

## Sports Medicine Fellowship **Scholarly Activity**

Each fellow must complete a scholarly activity during the fellowship year. All fellows participate in a research project and present their project during the Resident/Fellow Research Day in June. Fellows also give a Grand Rounds presentation at Shirley Ryan AbilityLab.

The following are examples of what former fellows from the past several years have accomplished during their fellowship year:

### **2023-2024 FELLOWS**

#### **ELIZABETH BROWN, MD**

##### GRAND ROUNDS:

- Post-Partum Return to Exercise: Current Evidence, Barriers and Future Directions.

##### RESEARCH PROJECT:

- Satisfaction of Ultrasound-guided Knee Injections for Osteoarthritis

##### PRESENTATIONS:

- Delayed presentation of splenic injury in football player. American Medical Society for Sports Medicine Annual Meeting, 2024

#### **BRIAN CERVONI-ROSARIO, MD**

##### GRAND ROUNDS:

- Gluteal Tendinopathy

##### RESEARCH PROJECT:

- Procedural Anxiety in Patients Undergoing a Lumbar Spine Fluoroscopically Guided Neuraxial Injection (FGNI): A Cross-Sectional Study

##### PRESENTATIONS:

- Atypical and Painful Clicking at the Wrist. American Medical Society for Sports Medicine Annual Meeting, 2024

##### AWARDS/HONORS:

- Sports Ultrasound Committee Leader, AMSSM Annual Meeting
- Exercise is Medicine Committee American College of Sports Medicine
- Medical Education Committee member, AMSSM

---

### **2022-2023 FELLOWS**

#### **MICHAEL LU, MD**

##### GRAND ROUNDS:

- No pain, more gain: Addressing Musculoskeletal Barriers in Inpatient Rehabilitation

##### RESEARCH PROJECT:

- The Impact of a Novel Musculoskeletal Consult Service in an Inpatient Rehabilitation Facility: A Descriptive Analysis

PRESENTATIONS:

- Right Low Back Pain – Wrestling. American College of Sports Medicine Annual Meeting, 2023
- A New Meaning To Tricep Squeeze - An Unusual Case Of Posterior Arm Pain In A Weightlifter (Podium). American Medical Society for Sports Medicine Annual Meeting, 2023

**MEGHAN URBAN, MD**

GRAND ROUNDS:

- Bone Stress Injuries: Pathophysiology as a guide to Imaging Selection & Treatment

RESEARCH PROJECT:

- Change in Functional Movement Assessment after a Strength Training Program in Marathon Runners

AWARDS/HONORS:

- Sarah Baskin 1<sup>st</sup> Place Award for Excellence in Research, Fellow Category

---

**2021-2022 FELLOWS**

**MATTHEW SHERRIER, MD**

GRAND ROUNDS:

- Exercise is Medicine – But How?

RESEARCH PROJECT:

- The Relationship between Baseline Synovial Fluid Biomarker Profile and Gait Analysis on Patient Reported Outcomes Following Intra-articular Glucocorticoid Injections for Knee Osteoarthritis

PUBLICATIONS

- **Sherrier M**, Schroeder A, Davis WA, Boninger M, Helkowski WM. Creating a Resident Research Track in Synergy With the Rehabilitation Medicine Scientist Training Program. *Am J Phys Med Rehabil.* 2022 Jul 1;101(7 Suppl 1):S57-S61.
- Sun H, Shu LY, **Sherrier MC**, Zhu Y, Liu JW, Zhang W. Decreased complications but a distinctive fixation loosening mechanism of fully threaded headless cannulated screw fixation for femoral neck fractures in young adults. *J Orthop Surg Res.* 2021 Mar 30;16(1):234.
- Ultrasound (Chapter), Physical Medicine and Rehabilitation *Pocketpedia*

PRESENTATIONS:

- The Role of Myoglobin in Murine Muscle Function, Presentation (virtual) at American Medical Society of Sports Medicine Annual Meeting, 2022

AWARDS/HONORS:

- Sarah Baskin 1<sup>st</sup> Place Award for Excellence in Research, Fellow Category

**DAYNA YORKS, DO**

GRAND ROUNDS:

- Brace Your Abs: Understanding Core Strengthening for Low Back Pain

RESEARCH PROJECT:

- Comparison of short term pain outcomes of lumbosacral TFESI based on referring provider

PUBLICATIONS:

- Ultrasound (Chapter), Physical Medicine and Rehabilitation *Pocketpedia*.

