

RICHARD LEVANDOWSKI, M.D.

CURRICULUM VITAE

HOME ADDRESS

142 West Shore Drive
Pennington, NJ 08534

OFFICE ADDRESS

Princeton Sports and Family Medicine
Princeton Musculoskeletal Institute
3131 Princeton Pike, Bldg 4, Suite 100
Lawrenceville, NJ 08648
Phone 609-896-9190 Fax 609-896-3555

EDUCATION:

Princeton University	AB Biology	1966-70
Rutgers University	MMS	1970-72
UMDNJ – Robert Wood Johnson Medical School (Formerly Rutgers Medical School)	MD	1970-74

RESIDENCY:

Family Practice – Department of Family and Community Medicine 1974-77
Lancaster General Hospital (Temple University School of Medicine affiliated program)
Lancaster, Pennsylvania 19604

MINI RESIDENCY:

Occupation Medicine, Robert Wood Johnson Medical School May 1988

LICENSURE:

New Jersey (MA33347)	1977-present
New York (221352)	
Pennsylvania (MD-016584-E)	1975-78 1988-2002

DIPLOMATE

National Board of Medical Examiners	1975
American Board of Family Medicine–Certified and Re-certified	1977, 1983, 1990, 1996 Current Re-certification 2009-2016
Certificate of Added Qualification in Sports Medicine-Certified	1993,2003,2012 Current Re-certification 2012-2022

(Examination shared by American Boards of Family Medicine, Internal Medicine, Pediatrics, Emergency Medicine Physical Medicine and Rehabilitation, and Physical Medicine and Rehabilitation)

AWARDS:

American Academy of Family Physicians - Exemplary Teaching Award	2007
Alpha Omega Alpha Honor Medical Society - Volunteer Clinical Faculty Award	2010
University of Medicine & Dentistry of New Jersey-New Jersey Medical School	
Eastern Athletic Trainers' Association	2008
Presidential Award - Athletic Trainers Society of New Jersey	2003
Klemmer Award (Internal Medicine – Lancaster General Hospital)	
Physicians Recognition Award, AMA	
Most Outstanding Clinical Instructor	2000
UMDNJ-Capital Health, Family Practice Residency	

EMPLOYMENT

Private Practice of Sports Medicine/Orthopedic Medicine	
Family Medicine/Occupational Medicine	1989-present
Hamilton Hospital (now RWJ University Hospital at Hamilton)	Medical Director of Institutes for Health until clinical service phased out by hospital. 1987-89 Medical Director of Rehabilitation Services as part of Institute for Sports Medicine. 1987-89
Princeton University	University Physician (Senior University Officer) 1977-87 Director of Athletic Medicine 1985-87 Team Physician 1977-87 Director of Medical Education 1983-85 Director of Sexuality Education, Counseling and Health 1978-85

DIRECTOR, SPORTS MEDICINE FELLOWSHIPS

Started Sports Medicine Fellowship at the Institute for Sports Medicine (1988) and continued Fellowship in private practice until the Fellowship became entirely under the direction of UMDNJ-RWJ Medical School- Department of Family Medicine.

TEACHING APPOINTMENTS:

University of Medicine and Dentistry of New Jersey	
Robert Wood Johnson Medical School	Department of Family Medicine 1989-present
	Director, Primary Care Sports Medicine 1989-95
	Associate Clinical Professor 1988-present
	Assistant Clinical Professor 1981-88
	Clinical Instructor 1978-81
New Jersey Medical School: UMDNJ Affiliated	Department of Family Medicine – Lecturer 1994-97 Associate Clinical Professor 1998-present

Family Practice Residencies: UMDNJ programs – Robert Wood Johnson Medical School
 - Capital Health System at Regional Medical Center.
 Somerset Medical Center, Part time Clinical Faculty.
 1979-present

Internal Medicine Residencies

Capital Health System - Regional Medical Center 2000-present

HOSPITAL PRIVILEGES:

