

### **FACULTY POSITION**

- 2018-Present Associate Professor  
Divisions of PM&R, Sports Medicine, & Research  
Department of Orthopaedics and Rehabilitation  
University of Florida College of Medicine, Gainesville, FL
- 2012-2018 Assistant Professor  
Divisions of PM&R, Sports Medicine, & Research  
Department of Orthopaedics and Rehabilitation  
University of Florida College of Medicine, Gainesville, FL
- 2016-Present Core Faculty  
Primary Care Sports Medicine Fellowship  
University of Florida  
Gainesville, FL
- 2012-Present Co-Medical Director: University of Florida Adolescent and High School Sports  
Medicine Outreach Program

### **POST-GRADUATE TRAINING**

- 2012 **Primary Care Sports Medicine Fellowship**  
Geisinger Health System, Wilkes-Barre, PA
- 2011 **Physical Medicine and Rehabilitation**  
Resident Physician & Clinical Associate  
Tufts Medical Center, Boston, MA
- 2008 **Transitional Internship in Medicine**  
Newton-Wellesley Hospital, Newton, MA

### **EDUCATION**

- 2007 **Tufts University School of Medicine**, Boston, MA  
Doctorate of Medicine
- 2001 **Harvard University Extension School**, Cambridge, MA  
Diploma in Pre-Medical studies, *with distinction*
- 1998 **Emory University**, Atlanta, GA  
BBA in Business Administration, Goizuetta School of Business  
2<sup>nd</sup> major: Sociology, Emory College

### **BOARD CERTIFICATION**

- 2012 American Board of Physical Medicine and Rehabilitation #10668  
2012 Certificate of Added Qualification-Sports Medicine

### **CERTIFICATION**

2011 ImPACT Concussion Certified, Bethlehem, PA  
2009 National Board of Medical Examiners, USMLE

### **MEDICAL LICENSURE**

State of Florida (active)  
State of Pennsylvania  
State of Massachusetts

### **PEER REVIEWED PUBLICATIONS**

1. Zaremski JL. Weighted Ball Velocity Throwing Programs are Effective. Are The Benefits Worth The Risk? Invited Editorial for Clinical Journal of Sports Medicine. Published Ahead of Print March 30, 2020. doi: 10.1097/JSM.0000000000000822.
2. Allen G, Smith K, Tripp B, Zaremski J, Smith S. Coronary Artery Anomaly in a High School Football Player – A Case Report. International Journal of Athletic Therapy and Training, 2019, 24, 225-228. doi.org/10.1123/ijatt.2018-0101.
3. Zaremski JL, Vincent KR, Vincent HK. Elbow Ulnar Collateral Ligament: Injury, Treatment Options, and Recovery in Overhead Throwing Athletes. Current Sports Medicine Reports. 18(9): 338–345. September 2019. doi: 10.1249/JSR.0000000000000629.
4. Zaremski, JL, Zeppieri, G. & Tripp, BL. Injury Prevention Considerations in Adolescent Overhead Throwing Athletes. Curr Phys Med Rehabil Rep (2019). <https://doi.org/10.1007/s40141-019-00224-9>.
5. Zaremski JL, Zeppieri G, Tripp BL. Sport Specialization and Overuse Injuries in Adolescent Throwing Athletes: A Narrative Review. Journal of Athletic Training 2019;54(10):1030–1039. doi: 10.4085/1062-6050-333-18. *This was an invited manuscript to this edition dedicated to youth sport specialization.*
6. Zaremski JL, Rao A, Myers R, Mautner K, Berkoff D, Ross D, Logan K, Horodyski MB, Asif IM. Identifiable Factors Associated With Acceptance Into Sports Medicine Fellowship Programs: A Brief Report. Clinical Journal of Sport Medicine. Published online October 2018. doi.org/10.1097/JSM.0000000000000694.
7. Zaremski, JL, Wright TW, Herman, DC. Humeral Stress Fracture With Median Nerve Injury in a Baseball Player: A Case Report and Discussion. Current Sports Medicine Reports. 17(6):183-186, June 2018. doi: 10.1249/JSR.0000000000000489.
8. Zaremski JL, Zeppieri G, Jones DL, Tripp BL, Bruner M, Vincent HK, Horodyski MB. An Unaccounted Workload Factor: Pitch Counts in High School Baseball Pitchers. An Observational Study. Orthop J Sports Med. 2018 April, 6(4), 2325967118765255. DOI: 10.1177/2325967118765255.
9. Wasser JG, Herman DC, Horodyski MB, Zaremski JL, Tripp BL, Page P, Vincent KR, Vincent HK. Exercise Intervention for Unilateral Amputees with Low Back Pain: Study Protocol for a Randomised, Controlled Trial. Trials 2017. 18:630. <https://doi.org/10.1186/s13063-017-2362-0>.

10. Zaremski JL, Diamond M, Aagesen A, Casey E, Davis B, Ellen MI, Mautner K, McInnis K, Nichols J, Rao A, Krabak B. Musculoskeletal and Sports Medicine Physical Medicine and Rehabilitation Curriculum Guidelines. *PM&R*. 9(12); 2017. 1244-1267.
11. Zaremski JL, McClelland JI, Vincent HK, Horodyski MB. Trends in Sports-Related Elbow Ulnar Collateral Ligament Injury. *The Orthopaedic Journal of Sports Medicine*, 5(10), 2325967117731296. DOI: 10.1177/2325967117731296.
12. Herman DC and Zaremski JL. Impingement Syndromes of the Shoulder-Refreshed Topic. "PM&R Knowledge Now" Knowledge Now Online Textbook. Published April 2017. <https://now.aapmr.org/impingement-syndromes-of-the-shoulder/>. Invited submission.
13. Scully R and Zaremski JL review and comments on Joseph Liu, et al, MD *et al*. Outcomes in revision Tommy John surgery in Major League Baseball pitchers. *J Shoulder Elbow Surg*. 2016;25(1):90-97. *Sports Rev J*. NFP, 2(5). p10-11. June 2017. <http://sportsreviewjournal.com/index.html>.
14. Franzen C, Manning J, and Zaremski JL review and comments on Gregory Ford, MD *et al*. Return-to-Play Outcomes in Professional Baseball Players After Medial Ulnar Collateral Ligament Injuries Comparison of Operative Versus Nonoperative Treatment Based on Magnetic Resonance Imaging Findings. *Am J Sports Med*. 2016; 44(3): 723-728. *Sports Rev J*. NFP, 2(5). p14-15. June 2017. <http://sportsreviewjournal.com/index.html>.
15. Cahill R, Pourcho AM, and Zaremski JL review and comments on Dr. J Dine's et al article Rich Plasma Can Be Used to Successfully Treat Elbow Ulnar Collateral Ligament Insufficiency in High-Level Throwers in *Am J Orthop (Belle Mead NJ)* 2016. *Sports Rev J*. NFP, 2(5). p16-17. June 2017. <http://sportsreviewjournal.com/index.html>.
16. Zaremski JL, Wasser JG, Vincent HK. Mechanisms and Treatments for Shoulder Injuries in Overhead Throwing Athletes. *Current Sports Medicine Reports*. *Curr Sports Med Rep*. 2017 May/Jun;16(3):179-188. doi: 10.1249/JSR.0000000000000361.
17. Zaremski JL, Horodyski MB, Herman DC. Recurrent Stingers in an Adolescent Football Player: Dilemmas of Return to Play. A Case Report and Review of the Literature. *Research Sports Medicine*. 2017 Apr 10:1-7. doi: 10.1080/15438627.2017.1314297. [Epub ahead of print].
18. Wasser JG, Zaremski JL, Herman DC, Vincent HK. Prevalence and Proposed Mechanisms of Chronic Low Back Pain in Baseball: part i. *Res Sports Med*. 2017; 25(2). doi: 10.1080/15438627.2017.1282361. [Epub ahead of print].
19. Wasser JG, Zaremski JL, Herman DC, Vincent HK. Assessment and Rehabilitation of Chronic Low Back Pain in Baseball: part ii. *Res Sports Med*. 2017; 25(2). doi: 10.1080/15438627.2017.1282362. [Epub ahead of print]

20. Martinez J, Micheo W, Zaremski JL. Shoulder Pain in the Throwing Athlete-Refreshed Topic. "PM&R Knowledge Now" Knowledge Now Online Textbook. Published July 2017. <https://now.aapmr.org/shoulder-pain-in-the-throwing-athlete/>
21. Zaremski JL, Fredericson M, Finnoff JT. Preparing for a Sports Medicine Fellowship: A Guideline for PM&R Residents. January 2017. [http://www.aapmr.org/docs/default-source/career-center/fellowship/pcsm-pathway\\_white-paper\\_pmr-residents\\_final\\_10\\_26\\_16.pdf?sfvrsn=0](http://www.aapmr.org/docs/default-source/career-center/fellowship/pcsm-pathway_white-paper_pmr-residents_final_10_26_16.pdf?sfvrsn=0)) and
  - a. [http://www.amssm.org/Content/pdf%20files/FELLOW\\_INFO/PCSM\\_Pathway\\_PMR%20Residents.pdf](http://www.amssm.org/Content/pdf%20files/FELLOW_INFO/PCSM_Pathway_PMR%20Residents.pdf)
  - b. *I was asked to be the lead author on this manuscript by all PMR Sports Medicine Fellowship directors and faculty in the country. This was published on the AAPMR website and the AMSSM website and endorsed by both national associations.*
22. Zaremski JL, Galloza J, Sepulveda F, Vasilopoulos T, Micheo W, Herman DC. Recurrence and Return to Play after Shoulder Instability Events in Young and Adolescent Athletes: A Systematic Review and Meta-Analysis. *British Journal of Sports Medicine*. 2017;51:177-184. doi:10.1136/bjsports-2016-096895. *\*This is a special invited submission as part of the American Medical Society for Sports Medicine special 2017 issue on Youth Athletes.*
23. Asken BM, Snyder AR, Smith MS, Zaremski JL, Bauer RM. (2016). Concussion-like symptom reporting in non-concussed adolescent athletes. *The Clinical Neuropsychologist*. 31(1) 138-153. DOI:10.1080/13854046.2016.1246672
24. Zaremski JL and Herman DC. Humeral Stress Fractures in Overhead Athletes: Pearls for Recognition, Diagnosis and Management. *Current Sports Medicine Reports*. 2016 Nov-Dec; 15(6): 384-385.
25. Zaremski JL, Herman DC. Adhesive Capsulitis-Refreshed Topic. "PM&R Knowledge Now" Knowledge Now Online Textbook. Invited submission. <http://me.aapmr.org/kn/article.html?id=110#>. August 2016.
26. Zaremski JL, Vincent KR. Clinical Pearls: Spontaneous Osteonecrosis of the Knee. *Current Sports Medicine Reports*. July/August 2016; 15(4): 228–229.
27. Naqvi U and Zaremski JL, Review and Comments on Dr J. Corben's article "Performance Demands in Softball Pitching: A Comprehensive Muscle Fatigue Study." in *Am J Sports Med*. *Sports Rev J*. NFP, 1(6). p20-21. June 2016. <http://www.sportsreviewjournal.com/>
28. Hand, Wrist, Forearm Guideline. MDGuidelines. Westminster, CO: Reed Group, Ltd; 2015. Available at: [www.MDGuidelines.com](http://www.MDGuidelines.com). Editor-in-Chief: Kurt T. Hegmann, MD, MPH, FACOEM, FACP. Evidence-based Practice Hand, Wrist, and Forearm Panel Chair: J. Mark Melhorn. Evidence-based Practice Hand, Wrist, and Forearm Panel Members: James Ausfahl; M. Felix Freshwater; Charles P. Prezzia; David M. Rempel; Shawan Roll; Arlen J. Rollins,; Laura S. Welch; Robert A. Werner; Jason Zaremski.

29. Starnes T and Zaremski JL, Review and Comments on Dr. Kevin Wilk's article, "Deficits in Glenohumeral Passive Range of Motion Increase Risk of Elbow Injury in Professional Baseball Pitchers: A Prospective Study." Sports Rev J. NFP, 1(4):18-19. February 2016. <http://sportsreviewjournal.com/index.html>.
30. Zaremski JL, Horodyski MB, Donlan RM, Tang S, Farmer KW. Does Climate Matter? A Comparison of Ulnar Collateral Ligament Reconstruction in Collegiate Baseball Pitchers in a Northern versus Southern Conference. Orthopaedic Journal of Sports Medicine. November 2015 vol. 3 no. 11.
31. Zaremski JL, Herman DC, Vincent KR. Clinical Utility of the Wilson Test for Osteochondral Lesions at the Knee. Current Sports Medicine Reports. 2015 November-December;14(6):430.
32. Zaremski JL, Donlan RM, Herman DC. Adult Ankle Fractures. "PM&R Knowledge Now" Knowledge Now Online Textbook. September 2015. <http://me.aapmr.org/kn/article.html?id=321>.
33. Herman DC, Zaremski JL, Vincent HK, Vincent KR. Neurocognitive Performance: An Emerging Area of Importance in Musculoskeletal Injury Risk Assessment. Current Sports Medicine Reports. 2015 May-June; 14(3):194-199.
34. Zaremski JL, Herman DC, Vincent KR. Clinical Pearls: Detection and Prevention of Glenohumeral Epiphysiolysis. Current Sports Medicine Reports. 2015 May-June; 14(3): 159-160.
35. Zaremski JL, Herman DC, Clugston JR, Hurley RW, Ahn AH. Occipital Neuralgia as a Sequela of Sports Concussion. A Case Series and Review of the Literature. Current Sports Medicine Reports. 2015 Jan-Feb; 14(1):16-19.
36. Zaremski JL, Herman DC, Vincent KR. Shoulder fractures, separation-dislocation, and other soft tissue injuries. Knowledge Now Online Textbook. July 2014. <http://me.aapmr.org/kn/article.html?id=275>.
37. Zaremski JL, Vincent KR. Shoulder Tendon and Muscle Injuries: Rotator Cuff, Biceps Tendon, Pectoralis, and Deltoid. Knowledge Now Online Textbook. <http://now.aapmr.org/msk/disorders-upper-limb/Pages/Shoulder-tendon-and-muscle-injuries.aspx>. September 2013.
38. Zaremski JL, Krabak BJ. Clinical Focused Review: Shoulder Injuries in the Skeletally Immature Baseball Pitcher and Recommendations for Prevention of Injury. PMR 2012;4:509-516.
39. Zaremski JL, Krabak BJ. AMSSM Case Studies Teaching Tool. Pop Goes The Ankle: A Non-contact Injury In An Adolescent Soccer Player. February 3<sup>rd</sup>, 2011. Available at: <http://www.amssm.org/pop-goes-the-ankle:-a-non-csa-44.html?StartPos=0&Part=>.

40. Zaremski JL, Jayawardena V, Lew HL. An Occult Presentation of Appendicitis in a Patient with Tetraplegia: A Case Report. *American Journal of Physical Medicine & Rehabilitation*. 2010;89(2):156-159.
41. Borg-Stein J, Zaremski JL, Hanford MA. New Concepts in the Treatment of Regional Musculoskeletal Pain and Tendon Sports Injury. *PMR* 2009;1:744-754.
42. Kim D, Zaremski J, Kwon B, Bode R, Jenis L, Banco R, Woodard E. Risk Factors for False Positive Transcranial Motor Evoked Potential Monitoring Alerts During Surgical Treatment of Cervical Myelopathy. *Spine*. 2007. 32;26:3041-3046.