---

## **2020-2021 FELLOWS**

### **KEVIN HUANG, DO**

#### GRAND ROUNDS:

- If "Exercise is Medicine" Then What is the Prescription?
- 

#### RESEARCH PROJECT:

- Musculoskeletal and Spine Pre-injection Curriculum for PM&R Residents

#### PUBLICATIONS

- **Huang K**, Ihm J. Sleep and Injury Risk. Curr Sports Med Rep. 2021 Jun 1;20(6):286-290
- Ozment, K, **Huang K**, Rho M. Shoulder Weakness- Basketball And Weight Lifting: 1266, Medicine & Science in Sports & Exercise. 53(8S):416, August 2021.
- **Huang, K**, Chu, SK. Shoulder Pain - Dodgeball: 1308, Medicine & Science in Sports & Exercise. 53(8S):430, August 2021.

#### PRESENTATIONS:

- Shoulder Pain - Dodgeball, Presentation (virtual) at American College of Sports Medicine, 2021

### **BENJAMIN WASHBURN, MD**

#### GRAND ROUNDS:

- Using Step Counts to Prescribe Activity: What is the Optimal Dose?

#### RESEARCH PROJECT:

- Biomarker and MRI Analysis of Knee Osteoarthritis in Patients with Acute Spinal Cord Injury

#### PUBLICATIONS:

- **Washburn BD**, Ihm JM. Using Step Counts to Prescribe Activity: What is the Optimal Dose. Curr Sports Med Rep. 2021 Aug 1;20(8):402-409.
- **Washburn, BD**. Chu, SK. Knee Pain In A Skier: 1283. Medicine & Science in Sports & Exercise. 53(8S):422, August 2021.

#### PRESENTATIONS:

- Knee Pain in a Skier (virtual) at American College of Sports Medicine, 2021

#### AWARDS/HONORS

- Sarah Baskin 1<sup>st</sup> Place Award for Excellence in Research, Fellow Category

---

## **2019-2020 FELLOWS**

### **JOSEPH DADABO, MD**

#### GRAND ROUNDS:

- Powering Performance: Energy Availability in Running Medicine

#### RESEARCH PROJECT:

- Retrospective Analysis of Marathon Pacing at the Chicago Marathon

#### PUBLICATIONS

- **Dadabo JG**, Rho, M. Chest Wall Pain in a Marathon Runner. Medicine & Science in Sports & Exercise.52(7S):540-541, July 2020.

PRESENTATIONS:

- Chest Wall Pain in a Marathon Runner, Presentation (virtual) at American College of Sports Medicine, June 2020

AWARDS/HONORS:

- Kellogg Master of Business Administration (MBA) program for McGaw Residents and Fellows
- Sarah Baskin 2<sup>nd</sup> Place Award for Excellence in Research, Fellow Category

**ALEXANDRIA HASELHORST, DO**

GRAND ROUNDS:

- Sex Differences in Femoroacetabular Impingement Syndrome

RESEARCH PROJECT:

- Biomarker Analysis of Knee Osteoarthritis in Patients with Acute Spinal Cord Injury

PUBLICATIONS:

- **Haselhorst, A.**, Rho, M. Musculoskeletal Issues and Care Specific to the Female Athlete. *Curr Phys Med Rehabil Rep* 8, 249–259 (2020).
- **Haselhorst AJ**, Rho, M. Pelvic Pain in a Ballerina, *Medicine & Science in Sports & Exercise*.52(7S):21, July 2020.

PRESENTATIONS:

- Right Arm Pain in a Flutist, Poster (virtual) at American Medical Society of Sports Medicine Annual Meeting, April 2020
- Pelvic Pain in a Ballerina, Presentation (virtual) at American College of Sports Medicine, June 2020

AWARDS/HONORS

- Craig H. Neilsen Foundation Research Grant
- Sarah Baskin 1<sup>st</sup> Place Award for Excellence in Research, Fellow Category