

**Jason L. Zaremski, M.D., CAQSM, FACSM, FAAPMR**  
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**FACULTY POSITION**

- 2022-Present Chief, Division of Sports Medicine  
Department of Physical Medicine & Rehabilitation  
University of Florida College of Medicine, Gainesville, FL
- 2021-Present Clinical Associate Professor  
Department of Physical Medicine & Rehabilitation  
Department of Orthopaedic Surgery & Sports Medicine (Joint appointment)  
University of Florida College of Medicine, Gainesville, FL
- 2018-Present Clinical Associate Professor  
Divisions of PM&R, Sports Medicine, & Research  
Department of Orthopaedics and Rehabilitation  
University of Florida College of Medicine, Gainesville, FL
- 2012-2018 Clinical 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
- 2012-2022 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, Pazik M, Dean CW, Vijayaraghavan N, Fethiere NP, Farmer KW, Horodyski M. Forearm Flexor Injury is Associated with Medial UCL Injury in Throwing Athletes. *PM&R*.2022;14:949–954. doi: 10.1002/pmrj.12592.
2. Zaremski JL, Pazik MN, Moser MW, Horodyski MB. Olecranon Stress Fracture Management Challenges in a High School Baseball Pitcher: A Case Report and Review of the Literature, *Current Sports Medicine Reports*: June 2022 - Volume 21 - Issue 6 - p 171-173.
3. Vincent HK, Patel S, Zaremski JL. Impact of COVID on Sports Injury Patterns, Changes in Mental Well-Being, and Strategies to Prepare for Future Pandemics in Sport, *Current Sports Medicine Reports*: June 2022 - Volume 21 - Issue 6 - p 196-204.
4. Zaremski JL. Elbow Ulnar Collateral Ligament Injuries in Overhead Athletes: An Infographic Summary. *Sports Health*. 2022;14(4):527-529. doi:10.1177/19417381221098622.
5. Zaremski JL, McQuerry JL. Septic Acromioclavicular Joint Due to Throwing in an Adolescent Football Player: A Case Report, *Current Sports Medicine Reports*: May 2022 - Volume 21 - Issue 5 - p 146-148 doi: 10.1249/JSR.0000000000000954.
6. Pettyjohn E, Clugston JR, Zaremski JL. Shoulder Injury Related to Vaccine Administration and a Growing Challenge: A Focused Review, *Current Sports Medicine Reports*: March 2022 - Volume 21 - Issue 3 - p 78-83 doi: 10.1249/JSR.0000000000000939.
7. Portlock T, Hunt NA, Zaremski JL, Merchant A, Tripp PM. (2022). Acute Kidney Injury in a High School Athlete. *International Journal of Athletic Therapy and Training*. Advance online publication. <https://doi.org/10.1123/ijatt.2021-0037>.

8. Bowers RL, Cherian C, Zaremski JL. A review of upper extremity peripheral nerve injuries in throwing athletes. *PM R*. 2022 May;14(5):652-668. doi: 10.1002/pmrj.12762.
9. Zaremski, JL. Weighted Ball Velocity Throwing Programs Are Effective. Are the Benefits Worth the Risk? *Clinical Journal of Sport Medicine*: January 2022 - Volume 32 - Issue 1 - p 5-7 doi: 10.1097/JSM.0000000000000822.
10. Asif I, Thornton JS, Carek S, Miles C, Nayak M, Novak M, Stovak M, Zaremski JL, Drezner J. Exercise medicine and physical activity promotion: core curricula for US medical schools, residencies and sports medicine fellowships: developed by the American Medical Society for Sports Medicine and endorsed by the Canadian Academy of Sport and Exercise Medicine. *Br J Sports Med* 2022;56:369–375. doi: 10.1136/bjsports-2021-104819. PMID: 35012931. *Developed by the American Medical Society for Sports Medicine and endorsed by the Canadian Academy of Sport and Exercise Medicine*.
11. Flynn LS, Richard GJ, Vincent HK, Bruner M, Chen C, Matthias RC, Zaremski JL, Farmer KW. Swing Type and Batting Grip Affect Peak Pressures on the Hook of Hamate in Collegiate Baseball Players. *Orthopaedic Journal of Sports Medicine*, 9(12) December 2021.
12. Zaremski JL, Pazik P, Horodyski MB. Development of a protocol to evaluate baseball pitcher's workload and prevention of injury. *British Journal of Sports Medicine* 2021;55:A83. [https://bjsm.bmj.com/content/55/Suppl\\_1/A83.1](https://bjsm.bmj.com/content/55/Suppl_1/A83.1)
13. Zaremski JL, Pazik M, Dean CW, et al. Throwing elbow injury prevention: forearm flexor injury association with medial elbow ulnar collateral ligament injury. *British Journal of Sports Medicine* 2021;55:A113. [https://bjsm.bmj.com/content/55/Suppl\\_1/A113.1](https://bjsm.bmj.com/content/55/Suppl_1/A113.1)
14. Zorn ST, Moser MW, Zaremski JL. Isolated Proximal Coracobrachialis Rupture in a High School Athlete, *Current Sports Medicine Reports*: September 2021 - Volume 20 - Issue 9 - p 450-452 doi: 10.1249/JSR.0000000000000883.
15. Olufade OA, Patel A, Cherian C, Waterbrook AL, Zaremski JL, Sussman WI, Bowers R, Hrubes M, Myers RA. Suggested Curricular Guidelines for Musculoskeletal and Sports Medicine in Physical Medicine and Rehabilitation Residency Training, *Current Sports Medicine Reports*: July 2021 - Volume 20 - Issue 7 - p 366-373.
16. Zaremski JL, Ihnow SB. A Clavicular Physeal Fracture & Posterior Sternoclavicular Joint Pseudo-dislocation: A Case Report. *Current Sports Medicine Reports*: May 2021 - Volume 20 - Issue 5 - p 242-245 doi: 10.1249/JSR.0000000000000838.
17. Diamond AB, Narducci DM, Roberts WO, Bernhardt DT, LaBella CR, Moffatt K, Nuti R, Powell A, Rooks YL, Zaremski JL. Interim Guidance on the Preparticipation Physical

Examination for Athletes During the SARS-CoV-2 Pandemic, *Clinical Journal of Sport Medicine*. January 2021 - Volume 31 - Issue 1 - p 1-6 doi: 10.1097/JSM.0000000000000892.