University Medical Center at Princeton at Plainsboro (Senior Attending) Princeton, NJ 1978-present
 Capital Health Systems, Hopewell (formerly Mercer Hospital) – Pennington, NJ 1990-present
 Robert Wood Johnson University Hospital at Hamilton – Hamilton, NJ 1987-present
 Regional Medical Center – Trenton, NJ 1993-present

MEMBERSHIP IN PROFESSIONAL AND SCIENTIFIC SOCIETIES:

American Academy of Family Physicians 1975-present
 American College of Sports Medicine (ACSM) 1978-present
 American Running & Fitness Association (AR&FA) 1987-present
 Medical Society of New Jersey- Medical Aspects of Sports Committee Member 1988-present
 Vice Chairman 2001-present
 Mercer County Medical Society 1997-present
 National Athletic Trainers Association (NATA) – Advisory member 1988-present
 Athletic Trainers Society of New Jersey (ATSNJ) – Advisory member 1989-present
 New Jersey Academy of Family Physicians (NJAFP) 1977-present
 Robert Wood Johnson Medical School Alumni Association 1978-present
 Vice President 1978-80
 President Elect 1980-82
 President 1982-84
 Member, Board of Directors 1978-present
 USA Track & Field (USAT & F) Supporting Member 1986-present
 US Olympic Sports Medicine Society (USOSMS) Charter Member 1992-present

ADVISORY BOARDS:

Governor's Council on Physical Fitness & Sports, State of New Jersey 1991-93
 New Jersey Council on Physical Fitness & Sports 2000-present
 Vice Chairman 2008-present
 Chairman 2008-present
 NJSIAA – New Jersey State Interscholastic Athletic Association – present
 Medical Advisory Board
 UMCP" Princeton Wellness and Fitness – present
 Medical Advisory Board
 Special Olympics New jersey Board of Directors 2002-2009
 2009-present

NATIONAL /INTERNATIONAL EXPERIENCE:

United States Olympic Committee (USOC)	
USOC Training Center (Colorado Springs, CO) – volunteer physician	1982
US Olympic (National) Sports Festival	
Physician: Colorado Springs, CO	1983
Head Physician: Baton Rouge, LA	1985
Drug Control Program Crew Chief	1983-91
Pan American Games	
US Physician: Primary responsibility for all Track & Field, Aquatic Sports (S & D, WP) Martial Arts & Tennis	1987
USA Track & Field: United States Team Physician:	
Pan American Games (Indianapolis, Indiana)	1987
Junior Pan American Track & Field Championships (Santa Fe, Argentina)	1989
US vs United Kingdom (Glasgow, Scotland)	1991
World Indoor Championships (Seville, Spain)	1991
World Outdoor Track & Field Championships (Stuttgart, Germany)	1993
World Junior Championships (Annecy, France)	1998
USA Track & Field: United States Assistant Team Physician	
US Olympic Men's Marathon Trials (Waterfront Marathon)	1988
United States Rowing Association (Physician)	
Women's Olympic Team Trials	1984
Pre-Olympic Training Camp (Princeton, New Jersey)	
National Collegiate Athletic Association (NCAA)	
Fencing: Men's and Women's Division I Championships	1980
Field Hockey: Women's Div III Championship Game	1991
Lacrosse: Men's Div I Championship Game	1981
Women's Div I & III Tournament (Head Physician)	1991 & 95
Wrestling: Div I Tournament (Head Physician)	1981 & 84
Div III Tournament (Head Physician)	1999 & 00
National Junior College Athletic Association (NJCAA)	
Soccer: Men's & Women's National Championships	1987-93
Men's National Championships	1994-99
TCNJ - Division III	
Ireland & England: 2 weeks with Princeton-West Point Team (4 meets)	1980
New Jersey Nets Basketball – Back up Physician for Rookie & Training Camps	
(Princeton, New Jersey) (Also caring for Knicks, Bullets, 76er's)	1984-85 1987-88
Intercollegiate Tennis Association – China Trip	2004
Special Olympics New Jersey Physician	
Head Physician	1988-92 2000-present
Special Olympics 2014 USA Games Head Physician	2014

TEAM PHYSICIAN:

