



BOARD CERTIFICATIONS

2021	American Board of Physical Medicine and Rehabilitation
2022	American Board of Physical Medicine and Rehabilitation Sports Medicine Certification

EDUCATION

2007 - 2011	Bachelor of Science, Environmental Studies Emory University Atlanta, GA
2012 - 2016	Doctor of Medicine Albert Einstein College of Medicine Bronx, NY

EMPLOYMENT

2022 - Present	Attending, Sports Medicine Optum Care Washington (Formerly The Everett Clinic) Everett, WA
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POSTGRADUATE TRAINING & FELLOWSHIP APPOINTMENTS

2016 - 2017	Internal Medicine Residency Montefiore New Rochelle Hospital New Rochelle, NY
2017 - 2020	Physical Medicine and Rehabilitation Residency Medical College of Wisconsin Milwaukee, WI
2020 - 2021	Neurorehabilitation and Spasticity Management Fellowship Medical College of Wisconsin Milwaukee, WI
2021 - 2022	Primary Care Sports Medicine Fellowship John Peter Smith Health Network Arlington, TX

PROFESSIONAL MEMBERSHIPS

2011	Phi Beta Kappa
2018 - 2019, 2021 - Present	American Medical Society of Sports Medicine

PRESENTATIONS

9/17/2017	Predicting Stroke Progression in the Inpatient Rehab Setting, PM&R Neuro Case Conference, Froedtert Memorial Lutheran Hospital
12/7/2017	Central Cord Syndrome, PM&R Neuro Case Conference, Froedtert Memorial Lutheran Hospital
4/30/2018	Antibiotic Resistance, PM&R Morbidity and Mortality, Clement J. Zablocki VA Medical Center
5/15/2018	Injection Therapies for Lateral Epicondylitis, PM&R Journal Club, Froedtert Memorial Lutheran Hospital
6/21/2018	Critical Illness Myopathy vs. Steroid-Induced Myopathy, PM&R Case Conference, Froedtert Memorial Lutheran Hospital
11/20/2018	Patient-Reported Outcomes After Traumatic Upper-Extremity Amputation, PM&R Journal Club, Froedtert Memorial Lutheran Hospital
1/24/2019	Scapular Winging, Pain Management Center Residents/Fellows/Medical Students, Pain Management Center, Wauwatosa, WI

6/5/2019	Recognition and Management of Exertional Heat Stroke, MCW PM&R Sports Medicine Interest Group, SpineCare, Wauwatosa, WI
8/29/2019	Hemiballismus as a Consequence of Lacunar Stroke, PM&R Neuro Case Conference, Froedtert Memorial Lutheran Hospital
5/20/2020	Utilization of Corticosteroid Injections for Pain Complaints: Has it changed in the setting of the US Opioid Overdose Death Epidemic? PM&R Research Day, Medical College of Wisconsin
1/6/2021	Stroke Syndromes, PM&R Resident Didactics, Medical College of Wisconsin
3/3/2021	Intrathecal Baclofen Pump Troubleshooting, PM&R Resident Didactics, Thomas Jefferson University
6/2/2021	RATS Study Update and The Role of Visuospatial Information in Gait in Chronic Hemiplegic Stroke Survivors, PM&R Research Day, Medical College of Wisconsin
10/29/2021	Finger Fractures, Sports Medicine Fellow Didactics, John Peter Smith Hospital
1/25/2021	Common Injuries of the Elbow, Wrist, and Hand, John Peter Smith Family Medicine Upper Level Resident Sports Medicine Workshop

PUBLICATIONS

Posterior Knee Pain After a Fall, Case Poster Presentation, AMSSM National Meeting, 4/16/2019

Scapular Winging: A Common Occurrence with Significant Functional Implications, Case Poster Presentation, AAPM&R National Meeting, 11/2019

CONFERENCES ATTENDED

February 2018	Association of Academic Physiatrists - National Meeting, Atlanta, GA
2019, 2022 - 2024	American Medical Society of Sports Medicine - National Meeting
November 2019	American Academy of Physical Medicine and Rehabilitation - National Meeting, San Antonio, TX
February 2021	Association of Academic Physiatrists - National Meeting, Virtual

