and various other rotations which included weekly EMGs. I have also performed over 200 botulinum toxin injections in which I estimate around a quarter of which were performed with ultrasound-guidance. I have also assisted with or performed some bursa injections and nerve blocks using ultrasound-guidance.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

I feel that I have learned a fair amount of MSK anatomy knowledge throughout my PM&R residency with experience through the physical exam and clinical imaging modalities such as ultrasound, MRI, fluoroscopy, etc. However, I think that I could certainly learn more clinical anatomy and especially could improve my knowledge of kinesiology such as with gait analysis or spasticity physical exam.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

I have performed over 200 botulinum toxin injections using EMG and/or ultrasound guidance. I have assisted with a handful of phenol injections as well. I have also performed over 30 intrathecal baclofen pump reprogramming and refills.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I would like to participate in this spasticity course because I believe that it would be very helpful to build upon my current spasticity knowledge and experience and feel more prepared transitioning from my PGY-4 year into a first-year attending. I have strong interests in neurorehabilitation and plan to manage spasticity in my future practice so I am motivated to learn as much as I can. In addition to my residency experiences, I have also previously participated in the Emerging Leaders in Spasticity course in the past year and have presented multiple journal clubs on topics such as post-stroke spasticity and cryoneurolysis.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Luke Tsai

Is an AAPM&R Member

Yes

LUKE TSAI, MD

Address: 552 Maywood St Madison, WI 53704

Phone: (513)-356-3600

E-mail: luke.tsai3@gmail.com

EDUCATION

University of Wisconsin Hospital & Clinics, Madison, WI
2027

Expected June

Physical Medicine & Rehabilitation Residency
07/01/2024 - 06/30/2027

Mercy St. Vincent Medical Center, Toledo, OH
2024

June

Transitional Year Residency
06/26-2023 - 06/25/2024

University of Toledo College of Medicine and Life Sciences, Toledo, OH
Doctor of Medicine
08/03/2019 - 05/19/2023

May 2023

- 2nd quartile of graduating class of 161 students

University of Chicago, Chicago, IL

June 2018

Bachelor of Arts: Major in Biological Sciences and Neuroscience
09/21/2014 - 06/09/2018

- Cumulative GPA: 3.63/4.00; Dean's List (2014 – 2018)
- ITA Scholar Athlete, UAA Presidents Council Scholar-Athlete, UAA All-Academic

PRESENTATIONS & PUBLICATIONS

Grand Rounds Presentation
2026

May

Wake-up Call: Sleep Disorders in Neurorehabilitation

Journal Club Presentation
2026

March

“Measuring the Efficacy of Percutaneous Cryoneurolysis in Participants With Refractory or Plateaued Shoulder, Elbow, Wrist, or Finger Spasticity”

Board Review
2026

January

Spinal Cord Injury

Case Report Abstract for 2025 AANEM Annual Meeting
2025

October

Lower Trunk Brachial Plexopathy/C8 Neuropathy After Coronary Artery Bypass Graft: A Case Report

Case Report Abstract for 2025 AAPM&R Annual Assembly
2025

October

Combination Botulinum Toxin and Trigger Point Injections in Chronic Migraine: A Case Report

Clinical Case Conference Presentation
Hydrocephalus and VP Shunts

September 2025

Board Review
Musculoskeletal Upper Extremity

August 2025

Journal Club Presentation
2025

June

“Predictors of Spasticity 3-6 Mos After Stroke”

Publication in the Journal of Comparative Neurology
2023

September

Prakash, N., Matos, H. Y., Sebaoui, S., Tsai, L., Tran, T., Aromolaran, A., Atrachji, I., Campbell, N., Goodrich, M., Hernandez-Pineda, D., Herrero, M. J., Hirata, T., Lischinsky, J., Martinez, W., Torii, S., Yamashita, S., Hosseini, H., Sokolowski, K., Esumi, S., . . . Corbin, J. G. (2023). Connectivity and molecular profiles of Foxp2- and Dbx1-lineage neurons in the accessory olfactory bulb and medial amygdala. *Journal of Comparative Neurology*, 1–26.
<https://doi.org/10.1002/cne.25545>

Publication in the Journal of Medical Case Reports

October 2022

Tsai L, Shekhtman B, Stenquist R, Schneider A, Mapa M, Amirianfar E, Gater DR. Hemiballismus-hemichorea syndrome in an acute rehabilitation setting: two case reports. *J Med Case Rep*. 2022 Oct 31;16(1):398. doi: 10.1186/s13256-022-03577-3.

Case Report Abstract for Physiatry '22 hosted by the Association of Academic Physiatrists
2022

February

Hemiballismus-Hemichorea Syndrome in an Acute Rehabilitation Setting: A Case Report

Publication in the American Journal of the Medical Sciences
2021

September

Devanaboyina M, Shastri P, Thompson N, Tsai L, Bajrami S, Devarasetty PP, Brewster P, Dworkin LD, Cooper CJ, Gupta R. Impact of renal artery stenosis on acute kidney injury and outcomes after heart failure hospitalization. *Am J Med Sci*. 2022 Oct 17:S0002-9629(22)00430-X. doi: 10.1016/j.amjms.2022.10.001. Epub ahead of print. PMID: 36261106.

Publication in Journal of Medical Case Reports and Case Series
2020

October

Sheikh T, Tsai L, Hasan S, Tewari P, Assaly R (2020) Cannon-Ball Appearance Of COVID-19 Pneumonia: A Novel Presentation Mimicking Malignancy. *J Med Case Rep Case Series* 1(4): <https://doi.org/10.38207/JMCRCS2208185>

Children's National Research, Education, and Innovation Week Poster, Washington, DC

April 2019

Synaptic and Topographical Mapping of Inputs of Developmentally Defined Medial Amygdala Neuronal Sub-populations

Jeff Metcalf Neuroscience Research Fellowship Presentation, Chicago, IL

August 2017

Exploring Transthalamic Pathways: Synaptic Inputs Between VA/VL, M1, and M2

LEADERSHIP & SERVICE

Transitional Year Residency, Toledo, OH

July 2023 – June 2024

Graduate Medical Education Representative

- Represented the interests of the residency program at monthly meetings
- Facilitated communication between administration, faculty, and co-residents

Glass City Backspinners, Toledo, OH

November 2020-June 2023

Volunteer Coach

- Helped lead wheelchair tennis program sponsored by the USTA located at Twos Athletic Club
- Taught wheelchair tennis players with physical disabilities, working with different ages and levels of players weekly

Peninsula Bridge, San Mateo, CA

December 2020- August 2021

Volunteer Tutor

- Virtually tutored middle school students from low-income families in math and science subjects weekly
- Worked with families on scholarship applications for funding for extracurricular opportunities

University of Chicago Varsity Men's Tennis Team, Chicago, IL

September 2014 – June 2018

Captain

- UAA Team Champions ('18), Top 4 finish at NCAA team tournament ('15, '16, '18), #3 team national ranking
- Achieved #29 national and #3 regional ranking in singles
- Received Max Davidson award ('16, '18); awarded to the most dedicated team player
- Honors Included: 2016 ITA Steve Wilkinson Team Sportsmanship Award, 2015 ITA Regional Semifinalist, 1st Team All-UAA singles and doubles, 3x UAA Athlete of the Week, Nationally ranked top 100 recruit
- Ohio Division 1 Doubles State Champion 2012