*\*This manuscript was co-published in the Clinical Journal of Sports Medicine and Current Sports Medicine Reports\**

18. Diamond AB, Narducci DM, Roberts WO, Bernhardt DT, LaBella CR, Moffatt K, Nuti R, Powell A, Rooks YL, Zaremski JL. Interim Guidance on the Preparticipation Physical Examination for Athletes During the SARS-CoV-2 Pandemic. *Current Sports Medicine Reports*: November 2020 - Volume 19 - Issue 11 - p 498-503 doi: 10.1249/JSR.0000000000000776.

*\*This manuscript was co-published in Current Sports Medicine Reports and the Clinical Journal of Sports Medicine\**

19. Wasser JG, Tripp B, Bruner ML, Bailey DR, Leitz RS, Zaremski JL, Vincent HK. Volleyball-Related Injuries in Adolescent Female Players: An Initial Report. *The Physician and Sportsmedicine*. Published Ahead of print September 18<sup>th</sup>, 2020. <https://doi.org/10.1080/00913847.2020.1826284>

20. 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*: September 2020 - Volume 30 - Issue 5 - p e143-e146 doi: 10.1097/JSM.0000000000000694.

21. Asif IM, Chang CJ, Diamond AB, Raukar N, Zaremski JL. Returning Athletes Back to High School Sports in the COVID-19 Era: Preparing for the Fall. *Sports Health*. 2020;12(6):518-520. doi:[10.1177/1941738120953851](https://doi.org/10.1177/1941738120953851)

22. Zaremski JL, Horodyski MB. Overuse Throwing Injuries in Adolescent Athletes: Stopping Injuries Before They Start. *Alachua County Medical Society House Calls Journal*. Spring/Summer 2020. p. 13-15. [https://www.acms.net/wp-content/uploads/2020/06/HouseCalls\\_SpringSummer2020web.pdf](https://www.acms.net/wp-content/uploads/2020/06/HouseCalls_SpringSummer2020web.pdf).

23. 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.

24. 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.

25. 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>.

26. 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.*

27. 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.
28. 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.
29. 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>.
30. 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.
31. 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.
32. 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>.
33. 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>.
34. 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>.
35. 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.
36. 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].

37. 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].
38. 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]
39. 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.*
40. 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.*
41. 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
42. 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.
43. Zaremski JL, Vincent KR. Clinical Pearls: Spontaneous Osteonecrosis of the Knee. Current Sports Medicine Reports. July/August 2016; 15(4): 228–229.
44. 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/>
45. 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. Prezgia; David M. Rempel; Shawan Roll; Arlen J. Rollins,; Laura S. Welch; Robert A. Werner; Jason Zaremski.

46. 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>.
47. 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.
48. 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.
49. 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.
50. 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.
51. 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.
52. 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.
53. 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=>.
54. 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.
55. 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.
56. 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. Sapp G, Herman DC, Zaremski JL. Impingement Syndromes of the Shoulder-Refreshed Topic. "PM&R Knowledge Now" Knowledge Now Online Textbook. Published May 2021. <https://now.aapmr.org/impingement-syndromes-of-the-shoulder/>.
2. Zaremski JL. Online Journal Blog. Anzalone AJ, et al. Blood Biomarkers of Sports-Related Concussion in Pediatric Athletes. *Clinical Journal of Sport Medicine*: May 2021 - Volume 31 - Issue 3 - p 250-256 doi: 10.1097/JSM.0000000000000735. <https://cjsmblog.com/2021/05/03/cjsm-may-2021-journal-club-blood-biomarkers-in-pediatric-concussions/>
3. Martinez J, Micheo W, Zaremski JL. Shoulder pain in the throwing athlete. *PM&R Knowledge Now*. Accepted April 2021. <https://now.aapmr.org/shoulder-pain-in-the-throwing-athlete/>.
4. Zaremski JL. Online Journal Blog. Christopher V. Nagelli, et al. Neuromuscular Training Improves Biomechanical Deficits at the Knee in Anterior Cruciate Ligament–Reconstructed Athletes. *Clin J Sport Med* 2021;31:113-119. <http://dx.doi.org/10.1097/JSM.0000000000000723>. <https://cjsmblog.com/2021/03/09/the-cjsm-blog-post-journal-club-neuromuscular-training-and-acl-reconstructions/#more-5379>
5. Zaremski JL. Online Journal Blog. Putukian, M et al. Preinjury and Postinjury Factors That Predict Sports-Related Concussion and Clinical Recovery Time, *Clinical Journal of Sport Medicine*: January 2021 - Volume 31 - Issue 1 - p 15-22 doi: 10.1097/JSM.0000000000000705. <https://cjsmblog.com/2021/01/04/cjsm-blog-journal-club-preinjury-postinjury-factors-predicting-recovery-in-sports-related-concussions/>
6. Zaremski JL. Online Journal Blog. Stracciolini A, et al. Female Sport Participation Effect on Long-Term Health-Related Quality of Life, *CJSM*: November 2020 - Volume 30 Issue 6 - p 526-532 doi: 10.1097/JSM.0000000000000645. <https://cjsmblog.com/2020/11/16/what-are-the-long-term-health-related-qol-effects-for-women-participating-in-college-sports/amp/>
7. Zaremski JL. What Motivates Me. <https://www.themedrover.com/post/what-motivates-me>. September 17, 2020. *This was an invited post about Physical Medicine and Rehabilitation Residency and the specialty for medical students.*
8. Tish, L. ACSM Clinician Profile (on Jason Zaremski). *Current Sports Medicine Reports*: September 2020 - Volume 19 - Issue 9 - p 339-340. doi: 10.1249/JSR.0000000000000742. [https://journals.lww.com/acsm-csmr/fulltext/2020/09000/acsm\\_clinician\\_profile.1.aspx](https://journals.lww.com/acsm-csmr/fulltext/2020/09000/acsm_clinician_profile.1.aspx). The American College of Sports Medicine (ACSM) features one member in CSMR every month. I am featured in this issue's Clinician Profile.
9. Zaremski JL. Online Journal Blog. Gauvin-Lepage J, et al. Effectiveness of an Exercise-Based Active Rehabilitation Intervention for Youth Who Are Slow to Recover After Concussion. *Clin J Sport Med*. Sept 2020 - Volume 30 - Issue 5 - p 23-32. doi: 10.1097/JSM.0000000000000634. <https://cjsmblog.com/2020/09/08/exercise-as-a-prescription-to-address-post-concussion-syndrome-the-cjsm-blog-journal-club/>



