Message from the Chair

As we enter the fall, I started thinking about numbers... more specifically, the growth in the PM&R Department, and what the future holds. For context, while Dallas is the 9th largest city in the United States, our neighborhood, Dallas-Fort Worth, becomes the 4th largest city. Dallas has grown by 12.5% since 2010. Two of the ten fastest growing cities in the US are Frisco and McKinney, just north of Dallas. The population is young (median age 35 years) and well educated (87% with high school, 36% with a Bachelor’s or better). DFW is incredibly diverse — more than a quarter of the Dallas population is foreign-born. In addition to those from Mexico and Central America, Dallas is home to large populations of first and second generation families from Korea, Taiwan, China, Vietnam, Thailand, India, Pakistan, and Sri Lanka. There is a vibrant population from Ethiopia, Eritrea, and Somalia. DFW hosts 70,000 immigrants who speak Russian. Lastly, Dallas is home to the 12th largest lesbian, gay, bisexual and transgender/queer population in the US.

Clinically, in the last 7 years, the PM&R Department at UT Southwestern has grown from 54 inpatient beds at two sites to 98 beds at four sites. We have grown from 3 sites of ambulatory care to 8 sites which include our clinics in Frisco, Fort Worth, and Las Colinas. These figures do not take into account the North Texas VA Medical Center. We have one of the largest post-COVID clinics in Texas and the largest pelvic rehabilitation program. We’ve started our cancer rehab and musculoskeletal programs, and have doubled the sizes of our spine and pediatric rehab programs. We have easily doubled the number of TBIs and SCIs seen in our system.

And moving forward? We are currently working to reformulate our approaches to patient care with the inauguration of our interdisciplinary neuro-oncology clinic, the planning of new musculoskeletal and sports medicine programs, the comprehensive pain program, and the seamless stroke care program. Incorporating telehealth to reach distant east and west Texas and surrounding states. Expanding our services to our Hispanic populations. It’s an exciting time and one that will be focused on continued enhancement of quality and community for our patients.

Kathleen R. Bell, MD
Professor/Chair
Kimberly-Clark Distinguished Chair in Mobility Research
Department of PM&R
PAGE 3 | SPINE CENTER GROWTH & SUCCESS
Expanding clinical outreach; Celebrating the first ISSM Fellowship graduate; Improving care through research

PAGE 7 | GLOBAL COMMUNITY
Sharing the experience of serving as a volunteer physician at the Tokyo 2020 Olympics

PAGE 11 | ADAPTIVE SPORTS MEDICINE
Partnering with US Paralympics Swimming; 2021 UTSW DFW Adaptive Sports Symposium plus 2022 dates

Residency Updates .................................................................................. 13
Contribute to Go-PMR ........................................................................... 14
News & Announcements ........................................................................ 15
Publications & Presentations ............................................................... 17
Editorial Board & Contact Information .......... Back Cover
Expanding Clinical Outreach

Over the past several years, our UT Southwestern multidisciplinary spine clinic has expanded its clinical outreach into the DFW metroplex through several satellite clinics. We have had a significant growth in our operative and non-operative teams in these clinics. We now offer a full spectrum of spine and musculoskeletal care on the Frisco campus through the efforts of Dr. Nasser Ayyad and Brooke Hays, AGNP. Patients can benefit from the convenience of clinic visits and fluoroscopic-guided procedures all within the Frisco campus.

There has also been steady growth in our Richardson spine satellite clinic through the hard work of Dr. Sunny Sharma and Rita Fulmer, FNP. The Richardson campus also provides our spine patients with the opportunity to benefit from their physical therapy services.

The Las Colinas spine clinic is approaching its one year anniversary and has demonstrated growth in both spine and musculoskeletal care with the assistance of Dr. Ankit Patel, Dr. Renee Enriquez, and Larah Brown, ANP. The Las Colinas clinic offers patients with the opportunity to undergo fluoroscopic guided injections conveniently in its office-based fluoroscopy suite. There is also a dedicated ultrasound room for ultrasound based musculoskeletal treatments. In the near future, there are plans to integrate outpatient physical therapy in Las Colinas.
In addition to improving patient access in the metroplex, all of our satellite clinics have provided medical students, residents, and fellows with a broader exposure to various practice settings and a diverse patient population.