### **NON-PEER REVIEWED PUBLICATIONS**

1. Zaremski JL. Online Journal Blog. Conway FH, et al. Concussion Symptom Underreporting Among Incoming National Collegiate Athletic Association Division I College Athletes. *Clin J Sport Med* 2020;30:203–209. <http://dx.doi.org/10.1097/JSM.0000000000000557>. May 2020. [https://cjsmblog.com/2020/05/11/cjsm-journal-club-nondisclosure-of-concussion-symptoms-by-athletes/amp/?\\_twitter\\_impression=true](https://cjsmblog.com/2020/05/11/cjsm-journal-club-nondisclosure-of-concussion-symptoms-by-athletes/amp/?_twitter_impression=true).
2. Zaremski JL. Online Journal Blog. No Longer From Atlanta, it's Global: AMSSM 2020. *Clinical Journal of Sports Medicine Online Blog*. <https://cjsmblog.com/2020/04/14/no-longer-from-atlanta-its-gone-virtual-amssm-2020/>. April 2020.
3. Zaremski JL. Online Journal Blog. Kara S, et al. Less Than Half of Patients Recover Within 2 Weeks of Injury After a Sports-Related Mild Traumatic Brain Injury: A 2-Year Prospective Study. *Clin J Sport Med* 2020;30:96–101. doi.org/10.1097/JSM.0000000000000811. The CJSM Blog Journal Club. March 2020 *Clin J Sport Med*. <https://cjsmblog.com/2020/03/12/concussions-take-time-cjsm-blog-post-journal-club/amp/>
4. Zaremski JL. Online Journal Blog. Novel Interventions for Recalcitrant Achilles Tendinopathy. Benefits Seen Following High-Volume Image-Guided Injection or Extracorporeal Shockwave Therapy—A Prospective Cohort Study. *CJSM*: January 2020 - Volume 30 - Issue 1 - p 14–19. doi: 10.1097/JSM.0000000000000580. The CJSM Blog Journal Club. Jan 2020 *Clin J Sport Med*. <https://cjsmblog.com/2020/01/15/treatments-for-achilles-tendinopathy-cjsm-blog-post-journal-club/>
5. Zaremski JL. Online Journal Blog. Relative Head Impact Exposure and Brain White Matter Alterations After a Single Season of Competitive Football: A Pilot Comparison of Youth Versus High School Football — the CJSM Blog Journal Club. Nov 2019 *Clin J Sport Med*. <https://cjsmblog.com/2019/11/06/cjsm-blog-journal-club-brain-changes-after-a-single-season-in-youth-vs-high-school-soccer/>
6. Zaremski JL. Online Journal Blog. Prescribed Exercise for Managing Concussions — the CJSM Blog Journal Club. Sept 2019 *Clin J Sport Med*.

<https://cjsmblog.com/2019/09/03/prescribed-exercise-for-managing-concussions-the-cj-sm-blog-journal-club/amp/>

7. Zaremski JL. Online Journal Blog. AMSSM Houston 2019 was Great! (We Already have Atlanta 2020 on our Minds!). April 2019 *Clin J Sport Med*.  
<https://cjsmblog.com/2019/04/18/amssm-houston-2019-was-great-we-already-have-atlanta-2020-on-our-minds/>.
8. Zaremski JL. Online Journal Club. Reviewing: Chrisman SPD, Ebel BE, Stein E, Sarah J. Lowry SJ, Rivara FP. Head Impact Exposure in Youth Soccer and Variation by Age and Sex. *Clin J Sport Med* 2019;29:3–10. <http://dx.doi.org/10.1097/JSM.0000000000000497>. Jan 2019. *Clin J Sport Med*. <https://cjsmblog.com/2019/01/16/its-a-new-year-csjm-blog-journal-club-2019-starts-now/amp/>.
9. Zaremski JL. Online Journal Club. Reviewing: Morrison KE, Desai N, McGuigan C, Lennon M, and Godek SF. Effects of Intravenous Cold Saline on Hyperthermic Athletes Representative of Large Football Players and Small Endurance Runners. *Clin J Sport Med* 2018;28:493–499. doi: 10.1097/JSM.0000000000000505. Nov 2018. *Clin J Sport Med*. <https://cjsmblog.com/2018/11/21/cj-sm-blog-journal-club-can-cold-iv-saline-mitigate-the-effects-of-exertional-heat-illness/>
10. Zaremski JL. Online Journal Club. Reviewing: Sebak S; Orchard JW; Golding LD; Steet, E; Brennan SA; Ibrahim A. Long-Term Safety of Using Local Anesthetic Injections in Professional Rugby League for Modified Indications. *Clinical Journal of Sport Medicine*: September 2018 - Volume 28 - Issue 5 - p 435–442. doi: 10.1097/JSM.0000000000000525. Sept 2018. *Clin J Sport Med*.  
<https://cjsmblog.com/2018/09/22/is-it-safe-local-anesthetic-injections-and-long-term-safety-in-athletes/>.
11. Zaremski JL. Fellowship in Scandinavia: An Interview with Dr. Jason Zaremski. CORE: The Musculoskeletal Medicine Council Quarterly New letter.
  - a. <https://www.aapmr.org/news-publications/newsletters/council-newsletters/core>. 2018 Summer Issue.
12. Oliveira L, Lombardo J, and Zaremski JL. An opportunity of a lifetime: The AMSSM Traveling Fellowship. <https://cjsmblog.com/2018/07/09/an-opportunity-of-a-lifetime-the-amssm-traveling-fellowship/amp/>. July 2018. *Clin J Sports Med*.
13. Zaremski JL. Online Journal Club. Reviewing: Owoeye OBA, Palacios-Derflingher LM, Emery CA. Prevention of Ankle Sprain Injuries in Youth Soccer and Basketball: Effectiveness of a Neuromuscular Training Program and Examining Risk Factors. *Clin J Sport Med*. 2017 Jun 29. doi: 10.1097/JSM.0000000000000462. [Epub ahead of print] <https://cjsmblog.com/2018/07/05/cj-sm-blog-journal-club-nmt-to-prevent-ankle-sprains-in-youth-soccer-and-basketball-athletes/>. July 2018. *Clin J Sport Med*.
14. Zaremski JL. Online Journal Club. Reviewing: Tsukada M, Takiuchi T, and Watanabe K. Low-Intensity Pulsed Ultrasound for Early-Stage Lumbar Spondylolysis in Young Athletes. *Clin J Sport Med*. Published Ahead of Print October 10, 2017. doi:

10.1097/JSM.0000000000000531. <https://cjsmblog.com/2018/03/12/cjsm-blog-journal-club-is-low-intensity-pulsed-ultrasound-an-effective-treatment-in-spondylolysis/>. March 2018. *Clin J Sport Med*.

15. Zaremski JL. Online Journal Club. Reviewing: Furia JP, et al. Radial Extracorporeal Shock Wave Therapy Is Effective and Safe in Chronic Distal Biceps Tendinopathy. *Clin J Sport Med* 2017;27:430–437. <https://cjsmblog.com/2017/10/19/cjsm-blog-journal-club-is-reswt-an-effective-therapy-for-chronic-distal-biceps-tendinopathy/>. October 2017. *Clin J Sport Med*.
16. Zaremski JL. Little League is watching, but are parents? Here’s how to protect your child from overuse injuries. Washington Post “On Parenting” section. <https://www.washingtonpost.com/amhtml/news/parenting/wp/2017/08/21/little-league-is-watching-but-are-parents-how-to-protect-our-kids-from-overuse-injuries/>. Published August 21, 2017.
17. Kramer D, Zaremski JL. Testicular Pain. *Sports Med Today*. Published August 2017. <https://www.sportsmedtoday.com/testicular-trauma-va-164.htm>. Invited submission.
18. Starnes TA, Zaremski JL. Sinusitis. *Sports Med Today*. Published July 2017. <https://www.sportsmedtoday.com/sinusitis-va-151.htm>. Invited submission.
19. Zaremski JL. Throwing injuries in young baseball players: Is there something we are not considering? <https://theconversation.com/throwing-injuries-in-young-baseball-players-is-there-something-we-are-not-considering-76629>. May 2017.
20. Zaremski JL. What You Didn’t Learn During Fellowship-Challenges as a Team Physician. <https://www.amssm.org/NewsletterPDFS/April2017-67.pdf>. AMSSM Sideline Report. Page 5. April 2017.
21. Zaremski JL. Overhead Throwing Injuries–Overuse versus Biomechanics in Adolescents. Overuse is the Main Culprit. <https://www.amssm.org/NewsletterPDFS/September2016-64.pdf> AMSSM Sideline Report. Pages 1, 6-8. September 2016.
22. Zaremski JL. Pro’s of Academic Redshirting Adolescents. American Academy of Pediatrics Newsletter: Council on Sports and Exercise Fitness. Reprinted with permission by the AMSSM. Summer 2016. P4-5. <https://www.aap.org/en-us/about-the-aap/Committees-Councils-Sections/Council-on-sports-medicine-and-fitness/Pages/default.aspx>
23. Invited Guest Blogger. Zaremski JL. Preventing Heat Injury. The American College of Sports Medicine. Published online August 11<sup>th</sup>, 2016. This is ACSM’s sports performance blog series. <http://www.acsm.org/public-information/acsm-blog/2016/08/11/preventing-heat-injury>. The ACSM blog is billed as a source that brings you up-to-date commentary from top ACSM experts around the world.



24. Zaremski JL. Pro's of Academic Redshirting Adolescents. AMSSM Sideline Report. <http://www.amssm.org/Newsletters.php>. [http://www.amssm.org/NewsletterPDFS/SLR\\_03-2016.pdf](http://www.amssm.org/NewsletterPDFS/SLR_03-2016.pdf). March 2016.

25.

### **BOOKS-CONTRIBUTOR**

1. Paul SR, Concannon L, Khodae M, eds. AMSSM Sports Medicine CAQ Study Guide. Third Edition. Healthy Learning. 2017. ISBN-10: 1606793896.
2. Paul SR, Concannon L, Khodae M, Henehan M. AMSSM Sports Medicine CAQ Study Guide. Fourth Edition. Healthy Learning. 2019. ISBN-10: 9781606794630.
3. Zaremski JL and Herman DC. Ulnar Collateral Ligament Injuries of the Elbow in Achar SA & Taylor KS, The 5 Minute Sports Medicine Clinical, 3<sup>rd</sup> edition (pp 590-591). Philadelphia, PA. Wolters Kluwer. ISBN: 9781496398086.
4. Zaremski JL. MCP (Metacarpophalangeal) Collateral Ligament Sprain in Achar SA & Taylor KS, The 5 Minute Sports Medicine Clinical, 3<sup>rd</sup> edition (pp 354-355). Philadelphia, PA. Wolters Kluwer. ISBN: 9781496398086.
5. Zaremski JL. "16 y.o. Softball Pitcher: Sore Shoulder" in Mechanics, Pathomechanics and Injury in the Overhead Athlete: A Case-Based Approach to Evaluation, Diagnosis and Management. Eds. AD Sciascia and WB Kibler. Springer International Publishing. 2019. ISBN: 978-3-030-12774-9. Print.

### **PUBLISHED ABSTRACTS**

1. Pettyjohn E, Zaremski JL. I An Unusual Case of Shoulder Pain in a High School Football Player. *Medicine and Science in Sports and Exercise*, 52:5 Supplement. June 2020.
2. Alkhamisi A, Zaremski JL. Arm Weakness in a Recreational Weight Lifter. *Medicine and Science in Sports and Exercise*, Volume 52:5 Supplement. June 2020.
3. Zaremski JL, Taylor JJ, Dean C, Horodyski MB. Intra-Articular Injection of Leukocyte Rich Platelet Rich Plasma for Knee Osteoarthritis: A Prospective Study of Pain and Functionality. *Clin J Sports Med*. Volume 30(2): March 2020. Pg 156. DOI: 10.1097/JSM.0000000000000828.
4. Zaremski JL, Rao A, Myers R, Mautner K, Berkoff D, Ross D, Logan K, Horodyski MB, Asif IM. Identifiable Factors Associated With Acceptance Into Sports Medicine Fellowship Programs. *Clinical Journal of Sport Medicine*. Volume 28(2), March 2018, p 205. DOI: 10.1097/JSM.0000000000000593.
5. Zaremski JL, Zeppieri G, Jones DL, Tripp BL, Hones K, Mills L, Franz M, Stein J, Novak K, Sperling E, Bruner M, Vincent HK, Horodyski MB. An Unaccounted Workload Factor: Pitch Counts in High School Baseball Pitchers—An Observational Study. *Clinical Journal of Sport Medicine*. Volume 28(2), March 2018, p 239. DOI: 10.1097/JSM.0000000000000591.

6. Negron G, Schoch B, Vincent KR, Zaremski JL. 16 Year Old Baseball Player with History of Tingling Fingers. *Clinical Journal of Sport Medicine*. Volume 28(2), March 2018, p e3. DOI: 10.1097/JSM.0000000000000592.
7. Zaremski JL, Nabhan D. Recurrent Medial Heel Pain In An Elite Triathlete: Location, Location, Location. 2017. *Medicine and Science in Sports and Exercise*, Volume 49:5 Supplement. doi: 10.1249/01.mss.0000517393.88817.ba.
8. Green JF, Zaremski JL, Smith MS, Herman DC, Prine B, Horodyski MB, Struk A, Pieper P. Hurt or Injured?: Adolescent Athlete Decision-Making Post Sport Related Concussion. 2017. *Medicine and Science in Sports and Exercise*, Volume 49:5 Supplement. doi: 10.1249/01.mss.0000518013.16336.8d.
9. Zaremski JL, McClelland JI, Vincent HK, Vincent KR, Herman DC, Smith MS, Prine BR, Farmer KW, Moser MW, Horodyski MB. Sports-Related Elbow Ulnar Collateral Ligament Injury in the 21<sup>st</sup> Century. *Br J Sports Med* 2017;51:4 412. doi:10.1136/bjsports-2016-097372.324.
10. Zaremski JL, Farmer KW. A New Adverse Effect of Glenohumeral Injections: Mechanical Blocking Resulting in Functional Limitations. A Case Report. *PMR*. 2016 Sep;8(9S):S219.
11. Zaremski JL, McClelland JI, Smith MS, Prine BP, Horodyski MB. Decreasing Morbidity and Mortality in Adolescent Sports through Increased Early Recognition via Educational Symposia. *Clin J Sport Med*. Volume 26, Number 2, p. e56. March 2016.
12. Zaremski JL, Zdziarski LA, Krabak BJ, Dundas M, Mautner K, Dunham J, Wolkoff P, Hall MM, Papendieck AD, Horodyski MB. Pitching Injury Prevalence in Collegiate Baseball Pitchers Based on Geographic Location of High School Baseball Participation: A Multi-Centered Study. *Clin J Sport Med*. Volume 26, Number 2, p. e56-57. March 2016.
13. Donlan RM, Moser MW, Vincent KR, Zaremski JL. Hiding in Plain Sight: An Uncommon Cause of Posterior Elbow Pain in an Adolescent Pitcher. A Case Report. *Clin J Sport Med*. Volume 25, Number 2, p. e39. March 2015.
14. Zaremski JL, Horodyski MB, Donlan RM, Tang S, Farmer KW. Does Climate Matter? A Comparison of Ulnar Collateral Ligament Reconstruction in Collegiate Baseball Pitchers in a Northern versus Southern Conference. *Clin J Sport Med*. Volume 25, Number 2, p 193. March 2015.
15. Zaremski JL, Hurley RW, Herman DC, Bauer RM, Ahn AH. Occipital Neuralgia Blockade as a Treatment after Concussions. A Case Series. *PMR*; 6(9), Supplement, S249, September 2014.
16. Zaremski JL, Tripp BL, Seay AN, Horodyski MB, Vincent HK. The Florida Concussion Legislation: A Preliminary View of the Impact on Concussion Evaluations. *Med Sci in Sports and Exercise*, May 2014; 46(5S); p759-769.