10. Zaremski JL. Online Journal Blog. Association Between a Physical Activity Vital Sign and Cardiometabolic Disease in High-Risk Patients. *Clin J Sport Med.* July 2020 - Volume 30 - Issue 4 - p 348-352. doi: 10.1097/JSM.0000000000000588. <https://cjsmblog.com/2020/07/09/cjsm-july-blog-post-journal-club-a-physical-activity-vital-sign/amp/>
11. 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/>
12. Giammittorio S, Vincent KR, Vincent H, Zaremski JL. Back into Action: A Coach’s Guide to Putting a Player back in the Game. Infographic for the American College of Sports Medicine. 2019. [https://www.acsm.org/docs/default-source/files-for-resource-library/back-into-action---a-coaches-guide\\_final.pdf?sfvrsn=296a5e13\\_2](https://www.acsm.org/docs/default-source/files-for-resource-library/back-into-action---a-coaches-guide_final.pdf?sfvrsn=296a5e13_2)
13. 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/>
14. 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-cjsm-blog-journal-club/amp/>
15. 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/>.
16. 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/>.
17. 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/cjsm-blog-journal-club-can-cold-iv-saline-mitigate-the-effects-of-exertional-heat-illness/>

18. 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/>.
19. 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.
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## **POSTER PRESENTATIONS**

1. Nguyen BK, Dodd WS, McQuerry JL, Zaremski JL. Shoulder Injury-American Football. A presentation by BK Nguyen at the American College of Sports Medicine Annual Meeting, San Diego, CA. June 2<sup>nd</sup>, 2022. *Named one of the 10 best clinical case/research submissions to ACSM for 2022.*
2. Chrabaszcz S, Zaremski JL. Left Knee Pain in a Taekwondo Athlete. Poster Presentation by S. Chrabaszcz at the AMSSM Annual Meeting in Austin, Texas. April 10<sup>th</sup>, 2022.
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5. Zaremski JL. Development of a protocol to evaluate baseball pitcher's workload and prevention of injury. Poster Presentation at International Olympic Committee's World Conference on Prevention of Injury and Illness in Sport, Monaco, Monaco. November 25<sup>th</sup>, 2021. <https://ioc-preventionconference.org/>.
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7. 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. Virtual presentation due to COVID pandemic.
8. 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. Virtual presentation due to COVID pandemic.
9. 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. Virtual presentation due to COVID pandemic.
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37. T Kodosi, JL Zaremski, K Farmer, MS Smith. Persistent Shoulder Pain in a Football Player. A poster presentation by T Kodosi at the American Medical Society for Sports Medicine, New Orleans, April 6th, 2014.
38. 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.
39. 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.
40. 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.
41. 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.
42. 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.
43. 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.

## **SOCIAL MEDIA PUBLICATIONS**

1. 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.

2. 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. *Over 20,000 plays as of July 1, 2021.* <https://soundcloud.com/bmjpodcasts/upper-extremity-issues-in-the-adolescent-overhead-throwing-athlete-episode-373?in=bmjpodcasts/sets/bjism-1>
3. Invited Podcast: Healthy Young Athlete Podcast with Dr Mark Halstead. Is Weighted Ball Training Safe in Youth Baseball? <http://podcastermatrix.com/2020/04/12/healthy-young-athlete-podcast-training-with-weighted-balls-is-it-safe-a-detailed-discussion-with-dr-jason-zaremski/>. April 13, 2020.
4. Invited Podcast: Healthy Young Athlete Podcast with Dr. Mark Halstead. Baseball Medicine Journal Clubs. <https://www.2gtdatacore.com/category/pediatricsportsmedicinepodcast/>. June 25<sup>th</sup>, 2020.
5. Zaremski JL. Invited Podcast. Weighted Ball Velocity Throwing Program Podcast with Dr Devin McFadden. Recorded July 11<sup>th</sup>, 2021. Podcast for the American Medical Society for Sports Medicine (AMSSM) with a reach of more than 4400 members. <https://amssm.podbean.com/e/weighted-ball-velocity-throwing-programs-with-dr-jason-zaremski/>.
- 6.

### **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 2013-2021. 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. *\*\*2020 and 2021 were Virtual Format and included attendees from throughout the state of Florida.\*\**

### **INVITED PRESENTATIONS-STATE**

1. Zaremski JL. The Use of MSK Ultrasound in Diagnosis and Treatment of Pediatric Sports Injuries: What the Physiatrist Can Offer. Florida Society of PM&R. Tampa, Florida. July 30<sup>th</sup>, 2022.
2. Zaremski JL. Evidence Basis for Pitch Amounts for Injury Prevention. 2022 18th Annual Cutting Edge Sports Medicine Conference, Orlando Orthopaedic Center. Virtual (based out of Orlando, Fl). February 26<sup>th</sup>, 2022. <https://www.orlandoortho.com/conference/>.

