CURRICULUM VITAE

**JOHN CHARLES HILL, D.O., FACSM, FAAFP**

Revised 1/25/2017

**OFFICE:**

CU Sports Medicine Center

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# PERSONAL INFORMATION:

Birthplace: Denver, Colorado

Citizenship: USA

Married: Gail V. Hill, M

Children:Bethany Elaine,

Joanna Christine,

**PRESENT POSITIONS:**

Director of Primary Care Sports Medicine Fellowship, University of Colorado,

School of Medicine, Denver, Colorado, September 1998 to present

Professor of Family Medicine/Orthopedics/Sports Medicine, University of Colorado,

School of Medicine, Denver, Colorado, July 2009 to present

Attending Physician, East Grand Medical Center & Emergency Department, Denver Health, Winter Park, Colorado, January 2010 to present

**EDUCATION:**

Residency: University of Missouri at Kansas City

Truman Medical Center-East

Kansas City, MO 1987-90 Family Medicine

Medical School: Western University,

College of Osteopathic Medicine of the Pacific. Pomona, CA 1983-87, D.O.

Sigma Sigma Phi,

Graduation Speaker

Undergraduate: Colorado State University

Ft. Collins, Colorado 1977-80

Speech Pathology and Audiology, B.S.

University of Northern Colorado

Greeley, Colorado 1974-76

Music Major - Theory and Composition

High School: South High School, Denver, Colorado, 1974

**ACADEMIC APPOINTMENTS:**

Current:

Founder and Director of Primary Care Sports Medicine Fellowship,

University of Colorado, Denver, Colorado, September 1998 to present

Affiliated with:

University of Colorado, Buffaloes, NCAA Division 1

University of Denver, Pioneers, NCAA Division 1

Professor of Family Medicine and Orthopedics, University of Colorado,

Denver, Colorado, July 2009 to present

Past:

Associate Professor of Family Medicine, University of Colorado,

Denver, Colorado, July 2000 to June 2009

Attending Physician, Crested Butte Medical Center, Crested Butte, Colorado,

January 2006 to 2012

Attending Physician, St. Anthony’s 7 Mile Medical Center, Winter Park, Colorado

January 2005 to April 2010

Hospitalist, University of Colorado Hospital – Anschutz Inpatient Pavilion

Aurora, Colorado, October 2004 to October 2006

Assistant Residency Director, Rose Residency Program/University

of Colorado, Denver, Colorado, June 1994 to September 2004

Associate Director, Advanced Training Tract Fellowship for Advanced Obstetrical Skills/University of Colorado, Denver, Colorado, May 1998 to July 2004

Assistant Professor of Family Medicine, University of Colorado,

Denver, Colorado, June 1994 to June 2000

Assistant Professor of Community and Family Medicine,

University of Missouri at Kansas City,

Kansas City, Missouri, July 1990 to May 1994

Emergency Physician,

Lee’s Summit Hospital, Level 2 Trauma

Lee’s Summit, MO, September 1991 – May 1994

Instructor of Community and Family Medicine,

University of Missouri at Kansas City,

Kansas City, Missouri, July 1987 to June 1990

**HOSPITAL APPOINTMENTS:**

Current:

Rose Medical Center, Denver Colorado, May 1994 to present

Sports Medicine Program - Family Practice Section, 1998-2004

OB/GYN – FP Committee on Improving Quality of Care

FP Representative, 1997-2004

Labor and Delivery Task Force, 1997-2004

Pediatric/Newborn Quality Improvement Committee, 1995 – 1997

University of Colorado Hospital, Denver, Colorado, May 1994 to 2006

University of Colorado Hospital – Anschutz Inpatient Pavilion, October 2004 to present

Point of Care Ultrasound Committee, 2016 - present

Labor and Delivery Committee, 2004 - 2006

Children’s Colorado Hospital, Aurora, Colorado, 1996 to present

Denver Health and Hospital Authority, December 2010 to present

**HOSPITAL APPOINTMENTS: (continued)**

Past:

St. Anthony Hospitals/Centura Health Systems, 2005 to 2010

Porter Adventist Hospital, Denver, CO, June 2003 – July 2004

University of Colorado - School of Medicine

Faculty Senate - Family Medicine Representative, 1996-1998

Lincoln Community Hospital, Hugo, CO

Peer Review Committee – Chair, 1996 – 1999

Truman Medical Center-East, Kansas City, MO, July 1987 – May 1994

Continuous Quality Improvement Committee

Chair, 1992-1994

Tissue and Transfusion Audit Committee, 1990 - 1994

Ethics Committee, 1990-1994

St. Mary’s Hospital, Blue Springs, MO, August 1990 – May 1994

Pharmacy and Therapeutics Committee, 1991- 1993

Peer Review, Dept. of Family Practice Representative, 1990 – 1993

Lee’s Summit Hospital, Lee’s Summit, MO, September 1991 – May 1994

Kingswood Manor Nursing Home, Kansas City, MO, August 1990 – May 1994

**HONORS, AWARDS and SPECIAL RECOGNITION:**

National Register’s WHO’S WHO among Executives and Professionals

In Research, Medicine and Healthcare 2014, 2008, 2007, 2006, 2005, 2004

America’s Best Physicians, 2017, 2016, 2015, 2014, 2013

2012, 2011, 2010, 2009, 2008, 2007, 2006, 2005

The Denver Business Journal

Best Doctors of Denver 2014

*The Leading Physicians of the World,*

Top Sports Medicine Doctor in Denver, CO 2013

Americas Top Family Doctors 2010, 2009, 2007, 2006, 2005, 2004

*Best 2 Minute Presentation at International Rendezvous II,*

American Medical Society of Sports Medicine Meeting 2008

Clinician of the Year, Department of Family Medicine

University of Colorado Health Sciences Center 2007

International Biographical Institute of Cambridge

Plato Award 2007

Man of the Year(American Biographical Institute)2005

Family Medicine Teacher of the Year – Rose residency 2004

Denver Public School’s 100th Anniversary

Outstanding Alumni 2003

“America’s Top Family Doctors”

Consumers’ Research Council of America 2002-2003

America’s Registry of Outstanding Professionals 2003

AAFPExemplary Teaching Award for Full Time Faculty

Nominee from State of Colorado 2001

Strathmore’s WHO’S WHO

Honored Member 2008, 2002, 2001

Colorado Family Medicine Teacher of the Year 2000

Colorado Academy of Family Practice

Family Medicine Teacher of the Year – Rose residency 2000

Physicians Recognition Award (AMA) 1999

**HONORS, AWARDS and SPECIAL RECOGNITION: (continued)**

Physician of the Year 1998

Colorado Rocky Mountain Chapter / National Association

of Pediatric Nurse Associates and Practitioners

Family Medicine Teacher of the Year – Rose residency 1996

Physicians Recognition Award (AMA) 1996

Family Medicine Teacher of the Year – Rose residency 1995

Staff Physician of the year, selected by entire House staff from all

UMKC affiliated faculty 1993

Family Medicine Teacher of the Year – Truman East Residency 1993

Outstanding Family Medicine Resident in Obstetrics 1990

Missouri Academy of Family Practice

Original Research Poster Award 1990

Who’s Who among Rising Young Americans 2000, 1991

Sigma Sigma Phi, National Osteopathic Honor Society 1987

Pauline Weiss Pumerantz Memorial Award, presented to the

graduating senior who demonstrates a commitment to

excellence in education and a desire to become an

osteopathic physician to serve as a role model to future

generations of students 1987

Medical Assistance Program/Readers Digest International

Fellowship, for medical study in Kenya, East Africa 1986

Jeff Plumb Award, presented to a sophomore medical student

who best integrates academic, extra-curricular and

humanitarian excellence 1985

Outstanding Young Men of America 1986, 1985, 1983

**MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS:**

Current:

American Academy of Family Physicians - Fellow

Colorado Academy of Family Physicians

American Medical Society of Sports Medicine

Musculoskeletal Ultrasound Task Force, 2008-2010

Education Committee

Sports Ultrasound Subcommittee, 2011 to present

National Fellows Research Conference, Sports Ultrasound Course

Course Director, 2014 to present

American College of Sports Medicine – Fellow

Education Committee, 2011 - 2015

Representative to AIUM MSK Ultrasound guidelines committee 2013

Rocky Mountain Chapter of the American College of Sports Medicine

Board Member, 2002-2004, Newsletter Editor, 2003-2004

American Osteopathic Association

American Osteopathic Association of Sports Medicine

Denver Osteopathic Foundation

Board Member, 1999 - 2012

American College of Osteopathic Family Practitioners

American Institute of Ultrasound in Medicine

American Registry for Diagnostic Medical Sonography

Certified MSK Sonography 2013

Musculoskeletal Job Task Analysis Committee 2014-2015

MSK physician test item writer 2015 - 2016

**MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS: (continued)**

Christian Medical and Dental Association

Western University College of Osteopathic Medicine Alumni Association

American Heart Association

Instructor in Advanced Cardiac Life Support 1990 - 2013

Recertified October 2015 – 2017

American Academy of Pediatrics

Instructor in Neonatal Resuscitation Program 1989 - 2013

Recertified September 2011 - 2013

Instructor in Pediatric Advanced Life Support 1990 – 1995

Recertified February 2015 – 2017

American Academy of Family Physicians

ALSO Advisory Faculty member 1998 – current

Instructor in Advanced Life Support in Obstetrics

Recertified April 2014 - 2019

American College of Surgeons

Advanced Trauma Life Support

Recertified July 2014 - 2018

Past:

American Society for Colposcopy and Cervical Pathology

Active Fellow, 1994 to 2007

Colorado Society of Osteopathic Medicine

Missouri Academy of Family Physicians

Missouri Academy of Osteopathic Physicians and Surgeons

Osteopathic Physicians and Surgeons of California

Society of Teachers in Family Medicine

American Medical Athletic Association

**COMMITTEE AND SERVICE RESPONSIBILITIES:**

Departmental:

Director of Primary Care Sports Medicine Fellowship, 1998 to present

Faculty Development Initiative Program, 2008 to 2014

Associate Director, Advanced Training Tract Fellowship for Advanced Obstetrical Skills, 1998-2004

Assistant Program Director, Rose Family Medicine Residency, 1994-2004

Grand Rounds Coordinator, Department of Family Medicine, 1994-1997

Faculty Schedules, Department of Family Medicine, 1994-1998

University/Hospital:

UCHSC Faculty Senate, Family Medicine Representative - 1996-1998

University of Colorado Hospital, Denver, CO – Anschutz Inpatient Pavilion,

Point of Care Ultrasound Committee, 2016 to present

Labor and Delivery Committee, 2004 - 2006

Rose Medical Center, Denver, CO.

Sports Medicine Program – FM section, 1998-2004

OB/GYN – FP Committee on Improving Quality of Care, 1997-2004

Labor and Delivery Task Force, 1997-2004

Pediatric/Newborn Quality Improvement Committee, 1995–1997

Lincoln Community Hospital, Hugo, CO.

Peer Review Committee – Chair, 1996–1999

**COMMITTEE AND SERVICE RESPONSIBILITIES (continued):**

Truman Medical Center-East, Kansas City, MO,

Continuous Quality Improvement Committee Chair, 1992-1994

Tissue and Transfusion Audit Committee, 1990 - 1994

Ethics Committee, 1990-1994

St. Mary’s Hospital, Blue Springs, MO,

Pharmacy & Therapeutics Committee,1991-1993

Peer Review, Dept. of Family Practice Representative, 1990 – 1993

**COMMUNITY SERVICE AND PUBLIC HEALTH:**

Regional:

University of Denver, NCAA Division 1

Team Physician, Men’s Soccer, 2004- present

Leadville Trail 100 Mountain Bike Race

Medical Director, 2006, 2007, 2012-2013

Medical Advisor, 2014 - 2016

Co-Medical Director, 2008, 2009, 2010

Leadville Trail 100 Ultra-marathon

Medical Advisor, 2014 - 2016

Medical Director, 2007, 2012-2013

Co-Medical Director, 2008, 2009, 2010

The Bear Chase 50 mile, 100K Ultra-marathon

Medical Director, 2010 to present

Chase the Moon 12 Hour Endurance Run

Medical Director, 2014 to present

Rock Hawk Trail Race

Medical Director, 2016 to present

Garmin/Transitions Professional Cycling Team

Physician and Physiology consultant 2010

**STATE APPOINTMENTS:**

Colorado Infant Hearing Advisory Committee

Family Practice Representative, 2001 to 2009

Colorado Newborn Screening Program

Advisory Committee: CAFP representative, 1999 to 2009

Colorado Department of Public Health and Environment

Maternal Mortality Review Committee: Family Medicine Representative, 1997 – 1999; 2005 to 2009

# BOARD OF DIRECTORS:

Rocky Mountain Chapter of the American College of Sports Medicine

Member at Large, 2002 - 2004

Editor of Quarterly Newsletter, 2003 - 2004

Denver Osteopathic Foundation, 1999 - 2012

Scholarship Subcommittee

CME Subcommittee

Investments Subcommittee

Christian Family Services – Adoption Agency, 1997 to 2013

Greenwood Community Church – Elder, 2015 to present

Wheatfield Fellowship – Elder, 2001 to 2005

**COMMITTEE AND SERVICE RESPONSIBILITIES (continued):**

National/International:

American Academy of Family Physicians – Fellow, 1998 to present

ALSO Advisory Faculty member 1998 – current

National position allowing me to function as Course Director

American College of Sports Medicine – Fellow, 2004 to present

Education Committee: 2011 to present

National/International Conference Speaker- 2004,05,06,07,08,09,10,11,12,13,14,15,16

Chair – Clinical Case presentation – 2000, 2001, 2011, 2013, 2014, 2015, 2016

Representative to AIUM MSK Ultrasound guidelines committee 2013

American Medical Society of Sports Medicine

National/International Conference Speaker –

2005,06,07,08,09,10,11,12,14,15,16, 17

Musculoskeletal Ultrasound Task Force, 2008-10

Education Committee:

Sports Ultrasound Subcommittee, 2010- present

American Osteopathic Association of Sports Medicine

National/International Conference Speaker- 2008, 2013, 2016, 2017

Musculoskeletal Ultrasound Committee – 2013, 2016, 2017

Newton Running Science Advisory Board member, 2011 to 2014

MuscleSound LLC, Physician/Scientific Advisor, 2012 to present

**BOARD CERTIFICATION:**

American Board of Family Practice #65870 1990, 1997, 2004, 2012 - 2022

American Osteopathic Board of Family Practice #4479 1991(Life)

Certificate of Added Qualifications in Sports Medicine 1995, 2005, 2014-2024  
Fellow, American Academy of Family Physicians 1995

Fellow, American College of Sports Medicine 2004

Registered MSK Sonography, ARDMS #177539 2013

**MEDICAL LICENSURE:**

Colorado: Active, 1994 - Present

Missouri: Inactive, 1987- 1994

**INVENTIONS, INTELLECTUAL PROPERTY AND PATENTS HELD:**

**Patents:**

“Method for non-invasive determination of glycogen stores”;

Patent No: US 8,517,942 B2; Date of Patent: Aug 27, 2013

(Software design)

“System for non-invasive determination of glycogen stores”;

Patent No: US 8,512,247 B2; Date of Patent: Aug 20, 2013

(Design of Ultrasound machine)

“Method and System for non-invasive determination of glycogen stores”;

Patent No: 8,562,529; Date of Patent: Oct 22, 2013

(Conceptual basis and overall design)

“System and Method for target muscle glycogen score determination and evaluation”;

Patent No: 9,364,179; Date of Patent: June 14, 2016

(Determination and evaluation of muscle glycogen stores)

**INVENTIONS, INTELLECTUAL PROPERTY AND PATENTS HELD (continued):**

“Methodology to assess muscle damage through ultrasound technology”

Inigo San Millan, John C. Hill, filed through Technology Transfer office, University of Colorado, November 1, 2016.

**GRANTS:**

“Identification of cartilage health biomarkers from peripheral blood and knee synovial fluid aspirated with a novel medical device: a comparative study between ISS astronauts, healthy subjects and spinal cord injured patients” NASA Grant, $202,398 (funding pending) filed November 2016.