17. Zaremski JL, Cong C, Barnes L, Vincent KR, Vincent HK. Effect of Upper Extremity Motion in Runners at Different Speeds. *Clin J Sport Med*, 2014; 24 (2):168.
18. Zaremski JL, Vincent HK, Montero C, Seay A, Vincent KV. Shoulder Passive Range of Motion in High School Lacrosse Players: An exploratory pilot study of arm dominance and presence of pain. *PMR*; 5(9), Supplement, S217, September 2013.
19. Vincent HK, Zaremski JL, Montero C, Seay A, Vincent KV. Role of Pain and Playing Position on Shoulder Motion During Lacrosse Passing in Boys Aged 14-18 Years. *PMR*; 5(9), Supplement, S207, September 2013.
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21. Zeppieri G, Lentz T, Moser M, Zaremski JL, Chmielewski T, Barrett J, Tillman S, Farmer K. Pre-season Shoulder Range of Motion and Relationship to Lower Extremity Injury throughout the season in Division I Baseball Pitchers. *Clin J Sports Med*. March 2013, 23 (2) p 147. March 2013, 23 (2) p 136.
22. Zaremski JL, Martinez-Silvestrini J. Balance assessments as objective measures for return to play in adolescents. A Case Series. *PMR* October 2012; 4(10)Supplement: S253-254.
23. Kapasi, S, Martinez-Silvestrini J, Zaremski JL. Myositis Ossificans presenting as Anterior Thigh Pain in a High School Student: A Case Report. *PMR*; 3(10), Supplement, S240, September 2011.
24. Spendley JB, Zaremski JL, Wennemer HK. Chondrosarcoma: An Unusual Case of Neurogenic Bladder: A Case Report. *American Journal of Physical Medicine and Rehabilitation*. 2010;89(4); S17.
25. Zaremski JL, Wennemer HK. Tethered Cord Syndrome: An Unusual Case of Paraplegia in an Adult. A Case Report. *PM&R*: 2009, 1(9), Supplement, Page S263.
26. Zaremski JL, Jayawardena V, Lew, HL. An Occult Presentation of Appendicitis in a Patient with Tetraplegia. Poster presentation by JL Zaremski at the Association of Academic Physiatrists, February 2009, Colorado Springs, CO. Abstract in *American Journal of Physical Medicine and Rehabilitation*. March 2009. Volume 88, No. 3, Supplement 1, Page S33.
27. Zaremski JL, Borg-Stein JM, Cares HL. A Synovial Cyst of the Upper Cervical Spine: A Case Report and Literature Review. Poster presentation by JL Zaremski at the Association of Academic Physiatrists, February 2009, Colorado Springs, CO. Abstract in *American Journal of Physical Medicine and Rehabilitation*. March 2009. Volume 88, No. 3, Supplement 1, Page S22.
28. Zaremski JL, Purdy S, Bougas KL. Upper Extremity Stroke Rehabilitation: A retrospective analysis of patients using a functional electrical stimulation device compared to those who did not use the device. A case series. Poster presentation by JL Zaremski at the Association of Academic Physiatrists, February 2009, Colorado Springs, CO. Abstract in *American*

Journal of Physical Medicine and Rehabilitation. March 2009. Volume 88, No. 3, Supplement 1, Page S44.

29. Kwon B, Zaremski J, Kim D, Tromanhauser S, Banco R, Jenis L. Surgical outcomes after treatment of spondylolytic spondylolisthesis: analysis of three techniques. *The Spine Journal*. September 2006, Volume 6, Issue 5, Supplement, Page 46S.

### **POSTER PRESENTATIONS**

1. Haley H, Zaremski JL. A High School Baseball Player with Throwing Pain. Presentation by H. Haley at the AMSSM, Atlanta, GA, April 27<sup>th</sup>, 2020. *Cancelled due to Coronavirus outbreak.*
2. Alkhamisi A, Zaremski JL. Arm pain in an Adolescent Baseball Player. Poster presentation by A. Alkhamisi at AMSSM, April 27<sup>th</sup>, 2020, Atlanta, GA. *Cancelled due to Coronavirus outbreak.*
3. Zaremski JL, Taylor JJ, Dean C, Horodyski MB. Intra-Articular Injection of Leukocyte Rich Platelet Rich Plasma for Knee Osteoarthritis: A Prospective Study of Pain and Functionality. Poster presentation by JL Zaremski April 26<sup>th</sup>, 2020. AMSSM, Atlanta, GA. *Cancelled due to Coronavirus outbreak.*
4. Taylor JJ, Dean C, Horodyski MB, Zaremski JL. Intra-Articular Injection of Leukocyte Rich Platelet Rich Plasma for Knee Osteoarthritis: A Prospective Study of Pain and Functionality. Poster presentation by JJ Taylor. UF COM Research Celebration, Gainesville, FL.
5. McClelland JM, Zaremski JL. Outpatient Clinic Setting: Thoracic Pain in a Recreational Weightlifter. Poster presentation by JM McClelland at National Athletic Trainer's Association Clinical Symposia and Athletic Training Expo, Las Vegas, Nevada, June 25<sup>th</sup>, 2019.
6. Alkhamisi A, Chapman J. Parker, Blakemore L, Zaremski JL. Severe Shoulder Pain in a Healthy Adolescent Child. Podium Presentation by A. Alkhamisi at ACSM, Orlando, FL May 29<sup>th</sup>, 2019.
7. Negron G, Zaremski JL. My Shoulder Aches, But It's Not My Shoulder: A High School Baseball Player's Unusual Throwing Injury. Poster Presentation by G. Negron at AMSSM, Houston Texas, April 14<sup>th</sup>, 2019.
8. Alkhamisi A, Casey E, Zaremski JL. Hip Pain in a Recreational Runner. Poster Presentation by A. Alkhamisi at AMSSM, Houston Texas, April 14<sup>th</sup>, 2019.
9. Zaremski JL, Zeppieri G, Jones DL, Tripp B, Hones K, Mills L, Franz M, Stein J, Novak K, Sperling E, Bruner M, Vincent HK, Horodyski MB. An unaccounted workload factor: Pitch counts in high school baseball pitchers - an observational study. Presentation by JL Zaremski at the UF College of Medicine Research Celebration, Gainesville, Florida, February 2018.
10. Zaremski JL, McClelland JI, Vincent HK, Farmer KW, Herman DC, Moser MW, Prine BR, Smith MS, Vincent KR, Horodyski MB. Sports-Related Elbow Ulnar Collateral

Ligament Injury in the 21<sup>st</sup> Century. Presentation by JL Zaremski at the UF College of Medicine Research Celebration, Gainesville, Florida, February 2017.

11. Zdziarski LA, Fallgatter K, Leavitt T, Wasser JG, Chen C, McClelland JI, Vincent KR, Herman DC, Horodyski MB, Zaremski JL, Vincent HK. Energy and Cardiopulmonary Cost of Carrying Hydration Gear During Running. Poster Presentation at the American College of Sports Medicine in Boston, MA June, 2016.
12. Fallgatter K, Zdziarski LA, Chen C, Herman DC, Leavitt T, McClelland, JI, Wasser JG, Vincent KR, Horodyski MB, Zaremski JL, Vincent HK. Temporalspatial and Kinetic Responses to Various Hydration Gear During Running Poster Presentation at the American College of Sports Medicine in Boston, MA, June 2016.
13. Leavitt T, Zdziarski LA, Chen C, Herman DC, McClelland JI, Wasser JG, Vincent KR, Horodyski MB, Zaremski JL, Vincent HK. Effects of Increasing or Decreasing Cadence on Metabolic, Cardiopulmonary and Biomechanical Responses During Downhill Running. Poster Presentation at the American College of Sports Medicine in Boston, MA, June 2016.
14. Vincent HK, Wasser JG, Zdziarski LA, Chen C, Leavitt T, McClelland JI, Herman DC, Zaremski JL, Vincent KR. Potential Sport Crossover Benefit of Golf Swing Motion to Lacrosse Shot Motion. Poster Presentation at the American College of Sports Medicine in Boston, MA, June 2016.
15. Zaremski JL, McClelland JI, Smith MS, Prine BP, Horodyski MB. Decreasing Morbidity and Mortality in Adolescent Sports through Increased Early Recognition via Educational Symposia. A Research Oral presentation by JL Zaremski at the American Medical Society for Sports Medicine Annual Meeting in Dallas, Texas, April 2016.
16. Zaremski JL, Zdziarski LA, Krabak BJ, Dundas M, Mautner K, Dunham J, Wolkoff P, Hall MM, Papendieck AD, Horodyski MB. Pitching Injury Prevalence in Collegiate Baseball Pitchers Based on Geographic Location of High School Baseball Participation: A Multi-Centered Study. A Research Oral presentation by JL Zaremski at the American Medical Society for Sports Medicine Annual Meeting in Dallas, Texas, April 2016.
17. Zaremski JL, Wright TW, Herman DC. A New Type of Overuse Throwing Injury in the Elbow. A Case presentation by JL Zaremski at the American Medical Society for Sports Medicine Annual Meeting in Dallas, Texas, April 2016.
18. Starnes TS, Zaremski JL. Collateral Arm Damage from Rowing. A Case presentation by TS Starnes at the American Medical Society for Sports Medicine Annual Meeting in Dallas, Texas, April 2016.
19. Zapf AD, Zaremski JL. Chronic Back Pain in a Football Player. A Case presentation by AR Zapf at the American Medical Society for Sports Medicine Annual Meeting in Dallas, Texas, April 2016.
20. Griffin B, Anderson H, Zaremski JL. Acute Exertional Rhabdomyolysis in High School Football Player Following Viral Enteritis: A Case Report. Presented at the Southeast Athletic Trainer's Association Meeting, Atlanta, GA March 2016.

21. Zaremski JL, Zdziarski LA, Krabak BJ, Dundas M, Mautner K, Dunham J, Wolkoff P, Hall MM, Papendieck AD, Horodyski MB. Pitching Injury Prevalence in Collegiate Baseball Pitchers Based on Geographic Location of High School Baseball Participation: A Multi-Centered Study. University of Florida College of Medicine Celebration of Research, February 23<sup>rd</sup>, 2016.
22. Zaremski JL, McClelland JI, Smith MS, Prine BP, Horodyski MB. Decreasing Morbidity and Mortality in Adolescent Sports through Increased Early Recognition via Educational Symposia. University of Florida College of Medicine Celebration of Research, February 23<sup>rd</sup>, 2016.
23. Vincent KR, Leavitt T, Zdziarski LA, Chen C, Herman DC, McClelland JI, Wasser J, Horodyski MB, Zaremski JL, Vincent HK. Effects of increasing or decreasing metabolic, cardiopulmonary and biomechanical responses during downhill running. University of Florida College of Medicine Celebration of Research, February 23<sup>rd</sup>, 2016.
24. Zapf A, Vincent KR, Zeppieri G, Zaremski JL. Sport Focused Treatment to Optimize Return to Play in a Baseball Pitcher: A Case Report. Presentation by A Zapf at the American Medical Society for Sports Medicine Annual Meeting for presentation in Hollywood, FL, April 2015.
25. A Waligora, G Zeppieri, M. Seth Smith, J Zaremski, T Lentz, MB Horodyski, and K Farmer. Are Youth Baseball Pitchers' Caregivers Educated About and Compliant with Safe Pitching Practices? A presentation by A Waligora. American Academy of Orthopaedic Surgeons. March 25, 2015, Las Vegas, NV.
26. Zaremski JL, Horodyski MB, Donlan RM, Tang S, Farmer KW. Does Climate Matter? A Comparison of Ulnar Collateral Ligament Reconstruction in Collegiate Baseball Pitchers in a Northern versus Southern Conference. University of Florida College of Medicine Celebration of Research, February 2015.
27. Snyder A, Asken B, Zaremski JL, Smith MS, Bauer RM. Normative Values and the Impact of Demographics at Baseline for the Sport Concussion Assessment Tool (SCAT3) in Teenagers. Presentation by A Snyder at the International Neuropsychological Society conference in Denver, Colorado, February 2015.
28. Asken B, Snyder A, Zaremski JL, Smith MS, Bauer RM. Pre-Morbid Characteristics of Adolescent Student-Athletes: A Sport-Related Concussion Perspective. Presentation by B Asken at the International Neuropsychological Society conference in Denver, Colorado, February 2015.
29. Are Youth Baseball Pitchers' Caregivers Educated About and Compliant with Safe Pitching Practices? A Waligora, T Lentz, G Zeppieri, M. Seth Smith, J Zaremski, K Farmer. A presentation by A Waligora. Florida Orthopaedic Society, Bonita Springs, FL May 2014.
30. Zaremski JL, Hurley RW, Bauer RM, Pothast J, Wood B, Ahn AH. This Concussion is Stressing Me Out. A poster presentation by JL Zaremski at the American Medical Society for Sports Medicine, New Orleans, April 8th, 2014.

31. T Kodsí, JL Zaremski, K Farmer, MS Smith. Persistent Shoulder Pain in a Football Player. A poster presentation by T Kodsí at the American Medical Society for Sports Medicine, New Orleans, April 6th, 2014.
32. Zaremski JL, Armas J, Smith MS. The Case of the Disappearing Shoulder Strength. Poster Presentation by J Armas at the American Medical Society for Sports Medicine, April 2013, in San Diego, CA.
33. Zaremski JL, Ross DS. Knee Pain: A Common Presentation in a Rare Location. Poster Presentation by JL Zaremski at the American Medical Society for Sports Medicine, April 2013, in San Diego, CA.
34. Zaremski JL, McElroy M, Scorsone B. Musculoskeletal Ultrasonography used to diagnose a fibular fracture that was missed on radiography. A Case Report. Poster Presentation by JL Zaremski at the AMSSM, April 2012, Atlanta, GA.
35. Zaremski JL, Smolev D, Lynott JA. A Posterior Bony Bankart Lesion in a Collegiate Football Player. A Case Report. Poster Presentation by JL Zaremski at the AMSSM, April 2012, Atlanta, GA.
36. Zaremski JL, Krabak BJ. Pop Goes the Ankle: A Non-contact injury in an adolescent soccer player: A Case Report. Poster presentation by JL Zaremski at the AMSSM May 2011, Salt Lake City, Utah.
37. Kim, D, Zaremski J, Kwon B, Bode R, Jenis L, Banco R, Woodard E. Risk Factors for False Positive Transcranial Motor Evoked Potential Monitoring Alerts During Surgical Treatment of Cervical Myelopathy. The Boston Spine Group, Department of Orthopaedic Surgery and Department of Anesthesiology, The New England Baptist Hospital. Cervical Spine Research Society, Podium Presentation Paper No. 45 (WEB80) December 1, Palm Beach, FL 2006.