- Cincinnati Met Singles Champion 2018

WORK EXPERIENCE

Private Tennis Instructor, Madison, WI

June 2014- Present

Tennis Instructor

- Coach and mentor tennis players ranging from beginners to highly competitive junior players
- Former students have won state championships, earned college scholarships, and played professional tennis

Children's National Medical Center Corbin Lab, Washington, DC

August 2018- August 2019

Research Technician

- Developed a research project with Dr. Heidi Matos tracing the inputs of *Dbx1* and *Foxp2* cell populations in the medial amygdala to explore the underlying mechanism of innate social behaviors of mice
- Used retrograde viral tracing techniques including stereotaxic surgeries, perfusions, slicing, and microscopy
- Lab manager: maintained mouse colonies, ordered lab equipment, led IACUC inspections
- Social committee chair: organized social events for Students and Post-Docs in Neuroscience (SPIN)

University of Chicago Biological Sciences Division, Chicago, IL

March 2018- June 2018

Teaching Assistant

- Led weekly lab sections for "Introduction to Quantitative Modeling for Biology" course
- Helped undergraduate students develop basic coding skills in R and applying it to mathematical models in a biological context
- Graded lab assignments and exams for the course

PROFESSIONAL ASSOCIATIONS

Emerging Leaders in Spasticity Course

September 2025-

Present

American Association of Neuromuscular & Electrodiagnostic Medicine

August 2024-Present

American Academy of Physical Medicine & Rehabilitation

May 2021-Present

Association of Academic Physiatrists

May 2021-Present

American Medical Association

August 2019-Present

PERSONAL

Languages: English, Conversational Fluency in Mandarin

Hobbies: Chess, Taiwanese Hokkien, padel, table tennis, biking, golf, skiing, piano

International Travel: Taiwan, Hong Kong, Japan, Canada, Mexico, Jamaica, Spain, Netherlands, Belgium, Germany, Turkey, Iceland

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Demelio Urbano, MD
Email Address	demeliou@gmail.com
Cell Phone Number	(347) 623-2236
Address	2401 W. Belvedere Ave Baltimore, MD, 21215 United States
Is an AAPM&R Member	Yes

Training Information

Residency Program	Sinai Hospital of Baltimore PM&R Program
What year of training are you currently in?	4th-Year Resident
Have you completed 20 toxin injections in your training?	Yes
Have you completed 10 Ultrasound Scans in your training?	Yes
How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	3 / 5

Comments

I am a PGY-4 PM&R resident physician with hands-on experience in diagnostic ultrasound, procedural ultrasound, and electrodiagnostic studies. Throughout residency, I have completed multiple rotations where ultrasound-guided procedures and EMG/NCS are integral to clinical care, including SCI, sports medicine, neuromuscular, and spasticity clinics. I have independently performed and interpreted EMGs as part of my residency milestones, conducted EMG-guided botulinum toxin injections, and have a strong foundation in neuroanatomy.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

Through my physiatry residency and medical school training, I have developed a solid foundation in musculoskeletal anatomy and kinesiology.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

To date, I have completed over 60 EMG-guided focal chemodenervation procedures and several intrathecal baclofen interventions during my physiatry residency. I have hands on experience with intrathecal baclofen therapy, including patient selection, pump titration, and troubleshooting pump malfunction. Over the course of residency, I have developed a strong, practical skill set in tailoring chemodenervation and intrathecal baclofen treatments to optimize functional outcomes and safety for patients with complex spasticity.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I applied to SCI fellowship. As a future SCI specialist, I envision interventional spasticity management as central to my future practice. My clinical training has shown me how targeted interventions—botulinum toxin, phenol neurolysis, and intrathecal baclofen—can significantly improve mobility, caregiving burden, pain, and quality of life when applied with precision. This program offers the structured, high-volume, expert-guided experience I need to further refine comprehensive spasticity care. The mastery of ultrasound-guided spasticity management is a cornerstone to becoming an expert in spasticity care. I envision a spasticity practice grounded in detailed functional assessment, dual ultrasound/EMG guided chemodenervation, nerve blocks, intrathecal baclofen management, and interdisciplinary rehabilitation planning.

Please attest to the following statements by checking each box:

- I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).
- I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.
- I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.
- I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Demelio Urbano

Is an AAPM&R Member

Yes

Demelio A. Urbano, MD/MPH

♦ 347-623-2236 ♦ demeliou@gmail.com ♦

EDUCATION

Sinai Hospital of Baltimore

Residency: Physical Medicine and Rehabilitation

2024-Present

Baltimore, MD

Harbor-UCLA Medical Center

Preliminary Year: Internal Medicine

2023-2024

Los Angeles, CA

UCLA David Geffen SOM/CDU of Medicine & Science

Degree: Doctor of Medicine

2017-2023

Los Angeles, CA

UCLA Fielding School of Public Health

Degree: Master of Public Health: Health Policy and Management

2020-2022

Los Angeles, CA

Macaulay Honors College at CUNY Hunter College

Degree: Bachelor of Arts in Biology and Psychology

2011-2015

New York, NY

CLINICAL EXPERIENCE

Baltimore VA Outpatient Spinal Cord Injury (SCI) Clinic

Role: Resident Physician

Supervisor: Ashley. Tinnery, DO

- Population: Adults with SCI.
- Managed SCI-related spasticity, wounds, and bladder/bowel dysfunction.

Spring 2026

Baltimore VA Musculoskeletal Clinic

Role: Resident Physician

Supervisor: Jim Lai, MD; Idris Amin, MD

- Population: Adults with musculoskeletal injuries.
- Performed palpation-guided and ultrasound-guided joint injection.

Spring 2026

Sinai Outpatient Spasticity Clinic

Role: Resident Physician

Supervisor: Miriam Keramati, DO; Christine Wang, MD

- Population: Adults with brain injury, stroke, and spinal cord injury.
- Spasticity evaluation, treatment planning, and EMG-guided botox delivery.

Fall 2025

University of Maryland Inpatient SCI Rehabilitation

Role: Resident Physician

Supervisor: Peter Gorman, MD; Melita Theyagaraj, MD

- Population: Adults with SCI.
- Provided medical oversight and coordinated rehab care for acute SCI patients.

Summer 2025

Sinai Acute Inpatient Orthopedic Rehabilitation

Role: Resident Physician

Supervisor: Frank Tanon, MD

- Population: Adults post joint replacement, fracture, and spine surgery.
- Collaborated with a multidisciplinary, hospital-based rehabilitation surgery.

Spring 2025

Sinai Acute Inpatient Neurological Rehabilitation

Role: Resident Physician

Winter 2025

Supervisor: Anthony Manfredo, MD

- Population: Adults post stroke and other neurological pathologies.
- Collaborated with a multidisciplinary, hospital-based rehabilitation team.

Sinai Acute Inpatient General Rehabilitation

Fall 2024

Role: Resident Physician

Supervisor: Ling Ling Cheng, MD

- Population: Adults undergoing pulmonary, cardiac, or cancer rehabilitation.
- Developed individualized treatment plans and provided medical oversight.
- Led weekly multidisciplinary meetings to oversee discharge planning.