Co-Investigator

“The Use of Musculoskeletal Ultrasound in the Evaluation of Muscle Glycogen Storage”, MuscleSound independent funding (2512226), $125,000; 3/1/2014-9/30/2014

Principal Investigator

“Educational Grant, Greg Canty, MD, University of Missouri, Kansas City, Children’s Mercy Hospital; (PN090405) $102,664; 7/1/2009-6/30/2010

Principal Investigator

“Mediators and Moderators of Exercise Behavior Change – 06-0996,” National Cancer Institute (NCI, ROI CA109858-01) $1,664,232, 9/1/04 - 8/30/08

Principal Investigator (10% FTE)

“Evaluation of Tobacco Prevention and Control Efforts for the State of Utah,” State of Utah, (UT-046089) $1,398,613; 7/1/03 – 6/30/07

Co-Investigator (5% FTE)

“Immobilization in External Rotation after First Time Anterior Shoulder Dislocation: A Prospective Randomized Multi-Center Study – 04-0088,” Orthopedic Research and Educational Foundation; $141,000; 3/1/07 – 6/30/09

Principal Investigator-St. Anthony’s Medical Center

“Use of a Standardized Smoking Cessation Intervention on a Family Practice Inpatient Service” McNeil Award, $2,850; 1/1/1989 – 6/30/1990

Principal Investigator

# PUBLICATIONS: (BOOK CHAPTERS)

**Hill JC,** San Millan, I.*Chapter 14, Aerobic Training***,** *Netter’s Sports Medicine,* 2nd edition, McCarty, Madden, Putukian editors. Lippincott, Baltimore, MD. (2017)

**Hill JC.,** Leiszler M. “Intrafascial Fenestration Injection of Plantar Fascia” *Atlas of Ultrasound-Guided Musculoskeletal Injections,* Malanga, G, Mautner, K, editors. McGraw-Hill, Boston, MA. 2014.

**Hill JC.,** Leiszler M. “Perifascial Injection of Plantar Fascia” *Atlas of Ultrasound-Guided Musculoskeletal Injections,* Malanga, G, Mautner, K, editors. McGraw-Hill, Boston, MA. 2014.

# PUBLICATIONS: (BOOK CHAPTERS, continued)

**Hill JC.,** Leiszler M. “Posterior Tibial Nerve Block” *Atlas of Ultrasound-Guided Musculoskeletal Injections,* Malanga, G, Mautner, K, editors. McGraw-Hill, Boston, MA. 2014.

**Hill JC,** Leiszler M. “Hip Ultrasound and guided Injections” *Basics of Musculoskeletal Ultrasound: A Workbook,* Daniels, J, Dexter, W, editors. Springer, NY, NY. 2013.

**Hill JC.**, Lavalle, M, Fowler, G., Musculoskeletal Ultrasound. *Pfenninger and Fowler’s Procedures for Primary Care, 3rd* edition. Elsevier, Philadelphia, PA, July 2010.

**Hill JC.** *Chapter 14, Aerobic Training***,** *Netter’s Sports Medicine,* 1st edition, McCarty, Madden, editors. Lippincott, Baltimore, MD. 2009.

**Hill JC**. “The uses of manual medicine in athletes” *Sports Medicine Secrets*, 3rd Edition, Philadelphia, PA Hanley & Belfus 2003, pp 416-421.

Deutchman M. “Cesarean Delivery – Clinical procedures and techniques: Video, Monograph and Interactive CME.” **Hill JC**, Reviewer, Challenger Corporation, Memphis, TN, 2003.

**Hill JC.** Lower Back Pain & Lumbar Strains. *5 Minute Sports Medicine Consultant,* Bracker MD, 1st ed. Lippincott, Williams & Wilkins, Baltimore, MD. 2001.

**Hill JC.** Athletic Heart Syndrome. *5 Minute Sports Medicine Consultant,* Bracker MD, 1st ed. Lippincott, Williams & Wilkins, Baltimore, MD. 2001.

Poddar S**, Hill JC.** Glenohumeral Dislocation, Anterior. *5 Minute Sports Medicine Consultant,* Bracker MD, 1st ed. Lippincott, Williams & Wilkins, Baltimore, MD. 2001.

Shucard DW, Cummins KR, McGee MG, **Hill JC**, Minarick DD. Patterns of Electrophysiological Activity in Normal and Disabled Readers, Chapter In Languis M and Naour P (Eds.) *Developmental Dyslexia***,** D.C. Health Books Inc, New York, 1983.

**PUBLICATIONS: (PEER REVIEWED)**

Keeling J, **Hill JC**. Sudden Collapse at the Base of the Mountain*. Clin J of Sports Medicine,* 27 (2): March 2017 (in press).

Finnoff JT, Ray J, Corrado G, **Hill JC.** Sports Ultrasound: Applications beyond the musculoskeletal system. *Sports Health*, 8 (6): Nov-Dec 2016.

Harris-Spinks C, Grothe H, **Hill JC**. Lower leg pain in a competitive female distance runner*. Clin J of Sports Medicine,* 26 (2): March 2016.

Harris-Spinks C, **Hill JC,** Hew-Butler T, Khodaee M. Exercise Associated Hyponatremia During a 161-Km Ultramarathon at High Altitude*. Clin J of Sports Medicine,* 26 (2): March 2016.

**PUBLICATIONS: (PEER REVIEWED) continued**

Fader RR, Mitchell JJ, Chadayammuri VP, Patel V, **Hill JC,** Wolcott, M. Percutaneous Ultrasound –guided Hydrodissection and Neurolysis of the Sural Nerve: A Case Report of a Novel Treatment Option for Symptomatic Neuroma. *Orthopedics*, 2015.

Khodaee M, Riederer M, VanBaak K, **Hill JC,** Letters to the Editor, In reply to Dr. Lankford:Ultraendurance Athletes with Type 1 Diabetes: Leadville 100 Experience. *Wilderness Environ Med.* 2015; 27:588-89

**Hill JC,** San Millan I. Changes in Skeletal Muscle Glycogen Content in Professional Soccer Players before and after a Match. *Medicine & Science in Sports & Exercise*, 47:5S: May 2015.

Magrini DM, Dahab K, **Hill JC.** Ankle Pain Secondary to a Wakeboarding Accident. *Medicine & Science in Sports & Exercise*, 47:5S: May 2015.

San Millan I, **Hill JC.** Changes in Skeletal Muscle Glycogen Content in D-1 Football Players before and after a Game. *Medicine & Science in Sports & Exercise*, 47:5S: May 2015.

Harris-Spinks C, **Hill J,** Hew-Butler T, Khodaee M. Exercise Associated Hyponatremia during a 161-km Ultramarathon at High Altitude. *Clinical J Sports Med,* 25 (2): March 2015.

Tirabassi J, Olewinski L, Millan IS, **Hill J,** Khodaee M. Variation of Traditional Biomarkers of Liver Injury after an Ultra-marathon at Elevation. *Clinical J Sports Med,* 25 (2): 189. March 2015.

Khodaee M, Spittler J, VanBaak K, Changstrom BG, **Hill JC.** Effects of Running an Ultramarathon on Cardiac, Hematologic and Metabolic Biomarkers. *International J of Sports Medicine*, IJSM-11-2014-4565-pb.R1, 2015.

Khodaee M, Riederer M, VanBaak K, **Hill JC,** Ultraendurance Athletes with Type 1 Diabetes: Leadville 100 Experience. *Wilderness Environ Med.* 26(2015): 273-275.

Khodaee M, Spittler J, **Hill JC,** Hoffman M; Impact of Injury Pattern during Training on Ultramarathon Performance. *Br J Sports Med,* 48 (7): 619, 2014.

Khodaee M, Spittler J, Basset P, Vanbaak K, **Hill JC,** San Millan I, Hoffman M; Reasons for Inability to Complete Ultramarathons: A Multicenter Study. *Br J Sports Med,* 48 (7): 618-619, 2014.

**Hill, J. C.,** & San Millán, I. S. Validation of musculoskeletal ultrasound to assess and quantify muscle glycogen content. A novel approach. *The Physician and Sportsmedicine*, *42*(3), 45-52, 2014.

Hoffman M, Pasternak A, Rogers I, Khodaee M, **Hill JC,** Townes D, Volker Scheer B, Krabak B, Basset P, Lipman G, Medical services at ultra-endurance foot races in remote environments: medical issues and consensus guidelines. *Sports Medicine*, 44(8):1055-69, 2014.

**PUBLICATIONS: (PEER REVIEWED) continued**

Bergman C, Khodaee M, **Hill JC,** Diffuse subcutaneous upper extremity edema in the setting of rhabdomyolysis: a case report. *Current Sports Med Rep*;13(1):42-4. Jan-Feb 2014.

Khodaee M, Reiderer M, VanBaak K, **Hill J,** Ultra-endurance athletes with type 1 diabetes: Leadville 100 experience, *Clinical J of Sports Medicine,* 2014.

Khodaee M, Spittler J, VanBaak K, Changstrom BG, **Hill JC.** Effects of Running a 161-km Ultramarathon on Cardiac and Metabolic Biomarkers: A Pilot Study. *Clinical J of Sport Medicine*, March 2014; 24(2):177.

Spittler J, Khodaee M, **Hill JC.** Makris N. Over-the-Counter Pain Medication and Supplement Use in Collegiate Athletes. *Clinical J of Sport Medicine*, March 2014; 24(2):183.

Olewinski L, Khodaee M, Miller LR, Falardeau A, Jones D, **Hill J.** Reasons for Inability to Complete Long Distance Mountain Bike Races. *Clinical J of Sport Medicine*, March 2014; 24(2):190.

Spittler J, Khodaee M, **Hill JC,** Hoffman MD. Impact of Foot Strike Pattern and Shoe Type on Ultramarathon Performance and Stress Fracture. *Medicine & Science in Sports & Exercise*, May 2014; 46:5S:

San Millán I.; Bing, K.; Brill, C.; **Hill, JC**.; Miller, L. Randomized Controlled Trial of Micro-Mobile Compression on Lactate Clearance and Next-day Exercise Performance in Elite Male Cyclists. *Open Access J Sports Med.* 4: 221–227. 2013

Soma D, Vidal A, **Hill JC,** “Unusual Cause of Acute Knee Effusion - Youth Football”, *Medicine & Science in Sports & Exercise*, May 2013; 45:5S.

Gustafson K, Provance A, **Hill JC,** “Knee Injury- Football”, *Medicine & Science in Sports & Exercise*, May 2013; 45:5S.

Soma D, Coel R, **Hill JC,** “Knee Injury- Youth Football”, *Medicine & Science in Sports & Exercise*, May 2013; 45:5S.

Soma D, Khodaee M, Miller L, Spittler J, **Hill JC,** “Demographics and Training Habits of an Endurance Mountain Bike Race at High Altitude”, *Clinical J of Sport Medicine*, March 2013; 23(2):151.

Spittler J, Khodaee M, **Hill JC,** “Influence of Self-reporting Ongoing Medical Conditions on Successfully Completing a High-altitude Ultra-marathon Race”, *Medicine & Science in Sports & Exercise*, May 2012; 44:5S, 269.

Leiszler M, Khodaee M, **Hill JC,** “Supplement and OTC Medication Use, Aid Station Visits and Post-race Recovery Among Participants in a High-altitude Ultra-endurance Mountain bike Race”, *Medicine & Science in Sports & Exercise*, May 2012; 44:5S, 270.

Leiszler M, Provance A, **Hill JC,** “Not so Simple Nursemaid’s Elbow”, *Medicine & Science in Sports & Exercise*, May 2012; 44:5S.

**PUBLICATIONS: (Peer reviewed) continued**

Spittler J, Khodaee M, **Hill JC,** “Supplement and Medication Use, During a High-altitude Ultra-Marathon Race”, *Clinical J of Sport Medicine*, March 2012; 2, 191.

Khodaee M, Leiszler M, **Hill JC,** “Supplement, Prescribed and OTC Medication Use Among Participants in a High-altitude Ultra-endurance Mountain Bike Race”, *Clinical J of Sport Medicine*, March 2012; 2, 184.

**Hill JC,** Leiszler M, “Review and Role of Plyometrics and Core Rehabilitation in Competitive Sport”, *Current Sports Medicine Reports,* Nov/Dec 2011:10(6): 345-351.

MacDougall A, **Hill JC,** Poddar S, “Sudden Cardiac Arrest Following Ultrasound Guided Glenohumeral Joint Injection”, *Medicine & Science in Sports & Exercise*, May 2011; 43:5S, 116.

**Hill JC,** Gonzales-Haro C, San Millan I**,** “Gender Differences in Maximal Fat and Carbohydrate Oxidation Rates”, *Medicine & Science in Sports & Exercise*, May 2011; 43:S414.

Leiszler M, **Hill JC,** Poddar, S“Hip Avulsion Fracture in High School Kicker”, *Medicine & Science in Sports & Exercise*, May 2011; 43:5S.

San Millan I, Gonzales-Haro C, **Hill JC,** “Indirect Assessment of Glycogen Status in Competitive Athletes”, *Medicine & Science in Sports & Exercise*, May 2011; 43:S660.

Myers RA, Khodaee M, Lee J, **Hill JC**, Spittler J, Yeakel D. “Risk Factors Associated with Successfully Completing A High Altitude Ultra-endurance Mountain Bike Race,” *Medicine & Science in Sports & Exercise*, May 2011; 43:5S, 637.

Knierim K, Khodaee M, **Hill JC,** “Bilateral Hip Pain in a Child”, *Medicine & Science in Sports & Exercise*, May 2011; 43:5S.

Lee J, Khodaee M, **Hill JC,** “Bilateral Foot Pain – Former Runner”, *Medicine & Science in Sports & Exercise*, May 2011; 43:5S.

Fehr S,Provance A, Coel R, **Hill JC,** “Hip Pain in Football”, *Medicine & Science in Sports & Exercise*, May 2011; 43:5S.

Myers RA, Khodaee M, **Hill JC,** “Palpitations – Mountain Biking”, *Medicine & Science in Sports & Exercise*, May 2011; 43:5S, 117.

Spittler J, Khodaee M, **Hill JC,** “Bilateral Hand Weakness and Numbness”, *Medicine & Science in Sports & Exercise*, May 2011; 43:5S.

Coel RA, Provance AJ, Younger BT, **Hill JC,** “Hip Pain in Football”, *Medicine & Science in Sports & Exercise*, May 2011; 43:5S.

Leiszler M, **Hill JC**. “Hip Labral Injury in Flying Trapeze Artist”, *Clinical J of Sports Medicine*, March 2011; 21:2.

**PUBLICATIONS: (Peer reviewed) continued**

Khodaee M, Myers RA, Spittler J, **Hill JC,** “Risk Factors for Injuries in a High-altitude Ultramarathon”, *Br J Sports Med*, March 2011; 45: 355-356.

Myers RA, Khodaee M, Lee J, Glowney J, **Hill JC**, Yeakel D. Influences of Training Patterns and In-competition Weight Changes on Race Performance during a High Altitude Ultra-marathon”, *Clinical J of Sports Medicine*, March 2010; 20:2, 148.

Plaseied A, Khodaee M, **Hill J**, Lee J, Jenkins P, “It’s not about the Bike: Factors correlated with better performance in a high altitude ultra-endurance mountain bike race”, Procedia Engineering (2) 2010; 3437.

Baldea, JD,Khodaee, M, Poddar, S, **Hill JC,** Johnson J**,** “Training Patterns, Non-steroidal Anti-inflammatory Medication Use and High Altitude Ultramarathon Performance”, *Medicine & Science in Sports & Exercise*, May 2009; 41:5S.

Miller, SM, Pengel, KB, **Hill JC,** “Back Pain - Cycling”, *Medicine & Science in Sports & Exercise*, May 2009; 41:5S.

AMSSM Task Force on Musculoskeletal Ultrasound: Brennan FH, Chair, Albano J, Barnes D, Hackel J**, Hill J**, McShane J, “Musculoskeletal Ultrasound: A Useful Tool for Sports Medicine Physicians: Position Paper”, *AMSSM*, Nov 2008.

Khodaee, M, Marshall, PD, **Hill JC,** “Acetazolamide Use In High Altitude Ultra-endurance Mountain Bike Race”, *Medicine & Science in Sports & Exercise*, May 2008; 40:5S.

Marshall, PD, Poddar, S, **Hill JC,** “Shoulder Injury – Mountain Biking”, *Medicine & Science in Sports & Exercise*, May 2008; 40:5S.

Coel, R, Pengel KB, **Hill JC,** “Foot Injury - Gymnastics”, *Medicine & Science in Sports & Exercise*, May 2008; 40:5S.

Gauer R, Atlas M, **Hill J.** “Does low-dose aspirin reduce preeclampsia and other maternal-fetal complications?” Evidence Based Answer – Clinical CommentaryJ Fam Pract. 2008 Jan;57(1):54-6 .

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Keeling J, **Hill JC**. Sudden Collapse at the Base of the Mountain*.* Podium Presentation. AMSSM 26th Annual Meeting, San Diego, CA, May 2017.