#### **MISCELLANEOUS/PODCASTS**

1. Invited Podcast: British Journal of Sports Medicine in Conjunction with the American Medical Society for Sports Medicine. The Adolescent Throwing Athlete. Online 3.22.19. Upper Extremity Issues in the Adolescent Overhead Throwing Athlete. Episode #373. <https://soundcloud.com/bmjpodcasts/upper-extremity-issues-in-the-adolescent-overhead-throwing-athlete-episode-373?in=bmjpodcasts/sets/bj-sm-1>
2. Invited Podcast. Healthy Young Athlete Podcast. Subject: Are Weighted Balls Safe? <https://www.2gtdatacore.com/are-weighted-balls-safe/>. April 4, 2020.

#### **COURSE DIRECTOR**

1. 2018 Medical Student Symposium-American Academy of PM&R Program Chair. October 27<sup>th</sup>, 2018. Orlando Florida.
2. University of Florida Sports Medicine Conference. Safety in Adolescent and High School Sports Medicine: Myth versus Reality. Gainesville, FL, February 20<sup>th</sup>, 2016.
3. Safety in Adolescent and High School Sports Medicine. University of Florida. February 21<sup>st</sup>, 2015.

4. Heat, Heart, and Head: Safety in Adolescent and Sports Medicine (Co-Course Director 2013-2019. Annually every July since 2013. Attendees included coaches at the High School level and YMCA/Youth level in the Greater Gainesville area. Over 50-100 attendees each year (Coaches, Athletic Directors, and Athletic Trainers) from the greater North Central Florida Region and as far as southern Georgia and Jacksonville attend.

#### **INVITED PRESENTATIONS-STATE**

1. Zaremski JL. Sports Related Concussions. Nirvana Sports Medicine and Rehabilitation, Orlando, Florida. September 2018.
2. Zaremski JL. The Pre-Participation Exam: An Evidence Based Approach. Invited Presenter to the Athletic Training Association of Florida State Conference in Orlando, FL, July 2016. Co-Presenting with Dr. Randy Schwartzberg or Orlando, Florida.
3. Zaremski JL. Myth versus Reality: The Tommy John Problem. University of Florida Sports Medicine Conference. Safety in Adolescent and High School Sports Medicine: Myth versus Reality. Gainesville, FL, February 2016.
4. Zaremski JL, Prine BP, and Smith MS. Pre-Participation Physical Examinations in High School Athletics: Preventing the Preventable in Sports Medicine. Electronic Poster presentation. Quality and Safety Patient Week. Presentation March 11, 2015.
5. Zaremski JL. The Tommy John Epidemic. Safety in Adolescent and High School Sports Medicine. University of Florida. February 21<sup>st</sup>, 2015.
6. Managing Sports Concussions. State of Florida EMS ClinCon Conference, Orlando, FL, 2013.
7. Invited Presenter to the Athletic Training Association of Florida State Conference in Orlando, FL, July 2014. Co-Presenting with Dr. Randy Schwartzberg on Pre-Participation Physical Examinations.

#### **INVITED PRESENTATIONS-REGIONAL**

1. Zaremski JL, Ross DS. Knee Pain-Soccer: A common diagnosis in a rare location. Podium Presentation. Mid-Atlantic Chapter of the American College of Sports Medicine, November 2011, Harrisburg, PA.
2. Geisinger Research Days. Danville, PA. Topic: Musculoskeletal Ultrasonography used to diagnose a fibular fracture that was missed on radiography. May, 2012.
3. 4<sup>th</sup> Annual Geisinger Sports Medicine Conference, Wilkes Barre, PA. Course Faculty. Topic: Common Supplements in Athletes. June, 2012.
4. Invited Speaker: Exercise Associated Collapse. Running Medicine Conference, University of Florida, Gainesville, FL, February 2014.
5. Sudden Death Screening Controversies and the Sports Medicine Pre-participation Physical Exam. Presentation at the Orlando Orthopaedic Center Foundation 11th Annual Cutting Edge Concepts in Orthopaedics & Sports Medicine Seminar. Orlando, FL. February, 2015.
6. Hinman SK, Zaremski JL, Horodyski MB. Heat Altered Mental Status, Basketball. Presentation by SK Hinman at the Southeast American College of Sports Medicine Conference, February 2015 Jacksonville, FL.
7. Occipital Neuralgia as a Sequelae of Sports Concussion. Session Director and Presenter. Presentation at the Southeast Region of the American College of Sports Medicine, Jacksonville, Florida. February 2015 Jacksonville, FL.
8. Diagnoses with Evolving Indications for Conservative vs Surgical Management. Glenohumeral Dislocations: Rehabilitation versus Surgery in Athletes. Presentation at the



Southeast Region of the American College of Sports Medicine, Jacksonville, Florida.  
February 2015 Jacksonville, FL.

9. Non-Operative versus Operative Treatment for First Time Shoulder Dislocations. Presentation at the Southeast Athletic Trainers Association Meeting in Atlanta, Georgia. March 2015.
10. Throwing Injuries in Baseball: Clinical Biomechanics and Rest Guidelines to Prevent Injuries Before They Happen. Presentation at the Texas Regional Meeting of the American College of Sports Medicine, College Station, Texas. March 2016.
11. Misconception versus Reality: The Tommy John “Problem.” Presentation at the Southeast Athletic Trainers Association Meeting in Atlanta, Georgia. March 2016.
12. Overuse Throwing Injuries in Adolescent Athletes and Pitch Counts: Is The Answer Right In Front of Us? Presentation by JL Zaremski at Southeast Region of the American College of Sports Medicine, February 17<sup>th</sup>, 2018. Chattanooga, TN.
13. Faculty Panel for Southeast Region of the American College of Sports Medicine. Assessment of Sports Medicine Fellow case presentations. February 17<sup>th</sup>, 2018. Chattanooga, TN.
14. Zaremski JL. Overuse Throwing Injuries in Adolescent Athletes and Pitch Counts: Is The Answer Right In Front of Us? Presentation by JL Zaremski at Southeast Athletic Trainers Association Regional Meeting. March 10<sup>th</sup>, 2018. Atlanta, GA.
15. Tripp BL and Zaremski JL. Radiographic Evaluation of the Foot and Ankle. Presentation by BL Tripp and JL Zaremski at Southeast Athletic Trainers Association Regional Meeting. March 10<sup>th</sup>, 2018. Atlanta, GA.
16. Kacer TV, Hunt N, Merchant A, Zaremski JL, Tripp PM. Acute Renal Failure Secondary to Dehydration in a High School Football Player. Presentation by T Kacer at Southeast Athletic Training Student Symposium, Atlanta, GA February 8<sup>th</sup>, 2019.

### **INVITED PRESENTATIONS-NATIONAL**

1. Session Director of “The Throwing Athlete’s Shoulder: Adolescent to Adult.” American Academy of Physical Medicine & Rehabilitation Annual Assembly, Atlanta, GA November, 2012.
2. Pre-season Shoulder Range of Motion and Relationship to Lower Extremity Injury throughout the season in Division I Baseball Pitchers. Oral Research Presentation at the AMSSM, April 2013, San Diego, CA.
3. Invited Speaker: Pediatric Sports Injuries: Bones, Growth Plates and Things You Cannot Miss. Presentation on “Pediatric Fractures and Osteochondritis Dissecans.” Presentation at the AAPMR, Washington D.C., October 2013.
4. Session Director for “Rehabilitation versus Operative Treatment in Challenging Injuries in the Field of Sports Medicine.” Presentation on Shoulder Dislocations and Operative vs Rehabilitative Management. Presentation at the AAPMR, Washington D.C., October 2013.
5. Invited Podium Presentation: Upper Extremity Motion, Trunk Rotation, and Energy Expenditure in Recreational and Competitive Runners. AMSSM, New Orleans, LA, April 2014.
6. Session Director and Presenter for “Overhead Throwers: An Interactive Workshop on History Taking, Physical Examination, and Return to Play in This Unique Population.” Presentation at the AAPMR, San Diego, CA, November 2014.

7. Session Director: From the Clinic to the Ballpark and Back Again: Preventing Throwing Injuries Before they Happen! Boston, MA. October 2<sup>nd</sup>, 2015. Presentation at the AAPMR.
8. Presentation: Use of Video Analysis for Prevention of Throwing Injury. Boston, MA. October 2<sup>nd</sup>, 2015. Presentation at the AAPMR.
9. Session Director: Training is Over—Now What? Practical Management Pearls for the Trainee in Musculoskeletal and Sports Medicine. Boston, MA. October 1<sup>st</sup>, 2015. Presentation at the AAPMR.
10. Presentation: How to get Young Athletes into your clinic. Starting an Outreach Program from the Ground Up. Boston, MA. October 1<sup>st</sup>, 2015. Presentation at the AAPMR.
11. Presentation: Can We Prevent Overuse Injuries in the Skeletally Immature Athlete: Biomechanics versus Overuse in Overhead Throwers. Boston, MA. October 3<sup>rd</sup>, 2015.
12. Presentation: Shoulder Pain in the Overhead Athlete: Thinking Outside the (Glenohumeral) Box. Boston, MA. October 4<sup>th</sup>, 2015. Presentation at the AAPMR.
13. Pain Management and Rehabilitation of Upper Extremity Injuries in Athletes. American Society of Regional Anesthesia. Miami, Florida. November 21<sup>st</sup>, 2015.
14. Prevention of Throwing Injuries: Is the UCL the New ACL? The Ulnar Collateral Ligament Injury Epidemic and How to Stop It. American Medical Society for Sports Medicine, Dallas, TX, April 20<sup>th</sup>, 2016.
15. Session Director: Training is Over—Now What? Practical Management Pearls for the Trainee in Musculoskeletal and Sports Medicine. New Orleans, LA. October 20<sup>th</sup>, 2016. Presentation at the AAPMR, New Orleans.
16. Presentation: How to get Young Athletes into your clinic. Starting an Outreach Program from the Ground Up. New Orleans, LA. October 20<sup>th</sup>, 2016. Presentation at the AAPMR, New Orleans.
17. Session Director: Spine Care of the Injured Athlete. New Orleans, LA. October 23<sup>rd</sup>, 2016. Presentation at the AAPMR.
18. Presentation: Chronic Stinger Syndrome. Return to play versus Retire in Contact Sports. New Orleans, LA. October 23<sup>rd</sup>, 2016. Presentation at the AAPMR.
19. Zaremski JL, Farmer KW. A New Adverse Effect of Glenohumeral Injections: Mechanical Blocking Resulting in Functional Limitations. A Case Report. Poster presentation presented by JL Zaremski at the AAPMR October 21<sup>st</sup>, 2016, New Orleans, LA.
20. Zaremski JL. AMSSM/ACSM CAQ Review Session Part 1:PPE. Invited Lecture to the American Medical Society for Sports Medicine Meeting in San Diego, CA, May 9<sup>th</sup> 2017. Invited Lecture to the American Medical Society for Sports Medicine Meeting. *This is a special educational session for all attendees to present on topics to review for the certificate for added qualification sports medicine examination.*
21. Moderator for The Overhead Athlete: Preventing Injury and Improving Performance Through Missing Links. American Medical Society for Sports Medicine Meeting in San Diego, CA, May 9<sup>th</sup> 2017.
22. Introduction for the session for The Overhead Athlete: Preventing Injury and Improving Performance Through Missing Links. American Medical Society for Sports Medicine Meeting in San Diego, CA, May 9<sup>th</sup> 2017.
23. Moderator for Instructional Course Lecture on: Ask the Expert with Dr. W. Ben Kibler. Challenging Upper Extremity Cases in Overhead Athletes. American Medical Society for Sports Medicine Meeting in San Diego, CA, May 11<sup>th</sup> 2017.

24. Session Director: Training is Over—Now What? Practical Management Pearls for the Trainee in Musculoskeletal and Sports Medicine. American Medical Society for Sports Medicine Meeting in San Diego, CA, May 13<sup>th</sup> 2017.
25. Starting a High School Outreach Sports Medicine Program from the Ground Up. American Medical Society for Sports Medicine Meeting in San Diego, CA, May 13<sup>th</sup>, 2017.
26. Chair (Session): The Great Debate. What the Evidence shows in Musculoskeletal and Sports Medicine. AAPMR, Denver, CO, October 12<sup>th</sup>, 2017.
27. UCL injury of the elbow: Non-operative Treatment v Surgical Reconstruction in The Great Debate. What the Evidence shows in Musculoskeletal and Sports Medicine. AAPMR, Denver, CO. October 12<sup>th</sup>, 2017.
28. Faculty for “Sideline Medicine” Workshop on concussion and spine boarding athletes. AAPMR, Denver, CO. October 15<sup>th</sup>, 2017.
29. Prevention of Overhead Throwing Injuries: The Ulnar Collateral Ligament Injury Epidemic...Can It Be Stopped? 2017 Baseball and Sports Performance Conference. Atlanta, GA. November 11<sup>th</sup>, 2017.
30. Zaremski JL and Barnes K. Moderators for the Session: Reaching Conclusions: What Is the Evidence? Introduction by JL Zaremski. AMSSM National meeting in Orlando, FL April 29<sup>th</sup>, 2018.
31. Zaremski JL. Mechanisms and Treatments for Shoulder Injuries in Baseball. Presentation in San Juan, Puerto Rico at the 31<sup>st</sup> Annual Sports Medicine and Exercise Sciences Symposium. The Overhead Athlete: Comprehensive Evaluation and Management. April 14<sup>th</sup>, 2018.
32. Zaremski JL. Trends in Sports - Related Elbow Ulnar Collateral Ligament Injuries. Presentation in San Juan, Puerto Rico at the 31<sup>st</sup> Annual Sports Medicine and Exercise Sciences Symposium. The Overhead Athlete: Comprehensive Evaluation and Management. April 14<sup>th</sup>, 2018.
33. Zaremski JL. AMSSM/ACSM CAQ Review Session: Stingers/Burners/Transient Quadriplegia. Invited Lecture to the AMSSM Meeting in Orlando, FL. April 25<sup>th</sup>, 2018. Invited Lecture. *This is a special educational session for all attendees to present on topics to review for the certificate for added qualification sports medicine examination.*
34. Zaremski JL. Competitiveness of Obtaining a Primary Care Sports Medicine Fellowship: Identifiable Factors. Presentation by JL Zaremski at the Fellowship Forum at the AMSSM National meeting in Orlando, FL April 27<sup>th</sup>, 2018.
35. Zaremski JL, Zeppieri G, Jones DL, Tripp BL, Hones K, Mills L, Franz M, Stein J, Novak K, Sperling E, Bruner M, Vincent HK, Horodsyki MB. An Unaccounted Workload Factor: Pitch Counts in High School Baseball Pitchers. An Observational Study. Presentation by JL Zaremski at the AMSSM National meeting in Orlando, FL April 26<sup>th</sup>, 2018.
36. Negron G, Schoch B, Vincent KR, Zaremski JL. 16 Year Old Baseball Player with History of Tingling Fingers. Presentation by Giorgio Negron at the AMSSM National meeting in Orlando, FL April 26<sup>th</sup>, 2018.
37. Zaremski JL and Barnes K. Moderators for the Session: Reaching Conclusions: What Is the Evidence? Introduction by JL Zaremski. AMSSM National meeting in Orlando, FL, April 29<sup>th</sup>, 2018.
38. Zaremski JL. An Unaccounted Workload Factor: Pitch Counts in High School Baseball Pitchers—An Observational Study. NATA National Meeting in New Orleans, LA, June 27<sup>th</sup>, 2018. *AMSSM Invited Exchange Lecture with NATA.*