Celebrating the First ISSM Fellowship Graduate

We are also very proud to have established the interventional spine and musculoskeletal medicine (ISMM) fellowship in 2020. **Dr. Esther Yoon** recently completed the inaugural year of our fellowship and will be joining a private practice group in Denver, Colorado. Despite starting her fellowship in a year that was significantly affected by COVID, Dr. Yoon demonstrated excellence in all aspect of patient care and team work. We are delighted that she is our first graduate, and wish her the very best in her next chapter.

We are excited to welcome this year’s incoming fellow, **Dr. Ryan Whitmer** from Baylor (Dallas). The success of our ISMM fellowship is a testament to our enthusiastic faculty members and our strong administrative team. Through their efforts, our fellowship program has been granted provisional status with the North American Spine Society, and we have been participating in the national fellowship match program for the past 2 years. We look forward to finding out who we will be matching with for the 2022–2023 Fellowship year.

Based on our overall growth and success over the past several years, we are excited about the future of our spine/MSK practices and educational endeavors in the DFW metroplex.
Spine Center faculty and staff celebrating the first ISSM fellowship graduate, Esther Yoon. From left to right: Sunny Sharma, Nasser Ayyad, Renee Enriquez, Esther Yoon, Terri Isbell, Kavita Trivedi, Ankit Patel, Reed Williams.

I enjoy being part of a multidisciplinary team that can provide care to patients that may need multifaceted care all in one space. I love our team approach of working with the patient toward a common goal and always strive to provide exceptional patient-centered care.

Wendy L. Moore, M.S.N., APRN, FNP-BC
Improving Care Through Research

The Multidisciplinary Spine Center at UTSW continues to be active in research endeavors. We meet monthly to discuss research ideas with the spine surgeons to collaborate on topics in hopes to improve the care that we provide to our spine patients.

Dr. Enriquez is working on a project to discern patient opinions on and their satisfaction with the use of telemedicine visits provided by the providers at the Spine Center.

Dr. Patel is finishing a study which investigates the surgical outcomes in patients undergoing epidural steroid injections prior to spine surgery for lumbar spinal stenosis.

Dr. Trivedi has completed a study investigating ergonomics in the workplace and the role of exercise in back pain in physicians. Given some of the delays in care caused by the COVID-19 pandemic, she is also looking at the impact of delays on patient outcomes in lumbar spine procedures. In addition, Dr. Trivedi has been researching the impact of COVID-19 on elective, outpatient spine procedures and telehealth utilization. She is also researching outcomes in patients with suspected lumbar radiculopathy undergoing lumbar selective nerve root blocks. On a different note, the access of patients to their providers is very important to provide excellent patient care. UTSW has implemented the My Chart system which is a portal that patients can use to directly communicate with their provider. Dr. Trivedi is studying if there is a relationship between the utilization of My Chart messages with affective disorders in non-surgical spine patients. A similar study is being done with surgical spine patients.

The goal of our spine research is to continue to discover potential advancements that can be translated to clinical care to provide outstanding care to our patients.
Stephanie Tow, M.D., Director of the Adaptive Sports Medicine Program at UT Southwestern, served as a volunteer physician at the Tokyo 2020 Olympics.

Upon arrival at Tokyo airport, Dr. Tow goes through a 2-hour process of screening specific to Olympics personnel, including various document checkpoints and COVID-19 testing before being allowed to leave the airport to the city.

**DAY 1:** Dr. Tow is transported from her hotel in Koto-ku, Tokyo to the Olympics isolation hotel for asymptomatic/mild COVID-19 positive Olympics personnel.

**DAY 2:** Dr. Tow takes the International Olympics Committee Medical staff bus, with other overseas medical staff, to shifts at the isolation hotel and athlete village.

**DAY 3:** The Polyclinic in the Olympic Village *(photo right)* is the main medical/clinical services building in the athlete village, including basic emergency care, orthopedics, diagnostic imaging, laboratory services, physical therapy, internal medicine, ophthalmology, and dentistry. All care provided at the Polyclinic is free to Olympics/Paralympics delegates.
Part of the overseas physician team recruited by the International Olympic Committee to help with general medical support in the Tokyo 2020 Olympic athlete village, as well as in the isolation hotel.

From left to right: Dr. Gavin Jones, Dr. Irina Zelenkova, Dr. Selvina Upiah, Dr. Molie Xu, Dr. Yeltay Rakhmanov, Dr. Ahmad Khatatbeh, Dr. Stephanie Tow, and Dr. Sergio Miguel Angel Toloza

**DAY 3:** The Fever/COVID-19 clinic *(photo right)* managed any Olympics/Paralympics delegates who tested positive for COVID-19 or were in close contact with those who tested positive for COVID-19.