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**NATIONAL RESEARCH PRESENTATIONS AT SCIENTIFIC SESSIONS: (continued)**

Harris-Spinks C, **Hill JC,** Hew-Butler T, Khodaee M. Exercise Associated Hyponatremia during a 161-Km Ultramarathon at High Altitude*.* Poster Presentation. AMSSM 25th Annual Meeting, Dallas, TX, April 2016.

**Hill JC,** San Millan I. Changes in Skeletal Muscle Glycogen Content in Professional Soccer Players before and after a Match. 62nd Annual American College of Sports Medicine and 6th World Congress on Exercise in Medicine, San Diego, CA, May 28, 2015.

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**NATIONAL RESEARCH PRESENTATIONS AT SCIENTIFIC SESSIONS: (continued)**

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Khodaee M, Spittler J, Basset P, VanBaak K, **Hill JC,** San Millán I, Hoffman MD. Reasons for Inability to Complete Ultramarathons: A Multicenter Study. Poster Presentation. International Olympic Committee World Conference on Prevention of Injury & Illness in Sport, Monte-Carlo, Principality of Monaco, April 2014.

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Gustafson K, Provance A, **Hill JC,** “Knee Injury- Football”, 60th Annual American College of Sports Medicine and 4th World Congress on Exercise in Medicine, Indianapolis, IN, May 30, 2013.

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San Millan, I, Bing K, Brill C, **Hill J**. “Randomized controlled trial of Micro-Mobile Compression on lactate clearance and subsequent exercise performance in elite male cyclists”. Poster Presentation, 60th Annual American College of Sports Medicine and 4th World Congress on Exercise in Medicine, Indianapolis, IN, May 29, 2013.

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Khodaee M, VanBaak K, Miller L, Spittler J, Valenza P, **Hill JC,** “Demographic Characteristics and NSAID use among Participants of a 100-mile Ultramarathon”, 22nd Annual American Medical Society for Sports Medicine Conference, San Diego, CA, April 19, 2013.

Bergman C, Khodaee M, **Hill JC,** “Bilateral Upper Extremity Swelling Following Upper Body Workout: A Case of Exertional Rhabdomyolysis”, 22nd Annual American Medical Society for Sports Medicine Conference, San Diego, CA. April 20, 2013.

Leiszler M, Khodaee M, **Hill JC,** “Supplement and OTC Medication Use, Aid Station Visits and Post-race Recovery Among Participants in a High-altitude Ultra-endurance Mountain bike Race”, 59th Annual American College of Sports Medicine and 3rd World Congress on Exercise in Medicine, San Francisco, CA, June 1, 2012.

**NATIONAL RESEARCH PRESENTATIONS AT SCIENTIFIC SESSIONS: (continued)**

Leiszler M, Provance A, **Hill JC,** “Not so Simple Nursemaid’s Elbow”, 59th Annual American College of Sports Medicine and 3rd World Congress on Exercise in Medicine, San Francisco, CA, May 30, 2012.

Khodaee M, Leiszler M, **Hill JC,** “Supplement, Prescribed and OTC Medication Use Among Participants in a High-altitude Ultra-endurance Mountain Bike Race”, 59th Annual American College of Sports Medicine and 3rd World Congress on Exercise in Medicine, San Francisco, CA, May 30, 2012.

Spittler J, Khodaee M, **Hill JC,** “Influence of Self-reporting Ongoing Medical Conditions on Successfully Completing a High-altitude Ultra-marathon Race”, 59th Annual American College of Sports Medicine and 3rd World Congress on Exercise in Medicine, San Francisco, CA, May 29, 2012.

MacDougall A, **Hill JC,** Poddar S, “Sudden Cardiac Arrest Following Ultrasound Guided Glenohumeral Joint Injection”, 2nd World Congress on Exercise is Medicine, 58th Annual American College of Sports Medicine, Denver, CO, June 2, 2011.

**Hill JC,** Gonzales-Haro C, San Millan I**,** Gender Differences in Maximal Fat and Carbohydrate Oxidation Rates”, 2nd World Congress on Exercise is Medicine, 58th Annual American College of Sports Medicine, Denver, CO, June 1, 2011.

Leiszler M, **Hill JC,** Poddar, S“Hip Avulsion Fracture in High School Kicker”, 2nd World Congress on Exercise is Medicine, 58th Annual American College of Sports Medicine, Denver, CO, June 2, 2011.

San Millan I, Gonzales-Haro C, **Hill JC,** “Indirect Assessment of Glycogen Status in Competitive Athletes”, 2nd World Congress on Exercise is Medicine, 58th Annual American College of Sports Medicine, Denver, CO, June 2, 2011.

Myers RA, Khodaee M, Lee J, **Hill JC**, Spittler J, Yeakel D. “Factors Associated with Successfully Completing A High Altitude Ultra-endurance Mountain Bike Race,”2nd World Congress on Exercise is Medicine, 58th Annual American College of Sports Medicine, Denver, CO, June 4, 2011.

Knierim K, Khodaee M, **Hill JC,** “Bilateral Hip Pain in a Child”, 2nd World Congress on Exercise is Medicine, 58th Annual American College of Sports Medicine, Denver, CO, June 2, 2011.

Lee J, Khodaee M, **Hill JC,** “Bilateral Foot Pain – Former Runner”, 2nd World Congress on Exercise is Medicine, 58th Annual American College of Sports Medicine, Denver, CO, June 1, 2011.

Fehr S,Provance A, Coel R, **Hill JC,** “Hip Pain in Football”,2nd World Congress on Exercise is Medicine, 58th Annual American College of Sports Medicine, Denver, CO, June 1, 2011.

Spittler J, Khodaee M, **Hill JC,** “Bilateral Hand Weakness and Numbness”,2nd World Congress on Exercise is Medicine, 58th Annual American College of Sports Medicine, Denver, CO, June 2, 2011.

**NATIONAL RESEARCH PRESENTATIONS AT SCIENTIFIC SESSIONS: (continued)**

Coel RA, Provance AJ, Younger BT, **Hill JC,** “Hip Pain in Football”,2nd World Congress on Exercise is Medicine, 58th Annual American College of Sports Medicine, Denver, CO, June 2, 2011.

Leiszler M, **Hill JC**. “Hip Labral Injury in Flying Trapeze Artist”,20th Annual American Medical Society for Sports Medicine Conference, Salt Lake City, UT. May 2, 2011.

Khodaee M, Myers R, **Hill J**, Lee J, Spittler, “Risk Factors for Injuries in a High-Altitude Ultramarathon, IOC World Conference on the Prevention of Injury and Illness in Sport, Monaco, April 7-9, 2011.

Plaseied A, Khodaee M, **Hill J**, Lee J, Jenkins P, “It’s not about the Bike: Factors correlated with better performance in a high altitude ultra-endurance mountain bike race”, 8th Conference of the International Sports Engineering Association, Vienna, Austria, July 12-16, 2010.

Mazzola T, **Hill JC,** “Differentiating Lumbar, SI and Hip Pain”, *567h* Annual American College of Sports Medicine International Meeting, Baltimore, MD, June 3, 2010.

Canty G, **Hill JC**, “Calcaneal Stress Fracture in Ultra-marathon Runner.” 19th Annual American Medical Society of Sports Medicine Conference, Cancun, Mexico, April 19, 2010.

Myers RA, Khodaee M, Lee J, Glowney J, **Hill JC**, Yeakel D. Influences of Training Patterns and In-competition Weight Changes on Race Performance during a High Altitude Ultra-marathon”,19th Annual American Medical Society for Sports Medicine Conference, Cancun, Mexico. April 20, 2010.

Glowney J,Poddar, S, **Hill JC,** “Hematologic and Iron Profile Screening in Elite Collegiate Cross Country Runners- A 10 Year Analysis”**,** 19th Annual American Medical Society for Sports Medicine Conference, Cancun, Mexico. April 20, 2010.

Emery K**, Hill JC**, Sweeney T, “Anterior Tibial Pain: Running Injury, Annual Meeting, Rocky Mountain American College of Sports Medicine, Golden, CO, February 27, 2010

Baldea, JD,Poddar, S, **Hill JC,** “Platelet Rich Plasma Injection in Deltoid Muscle Tear of Division 1 Football Player”**,** 18th Annual American Medical Society for Sports Medicine Conference, Tampa, FL. April 27, 2009.

Baldea, JD,Khodaee, M, Poddar, S, **Hill JC,** Johnson J**,** “Training Patterns, Non-steroidal Anti-inflammatory Medication Use and High Altitude Ultramarathon Performance”, *56th* Annual American College of Sports Medicine International Meeting, Seattle, WA, May 28, 2009,

Miller, SM, Pengel, KB, **Hill JC,** “Back Pain - Cycling”, *56th* Annual American College of Sports Medicine International Meeting, Seattle, WA, May 29, 2009,

Miller, SM, Khodaee, M, **Hill JC,** “NSAID Use In High Altitude Endurance Mountain Bike Race”**,** 18th Annual American Medical Society for Sports Medicine Conference, Tampa, FL. April 26, 2009.

**NATIONAL RESEARCH PRESENTATIONS AT SCIENTIFIC SESSIONS: (continued)**

Baldea, JD,Poddar, S, **Hill JC,** “Platelet Rich Plasma Injection in Deltoid Muscle Tear of Division 1 Football Player”**,** 18th Annual American Medical Society for Sports Medicine Conference, Tampa, FL. April 27, 2009.

San Millan I, **Hill JC,** Anderson J, “Nutritional Analysis in Professional Cyclists During a Training Period In Between Races ”,Rocky Mountain American College of Sports Medicine Meeting, Colorado Springs, CO, February 28, 2009.

Eichner E, **Hill JC,** Baldea J, “Wrist Pain in a Snowboarder- Application of Musculoskeletal Ultrasound”,Rocky Mountain American College of Sports Medicine Meeting, Colorado Springs, CO, February 28, 2009.

Khodaee, M, Marshall, PD, **Hill JC,** “Acetazolamide Use In High Altitude Ultra-endurance Mountain Bike Race”, *55th* Annual American College of Sports Medicine International Meeting, Indianapolis, IN, May 29, 2008.

Marshall, PD, Poddar, S, **Hill JC,** “Shoulder Injury – Mountain Biking”, *55th* Annual American College of Sports Medicine International Meeting, Indianapolis, IN, May 29, 2008,

Coel, R, Pengel KB, **Hill JC,** “Foot Injury - Gymnastics”, *55th* Annual American College of Sports Medicine International Meeting, Indianapolis, IN, May 30, 2008,

**Hill JC,** “Use of Diagnostic Musculoskeletal Ultrasound in Acute Abdominal Injury.” Rendezvous II International Sports Medicine Conference, Las Vegas, NV. (Selected as the Best 2 Minute Presentation of the Conference) March 26, 2008

Khodaee, M, Marshall, PD, **Hill JC,** “Acetazolamide Use In High Altitude Ultra-endurance Marathon Runners”**,** Rendezvous II International Sports Medicine Conference, Las Vegas, NV. March 27, 2008.

Carlson CJ, **Hill JC,** Poddar SK “Dyspnea in an Active Male Cyclist”,54th Annual American College of Sports Medicine International Meeting, New Orleans, LA, June 1, 2007.

Provance AJ, Pengel KB, **Hill JC,** “Head Injury in Adolescent Soccer Player”,54th Annual American College of Sports Medicine International Meeting, New Orleans, LA, June 1, 2007.

Hart WM, Poddar SK, McCarty EC, **Hill JC ,** “Patellar Tendinopathy in a College Football Player”53rd Annual American College of Sports Medicine International Meeting, Denver, CO, June 2, 2006,

Bhatia S, Pengel KB, **Hill JC,** “Knee Pain in Adolescent Hockey Player”53rd Annual American College of Sports Medicine International Meeting, Denver, CO, June 3, 2006.

**Hill JC,** Mazzola TJ, Poddar SK**,** “Axillary Arm Pain in a Cyclist”52nd Annual American College of Sports Medicine International Meeting, Nashville, TN, June 3, 2005.

**NATIONAL RESEARCH PRESENTATIONS AT SCIENTIFIC SESSIONS: (continued)**

Bean MA, Poddar SK**,** Wolcott M**, Hill JC,** “Knee Injury in NCAA Division 1 Women’s Basketball”**,** 52nd Annual American College of Sports Medicine International Meeting, Nashville, TN, June 4, 2005.

Bean MA, **Hill JC,** Poddar SK**,** “Low Back Pain and Collapse in College Football”**,** 14th Annual American Medical Society for Sports Medicine, Austin, TX. April 19, 2005.

Mazzola TJ, Poddar SK**, Hill JC,** “Medial Elbow Pain in the Adolescent Thrower” 13th Annual American Medical Society for Sports Medicine Meeting, Vancouver, Canada April 17, 2004.

**Hill JC,** “Acute Shoulder Injury – Mountain Biking,” 51st Annual American College of Sports Medicine International Meeting, Indianapolis, IN, June 3, 2004.

Mazzola TJ, Poddar SK**, Hill JC,** “Lateral Ankle Pain – Fall down stairs.” 51st Annual American College of Sports Medicine International Meeting, Indianapolis, IN, June 4, 2004.

**Hill JC,** Poddar SK. “Neck Injury in NCAA Division 1 Football,” 49th Annual American College of Sports Medicine International Meeting, St. Louis, MO. May 30, 2002.

Knapp P, Sweeney TM, **Hill JC,**. “Acute Subdural Hematoma in Football” 49th Annual American College of Sports Medicine International Meeting, St Louis, MO May 31, 2002.

**Hill JC**. “Groin Pain – Bicyclist” 48th Annual American College of Sports Medicine International Meeting, Baltimore, MD. May 31, 2001.

Poddar SK, **Hill JC,** Loeffler RD. “Elbow Pain in a Twenty Year Old Football Player” 48th Annual American College of Sports Medicine International Meeting, Baltimore, MD. May 30, 2001.

Paranjape GA, Loeffler RD, **Hill JC**. “Knee Dislocation – Professional football” 47th Annual American College of Sports Medicine International Meeting, Indianapolis, IN. June 1, 2000.

**Hill JC**, Nicholas RA. “Shoulder Dislocation – Skiing” 47th Annual American

College of Sports Medicine International Meeting, Indianapolis, IN. June 1, 2000.

**Hill JC**. “Hip Injuries, Clinical Case Presentation.” 46th Annual American College of Sports Medicine International Meeting, Seattle, WA, June 4, 1999.

**Hill JC**. “Lower Extremity Clinical Case Presentation.” 46th Annual American College of Sports Medicine International Meeting, Seattle, WA, June 3, 1999.

**Hill JC**. “Effectiveness of Brief Intervention vs. Usual Care for Smoking Cessation of Inpatients.” Research presentation before the sixth Annual Mead Johnson National Family Medicine Research Forum. Ft. Lauderdale, FL. December 3, 1994.

**NATIONAL RESEARCH PRESENTATIONS AT SCIENTIFIC SESSIONS: (continued)**

**Hill JC**, Govaker DA, Scarpinato L. “Intervention vs.Usual Care for Smoking Cessation of Inpatients.” National meeting of the American Osteopathic Association, Las Vegas, NV, October 1992.

**Hill JC**, Govaker DA, Scarpinato L. “Preliminary Results of Intervention vs.

Usual Care for Smoking Cessation of Inpatients.” Research Presentation before Missouri Academy of Family Physicians, Osage Beach, MO, June 1990.

**Hill JC**. “Uterine Inversion, Case Presentation.” Missouri Academy of Family

Physicians, Osage Beach, MO, June 1990.

Shucard DW, Cummins KR, McGee MG, **Hill JC**, Minarick DD. Etiology of

Developmental Reading disabilities: Patterns of Electrophysiological Activity. Presented at the AERA Annual Meeting, 1983

**NATIONAL PRESENTATIONS AND INVITED LECTURES:**

Course Director, “Introduction to Sports Ultrasound Course”, “Sports Ultrasound of the Shoulder”, American Medical Society for Sports Medicine Fellows Research & Leadership Conference, Boulder, CO, July 28, 2017.

“Event Preparation and PrioritizingInjuries” Sports Trauma and Event Medicine course” American Medical Society for Sports Medicine Fellows Research & Leadership Conference, Boulder, CO, July 29, 2017.

Pre-Conference: “Advanced Musculoskeletal Ultrasound Couse with Cadaver Lab”, “Procedural Ultrasound and Advanced Injection Techniques”, 31th Annual Clinical Conference, American Osteopathic Academy of Sports Medicine, Las Vegas, NV, May 2017.