39. Zaremski JL. Sideline Medicine. October 24, 2018. Orlando Florida, AAPMR. Invited workshop faculty member. Topic: Concussion Management.
40. Zaremski JL: Quick Hits: Controversial Topics in Musculoskeletal Medicine. What Does the Research Say? October 26, 2018. Orlando Florida, AAPMR. Chair of Session.
41. Zaremski JL. Weighted Ball Velocity Programs in Pitchers: Does the Need for Speed Lead to Increased Throwing Injury? October 26, 2018. Orlando Florida, AAPMR.
42. Zaremski JL. Medical Student Program-Lectures and Resident Panel. October 27, 2018. Orlando Florida, AAPMR. Chair of Session. Over 300 medical students from around the country attended this educational session.
43. Zaremski JL. Sports Specific Demands in Baseball: Concepts to Appreciate When Evaluating and Managing Overhead Throwers. February 23<sup>rd</sup>, 2019. San Juan, Puerto Rico. Association of Academic Physiatrists.
44. Zaremski JL and Ray T. Youth Early Sports Specialization Summit in Collaboration with the American Medical Society for Sports Medicine. Sport Specific Breakout Leader: Baseball. Houston, Texas, April 12<sup>th</sup>, 2019.
45. Zaremski JL, Asif IM, Fields KB, Hrubes, M, Lane A, Logan K, Rao AL. Primary Care Sports Medicine Fellowship: How Do I Get There? Chair and presenter at AMSSM, Houston Texas, April 14<sup>th</sup>, 2019.
46. Lombardo JA, Oliveira L, Zaremski JL. Traveling Fellows: Clinical Takeaways from Scandinavia. AMSSM, Houston Texas, April 16<sup>th</sup>, 2019.
47. Zaremski JL. Moderator of “Mythbusters and Hot Topics in Sports Medicine” session. AMSSM, Houston Texas, April 17<sup>th</sup>, 2019.
48. Zaremski JL. Current Paradigms in the Prehospital Care of Emergent Injuries in Athletes: Concussions and Emergency Action Plans. ClinCon Annual Meeting, Orlando, FL, July 17<sup>th</sup>, 2019.
49. Zaremski JL. Now that Fellowship is Over, Now What? AMSSM Fellows Research and Leadership Conference. Cincinnati, Ohio. July 20<sup>th</sup>, 2019.
50. Part of Roundtable: Obtaining Your First Sports Medicine Job. AMSSM Fellows Research and Leadership Conference. Cincinnati, Ohio. July 20<sup>th</sup>, 2019.
51. Tow S and Zaremski JL. Sports Medicine Fellowships: A Summary of Recent PM&R Fellow Candidates' Application and Interview Experiences and What They Value in Programs. Presentation at AAPMR, San Antonio, Texas, November 14<sup>th</sup>, 2019.
52. Zaremski JL. Director and Chair, Overhead Athlete Community Day Session. Presentation at AAPMR, San Antonio, Texas, November 14<sup>th</sup>, 2019.
53. Zaremski JL. Workload in Throwers: Are We Throwing Too Much or Not Training Enough. Presentation at AAPMR, San Antonio, Texas, November 14<sup>th</sup>, 2019.
54. Zaremski JL (Co-Chair) with Dr Brian C. Liem, Medical Student Symposium at AAPMR, San Antonio, Texas, November 16<sup>th</sup>, 2019.
55. Zaremski JL and Liem BC. Physical Medicine and Rehabilitation: A Brief Introduction. Presentation at AAPMR, San Antonio, Texas, November 16<sup>th</sup>, 2019.
56. White K, Zaremski JL. Chronic Recurring Stingers in a High School Football Player. Presentation by K White March 7<sup>th</sup>, 2020. 4th Annual Sports Medicine for the Primary Care Clinician. Orlando, Florida.
57. Zaremski JL. Clinical Biomechanics and Preventing Injuries Before They Happen. April 22, 2020. Presented to UF Sports Medicine Fellowship and Nationally via Zoom Platform Online (due to COVID-19). Attendees were from, in addition to UF, Vancouver, Canada, San Juan, Puerto Rico, Atlanta, Phoenix, Erie Pennsylvania, and Seattle, Washington.

58. Co-Chair with Ken Mautner, Fellowship Forum, April 25<sup>th</sup>, 2020. AMSSM, Atlanta, Georgia. *Cancelled due to Coronavirus outbreak.*
59. Zaremski JL and Mautner K. Overview of Fellowship Forum and Initiatives Updates. Fellowship Forum, April 25<sup>th</sup>, 2020. AMSSM, Atlanta, Georgia. *Cancelled due to Coronavirus outbreak. Changed to Virtual session.*
60. Zaremski JL. Moderator of Roundtable for Fellowship Directors and Faculty on Sports Medicine Fellowship issues, April 25<sup>th</sup>, 2020. AMSSM, Atlanta, Georgia. *Cancelled due to Coronavirus outbreak. Changed to Virtual session.*
61. Zaremski JL. Discussant. The Exercise Prescription in 2020: Strategies for Moving Beyond the Talk. Virtual Talk and Workout Lead by Dr. Jordan Metz (Hospital for Special Surgery, New York, NY). More than 200 attendees from the United States and Israel. April 25<sup>th</sup>, 2020.
62. Zaremski JL. Welcome, Opening of AMSSM National Meeting, AMSSM, Atlanta, Georgia. *Cancelled due to Coronavirus outbreak.*
63. Zaremski JL. Chair and Moderator for Collaborative Aspects of the Throwing Athlete session, April 25<sup>th</sup>, 2020. AMSSM, Atlanta, Georgia. *Cancelled due to Coronavirus outbreak.*
64. Zaremski JL. Moderator and Chair. AMSSM Members on the Front Lines: We're All in This Together. AMSSM 2020 Virtual Meeting. April 28<sup>th</sup> 2020.
65. Zaremski JL. Peripheral Joint Injection & Arthrocentesis Lecture. UF Primary Care Sports Medicine Fellowship and National Lecture via Zoom Virtual Platform. April 29<sup>th</sup>, 2020. More than 25 Sports Medicine Fellows from around the Country attended.
66. Zaremski JL. Overhead Throwing Injuries and Workload: Is There a Missing Factor? Presented at 13<sup>th</sup> Annual Sports Medicine Update, Washington University, St. Louis, Missouri. *Cancelled due to Coronavirus outbreak.*
67. Zaremski JL. Weighted Ball Velocity Programs in Pitchers: Does the Need for Speed Lead to Increased Rate of Throwing Injury? Presented at 13<sup>th</sup> Annual Sports Medicine Update, Washington University, St. Louis, Missouri. *Cancelled due to Coronavirus outbreak.*
68. Zaremski JL. Pitching and the Elbow. Association of Academic Physiatrists Virtual Webinar. May 13<sup>th</sup>, 2020. Presentation to more than 60 PM&R residents from across the country via Zoom.
69. Zaremski JL. Invited Guest Panelist to Drexel University Sports Medicine Journal Club on "The Ulnar Collateral Ligament of the Elbow." Hosted by Dr Thomas Trojjan. Philadelphia, PA (but hosted Virtually on Zoom), May 22, 2020.
70. Zaremski JL. Moderator and Director of Arm Care for Throwing Athlete: Return to Play Guidance During the Pandemic. A 2 hour webinar (hosted virtually on Zoom) May 26<sup>th</sup>, 2020 with 5 speakers including myself.
71. Zaremski JL. Weighted Ball Velocity Programs in Pitchers: Does the Need for Speed Lead to Increased Rate of Throwing Injury? May 26, 2020. Virtual Presentation.

### **INVITED PRESENTATIONS-INTERNATIONAL**

1. Session Chair of "Advancing Sports Medicine and Injury Prevention through Clinical Biomechanics." American College of Sports Medicine, San Diego, CA May 2015.
2. Preventing Overhead Throwing Injuries Before They Happen. American College of Sports Medicine, San Diego, CA May 2015
3. Invited Chair: Clinical Case Slide Session for Hand and Wrist. American College of Sports Medicine, San Diego, CA, May 2015.

4. Session Chair: The Adolescent Throwing Elbow: Prevention of Injury and New Areas of Research. American College of Sports Medicine, Boston, MA. June 4<sup>th</sup>, 2016.
5. The Adolescent Throwing Elbow: Prevention of Injury and New Areas of Research. Environmental Considerations and UCL Injury Risk. American College of Sports Medicine, Boston, MA. June 4<sup>th</sup>, 2016.
6. Pearls on Pain Generators in Sports Medicine. Pain Generators in the Shoulder. American College of Sports Medicine, Boston, MA. June 3<sup>rd</sup>, 2016.
7. Invited Discussant Panel Member: Upper Extremity- Hand/Wrist Clinical Case Session. American College of Sports Medicine, Boston, MA. June 1<sup>st</sup>, 2016.
8. Invited Lecture: Xray Diagnosis of the Hand and Wrist as Part of the CAQ Review Session. American College of Sports Medicine, Boston, MA. June 1<sup>st</sup>, 2016.
9. Zaremski JL, McClelland JI, Vincent HK, Farmer KW, Herman DC, Moser MW, Prine BR, Smith MS, Vincent KR, Horodyski MB. Sports-Related Elbow Ulnar Collateral Ligament Injury in the 21<sup>st</sup> Century. Presentation by JL Zaremski at the International Olympic Committee's World Conference on Prevention of Injury and Illness in Sport. Monaco, Monaco, March 2017. <http://www.ioc-preventionconference.org/>.
10. Session Director for: Unique Characteristics of Overhead Athletes and Prevention of Injury. American College of Sports Medicine, Denver, CO, May 31<sup>st</sup>, 2017.
11. Moderator for: Unique Characteristics of Overhead Athletes and Prevention of Injury. American College of Sports Medicine, Denver, CO, May 31<sup>st</sup>, 2017.
12. Zaremski JL, Nabhan D. Recurrent Medial Heel Pain in an Elite Triathlete: Location, Location, Location. Selected for oral presentation by JL Zaremski at the ACSM Annual International Conference, May 31<sup>st</sup>, 2017 in Denver, CO.
13. Invited Session Chair: The Elbow. American College of Sports Medicine. June 1<sup>st</sup>, 2017 in Denver, CO.
14. Invited Session Chair: The Shoulder. American College of Sports Medicine. June 2<sup>nd</sup>, 2017 in Denver, CO.
15. Zaremski JL. Kinetic Chain Deficits in Runners and Implications for Musculoskeletal Injury. Göteborg Running Science Meeting, Göteborg, Sweden. May 18<sup>th</sup>, 2018.
16. Zaremski JL. Differences Between Baseball Pitchers and Other Overhead Throwing Sports. Seminar at The Swedish School of Health and Sports Sciences. Stockholm, Sweden. May 21<sup>st</sup>, 2018.
17. Zaremski JL. The Ulnar Collateral Ligament (of the Elbow) Epidemic in Overhead Throwing Athlete: Can it be Stopped. Spring Seminar through the Norwegian School of Sport Sciences Department of Sport Medicine and the Oslo Sports Trauma Research Center Kleivstua, Norway. May 23<sup>rd</sup>, 2018.
18. Zaremski JL. Overhead Throwing Injuries and Workload: Is There a Missing Factor? Presentation at Olympiatoppen, the organization that is part of Norwegian Olympic and Paralympic Committee and Confederation of Sports with responsibility for training Norwegian elite sport. Olympiatoppen, Norway. May 25<sup>th</sup>, 2018.
19. Zaremski JL. Biomechanics and Injury Mechanisms in Overhead Throwing Athletes. Symposium on Shoulder Problems in the Throwing Athlete sponsored by the

International Olympic Committee Research Center in Copenhagen at Bispebjerg Hospital. Copenhagen, Denmark, May 29<sup>th</sup>, 2018.

20. Zaremski JL. Learning from Cricket and Baseball. Session. Overhead Throwing Injuries and Workload: Is There a Missing Factor? Podium Presentation at the isokinetic Conference at Wembley Stadium in London, England, April 28<sup>th</sup>, 2019.
21. Alkhamisi A, Chapman J, Parker, Blakemore L, Zaremski JL. Severe Shoulder Pain in a Healthy Adolescent Child. Podium Presentation by A. Alkhamisi at ACSM, Orlando, FL May 29<sup>th</sup>, 2019.
22. Smith MS, Zeppieri G, Prine BR, Farmer K, Brombacher S, Vincent HK, Zaremski JL, Bruner M. Caregiver Awareness of Safe Pitching Recommendations in Youth Fastpitch Softball Pitchers. Presentation by MS Smith at ACSM. Orlando, Florida, May 31<sup>st</sup>, 2019.
23. Wasser JG, Tripp BL, Bruner ML, Bailey DR, Leitz RS, Zaremski JL, Vincent HK. Volleyball-Related Injuries in Adolescent Female Players. Presentation by JG Wasser at ACSM. Orlando, Florida, May 31<sup>st</sup>, 2019.
24. Zaremski JL. Chair (Session) Ulnar Collateral Ligament Injuries in Overhead Athletes. ACSM, Orlando, FL, May 29<sup>th</sup>, 2019.
25. Zaremski JL. Chair of session and presenter. Baseball and Workload: Volume, Velocity, and Finding the Missing Link. ACSM, Orlando, FL. May 31<sup>st</sup>, 2019.
26. Zaremski JL. Chair of session and presenter. CAQ Review Session Part 2: Concussion and Return to Play. ACSM, Orlando, FL. June 1<sup>st</sup>, 2019. Invited Lecture. *This is a special educational session for all attendees to present on topics to review for the certificate for added qualification sports medicine examination.*
27. Zaremski JL. Chair Finding the Right Balance of Workload to Optimize Sports Performance and Reduce Injury. International Society of Physical Rehabilitation and Medicine. Kobe, Japan. June 10<sup>th</sup>, 2019.
28. Zaremski JL. Overhead Throwing Injuries and Workload: Is There a Missing Factor? International Society of Physical Rehabilitation and Medicine. Kobe, Japan. June 10<sup>th</sup>, 2019.
29. Haley H, Zaremski JL. ATV Accident-Lower Leg. Presentation by H. Haley at the ACSM San Francisco, CA, May 29<sup>th</sup>, 2020.
30. Zaremski JL. Chair and Speaker. Prevention of Injury In The Overhead Throwing Athlete: Prediction, Prevention, and Workload. International Olympic World Conference on Prevention and Injury and Illness in Sport. Monaco, Monaco, March 13<sup>th</sup>, 2020. *Postponed to February 2021 due to Coronavirus outbreak.*
31. Zaremski JL. Measuring true volume of workload in baseball pitchers and applications to workload in overhead throwing athletes. International Olympic World Conference on Prevention and Injury and Illness in Sport. Monaco, Monaco, March 13<sup>th</sup>, 2020. *Postponed to February 2021 due to Coronavirus outbreak.*
32. Zaremski JL. Epidemiology of injury in the overhead throwing athlete. International Olympic World Conference on Prevention and Injury and Illness in Sport. Monaco, Monaco, March 13<sup>th</sup>, 2020. *Postponed to February 2021 due to Coronavirus outbreak.*
33. Zaremski JL. Throwing Arm Injuries: A Review. CAQ Sports Medicine Board Review Session. ACSM, San Francisco, CA, May 28<sup>th</sup>, 2020. *This is a special educational*