After her shift at the Fever/COVID-19 clinic, Dr. Tow snaps a quick night-time photo of the Olympic Athlete Village with the row of flags right outside the clinic.

**DAY 4:** Dr. Tow working with a other US sports medicine physicians working at the isolation hotel during a day that Tokyo 2020 Paralympic Games medical director Dr. Stuart Willick visits the hotel. They discussed the current status of the isolation hotel and some feedback for modifications, as well as anticipated needs for the Paralympic Games.

Pictured *(left to right)*: Dr. Michael Fredericson, Dr. Stuart Willick, Dr. Stephanie Tow, Dr. Kirk O’Donnell
**GLOBAL COMMUNITY**

**DAY 5:** The Olympic Athlete Village Plaza (the main entrance to the athlete village), is home to multiple shops, a post office, hair salon, and other amenities. The wood in the village plaza came from many different prefectures of Japan.

Dr. Tow explores the Olympic and Paralympic Athlete Village with Dr. Michael Fredericson from Stanford PM&R/Sports Medicine. Dr. Tow also got to meet Dr. Fredericson’s family over FaceTime as they wandered the village and helped him shop for Tokyo 2020 souvenirs for his kids.

**DAY 6:** Dr. Tow visits the Team USA building/housing complex in the Olympic Athlete Village.

At the Team USA sports medicine area, Dr. Tow catches up with mentor Dr. Jon Finnoff along with her new friend who also worked as one of the physicians in the isolation hotel/Polyclinic/COVID-19/Fever Clinic, Dr. Kirk O’Donnell, CMO of Meenta, the company that Team USA used to complete COVID-19 testing in order to travel to Japan safely.

Pictured (left to right): Dr. Kirk O’Donnell, Dr. Stephanie Tow, Dr. Jonathan Finnoff
DAY 8: After working Day 7 at the isolation hotel, Dr. Tow explores the athlete village further before a research meeting with the International Olympic Committee. Pictured right is one of the Toyota autonomous vehicles cruising through the Tokyo 2020 Olympic Athlete Village, with the row of flags on the right.

DAY 9: Dr. Tow visits the Team USA High Performance Center in Setagaya, including the track and pool where Tokyo 2020 Olympic athletes train.

Pictured (left to right): Dr. Mark Hart, Dr. Kirk O’Donnell, Dr. Michael Fredericson, Dr. Mark Hutchinson, and Dr. Stephanie Tow

DAY 10: A view of the city (below) during the Tokyo 2020 Olympic Games Closing Ceremony as we look forward to the next Summer Olympic Games in 2024!
Partnering with the US Paralympics Swimming Team

UT Southwestern’s PM&R Department and the Adaptive Sports Medicine Program partnered with US Paralympics Swimming to provide sports medicine event coverage at the 2021 World Para Swimming World Series in Lewisville, Texas in April 2021. As the first World Para Swimming meet since the start of the pandemic and a qualifier for Trials for the Tokyo 2020 Paralympic Games, elite Para swimmers from 16 countries were excited to get back into the pool and compete at this international meet.

Over several months leading up to the event, our medical team assisted US Paralympics Swimming in preparing its emergency action plan and rigorous COVID-19 prevention protocol, including pre-travel COVID-19 PCR testing and partnering with Spartan Medical Inc. to ensure all event participants received COVID-19 PCR testing on-site prior to the event to mitigate the risk of COVID-19 infection and keep event participants safe. The event was a success!

Left to right: Erin Popovich (Director of US Paralympics Swimming), Ryan Argo (Spartan Medical Inc. and Dr. Lindsay Ramey Argo’s husband), Dr. Lindsay Ramey Argo, Dr. Stephanie Tow

Huge thanks for all of the support from our wonderful medical team:

- **Stephanie Tow, MD**
  US Paralympics Swimming
  National Team Head Team Physician and Medical Director of the 2021 Lewisville World Para Swimming World Series, UTSW PM&R Sports Medicine Attending Physician

