

UCSF Primary Care Sports Medicine Fellowship Program

UCSF is pleased to offer the opportunity for family medicine PGY2 residents to apply for 2 week rotations this Fall 2020 (when PGY3) with our Primary Care Sports Medicine faculty and other faculty members.

The following weeks are available:

1. 9/21 - 10/4
2. 10/12 - 10/25
3. 11/9 - 11/22
4. 11/30 - 12/13

If you are interested, please submit to brad.stark@ucsf.edu:

1. Two letters of recommendation from faculty
2. Letter of good standing from your residency program
3. Cover letter of why you want to rotate with us at UCSF
4. Your preferred rotation blocks (please rank all possible dates)
5. Any deadline of when you need our decision

We look forward to hearing from you!

Warm regards,
Cindy J. Chang, M.D., FACSM, FAMSSM
Fellowship Program Director, UCSF Primary Care Sports Medicine

Fellowship Goals

The Primary Care Sports Medicine Fellowship program endeavors to train a physician competence to practice high quality primary care sports medicine. This will include an understanding of the basic principles of anatomy, physiology, and biomechanics of exercise and sport, as well as the pathology and pathophysiology of illness and injury related to exercise and sports. The physician will be able to integrate this knowledge into a practice based on the principles of family medicine.

The clinical responsibilities of the fellow will be based on patient safety, fellow ability, severity and complexity of patient illness/condition, and available support services. The fellow will care for patients in an environment that maximizes communication. This will include the opportunity to work as a member of effective interprofessional teams that are appropriate to the delivery of care in the specialty and larger health system. Interprofessional teams include consulting physicians, athletic trainers, physical therapists, strength and conditioning specialists, orthotists/prosthetists, psychologists, nutritionists, nurses, social workers, case managers, and other professional/paraprofessional staff members involved in evaluating and treating patients.

The clinical rotations will provide a broad spectrum of knowledge for diagnosis and treatment of exercise and sports related injuries and illnesses in patients of all ages and abilities. This knowledge will include prevention, evaluation, management and rehabilitation of injuries, as well as the effects of disease on exercise and the use of exercise in the treatment and prevention of medical problems. The fellow will become skilled in the uses and limitations of imaging and other procedures in diagnosing and treating these problems and will

become competent in properly using physical therapy, massage, manipulations, therapeutic injections, imaging, musculoskeletal ultrasound, and sub-specialty consultation in the management of these problems. In a group practice with family physician and other primary care doctors, the fellow will also serve as a consultant for a wide range of musculoskeletal and exercise-related problems.

The sports medicine fellow will also learn the skills needed to serve as a team physician for a wide variety of sporting disciplines, and organize and provide mass event coverage such as marathons. The fellow will have an assigned high school, as well as have a continuity intercollegiate athlete clinic and provide event coverage at a Division 1 athletic program. They will work closely with orthopedic surgeon specialists, athletic trainers, physical therapists, coaches, nutritionists, psychologists, podiatrists, chiropractors, and other health care professionals in providing comprehensive care for athletes. Through additional rotations the fellow will gain knowledge of environmental effects on exercise, an understanding of therapeutic, performance enhancing and recreational drugs, and an understanding of ethical and medical-legal aspects of sports and exercise. The fellow will learn guidelines for evaluation and clearance prior to participation in exercise and sports, as well as guidelines for return to participation after injury and illness. The fellow will have the opportunity to conduct advanced pre-participation examinations for athletes at the NCAA level and an annual mass PPE with cardiac screening provided free to local high school students.

Program Structure

| UCSF PCSM Fellowship Schedule | | | | | | | | | | | | | | | | | |
|-------------------------------|----------------------------|--------------------|------------|------------------------------|--------------|-------------|----------------------|--------------|-------------|--------------------|--------------|------|--------------------|--------------------|----------|--------------------|--------------------|
| | Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | | Saturday | Sunday |
| | Rotation | Preceptor | Site | Rotation | Preceptor | Site | Rotation | Preceptor | Site | Rotation | Preceptor | Site | Rotation | Preceptor | Site | | |
| 7:30 AM | Ortho Grand Rounds | | | | | | | | | | | | | | | | |
| a.m. | Elective | UCSF Faculty/Other | UCSF/Other | PCSM | UCSF Faculty | UCSF | Family Med | UCSF Faculty | China Basin | PCSM | UCSF Faculty | UCSF | Elective | UCSF Faculty/Other | UCSF/UCB | Event Coverage/OFF | Event Coverage/OFF |
| p.m. | PCSM | UCSF Faculty | UCSF | IA Clinic | Huston | UC-Berkeley | Family Med | UCSF Faculty | China Basin | PCSM | UCSF Faculty | UCSF | Academic | | | Event Coverage/OFF | Event Coverage/OFF |
| 5:30 PM | Sports Medicine Conference | | | UC-Berkeley FB/Training room | | | PCSM Meeting (1x/mo) | | | Event Coverage/OFF | | | Event Coverage/OFF | | | | |