Sinai Prosthetics and Orthotics Clinic

Summer 2024

Role: Resident Physician

Supervisor: Scott Brown, MD

- Population: Adults with amputation
- Evaluated prosthetics/orthotic needs in collaboration with prosthetist.

LEADERSHIP

Sinai Graduate Medical Education Committee (GMEC) Resident Council

2024-Present

Role: Council Representative

- Represent Sinai PM&R resident physicians on the GMEC council.
- Collaborate with residents across residencies to identify improvement needs.
- Propose solutions that enhanced patient care and resident training.

American Academy of Physical Medicine and Rehabilitation (AAPMR)

2025-Present

Role: Physiatrists in Training (PHiT) Ambassador

- Represent Sinai PM&R residency in the 2025-2026 PHiT Ambassador Program.
- Distributed tailored AAPMR education to enhance resident training.

UCLA Center for Accessible Education

2022-2023

Role: Advisory Board Member

- Supported advocacy and leadership development for students with disabilities.
- Identified accessibility challenges and developed campus-wide solutions.

PUBLICATIONS

1. Steakin, L., Manfredo, A., Wang, C.Y., **Urbano, D.A.**, ..., & Worthham, D. (2025). Non-Pharmacologic Management of Orthostatic Hypotension in Inpatient Rehabilitation: A Quality Improvement Initiative. *Rehabilitation Nursing*. [Original Research – Article](#)
2. **Urbano, D.**, Fothergill, I., Bhav, A., ..., & Brown, S. (2025). Case Study: Gait Efficiency and Biomechanics in a Bilateral Amputee with Retroverted K4 Feet. [Original Research - Abstract](#)
3. **Urbano, D.** (2022). It's Not Easy for Every Patient to Get to their Appointment. Here's How You Can Help. *Op-Ed* - [Article](#)
4. Choo, H., ..., Mente, K., **Urbano, D.**, Hallett, M., & Horovitz, C. (2022). Role of Supplementary Motor Area in Cervical Dystonia and Sensory Tricks. *Scientific Reports*. [Original Research - Article](#)

5. **Urbano, D.**, Menkin, J., Carrillo, C., & Sarkisian, C. (2019). The relationship between individual risk factors and likelihood to list modifiable stroke risk factors amongst racial/ethnic minority seniors in Los Angeles (P2. 3-004). *Neurology*. [Original Research -Abstract](#)
6. Mente, K. Edwards, N.A., **Urbano, D.**, ..., &Hallett, M. (2018). Pedunculopontine Nucleus Cholinergic Deficiency in Cervical Dystonia. *Movement Disorders*. [Original Research - Article](#)

POSTERS

1. **Urbano, D.A.**, Chenowith, A., Wickstrom, J., & Manfredo, A. The Carpenter's (2026). Conundrum: From Muscle Weakness to Lipid Storage Myopathy. Annual Association of Academic Physiatrists Annual Meeting of 2026, San Juan, PR. [Oral Poster-National Meeting](#)
2. **Urbano, D.**, Schrode, K., & Shaheen, M. (2023). Racial/Ethnic Disparities in Stroke for Physical Rehabilitation and In-Hospital Mortality in the United States from 2013-2019. Annual Association of Academic Physiatrists Annual Meeting of 2023, Anaheim, CA. [Oral Poster-National Meeting](#)
3. **Urbano, D.**, Schrode, K., & Shaheen, M. (2023). Racial/Ethnic Disparities in Stroke for Physical Rehabilitation and In-Hospital Mortality in the United States from 2013-2019. Annual Association of Academic Physiatrists Annual Meeting of 2023, Anaheim, CA. [Oral Poster-National Meeting](#)
4. Eisaghalian, A.,...**Urbano, D.A.**,...Partlow, K.. (2019). Promoting Health Equity Through Health and Resources Fair in South Los Angeles. Center for Minority Health and Health Disparities, Research Education 12th Health Disparities Conference, New Orleans, LA. [Oral Poster-National Meeting](#)
5. Saldivar, P., ..., **Urbano, D.A.**, ... & Partlow, K. (2019). Leaders Engaging Against Disparities, Los Angeles (LEAD-LA). Center for Minority Health and Health Disparities, Research Education 12th Health Disparities Conference, New Orleans, LA. [Oral Poster-National Meeting](#)

PRESENTATIONS

1. *"Mortality and Morbidity: Review of Root Causes of DVT and PE in SCI patient on SCI inpatient rehab unit at University of Maryland"*. Baltimore, MD, April 2026.
2. *"Atypical Presentation of Autonomic Dysfunction in GBS patient in inpatient rehabilitation"*. Annual Dysautonomia Project Conference. Tampa, FL, Jan 2026.
3. *"Spinal Injury Basics,Cuccurullo 535-562"*. Sinai Rehabilitation, Sinai Hospital of Baltimore. Baltimore, MD, September 2024.
4. *"Prosthetics and Orthotics, Cuccurullo 457-481"*. Sinai Rehabilitation, Sinai Hospital of Baltimore. Baltimore, MD, September 2024.
5. *"Access Paratransit: Transport Challenges and Solutions for Children with Disabilities in LA"*. UCLA Fielding School of Public Health. Los Angeles, CA, December 2021.

RESEARCH EXPERIENCE

Santa Clara Valley Medical Center Resident Physician Collaborator

2025-Present

Supervisor: Kazuko Shem, MD

- SCI literature review to introduce updated sexual health questionnaire.
- Product: 1 manuscript (in preparation).

Sinai Resident Physician Researcher

<u>Project</u>	<u>Focus</u>	<u>Supervisor/Product</u>	2024-Present
1. Case Report	Spinal abscess obscured by severe stenosis with compression	Sarah Eby, MD/ 1 poster (under review)	
2. Quality Improvement	Non-medication orthostasis stroke management	Anthony Manfredo, MD; Christine. Wang, MD/ 3 posters, 1 manuscript	
3. Case Report	Atypical GBS with dysautonomia and hyperreflexia	Christine Wang, MD/ 1 manuscript (in preparation)	
4. Case Report	Rare Lipid Storage Disorder	Anthony Manfredo, MD/ 1 poster	
5. Case Report	Transfemoral amputee with retroverted prosthetic alignment	Scott E. Brown, MD/ 1 poster, 1 manuscript (under review)	
6. Case Report	Rare surgical complication on rehab with medical complexity	Ling Ling Cheng, MD/ 1 manuscript (in preparation)	

CDU/UCLA Medical Student Research Thesis Program**2020-2023**

Supervisor: Madga A. Shaheen, MD, PhD, MPH

- Analyzed national trauma racial/ethnic variation of post-stroke outcomes.
- Examined rehab referral, mortality, length of stay, and admission time.
- Product: 1 poster, 1 doctoral thesis.

UCLA Medical Student Researcher**2018**

Supervisor: Catherine A. Sarkisian, MD, MSPH

- Analyzed stroke intervention data with elderly minority seniors.
- Determined that participants were highly aware of personal stroke risk.
- Products: 2 posters.

NIH Postbaccalaureate Research Fellow**2015-2017**

Supervisor: Karin Mente, MD; Mark Hallett, MD

- Utilized neuroimaging to examine brain abnormalities in Dystonia patients.
- Assisted with fMRI/DTI acquisition, processing, and analysis.
- Products: 3 posters, 2 manuscripts (published).