3. Zaremski JL. How a High School Sports Medicine Program Manages COVID-19. 2021 17th Annual Cutting Edge Sports Medicine Virtual Conference. Presentation February 6<sup>th</sup>, 2021 (Virtual, supposed to be in Orlando, Florida). Orlando Orthopaedic Center Conference.
4. Zaremski JL. Sports Related Concussions. Nirvana Sports Medicine and Rehabilitation, Orlando, Florida. September 2018.
5. 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.
6. 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.
7. 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.
8. Zaremski JL. The Tommy John Epidemic. Safety in Adolescent and High School Sports Medicine. University of Florida. February 21<sup>st</sup>, 2015.
9. Managing Sports Concussions. State of Florida EMS ClinCon Conference, Orlando, FL, 2013.
10. 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. Co-Chair with Ken Mautner, Fellowship Forum, April 25<sup>th</sup>, 2020. AMSSM, Atlanta, Georgia. Virtual presentation due to COVID pandemic.
58. Zaremski JL and Mautner K. Overview of Fellowship Forum and Initiatives Updates. Fellowship Forum, April 25<sup>th</sup>, 2020. AMSSM, Atlanta, Georgia. Virtual presentation due to COVID pandemic.
59. Zaremski JL. Moderator of Roundtable for Fellowship Directors and Faculty on Sports Medicine Fellowship issues, April 25<sup>th</sup>, 2020. AMSSM, Atlanta, Georgia. Virtual presentation due to COVID pandemic.
60. Zaremski JL. Welcome, Opening of AMSSM National Meeting, AMSSM, Atlanta, Georgia. Virtual presentation due to COVID pandemic.

61. Zaremski JL. Chair and Moderator for Collaborative Aspects of the Throwing Athlete session, April 25<sup>th</sup>, 2020. AMSSM, Atlanta, Georgia. Virtual presentation due to COVID pandemic.
62. Asif I, Chang C, Diamond AB, Raukar N, Zaremski JL. Sports Health Webinar-Returning Athletes Back to High School Sports in the COVID Era: Preparing for the Fall. July 16<sup>th</sup>, 2020. Nearly 600 attendees from across the United States.  
<https://register.gotowebinar.com/register/4975278428847339276>
63. VanBaak K, Rizzone K, Deu R, Lancaster B, Myers R, Zaremski JL. July 24<sup>th</sup>, 2020. 2020 AMSSM Fellows Research & Leadership Conference. Expert Panel for Incoming Sports Medicine Fellows. Obtaining your First Sports Medicine Job. Virtual.  
<https://www.amssm.org/Content/pdf-files/FELLOWSHIP/2020VirtualFellows.pdf>
64. Zaremski JL, Denq W, Clugston JR, Day C, Drezner J, Diamond A, Finnoff J, Hrubes M, Meyering C, Oshlag B, Waite B, Waterbrook A. COVID-19 and Sports Medicine. Virtual (Zoom). August 4<sup>th</sup>, 2020. Part of the AMSSM Online Education Subcommittee Task Force to provide greater learning opportunities for sports medicine fellows. *This was the first virtual lecture of this initiative and I was the moderator and designer of the session. We had 97 fellows and fellowship directors attend from around the country join.*
65. 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. Virtual presentation due to COVID pandemic. August 8<sup>th</sup>, 2020. *There were virtual attendees from around the country (approximately 100 attended).*
66. 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. Virtual presentation due to COVID pandemic. August 8<sup>th</sup>, 2020. *There were virtual attendees from around the country (approximately 100 attended).*
67. Zaremski JL. AMSSM National Fellows Online Lecture Series. Pearls and Pertinent Information for: AC Joint, SC Joint, and Clavicle Injuries. Virtual. September 30<sup>th</sup>, 2020.
68. Zaremski JL (Co-Chair) with Dr Brian C. Liem, Medical Student Symposium at AAPMR, Virtual, November 8<sup>th</sup>, 2020.
69. Zaremski JL and Liem BC. Physical Medicine and Rehabilitation: A Brief Introduction. Presentation at AAPMR, Virtual, November 8<sup>th</sup>, 2020.
70. Zaremski JL. Chair of the Session: Physical Examination of the Overhead Throwing Athlete: What You Need to Know to Become an Expert through Clinical and Physical Exam Pearls. AAPMR, Virtual. November 11<sup>th</sup>, 2020.
71. Zaremski JL. Arm Pain in the Overhead Athlete—You Mean It’s Not Just Tommy John Injuries? AAPMR, Virtual. November 11<sup>th</sup>, 2020.
72. Soo Hoo J, Day C, Finnoff J, Mautner K, Zaremski JL. Expert Invited Panel on: Update on Return to Sports and Role of Sports Medicine Physician During COVID-19. AAPMR, Virtual. November 13<sup>th</sup>, 2020.
73. Day in the Life as a PM&R Physician. The American Medical Society for Sports Medicine hosted Webinar. PM&R Speaker Panel features Carly Day, MD; Arthur Jason De Luigi, DO, MHSA; Melody Hrubes, MD; Julia Louisa Iafrate, DO; Cleo D. Stafford II, MD, MS; and Jason Zaremski, MD. January 25<sup>th</sup>, 2021. Virtual.
74. Roberts WO, Zaremski JL. Exercise Prescription and Chronic Disease. AMSSM Online Education Subcommittee Task Force to provide greater learning opportunities for sports medicine fellows. I was the moderator of the session. March 3<sup>rd</sup> 2021. Virtual.
75. Zaremski JL, Metz J. Getting Back on the Field. Youth Sports in the COVID ERA. An educational Webinar for Parents, Coaches, and Students. April 6<sup>th</sup>, 2021. Invited Sports