The College of New Jersey (formerly Trenton State College)	1990-93 & 1995-present
Mercer County Community College (also school physician)	1987-present
The Hun School of Princeton (also school physician)	1978-present
The Pennington School (also school physician)	1988-present
Lawrence Township Public Schools	2007-present
Hopewell Valley Regional School District	2010-present
Notre Dame High School	2012-present
Princeton University	1977-87
Rider University	1987-93
The Lawrenceville School	
Assistant to Team Physician	1990-93
Team Physician	1997-98

OTHER MEET /TOURNAMENT PHYSICIAN

Baseball:	NJ High School All Star Championships	1978-79
Ice Hockey:	Lawrenceville School Tournament	1990, 1993, 1997
Soccer:	Hopewell Valley NJ Invitational (annually)	1991-99
	Lawrenceville Firecracker Tournament	1988
Track:	Princeton Indoor Invitational Relays – Men	1978-87
	Princeton Indoor Invitational Relays – Women	1980-87
	Princeton Adidas Invitational	1981-87
	Heptagonal Championships	1981-82
	High School Eastern Championships	1980
	New Jersey College Championships – Indoor	1979-80
	New Jersey College Championships – Outdoor	1979-87
	Multiple Road Races (including Pennington Day Race)	1979-2000
Wrestling:	Eastern Intercollegiate Wrestling Association	
	EIWA Championships	1989
	New Jersey Prep School Championships	1988-89
	New Jersey District 25 Championships	1988
	East Coast Conference (college) Championships	1992

PUBLICATIONS:

1. Levandowski, R. "AIDS and Athletics: Myths and Realities". SportCare and Fitness. September/October 1988.
2. Becker, T... Levandowski, R., et al. "Grappling with Herpes: Herpes Gladiatorum". American Journal of Sports Medicine. Vol. 16, No. 6. November/December 1988. P. 665-669.
3. Levandowski, R. "Sports medicine for the EMT: Ankle Sprains". The Gold Cross. Vol. 60, No. 9. September 1989.
4. Levandowski, R., Young, B. "Update on Sports Nutrition". New Jersey Medicine: The Journal of the Medical Society of NJ. September 1991. p. 659-661.
5. Levandowski, R., McInerney, Scott. "Anabolic Steroids: Performance Enhances?" New Jersey Medicine. September 1991. Page 663-664.
6. Levandowski, R. "Muscle Cramps". House Calls : How Doctors treat themselves and Their Own Families for Common Illnesses and Injuries (Gerald Couzens, Ed.) A Fireside Book (Simon and Schuster). New York. 1993 Pages 83-85.
7. Levandowski, R. and DiFiori, J. P. Chapter 49: "Thigh Injuries"; and
8. Levandowski, R., Chapter 50 "Knee Injuries"; and
9. Levandowski, R., and DiFiori, J. P. Chapter 51: "Leg Injuries"; and
10. Smith , R. D. and Levandowski, R. Chapter: "The History of Sports Medicine - A full Circle". Birrer, Richard (Editor). Sports Medicine for the Primary Care Physician. 2nd Edition. CRC Press, Inc., (Times Mirror Books), Boca Raton, Florida, 1994.
11. Levandowski, R., Keogh, G. and Mullane, J. Chapter 43: "Common Skin Problems in Athletes". Mellion, M. B. (ED.). Sports Medicine Secrets - Hanley and Belfus Inc. Philadelphia - 1994. Second Edition 1997.

AUDIO TAPES:

1. Levandowski, R. "Lower Extremity Running Injuries". Sports Medicine. Audio Digest. Family Practice. Vol. 39, No. 35. September 16, 1991. Audio Digest Foundation. California Medical Association.
2. Levandowski, R. "Sports Nutrition". We Are What We Eat. Audio- Digest Family practice. Vo.. 40, No. 24. 6/22/92. Audio - Digest Foundation. California Medical Association.