TEACHING EXPERIENCE**Sinai Research & Journal Club Coordinator****2025-Present**

- Mentor 4 junior residents on research design and analysis.
- Lead a research journal club focused on critical appraisal of scientific literature.
- Provide individualized guidance on project development and academic writing.

UCLA Anatomy Teaching Assistant

2018-2019

- Taught anatomy lessons to 1st year medical students. Completed 192 hours.

Swim Instructor to disabled children, Project Happy

2014-2015

- Taught swimming to children with disabilities. Completed 108 hours.

AWARDS/ HONORS

David Geffen Scholarship, Full 4-year academic merit scholarship, Doctor of Medicine	2017-2023
Will Rogers Memorial Scholarship Award, Doctor of Medicine	2022-2023
Graduate Council Diversity Fellowship, Full 1-year academic merit scholarship, MPH	2021-2022
Dr. Ursula Mandel Fellowship, Full 1-year academic merit scholarship, MPH	2020-2021
Internal Medicine Chiefs' Summer Research Fellowship, Doctor of Medicine	2018
CDU College of Medicine Dean's scholarship, Doctor of Medicine	2017
National Institutes of Health Academy Enrichment Scholar, 2-year fellowship	2015-2017
Lazante Travel Award, Hispanic Scholarship Foundation, Doctor of Medicine	2017
University Scholar, Full 4-year academic merit scholarship, B.A. degree	2011-2015

PROFESSIONAL AFFILIATIONS

American Academy of Physical Medicine & Rehabilitation	2020-Present
Association of Academic Physiatrists	2021-Present

CONFERENCES

Annual Meeting for Association of Academic Physiatrists'26, San Juan, PR	2/2026
Annual Dysautonomia Project National Conference, Tampa, FL	1/2026
Annual Meeting for Association of Academic Physiatrists'25, Phoenix, Az	2/2025
Annual Meeting Association of Academic Physiatrists '23, Anaheim, CA	2/2023

SPECIALIZED SKILLS

Clinical Skills

- Neurological evaluation and assessment
- Wound care (pressure ulcer care, post-surgical)
- Prosthetic and orthotic prescription
- Wheelchair evaluation and prescription
- Pain management
- Bowel and bladder management

Procedural Skills

- EMG-guided botox injections
- Ultrasound-guided injections
- Palpation guided injections (peripheral joints, trigger points)
- EMG/NCS

Software/Research

- QI analysis, Graphpad, Covidence, STATA, Biorender, Canva,

Language/Writing

- Medical Spanish (Basic), health policy analysis, manuscript preparation

2026 STEP Spasticity Scholarship Application

Contact Information

Name Nicholas White, MD

Email Address nicholaswhite@ufl.edu

Cell Phone Number (859) 213-2080

Address 8302 SW 61st Place
Gainseville, FL, 32608
United States

Is an AAPM&R Member

Training Information

Residency Program

What year of training are you currently in?

Have you completed 20 toxin injections in your training?

Have you completed 10 Ultrasound Scans in your training?

How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

I have completed over 200 diagnostic EMGs, and EMG is the primary tool used for the 50 botox injections I have performed for spasticity. My ultrasound experience is primarily limited to the Sports Medicine clinic, but we have been working with our spasticity attending to implement ultrasound for botox injections. Two co-residents and myself recently created a new ultrasound curriculum for our program, which is being implemented this academic year

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

My MSK knowledge has grown greatly over the past year through performing EMGs; managing spasticity; and working in the Sports Medicine clinic. However. I do have much to learn in identifying structures via ultrasound.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

Through residency, I have performed botox injections for 50 patients with spasticity, and have completed 9 migraine botox injections. I have observed 2 nerve blocks in the Sports Medicine clinic, but not for spasticity. My program does not have a provider who does Baclofen pumps, but I will be doing an elective this year with neurosurgery to learn managing Baclofen pumps.

During medical school, I observed many botox injections for spasticity (using EMG and ultrasound); one obturator nerve ablation for thigh adductor spasticity (using ultrasound); and many Baclofen pump refills.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

Learning as much as possible about spasticity interventions prior to graduating residency is a personal goal of mine, so I completed the Emerging Leaders of Spasticity program through Abbvie. Spasticity management has become one of my top interests for future practice. I would love to become competent in all modalities of spasticity management, so as to have more options for my future patients. Interventional spasticity would become a primary focus for my future practice.

Please attest to the following statements by checking each box:

- I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).
- I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.
- I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.
- I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature



Is an AAPM&R Member

Yes

Nicholas White, MD

njw7195@gmail.com

nicholaswhite@ufl.edu

859-213-0280

Gainesville, FL 32608

EDUCATION

08/2019–05/2023	University of Kentucky College of Medicine, Lexington, KY Doctor of Medicine
09/2015–06/2019	Brigham Young University, Provo, Utah Bachelor's Degree in Exercise Science

WORK EXPERIENCE

07/2024–Present	University of Florida Department of Physical Medicine and Rehabilitation Gainesville, FL Physician Resident
07/2023–06/2024	Parkview Health Fort Wayne, IN Transitional Year Intern
08/2017–05/2019	FYZICAL Therapy and Balance Center Provo, UT Physical Therapy Technician

RESEARCH EXPERIENCE

05/2023–11/2023	Insidious Asymmetric Shoulder Weakness After Hodgkin's Lymphoma Treatment: A Case Study Department of Physical Medicine and Rehabilitation, University of Kentucky, Cameron Hadley, DO.
07/2022–05/2023	Ictal single photon emission computed tomography (SPECT) in patients with focal aware seizure without ictal electroencephalographic changes: a retrospective study. Department of Neurology, University of Kentucky, Sally Mathias, MD.
09/2018–05/2019	Observational study of how gut microbiota differs a decade after bariatric surgery relative to a nonsurgical comparison group. Department of Microbiology, Brigham Young University, John Chaston, Ph.D.

01/2018–05/2019	Meta-analysis and systemic review of the changes in gut microbiota following Roux-en-Y Gastric Bypass Surgery. Department of Microbiology, Brigham Young University, John Chaston, Ph.D.
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PUBLICATIONS AND PRESENTATIONS

05/2026	P Kumar, N White, E Fariscal. Physiological Principles Underlying Electrodiagnosis and Neurophysiologic Testing. AAMP&R Knowledge Now. Approved for Publication.
09/2025	N White and E Fariscal. The Silent Muscle with a Loud Consequence: Plantaris Rupture Complicated by PE: A Case Presentation. September 2025. Florida Society of Physical Medicine and Rehabilitation 2025 Annual Conference. Orlando, FL.
11/2023	C Hadley, N White, S Shahid Salles. Insidious Asymmetric Shoulder Weakness After Hodgkin's Lymphoma Treatment: A Case Study. Nov, 2023. American Association of Physical Medicine and Rehabilitation 2023 Annual Assembly. New Orleans, LA.
09/2019	Kentucky Medical Association Resolution. “Resolution 15: Regulation of the Marketing, Packaging, and Sale of Electronic Nicotine Delivery Systems in Kentucky”.