*session for all attendees to present on topics to review for the certificate for added qualification sports medicine examination.*

34. Zaremski JL. Chair, Moderator, and Speaker. Training is Over—Now What? Practical Management Pearls for the Trainee in Musculoskeletal and Sports Medicine. ACSM, San Francisco, CA, May 29<sup>th</sup>, 2020. *Cancelled due to Coronavirus outbreak.*
35. Zaremski JL. How to get Young Athletes into your clinic. Starting an Outreach Program from the Ground Up. ACSM, San Francisco, CA, May 29<sup>th</sup>, 2020. *Cancelled due to Coronavirus outbreak.*

**REVIEWER**

1. Annual Assembly for the American Academy of Physical Medicine and Rehabilitation, Musculoskeletal Section Case Report and Research Abstract Reviewer.
2. Annual meeting for the American Medical Society for Sports Medicine. Case Abstract Reviewer.
3. AMSSM Foundation Grant Reviewer (2019)
4. Annual meeting for the American College of Sports Medicine. Case Abstract Reviewer.
5. Sports Biomechanics.
6. Sports Health Journal.
7. Journal of Athletic Training.
8. Current Sports Medicine Reports.
9. Medicine & Science in Sports & Exercise.
10. The PM&R Journal. The Journal of Injury, Function and Rehabilitation.
11. Research in Sports Medicine.
12. 2014: Review panel for ACSM’s Exercise Management for Persons with Chronic Diseases and Disabilities 4th Edition, edited by Geoffrey E. Moore MD, FACSM, J. Larry Durstine, PhD, FACSM, and Patricia L. Painter, PhD, FACSM. I edited Chapters 1.3 and 2.1 for review – Artful Exercise Management: Clinical Care and Approach to Common Chronic Conditions and Co-Morbidities.

**GRANTS**

Role	Agency	Grant Title & Dates	Total Award	Candidate Allocation (Amount)
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Primary Investigator	Orthopaedic and Research Education Foundation Grant in Honor of Dr. James Andrews, MD with funding in part by the Aircast Foundation  Prevention of Musculoskeletal Youth Sports Injuries Grant #19-013	Development of a Protocol to Evaluate Baseball Pitcher's Workload 2/1/2019-2/2/2022	\$148,707	\$148,707
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Summary: The long-term goal of this research is to determine a novel model for workload in high school baseball pitchers.

Role	Agency	Grant Title & Dates	Total Award	Candidate Allocation (Amount)
Co-Investigator	United States Lacrosse Sports Science and Safety Research Grant	Contribution of Functional and Motion Factors Related to Lower Body Musculoskeletal Pain and Injury in Lacrosse. To begin in 2018	\$31,367	\$0 ( <i>I am on the grant for my expertise in upper extremity injuries</i> )

Summary: My role is to provide expertise in the area of upper extremity injury and biomechanics in overhead athletes.

Role	Agency	Grant Title & Dates	Total Award	Candidate Allocation (Amount)
Co-Investigator	NIH – NIAMS	Sports Concussion and Neuromuscular Functions 08/15/15 – 06/30/17	\$352,802	\$12,655 (2%)

Summary: The long-term goal of this research is to understand the effect of sports-related concussion on the neuro-musculoskeletal system and integrate that knowledge in post-concussion rehabilitation protocols.

Role	Agency	Grant Title & Dates	Total Award	Candidate Allocation (Amount)
Award Winner	University of Florida	Faculty Enhancement Opportunity Winner for United States Olympic Committee Volunteer Medical Physician 6/19/16-7/3/16	\$5,318	\$5,318

#### **EDITORIAL BOARD**

1. 2015-2018: The Sports Review Journal. <http://sportsreviewjournal.com/>
2. 2016-2018: The Sports Review Journal. Social Media Director.

3. 2017-present: Junior Associate Editor with the Clinical Journal of Sport Medicine, American Medical Society for Sports Medicine (AMSSM) Representative
4. 2020-present: Sports Health-Social Media Consultant for Primary Care

### **LEADERSHIP & COMMITTEES**

- 2020-present Strategic Planning Task Force Committee  
Department of Physical Medicine & Rehabilitation, University of Florida, Gainesville, FL
- 2020-present **AMSSM Task Force:  
Interim Guidance on the Preparticipation Physical Exam for Athletes during the SARS-CoV-2 Pandemic**
- 2020-present **AMSSM Presidential Task Force for Future Training of Sports Medicine Physicians**  
Accreditation Concerns Working Group – AMSSM President Dr. Tracy Ray  
Members: Drs Peter Carek, Sam Dixit, Jason Zaremski
- 2020-present **AMSSM Online Education Subcommittee Task Force**  
This committee was developed due to the COVID-19 Pandemic. With changing nature of learning for sports medicine fellows, a committee was developed to make lectures from fellowships from around the country into one central location and make available virtually do learners have the ability to learn from expert not just at their home institution, but from around the country. Began April 2020.
- 2019-Present Publications Committee: American Medical Society of Sports Medicine  
Named to Writing Committee, American Family Physician Journal
- 2019-present Assembly of Delegates  
American Academy of Physical Medicine and Rehabilitation
- 2019-present Clinical Competency Committee  
Primary Care Sports Medicine Fellowship, University of Florida, Gainesville, FL
- 2019-2020 PM&R Mission Statement Committee  
Department of Physical Medicine & Rehabilitation, University of Florida, Gainesville, FL
- 2019-2021 Elected: **Chair, Overhead Athlete Member Community  
American Academy of Physical Medicine and Rehabilitation**
- 2019-2021 Elected: **American Medical Society for Sports Medicine’s Board of Directors.  
Appointed Fellowship Committee Co-Chair**
- 2018-2021 **Appointed to Committee for Title IX Intercollegiate Athletics**  
University of Florida  
Responsibilities for this committee include:
  - Review women’s intercollegiate athletics with regard to equity in funding.

- Review the programs and facilities provided for women's intercollegiate athletics.
- A report of the reviews conducted is required to be submitted to the President annually.

- 2018-2021 **Appointed to the Practice Preparedness Committee, Member-At-Large. American Academy of PM&R.** Duties include assisting the Academy members with evolving their practices, diversifying their practices, and transitioning from post-residency training to early career practitioners. Additional responsibilities include building the Annual Assembly practice program with a focus on leadership.
- 2019-2020 **American Medical Society for Sports Medicine's Program Chair Committee Member for the 2020 Annual Meeting in Houston, Texas.**
- 2018-2019 **Appointed as Program Chair to the 2018 AAPMR Medical Student Symposium at the Annual Academy meeting in Orlando, Florida.**
- Appointed as **Program Co-Chair to the 2019 AAPMR Medical Student Symposium at the Annual Academy meeting in San Antonio, Texas.**
- 2017 Appointed as an expert panelist to the National Athletic Trainer's Association Board of Certification Meeting on Practice Analysis Study – Athletic Trainers with an Orthopedic Specialty– Omaha, NE. I am one of 12 experts, and the only non-operative sports medicine clinician, invited to this national panel.
- 2016-present **Appointed to Professional Education Committee**  
American College of Sports Medicine
- 2016-present **Appointed to Medical Education Committee**  
American College of Sports Medicine
- 2018-Present **International Traveling Fellow Liaison Committee**  
American Medical Society for Sports Medicine  
Co-Liaison to Scandinavia (primarily Norway, Denmark, and Sweden)
- 2018-Present **American Medical Society for Sports Medicine's Program Planning Committee Member for the 2019 Annual Meeting in Houston, Texas.**  
Meeting Logistics Subcommittee
- Template of meeting schedule: events/programs outside regular sessions; free time
  - Communication templates: letters (PPC invite, speaker invite, speaker thank you); template for e-blasts
  - Program planning committee: potential chairs, committee makeup, etc
- 2017-2018 **American Medical Society for Sports Medicine's Program Planning Committee Member for the 2018 Annual Meeting in Orlando, FL.**  
Named Chair of the Instructional Course Lectures.

I lead the team including coordination, development, and planning for the 28 lectures for the 2018 annual meeting.

- 2016-2017 **American Medical Society for Sports Medicine's Program Planning Committee Member for the 2017 Annual Meeting in San Diego, CA.**  
Instructional Course Lecture Assistant.  
I assisted with coordination, development, and planning for the 28 lectures for the 2017 annual meeting.
- 2016-present **AMSSM Primary Care Sports Medicine In-Service Training Examination**  
Question Editor
- 2014-present **American Medical Society for Sports Medicine Membership Committee**  
**Sub-Committee: Mentorship Project**  
Purpose & Duties: To provide perspective and answering questions about the field of primary care sports medicine while creating a more personal connection with the next generation of sports medicine providers.
- 2013-present **AMSSM Primary Care Sports Medicine In-Service Training Examination**  
Question Writer
- 2013-present **American Medical Society for Sports Medicine Education Committee**  
Named Chair of Sub-Committee on Sports Medicine Curriculum Guidelines for PM&R Residents in 2016  
**Appointed to Annual Meeting Program Advisory Subcommittee in 2018**
- 2014-present Reviewer for Case Abstracts ACSM International Annual Meeting  
2013-present Reviewer for Case Abstracts AMSSM Annual Meeting  
2011-2018 Reviewer for Research & Case Abstracts: Musculoskeletal section AAPMR Annual Assembly
- 2012-2014 **Musculoskeletal & Sports Medicine PM&R-AMSSM Curriculum Guidelines.**  
**[http://www.aapmr.org/docs/default-source/default-document-library/musculoskeletal\\_and\\_sports\\_medicine\\_pmr\\_curriculum\\_guidelines\\_2015daee30bbb7f361518d86ff0000187796.pdf](http://www.aapmr.org/docs/default-source/default-document-library/musculoskeletal_and_sports_medicine_pmr_curriculum_guidelines_2015daee30bbb7f361518d86ff0000187796.pdf)**  
Krabak BJ (Chair), Diamond M (Vice-Chair), Agesen AL, Casey EK, Ellen MI, Mautner KR, McInnis KC, Nichols JT, Semakula BN, Zaremski JL: Musculoskeletal and Sports Medicine PM&R Curriculum Guidelines, 2015.
- 1 of 10 authors nationally that is writing a consensus opinion guideline to define a recommended training strategy for PM&R residents in the realm of Musculoskeletal & Sports Medicine. Completed April 2014. Published online March 2015. Sections Written:
- a. The Elbow
  - b. Wrist and Hand
  - c. Pediatric Sports Medicine

- d. Electrodiagnostics and Sports Medicine
- e. Teamwork and Communication

### **COMMUNITY SERVICE EDUCATION & LECTURES**

- 2020      **Sports Related Concussions.** Lake County Public School Nurses. Howey-in-the-Hills, FL
- Sports Related Concussions.** Alachua County Public School Nurses. Gainesville, FL
- 2019      **Concussions in the World of Soccer. Gainesville Soccer Alliance.** Gainesville, FL.
- Sports Concussions. Presentation at the 7<sup>th</sup> Annual Heat, Heart, and Head Symposium.** Gainesville, FL
- Sports Related Concussions.** Marion County Public School Nurses. Ocala, FL
- Sports Related Concussions.** Alachua County Public School Nurses. Gainesville, FL
- 2018      **Exertional Heat Illness in Sport.** Oak Hall School, Gainesville, Florida
- Sports Related Concussions.** Nirvana Sports Medicine and Rehabilitation Community Talk, Orlando, Florida.
- Sports Concussions. Presentation at the 6<sup>th</sup> Annual Heat, Heart, and Head Symposium.** Gainesville, FL
- 2017      **Common Shoulder Injuries.** Master the Possibilities Educational Program, Ocala, FL.
- Preventing Common Sports Injuries in the Active, Aging Population.** Gainesville Wellness Center, Gainesville, FL
- Preventing Common Sports Injuries in the Active, Aging Population.** Master the Possibilities Educational Program, Ocala, FL
- Stingers and Burners – What is the Evidence**  
Heat, Heart, and Head Conference  
Gainesville, FL
- Sports Concussions**  
Heat, Heart, and Head Conference  
Gainesville, FL
- Preventing Common Sports Injuries in the Active, Aging Population**  
Oak Hammock Retirement Community, Gainesville, Florida

- 2016 **Sports Concussions**  
Heat, Heart, and Head Conference-Emerald Coast  
Niceville, FL
- Sports Concussions**  
UF Department of Orthopaedics and Rehabilitation Residency  
Gainesville, FL
- Panel Member and Lecturer on Concussions: Outreach Community Seminar on Sports Medicine**  
Gainesville High School, Gainesville, FL
- Preventing Common Sports Injuries in the Active, Aging Population**  
Oak Hammock Retirement Community, Gainesville, FL
- Panel Member: Outreach Community Seminar on Sports Medicine**  
Oak Hall School, Gainesville, FL
- Common Musculoskeletal and Sports Related Injuries in School**  
Marion County Nurses for the Marion County School System  
Ocala, FL
- 2015 **Preventing Common Sports Injuries in the Active, Aging Population**  
Alachua County Senior Center, Gainesville, Florida
- Preventing Common Sports Injuries in Master's Level Athletes**  
The Villages, Florida.
- Sports Concussions**  
Oak Hammock Retirement Community, Gainesville, FL
- What Are Bones?**  
Temple B'Nai Israel Day School, Gainesville, FL
- Sports Concussions in High School Athletes**  
Clay County, Florida High Schools Coaches  
Middleberg, Florida
- 2014 **Sports Concussions**  
Mid Florida Officials Association at The Villages Charter High School  
The Villages, Florida
- 2013-Present **Co-Director Sports Medicine Symposium for all Coaches**  
Heat, Heart, and Head: Prevention and Treatment of Life Threatening Injuries of Young Athletes, Gainesville, FL. I presented on Concussions annually.
- 2013 **My Shoulder Hurts, Now What?**  
The Villages Retirement Community, The Villages, FL

**The Mature Shoulder**

Oak Hammock Retirement Community, Gainesville, FL

**Prevention of Overuse Throwing Injuries for Coaches**

Babe Ruth League, Starke, FL

**Prevention of Overuse Throwing Injuries for Parents**

Elite Pro Baseball Academy, Newberry, FL.