SCIENTIFIC LECTURES PRESENTED:

1. "Role of Exercise in Pre and Post - Infarction". Cardiovascular Workshop for Nurses. The Hospital Education and Research Foundation of Pennsylvania. Harrisburg, PA. 1975.
2. "Physiology of Exercise". Medical Staff Lecture. Lancaster General Hospital. Lancaster, PA. 1975.
3. "Emergency Childbirth". Lecture, Paper and Demonstrations for Inservice Department to Emergency Medical Technicians and House Staff. Lancaster General Hospital. Lancaster, PA. 1976.
4. "Sports Medicine". Department of Family and Community Medicine. Lancaster General Hospital. Lancaster, PA. 1976.
5. "Protocol on Male Infertility". Department of Family and Community Medicine. Lancaster General Hospital. Lancaster, PA 1976.

SCIENTIFIC LECTURES (cont'd)

6. "The Sports Physical: A Practical Approach". Family Medicine Institute. Augusta General Hospital. Augusta, ME. 1978.
7. "Running Injuries - Prevention and Treatment". Family Medicine Conference. Somerset Hospital, Somerville, NJ. 1980.
8. "Ankle Injuries". Department of Family Practice. Princeton, NJ. 1981.
9. "The Integration of Adolescent, School and Sports Medicine in a Family Practice Residency Curriculum". Society of Teachers of Family Medicine. Northeast Regional Meeting. Hershey, PA 1981.
10. "Herpes Virus: A Growing Health Concern". Princeton University, Princeton, NJ. 1981.
11. "Herpes Update - 1982". Princeton University. Princeton, NJ. 1982.
12. "Common Running Injuries". Grosh Sports Medicine Symposium. Lancaster, PA. 1982.
13. "Herpes Virus Infections". United States Olympic Training center. Colorado Springs, CO. 1982.
14. "Acute Ear Hematoma in Wrestlers". American College Health Associations. St. Louis, MO. 1983.
15. "The Pre-participation Examination". Sports Medicine Seminar. UMDNJ - Rutgers Medical School. Piscataway, NJ. 1983.
16. "The Runner's Knee". Temple University School of Medicine Eighth Annual Family Practice Review. Host Farm. Lancaster, PA. 1984.
17. "The Pre-participation Sports Physical and Conditioning of Athletes". Distinguished Lecturer Series. St. Joseph's Hospital and Medical Center. Paterson, NJ 1984.
18. "Role of the Family Physician in Sports Evaluations and Conditioning". Somerset Medical Center. Department of Family Practice. Somerville, NJ. 1984.
19. "Soft Tissue Injuries of the Knee". St. Peter's Medical Center and Middlesex General University Hospital. Department of Family Medicine. New Brunswick, NJ. 1984.
20. "Rapid Assessment and Early Management of Soft Tissue Injuries". American College Health Association Annual meeting. Washington, DC. 1985.
21. "Ankle Injuries - Diagnosis and Practical Management". Somerset Family Practice Associates. Somerset, NJ 1985.
22. "Overuse Syndromes of the Knee". Freehold Hospital Staff Meeting. Freehold, NJ. 1986.
23. "Overview of Ankle Injuries". Hunterdon Medical Center. Flemington, NJ. February 1986.
24. "Knee Injuries - Examination, Diagnosis and Treatment". Somerset Family Practice Associates. Somerville, NJ. May 1986.
25. "Ankle Injuries - Examination, Diagnosis and Treatment". Somerset Family Practice Associates. Somerville, NJ. May 1986.
26. "Lower Extremity Injuries - Examination, Diagnosis and Treatment". Somerset Family Practice Associates. Somerville, NJ. June 1986.
27. "Drug Testing". Fourth Annual Garden State Sports Medicine Symposium. New Brunswick, NJ. December 1986.