PROFESSIONAL MEMBERSHIPS

04/2026–Present	American Association of Neuromuscular and Electrodiagnostic Medicine, Member
07/2024–Present	Florida Society of Physical Medicine and Rehabilitation, Member
07/2022–Present	American Academy of Physical Medicine and Rehabilitation, Member
09/2019–Present	American Medical Association, Member
09/2019–07/2023	Kentucky Medical Association, Member
09/2019–07/2023	Lexington Medical Society, Member

LICENSURE

08/2025–Present	Florida Medical License
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CERTIFICATIONS AND AWARDS

07/2024	Transitional Year Completion Certificate
05/2023	Humanism in Medicine Award
11/2021–06/2025	Advanced Cardiovascular Life Support; Inactive
07/2016–07/2018	Emergency Medical Technician; Inactive

EDUCATIONAL AND PROFESSIONAL GROWTH

- **Interim Educational Chief for the University of Florida PM&R Residency Program** (06/2026–Present)
- **AANEM Young Ambassador Program** (05/2026–Present)
- **Synovial Fluid Analysis: Residency Lecture** (04/01/2026)
- **Neuromuscular Anatomy/Physiology and EMG Basics: Residency Lecture** (11/19/2025)
- **Emerging Leaders of Spasticity Course: Certificate received** (08/2025–04/2026)
- **Journal Club Presentation: Effectiveness of Robot-Assisted Gait Training in Stroke Rehabilitation: A Systematic Review and Meta-Analysis** (08/20/2025)
- **Program Education Committee Member: University of Florida PM&R Residency** (07/2026–present)
- **AAPMR PHiT Ambassador** (07/1/2025–Present)
- **Morbidity and Mortality Presentation on a Patient with Severe Hypothyroidism** (06/11/2025)
- **Worlds Masters Track and Field: Medical Team Coverage** (04/25/2025)
- **Medial Collateral Ligament Pathology: Residency Lecture** (04/20/2025)
- **Leg Length Discrepancy: Residency Lecture** (01/29/2025)
- **Journal Club Presentation: Nutritional Supplementation to Prevent Muscle Atrophy** (11/20/2024)
- **Lateral Epicondylitis: Residency Lecture** (11/13/2024)
- **Glenohumeral Joint Pathology: Residency Lecture** (10/9/2024)
- **High School Football: Medical Team Coverage** (09/2024–12/2024; 09/2025-12/2025)
- **Parkview Health Physical Medicine and Rehabilitation Grand Rounds: Acute Inflammatory Demyelinating Polyneuropathy** (03/28/2024)

2026 STEP Spasticity Scholarship Application

Contact Information

Name Cameron Williams, DO

Email Address cameronwilliams100@gmail.com

Cell Phone Number (424) 212-1636

Address 9121 Brinson Drive
Fort Worth, TX, 76244
United States

Is an AAPM&R Member ☒ Yes

Training Information

Residency Program Texas Rehabilitation Hospital of Fort Worth PM&R Program

What year of training are you currently in? 4th-Year Resident

Have you completed 20 toxin injections in your training? ☒ Yes

Have you completed 10 Ultrasound Scans in your training? ☒ Yes

How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

I have completed all required ultrasound and electrodiagnostic procedure numbers for graduation prior to the end of my third year of residency. Through this training, I have developed a strong foundation in musculoskeletal ultrasound, electrodiagnostic evaluation, and the principles behind image- and EMG-guided procedures.

I am comfortable with basic ultrasound principles, including probe handling, image optimization, sonoanatomy, and the use of ultrasound guidance for peripheral joint injections.

All of my focal chemodenervation experience to date has been performed using EMG guidance, and I feel most comfortable utilizing EMG guidance for spasticity treatments. An area of growth and particular

interest for me is applying the ultrasound skills I have developed through musculoskeletal applications to spasticity management to perform with ultrasound & EMG-guided chemodenervation injections.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 4 / 5

Comments

I have a strong foundation in the relevant anatomy and kinesiology but recognize the importance of continued refinement.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

My experience with focal chemodenervation has been primarily in the treatment of pediatric patients with cerebral palsy. During residency, I have participated in the evaluation and management of spasticity and have observed and performed botulinum toxin injections in this population. I have also had some exposure to botulinum toxin injections for adult spasticity and chronic migraine management.

My experience with phenol nerve and motor point blocks is more limited. I have observed two chemodenervation nerve block procedures in patient care and have been exposed to these techniques passively through conference workshops and demonstrations.

I have also been involved in the care of patients receiving intrathecal baclofen therapy. I have observed several intrathecal baclofen screening trials, primarily in patients with cerebral palsy, as well as in select patients with spinal cord injury and brain injury. Additionally, I have performed several intrathecal baclofen pump refills and am familiar with routine pump maintenance. My experience with pump troubleshooting and complex management decisions remains limited.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

This program would provide the structured, hands-on training that has been difficult to obtain during residency, particularly in phenol nerve and motor point blocks and advanced botulinum toxin injection techniques. I also hope to deepen my understanding of intrathecal baclofen therapy, including patient selection, pump management, troubleshooting, and longitudinal care. Learning directly from leaders in the field and practicing these techniques in a dedicated educational environment would be invaluable to my professional development.

After residency, I plan to practice as a general physiatrist with a strong outpatient musculoskeletal and neurorehabilitation focus. Interventional spasticity management will be a core component of my practice, including botulinum toxin injections, intrathecal baclofen management, and, as my training progresses, phenol nerve and motor point blocks.

I also hope to remain involved graduate medical education at my home institution. By participating in this program, I will not only improve my own clinical skills but also be better equipped to teach these techniques to future trainees and help expand access to high-quality spasticity care in the community I serve.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Cameron Williams

Is an AAPM&R Member

Yes

CAMERON WILLIAMS, D.O.

Mobile: (424)-212-1636 **Email:** cameronwilliams100@gmail.com

EDUCATION & TRAINING

Physical Medicine and Rehabilitation Resident <i>Texas Rehabilitation Hospital of Fort Worth</i>	7/2024-Expected 6/2027 Fort Worth, TX
Transitional Year Internship <i>Texas Health Harris Methodist Hospital of Fort Worth</i>	7/2023-6/2024 Fort Worth, TX
Doctor of Osteopathic Medicine <i>Touro University Nevada College of Osteopathic Medicine</i>	5/2023 Henderson, NV
Bachelor of Arts in Physics <i>Bucknell University</i> <i>Minor: Biology</i>	5/2018 Lewisburg, PA

PROFESSIONAL EXPERIENCE

Staff Physiatrist (Per Diem) <i>Multiple Inpatient Rehabilitation Facilities</i>	7/2025-Current Dallas/Fort Worth, TX
On-Site Physician - Contrast Reaction Coverage (Per Diem) <i>Envision Imaging</i>	7/2025-Current Fort Worth, TX
Ophthalmology Technician & Scribe <i>Orange County Eye Institute</i>	6/2018-7/2019 Laguna Hills, CA

INSTITUTIONAL COMMITTEES

Medical Executive Committee Member <i>Texas Rehabilitation Hospital of Fort Worth</i>	7/2024-Current Fort Worth, TX
Cerner Physician Advisory Committee Member <i>Texas Rehabilitation Hospital of Fort Worth</i>	7/2024-Current Fort Worth, TX
Acute Care Transfer Committee Member <i>Texas Rehabilitation Hospital of Fort Worth</i>	7/2024-Current Fort Worth, TX
Infection Control & Antimicrobial Stewardship Committee Member <i>Texas Rehabilitation Hospital of Fort Worth</i>	7/2024-6/2025 Fort Worth, TX
Pharmacy and Therapeutics Committee Member <i>Texas Rehabilitation Hospital of Fort Worth</i>	7/2024-6/2025 Fort Worth, TX
Grievance and Risk Committee Member <i>Texas Health Harris Methodist Hospital of Fort Worth</i>	7/2023-6/2024 Fort Worth, TX

