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PM&R Journal Editor-in-Chief

Tell members a little bit about yourself.

**Your Practice**

I am a Professor and Clinician-Scientist in the Department of Rehabilitation Medicine at the University of Washington in Seattle. I completed PM&R residency training in 2005 at UW and have been in a faculty position here for 16 years. I recently completed my master's in public health at Georgetown University. Clinically my area of focus is limb loss rehabilitation, although this year I also have incorporated post-COVID-19 rehabilitation into my clinical practice. Most of my time is devoted to being Editor-in-Chief of *PM&R* and serving as our department's Vice Chair for Faculty Affairs.

**Your Life Outside of Work**

On a personal note, I have a husband, three children (ages two, six and 12), two stepdaughters (ages 15 and 20) and four dogs. So, that is pretty much my life outside of work in a nutshell! In my "spare" time, I do peloton – cycling and running classes.

**What accomplishments/honors are you particularly proud of that you would like to share with members?**

I've been incredibly fortunate to have had a number of opportunities to do impactful work over my career to date. In addition to being Editor-in-Chief of *PM&R*, which is an incredible honor, I also have conducted the largest randomized trial of lumbar epidural steroid injections for spinal stenosis, the results of which were published in *NEJM* in 2014. This was a study that has catapulted an incredible amount of discourse and further research related to the use of epidural steroid injections. I also serve on the Washington State Health Technology Clinical Committee where we evaluate evidence about a variety of treatments and diagnostic tests and make coverage decisions for Washington State. Working with this committee has been extremely important to me and I recognize the weight of the decisions we make on the health of the public in Washington state.

Over this past year, I have worked with a number of my PM&R colleagues to develop a post-COVID-19 rehabilitation and recovery clinic. This multidisciplinary clinic has provided needed services to patients with ongoing functional impairments after COVID-19 and has filled an important gap at UW. I am proud of how our PM&R colleagues have wholeheartedly embraced this new challenge and are demonstrating the value of PM&R to the world.

**What have you advanced in your local community outside of or in conjunction with your medical practice?**

Aside from raising the equivalent of a basketball team (with the appetite more like a football team), I am becoming increasingly committed to efforts around sustainability and climate change. I serve on a faculty sustainability committee at UW where we are working on strategies to increase medical education efforts around the impacts of climate change on health and efforts to reduce unnecessary travel to reduce the carbon footprint of the university.

**What special skills or unique attributes do you bring to the Board of Governors?**

The perspective I bring to the Board is primarily as the Editor-in-Chief of *PM&R*, but I also have broad clinical and research experience within an academic institution. My skills and training help me to weigh evidence and use data to help make decisions. I am also adept at swatting away swarming children during Zoom meetings at inopportune times.

**What do you most look forward to in your service on the Board?**

I have enjoyed understanding the strategic initiatives of AAPM&R as this provides me with a good perspective as Editor-in-Chief into what is important to our field and our members. I have appreciated the thoughtfulness of the Board and the care that each Board member takes to consider decisions that are made from many different perspectives and angles. I enjoy learning from the other Board members who all come from very different backgrounds and practices.

I look forward to being able to showcase through scientific publishing the incredible work that is going on within our field and being able to advance our specialty and I see my role on the Board as helping to support these efforts.

**What have we not asked you that you think members should know about you?**

I look forward to engaging with AAPM&R members and am always looking for feedback and ideas for the journal. I welcome input and strive to make the journal something that is of high value to all of our members and to the national and international physiatry communities. I also highly value diversity and equity and strive to have *PM&R* reflect this value. I recognize that as a journal editor, I am not always able to make decisions that are favorable to everyone, but my hope is that my decisions are equitable, my feedback is constructive and the rationale for my decisions is transparent.