SCIENTIFIC LECTURES (cont'd)

28. "The Pediatrician's Role in a Community Sports Program - Preparing School Age Athletes". Pediatric Grand Rounds., Muhlenberg Regional Medical Center. Plainfield, NJ. January 1987.
29. "Drugs - Trouble for Students and Problems for Coaches". Sustained Growth Program. Princeton Regional Schools. Princeton, NJ. January 1987.
30. "Sports Medicine: Lower Extremity Problems of the Athlete - an Overview"; and
31. "Sports Medicine: Lower Extremity Problems of the Athlete - Ankle Injuries". Seventeenth Annual Winter Refresher Course for Family Physician. Medical College of Wisconsin. Milwaukee, WI, January 1987.
32. "Evaluation of the Injured Knee and Ankle in the Runner. When and How to Treat? When to Refer?". Temple University School of Medicine. Eleventh Annual Family Practice Review. Lancaster, PA. March 1987.
33. "Functional Orthotics for the Ankle and Leg". Princeton Medical Center. Family Practice Department. Princeton, NJ. April 1987.
34. "Ankle Injuries". The Institute for Sports Medicine. Athletic Trainers' Lecture Series. Hamilton, NJ May 1987.
35. "Diagnosis and Treatment of Neck Pain -- An Introduction to Manual Medicine Techniques". Somerset Hospital. Family Practice Residents' Conference. Somerville, NJ. May 1987.
36. "Drug Education and Testing on the College Campus". American College Health Association Annual Meeting. Chicago, Ill. May 1987.
37. "The Ankle - Problems and Solutions". Hunterdon Medical Center. Family Practice Residents' Conference. Flemington, NJ. June 1987.
38. "Soft Tissue Injuries of the Knee". Institute for Sports Medicine. Athletic Trainers' Lecture Series. Hamilton, NJ. September 1987.
39. "Sports Medicine for the Podiatrist". Southern Counties Podiatry Association. Cherry Hill, NJ. September 1987.
40. "Everything You Ever Wanted to Know About Your Back". Princeton Occupational Medicine Conference. Princeton, NJ. January 1988.
41. "Drug Testing Update". Eastern Athletic Trainers Association. Monticello, NY. January 1988.
42. "Role of Rehabilitation Services in Clinical Practice.". Hamilton Hospital Physician's CME Conference. (Temple University School of Medicine). Hamilton, NJ. January 1988.
43. "Aids in the Workplace". 19th Annual Meeting of the Radiologic Technologists NJ Society. Atlantic City, NJ. February 1988.
44. "Conditioning for the Competitive Athlete: Training, Nutrition and Psychology". Princeton University. Health Services & the Dairy Council, Inc. Princeton, NJ. February 1988.
45. "Lower Extremity Overuse Syndromes - Recognition and Prevention". American Aerobics Association Certification Course. Princeton, NJ. February 1988.
46. "Shoulder, Neck and Back Problems _ Recognition and Prevention". American Aerobics Association Certification Course. Princeton, NJ. February 1988.
47. "Recognition and Rehabilitation of Ankle Injuries". JFK Hospital - Family Practice Residency Conference. Edison, NJ. March 1988.

SCIENTIFIC LECTURES (cont'd)