GRADUATE MEDICAL EDUCATION LEADERSHIP

Business of Medicine and Practice Management Representative <i>Texas Rehabilitation Hospital of Fort Worth Graduate Medical Education</i>	1/2026-Current Fort Worth, TX
Resident Mentor <i>American Osteopathic College of Physical Medicine and Rehabilitation</i>	7/2023-Current Fort Worth, TX
Elected Residency Class Representative <i>Texas Rehabilitation Hospital of Fort Worth Graduate Medical Education</i>	7/2024-6/2025 Fort Worth, TX
Graduate Medical Education Committee Member <i>Texas Rehabilitation Hospital of Fort Worth Graduate Medical Education</i>	7/2024-6/2025 Fort Worth, TX

RESEARCH PUBLICATIONS & PRESENTATIONS

Publications:

Williams, C.J., Stayton, C.T. Effects of Sutured Pelvic Elements on Turtle Shell Strength: A Comparison of Pleurodire and Cryptodire Shell Mechanics. *Herpetologica*, 2019;75(2), 123-133. doi:10.1655/d-17-00066

Poster Presentations:

Williams, C.J., Clearfield, D.A. Deep Peroneal Neuritis secondary to ORIF Hardware Impingement Treated with Serial Nerve Hydrodissection. Association of Academic Physiatrists, 2025, San Juan, PR.

Kingry, C.M., **Williams, C.J.**, Moore, A. Weekend Coverage: Improving Plan of Care Compliance on Weekends in a Community Inpatient Rehab Facility After New EMR Rollout. Association of Academic Physiatrists, 2025, San Juan, PR.

Williams, C.J., Kingry, C.M., Moore, A. Improving Plan of Care Compliance in a Community Inpatient Rehab Facility After New EMR Rollout. American Congress of Rehabilitation Medicine, 2025, Chicago, IL.

Gabr, R.E., **Williams, C.J.**, He, R., Narayana, P.A. Effect of the classifier performance criterion on image quality assessment in MRI. American Association of Physicists in Medicine, 2018, Nashville, TN.

Williams, C.J., Stayton, C.T., Mechanical Importance of The Pelvic Girdle in Pleurodire Turtle Shells; A Comparison of Pleurodire and Cryptodire Shells. Kalman Research Symposium, 2017, Lewisburg, PA.

Williams, C.J., Stayton, C.T. How do Multiple Functions Influence the Rate of Morphological Evolution in Turtle Shells. *Evolution*, 2016, Austin, TX.

AWARDS

Best Early Career Poster in Health Services Research. American Congress of Rehabilitation Medicine, 2025, Chicago, IL.

PROFESSIONAL ASSOCIATIONS

American Association of Neuromuscular & Electrodiagnostic Medicine	6/2025-Current
Texas Physical Medicine and Rehabilitation Society	5/2024-Current
American Academy of Physical Medicine and Rehabilitation	7/2023-Current
Association of Academic Physiatrists	7/2023-Current

Texas Medical Association	7/2023-Current
Tarrant County Medical Society	7/2023-Current
Nevada State Medical Association	2/2020-6/2023
Clark County Medical Association	2/2020-6/2023

CERTIFICATIONS & LICENSURE

Texas Medical Board Physician License	Current
Drug Enforcement Agency License	Current
Advanced Cardiac Life Support	Current
Basic Life Support	Current

2026 STEP Spasticity Scholarship Application

Contact Information

Name	Collin Young, DO
Email Address	cy42@iu.edu
Cell Phone Number	(618) 316-3025
Address	6020 Carvel Avenue, Apt. 1234 Indianapolis, IN, 46220 United States
Is an AAPM&R Member	☒ Yes

Training Information

Residency Program	Indiana University School of Medicine PM&R Program
What year of training are you currently in?	4th-Year Resident
Have you completed 20 toxin injections in your training?	☒ Yes
Have you completed 10 Ultrasound Scans in your training?	☒ Yes
How familiar are you with Ultrasound and EMG Principles? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar)	5 / 5

Comments

My training has provided me with a strong foundation in both ultrasound and EMG principles. Throughout residency, we have yearly dedicated ultrasound and anatomy focused lectures that include hands-on instruction to develop proficiency in musculoskeletal and neuromuscular ultrasound. Clinically, I have performed ultrasound-guided procedures including spasticity management with chemodenervation and a variety of musculoskeletal injections.

I have also completed three months of dedicated EMG training which included electrodiagnostic testing, nerve conduction studies, needle EMG, and the interpretation of electrodiagnostic findings. I look forward to further advancing these skills through the AAPM&R STEP Interventional Spasticity program.

How would you rate your knowledge of MSK anatomy and kinesiology? (On a scale of 1-5, with 1 being not familiar and 5 being very familiar) 5 / 5

Comments

I would rate my knowledge of musculoskeletal anatomy and kinesiology as advanced for my level of training. Throughout residency, I have received education through dedicated anatomy lectures, ultrasound didactics, clinical correlations, and daily patient care. My procedural experience has reinforced my understanding of regional anatomy and dynamic movement patterns.

Describe any experience you may have to date performing focal chemodenervation (botulinum toxin, nerve and motor point blocks) and intrathecal baclofen delivery treatments on patients with spasticity.

I have gained hands on experience in the multidisciplinary management of spasticity in both adult and pediatric patients. My experience with focal chemodenervation includes EMG, electrical stimulation, and ultrasound guided injections using different botulinum toxin formulations (Botox, Dysport, and Xeomin). In addition to botulinum toxin injections, I have performed phenol neurolysis of the musculocutaneous and obturator nerves under appropriate guidance. My exposure has also included intrathecal baclofen therapy which I have participated in intrathecal baclofen screening trials, as well as baclofen pump refills and programming.

Why do you want to participate in this program? Please include any information regarding how you plan to integrate interventional spasticity into your future practice.

I am excited to participate in the program because I am committed to making interventional spasticity management a major focus of my career. Throughout residency, I have sought out opportunities to gain exposure and develop expertise in chemodenervation, phenol neurolysis, intrathecal baclofen management, and the modalities to provide these to patients. These experiences have solidified my passion for helping patients with neurologic conditions maximize function, improve comfort, and achieve meaningful gains in their quality of life.

Following completion of my pain medicine fellowship, I plan to return to Indiana University as faculty, where a portion of my clinical practice will be dedicated to interventional spasticity management. I hope to provide comprehensive spasticity care for patients while collaborating with multidisciplinary rehabilitation teams to optimize functional outcomes. I also look forward to helping train the next generation of physiatrists in evidence-based spasticity assessment and procedural techniques.

The STEP Spasticity program would provide advanced instruction from leaders in the field while allowing me to refine my procedural skills, expand my clinical decision making, and learn best practices that I can immediately integrate into my future practice. I am confident that the knowledge and mentorship gained through this program will have a lasting impact on my career and will ultimately benefit the patients, learners, and colleagues I serve at Indiana University.