MEDICAL COLLEGE TEACHING ACTIVITIES

Resident Education

9/2020 - 6/2021	Resident/Fellow-Led Hands-On Ultrasound Course
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RESEARCH

06/2013 - 04/2017	Gunshot Wounds to the Spine: An 11-Year Experience at an Urban Trauma Center in the United States Role: Medical Student Investigator, Chart Review, Manuscript Author
03/2019 - 07/2021	Utilization of Corticosteroid Injections for Pain Complaints: Has it changed in the setting of the US Opioid Overdose Death Epidemic? Role: Co-Investigator
07/2020 - 06/2021	RATS Reliability Study for Spasticity Assessment Role: Co-Investigator Participation ended at completion of fellowship

SPORTS COVERAGE

2018 - 2019	Hamilton-Sussex High School Football In-game coverage of male high school athletes under direct attending supervision, with athletic trainer present in Sussex, WI.
2018 - 2021	Milwaukee Torrent Men's/Women's Soccer In-game coverage of men's and women's professional soccer with variable on-site supervision and athletic trainer present.
2018 - 2019	Tour of America's Dairy Land On-site coverage of a pro/am multi-day road cycling race with athletic trainers and co-residents in Milwaukee, WI.
11/17/2018	CUW Open, College Wrestling College wrestling tournament coverage with athletic trainers, a fellow, and co-residents in Mequon, WI.
2018 - 2020	Concordia Men's/Women's Hockey Coverage of men's and women's college club hockey teams with an athletic trainer in Mequon, WI.

1/17/2019	ABA Boxing Assisted with pre-bout physicals at a boxing tournament in Milwaukee, WI with MCW's sports medicine fellow.
2019 - 2020	Big Cheese Classic, Wheelchair Basketball Tournament Organized the resident coverage schedule and performed on-site coverage with co-residents and MCW's sports medicine fellow.
2019	Wisconsin Bike Patrol, Mountain Bike Race Coverage On-site coverage of pro/am/youth mountain bike races with EMTs/paramedics and co-residents in southeastern Wisconsin.
7/9 - 7/15/2019	National Veterans Wheelchair Games On-site coverage for wheelchair athletic competitions and temporary clinic coverage in Louisville, KY.
8/14/2021	North Texas SC Soccer Sideline coverage of the professional affiliate team for FC Dallas.
8/27 - 8/28/2021	Hotter n' Hell 100 Medical coverage for a major cycling event in Wichita Falls, TX with nearly 10,000 participants.
2021 - 2022	North Side High School Head Team Physician for all high school athletics in Fort Worth, TX.
2021 - 2022	Texas Christian University Medical team coverage including athlete clinic, sideline coverage, and football training camp.
2021 - 2022	Texas Wesleyan University Medical team coverage including dedicated training room time, women's basketball, and men's track and field.
2021 - 2022	Southern Assemblies of God University Medical team coverage including dedicated training room time and football sideline coverage.
10/2/2021	Fort Worth Golden Gloves Pre- and post-bout exams and event medical coverage for boxers ages 8-23.
12/18/2021	Dickies Hall of Fame Classic Event physician for a Division I men's college basketball game between Houston and Oklahoma State.

COMMUNITY SERVICE ACTIVITIES

2012 - 2016	ECHO Free Clinic HIV counselor, pre-clinical board member, and clinical board member
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TEACHING

2020 - 2021	Hands-On Ultrasound Course Organized and led a course for hands-on ultrasound experience with MCW residents.
2021 - 2022	Preceptor Evaluated patients seen by family medicine residents and taught relevant sports medicine topics and injection skills.

RELEVANT WORK EXPERIENCE

2011 - 2012	Physical Therapy Aide Mountain View Physical Therapy Mountain View, CA Instructed and directly supervised outpatient physical therapy patients in therapeutic exercises and administered treatment modalities.
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PERSONAL INTERESTS

Physical fitness, road cycling, skiing, hiking, music, San Francisco Giants Baseball Club, Arsenal Football Club