**COMMUNITY SERVICE OUTREACH**

2013-Present

Free Pre-Participation Physical Examinations

Every High School Eligible Athlete

**Alachua County and surrounding Counties, North Central, Florida**

2012-present

**Co-Medical Director Adolescent and High School Outreach Program**

University of Florida, Department of Orthopaedics & Rehabilitation

Provide supervision of High Schools

Initiation of Concussion Program

Development of Outreach website with Handouts for Injury Prevention

<http://www.ortho.ufl.edu/outreach>

**SUPERVISING TEAM PHYSICIAN 2013-present**

Buchholz High School, Gainesville, FL

Newberry High School, Newberry, FL (2013-2016)

Bell High School, Bell, FL (*Consulting Physician*)

Trenton High School, Trenton, FL (2013-2016)

The Rock School, Gainesville, FL (2015-present)

Eastside High School, Gainesville, FL (2012-2013, 2016-present)

**SUPERVISING TEAM PHYSICIAN 2012-2013**

Eastside High School, Gainesville, FL

Newberry High School, Newberry, FL

Oak Hall High School, Gainesville, FL

PK Yonge Developmental Research High School, Gainesville, FL

**FORMER TEAM PHYSICIAN 2011-2012**

Hanover Area High School, Hanover Township, PA

Misericordia University, Dallas, PA, NCAA Division III

Wilkes University, Wilkes-Barre, PA, NCAA Division III

Wilkes-Barre/Scranton Penguins, American Hockey League (Affiliate of the NHL's Pittsburgh Penguins)

**FORMER CONSULTING TEAM PHYSICIAN 2011-2012**

Dallas Area High School, Dallas, PA

G.A.R. Memorial Junior/Senior High School, Wilkes Barre, PA

Lake Lehman Junior/Senior High School, Lehman, PA

Northwest Area High School, Shickshinny, PA

### **VOLUNTEER AND SPORTS EVENT EXPERIENCE**

- 2017 Medical Supervisor: State Competitive Cheerleading Championships  
Florida High School State Athletic Association  
Gainesville, FL
- 2016 United States Olympic Committee Volunteer Medical Physician Program  
Colorado Springs, CO
- 2013-Present  
High School Football Games Thursday and Friday nights  
High School Boys and Girls Basketball Games  
Gainesville Soccer Alliance Boys and Girls Soccer Matches Ages 11-18, Gainesville, FL
- 2013 Multiple 5K Runs, Greater Gainesville, FL area  
Gainesville City Wrestling Meet, Eastside HS, Gainesville, FL
- 2012 Kids 4 Kids Triathlon, Gainesville, FL  
Rivers Town Marathon, Danville, PA  
Medical Director
- 2011 Bucknell University Football, NCAA Division I, Lewisburg, PA  
Wilkes-Barre Triathlon, Wilkes-Barre, PA  
Mixed Martial Arts – Wilkes-Barre, PA, Ringside Physician  
Boston Marathon, Boston, MA
- 2010 Boston Half Marathon, Boston, MA  
Katie Lynch Heartbreak Hill Half Marathon Challenge, Newton, MA  
Synchronized Ice Skating, Brighton, MA  
Synchronized Ice Skating, Lowell, MA
- 2009 Boston Ballet, Boston, MA  
Boston Half Marathon, Boston, MA  
High School Football, The Rivers School, Weston, MA  
Jimmy Fund Walk for Cancer, Boston, MA  
Summer Bay State Games, Boston, MA  
Special Olympics of Massachusetts Summer Games, Cambridge, MA  
Boston Ballet, Boston, MA

### **TEACHING**

2013-Present

**University of Florida, Gainesville, FL**

Teaching & Core Faculty, Primary Care Sports Medicine Fellowship Program  
Department of Community Health and Family Medicine

Co-Director for the Non-surgical Orthopaedics and Sports Medicine  
Rotation (ORTHO E4) for 4<sup>th</sup> year Medical Students

Teaching Faculty- UF Health PM&R 4<sup>th</sup> Year Medical Student Rotation

Teaching Faculty -UF Health Multidisciplinary Pain Medicine Fellowship (2013-2016)

2012-Present

**University of Florida, Gainesville, FL**

Primary Care Sports Medicine Fellows



Internal Medicine Residents  
Family Medicine Residents  
Pediatric Residents (2015-present)  
Medical Students on Geriatric Rotation (MED R3)  
Medical Students on Non-Operative Sports Medicine Rotation (ORTHO E4)  
Undergraduate students shadowing with interest in medicine as a career  
Physical Therapy students  
Graduate Athletic Trainers

### **Primary Care Sports Medicine Fellows I've Assisted with Training**

2012-present:

Daniel Herman, MD, PhD  
Christopher Robinson, DO  
Charlie Michaudet, MD  
Jason Pothast, MD  
Robert Donlan, DO  
Johnathan Beck, MD  
Ashley Zapf, MD  
Jason Wilk, MD  
Jonathan Bonnet, MD  
Thomas Starnes, MD  
Katherine Langley, MD  
Stephen Carek, MD  
Timothy Durkin, MD  
Jairo Olivas, MD  
Gary Allen, MD (current as of 2019-2020)  
Nicole Pitts, MD (current as of 2019-2020)  
Joshua Altman, MD (current as of 2019-2020)

### **ACADEMIC LECTURES**

2020 **Pitching and Elbow Injuries**

Orthopaedic Residency  
University of Florida, Gainesville, FL

**Sports Related Concussions.**

Internal Medicine Residency, University of Florida, Gainesville, FL

**Sports Specialization in the Adolescent Athlete.**

Pediatric Residency, University of Florida, Gainesville, FL

**Advanced Physical Diagnosis Class for 4<sup>th</sup> year Medical Students: Clinical Vignettes**

**Small Group Workshop, Musculoskeletal Upper Extremity.**

University of Florida, School of Medicine, Gainesville, FL.

**Musculoskeletal Ultrasound of the Elbow. Lecture and workshop.**

Primary Care Sports Medicine Fellowship

University of Florida, Gainesville, FL

2019 Faculty, **Musculoskeletal physical examination workshop** led by Dr Daniel C Herman, for 2<sup>nd</sup> year Medical Students.

**Musculoskeletal Ultrasound Workshop for 2nd year University of Florida Medical Students.** University of Florida College of Medicine, Gainesville, FL.

**The Musculoskeletal System and Introduction to Fractures (BMS 6635-Derm/MSK)**  
Medical Student 2<sup>nd</sup> Year Course  
University of Florida College of Medicine, Gainesville, FL.

**Pitching and The Elbow**  
Primary Care Sports Medicine Fellowship  
University of Florida, Gainesville, FL

**Pitching and The Elbow**  
Internal Medicine Residency  
University of Florida, Gainesville, FL

**Throwing Injuries in Baseball. Clinical Biomechanics and Preventing Injuries Before They Happen.** University of Florida Undergraduate Athletic Training Course, Gainesville, FL

**Peripheral Joint Injections Lecture and Workshop for UF Graduate Athletic Trainers**  
University of Florida, Gainesville, FL

**Sport Specialization and the Adolescent Athlete**  
Primary Care Sports Medicine Fellowship, University of Florida, Gainesville, FL

**Sideline Medical Coverage.** UF Family Medicine Residency Lecture. Gainesville, FL

**Sports Related Concussions.** UF Orthopaedics Residency Lecture. Gainesville, FL

**Biomechanics of Overhead Sports Performance.** Biomechanics in Orthopaedics and Rehabilitation GMS 5905 course directed by Dr. Heather Vincent. University of Florida, School of Medicine, Gainesville, FL.

**Advanced Physical Diagnosis Class for 4<sup>th</sup> year Medical Students: Clinical Vignettes Small Group Workshop, Musculoskeletal Upper Extremity.**  
University of Florida, School of Medicine, Gainesville, FL.

**Peripheral Joint Injection Lecture and Workshop.**  
Primary Care Internal Medicine Residents. Gainesville, FL.

**Throwing Injuries in Baseball. Clinical Biomechanics and Preventing Injuries Before They Happen.** University of Florida Undergraduate Athletic Training Course, Gainesville, FL

2018 **Musculoskeletal Ultrasound Workshop for 2nd year University of Florida Medical Students.** University of Florida College of Medicine, Gainesville, FL.

**The Musculoskeletal System and Introduction to Fractures (BMS 6635-Derm/MSK)**

Medical Student 2<sup>nd</sup> Year Course  
University of Florida College of Medicine, Gainesville, FL.

**Sports Related Concussions**

Internal Medicine Residency  
University of Florida, Gainesville, FL

**Pitching and The Elbow**

Primary Care Sports Medicine Fellowship  
University of Florida, Gainesville, FL

**12 year old male: Left Shoulder Pain**

Non-Operative Morbidity and Mortality teaching Rounds  
UF Divisions of PM&R and Sports Medicine, Dept. of Orthopaedics and Rehabilitation  
Gainesville, FL

**Peripheral Joint Injections**

UF COM Orthopedic Medical Student Interest Group, Gainesville, FL

**Sports Specialization in the Adolescent Athlete.**

Pediatric Residency, University of Florida, Gainesville, FL

**Throwing Injuries in Baseball: Clinical Biomechanics and Preventing Injuries Before They Happen**

Internal Medicine Residency Teaching Rounds  
University of Florida, Gainesville, FL

**Sport Specialization and the Adolescent Athlete**

Primary Care Sports Medicine Fellowship  
University of Florida, Gainesville, FL

**16 year old Baseball Player with Elbow Pain. Non-Operative Morbidity and Mortality Conference.** Department of Orthopaedics and Rehabilitation, UF Health, Gainesville, FL.

**Sports Concussions**

Orthopaedic Residency and Staff Athletic Trainers.  
Department of Orthopaedics and Rehabilitation, UF Health, Gainesville, FL.

**The Art of The Advanced Physical Diagnosis and Clinical Reasoning-The Upper Extremity.** 4th year medical student elective-physical exam course.

University of Florida College of Medicine, Gainesville, FL.

2017 **The Musculoskeletal System and Introduction to Fractures (BMS 6635-Derm/MSK)**

Medical Student 2<sup>nd</sup> Year Course  
University of Florida College of Medicine, Gainesville, FL.

**Musculoskeletal Ultrasound Workshop for 2nd year University of Florida Medical Students.** University of Florida College of Medicine, Gainesville, FL.

**Diagnostic Musculoskeletal Ultrasound Workshop.** Workshop Faculty. Lecture by Dr M. Seth Smith. Presented to the Graduate Athletic Training Program Students. University of Florida, Gainesville, Florida

**Clinical Biomechanics and Preventing Injuries Before They Happen.** Invited Lecture to UF Undergraduate Athletic Training Program, University of Florida, Gainesville, Florida

**Pitching and The Elbow.** Invited Lecture to UF Sports Medicine Fellowship, University of Florida, Gainesville, Florida

**Introduction to Sports Concussions.** Invited Lecture to Internal Medicine Residency, University of Florida, Gainesville, Florida.

**Sports Specialization and Adolescent Athletes.** Family Medicine Sports Medicine Residency Interest Group. Gainesville, FL.

**Sports Related Concussions.** Invited Lecture to the UF Pediatrics Residency. Gainesville, FL.

**Sports Concussions.** Invited Lecture to Marion County Athletic Trainers. Ocala, Florida

**The Art of The Advanced Physical Diagnosis and Clinical Reasoning-The Upper Extremity.** 4th year medical student elective-physical exam course. University of Florida College of Medicine, Gainesville, FL.

**Biomechanics of Overhead Sports Performance.** Invited lecture in Biomechanics in Orthopaedics and Rehabilitation 2017, GMS 5905 section 1C12. Instructor: Dr. Heather Vincent. Gainesville, Florida

**Sports Concussion and Guidelines for Return to Play.** University of Florida Pediatrics Residency. Gainesville, Florida.

2016 **The Musculoskeletal System and Introduction to Fractures (BMS 6635-Derm/MSK)** Medical Student 2<sup>nd</sup> Year Course  
University of Florida College of Medicine, Gainesville, FL.

**Musculoskeletal Ultrasound Workshop for 2nd year University of Florida Medical Students.** University of Florida College of Medicine, Gainesville, FL.

**Overhead Throwing Injuries: Clinical Biomechanics and Rest Guidelines to Prevent Injuries Before They Happen.** Undergraduate Athletic Training Students. University of Florida, Gainesville, FL.

**Introduction to Musculoskeletal Examination Workshop** Workshop Faculty, 2<sup>nd</sup> year Medical Students  
University of Florida, Gainesville, FL.

**Salter Harris Fractures**

Lecture to Primary Care Sports Medicine Fellowship  
University of Florida, Gainesville, FL.

**The Shoulder Examination and Shoulder Osteoarthritis**

Lecture to Internal Medicine Residency  
University of Florida, Gainesville, FL.

**Shoulder Dislocations**

Lecture to Internal Medicine Residency  
University of Florida, Gainesville, FL.

**Biomechanics of the Baseball Throw**

Biomechanics in Orthopaedics and Rehabilitation 2016 (GMS 5905)  
University of Florida, Gainesville, FL.

**Upper Extremity Physical Examination Workshop**

Advanced Physical Diagnosis and Clinical Reasoning. 4th year Medical Student Elective  
University of Florida, College of Medicine, Gainesville, FL

**2015 Common Sports Injuries in the Shoulder**

Internal Medicine Residency  
University of Florida, Gainesville, FL

**Sport Specialization and the Adolescent Athlete**

Pediatrics Residency  
University of Florida, Gainesville, FL

**The Musculoskeletal System and Introduction to Fractures (BMS 6635-Derm/MSK)**

Medical Student 2<sup>nd</sup> Year Course  
University of Florida College of Medicine, Gainesville, FL

**Musculoskeletal Ultrasound Workshop for 2nd year University of Florida Medical Students.** Gainesville, FL.

**Throwing Injuries in Baseball: Clinical Biomechanics and Rest Guidelines to Prevent Injuries Before They Happen.** University of Florida Undergraduate Athlete Trainer's Program. Gainesville, FL.

**Knee and Ankle Joint Aspiration and Injection Interactive Lab**

Orthopaedic Residency-Specific to Intern level  
University of Florida, Gainesville, FL

**Sports Concussions**

Family Medicine Residency  
University of Florida, Gainesville, FL

**Introduction to Fractures**

Emergency Medicine Residency and Faculty

University of Florida, Gainesville, FL

**Biomechanics of the Baseball Throw.** GMS 5905 Biomechanics in Ortho and Rehabilitation. University of Florida, Gainesville, FL.

**Pre-Participation Examination Administration.** University of Florida Undergraduate Athlete Trainer's Program. Gainesville, FL.