Longitudinal Didactics

- Sports Medicine Conf (q wk), PCSM Journal Club (4x/yr), Pediatric Concussion Mtg (q wk Mon noon), Multidisciplinary Sports Concussion Conf (qo month 3rd Tues), Dept. of Ortho Grand Rounds (q wk), US Curriculum (cadaver course qo month/didactic course qo month). PCSM Mtg (1x/mo)

Longitudinal/Continuity Clinics

- 4 half-days per week devoted to providing PCSM
- 2 half-days per week devoted to providing Family Medicine
- 1 half-day per week devoted to providing Division I intercollegiate athlete care for both medical and MSK issues

Elective Rotations/Clinics/Didactics (2 half-days 2 per week devoted to elective rotations)

- Orthopedics Sports Medicine including surgical observation and assisting
- Orthopedics subspecialties: Hand/Upper Extremity, Foot and Ankle
- Pediatric Orthopedics Sports Medicine: fracture care, cast and splint application, pediatric/adolescent surgical cases and post-op care
- Physiatry, Rheumatology, Neurology for chronic pain, spine injuries, and other MSK/neurological conditions
- Concussion management with Neuropsychology, Optometry, Physiatry, Neurology
- Sports Psychology, Sports Nutrition
- Exercise Physiology, Strength and Conditioning, Physical Therapy, Podiatry

Sport Medicine Event Volunteer experience

- Intercollegiate and High School Training room and Event Coverage including American football, Race Coverage (marathons, triathlons, cycling), Club Rugby and Soccer event coverage, Adaptive

sports event coverage, Professional Ballet coverage, Community Theatre/Dance

Scholarly activity: one half-day per week devoted to scholarly inquiry

Conferences

Weekly sports medicine conferences will be held throughout the fellowship year. Fellow attendance at these conferences is mandatory. The fellow will present a “grand rounds” type didactic lecture on a topic at the Sports Medicine Core conference and also be responsible for presenting and collating cases at the Sports Medicine Indications conference, coordinated with imaging educational information (this aspect coordinated with MSK Radiology fellows).

- Conferences will be held on Monday afternoons from 5:30 – 6:30 pm at UCSF Orthopaedic Institute (video conferencing available).
- Weekly Department of Orthopaedics Grand Rounds will also be held on Wednesday mornings throughout the fellowship year from 7:30 – 8:30 am at the UCSF Parnassus campus and fellow attendance will be expected at topics relevant to sports medicine.

Core Primary Care Sports Medicine (PCSM) Faculty at UCSF:

Cindy J. Chang, M.D. (*Family Medicine/Sports Medicine*)

Dr. Chang is the fellowship director for the UCSF Primary Care Sports Medicine Fellowship program. She trained in family medicine at UCLA under Dr. Jim Puffer, followed by a fellowship in sports medicine at The Ohio State University (OSU) with Dr. John Lombardo. Dr. Chang remained on OSU faculty as assistant residency director and assistant team physician before becoming head team physician at the University of California, Berkeley for all 27 sports, including football, in 1995. At Cal, she was the site director for the UC-Davis/UC-Berkeley Primary Care Sports Medicine fellowship for 13 years. She has served as Team USA’s chief medical officer at the 2008 Beijing Paralympics and 2012 London Olympics. She is Past President of the American Medical Society for Sports Medicine (AMSSM) and is on the Board of Trustees for the American College of Sports Medicine (ACSM), and is a Fellow of both AMSSM and ACSM. Dr. Chang has served on the Sports Medicine Advisory Committee (SMAC) for the National Federation of State High School Associations (NFHS), and continues to lead the SMAC for the California Interscholastic Federation (CIF). She is also co-director of the Sports Concussion Program at UCSF Benioff Children's Hospital Oakland, and chairs the Sports Medicine Center for Young Athletes annual pediatrics sports medicine CME conference. Dr. Chang serves on the editorial boards of the *British Journal of Sports Medicine* and *Sports Health*, and frequently presents at national and international medical conferences. She volunteers as a team physician at UC-Berkeley and Berkeley High School, continues to work with USA national team members, and is a medical consultant for the Berkeley Repertory Theatre.

Anthony Luke, M.D., MPH (*Family Medicine/Sports Medicine*)

Dr. Luke trained in family medicine at the University of Toronto followed by a fellowship in sports medicine at the Children's Hospital of Boston and Master's of Public Health at Harvard. His research interests include injury prevention in youth sports, running medicine and digital health. Dr. Luke is medical director of several large Bay Area sports events, such as San Francisco Marathon and Escape from Alcatraz, and works with runners including an injury prevention program he created called RunSafe™. He is also director of the Human Performance Center and Primary Care Sports Medicine program, and holds the position of Benioff Distinguished Professor in Sports Medicine. He helps direct UCSF's Sports Medicine Center for Young Athletes program, which provides sports medicine services to more than 30 public and private high schools in the Bay Area.