- **Lindsay Ramey Argo, MD**
  UTSW PM&R Sports Medicine Volunteer Physician

- **Reed Williams, MD**
  UTSW PM&R Sports Medicine Attending Physician

- **John Donovan, MD**
  UTSW PM&R Residency Alumni—Class of 2021

- **Nnaemeka Echebiri, MD**
  UTSW PM&R Residency Alumni—Class of 2021

- **Rebekah Forshey**
  UTSW Prosthetics & Orthotics Master’s Program Alumni—Class of 2021

- **Eva Koster**
  TCOM 4th year medical student

- **Kristen Santiago**
  UTSW 2nd year medical student

- **Catherine Scott**
  UTSW PA School Alumni—Class of 2021
Our medical team was on-site at the 2021 World Para Swimming World Series providing sports medicine coverage and partnering with Spartan Medical Inc. to ensure all event participants received COVID-19 PCR testing.

Back row, left to right: Dr. John Donovan, Eva Koster, Dr. Nnaemeka Echebiri. Front row, left to right: Dr. Stephanie Tow, Dr. Reed Williams

The 2021 UTSW DFW Adaptive Sports Symposium and Expo was a great success. Many thanks to everyone who participated!

The fully virtual, all-day event was held on Saturday, October 2, 2021 and included educational sessions on various adaptive sports topics, sessions led by adaptive sports experts, and interactive break-out sessions featuring adaptive sports organizations and resources.

More content will be available soon.
PGY-2 Residents

Michael Burke, MD
McGovern Medical School
University of Texas, Houston, TX
Internal Medicine Prelim,
University of Texas, Houston, TX

Rahul Dewan, DO
University of North Texas Health Science Center – TCOM, Ft. Worth, TX
Physical Medicine & Rehabilitation,
UT Southwestern Medical Center,
Dallas, TX

John Donovan Jr., MD
Penn State University College of Medicine, Hersey, PA
Physical Medicine & Rehabilitation,
UT Southwestern Medical Center,
Dallas, TX

Britton Eastburn, MD
Texas A&M Health Science Center College of Medicine,
College Station, TX
Physical Medicine & Rehabilitation,
UT Southwestern Medical Center,
Dallas, TX

Ryan Flowers, DO
University of North Texas Health Science Center – TCOM, Ft Worth, TX
Physical Medicine & Rehabilitation,
UT Southwestern Medical Center,
Dallas, TX

Martin Laguerre, MD
University of Florida College of Medicine, Gainesville, FL
Physical Medicine & Rehabilitation,
UT Southwestern Medical Center,
Dallas, TX

Timothy Olivier, MD
University of Massachusetts Medical School, Worcester, MA
Internal Medicine Prelim, UMass Medical School Worcester, MA

Ellen Sloan, MD
University of Tennessee, HSC College of Medicine, Memphis, TN
Physical Medicine & Rehabilitation,
UT Southwestern Medical Center,
Dallas, TX

Jake Stephen, DO
NY Institute of Technology College of Medicine, Old Westbury, NY
University of Medicine, Transitional Year, Lehigh Valley Hospital, Allentown, PA
Recently Graduated Residents

Nnaemeka Echebiri, MD
Interventional Spine & MSK Medicine Fellowship, OSS Health, York, PA

David Eng, MD
Private Practice, Las Vegas, NV

Lauren Fulks, MD
Pediatric Rehabilitation Medicine Fellowship, Cincinnati, OH

William Lian, MD
Desert Spine & Sports Fellowship, Phoenix, AZ

Adam Muffler, MD
Inpatient Rehabilitation, South Texas

Brent Page, MD
Desert Spine & Sports Fellowship, Phoenix, AZ

Diana Pham, MD
Private Practice, Wound Care Clinic, Dallas, TX

Kayla Williams, MD
Pediatric Rehabilitation Medicine Fellowship, UT/CMC, Dallas, TX

Giving back to promote residency development (GO-PMR) was created to enhance the educational experience for residents and fellows of the Department of Physical Medicine and Rehabilitation. GO-PMR provides an opportunity for those who have benefited from outstanding training at UT Southwestern to give back to the program, and for faculty to support our trainees.

CONTRIBUTE TO GO-PMR

To contribute, scan the QR code above or go to https://engage.utsouthwestern.edu/donatego-pmr.
PM&R PGY3 resident Cindy Tiu, DO, was invited to the Spine Intervention Society meeting in Washington D.C. August 18–21, 2021, to present a poster for her abstract entitled *Back Pain in Physicians: Investigating Ergonomics in the Workplace*. Congratulations, Cindy!