- Medicine Physician to speak on this topic, hosted by the Hospital for Special Surgery Faculty member in New York City, Dr Jordan Metzl. April 6<sup>th</sup>, 2021. Virtual.
76. Zaremski JL. The AMSSM Exercise Medicine and Physical Activity Promotion Pre-Conference Summit. Faculty, Summit Working Group Member, and Moderator on the Session entitled: How Do I Incorporate Exercise Medicine and Physical Activity Promotion in My Clinical Practice. April 13<sup>th</sup>, 2021. Virtual.
  77. Co-Chair with Ken Mautner, Fellowship Forum, April 14<sup>th</sup>, 2021. AMSSM. Virtual presentation due to COVID pandemic.
  78. Zaremski JL and Mautner K. Overview of Fellowship Forum and Initiatives Updates. Fellowship Forum, April 14<sup>th</sup>, 2021. AMSSM. Virtual presentation due to COVID pandemic.
  79. Zaremski JL and Mautner K. Fellowship Committee Initiatives and Updates. Fellowship Forum, April 15<sup>th</sup>, 2021. AMSSM. Virtual presentation due to COVID pandemic.
  80. Zaremski JL, Gregory A, McInnis K, Monseau AJ, Novak M, Rao A. Primary Care Sports Medicine Fellowship: How Do I Get There? Chair and Moderator for this Instructional Course Lecture. April 15<sup>th</sup>, 2021. AMSSM 2021 Virtual.
  81. Zaremski JL. Weighted Ball Velocity Programs. Are the Benefits Worth the Risks? April 15<sup>th</sup>, 2021. AMSSM 2021 Virtual.
  82. Aubry J, Vincent KV, Zaremski JL. A Bi-Lateral injury. Presentation by J Aubrey. April 15<sup>th</sup>, 2021. AMSSM 2021 Virtual.
  83. Zaremski JL, Pazik M, Dean CW, Vijayaraghavan N, Fethiere NP, Farmer KW, Moser MW, Horodyski MB. Olecranon Stress Fractures In Throwing Athletes: A 10 Year Retrospective Case Series. April 15<sup>th</sup>, 2021. Presentation by JL Zaremski.
  84. Zaremski JL, Cook L, Fish E, Drake B. Sudden Onset Thigh Pain In A High School Football Player And Dilemmas Of Return To Play. Presentation by JL Zaremski. April 16<sup>th</sup>, 2021. AMSSM 2021.
  85. Zaremski JL. Moderator of “Pelvic Floor Dysfunction” presented by Dr. Sheila Dugan, May 12<sup>th</sup>, 2021. Virtual. AMSSM Fellows Online Educational Lecture. Virtual presentation due to COVID pandemic.
  86. Zaremski JL, Velez K, Kapasi S, Lue A, Aldahondo N. Invited guest panel presenting on Pearls After Residency to the Tufts Medical Center PM&R Residency, Boston, MA. June 9<sup>th</sup>, 2021. Virtual presentation due to COVID pandemic.
  87. Zaremski JL, Dixit S, Gregory A, Jackels M, McInnis K, Monseau AJ, Negron G, Novak M, Rao, A. Primary Care Sports Medicine Fellowship: How Do I Get There? A Virtual lecture and roundtable with experts from around the country. Presenter and Moderator. June 22<sup>nd</sup>, 2021.
  88. Zaremski JL. Introduction to Musculoskeletal Ultrasound Scanning Faculty. Musculoskeletal Ultrasound of the Knee, Shoulder, and Ankle. AMSSM Fellows Research and Leadership Conference, Denver, Colorado. July 24<sup>th</sup>, 2021.  
*There were 22 faculty members from around the country to participated and teaching approximately 100 new sports medicine fellows in person.*
  89. Zaremski JL, Batten C. AMSSM Fellowship Committee Fall Meeting: Updates and Initiatives. Virtual. October 5<sup>th</sup>, 2021.
  90. Zaremski JL. Moderator of “Distal Forearm and Carpal Fractures” presented by Dr. Melissa Leber, October 20<sup>th</sup>, 2021. Virtual. AMSSM Fellows Online Educational Lecture. Virtual presentation due to COVID pandemic.
  91. Zaremski JL. Advances in the Care and Protection of the Throwing Athlete. Presentation at the Mayo Clinic 30<sup>th</sup> Annual Sports Medicine Symposium. Invited Keynote Speaker. Rochester, Minnesota. November 5<sup>th</sup>, 2021.