48. "Ankle Injuries - Sprains & Strains that Pain". Temple University School of Medicine 12th Annual Family Practice Review. Lancaster, PA. March 1988.
49. "Orthopedic Medicine: Massage, Mobilization & Manipulation". Institute for Sports Medicine. Athletic Trainers' Lecture Series. Hamilton, NJ. April 1988.
50. "Drugs: Drug Use & Misuse, Drug Testing Update, Recognition of Substance Abuse". NJ Waterfront Marathon & 1988 US Olympics Marathon Trials Sports Medicine Conference. Elizabeth, NJ. April 1988.
51. "Critical Importance of Proper Nutrition in the Professional & Casual Athlete"; and
52. "Use & Misuse of Drugs". Sports Medicine - A Primary Care Physician's Responsibility. Somerset Hospital. Somerville, NJ. April 1988.
53. "Adolescent Sports Medicine". Freehold Area Hospital. Freehold, NJ July 1988.
54. "Medical - Legal Aspects of Employee Relations". American Corporate Counsel Association. Philadelphia, PA. (with Jonathan Kane, Esq.). September 1988.
55. "Substance Abuse Issues in the Workplace". New Jersey American Corporate Counsel Association. Princeton, NJ. (with Jonathan Kane, Esq.). September 1988.
56. "Ankle Injuries - Some New Twists"; and
57. "AIDS in the Sports Medicine Workplace". 6th Annual Garden State Symposium. New Brunswick, NJ. December 1988.
58. "Practical Aspects of Substance Abuse in the Workplace". Princeton Area Bar Association. Princeton, NJ. October 1988.
59. "Management of Knee Problems". Riverview Medical Center. Red Bank, NJ. December 1988.
60. "Impaired Lawyers and the Professional Response - Medical Aspects of Drug Use, Misuse and Abuse". The Legal Profession and Professional Responsibility. University of Pennsylvania Law School. Philadelphia, PA. January 1989.
61. "Soft Tissue Injuries of the Knee". Department of Internal Medicine. Atlantic City Medical Center. Atlantic City, NJ. March 1989.
62. "Podiatric Sports Medicine - The Ankle & Heel". Southern NJ Podiatric Meeting. Atlantic City, NJ. March 1989.
63. "How Does the Meniscus of the Knee get Injured? - Diagnostic Considerations". Temple University School of Medicine Annual Family Practice Review. Lancaster, PA. March 1989.
64. "Exercise Physiology". Annual Merck Health Services Conference. Woodbridge, NJ. March 1989.
65. "Injury Recognition & Treatment". Annual Merck Health Services Conference. Woodbridge, NJ. March 1989.
66. "Ankle Injuries". Rutgers University Health Services Staff Conference. New Brunswick, NJ. April 1989.
67. "Soft Tissue Injuries of the Knee, the Examination, How to Diagnose and How to Treat". Sports Medicine for the Family Physician Annual Conference of Rhode Island Chapter of AAFP. Department of Family Medicine Brown University - Memorial Hospital of Rhode Island. April 1989.
68. "Common Shoulder Problems - Examination and Diagnosis". Princeton University Health Services Staff Conference. Princeton, NJ. April 1989.

SCIENTIFIC LECTURES (cont'd)

70. "Podiatric Sports Medicine". NE Regional Meeting of Pennsylvania Podiatric Society (Lehigh Valley) . Allentown, PA. May 1989.
71. "Sports and Occupational Trauma". Resident and Staff Conference. York Osteopathic Hospital. York, PA. May 1989
72. "Evaluation & Treatment of Foot & Ankle Injuries". Department of Family Practice. Harrisburg Polyclinic Medical Center. Harrisburg, PA. May 1989.
73. "Manual Therapy for the Care & Treatment of the Spine" and:
74. "Fiberglass Splinting & Immobilization". 3rd Annual Symposium. Athletic Trainers Society of New Jersey. Asbury Park, NJ. May 1989.
75. "Physical & Psychological Ramifications of Steroid Abuse". Athletic Drug Awareness Conference - Steroids: Playing with Trouble. New Jersey State Department of Health Division of Narcotics & Drug Abuse Control. Mercer County Community College. Trenton, NJ. May 1989.
76. "The Musculoskeletal Evaluation: How to Examine the Knee & Ankle". 67th Annual Meeting American College Health Association. Washington, DC. May 1989.
77. "Sports & Occupational Medical Problems". Veterans Administration Hospital. Coatsville, PA. September 1989.
78. "Overuse Injuries in Sports and the Workplace". Pottstown Memorial Medical Center. Pottstown, PA. September 1989.
79. "Podiatric Sports Medicine - The Ankle". Podiatric Society. Cherry Hill, NJ. September 1989.
80. "Overuse Injuries of the Knee". Body Wise: 1989 World Class Fitness Conference. American Aerobic Association International and the International Sports Medicine Association. Cherry Hill, NJ. October 1989.
81. "How to Examine the Knee/Orthopedic Devices". Body Wise: 1989 World Class Fitness Conference. American Aerobic Association International and The International Sports Medicine Association. Cherry Hill, NJ. October 1989.
82. "The Ankle" and "Examining the Foot and Ankle". Body Wise: 1989 World Class Fitness Conference. American Aerobic Association International and the International Sports Medicine Association. Cherry Hill, NJ. October 1989.
83. "Sports Shorts - Common Sports Medicine Problems". House Officer and Staff conference. Delaware Valley Medical Center. Langhorne, PA. October 1989.
84. "A Potpourri of Sports Medicine Problems". Grand Rounds. West Chester County Hospital. West Chester, PA. October 1989.
85. "Sports and Occupational Medicine in Family Practice/Primary Care"; and
86. "Overuse Problems of the Knee"; and
87. "Traumatic Meniscal and Ligamentous Injuries of the Knee"; and
88. "Ankle Injuries". Sports and Occupational Medicine: Orthopedics for the Primary Care Physician. Polyclinic Medical Center. Harrisburg, Pa. October 1989.
89. "Common Injuries of the Knee". Family Practice Department Conference. West Jersey Hospital - Voorhees Division. Voorhees, NJ.. November 1989.