Pre-Conference: “Musculoskeletal Ultrasound Beginning Level Couse with Cadaver Lab”, Ultrasound of the Shoulder”, “Joint injection”, 31th Annual Clinical Conference, American Osteopathic Academy of Sports Medicine, Las Vegas, NV, May 2017.

“Sports Ultrasound for the Fellowship Director: Post-conference”, 26th Annual American Medical Society for Sports Medicine Conference, San Diego, CA, May 2017.

“Basic Sports Ultrasound: Full Day Pre-conference”, 26th Annual American Medical Society for Sports Medicine Conference, San Diego, CA, May 2017.

“Musculoskeletal Ultrasound Beginning Level Couse with Cadaver Lab”, Ultrasound of the Shoulder”, “Ultrasound Physics”, “Joint injections”, AMSSM/University of Indiana, Notre Dame, South Bend, IN, January 13-15, 2017.

“Endurance Events Medical Coverage and Athletes Clearance” 2nd International Extreme Sports Medicine Congress, Boulder, CO, June 10, 2016.

“The Sports Medicine Physician’s Approach to Obesity”, 30th Annual Clinical Conference, American Osteopathic Academy of Sports Medicine, Tempe, AZ, May 4, 2016.

**NATIONAL PRESENTATIONS AND INVITED LECTURES: (Continued)**

Pre-Conference: “Advanced Musculoskeletal Ultrasound Couse with Cadaver Lab”, “Procedural Ultrasound and Advanced Injection Techniques”, 30th Annual Clinical

Conference, American Osteopathic Academy of Sports Medicine, Tempe, AZ, May 3, 2016.

Pre-Conference: “Musculoskeletal Ultrasound Beginning Level Couse with Cadaver Lab”, Ultrasound of the Shoulder”, “Joint injection”, 30th Annual Clinical Conference, American Osteopathic Academy of Sports Medicine, Tempe, AZ, May 2, 2016.

“Providing Medical Coverage for Ultra-endurance Events”, AMSSM 25th Annual Meeting, Dallas, TX, April 16, 2016.

“Sports Ultrasound: Full Day Pre-conference”, “Ultrasound of Ankle.” 25th Annual American Medical Society for Sports Medicine Conference, Dallas, TX, April 15, 2016.

Course Director, “Introduction to Sports Ultrasound Course”, “Sports Ultrasound of the Shoulder”, American Medical Society for Sports Medicine Fellows Research & Leadership Conference, Baltimore, MD, July 23, 2015.

“Event Preparation and PrioritizingInjuries” Sports Trauma and Event Medicine course” American Medical Society for Sports Medicine Fellows Research & Leadership Conference, Baltimore, MD, July 24, 2015.

“Ultrasound Workshop – FAST Exam Skills for Family Medicine Physicians”, American Academy of Family Physicians Annual Meeting, Denver, CO, June 24, 2015.

“Use of Ultrasound in the Athlete’s Shoulder”, CU Sports Medicine Fall Symposium, Boulder, CO, September 19, 2014

“New technologies for Cyclists using ultrasound to detect glycogen stores in skeletal muscle” The 2014 Medicine of Cycling Conference, USA Cycling, Colorado Springs, CO, August 23, 2014.

Course Director, “Introduction to Musculoskeletal Ultrasound Course”, “Musculoskeletal Ultrasound of the Shoulder”, American Medical Society for Sports Medicine Fellows Research & Leadership Conference, Boulder, CO, July 24, 2015.

“Event Preparation and PrioritizingInjuries” Sports Trauma and Event Medicine course” American Medical Society for Sports Medicine Fellows Research & Leadership Conference, Boulder, CO, July 25, 2014

“Post Conference: Musculoskeletal Ultrasound: Small Group scanning, Injections and Practical Considerations”, 61st Annual American College of Sports Medicine and 5th World Congress on Exercise in Medicine, Orlando, Florida, May 31, 2014.

“Leadville 100, The Ultimate Ultra-Endurance Race: Where Attitude Meets Altitude,” 61st Annual American College of Sports Medicine and 5th World Congress on Exercise in Medicine, Orlando, Florida, May 28, 2014.

**NATIONAL PRESENTATIONS AND INVITED LECTURES: (Continued)**

“Musculoskeletal Ultrasound: Does the Evidence Support its Widespread Use”? 61st Annual American College of Sports Medicine and 5th World Congress on Exercise in Medicine, Orlando, Florida, May 28, 2014.

“Evaluation of Hip Pain in Runners”, Office Based Sports Medicine Symposium, University of Colorado, Anschutz Medical Campus, Aurora, CO, May 17, 2014.

“A Lifetime Partnership: The Sports Medicine Physician and the Obesity Pandemic,”

AMSSM 23rd Annual Meeting, New Orleans, Louisiana, April 6, 2014.

“Medical Director”, USA Weightlifting Junior National Event, USOC Sanctioned Event, Aurora, CO, January 31, February 1, 2, 2014.

“Shoulder Ultrasound”, Musculoskeletal Ultrasound Webinar Series, American Osteopathic Academy of Sports Medicine, Online Access, December 11, 2013.

“Post Conference: Musculoskeletal Ultrasound: Small Group scanning, Injections and Practical Considerations”, 60th Annual American College of Sports Medicine and 4th World Congress on Exercise in Medicine, Indianapolis, IN, June 1, 2013.

Chair – “Hip and Pelvis Clinical Case Conference”, 60th Annual American College of Sports Medicine and 4th World Congress on Exercise in Medicine, Indianapolis, IN, May 30, 2013.

“Musculoskeletal Ultrasound: Clinically Valid or Just Plain Fun”? 60th Annual American College of Sports Medicine and 4th World Congress on Exercise in Medicine, Indianapolis, IN, May 30, 2013.

Pre-Conference: “Musculoskeletal Ultrasound Beginning Level Couse with Cadaver Lab”, Ultrasound of the Shoulder”, “Joint injection”, 28th Annual Clinical Conference, American Osteopathic Academy of Sports Medicine, Colorado Springs, CO, March 4, 2013.

Pre-Conference: “Advanced Musculoskeletal Ultrasound Couse with Cadaver Lab”, “Ultrasound of the Shoulder, Normal/Abnormal and Advanced Injection Techniques”, 28th Annual Clinical Conference, American Osteopathic Academy of Sports Medicine, Colorado Springs, CO, March 5, 2013.

“Providing Medical Coverage for Ultra-endurance Events”, 28th Annual Clinical Conference, American Osteopathic Academy of Sports Medicine, Colorado Springs, CO, March 6, 2013.

“Musculoskeletal Ultrasound: Overview of Current Applications”, 28th Annual Clinical Conference, American Osteopathic Academy of Sports Medicine, Colorado Springs, CO, March 7, 2013.

“Post Conference: Musculoskeletal Ultrasound: Small Group scanning, Injections and Practical Considerations,” 3rd World Congress on Exercise is Medicine, 59th Annual American College of Sports Medicine, San Francisco, CA, June 2, 2012.

**NATIONAL PRESENTATIONS AND INVITED LECTURES: (Continued)**

“Musculoskeletal Ultrasound of the Knee- Normal, Abnormal and Interventions,” 3rd World Congress on Exercise is Medicine, 59th Annual American College of Sports Medicine, San Francisco, CA, June 1, 2012.

“Musculoskeletal Ultrasound of the Hip and Pelvis- Normal, Abnormal and Interventions,” 3rd World Congress on Exercise is Medicine, 59th Annual American College of Sports Medicine, San Francisco, CA, May 31, 2012.

“Musculoskeletal Ultrasound Beginning Level Couse with Cadaver Lab”, Ultrasound of the Shoulder”, “Ultrasound Principles”, “Joint injection”, AMSSM/Maine Medical Center, Portland, Maine, November 18-20, 2011.

“Extreme Marathons: Ultra and High Altitude”, 14th Annual Twin Cities Sports Medicine Conference, Minneapolis, MN, September 30, 2011.

“Musculoskeletal Ultrasound of the Shoulder”, “Musculoskeletal Ultrasound of the Knee and Ankle”, “Musculoskeletal Ultrasound of the Elbow and Wrist”, 14th Annual Twin Cities Sports Medicine Conference, Minneapolis, MN, September 30, 2011.

“Musculoskeletal Ultrasound Intermediate/Advanced Level Couse with Cadaver Lab”, Ultrasound of the Shoulder”, “Ultrasound of the Hip”, AMSSM/Maine Medical Center, Portland, Maine, June 17–19, 2011.

“Post Conference: Introduction to Musculoskeletal Ultrasound: Small Group scanning, Injections and Practical Considerations,” 2nd World Congress on Exercise is Medicine, 58th Annual American College of Sports Medicine, Denver, CO, June 4, 2011.

“Musculoskeletal Ultrasound of the Shoulder- Normal, Abnormal and Interventions,” 2nd World Congress on Exercise is Medicine, 58th Annual American College of Sports Medicine, Denver, CO, June 3, 2011.

“A Pain in the Behind: Differentiating Lumbar, SI and Hip Pain”, *57th* Annual American College of Sports Medicine International Meeting, Baltimore, MD, June 2, 2010.

“Musculoskeletal Ultrasound of the Hip and Pelvis- Normal, Abnormal and Interventions,” 2nd World Congress on Exercise is Medicine, 58th Annual American College of Sports Medicine, Denver, CO, June 1, 2011.

“Musculoskeletal Ultrasound Cadaver Workshop”, “General Principles of MSK U/S”, “Ultrasound of the Shoulder”, “Ultrasound of the Wrist, Hand and Elbow”, UT Southwestern Medical Center, Dallas, TX, June 18-20,2010.

“Post Conference: Introduction to Musculoskeletal Ultrasound”, *Course Leader, 57th* Annual American College of Sports Medicine International Meeting, Baltimore, MD, June 5, 2010.

“Musculoskeletal Ultrasound: Full Day Preconference”, ”Ultrasound of Elbow, Wrist and Hand.” 19th Annual American Medical Society for Sports Medicine Conference, Cancun, Mexico, April 17, 2010.

**NATIONAL PRESENTATIONS AND INVITED LECTURES: (Continued)**

ACSM Team Physician, Part 1, “Musculoskeletal Ultrasound Preconference: Course Director. “General Principles of MSK U/S”, “Ultrasound of the Shoulder”, “Ultrasound of the Wrist, Hand and Elbow”, “ Ultrasound of the Hip, Knee and Ankle,” Las Vegas, NV, February 24, 2010.

ACSM Team Physician, Part 1, “Examination of the Shoulder”, “Elbow Examination”, “Examination and stabilization of Neck Injuries,” Las Vegas, NV, February 25-26,, 2010.

Advanced Team Physician Course, AMSSM, ACSM and AOSSM, “MSK U/S in Tendinopathy”, “Ultrasound of the hip, knee and ankle”, “MSK U/S of the Shoulder-Diagnostic and Therapeutic Applications”, “Competitive Mountain Bike Racer with Pulmonary Edema and Patent Foramen Ovale”, “Sarcoidosis”, “Hypertension EBM Update”, “Subacromial Ultrasound Guided or Systemic Steroid Injection for Rotator Cuff Disease: Randomized Double Blind Study”, “Ultrasound of the Elbow, Wrist and Hand”, Phoenix, AZ, December 3-6, 2009.

“Foot and Ankle Examination Workshop”, *56th* Annual American College of Sports Medicine International Meeting, Seattle, WA, May 30, 2009.

“Injection Techniques of the Knee Workshop”, *56th* Annual American College of Sports Medicine International Meeting, Seattle, WA, May 28, 2009.

“Getting Started with Musculoskeletal Ultrasound: Scanning, Injections and Practical Considerations.” “Basic Principles of MSK Ultrasound”, “Ultrasound Guided Injection to the Shoulder”**,** 18th Annual American Medical Society for Sports Medicine Conference, Tampa, FL. April 25, 2009.

“The Obesity Epidemic: An Overwhelming Threat to National Security”, Notre Dame University/ Indiana University School of Medicine, Memorial Hospital of South Bend, South Bend, IN. March 25, 2009.

“Ultrasound of Soft Tissue: Does this Provide Helpful Information or Prediction of the Obvious”, Indiana University School of Medicine, Memorial Hospital of South Bend, South Bend, IN. March 25, 2009.

“Practical Applications of Obstetrical, Gynecological, Abdominal and Musculoskeletal Ultrasound,” Kathmandu Medical Center, Kathmandu, Nepal. March 15, 2009.

“Hands-on Musculoskeletal Ultrasound,” Three 1 hour workshops, 23rd Annual Osteopathic Academy of Sports Medicine Meeting, Kansas City, MO. May 1, 2008.

“Diagnostic Musculoskeletal Ultrasound” Instructional Lecture, Rendezvous II International Sports Medicine Conference, Las Vegas, NV. March 26, 2008

“Diagnostic and Interventional Musculoskeletal Ultrasound” Southeast American College of Sports Medicine 2008 Annual Meeting, Birmingham, AL, February 15, 2008.

“Osteopathic Manipulative Therapy”, Two 3 hour hands-on workshop at the 32nd National Primary Care Nurse Practitioner Symposium, Keystone, CO. July 13,14, 2007.

**NATIONAL PRESENTATIONS AND INVITED LECTURES: (Continued)**

“Musculoskeletal Ultrasound of the Shoulder” Clinical Workshop, 54th Annual American College of Sports Medicine Meeting, New Orleans, LA. June 2, 2007

“Ultrasound Guided Injections” 16th Annual Medical Society for Sports Medicine Meeting, Albuquerque, NM. April 21, 2007

“Diagnostic Musculoskeletal Ultrasound” 16th Annual Medical Society for Sports Medicine Meeting, Albuquerque, NM. April 22, 2007

“Osteopathic Manipulative Therapy”, 3 hour hands-on workshop, at the 31st National Primary Care Nurse Practitioner Symposium, Keystone, CO. July 15, 2006

“Musculoskeletal Ultrasound Clinical Workshop” 53rd Annual American College of Sports Medicine Meeting, Denver, CO. June 1, 2006.

“Obesity: A Sports Medicine Perspective” 15th Annual Medical Society for Sports Medicine Meeting, Miami Beach, FL. May 3, 2006.

“Diagnostic Musculoskeletal Ultrasound” 15th Annual Medical Society for Sports Medicine Meeting, Miami Beach, FL. May 1, 2006.

“Evidence Based Approach to the Prevention and Diagnosis of Coronary Heart Disease” Colorado Society of Osteopathic Medicine 2006 Midwinter Meeting, Keystone, CO. February 28, 2006.

“Shoulder Injuries and the Shoulder Exam” Colorado Society of Osteopathic Medicine 2005 Summertime Meeting, Vail, CO. August 5, 2005.

Advanced Life Support in Obstetrics Course at the Colorado Academy of Family Physicians Annual Scientific Conference, Keystone, CO. July 23-24, 2005.

“Osteopathic Manipulative Therapy”, 3 hour hands-on workshop, “Acute Low Back Pain and the Prevention of Chronic Back Pain”, at the 30th National Primary Care Nurse Practitioner Symposium, Keystone, CO. July 22-23, 2005.

“Diagnostic Musculoskeletal Ultrasound” 14th Annual American Medical Society for Sports Medicine Meeting, Austin, TX. April 19, 2005.

“Pap Smear Guidelines,” 10th Annual Winter Assembly of Louisiana Academy of Family Physicians, Steamboat Springs, CO. February 6, 2005.

“Osteopathic Manipulative Therapy”, Two separate 3 hour workshops at the 29th National Primary Care Nurse Practitioner Symposium, Keystone, CO. July 16-17, 2004.

“CNS Normal and Abnormal Sonographic findings of the Head and Spine”, “Fetal Biometry: Head and Intracranial landmarks, abdomen, long bones”, “Six Hands on Scanning workshops”, Faculty Development in Obstetric Ultrasonography, University of Southern California and University of Colorado Departments of Family Medicine Denver, CO. February 24-27, 2004.

**NATIONAL PRESENTATIONS AND INVITED LECTURES: (Continued)**

“Management of Acute Back Pain and Common Musculoskeletal Injuries”, Northwest Regional Primary Care Association/CHAMPS Fall Primary Care Conference, Portland, OR. October 20, 2003.

“Low Back Pain – What you can do before referral is necessary”, 28th National Primary Care Nurse Practitioner Symposium, Keystone, CO. July 12, 2003.

“Overuse injuries in Sports” University of Missouri in Kansas City, Truman Medical Center – Lakewood, Kansas City, MO. June 28, 2002.