92. Zaremski JL. Advances in the Care and Protection of the Adolescent Throwing Athlete. University of Iowa department of Pediatric Grand Rounds (Virtual). December 10<sup>th</sup>, 2021.
93. Zaremski JL. Advances in the Care and Protection of the Adolescent Throwing Athlete. New York Medical College Department of Physical Medicine and Rehabilitation Grand Rounds (Virtual).
94. Zaremski JL. Prevention and Prediction of Overuse Injuries and Workload in the Overhead Athlete. Part of the AMSSM Overhead Athlete Symposia via the AMSSM Fellow Online Education Lecture Series. January 19<sup>th</sup>, 2022. (Virtual).
95. Zaremski JL. The Kinetic Chain: The Overhead Athlete. Chair of Session for the American Academy of Physical Medicine and Rehabilitation's Spotlight Series. February 12<sup>th</sup>, 2022. Virtual. <https://www.aapmr.org/education/live-events/spotlight-series>
96. 2.12.22: Zaremski JL. Introduction to the Kinetic Chain and The Overhead Athlete. American Academy of Physical Medicine and Rehabilitation's Spotlight Series. February 12<sup>th</sup>, 2022. Virtual. <https://www.aapmr.org/education/live-events/spotlight-series>
97. Zaremski JL and Batten C. Co-Chair, Moderator, and Presenter of Overview of Fellowship Forum and Initiatives Updates. Fellowship Forum, April 9<sup>th</sup>, 2022. AMSSM, Austin, Texas.
98. Zaremski JL and Batten C. Fellowship Committee Meeting, April 10<sup>th</sup>, 2022. AMSSM, Austin, Texas.
99. Zaremski JL, McInnis KC, Novak M, Rao AL, Senter C, Sweeney E. Primary Care Sports Medicine Fellowship: How Do I Get There? Chair and presenter at AMSSM, Austin, Texas, April 10<sup>th</sup>, 2022.
100. Zaremski JL. Trends in Primary Care Sports Medicine Match: An Analysis of the NRMP Data From 2010 to 2021. Podium Presentation at AMSSM, Austin, Texas, April 10<sup>th</sup>, 2022. *Selected as one of the top 30 research submissions out of more than 400.*
101. Zaremski JL and 14 other experts from around the country. AMSSM Sports Medicine Resident Council Webinar. Q&A Session for Residents Applying to Match in a Sports Medicine Fellowship Match. Zoom. June 23<sup>rd</sup>, 2022.
102. Zaremski JL. Live Demonstration Shoulder Musculoskeletal Ultrasound Examination. AMSSM Fellows Research and Leadership Conference. Seattle, WA, July 23<sup>rd</sup>, 2022.

### **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. Virtual presentation due to COVID pandemic.
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. Delayed due to COVID Pandemic.
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. Delayed due to COVID Pandemic.
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. Delayed due to COVID Pandemic.
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.* Delayed to 2021 conference presentation due to COVID pandemic.
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. Delayed to 2021 conference presentation due to COVID pandemic. Presented June 4<sup>th</sup>, 2021 virtually.
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. Delayed to 2021 conference presentation due to COVID pandemic. Presented June 4<sup>th</sup>, 2021.
36. Zaremski JL. Moderator and Co-Chair of the CAQ Review Session #2. Presented June 1<sup>st</sup>, 2021. ACSM 2021 Virtual.
37. Zaremski JL. Throwing Injuries: A Review. ACSM CAQ Review Session #2. Presented June 1<sup>st</sup>, 2021. ACSM 2021 Virtual.
38. Zaremski JL. Chair of the Session, “Symposium 15 - Prevention of injury in the overhead throwing athlete: Prediction, prevention and workload.” <https://ioc-preventionconference.org/>.
39. Zaremski JL. Epidemiology of injury in the overhead throwing athlete. Presentation at International Olympic Committee’s World Conference on Prevention of Injury and

Illness in Sport, Monaco, Monaco. November 25<sup>th</sup>, 2021. <https://ioc-preventionconference.org/>.

40. Zaremski JL. Measuring true volume of workload in baseball pitchers and applications to workload in overhead throwing athletes. Presentation at International Olympic Committee’s World Conference on Prevention of Injury and Illness in Sport, Monaco, Monaco. November 25<sup>th</sup>, 2021. <https://ioc-preventionconference.org/>.
41. Zaremski JL. ACSM CAQ Review Session. Chair and Moderator. ACSM Meeting in San Diego, CA. June 2<sup>nd</sup>, 2022. Chair and Moderator. *This is a special educational session for all attendees to present on topics to review for the certificate for added qualification sports medicine examination.*
42. Zaremski JL. Dance Medicine High Yield. Part of the certificate for added qualification (CAQ) session. ACSM Meeting in San Diego, CA. June 2<sup>nd</sup>, 2022.
43. Vincent KR, Zaremski JL. Bilateral Iliac Crest Stress Fractures in a High School Cross Country Runner. Presentation by KR Vincent at the ACSM Annual Meeting in San Diego, CA. June 3<sup>rd</sup>, 2022.
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## **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**

<b>Role</b>	<b>Agency</b>	<b>Grant Title &amp; Dates</b>	<b>Total Award</b>	<b>Candidate Allocation (Amount)</b>

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. 2017-2021: Junior Associate Editor with the Clinical Journal of Sport Medicine, American Medical Society for Sports Medicine (AMSSM) Representative.
4. 2021-Present Clinical Journal of Sports Medicine: Editorial Board Representative for AMSSM
5. 2020-present: Sports Health: A Multidisciplinary Approach. Editorial Board--Social Media Consultant.
6. 2022-2025: Current Sports Medicine Reports.

### **LEADERSHIP & COMITTEES**

- 2022-present **Appointed to Clinical Sports Medicine Leadership Committee**  
American College of Sports Medicine
- 2022-present **Compensation Committee**  
Part of the team that designed the compensation plan for the Department of PM&R.  
Department of Physical Medicine & Rehabilitation, University of Florida, Gainesville, FL
- 2021-present **Curriculum Committee**  
Part of the team that designed the didactic curriculum for the Department of PM&R residency.  
Department of Physical Medicine & Rehabilitation, University of Florida, Gainesville, FL
- 2021-2022 **ACSM Governance Charter Education Programming Strategy Presidential Task Force**
- 2021-2022 **AMSSM Presidential Task Force:** The Potential Development of an AMSSM Journal. One of 18 members (out of more than 4500) nominated and serving.  
American Medical Society of Sports Medicine
- 2021-present **Co-Director, Morbidity and Mortality Conference**  
Department of Physical Medicine & Rehabilitation, University of Florida, Gainesville, FL
- 2021-present **Appointed to Credentials Committee**  
American College of Sports Medicine
- 2021-2022 Co-Chair of AMSSM Annual Meeting Advisory Subcommittee
- 2023 **2021, now 2023 Parapanamerican Youth Games**  
**Named Chief Medical Officer for Team USA**  
Tentatively: June 2023 (*moved to 2023 due to the COVID Pandemic*)  
Bogota, Columbia
- 2020-present American Board of Physical Medicine and Rehabilitation  
Longitudinal Assessment in PM&R Committee  
Question Writer for Musculoskeletal and Pain Medicine Domain  
Appointed by Dr. Lawrence Robinson, Chair

- 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  
Department of Physical Medicine & Rehabilitation, University of Florida,  
Gainesville, FL
- 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-present **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.**
- 2018-2020 Appointed as **Program Co-Chair** to the 2020 AAPMR Medical Student Symposium at the Annual Academy meeting in San Diego, CA (*Converted to Virtual due to COVID-19 Pandemic*).
- Appointed as **Program Co-Chair** to the 2019 AAPMR Medical Student Symposium at the Annual Academy meeting in San Antonio, Texas.