Carlin Senter, M.D. (*Internal Medicine/Sports Medicine*)

Dr. Senter earned her medical degree at UCLA, completed residency in internal medicine at the University of Washington and a fellowship in primary care sports medicine at UCLA. Dr. Senter belongs to the American College of Physicians, American Medical Society for Sports Medicine, American College of Sports Medicine and Society of General Internal Medicine. She has received numerous awards for teaching and community service. Dr. Senter's goal is to help every patient be an athlete. She has particular interests in exercise counseling, exercise prescription and sports concussion, for which she co-directs the UCSF Sports Concussion Program. Dr. Senter's research focuses on enhancing musculoskeletal education for primary care clinicians. She designs programs to increase knowledge of the musculoskeletal system and improve diagnostic skills among medical students, residents and practicing clinicians. She co-chairs two annual UCSF Continuing Medical Education sports medicine courses, chairs the Clinical Skills Committee for the American College of Physicians and is the program planning chair for the American Medical Society for Sports Medicine 2021 Annual Meeting. An avid athlete, Dr. Senter rowed for Radcliffe crew throughout college. She has served as team physician for several high school teams throughout the Bay Area and she is currently team physician for the University of San Francisco.

Kristin Wingfield, M.D. (*Family Medicine/Sports Medicine*)

Dr. Wingfield is board certified through the Canadian Academy of Sport and Exercise Medicine and fellowship trained at Stanford University under Dr. Gordon Matheson. She has extensive experience treating elite and professional athletes and performing artists. Dr. Wingfield grew up as a gymnast on the Canadian team, became an elite springboard diver, and then on to a career performing with Cirque du Soleil. She has traveled as national team doctor for the Canadian World Cup ski team and Canadian women's basketball team, and was a member of the Canadian medical staff in the Summer (2000) and Winter (2010) Olympics. She is currently a team physician to the San Francisco Ballet, a women's pro cycling team, and Marin Academy High School.

Core Family and Community Medicine (FCM) Faculty at UCSF:

Robert Kennedy, M.D. (*Family Medicine/Sports Medicine*)

Dr. Kennedy is coming to UCSF Department of Family and Community Medicine this year after 14 years in Virginia. He completed his residency in family medicine in South Bend, Indiana followed by his primary care sports medicine training at the South Bend/Notre Dame Sports Medicine Fellowship in 2004. After an additional year in South Bend working with the fellowship and St. Mary's College, Dr. Kennedy and his family returned to Virginia where he was in a private family practice and also was team physician for area high schools and Mary Baldwin College. During that time, he served on the Augusta County Sports Concussion Advisory Committee and as medical director of a hospital fitness and wellness center. He is coming to UCSF from James Madison University, where he has been the team physician for all 17 Division I varsity sports and also cheerleading.

Core PCSM Faculty at UC-Berkeley:

Lindsay Huston, M.D. (Family Medicine/Sports Medicine) Dr. Huston received her medical degree from the University of California, Davis, and completed her family medicine residency through Kaiser Permanente Los Angeles. She finished her training at the San Jose-O'Connor sports medicine fellowship under Dr. Michael Henehan. Following her fellowship, she became head team physician at Yale University. After four years there, she returned to her native Bay Area to join the sports medicine staff at UC Berkeley, and was named Cal head team physician in 2016. Dr. Huston has served as head team physician for both Yale University and the University of California, Berkeley, two of the largest NCAA Division I athletic programs in the country. Her interest in collegiate sports medicine began when she was a varsity softball player as an undergraduate at Stanford University. In addition to caring for all of Cal's 850 athletes, Dr. Huston sits on the board of the Pac-12 Student-Athlete Health and Well Being Initiative.

Kent Scheff, M.D. (Family Medicine/Sports Medicine) – kscheff@berkeley.edu

Dr. Scheff attended medical school and trained at the family medicine residency at University of Minnesota, then completed his primary care sports medicine fellowship at University of Michigan. Dr. Scheff's primary goal is wellness of the intercollegiate athlete and recreational athlete including general medical care and the treatment and prevention of injuries. He was a 4-sport high school athlete and competed in both wrestling and football at the college level. He is now the associate team physician at UC-Berkeley where he assists with coverage for football, rugby, women's basketball, men's and women's gymnastics, and track and field. He has special interests in mental health, eating disorders, MSK ultrasound, and concussion care. He also runs a concussion clinic for the general students at UC-Berkeley.

We also invite you to watch a short, informational video about the fellowship program.



<https://youtu.be/z5ySRY9Ehto>