“CNS Normal and Abnormal Sonographic findings of the Head and Spine”, “Fetal Biometry: Head and Intracranial landmarks, abdomen, long bones”, “Sonographic signs of chromosome abnormalities”, “Hands on Scanning workshops”, Faculty Development

in Obstetric Ultrasonography, University of Southern California and University of Colorado Departments of Family Medicine, Los Angeles, CA. January 16 – 19, 2002.

“Osteopathic Manipulative Therapy”, 26th National Primary Care Nurse Practitioner Symposium, Keystone, CO. July 13-14, 2001.

“CNS Normal and Abnormal Sonographic findings of the Head and Spine”, “Fetal Biometry: Head and Intracranial landmarks, abdomen, long bones”, “Hands on Scanning workshops”, Faculty Development in Obstetric Ultrasonography, University of Southern California and University of Colorado Departments of Family Medicine, Los Angeles, CA. January 10 – 13, 2001.

“What Recent Advances Mean in Arthritis and Pain; Moderator. Topics I presented: “Challenges in Managing Arthritis in Primary Care Practice”, “Case Studies in Musculoskeletal Pain”. Academy for HealthCare Education, Seattle, WA.

November 9, 2000.

Sports Medicine for the Primary Care Provider, Course Co-Director. Topics I presented: “The Preseason Physical and Cardiac Evaluation”, “Aspiration and Injection of Joints”, “Scientific Basis of Soft Tissue Injury”, University of Colorado Departments of Orthopedic Surgery and Family Medicine, Breckenridge, CO. July 27-29, 2000.

“Back Pain Overview” Blagodat Medical Center of Almaty, Kazakhstan. March 30, 2000.

“Advanced Cardiac Life Support”, Course Director, Blagodat Medical Center of Almaty, Kazakhstan. March 28, 2000.

“Challenges in Managing Arthritis in Primary Care Practice”, Center for HealthCare Education, Seattle, WA. November 9, 1999.

“Challenges in Managing Arthritis in Primary Care Practice”, LeMont, Pittsburgh, PA. November 3, 1999.

**NATIONAL PRESENTATIONS AND INVITED LECTURES: (Continued)**

“CNS Normal and Abnormal”, “Sonographic Signs of Chromosome Abnormalities”, “The Routine Scanning Debate”, Faculty Development in Obstetric Ultrasonography, University of Southern California and University of Colorado Departments of Family Medicine, Los Angeles, CA. October 13-16, 1999.

Primary Musculoskeletal Care Conference: 24th Annual. Course Co-Director, 4-day National CME course. Topics I presented: “Acute Low Back Pain,” “Osteoporosis,” “Weekend Warrior-Overuse Injuries”, “Musculoskeletal Pain Syndromes”, “Manipulative Therapy”, Snowmass, CO. August 1-5, 1999.

“The Pediatric Sports Physical: What Not to Miss”, 24th National Primary Care Nurse Practitioner Symposium, Keystone, CO. July 9, 1999Primary Musculoskeletal Care Conference: 23rd Annual. Course Co-Director, 5-day national CME course. Topics I presented: Acute Low Back Pain,” “The Sports Physical,” “Fibromyalgia”, “Manipulative Therapy”, Crested Butte, CO. August 2-7, 1998.

“Osteopathic Manipulative Therapy: Hands On Workshop”, 23rd National Primary Care Nurse Practitioner Symposium, Keystone, CO. July 9-10, 1998.

“Medical Complications in Pregnancy”, “Diagnostic Ultrasound in Labor and Delivery,” “Shoulder Dystocia”, Advanced Life Support in Obstetrics, University of Missouri at Kansas City, Kansas City, MO. May 15-16, 1998.

“Faculty Development Course in Obstetric Ultrasonography,” University of Colorado and University of Southern California, Denver, CO. October 15-18, 1997.

Primary Musculoskeletal Care Conference, 22nd Annual. Course Co-Director. 5-day National CME program for 30.5 credit hours. Topics I presented: “Acute Low Back Pain”, “Management of Chronic Neck Pain”, “Sports Overuse Injuries”, “Fibromyalgia”,

“Joint Injection and Aspiration”. “Manipulative Medicine”, Breckenridge, CO, August 3-8, 1997.

“Approaches to Musculoskeletal Problems and When to Use Them - Keynote address”, “Fibromyalgia”, “Manipulative Therapies”, The Eighth Annual Tacoma Family Medicine Day - Musculoskeletal Problems in Primary Care”, Tacoma, WA. June 27, 1997.

“Pre-participation Sports Physical - Avoiding Sudden Death”, Overuse Syndromes and Common Exercise Injuries”, National Association of Pediatric Nurse Associates and Practitioners Annual Spring Conference, Denver, CO. May 3, 1997.

“Labor and Delivery Ultrasound”, “Ultrasound workshop”, Advanced Life Support in Obstetrics, UMKC Truman Medical Center - East, Kansas City, MO. April 25-26, 1997.

“Primary Musculoskeletal Care Conference - 21st Annual.” Course Co-Director. 5-day conference approved for 32.5 hours of CME credit by AMA, AOA, ACEP, AAFP and AAPA. Topics I presented: “Acute Low Back Pain/Sciatica,” “Overuse Syndromes,”

**NATIONAL PRESENTATIONS AND INVITED LECTURES: (Continued)**

“Running and Bicycling Injuries,” “Sports Physicals/Avoiding Sudden Death,” “Fibromyalgia/Depression.” “Manipulative Therapy,” Joint Injections and Aspirations.” Breckenridge, CO. August 4-9, 1996.

“Exercise Tolerance Testing” University of Missouri in Kansas City, Department of Family Medicine, Kansas City, MO. November 19,1996.

“Baccalaureate Address” University of Health Sciences College of Osteopathic Medicine, Kansas City, MO. May 25, 1996.

“Medical Presentation Skills”, 29th Annual Society of Teachers in Family Medicine Spring Conference, San Francisco, CA. April 30, 1996.

“Advanced Life support in Obstetrics”, Topics I presented: “Labor and Delivery Ultrasound,” “Ultrasound Workshop.” University of Missouri in Kansas City, Department of Family Medicine, Kansas City, MO. April 26-27, 1996.

“Update on the Latest Techniques in Smoking Cessation” Kirksville College of Osteopathic Medicine, National Family Practice Update, Las Vegas, NV. February 5, 1993.

“Smoking Cessation: Update 1992”, The Peppermill, Moberly, MO. October 19, 1992.

“How to Help Your Patients Quit Smoking” Clinton Meadow Lake Country Club, Clinton, MO. July 21, 1992.

“How to Help Your Patients Quit Smoking”, University of Kansas Area Health Education Center. Nevada City Hospital, Nevada, MO. August 10, 1992.

“Smoking Cessation: Update 1992”, Italian Gardens West, Wichita, KS. February 12, 1992.

**REGIONAL, STATE PRESENTATIONS AND INVITED LECTURES:**

“Birth Crisis”, “Assisted Vaginal Delivery”, Advanced Life Support in Obstetrics, University of Colorado School of Medicine and Rose Medical Center, Denver, CO. November 12, 13, 2015.

“Injections and Aspirations”, “Common wrist injections” Colorado Academy of Family Physicians Annual Scientific Conference, Colorado Springs, CO. April 25, 2015.

“Vaginal Bleeding in Late Pregnancy”, “Post-Partum Hemorrhage”, ”Malpresentations”, “Assisted Vaginal Delivery”, Advanced Life Support in Obstetrics, University of Colorado School of Medicine and Rose Medical Center, Denver, CO. November 13,14, 2014.

“Biomechanics and Core Strength to Help the Runner”. Hit the Ground Running Seminar Series at CU Sports Medicine and Physical Therapy, Denver, CO, October 1, 2014.

**REGIONAL, STATE PRESENTATIONS AND INVITED LECTURES: (continued)**

“Casting and Splinting Hands-on Workshop”, Office Based Sports Medicine for the Primary Care Physician, University of Colorado Sports Medicine and Orthopedics, Denver, CO, May 17, 2014.

‘Concussion Management: Updates from Zurich 2012 and why it is important to you,” Denver Osteopathic Foundation, Spring CME, Denver, CO. September 7, 2013.

“The sports medicine approach to Obesity”, 60th Annual Family Practice Review, University of Colorado School of Medicine, Estes Park, CO. June 25, 2013.

“Assisted Vaginal Delivery”, “Shoulder Dystocia”, “Megadelivery”, Advanced Life Support in Obstetrics, University of Colorado, Dept. of Family Medicine, Denver, CO. November 15-16, 2012.

“Shoulder Injuries and Current Treatment”, “Joint Injection Workshop”, 59th Annual Family Practice Review, University of Colorado School of Medicine, Denver, CO. November 5, 2012.

“Shoulder Injuries and Current Treatment”, “Joint Injection Workshop”, 59th Annual Family Practice Review, University of Colorado School of Medicine, Estes Park, CO. June 25, 2012.

“Steroid Injections and MSK Ultrasound”, “Casting and Splinting Hands-on Workshop”, Office Based Sports Medicine for the Primary Care Physician, University of Colorado Sports Medicine and Orthopedics, Denver, CO, May 12, 2012.

“Knee Injuries and Rehabilitation”, 58th Annual Family Practice Review, University of Colorado School of Medicine, Denver, CO, October 31, 2011.

“A Step into Minimalism,” Runners Edge/ Runner’s Roost Spring Race Clinic, Denver, CO, May 24, 2011.

“Casting and Splinting Hands-on Workshop”, Office Based Sports Medicine for the Primary Care Physician, University of Colorado Sports Medicine and Orthopedics, Denver, CO, May 7, 2011.

“Knee Injuries and Rehabilitation”, 58th Annual Family Practice Review, University of Colorado School of Medicine, Estes Park, CO. June 24, 2011.

“Office Based Orthopedics”, “Update on Osteoarthritis”, 57th Annual Family Practice Review, University of Colorado School of Medicine, Estes Park, CO. June 23, 2010.

“Assisted Vaginal Delivery”, “Shoulder Dystocia”, “Birth Crisis”, “Megadelivery”, Advanced Life Support in Obstetrics, University of Colorado, Dept. of Family Medicine, Denver, CO, November 11-12, 2010.

“Office Based Orthopedics”, “Update on Osteoarthritis”, 57th Annual Family Practice Review, University of Colorado School of Medicine, Denver, CO. November 3, 2010.

**REGIONAL, STATE PRESENTATIONS AND INVITED LECTURES :(continued)**

“Running Injuries, Gait analysis and Prevention of Injuries,” Runners Edge/ Runner’s Roost Fall Race Clinic, Denver, CO, September 26, 2010.

“Ultrasound Imaging Procedures in Sports Medicine,” Sports Medicine Sampler, Crowne Plaza, Denver, CO, September 18, 2010.

“Diagnostic Musculoskeletal Ultrasound of the Athletes Shoulder,” University of Colorado Fall Sports Medicine Symposium, Boulder, CO, September 17, 2010.

“General Medical Emergencies” (Anaphylaxis, Respiratory Distress, Diabetic Emergencies), 4th Annual University and Colorado Department of Orthopedics on the Field Management of the Injured Athlete, Denver, CO. August 6, 2010.

“Office Based Orthopedics”, “Update on Osteoarthritis”, 57th Annual Family Practice Review, University of Colorado School of Medicine, Estes Park, CO. June 23, 2010.

“Casting and Splinting Hands-on Workshop”, Office Based Sports Medicine for the Primary Care Physician, University of Colorado Sports Medicine and Orthopedics, Denver, CO, May 8, 2010.

“Sports Medicine Approach to the Obesity Epidemic”, “Evaluation and Diagnosis of Common Running and Cycling Injuries”, 56th Annual Family Practice Review, University of Colorado School of Medicine, Denver, CO. November 4, 2009.

“Lower Extremity Disorders in Adolescents”, Hot Topics in Adolescent Medicine, 2009 Rocky Mountain Regional Chapter of the Society for Adolescent Medicine Annual Meeting, Denver, CO, October 30, 2009.

“Assisted Vaginal Delivery”, “Shoulder Dystocia”, “Birth Crisis”, “Megadelivery”, Advanced Life Support in Obstetrics, University of Colorado, Dept. of Family Medicine, Denver, CO, October 8-9, 2009.

“Managing an Emergency” Sports Medicine Symposium, Third Annual University and Colorado Department of Orthopedics on the Field Management of the Injured Athlete, Denver, CO. August 7, 2009.

“Sports Medicine Approach to the Obesity Epidemic”, “Evaluation and Diagnosis of Common Running and Cycling Injuries”, 56th Annual Family Practice Review, University of Colorado School of Medicine, Estes Park, CO. June 24, 2009.

“Alternative Therapies in Sports Medicine”, “Uses of Musculoskeletal Ultrasound in Sports Medicine”, “Casting and Splinting Hands-on Workshop”, Office Based Sports

Medicine for the Primary Care Physician, University of Colorado Sports Medicine and Orthopedics, Denver, CO, May 2, 2009.

“Running Biomechanics and Prevention of Injuries”, Runner’s Edge of the Rockies Evening Symposium, Denver, CO April 22, 2009.

**REGIONAL, STATE PRESENTATIONS AND INVITED LECTURES (continued):**

“Diagnosis and Management of Shoulder Disorders”, Colorado Department of Corrections; 2008 Fall Meeting of Clinical Providers, Denver, CO, November 20, 2008.

“Stabilizing Shoulder, Elbow and Wrist Injuries”, Winter Park Ski Patrol Annual Continuing Medical Education, Winter Park, CO, November 8-9, 2008.

“Giving your Patients an Exercise Prescription”, “Evaluation and Diagnosis of Lower Extremity Joint Injuries”, 55th Annual Family Practice Review, University of Colorado School of Medicine, Denver, CO. November 5, 2008

“Upper Extremity Disorders in Adolescents”, Hot Topics in Adolescent Medicine, 2008 Rocky Mountain Regional Chapter of the Society for Adolescent Medicine Annual Meeting, Denver, CO, October 24, 2008.

“Assisted Vaginal Delivery”, “Shoulder Dystocia”, Advanced Life Support in Obstetrics, University of Colorado, Dept. of Family Medicine, Denver, CO. October 16-17, 2008.

“Managing an Emergency: Who’s in Charge?” Sports Medicine Symposium, Second Annual University and Colorado and The Children’s Hospital on the Field Management of the Injured Athlete, Denver, CO. August 7, 2008.

“Giving your Patients an Exercise Prescription”, “Evaluation and Diagnosis of Lower Extremity Joint Injuries”, 54th Annual Family Practice Review, University of Colorado School of Medicine, Estes Park, CO. June 25, 2008

“Staying Alive and Healthy on Your Bike”, Elephant Rock Cycling, REI Flagship lecture series, Denver, CO, April 1, 2008

“Medical Complications of Pregnancy”, “Shoulder Dystocia”, “Malpresentations”, Advanced Life Support in Obstetrics, Poudre Valley Hospital, Ft. Collins, CO. March 13-14, 2008.

“Lower Extremity Orthopedic Issues”, Hot Topics in Adolescent Medicine, 2007 Rocky Mountain Regional Chapter of the Society for Adolescent Medicine Annual Meeting, Denver, CO, October 26, 2007.

“Writing that Exercise Prescription”, Lifestyle Medicine: Evidence-Based Considerations in Health & Chronic Disease, Ft. Collins, CO, October 13, 2007.

“Preterm Labor/PROM”, “Assisted Vaginal Delivery”, “Malpresentations”, “OB Cases”, Advanced Life Support in Obstetrics, Poudre Valley Hospital, Denver, CO. September 27-28, 2007.

“Casting and Splinting Hands-on Workshop”, Office Based Sport Medicine for the Primary Care Physician, University of Colorado Sports Medicine and Orthopedics, Denver, CO, May 12, 2007

“Preventative Sports Medicine for Cyclists”, Elephant Rock Cycling, REI Flagship lecture series, Denver, CO, May 3, 2007

**REGIONAL, STATE PRESENTATIONS AND INVITED LECTURES (continued)**

“Children and Sports”, Most Precious Blood Parish Center, Home and School Association, Denver, CO. May 1, 2007

“Women’s Bike Fitting to Prevent Injury, REI Regional Outreach Series, Denver, CO, April 16, 2007

Principles of Exercise Prescription, Webcast Lecture Series, University of Colorado Hospitals, Denver, CO. April 17, 2007.

“Preterm Labor/PROM”, “Maternal Resuscitation”, “Assisted Vaginal Delivery”, “Malpresentations”, “OB Cases”, Advanced Life Support in Obstetrics, Poudre Valley Hospital, Ft. Collins, CO. February 1-2, 2007.