Please attest to the following statements by checking each box:

I understand that I will be required to complete the online program before November 4, 2026 (approximately 9.5 hours of online education).

I understand that I will be required to attend the entire two-day course on November 10-11, 2026, in Orlando, FL and will be responsible for my own course travel and hotel expenses.

I understand that I will be required to attend an upcoming in-person skills assessment and will be responsible for any travel costs involved.

I understand that space is limited, and if I am unable to

attend the course for any reason, I will let AAPM&R know as soon as possible and no later than two weeks prior to the course.

Signature

Collin Young, DO

Is an AAPM&R Member

Yes

Collin Young, DO
618-316-3025 ♦ cy42@iu.edu

POST-DOCTORAL WORK

<i>Physical Medicine and Rehabilitation Residency</i> Indiana University Affiliated Hospitals, Indianapolis, IN	July 2024 - Current
<i>Research Fellow - Lab of Dr. Linda Schutzman</i> Indiana University, Indianapolis, IN	Aug 2023 – June 2024
<i>Marian University COM Clinical Teaching Assistant</i> Marian University College of Osteopathic Medicine (MU-COM), Indianapolis, IN	Aug 2023 – Current
<i>Preliminary Surgery Year (PGY1)</i> Indiana University Affiliated Hospitals, Indianapolis, IN	July 2022 – June 2023

EDUCATION

<i>Doctor of Osteopathic Medicine (D.O.)</i> Marian University College of Osteopathic Medicine (MU-COM), Indianapolis, IN	May 2022
<i>Graduate Biomedical Coursework</i> MU-COM, Indianapolis, IN	Aug 2017 – Aug 2018
<i>Bachelor of Science in Biology and History minor</i> Lindenwood University, St. Charles, MO	May 2017

HONORS & AWARDS

<i>Sigma Sigma Phi Honors Society - MU Upsilon Chapter</i> Marian University College of Osteopathic Medicine, Indianapolis, IN	March 2021
<i>Summa Cum Laude</i> Lindenwood University, St. Charles, MO	May 2017
<i>Biology Department Student Scientist of the Year</i> “The student who receives this award has a major in the natural sciences and has demonstrated outstanding academic performance and intellectual rigor in their science classes as determined by the department faculty. Outstanding academic performance may include, but is not limited to, course grades, as well as writing, discussing, and thinking abilities as demonstrated in class.”	May 2017
<i>Academic All-Conference - Baseball</i> Awarded Academic All-Conference in the American Midwest Conference. Requirements for the award include being a student athlete in their second term at their institution who has maintained a minimum grade point average of 3.0 at the time of nomination. Coaches nominate the player, and the Conference announces the awards at the end of the season.	May 2017
<i>Athletic Director Inspiration Award</i> This award is given by the University President to "a student athlete in good academic standing that has demonstrated qualities of leadership, perseverance, determination, and internal drive for success. It is intended for someone who has overcome major obstacles in their life, on and/or off the athletic field."	Aug 2016

RESEARCH EXPERIENCE

Assistant and Presenter

Aug 2025 – Oct 2025

Indiana University, Indianapolis, IN

Conducted a chart review and performed a retrospective study for patients that had undergone minimally invasive lumbar decompression (MILD) at Indiana University. Performed data analysis assessing improvement in pain, function, and quality of life. Presented the data at Pulsus Spine Conference and manuscript acceptance is pending.

Assistant and Author

Indiana University, Indianapolis, IN

Aug 2024 – Jan 2025

Conducted chart review and data gathering for pediatric patients that underwent combined nerve reconstruction and latissimus dorsi and teres major tendon transfer vs. staged surgeries in brachial plexus birth injuries. Manuscript pending.

Research Fellow

Indiana University, Indianapolis, IN

Aug 2023 – June 2024

Managed cell culture and mouse experiments looking at the physiologic pathways involved in hypercoagulation after blunt chest trauma. This included design of experiments, implementation of design, and maintenance of cell colonies. Also assisted with writing grants to obtain funding.

Assistant and author

April 2022 - Nov 2022

Marian University, Indianapolis, IN

Assisted with the literature search and authoring of a chapter for drugs in metabolic bone disease for side effects annually. I learned how to research current literature and how to synthesize that into information that could be communicated as an overview.

Student Researcher

Dec 2020 – Dec 2023

Shelbourne Knee Center, Community Health Network, Principal Investigator: Rodney Benner, MD

I assisted with a literature search to assess current objective standards of measurement for ACL bone patellar tendon bone graft reconstruction pre- and post-operative laxity and IKDC scores.

Research Assistant

May 2018 – May 2022

Department of Biomedical Sciences, MU-COM, Principal Investigator: Julia Hum, PhD

My responsibilities consisted of starting research projects from the beginning with the intent of a master's student taking the project over for their thesis. I was involved in researching the basic scientific principles behind the project, growing and culturing cells, and performing Western Blots along with qPCRs. I have also been included on a review article with several more in the preparation stages.

WORK EXPERIENCE

Anatomy Lab Prosector

Jul 2019 – Dec 2019

MU-COM, Indianapolis, IN, 46222

My responsibilities consisted of preparing the cadaver for anatomy lab and completing the dissection that is shown as an example to the class to help with identification of the structures.

Stipend Research Position

May 2019 – Aug 2019

MU-COM, Indianapolis, IN, 46222, Principal Investigator: Julia Hum, PhD,

My responsibilities consisted of performing research in Chronic Kidney Disease: Mineral and Bone Disorder. I learned how to grow and culture cells, run Western Blots, qPCRs, and perform lab maintenance.

Tutor of Biology and Chemistry

Aug 2014 – May 2017

Lindenwood University, Academic Student Success Center, Belleville, IL, 62226

Served as a tutor for general biology and chemistry courses through 300/400 level courses taken by students through their junior year. I also assisted in English tutoring when short staffed or if overbooked.

LEADERSHIP EXPERIENCE

Administrative Chief Resident

Apr 2026 – Current

American Academy of Physical Medicine & Rehabilitation (AAPM&R) PHiT Ambassador

July 2025 – June 2026

Serve as a liaison from Indiana University's residency program to the AAPM&R to communicate messages and provide feedback.

Student Osteopathic Medical Association Secretary/Pre-SOMA Director

Apr 2018 – May 2019

MU-COM, Indianapolis, IN

My job was to organize the meeting schedule and take notes during the weekly meetings, help to organize the SOMA elections on campus, and to help coordinate the Pre-SOMA branch on campus with the master's students and the undergraduate students. This is to allow them to be able to learn more about osteopathic medicine and be a part of a group of students that has the same goals of attending medical school.

Introduction to Clinical Medicine 3 Course Liaison

Aug 2019 – Dec 2019

MU-COM, Indianapolis, IN

My role was to meet with the course director to discuss logistics and concerns of the student body and be a direct line of communication. This included discussing how students viewed certain activities, how to make the course run more smoothly for students, or any general complaints that were brought to my attention.

Wellness League – Franklin House Leader

Jan 2018 – May 2018

MU-COM, Indianapolis, IN

Our Wellness League's goal is to provide many small activities, larger gatherings, volunteer events, and other opportunities for students to allow a health break from studying. The league is split into houses that gain points through the year based on the amount of participation. My role was to help organize and spread information on upcoming events to gain participation for the biomedical sciences program.