**Appointed as Program Chair** to the 2018 AAPMR Medical Student Symposium at the Annual Academy meeting in Orlando, Florida.

- 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.
- 2016-2022 **Appointed to Professional Education Committee**  
American College of Sports Medicine
- 2016-2022 **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/musculoskeleta\\_and\\_sports\\_medicine\\_pmr\\_curriculum\\_guidelines\\_2015daee30bbb7f361518d86ff0000187796.pdf](http://www.aapmr.org/docs/default-source/default-document-library/musculoskeleta_and_sports_medicine_pmr_curriculum_guidelines_2015daee30bbb7f361518d86ff0000187796.pdf)**  
Krabak BJ (Chair), Diamond M (Vice-Chair), Aagesen 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**

- 2022 Zaremski JL. **Sports Concussions. Presentation at the 9<sup>th</sup> Annual Heat, Heart, and Head Symposium.** Gainesville, FL
- Zaremski JL. **Preventing Common Sports Injuries in the Active, Aging Population.** Oak Hammock Retirement Community Mini-Medical School Lecture. May 18<sup>th</sup>, 2022. Gainesville, FL.
- Zaremski JL, Farmer KW, and Zeppieri G. **Learn About Tommy John Injuries, Treatment, and Rehabilitation.** Chair and Director of The UF Throwing Clinic. May 15<sup>th</sup>, 2022. Gainesville, Florida (Zoom).

Zaremski JL. **What Is a Tommy John Injury and How to Prevent it?** UF Throwing Clinic Seminar. May 15<sup>th</sup>, 2022. Gainesville, Florida (Zoom).

2021 **Chair, UF Throwing Clinic: Preparing for the 2022 Season.** December 16<sup>th</sup>, 2021 (Virtual). A virtual event for all parents, coaches, and student-athletes that participate in baseball and softball. <https://pmr.med.ufl.edu/2021/11/09/uf-throwing-clinic-preparing-for-the-2022-season/> and <https://pmr.med.ufl.edu/wordpress/files/2021/11/Throwing-Clinic-Dec-Flyer-2021-1.pdf>

**Weighted Ball Throwing Programs: Pros v Cons.**

December 16<sup>th</sup>, 2021 (Virtual).

Part of the UF Throwing Clinic: Preparing for the 2022 Season Symposia.

**Sports Concussions. Presentation at the 9<sup>th</sup> Annual Heat, Heart, and Head Symposium.** Gainesville, FL

**Concussion in the World of Soccer.** Virtual Presentation to Alpha Epsilon Delta, The Pre-Professional Honor Society - Florida Alpha Chapter. University of Florida, Gainesville, FL.

**Sports Concussions. Presentation at the 8<sup>th</sup> Annual Heat, Heart, and Head Symposium.** Gainesville, FL (*Virtual presentation*)

**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 2022-present**

Eastside High School, Gainesville, FL

**SUPERVISING TEAM PHYSICIAN 2013-2022**

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**

- 2022 **United States Olympic and Paralympic Training Center Sports Medicine Rotation (Colorado Springs, CO) Volunteer Team Physician**
- Assessed and managed patients medically (such as with COVID-19, Respiratory viruses) as well as musculoskeletal (including ultrasound examinations and procedures on feet and ankles)  
Sports Covered:  
Men's and Women's Boxing (Team USA, China, Germany, and Azerbaijan)  
Men's and Women's Wrestling (Greco Roman and Freestyle, Team USA)  
Women's Para Basketball (Team USA National Team)  
Men's Gymnastics (Team USA)
- 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  
Nicole Pitts, MD  
Joshua Altman, MD  
Jonathan Aubry, MD  
Laura Cook, MD  
Susanna Zorn, MD  
Eric PettyJohn, MD  
Sarah Chrabaszc, MD  
Kelsey Diemer, MD (current as of 2022-2023)  
Andrew Smith, MD (current as of 2022-2023)

### **ACADEMIC LECTURES**

#### **2022 Basics of Musculoskeletal Ultrasound.**

Department of PM&R Residency. Gainesville, Florida. August 24<sup>th</sup>, 2022.

#### **The Musculoskeletal System and Fractures.**

UF College of Medicine 2<sup>nd</sup> year Medical School Class. Gainesville, Florida.

#### **Introduction to the Upper Extremities and Common Injuries.**

UF College of Medicine 2<sup>nd</sup> year Medical School Class. Gainesville, Florida.

#### **Introduction to the Musculoskeletal Examination.**

UF College of Medicine, 2<sup>nd</sup> Year Medical School class, Gainesville, FL

#### **77-year-Old Male with Shoulder Pain. Morbidity and Mortality Conference.**

Department of Physical Medicine and Rehabilitation, Gainesville, FL

#### **Clinical Biomechanics and Preventing Injuries Before They Happen.**

Department of Community Health and Family Medicine Residency, UF Health.  
Gainesville, FL.