“Injury Prevention for Road Cyclists”, Elephant Rock Cycling, REI Flagship lecture series, Denver, CO, May 9, 2006

“Preterm Labor/PROM”, “Maternal Resuscitation”, “Malpresentations”, “Assisted Vaginal Delivery”, “OB Cases”, Advanced Life Support in Obstetrics, Poudre Valley Hospital, Ft. Collins, CO. May 4-5, 2006.

“Medical Complications”, “Assisted Vaginal Delivery”, “Shoulder Dystocia”, Advanced Life Support in Obstetrics, University of Colorado, Dept. of Family Medicine, Denver, CO. October 6-7, 2005.

“Casting and Splinting Hands-on Workshop”, “Diabetes Case Studies Workshop”, 51th Annual Family Practice Review, University of Colorado School of Medicine, Denver, CO. October 31 & November 1, 2005.

“Medical Complications”, “Assisted Vaginal Delivery”, “Shoulder Dystocia”, Advanced Life Support in Obstetrics, University of Colorado, Dept. of Family Medicine, Denver, CO. October 6-7, 2005.

“Casting and Splinting Hands-on Workshop”, “Diabetes Case Studies Workshop”, 51th Annual Family Practice Review, University of Colorado School of Medicine, Estes Park, CO. June 27 & 28, 2005.

“Vaginal Bleeding in Late Pregnancy”, “Post Partum Hemorrhage”, ”Malpresentations”, “Assisted Vaginal Delivery”, Advanced Life Support in Obstetrics, Poudre Valley Hospital, Ft. Collins, CO. May 12-13, 2005.

“Preventative Sports Medicine for Cyclists”, Elephant Rock Cycling, REI Flagship lecture series, Denver, CO, May 11, 2005

“Athletic Heart Syndrome & the Prevention of Sudden Death,” “Hands of Manipulative Workshop,” Southeastern Colorado Area Health Education Center, 4th Annual for the Health Of It Symposium, Pueblo, CO. March 4, 2005.

“The Throwers Shoulder,” “Shoulder Dislocation in Skiing,” Rocky Mountain Chapter of the American College of Sports Medicine Annual Meeting, Colorado Springs, CO. February 25, 2005

**REGIONAL, STATE PRESENTATIONS AND INVITED LECTURES (continued)**

“Prevention and Rehabilitation of Athletic Overuse Injuries ”, 50th Annual Family Practice Review, University of Colorado School of Medicine, Denver, CO. November 1, 2004.

“Medical Complications in Pregnancy”, “Assisted Vaginal Delivery”, “Shoulder Dystocia”, Advanced Life Support in Obstetrics, University of Colorado, Dept. of Family Medicine, Denver, CO. October 7-8, 2004.

“Labor Dystocia”, “Maternal Resuscitation”, “Assisted Vaginal Delivery”, “Shoulder Dystocia”, “OB Cases”, Advanced Life Support in Obstetrics, University of Colorado, Dept. of Family Medicine, Denver, CO. June 15-16, 2004.

“Prevention and Rehabilitation of Athletic Overuse Injuries”, 50th Annual Family Practice Review, University of Colorado School of Medicine, Estes Park, CO. June 20, 2004.

“Ask the Doctor – Alternative Medicine”, KCNC, Denver, CO. December 11, 2003.

“Case-based Colposcopy Workshop”, 49th Annual Family Practice Review, University of Colorado School of Medicine, Denver, CO. November 3, 2003.

“Evidence Based Cardiac Screening”, 49th Annual Family Practice Review, University of Colorado School of Medicine, Denver, CO. November 3, 2003.

“Shoulder Dystocia”, “Assisted Delivery”, “Malpresentations”, Advanced Life Support in Obstetrics, University of Colorado, Dept. of Family Medicine, Denver, CO. October 8,9, 2003.

“Evidence Based Cardiac Screening”, 49th Annual Family Practice Review, University of Colorado School of Medicine, Estes Park, CO. June 22, 2003.

“Colposcopy case presentations and use of the Reid’s Criteria”, Two hour Workshop, University of Colorado Family Medicine Grand Rounds, Estes Park, CO. June 22, 2003.

“Vaginal Bleeding in Late Pregnancy”, “Assisted Delivery”, “Malpresentations”, Advanced Life Support in Obstetrics, University of Colorado, Dept. of Family Medicine, Denver, CO. April 24-25, 2003.

“Joint Injection and Aspiration”, 48th Annual Family Practice Review, University of Colorado School of Medicine, Denver, CO. November 5, 2002.

“Diagnosis and Rehabilitation of Common Overuse Injuries in Recreational Athletes”, 48th Annual Family Practice Review, University of Colorado School of Medicine, Denver, CO. November 7, 2002.

“Joint Injection and Aspiration”, 48th Annual Family Practice Review, University of Colorado School of Medicine, Denver, CO. November 5, 2002.

“Suturing Workshop”, “Injections and Aspirations”, “Casting and Splinting” Colorado Academy of Family Physicians Annual Scientific Conference, Breckenridge, CO September 20 – 21, 2002.

**REGIONAL, STATE PRESENTATIONS AND INVITED LECTURES (continued)**

“Joint Injections and Aspirations”, 48th Annual Family Practice Review, University of Colorado School of Medicine, Estes Park, CO. June 25, 2002.

“Vaginal Bleeding in Late Pregnancy”, “Assisted Delivery”, “Interpartum Surveillance”, “Malpresentations”, “Shoulder Dystocia”, Advanced Life Support in Obstetrics, University of Colorado, Dept. of Family Medicine, Denver, CO. May 9-10, 2002.

“ASCCP Guidelines for Abnormal Pap Smears”, 47th Annual Family Practice Review, University of Colorado School of Medicine, Denver, CO. November 5, 2001.

“Vaginal Bleeding in Late Pregnancy”, “Assisted Delivery”, “Birth Crisis”, “OB Cases”, Advanced Life Support in Obstetrics, University of Colorado, Dept. of Family Medicine, Denver, CO. October 11-12, 2001.

“Pre-Participation Sports Physicals”, Rocky Mountain Chapter of the National Associates of Pediatric Nurses and Practitioners, The Children’s Hospital, Denver, CO. September 24, 2001.

“ASCCP Guidelines for Abnormal Pap Smears”, University of Colorado Family Medicine Grand Rounds, Denver, CO. July 11, 2001.

“Exercise Treadmill Testing Workshop,” Colorado Academy of Family Physicians 2001 Annual Scientific Meeting, Vail, CO. July 18, 2001.

“ASCCP Guidelines for Abnormal Pap Smears”, 47th Annual Family Practice Review, University of Colorado School of Medicine, Estes Park, CO. June 25, 2001.

“Maternal Resuscitation”, “Assisted Delivery”, “OB Cases”, Advanced Life Support in Obstetrics, University of Colorado, Dept. of Family Medicine, Denver, CO. May 10-11, 2001.

“Management of Acute Low Back Pain”, 46th Annual Family Practice Review, University of Colorado School of Medicine, Denver, CO. November 7, 2000.

“Maternal Resuscitation”, “Forceps and Vacuum workshop”, “Shoulder Dystocia workshop”, Advanced Life Support in Obstetrics, University of Colorado, Dept. of Family Medicine, Denver, CO. October 5 –6, 2000.

“Overuse Injury and Back Pain in the Weekend Athlete”, 36th Annual Internal Medicine Program, University of Colorado School of Medicine, Estes Park, CO. July 14, 2000.

“Management of Acute Low Back Pain”, 46th Annual Family Practice Review, University of Colorado School of Medicine, Estes Park, CO. July 27, 2000.

Colorado Academy of Family Physicians: Annual Scientific Meeting. Topics I presented: “Colon Cancer Screening Workshop”, Estes Park, CO. October 7, 1999.

“Malpresentations, malpositions and multiple gestations”, “Postpartum Hemorrhage”, Advanced Life Support in Obstetrics, University of Colorado, Dept. of Family Medicine, Denver, CO. September 1-2, 1999.

**REGIONAL, STATE PRESENTATIONS AND INVITED LECTURES (continued)**

“Pediatric Sports Injuries”, Rocky Mountain Chapter Society of Pediatric Nurses and The Children’s Hospital, Denver, CO. May 20, 1999.

“Practical Uses for Oral Contraceptives” 44th Annual Family Practice Review, Denver, CO. November 2, 1998.

Colorado Academy of Family Physicians: Annual Scientific Meeting. Topics I presented: “Manipulation Workshops”, “Casting and Splinting Workshops”, Denver, CO. October 1-2, 1998.

“Forceps and Vacuum Extraction”, “Postpartum Hemorrhage”, Advanced Life Support in Obstetrics, University of Colorado, Dept. of Family Medicine, Denver, CO. September 23-24, 1998.

“Practical Uses for Oral Contraceptives”, “Colorectal Cancer/ Flexible Sigmoidoscopy Mini-Course,” 44th Annual Family Practice Review, Estes Park, CO. June 14-15, 1998.

“Estrogen Contraception”, Colorado Society of Osteopathic Medicine- Winter Conference, Keystone, CO. February 25, 1998.

“Colposcopy in Primary Care: General Principles”, “Sports Injuries and Overuse Syndromes”, “Injection and Aspiration Techniques in Musculoskeletal Disorders”, 43rd Annual Family Practice Review, Denver, CO. October 27, 1997.

“Malpresentations, Malpositions and Multiple Gestations”, “Medical Complications of Pregnancy”, Advanced Life Support in Obstetrics, University of Colorado- Department of Family Medicine, Denver, Co. August 15-16, 1997.

**“**Sports Injuries and Overuse Syndromes”, “Fall on the Outstretched Hand-Common Wrist Fractures”, “Injection and Aspiration Techniques in Musculoskeletal Disorders”; 43rd Annual Family Practice Review, Estes Park, CO. June 16, 1997.

**“**Occupational Chronic Injury and How Ergonomic Training Can Save Your Career” Denver Technical College, Denver, CO. May 19, 1997.

**“**Injections and Aspirations of Joints and Soft Tissue” and Workshops in: “Casting” and “Joint Injections”, Colorado Society of Osteopathic Medicine, Keystone, CO. February 27, 1997.

“Improving your Presentation Skills” Faculty development workshop sponsored by University of Colorado, Department of Family Medicine, Denver, CO. January 31, 1997.

“Colposcopy in Primary Care” University of Colorado 42nd Annual Family Practice Review, Denver, CO. October 28, 1996.

“Orthopedic Evaluation Including Low Back Pain”, 2nd Annual Rocky Mountain Correctional Health Care Conference, Denver, CO. October 4, 1996.

**REGIONAL, STATE PRESENTATIONS AND INVITED LECTURES (continued)**

“Advanced Life Support in Obstetrics”, Topics I presented: “Malpresentations, Malpositions and Multiple Gestation,” “Postpartum Hemorrhage,” “Forceps/Vacuum

Workshop,” “Ultrasound Workshop,” “External Fetal Monitoring,” Denver, CO. August 23-34, 1996.

“OB Ultrasound”, Workshop co-presented with Mark Deutchman, MD. Colorado Academy of Family Physicians, 1996 Annual Scientific Meeting, Copper Mountain, CO. August 3, 1996.

“Colposcopy Overview” Colorado Academy of Family Physicians, 1996 Annual Scientific Meeting, Copper Mountain, CO. August 3, 1996.

“Office Colposcopy” Private Preceptorship, CU Care Denver, CO. February 1996.

“Management of Common Musculoskeletal Injuries” CU Care Educational Conference, Denver, CO. November 28, 1995.

“Colposcopy in Primary Care” University of Colorado, 41st Annual Family Practice Review. Denver, CO. November 1, 1995.

“Detection of Cervical Cancer” University of Colorado, 41st Annual Family Practice Review, Denver, CO. October 30, 1995.

“Recognition/Management of Post-Partum Hemorrhage” Rose Medical Center Department of Family/Community Medicine, Denver, CO. September 22, 1995.

Advanced Life Support in Obstetrics, Topics I presented: “Shoulder Dystocia,” “Postpartum Period Emergencies and Urgencies,” “Forceps/Vacuum Workshop,” “Neonatal Resuscitation”, Denver, CO. August 25-26, 1995.

“Colposcopy in Primary Care” University of Colorado 42nd Annual Spring Family Practice Review, Estes Park, CO. June 17, 1996.

“Detection of Cervical Cancer” University of Colorado 41st Annual Spring Family Practice Review, Estes Park, CO. June 19, 1995.

“Preventing and Managing Overuse Injuries” The Colorado Conference on Patient Centered Family Practice, Denver, CO. March 15, 1995.

“Introduction to Colposcopy” University of Colorado 40th Annual Family Practice Review. Denver, CO. University of Colorado 40th Annual Family Practice Review, Denver, CO. November 7, 1994.

“OB/GYN Ultrasound Faculty Development”, Course director. 2-day conference approved for 10.5 hours of CME credit by AMA and AAFP. University of Colorado, Department of Family Medicine. Denver, CO. October 4-5, 1994.

“Back Wellness” Puritan-Bennett, Overland Park, MO. November 25, 1991.

**RESIDENT WORKSHOPS AND LECTURES:**

Course Director, “Ultrasound Guided Injections and Shoulder MSK Ultrasound; Basic Joint injections”, Musculoskeletal Ultrasound Workshop and Cadaver Lab, Department of Orthopedic Surgery, University of Colorado, February 10, 2016.

“Ankle MSK Ultrasound; Basics to Advanced”, Musculoskeletal Ultrasound Workshop-Lower Extremity, Department of Physical Medicine and Rehabilitation, University of Colorado, April 22, 2015.

“Shoulder MSK Ultrasound; Basics to Advanced”, Musculoskeletal Ultrasound Workshop-Upper Extremity, Department of Physical Medicine and Rehabilitation, University of Colorado, October 29, 2014.

“Basics of Family Medicine: “Casting & Splinting workshop,” Ongoing Training of second year class Rose Medical Center. Denver, CO. April 18, 2014.

“Basics of Family Medicine: “Knee, Shoulder and Hip examinations”, Ongoing Training of second class Rose Medical Center. Denver, CO. April 18, 2014.

Musculoskeletal Ultrasound Workshop-Upper Extremity, Department of Physical Medicine and Rehabilitation, University of Colorado, March 13, 2013.

“General Medical Emergencies”, On the Field Management of the Injured Athlete Symposium. University of Denver, University of Colorado, The Children’s Hospital, August 3, 2012.

“PRP: What is it and what does the evidence show?” University of Colorado Department of Orthopedics Grand Rounds, March 28, 2012.

Musculoskeletal Ultrasound Workshop-Lower Extremity, Department of Physical Medicine and Rehabilitation, University of Colorado, March 14, 2012.

Musculoskeletal Ultrasound Workshop-Upper Extremity, Department of Physical Medicine and Rehabilitation, University of Colorado, September 14, 2011.

Musculoskeletal Ultrasound in Orthopedics, University of Colorado Department of Orthopedics Grand Rounds, March 30, 2011.

Neonatal Resuscitation Program,” The Children’s Hospital, Denver, CO. September 2, 2010.

Advanced Cardiac Life Support”, Course Director, Rose Medical Center, Denver, CO. August 30, 2010.

“Leadville Trail 100, The Race Across the Sky”,University of Colorado Family Medicine Grand Rounds, Denver, CO. May 5, 2010.

“Management of Low Back Pain”, University of Colorado Primary Care Sports Medicine Friday Lecture Series, Denver, CO. February 19, 2010.

**RESIDENT WORKSHOPS AND LECTURES: (continued)**

“Cryotherapy Workshop,” Rose Medical Center, Faculty Development Series, Denver, CO, .February 10, 2010.

“Tendinopathy”, University of Colorado Primary Care Sports Medicine Friday Lecture Series Bag Series, Denver, CO. Feb 5, 2010.

“Knee Examination”, University of Colorado Primary Care Sports Medicine Friday Lecture Series Bag Series, Denver, CO. September 25, 2009.

“Basics of Family Medicine: Topics I presented: “Casting & Splinting workshop,” Orientation and Training of Intern class Rose Medical Center. Denver, CO. September 21, 2009.

“Shoulder Examination”, University of Colorado Primary Care Sports Medicine Friday Lecture Series Bag Series, Denver, CO. September 4, 2009.

Advanced Cardiac Life Support”, Course Director, Rose Medical Center, Denver, CO. August 27, 2009.

Neonatal Resuscitation Program,” The Children’s Hospital, Denver, CO. August 24, 2009.

“Supervision of OMT by Allopathic Physicians,” Rose Medical Center, Faculty Development Series, Denver, CO. June 17, 2009.