SCIENTIFIC LECTURES (cont'd)

90. "Common Overuse Injuries: How to Recognize and Prevent Them". New Jersey Association for Health, Physical Education, Recreation & Dance (NJAPERD) Fall Conference and The New Jersey Education Association Convention. Atlantic City, NJ. November 1989.
91. "Inflammatory Conditions of Soft Tissue: There is an Itis for Everyone". Veterans Administration Hospital. Coatsville, PA. November 1989.
92. "Overuse Injuries in Children and Adults". Medical/Surgical Staff Grand Rounds. Holy Redeemer Hospital. Meadowbrook, PA. November 1989.
93. "Update - Management of Low Back Pain". Somerset Medical Center Continuing Medical Education Series. Somerville, NJ. November 1989.
94. "Common Problems in Sports and Occupational Medicine - Cumulative Trauma and Overuse Injuries". Grand Rounds. Hunterdon Medical Center. Flemington, NJ. November 1989.
95. "Traumatic Knee Injuries". Department of Family Medicine. The Medical Center at Princeton. Princeton, NJ. January 1990.
96. "Pediatric Sports Medicine - Overuse Syndromes". Elizabeth General Medical Center. Department of Pediatrics Grand Rounds. Elizabeth, NJ. February 1990.
97. "Common Overuse and Inflammatory Conditions". Medical Staff Grand Rounds. St. Mary's Medical Center. Langhorne, PA. February 1990.
98. "The Foot and Ankle"; and
99. "The Knee and Leg"; and
100. "How to Examine and Rehabilitate the Lower Extremity" ; and
101. "How to Examine and Rehabilitate the Upper Body". Body Wise - 1990 World Class Fitness, Education and Certification Conference. American Aerobic Association International. West Palm Beach, FL. March 1990.
102. "Common Sports Medicine Problems". Rutgers University Health Services Staff Continuing Education. New Brunswick, NJ.. March 1990.
103. "Shoulder Injuries"; and
104. "Elbow and Arm Injuries"; and
105. "Wrist Problems"; and
106. "Hand and Finger Injuries"; and
107. "Cervical Spine and Brachial Plexus Injuries". Sports and Occupational Medicine for the Primary Care Physician - Upper Extremity and Neck Injuries. Department of Family and Community Medicine. Polyclinic Medical Center and The Milton S. Hershey Medical Center. Harrisburg, PA. March 1990.
108. "Update on Therapeutic Techniques in Sports Podiatry". Area podiatrist Dinner Meeting. Blue Bell, PA. March 1990.
109. "Knee Problems - Childhood to Old Age". Harrisburg Hospital. Family Practice Residency Meeting. Harrisburg, PA. March 1990.
110. "The Role of the Primary Care Physician in Sports Programs"; and

SCIENTIFIC LECTURES (cont'd)