EXTRACURRICULAR ACTIVITIES

Emerging Leaders in Spasticity Program

Aug 2025 – Dec 2025

A training series through AbbVie Inc. for resident physicians that uses training and educational programs with leaders in the field to provide residents the ability to gain expertise in the management of spasticity.

Meaningful Medicine Mentorship Program

Aug 2018 – May 2019

MU-COM, Indianapolis, IN

In my first year of medical school, this program sought to pair me with a doctor, chaplain, or other healthcare provider from the Indianapolis community to help experience holistic care in medicine. In this program I was able to round with a chaplain and orthopedic surgeon and see different ways of compassionate care and handling a variety of scenarios while keeping a professional and patient centered approach.

Student – Athlete

Aug 2013 – May 2017

Lindenwood University, Athletic Department, Belleville, IL, 62226

I was part of the Lindenwood University Men's Baseball Team and served as the team catcher for four years, provided leadership and was a representative of the athletic department. I also participated in civic activities, fundraisers and was a student coach for baseball clinics.

COMMUNITY SERVICE

Volunteer for Cicero Adaptive Waterski Clinic

June 2025

Rehabilitation Hospital of Indiana, Indianapolis, IN

Adaptive water ski clinic is a two-day event that allows individuals with disability to experience water skiing. Roles as a water volunteer included bringing skis into the water, assisting runners with starting, and swimming to participants.

Volunteer for Overdose Lifeline

Feb 2022 – Dec 2023

Overdose Lifeline, Indianapolis, IN

Overdose Lifeline is a non-profit organization in Indianapolis whose aim is to help individuals and families that have been affected by overdose. I helped to assemble Narcan kits every two weeks to meet their demand of supplying to drop boxes, vending machines, and events across Indiana.

Student American Osteopathic Academy of Orthopedics – Mentor

Feb 2022 – July 2022

MU-COM, Indianapolis, IN

The SAOAO club on campus helps aspiring medical students prepare for auditions and gain insight and knowledge into high yield topics. My peers and I developed presentations that describe how to approach audition rotations and common orthopedic fractures. This allowed me to take a mentorship role and assist in coaching fellow students on the general knowledge base that is expected.

Volunteer for Biomedical Sciences Program Problem Based Learning

Jan 2019 – Feb 2020

MU-COM, Indianapolis, IN

This program would host problem-based learning cases before their exams in physiology and pharmacology. I volunteered as a group leader on several occasions to lead the students through these cases and to help them correlate relevant physiology and pharmacology in a clinical application.

Volunteer for Opening Minds Through Art (OMA)

Oct 2019 – Dec 2019

MU-COM, Indianapolis, IN

This is an evidence-based program in which I interacted with elders that have Alzheimer's along with other neurocognitive disorders. The goal of the program is to provide a failure-free environment in which the elders have freedom of expression in their art along with social engagement. It allowed me to improve my perception of aging, personal interaction and understanding of the progressive nature of the disease. Link for website: www.scrippsoma.org

Trinity Free Clinic Volunteer

Aug 2019 – Dec 2019

MU-COM, Indianapolis, IN

Marian partners with the Trinity Free Clinic twice a week to provide care to an underserved community. In this time, students are allowed to be in the room with the patient to work on their history and physical exam skills. They then present the patient information to the physician working that evening and observe the physician interact with the patient and reach a diagnostic plan.

Free Clinic Volunteer

Sep 2017 – Dec 2017

Gennsaret Free Clinic, Indianapolis, IN

This is a free clinic that provides healthcare services that include medical, dental, early detection for breast and ovarian cancer, vision care, and respite for homeless men and women. My role as a clerk was to interact with incoming patients and pull their records or create a new file if they had never been to the clinic.

PROFESSIONAL AFFILIATIONS**American Osteopathic Association**

Aug 2018 – Current

American Medical Association (AMA)

Aug 2018 – Current

American Academy of PM&R (AAPM&R)

July 2024 – Current

Association of Academic Physiatrists (AAP)

July 2024 – Current

PUBLICATIONS & PRESENTATIONS

Aric Anloague, Devanshi Patel, Stephanie Henderson, Hillary Rolfs, Mackenzie Powell, Sunny B Patel, Nicole M LaFave, Vincent R Marshall, Bryan G Wacker, **Collin M Young**, Julia M Hum, Kevin Gries, Jonathan W Lowery (2021, July). *A call for research on soft tissue manipulation (STM) as a bone anabolic therapy*. Published in Journal of Rehabilitation Therapy, Volume 3-1. DOI: 10.29245/2767-5122/2021/1.1125

Collin Young, Nicole LaFave, Kirby Tobin, Timothy Waite, Forrest Oberhelman, and Julia M. Hum (2019, September) Developing an in vitro model of CKD-MBD induced α Klotho suppression. Poster session presented at the American Society for Bone and Mineral Research, Orlando, Florida. Also presented at Marian University Research Day (2019, November)

Cecilia Bender*, **Collin Young***, Forrest Oberhelman, Madison Kelly, William Thompson, and Julia Hum *Co-first Authors, (2019, March). The role of $\alpha 2\delta 1$ in mediating extracellular signaling in retinal cells. Poster session presented at the Indiana Physiological Society, Crawfordsville, Indiana. Also presented at Marian University Research Day (2018, November). * Indicates co-first authors.

Collin M. Young DO, Chynna N. Fahrholz, Kelli J. Manikowski, Julia M. Hum PhD, Brian W. Skinner PharmD, BCPS, Chapter 34 - Drugs for metabolic bone disease, Side Effects of Drugs Annual, Elsevier, Volume 44, 2022, Pages 471-481

Indiana Osteopathic Association's 42nd Annual Winter Update and Pre-Conference OMT Workshop Nov 2023

MU-COM Student American Academy of Osteopathy Mini-Convocation (Presentation) March 2024

Sheryl Katta-Charles MD, **Collin Young DO**, Clinical History and Examination of Headaches, Physical Medicine and Rehabilitation Clinics of North America, 2025, ISSN 1047-9651, <https://doi.org/10.1016/j.pmr.2025.08.001>.

Collin Young, Bryan Ko, Nancy Abarca, Shania James, Dhruv Solanki, Raheleh Rahimi Darabad (2025, October) Minimally Invasive Lumbar Decompression (MILD) After Conservative Treatment Failure: A Retrospective Cohort Study. Oral presentation given virtually for Pulsus Spine 2025 – 12th World Congress on Spine and Spinal Disorders Paris, France)

Collin Young DO, Jacob Ramsey-Morrow MD (2025, October) A Multimodal Approach to an Atypical Presentation of Thoracic Outlet Syndrome with Associated Perineural Inflammation: A Case Report. Poster presentation given at AAPM&R annual assembly (Oct 2025).

Collin Young DO, Henry Kotlinski DO, Jacob Ramsey-Morrow MD (2026, February) Acute axial neck pain secondary to intraspinal facet synovial cysts and hypermobility: A Case Report. Poster presentation at AAP annual assembly (Feb 2026).

SKILLS & Certifications

ACLS Certified

BLS certified

Basic Mouse Handling (Research)

CITI certified Biomedical Lab Researcher

CITI certified Good Clinical Practice (GCP)

CITI certified Human Subject Research - Other Research Team Member

CITI certified Information Privacy Security (IPS)