“Shoulder Examination”, University of Colorado Primary Care Sports Medicine Friday Lecture Series Bag Series, Denver, CO. January 16, 2009.

“Low Back Pain”, University of Colorado Primary Care Sports Medicine Friday Lecture Series, Denver, CO. January 23, 2009.

“Principles of Exercise Prescription” Primary Care Sports Medicine Friday Lecture Series, Denver, CO, December 12, 2008.

Advanced Cardiac Life Support”, Course Director, Rose Medical Center, Denver, CO. August 29, 2008.

“Neonatal Resuscitation Program,” The Children’s Hospital, Denver, CO. September 19, 2008.

Basics of Family Medicine: Topics I presented: “Casting & Splinting workshop,” Orientation and Training of Intern classes from University Hospital, Denver Health Medical Center and Rose Medical Center. Denver, CO. September 2, 2008.

“Diagnostic and Therapeutic Musculoskeletal Ultrasound”, Orthopedic Grand Rounds, UCHSC, Denver, CO, May 23, 2007.

“Principles of Exercise Prescription” Primary Care Sports Medicine Friday Lecture Series, Denver, CO, October 12, 2007.

**RESIDENT WORKSHOPS AND LECTURES: (continued)**

“Diagnostic and Interventional Musculoskeletal Ultrasound”, Physical Medicine and Rehabilitation Grand Rounds, UCHSC, Denver, CO, September 5, 2007.

“Neonatal Resuscitation Program” Course Director, The Children’s Hospital, Denver, CO. September 10, 2007.

Basics of Family Medicine: Topics I presented: “Casting & Splinting workshop,” Orientation and Training of Intern classes from University Hospital, Denver Health Medical Center and Rose Medical Center. Denver, CO. September 5, 2007.

“Neonatal Resuscitation Program” Course Director, Rose Medical Center, Denver, CO. March 26, 2007.

“Throwers Shoulder and Elbow Injuries”, University of Colorado Primary Care Sports Medicine Brown Bag Series, Denver, CO. January 19, 2007.

“Exercise Prescription”, University of Colorado Primary Care Sports Medicine Brown Bag Series, Denver, CO. November 11, 2006.

“Update on Management of Abnormal Pap Smears”, University of Colorado – Rose Residency, Denver, CO. October 11, 2006.

Basics of Family Medicine: Topics I presented: “Casting & Splinting workshop,” Orientation and Training of Intern classes from University Hospital, Denver Health Medical Center and Rose Medical Center. Denver, CO. September 21, 2006.

“Neonatal Resuscitation Program” Course Director, The Children’s Hospital, Denver, CO. September 8, 2006.

Advanced Cardiac Life Support”, Course Director, Rose Medical Center, Denver, CO. September 5, 2006.

“Acute Back Pain Management and Prevention of Chronic Back Pain”, University of Colorado Family Medicine Grand Rounds, Denver, CO. January 4, 2006.

“Exercise Treadmill Testing”, University of Colorado Department of Family Medicine Quarterly Procedural Workshop, November 30, 2005.

“Exercise Prescription”, University of Colorado Primary Care Sports Medicine Brown Bag Series, Denver, CO. September 23, 2005.

“Advanced Cardiac Life Support”, Course Director, Rose Medical Center, Denver, CO. September 22, 2005.

Basics of Family Medicine: Topics I presented: “Casting & Splinting workshop,” Orientation and Training of Intern classes from University Hospital, Denver Health Medical Center and Rose Medical Center. Denver, CO. September 20, 2005.

“Neonatal Resuscitation Program” Course Director, The Children’s Hospital, Denver, CO. September 6, 2005.

**RESIDENT WORKSHOPS AND LECTURES: (continued)**

“Detection and Prevention of Coronary Heart Disease: Which test or procedures are truly effective”, University of Colorado Family Medicine Grand Rounds, Denver, CO. July 6, 2005.

“The Throwers shoulder”, University of Colorado Primary Care Sports Medicine Brown Bag Series, Denver, CO. March 25, 2005.

“Primary Care Pediatric Orthopedics”, University of Colorado Primary Care Sports Medicine Brown Bag Series, Denver, CO. January 7, 2005.

“Biomechanics of Running Injuries”, University of Colorado Primary Care Sports Medicine Brown Bag Series, Denver, CO. November 5, 2004.

Basics of Family Medicine: Course Co-Director. Topics I presented: “Minor Surgery Workshop,”, “Casting & Splinting workshop,” Team Building”, Orientation and Training of Intern classes from University Hospital, Denver Health Medical Center and Rose Medical Center. Denver, CO. August 23 – September 22, 2004.

“Advanced Cardiac Life Support”, Course Director, Rose Medical Center, Denver, CO. September 5, 2004.

“Neonatal Resuscitation Program” Course Director, The Children’s Hospital, Denver, CO. September 10, 2004.

“Joint Injection and Aspiration Procedural Workshop”, University of Colorado Family Medicine Grand Rounds, Denver, CO. March 31, 2004.

“Sports Medicine Approach to Knee and Shoulder Exams”, University of Colorado Family Medicine Grand Rounds, Denver, CO. January 7, 2004.

Basics of Family Medicine: Course Co-Director. Topics I presented: “Management of Acute Low Back Pain,”, “Management of abnormal Pap smears with case studies”; Orientation and Training of Intern classes from University Hospital, Denver Health Medical Center and Rose Medical Center. Denver, CO. August 23 – September 22, 2003.

“Advanced Cardiac Life Support”, Rose Medical Center, Denver, CO. September 5, 2003.

“Neonatal Resuscitation Program” Course Director, University of Colorado Health Sciences Center, Denver, CO. September 3, 2003.

“Joint Injection and Aspiration – Procedural Workshop”, University of Colorado Family Medicine Grand Rounds, Denver, CO. July 30, 2003.

“Evidence Based Cardiac Screening”, University of Colorado Family Medicine Grand Rounds, Denver, CO. May 21, 2003.

“Colposcopic case presentations and use of the Reid’s Criteria”, Two hour Workshop, University of Colorado Family Medicine Grand Rounds, Denver, CO. April 30, 2003.

**RESIDENT WORKSHOPS AND LECTURES: (continued)**

Basics of Family Medicine: Course Co-Director. Topics I presented: “Management of Acute Low Back Pain,” ,“Knee, Ankle and Shoulder exam,” “Management of abnormal Pap smears with case studies”, “Pediatric Respiratory Distress”, Orientation and Training

of Intern classes from University Hospital, Denver Health Medical Center and Rose Medical Center. Denver, CO. August 26 – September 19, 2002.

“Neonatal Resuscitation Program” Course Director, University of Colorado Health Sciences Center, Denver, CO. September 18, 2002.

“Advanced Cardiac Life Support”, Rose Medical Center, Denver, CO. September 3, 2002.

“Graded Exercise Tolerance Testing – Procedural Workshop”, University of Colorado Family Medicine Grand Rounds, Denver, CO. October 31, 2001.

“Advanced Cardiac Life Support”, Rose Medical Center, Denver, CO. September 12, 2001.

Basics of Family Medicine: Course Co-Director. Topics I presented: “Management of Acute Low Back Pain,” “Basics of OMT,” “Knee, Ankle and Shoulder exam,” “Management of abnormal Pap smears with case studies”, “Overuse Injuries”, Orientation and Training of Intern classes from University Hospital, Denver Health Medical Center and Rose Medical Center. Denver, CO. August 23 – September 14, 2001.

“Sports Physicals – Avoiding Sudden Death”, University of Colorado Family Medicine Grand Rounds, Denver, CO. June 13, 2001.

“Athletic Heart Syndrome and Sudden Death”, Orthopedic Grand Rounds, University of Colorado, Dept. of Orthopedic Surgery, Denver, CO. December 20, 2000.

Basics of Family Medicine: Course Co-Director. Topics I presented: “The 10 Step Musculoskeletal exam,” “Basics of OMT,” “Knee, Ankle and Shoulder exam,” “Management of abnormal Pap smears with case studies”, “Introduction to Colposcopy”,

“Pediatric fluid management”, “Labor and Delivery Ultrasound”, “Minor surgery workshop.” Orientation and Training of Intern classes from University Hospital, Denver Health Medical Center and Rose Medical Center. Denver, CO. August 23 – September 14, 2000.

“Neonatal Resuscitation Program” Course Director, University of Colorado Health Sciences Center, Denver, CO. September 6, 2000.

“Advanced Cardiac Life Support”, Rose Medical Center, Denver, CO. September 13, 2000.

“Update on Triple screen, NST and Labor and Delivery Ultrasound”, Rose Family Medicine Center, Denver, CO. March 15, 2000.

**RESIDENT WORKSHOPS AND LECTURES: (continued)**

“Induction of Labor”, University of Colorado-Department of Family Medicine, Grand Rounds, Denver, CO. December 2, 1999.

“Colon Cancer Screening Workshop”, University of Colorado Family Medicine Grand Rounds, Denver, CO. September 29, 1999.

“Manipulation/Osteopathic Therapy”, University of Colorado School of Medicine, Denver, CO. September 15, 1999.

“Neonatal Resuscitation Program” Course Director, University of Colorado School of Medicine, Denver, CO. September 3, 1999.

“Advanced Cardiac Life Support”, Rose Medical Center, Denver, CO. September 1, 1999.

Basics of Family Medicine: Course Co-Director. Topics I presented: “The 10 Step Musculoskeletal exam”, “Acute low back pain” ,“Knee, Ankle and Shoulder exam”, “Management of abnormal Pap smears with case studies”, “Introduction to Colposcopy”, “Pediatric fluid management”, “Minor surgery workshop.” Orientation and Training of Intern classes from University Hospital, Denver Health Medical Center and Rose Medical Center. Denver, CO. August 23 – September 10, 1999.

“Treatment of Acute Low Back Pain” University of Colorado Family Medicine Residency Grand Rounds, Denver, CO. July 21, 1999.

“Advanced Cardiac Life Support”, Course Director, Rose Medical Center, Denver, CO. June 30, 1999.

“Colon Cancer Screening and Flexible Sigmoidoscopy” University of Colorado Family Medicine Residency Grand Rounds, Denver, CO. November 25, 1998.

“Advanced Cardiac Life Support”, Rose Medical Center, Denver, CO. September 9-10, 1998.

Basics of Family Medicine: Course Co-Director for Orientation and Training of Intern classes from University Hospital, Denver Health Medical Center and Rose Medical Center. Denver, CO. August 24 – September 11,1998.

“Neonatal Resuscitation Program” Course Director, Rose Medical Center, Denver, CO. August 27, 1998.

“Pre-Participation Sports Physical: Avoiding Sudden Death”, University of Colorado, Dept. of Orthopedic Surgery, Denver, CO. August 19, 1998.

“The Use of Exercise Treadmill Assessment: 2 hour workshop” University of Colorado Family Medicine Grand Rounds, Denver, CO. July 29,1998.

“Manipulative Therapy Workshop”, University Hospital Family Practice Residency, Denver, CO. April 28, 1998.

**RESIDENT WORKSHOPS AND LECTURES: (continued)**

“Sexual Education in the 90’s”, University of Colorado Family Medicine Residency- Grand Rounds, Denver, CO. January 28, 1998.

“Neonatal Resuscitation Program”, Course Director, Denver, CO. January 7, 1998.

“Fibromyalgia”, Health One Presbyterian/St. Luke’s Family Medicine Residency- Grand Rounds, Aurora, CO. January 5, 1998.

“Colposcopy workshop” University of Colorado Family Medicine Residency Grand Rounds, Denver, CO October 29, 1997.

“Overuse Injuries in Sports Medicine”, University of Colorado-Department of Family Medicine, Grand Rounds, Denver, CO. September 17, 1997.

Basics of Family Medicine: Course Co-Director for Orientation and Training of Intern classes from University Hospital, Clinica Campesina and Rose Medical Center. Denver, CO. August 25 – September 12, 1997

“Neonatal Resuscitation Program”, Course Director, Denver, CO. September 11, 1997.

“Advanced Cardiac Life Support”, Course Director, Denver, CO. August 27-28, 1997

“Indications and Interpretation of Exercise Treadmill Testing,” Columbia/Rose Medical Center, Department of Family Medicine, Denver, CO. May 23, 1997.

“Using Reid’s Colposcopic Index”, Saint Joseph Hospital Family Practice Residency, Denver, CO. May 15, 1997.

“Fibromyalgia”, Columbia/Rose Department of Family/Community Medicine, Denver, CO. September 27, 1996.

“Alternative Healing Techniques-Manipulative Medicine” University of Colorado School of Medicine. September 13, 1996.

“Advanced Cardiac Life Support” University of Colorado, Department of Family Medicine, Denver, CO. July 24-25, 1996.

Basics of Family Medicine: Course Co-Director for Orientation and Training of Intern classes from University Hospital, Clinica Campesina and Rose Medical Center. Denver, CO. July 23 – August 7, 1996

“Advanced Cardiac Life Support” University of Colorado, Department of Family Medicine, Denver, CO. July 26-27, 1995.

Basics of Family Medicine: Course Co-Director for Orientation and Training of Intern classes from University Hospital, Clinica Campesina and Rose Medical Center. Denver, CO. July 24 – August 4, 1995

“Management of the Abnormal Pap Smear” Rose Medical Center Department of Family/Community Medicine, Denver, CO. February 24, 1995.

**RESIDENT WORKSHOPS AND LECTURES: (continued)**

“Pediatric Advanced Life Support” Children’s Mercy Hospital, Kansas City, MO. July 1, 1992.

“Pediatric Advanced Life Support”, Truman Medical Center - East, Kansas City, MO. March 1, 1991.

“Pediatric Advanced Life Support”, Truman Medical Center - East, Kansas City, MO. October 1, 1991.

**MEDICAL, PA, PT, NURSING & NP STUDENT WORKSHOPS & LECTURES:**

“Biceps Isolation and Dry Needling Applications of Shoulder Musculoskeletal Ultrasound”, CU Sports Physical Therapy group, University of Colorado, Denver, CO. October 19, 2015.

Keynote Presentation: “Non-invasive Glycogen Measurement Using Musculoskeletal Ultrasound: The Next Frontier of Sports Performance in Cycling” Research Appreciation Day 2015, Advancing the Field of Sports Medicine. Rocky Vista University, Parker, CO. May 7, 2015.

“Sonographic Anatomy Correlation: Abdomen” 1st Year Medical Students, University of Colorado School of Medicine, Anschutz Medical Campus, Aurora, CO, September 24, 2014.

“Sonographic Pleural and Cardiovascular Anatomy” 1st Year Medical Students, University of Colorado School of Medicine, Anschutz Medical Campus, Aurora, CO, September 11, 2014.

“Sonographic Anatomy Correlation: Introduction to Ultrasound” 1st Year Medical Students, University of Colorado School of Medicine, Anschutz Medical Campus, Aurora, CO, August 28, 2014.

“Practical Applications of Shoulder Musculoskeletal Ultrasound” CU Sports Physical Therapy group, University of Colorado, Denver, CO. February 6, 2014.

“Musculoskeletal Ultrasound” 1st Year Medical Students, University of Colorado, Denver, CO, February 20, 2013.

“Physics of Ultrasound” 1st Year Medical Students, University of Colorado, Denver, CO, February 14, 2013.

“Emergency Ultrasound and the FAST Scan” Residents, Medical Students, University of Colorado, Denver, CO, July 5, 2012.

“Musculoskeletal Ultrasound” 4th Year Medical Students, University of Colorado, Denver, CO, February 29, 2012.

“Primary Care Sports Medicine” Rocky Vista University College of Osteopathic Medicine, Parker, CO, March 22, 2011.

**MEDICAL, PA, PT, NURSING & NP STUDENT WORKSHOPS & LECTURES (Continued)**

“Introduction to Sports Medicine: Parts 1 & 2”, ME4238/5238 Introduction to Sports Engineering II Course, University of Colorado Denver, February 8, 11, 2011.

“Introduction to Sports Medicine: Parts 1 & 2”, ME4238/5238 Introduction to Sports Engineering II Course, University of Colorado Denver, March 29, 31, 2010.

“Applying to Sports Medicine Fellowships”, Rocky Vista University College of Osteopathic Medicine, American Osteopathic Association of Sports Medicine, March 10, 2010.

“Osteoporosis”, Adult Nurse Practitioner, Diagnosis and Management II Course, University of Colorado Denver-School of Nursing, April 23, 2009.

“Arthritis Update”, Primary Care Nurse Practitioner, Diagnosis and Management II Course, University of Colorado Denver-School of Nursing, April 23, 2009.