2014 **The Musculoskeletal System and Introduction to Fractures** (BMS 6635-Derm/MSK)  
Medical Student 2<sup>nd</sup> Year Course  
University of Florida College of Medicine, Gainesville, FL

**Introduction to Fractures and Pediatric Fractures**  
Family Medicine Residency and Faculty.  
University of Florida, Gainesville, FL

**Peripheral Joint Injection  
Interactive Lab**  
Orthopaedic Residency-Specific to Intern level  
University of Florida, Gainesville, FL

**Fractures for the Physician Assistant**  
Physician Assistant Course  
University of Florida, Gainesville, FL

**Pediatric Upper Extremity Sports Injuries**  
Pediatric Residency  
University of Florida, Gainesville, FL

**Pediatric Fractures**  
Pediatric Residency  
University of Florida, Gainesville, FL

2013 **The Shoulder**  
Internal Medicine Residency  
University of Florida, Gainesville, FL

**Introduction to Fractures for the 2<sup>nd</sup> year Medical Student**  
University of Florida Medical School  
Gainesville, FL

**Fractures for the Athletic Trainer**  
Graduate Athletic Trainers Program  
University of Florida, Gainesville, FL

**Biomechanics of Throwing a Baseball**  
Masters Level Biomechanics Course  
Biomechanics in Orthopaedics and Rehabilitation  
University of Florida, Gainesville, FL

**Electrodiagnostics for the Primary Care Sports Medicine Physician**

Primary Care Sports Medicine Fellowship  
University of Florida, Gainesville, FL

**Fractures for the Physician Assistant**

Physician Assistant Course  
University of Florida, Gainesville, FL

**Prevention of Overuse Throwing Injuries in Softball and Baseball Players**

University of Florida, Orthopaedic & Sports Medicine Institute, Gainesville, FL

2012 **How Concussions are Treated in the Office Setting**

University of Florida, Gainesville, FL

**Concussions for the Emergency Medical Service Provider**

Geisinger Orthopaedics & Sports Medicine, Wilkes-Barre, PA

**Female Athlete Triad**

Athletic Trainers Grand Rounds  
Geisinger Orthopaedics & Sports Medicine, Danville, PA

2011 **The Dangers of Concussions**, Clarks Summit, PA

Community Talk to Peewee Age (7-12) football players and parents.

**The Knee**

Graduate Athletic Trainer Anatomy Course, East Stroudsburg University, PA

**Low Back Pain in the Adolescent Athlete.**

Physiatry Grand Rounds. Tufts Medical Center, Boston, MA

2010 **Upper Extremity Physical Examination Workshop**

Course Instructor  
Department of Physical Medicine & Rehabilitation,  
Tufts Medical Center, Boston, MA

**Lower Extremity Physical Examination Workshop**

Course Instructor  
Department of Physical Medicine & Rehabilitation,  
Tufts Medical Center, Boston, MA

**Concussion in Sports**

Physiatry Grand Rounds. Tufts Medical Center, Boston, MA

2006 **Cervical Spondylotic Myelopathy**, Neurosurgical Grand Rounds.

New England Medical Center, Boston, MA

2005 **Minimally Invasive Hip Replacement Surgery**, General Surgery Grand Rounds.

St. Elizabeth's Hospital, Brighton, MA

2004 **Patello-femoral Syndrome**, Physiatry Grand Rounds.  
New England Medical Center, Boston, MA

### **FACULTY DEVELOPMENT**

2018-2019 Completion of “**Managing at UF: The Supervisory Challenge.**”  
<https://leadership.hr.ufl.edu/programs/supervisory-challenge/>. Managing at UF: The Supervisory Challenge is designed to provide University of Florida leaders with meaningful information about the knowledge, skills, and behaviors necessary for being an effective manager in our diverse university environment. Ten required courses + two electives were required to complete this challenge and re listed below.

- Leveraging Emotional Intelligence for Effective Leadership
- Inspiring Trust
- Coaching for Success
- Powerful Public Speaking (Elective)
- Relationship Strategies (Elective)
- Planning/Priorities/Delegation
- Power of Feedback
- Thinking Strategically
- HR 101 for Beginners
- Interviewing and Hiring
- Accountability in the Workplace: A Manager’s Guide to Creating Accountability and High Performance
- Communication for Managers

### **RESEARCH EXPERIENCE**

2005-'06 **Research Assistant**, The New England Baptist Hospital, Boston, MA  
Supervisors: Brian Kwon, M.D. & David Kim, M.D.

Analyzed imaging of the cervical spine for subluxation and instability

1. Analyzed measures of health-related quality of life
2. Compared clinically significant differences in Visual Analogue Scales

1999 **Research Intern**

University of California, San Diego, Department of Orthopaedics

Supervisor: Alan R. Hargens, Ph.D., Professor of Orthopaedic & Clinical Physiology

Part of a team of researchers working on two projects:

1. MRI-Compatible Spinal Compression Harness
2. Exercise within Lower Body Negative Pressure to Produce Artificial Gravity as part of a collaboration between NASA and the UC-San Diego Department of Orthopaedics

### **HONORS**

2018

**AMSSM Junior Traveling Fellow**

The Traveling Fellowship program is a two-way exchange. Each year AMSSM selects a sports medicine physician from a partnering country to serve as the International Visiting Fellow, visit sports medicine centers within the US and present at the AMSSM Annual Meeting. The tour will include stops in Sweden,



Norway and Denmark and include presentations at Sports Medicine Conferences in Sweden and Norway.

- 2017-present **Junior Associate Editor with the Clinical Journal of Sport Medicine, American Medical Society for Sports Medicine (AMSSM) Representative.**  
The JAE role offers a new and innovative way for junior sports physicians wishing to develop their academic skills to become involved with an International peer-reviewed Journal on a continuing basis for a period of between 2 to 3 years. One representative was selected from each of the affiliated sports medicine societies (Canadian Academy of Sport and Exercise Medicine, Australian College of Sports Physicians, AMSSM, and American Osteopathic Sports Medicine Society). My main role currently is the online Journal Club Director that writes approximately 4-6 journal clubs per year for the CJSM Blog lead by Dr James MacDonald.
- 2016 Accepted into **United States Olympic Committee Volunteer Medical Physician Program.** Rotation is from June 19-July 3<sup>rd</sup>, 2016 in Colorado Springs, CO. This program provides integrative, collaborative, multi-disciplinary care to the Olympic hopeful athletes. These services support potential U.S. Olympian and Paralympians in achieving sustained competitive excellence.
- 2015 **Marquis Who's Who Publications**  
Upon outstanding record of success, Marquis Who's Who has selected Jason Zaremski, biography for inclusion in the 70th Platinum Anniversary Edition of Who's Who in America. Published in September 2015.
- Recommended to the American Academy of PM&R Medical Education Committee to assist in the development of the **Certification Exam Prep QBank.** The purpose is designed to assist in preparation of the American Board of PM&R Certification examinations. My role is question development in the areas of Musculoskeletal and Sports Medicine.
- 2014 American College of Occupational and Environmental Medicine  
Hand, Wrist, and Forearm Disorders Guideline Panel  
AAPMR Nominated Representative  
The Panel will use the evidence tables to rate the strength of evidence and develop appropriate recommendations and guidelines.

## **AWARDS**

- 2018 **Best Overall Research Award:** American Medical Society for Sports Medicine (AMSSM) 2018 for our project: An Unaccounted Workload Factor: Pitch Counts in High School Baseball Pitchers. An Observational Study.
- 2018 **Research Promotion Initiative Award.** Awarded \$1,000 for the manuscript "Unaccounted Workload Factor Gameday Pitch Counts in High School Baseball Pitchers—An Observational Study" by the University of Florida Relations Committee with an intent of UF Health Communications to promote this research to national media.

- 2017 **University of Florida AHEC (Area Health Education Center) Team Up to Quit Program.** Certificate of Recognition. Presented for commitment and partnership to working together to help Floridians quit tobacco.
- One of the Top 5 Papers for 2017.** American Academy of Pediatrics-Orthopedics Section. Zaremski JL, Galloza J, Sepulveda F, Vasilopoulos T, Micheo W, Herman DC. Recurrence and Return to Play after Shoulder Instability Events in Young and Adolescent Athletes: A Systematic Review and Meta-Analysis. Br J Sports Med 2017;51:177-184. doi:10.1136/bjsports-2016-096895.
- 2016 **American College of Sports Medicine Fellow**  
Awarded this prestigious honor 4/1/16.  
Fellows are recognized via professional achievement and competence in the related disciplines of sports medicine via education, published works, professional practice and a demonstrated interest in and/or contribution to the goals of sports medicine. Fellow status indicates a high level of competence and ethical conduct with acceptable knowledge of the principles and practices of sports medicine.
- Scholar Award** Presented to Dr. Jason Zaremski in honor of his lecture on "Throwing Injuries in Baseball: Clinical Biomechanics and Rest Guidelines to Prevent Injuries Before They Happen" on March 4th, 2016. Texas Regional Chapter of the American College of Sports Medicine.
- 2015 **Best Resident/Fellow Clinical Case Presentation at the Southeast Regional Meeting of the American College of Sports Medicine** awarded to SK Hinman, Family Medicine resident under guidance of JL Zaremski and MB Horodyski for this project. Hinman SK, Zaremski JL, Horodyski MB. Altered Mental Status, Basketball. Presentation by SK Hinman at the Southeast American College of Sports Medicine Conference, February 2015 Jacksonville, FL.
- 2014 Are Youth Baseball Pitchers' Caregivers Educated About and Compliant with Safe Pitching Practices? A Waligora, T Lentz, G Zeppieri, M. Seth Smith, J Zaremski, K Farmer. A presentation by A Waligora. Florida Orthopaedic Society, Bonita Springs, FL May 2014. **First prize at the Florida Orthopaedic Society Research Symposium.**
- 2013 Highland Park High School, IL  
Inducted into High School Sports Hall of Fame
- 2011 Resident Mentor of the Year Award, Tufts Department of PM&R
- 2010 Hall of Fame Catcher, Emory University All-Time Baseball Team
- 1999 Certificate of Appreciation for Contributions to the NASA Bed Rest Study, University of California-San Diego, Department of Orthopaedics
- 1996-'98 Jewish All-American, NCAA Division II & III Baseball
- 1997 Arthur Ashe Award for Leadership and Sportsmanship in Baseball, NCAA Division II & III

### **PROFESSIONAL MEMBERSHIPS**

**American Medical Society for Sports Medicine (AMSSM)**

- a. 2019-2020: **Program Planning Committee-Chair**  
**Member of Board of Directors**

### **Co-Chair Fellowship Committee**

- b. 2018-2019: Program Planning Committee
  - Traveling Fellowship Sub-Committee
  - AMSSM Foundation Grant Reviewer Committee
- c. 2017-2018: Program Planning Committee
  - 1. Named Chair for Instructional Course Lectures at the Annual Meeting
- d. 2016-2017: Program Planning Committee
  - 1. Assistant Chair for Instructional Course Lectures at the Annual Meeting
- e. 2012-Present: Member of Education Committee
  - 1. 2016-present Chair: Subcommittee for PM&R Curriculum Guidelines
  - 2. 2016-present Member: Subcommittee for CAQ Session
- f. 2015-2016: Member of Fellowship Committee
- g. 2015-2016: Member of Publications Committee

### **American College of Sports Medicine (ACSM)**

- a. Professional Education Committee (2016-present)
- b. Medical Education Committee (2016-present)
  - 1. Co-CAQ Representative for Annual Meeting (2017-present)

Southeast Region- American College of Sports Medicine (SEACSM)

American Academy of PM&R (AAPM&R) - Musculoskeletal Council

- a. Names to Practice Preparedness Committee (2018-present)

Association of Academic Physiatrists (AAP) (2010-2016)

### **TEACHING EXPERIENCE**

- 2003-'04     **Teaching Assistant: Clinical Anatomy**  
Tufts University School of Medicine, Boston, MA
- 2000-'02     **Teaching Fellow: General Chemistry**  
Harvard University, Cambridge, MA

### **CONFERENCE ATTENDANCE**

**2020**

- 2019**     AAPMR Annual Meeting, San Antonio, TX  
Early-Funded Investigator Program Workshop in Conjunction with the  
Orthopaedics and Research Education Foundation (OREF) and the United States  
Bone and Joint Initiative (USBJI), Chicago, Illinois  
AMSSM Fellows Research Conference, Cincinnati, Ohio  
Association of Academic Physiatrists, San Juan, Puerto Rico  
AMSSM Annual Meeting, Houston, TX  
Isokinetic Conference, London, England  
ACSM Annual Meeting, Orlando, FL  
ISPRM International Meeting, Kobe, Japan

- 2018**     AAPMR Annual Meeting, Orlando, FL  
NATA Annual Meeting, New Orleans, LA  
Spring Seminar: Norwegian School of Sport Sciences & Dept. of Sport  
Medicine and the Oslo Sports Trauma Research Center Kleivstua, Norway  
AMSSM Annual Meeting, Orlando, FL

Southeast Region-American College of Sports Medicine, Chattanooga, TN  
2018 Collaborative Solutions for Safety in Florida High School Sports,  
Gainesville, FL

**2017** AAPM&R Annual Assembly, Denver, CO  
ACSM Annual Meeting, Denver, CO  
AMSSM Annual Meeting, San Diego, CA  
IOC World Conference on Prevention of Injury and Illness and Sport, Monte Carlo, Monaco

**2016** AAPM&R Annual Assembly, New Orleans, LA  
AMSSM Annual Meeting, Dallas, TX  
Texas Regional Meeting of the ACSM, College Station, TX  
Southeastern Athletic Trainers Association Annual Meeting, Atlanta, GA  
ACSM Annual Meeting, Boston MA  
UF Running Medicine Conference, Gainesville, FL  
Athletic Trainer's Association of Florida Annual Meeting, Orlando, FL

**2015** ACSM Annual Meeting, San Diego, CA  
AMSSM Annual Meeting, Hollywood, FL  
Southeastern Athletic Trainers Association Annual Meeting, Atlanta, GA  
AAPM&R Annual Assembly, Boston, MA  
UF Running Medicine Conference, Gainesville, FL

**2014** AAPM&R Annual Assembly, San Diego, CA  
AMSSM Annual Meeting, New Orleans, LA  
ACSM Annual Meeting, Orlando, FL  
UF Running Medicine Conference, Gainesville, FL  
Athletic Trainer's Association of Florida Annual Meeting, Orlando, FL

**2013** AAPM&R Annual Assembly, Washington, DC  
AMSSM Annual Meeting, San Diego, CA

**2012** AAPM&R Annual Assembly, Atlanta, GA  
AMSSM Annual Meeting, Atlanta, GA

**2011** AAPM&R Annual Assembly, Orlando, FL  
AMSSM Annual Meeting, Salt Lake City, Utah

**2009** AAPM&R Annual Assembly, Austin, TX  
Association of Academic Physiatrists, Colorado Springs, CO

### **MEDIA**

I have provided expert medical opinion on the topics of overuse throwing injuries, shoulder instability events, exertional heat illness, and sports related concussions in the following locations:

1. The Washington Post
2. Reuters Health/Medscape
3. The Conversation (*an independent source of news and views from the academic and research community, delivered direct to the public*)

4. [www.wuft.com](http://www.wuft.com) (Local UF Newsradio station)
5. US News and World Report
6. Gainesville TV News
7. WCJB TV 20-Local Gainesville, FL
8. Fox News Tampa
9. Gainesville Sun Newspaper
10. Daytona Beach News-Journal Newspaper
11. 850AM Gainesville-ESPN Gainesville Radio
12. WBAL Newsradio Baltimore, MD
13. Health Check on WSRQ Sarasota, Florida

**LANGUAGES**

Spanish (conversational)

**INTERESTS**

Baseball, Cooking, Spending time with my wife and daughters