The Sexuality and Intimacy After Burn Injury video, produced by the Model Systems Knowledge Translation Center (MSKTC) in collaboration with researchers and individuals with the North Texas Burn Rehabilitation Model System, was awarded a 2021 Bronze Telly Award, the premier award honoring video and television across all screens.
Kudos to the following UT Southwestern physicians who were named top in their field by D Magazine, as chosen by their peers.

Kim Barker, M.D.
Kathleen R. Bell, M.D.
Renee Enriquez, M.D.
Fatma Gul, M.D.
Isabel Huang, M.D.
Karen Kowalske, M.D.
Ankit Patel, M.D.
Kelly Scott, M.D.
Kavita Trivedi, D.O.

UT Southwestern has been chosen as one of only three sites in the U.S. to take part in a Centers for Disease Control (CDC) study on the post-acute effects of COVID-19 in the fall of 2021.

Dr. Kathleen Bell, Chair of Physical Medicine and Rehabilitation (PM&R), and Dr. Surendra Barshikar, Vice Chair of Clinical Operations of PM&R, have worked closely with the CDC’s long COVID unit since its inception early in the pandemic. Dr. Bell and Dr. Barshikar started one of the first long COVID rehabilitation treatment programs in the country which helped them be selected as one of the sites.

The CDC study will look at types of symptoms, clinical findings, and management of patients with persistent health concerns following COVID. The goal is to improve understanding of clinical management of long COVID as well as help the CDC to come up with clinical and public health guidance.

Estefanie Garduno, Clinical Research Coordinator, was accepted to the Master of Science in Health Informatics program here at the UTSW Graduate School of Biomedical Sciences. Congratulations, Estefanie!
**PUBLICATIONS**


**PRESENTATIONS/POSTERS**


Annaswamy T. M. Interviewee. Physiatry Perspectives. AAP Podcasts. https://m.soundcloud.com/eq7FqXz2L/th-research-path-interview-with-Thiru-Annaswamy-MD


Barkishar, S. COVID Recover-multidisciplinary treatment for PASC-lecture at the TexMed annual conference 2021


Jain, N. Faculty, American Shoulder and Elbow Surgeons National Journal Club (virtual). 04/2021

Jain, N. Chair, Interventions – II, International Society for Physical and Rehabilitation Medicine (ISMRM) Congress (virtual). 06/2021


Karie Meltzer, PhD student in the UTSW Clinical Psychology PhD program. Differences in coping strategies between women and men based on experience of frequent pain/headaches in chronic traumatic brain injury, 2021 Brain Injury ISIG Deborah Lee Price Girls and Women with ABI Taskforce Poster Award winner.


AAP 2021 PRESENTATIONS


AAPM&R 2021 UPCOMING PRESENTATIONS

Annaswamy, T. Value of Additional Imaging Evaluation for Your Spine Patient: Going Beyond Diagnosis? Clinical Symposium. Session Director and Speaker. 11/12/2021

Pham, T, Annaswamy, T, Bahirat, K, Raval, G, Chen, Y and Balakrishnan, P. Clinical Feasibility and Preliminary Outcomes of a Novel Mixed Reality Based System to Manage Phantom Pain for Patients with Lower Limb Amputation: A Pilot Study

Olivier, T, Annaswamy, T, Nelson, B; Pham, T; Trivedi, K; Ankitt, P; G. Sharma, S and Konda, C. Quality of Clinical Practice Guidelines on the Interventional Treatment of Low Back Pain: A Systematic Review

Barshikar, S. AAPMR National Grand Rounds- Long COVID 6/9/21


Solankie, J and Gul, F. Examining the Utilization of Oral Opioids and Benzodiazepines after Implantation of Intrathecal Pain Pumps

Jain, N. Faculty, Best Evidence-Based Clinical Practices in Shoulder Pain, American Academy of Physical Medicine and Rehabilitation (AAPM&R) Annual Assembly, Nashville, TN

Kumar, R and Scott, K. Musculoskeletal Pain of Pregnancy: Epidemiology, Biomechanics, Diagnosis, and Treatment.

OTHER ACTIVITIES

Barker, K. Course Director for the TMA TexMed 2021 PM&R content on 5/15/21. Attached is the agenda which included Dr. Gul, Patricia Gordon, Patricia Krohn, Dr. Barshikar, Dr. Ayyad, and Dr. Sharma.