“Introducing Sports Medicine”, Rocky Vista University College of Osteopathic Medicine, American Osteopathic Association of Sports Medicine, January 28, 2009.

“Osteoporosis”, Adult Nurse Practitioner, Diagnosis and Management II Course, University of Colorado School of Nursing, April 3, 2008

“Arthritis Update”, Primary Care Nurse Practitioner, Diagnosis and Management II Course, University of Colorado School of Nursing, April 3, 2008

“Osteopathy” Complementary and Alternative Medicine: Theories and Practices, Medical Student Elective, University of Colorado Health Sciences Center, Denver, CO. April 2, 2008.

“Pap Smears”, Child Health Associate - Physician Assistant Program, University of Colorado Health Sciences Center, Denver, CO. September 20, 2007.

“Osteopathy” Complementary and Alternative Medicine: Theories and Practices, Medical Student Elective, University of Colorado Health Sciences Center, Denver, CO. April 18, 2007.

“Osteoporosis as it relates to Midwifery”, Women’s Health Nurse Practitioner, University of Colorado School of Nursing, April 5, 2007.

“Osteoporosis”, Adult Nurse Practitioner, Diagnosis and Management II Course, University of Colorado School of Nursing, April 5, 2007.

“Arthritis Update”, Primary Care Nurse Practitioner, Diagnosis and Management II Course, University of Colorado School of Nursing, April 5, 2007.

“Pap Smears” & Common GYN procedures”, Child Health Associate - Physician Assistant Program, University of Colorado Health Sciences Center, Denver, CO. March 6, 2007.

**MEDICAL, PA, PT, NURSING & NP STUDENT WORKSHOPS & LECTURES (Continued)**

“What do Sports Medicine Physicians do?” Lincoln county school systems, Limon, CO. October 3, 2006.

“Management of the Abnormal Pap Smear & Common GYN procedures”, Child Health Associate - Physician Assistant Program, University of Colorado Health Sciences Center, Denver, CO. April 29, 2006.

“Osteopathy” Complementary and Alternative Medicine: Theories and Practices, Medical Student Elective, University of Colorado Health Sciences Center, Denver, CO. April 19, 2006.

“Osteoporosis as it relates to Midwifery”, Women’s Health Nurse Practitioner, University of Colorado School of Nursing, April 6, 2006.

“Osteoporosis”, Adult Nurse Practitioner, Diagnosis and Management II Course, University of Colorado School of Nursing, April 5, 2006.

“Arthritis Update”, Primary Care Nurse Practitioner, Diagnosis and Management II Course, University of Colorado School of Nursing, April 5, 2006.

“Pap Smears” & Common GYN procedures”, Child Health Associate - Physician Assistant Program, University of Colorado Health Sciences Center, Denver, CO. September 8, 2005.

“Osteoporosis”, Adult Nurse Practitioner, Diagnosis and Management II Course, University of Colorado School of Nursing, October 20, 2005.

“Management of the Abnormal Pap Smear & Common GYN procedures”, Child Health Associate - Physician Assistant Program, University of Colorado Health Sciences Center, Denver, CO. April 29, 2005.

“Arthritis Update”, Primary Care Nurse Practitioner, Diagnosis and Management II Course, University of Colorado School of Nursing, April 21, 2005.

“Osteoporosis”, Midwifery and Women’s Health Care Nurse Practitioner, Diagnosis and Management Course, University of Colorado School of Nursing, April 7, 2005.

“Osteoporosis”, Adult Nurse Practitioner, Diagnosis and Management Course, University of Colorado School of Nursing, April 7, 2005.

“Knee exam”, Year 2, Foundations of Doctoring Advanced Physical Exam Curriculum, University of Colorado Health Sciences Center, Denver, CO. March 15, 2005.

“Osteoporosis”, Primary Care Nurse Practitioner, Diagnosis and Management II Course, University of Colorado School of Nursing, April 1, 2004.

“Musculoskeletal Knee exam “, Year 2, Foundations of Doctoring Advanced Physical Exam Curriculum, University of Colorado Health Sciences Center, Denver, CO. March 18, 2004.

**MEDICAL, PA, PT, NURSING & NP STUDENT WORKSHOPS & LECTURES (Continued)**

“Casting and Splinting Workshop”, Family Medicine Interest Group, Year 1-4 Medical Students, University of Colorado Health Sciences Center, Denver, CO. March 10, 2004.

“Osteoporosis”, Midwifery and Women’s Health Care Nurse Practitioner, Diagnosis and Management Course, University of Colorado School of Nursing, March 10, 2004.

Physical exam review”, Year 1, Foundations of Doctoring Advanced Physical Exam Curriculum, University of Colorado Health Sciences Center, Denver, CO. Feb. 17, 2004.

“Shoulder exam”, Year 2, Foundations of Doctoring Advanced Physical Exam Curriculum, University of Colorado Health Sciences Center, Denver, CO. Feb. 12, 2004.

“Musculoskeletal exam”, Year 1, Foundations of Doctoring Advanced Physical Exam Curriculum, University of Colorado Health Sciences Center, Denver, CO. Dec. 9, 2004.

“Pediatric Orthopedic Problems” Pediatric Nurse Practitioner Course, University of Colorado Health Sciences Center, October 15, 2003.

“Update on Bethesda 2001 Guidelines and Management of the Abnormal Pap Smear”, Child Health Associate - Physician Assistant Program, University of Colorado Health Sciences Center, Denver, CO. October 13, 2003.

“Back-country Orthopedics”, Wilderness Medicine Conference, University of Colorado Health Sciences Center, Denver, CO. May 15, 2003.

“Differentiating Rheumatoid and Osteoarthritis”, “Osteoporosis”, Primary Care Nurse Practitioner, Diagnosis and Management II Course, University of Colorado School of Nursing, April 17, 2003.

“Shoulder exam”, Foundations of Doctoring Advanced Physical Exam Curriculum, University of Colorado Health Sciences Center, Denver, CO. March 4, 2003.

“Osteoporosis”, “Management of Acute Low Back Pain”, “Overview of Arthritis”, Primary Care Nurse Practitioner, Diagnosis and Management II Course, University of Colorado School of Nursing, March 8, 2002.

“Shoulder exam”, Foundations of Doctoring Advanced Physical Exam Curriculum, University of Colorado Health Sciences Center, Denver, CO. March 7, 2002.

“Neurological exam”, Foundations of Doctoring Advanced Physical Exam Curriculum, University of Colorado Health Sciences Center, Denver, CO. January 24, 2002.

“Abdominal exam”, Foundations of Doctoring Advanced Physical Exam Curriculum, University of Colorado Health Sciences Center, Denver, CO. October 16, 2001.

“Cardiovascular exam”, Foundations of Doctoring Advanced Physical Exam Curriculum, University of Colorado Health Sciences Center, Denver, CO. October 2, 2001.

**MEDICAL, PA, PT, NURSING & NP STUDENT WORKSHOPS & LECTURES (Continued)**

“Management of the Abnormal Pap Smear”, Child Health Associate - Physician Assistant Program, University of Colorado Health Sciences Center, Denver, CO. September 19, 2001.

“Low Back Pain and Sciatica”, “Management of Common Sports Related Injuries”, Child Health Associate- Physician Assistant Program, University of Colorado Health Sciences Center, Denver, CO. April 4, 2001.

“Osteoporosis”, “Management of Acute Low Back Pain”, “Overview of Arthritis”, Primary Care Nurse Practitioner Course, University of Colorado School of Nursing, March 8, 2001.

“Musculoskeletal exam: Radiological findings”, Foundations of Doctoring Advanced Physical Exam Curriculum, University of Colorado Health Sciences Center, Denver, CO. January 16, 2001.

“The Abnormal Pap Smear”, Child Health Associate- Physician Assistant Program, University of Colorado Health Sciences Center, Denver, CO. September 20, 2000.

“Osteoporosis”, “Management of Acute Low Back Pain”, “Overview of Arthritis”, Primary Care Nurse Practitioner Course, University of Colorado School of Nursing, March 9, 2000.

“Low Back Pain and Sciatica”, “Management of Common Sports Related Injuries”, Child Health Associate- Physician Assistant Program, University of Colorado Health Sciences Center, Denver, CO. March 8, 2000.

“Female Pelvic Exam and the Detection of Cervical Cancer” Child Health Associate- Physician Assistant Program, University of Colorado Health Sciences Center, Denver, CO. December 2, 1999.

“Overview of Manipulative Medicine” University of Colorado School of Medicine, Denver, CO. December 7, 1999.

“Casting and Splinting Workshop” For all first and second year medical students, University of Colorado School of Medicine, Denver, CO. February 8, 1999.

“Common Orthopedic Injuries seen in Primary Care”, University of Colorado School of Nursing, Adult and Family Nurse Practitioner Program, Denver, CO. April 15,1999.

“Manipulation/Osteopathic Therapy”, University of Colorado School of Medicine, Denver, CO. October 7, 1998.

“Management of the Abnormal Pap Smear” Child Health Associate- Physician Assistant Program, University of Colorado Health Sciences Center, Denver, CO. October 7, 1998.

“Pre-participation Sports Physical” Child Health Associate- Physician Assistant Program, University of Colorado Health Sciences Center, Denver, CO. October 6, 1997.

**DESCRIPTION OF PAST & PRESENT ACADEMIC/PROFESSIONAL EXPERIENCES:**

**Teaching:**

In 1990, I joined the faculty of the Department of Family Medicine, University of Missouri at Kansas City. My initial task was to participate as a rural family physician in one of our

outlying clinics, Oak Grove, Missouri. This private practice encompassed the full scope of medical, pediatric, geriatric, obstetric, gynecologic, orthopedic and surgical services required in a small town. After two years, I returned to the main residency program in

Kansas City, Missouri. The goal of this department was to prepare family physicians with the skills needed for rural practice.

I joined the Department of Family Medicine, University of Colorado in June 1994. My role as Assistant Residency Director was to guide and implement the department’s graduate medical education programs with an emphasis on the Rose residency track. Specific areas I was responsible for were the development and implementation of the procedural curriculum, sports medicine, women’s health care and obstetrical training, I continued this until 2004. In 1998, I developed the Primary Care Sports Medicine Fellowship. I have directed this ACGME approved residency program since its inception. There are now two training tracts, one in general primary care and one in pediatric sports medicine. We select two fellows per year for this highly sought after Fellowship.

From 1998 until 2004, I taught advanced obstetric skills in the Advanced Training Tract for Obstetrics Fellowship. This program admitted board-certified family physicians for advanced obstetrical training, in order to meet the required demands of rural practice. The skills these fellows acquired include: C-section, Obstetric Ultrasound, GYN Ultrasound and tubal ligation training.

The procedural privileges which I have actively trained residents/fellows in are: Osteopathic manipulative therapy, Exercise tolerance testing, Stress Thallium/Cardiolite testing, Persantine Cardiolite testing, chest tube insertion, arterial, central and PICC line placement, ICU Management, colposcopy. LEEP/LLETZ, cryosurgery, no-scalpel vasectomy, circumcision, fracture care including closed reduction, local and regional nerve blocks, joint injections/aspirations, flexible sigmoidoscopy with biopsy,

laparoscopic and post- partum tubal ligation, D&C, normal obstetrics, forceps and vacuum extraction, breech extraction, vaginal twin delivery, Cesarean section, Amniocentesis, External Cephalic Version. Obstetrical ultrasound including biometry, anatomic survey, GYN/pelvic, abdominal, emergency and now primarily musculoskeletal applications of ultrasound.

Now I have emphasized teaching Musculoskeletal Sports Ultrasound along with interventional ultrasound. Ultrasound guided joint injections, tendon sheath injections, hydro-dissection of nerves, many of the techniques I have developed are now used nationally. These new procedures such as Tenex Percutaneous Tenotomy,large volume glenohumeral joint injections, fracture reduction using ultrasound, ultrasound guided muscle biopsy and ultrasound guided hydrodissection and neurolysis. Ultrasound assessment of skeletal muscles for the non-invasive quantification of glycogen in athletes has now been expanded to glycogen assessment in the Intensive Care Unit.

**DESCRIPTION OF PAST & PRESENT ACADEMIC/ EXPERIENCES: (Continued)**

**Clinical:**

In 1990, upon completing my residency at Truman Medical Center-East at Kansas City, Missouri, I joined the faculty in a primarily clinical position; practicing at a rural clinic in Oak Grove, Missouri for two years. The Emergency Department at Truman Medical Center-East was a high volume county hospital. At the time of my involvement, was the third busiest ER in the Kansas City area. I attended one or two shifts per week in this department, overseeing the residents and medical students. As a part-time member of a private emergency medicine group, I managed a suburban level II Trauma Center (Lee’s Summit Community Hospital) where the acuity of illness was often high.

I have continued direct inpatient and outpatient care including medical and surgical services at two tertiary care facilities and two primary care hospitals, University of Colorado Hospital, Rose Medical Center, Anschutz Inpatient Pavilion (UCH) and Porter Hospital. I have staffed procedural clinics each week and have had a large private practice in my continuity clinics. I regularly attended as a Hospitalist until October 2006.

I continue to practice full scope family medicine and have obtained independent privileges for cesarean sections, assisted deliveries, delivery of multiple gestations, breech extraction, amniocentesis, external cephalic version, tubal ligations and D & C. I

have held privileges in the CCU/ICU/ICN and have performed Exercise Tolerance Testing, Stress Cardiolite/Thallium Testing and Persantine Cardiolite Testing. I have been accredited by the American Institute of Ultrasound in Medicine to perform obstetrical and gynecological ultrasound in our practices.

I have performed musculoskeletal ultrasound and ultrasound guided injections for many years. This field has grown in regional and national popularity to the point it is now a required teaching milestone in all primary care sports medicine fellowships. This has demanded more of my clinical time. Much of this time I use my clinical patients to train fellows and faculty of various specialties. Another aspect of my current practice allows me to work as an Emergency Physician at Winter Park ski area, which is a Level IV department within the Denver Health Emergency Department. I am an attending physician at this Denver Health site and manage the acute trauma from skiing and snowboard accidents. I have introduced musculoskeletal and emergency ultrasound to this facility.

**Administrative:**

Working closely with the Orthopedic Surgery department I developed the Primary Care Sports Medicine Fellowship. This one year training program has allowed fellows

to work with many NCAA Division 1 teams including: Football, Hockey, Soccer, Volleyball and Basketball. They manage acute trauma at Winter Park ski area and

cover Mass Events such as “The Leadville 100 mile Mountain Bike Race” and “Leadville 100 mile Ultramarathon”. The graduates are eligible to take the CAQ in Sports Medicine.

**DESCRIPTION OF PAST & PRESENT ACADEMIC/ EXPERIENCES: (Continued)**

In the fall of 2005, working closely with the Pediatric Orthopedic practice at Colorado Children’s Hospital, we developed the infrastructure to expand the Primary Care Sports Medicine Fellowship to include a tract for Pediatricians. We began this new tract in July 2006, when only six Pediatric Sports Medicine programs existed in the nation.

During my tenure as the Assistant Residency Director for the Rose Family Medicine Program, I was intimately involved in curriculum and policy development. I co-authored practice guidelines for both Ultrasound and Colposcopy. The Ultrasound Guidelines included both diagnostic as well as applied techniques for Musculoskeletal, OB/GYN and Abdominal applications. The Colposcopy guideline included management of the abnormal pap smear, Cryosurgery, LEEP/LLETZ as well as nursing protocols. I have been involved in curriculum development, both revising as well as establishing new rotations. For three years I was in charge of clinic preceptor and faculty call schedules for the Rose and University hospital residency programs. I was responsible for scheduling family medicine Grand Rounds for three years and established a three-year rotating curriculum for these conferences including quarterly procedural workshops. For 9 years I was the Co-Director of a month long Intern orientation. The curriculum included: Team building, ACLS, NRP, procedural, medical and behavioral science training,

I assisted the move to a new clinic site in 1997 for the Rose Family Medicine Residency. I obtained equipment for procedural training including: Diagnostic ultrasound, digital/video flexible sigmoidoscopy, LEEP/LLETZ, cryosurgical and surgical instruments. I also set up the procedural manuals and procedural forms.

**NON-ACADEMIC INTERESTS**

Ultra-marathons, marathons, mountain bike racing, Nordic, telemark, backcountry and alpine skiing, backpacking, rock climbing, ice climbing, mountaineering, photography, bicycling, travel, automobile restoration, motorcycle building, carpentry, home remodeling and fine woodworking.

International cross-cultural medical work in Kazakhstan, Kenya, Ecuador, Nepal and the Dominican Republic.