#### **Sport Specialization and the Adolescent Athlete.**

Primary Care Sports Medicine Fellowship, UF Health. Gainesville, FL

#### **Pitching Injuries and The Elbow**

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

#### **Sport Specialization and the Adolescent Athlete.**

Department of Community Health and Family Medicine Residency, UF Health.  
Gainesville, FL.

**Physiatric Fellowships and How to Get There?**

UF Department of Physical Medicine and Rehabilitation. Gainesville, FL.

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

Primary Care Sports Medicine Fellowship

University of Florida, Gainesville, FL

**Peripheral Joint Injections Lecture and Workshop for UF Doctoral Athletic Trainer Candidates, University of Florida, Gainesville, FL**

2021 **Introduction to the Upper Extremity Musculoskeletal System-Part 1.**

UF Department of Physical Medicine and Rehabilitation. Gainesville, FL.

**Introduction to the Upper Extremity Musculoskeletal System-Part 2.**

UF Department of Physical Medicine and Rehabilitation.

**Introduction to the Upper Extremity and Common Musculoskeletal Injuries**

Medical Student 2<sup>nd</sup> Year Course

University of Florida College of Medicine, Gainesville, FL

**The Musculoskeletal System and Introduction to Fractures**

Medical Student 2<sup>nd</sup> Year Course

University of Florida College of Medicine, Gainesville, FL

**Sudden Cardiac Death and the Use of Automated External Defibrillators in Sports.**

Presentation to the University of Florida GatorSavers Club. Zoom (virtual) presentation.

**Introduction to the Musculoskeletal Examination**

UF College of Medicine, 2<sup>nd</sup> Year Medical School class, Gainesville, FL

**Preparing for a Primary Care Sports Medicine Fellowship.**

UF College of Medicine Sports Medicine Interest Group. (Virtual) Gainesville, FL.

**Sport Specialization in the Adolescent Athlete.** Invited Lecture to the UF Pediatrics Residency. Gainesville, FL.

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

**Throwing Related Injuries.** Invited Lecture to the UF Pediatrics Residency. Gainesville, FL.

2020

**Peripheral Joint Injections Lecture and Workshop for UF Doctoral Athletic Trainer Candidates, University of Florida, Gainesville, FL**

**Sport Specialization and the Adolescent Athlete**

Primary Care Sports Medicine Fellowship, 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 of the Elbow. Lecture and workshop.**  
Primary Care Sports Medicine Fellowship  
University of Florida, Gainesville, FL

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

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

**Sports Concussions.**  
Presented to Gilchrist County (Florida) Emergency Medical Services Department.  
Virtual.

**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 Pee wee 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**

2022-2023

**Co-Editor: AMSSM-British Journal of Sports Medicine Issue.**

- The AMSSM Board of Directors provided me the opportunity to be a co-editor for the 2023 edition of the AMSSM issue of BJSM.

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**

2022

**Top 10 Best Clinical Case/Research Submissions to the American College of Sports Medicine.** Nguyen BK, Dodd WS, McQuerry JL, Zaremski JL. Shoulder Injury-American Football. A presentation by BK Nguyen at the American College of Sports Medicine Annual Meeting, San Diego, CA. June 2<sup>nd</sup>, 2022.

2021

**AMSSM Service Award**

Presented for my service to AMSSM as the 29<sup>th</sup> Annual Meeting Program Chair for the 2020 AMSSM Annual Meeting.

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. 2019-2023: Board of Directors: Co-Chair Fellowship Committee
- b. 2021-2022: Co-Chair of AMSSM Annual Meeting Advisory Subcommittee
- c. 2021-2022: Presidential Task Force:
  1. The Potential Development of an AMSSM Journal. One of 18 members (out of more than 4500) nominated and serving.
- d. 2020-2021: Presidential Task Force for Future Training of Sports Medicine Physicians
- e. 2021 Physical Activity Summit Education Task Force
- f. 2020-2022: Online Education Subcommittee Task Force
- g. 2019-2020: Program Planning Committee-Chair  
 Member of Board of Directors

- Co-Chair Fellowship Committee
- h. 2018-2019: Program Planning Committee
  - Traveling Fellowship Sub-Committee
  - AMSSM Foundation Grant Reviewer Committee
- i. 2017-2018: Program Planning Committee
  - 1. Named Chair for Instructional Course Lectures at the Annual Meeting
- j. 2016-2017: Program Planning Committee
  - 1. Assistant Chair for Instructional Course Lectures at the Annual Meeting
- k. 2012-Present: Member of Education Committee
  - 1. 2016-present Chair: Subcommittee for PM&R Curriculum Guidelines
  - 2. 2016-present Member: Subcommittee for CAQ Session
- l. 2015-2016: Member of Fellowship Committee
- m. 2015-2016: Member of Publications Committee

American College of Sports Medicine (ACSM)

- a. Clinical Sports Medicine Leadership Committee (2022-present)
- b. Credentials Committee (2022-present)
- c. Professional Education Committee (2016-2022)
- d. Medical Education Committee (2016-2022)
- e. Co-Chair CAQ Committee 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**

- 2022**           AMSSM Fellows Research and Leadership Conference, Seattle, WA  
ACSM Annual Meeting, San Diego, CA  
AMSSM Annual Meeting, Austin, Texas
- 2021**           IOC World Conference on Prevention of Injury and Illness and Sport, Monte Carlo, Monaco  
AAPMR Annual Assembly (Virtual)  
AMSSM Fellows Research and Leadership Conference, Denver, Colorado  
AMSSM Annual Meeting (Virtual)  
ACSM Annual Meeting (Virtual)
- 2020**           AAPMR Annual Assembly (Virtual)  
AMSSM Annual Meeting (Virtual)  
ACSM Annual Meeting (Virtual)  
Washington University's 13<sup>th</sup> Annual Sports Medicine Update (Virtual)
- 2019**           AAPMR Annual Assembly, 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 (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