111. "The Physiology of Exercise"; and
112. "Overall Effects of Training (Conditioning)"; and
113. "The Physician's Black Bag"; and
114. "Introduction to Problems of Overuse"; and
115. "Common Soft Tissue Injuries of the Knee"; and
116. "Knee Sprains"; and
117. "The Vulnerable Meniscus"; and
118. "Detailed Examination of the Knee". Sports Medicine and the Office Care of the Injured Individual. UMDNJ - Robert Wood Johnson Medical School. Department of Family Medicine. New Brunswick, NJ. 1990.
119. "Contributing Factors in Overuse Injuries". Grand Rounds. Lancaster General Hospital. Lancaster, PA. May 1990.
120. "Inflammation & Upper Extremity Sports Injuries"; and
121. "The Vulnerable Ankle & Knee". Eastern Maine Medical Center. Family Practice Retreat. Northeast Harbor, MA. May 1990.
122. "Ankle Injuries"; and
123. "Leg Injuries"; and
124. "The Detailed Examination of the Ankle". Sports Medicine & the Office Care of the Injured Individual. Department of Family Medicine. UMDNJ - Robert Wood Johnson Medical School. New Brunswick, NJ. May 1990.
125. "Examination & Diagnosis of Common Knee Injuries". Area Physicians' Dinner Meeting. Iselin, NJ. August 1990.
126. "Sports Medicine in the Primary Care Setting". Area Physicians' Dinner Meeting. Summit, NJ. August 1990.
127. "Diagnosis & Management of Sports Injuries in Soft Tissue". Department of Family Medicine. Robert Wood Johnson Medical School. Dinner Meeting. Iselin, NJ.. August 1990.
128. "Primary Care Sports Medicine: Overuse Injuries". Grand Rounds in Internal Medicine. Muhlenberg Medical Center. Plainfield, NJ. September 1990.
129. "Therapeutic Update in Sports Podiatry". NJ Podiatry Society. Freehold, NJ. September 1990.
130. "Sports Nutrition Made Simple". Sports Medicine '90. Medical Society of NJ and Academy of Medicine of NJ. Lawrenceville, NJ. October 1990.
131. "Evaluation and Management of Back Injuries". Physicians' Dinner Meeting. Department of Family Medicine. Robert Wood Johnson Medical School. East Brunswick, NJ. October 1990.
132. "Pediatric Sports Medicine". Pediatric Grand Rounds. Muhlenberg Medical Center. Plainsfield, NJ. November 1990.

SCIENTIFIC LECTURES (cont'd)

133. "Management of Sports Injuries as Seen by the Primary Physician". Medical Grand Rounds. Raritan Bay Medical Center. Perth Amboy, NJ. November 1990.
134. "Sports Nutrition" (with Beth Young, RD). Rider College Arete Program. Lawrenceville, NJ. November 1990.
135. "Steroids and Substance Abuse for the Athletes". Rider College Arete Program. Lawrenceville, NJ. December 1990.
136. "Assessment of Shoulder & Knee Injuries". Emerging and Emergency Issues in Adolescent Healthcare. Rutgers University Health Services Professionals. New Brunswick, NJ. January 1991.
137. "The Family Physician's Role In Overuse Sports Injuries". Beaver County Family Physicians Quarterly CME Meeting. Rochester, PA. January 1991.
138. "Splinting, Casting and Orthoses for Sports Injuries". Family Practice Residency Meeting; and
139. "Common Problems in Primary Care Sports Medicine". Grand Rounds. The Medical Center. Beaver, PA. January 1991.
140. "Acute Knee Injuries - When to Treat and When to Refer". Family Practice Noon Conference. Washington Hospital. Washington, PA. February 1991.
141. "Knee Pain: How to Treat and When to Refer". Mercer County Chapter of the American Academy of Family Physicians. Trenton, NJ. February 1991.
142. "Impediments to Performance". Mercer Medical Center. Department of Family Medicine Annual Dinner. Yardley, PA. February. 1991.
143. "Drugs, Alcohol and Athletes". Rider College Arete' Program. Lawrenceville, NJ. March 1991.
144. "Steroids: A Frank Discussion". Trenton State College. Trenton, NJ. March 1991.
145. "Running Injuries of the Lower Extremities: Diagnostic and Therapeutic Considerations". Temple University School of Medicine Annual Family Practice Review. Lancaster, PA. March 1991.
146. "Pharmacists and Sports Medicine - A Winning Combination". Essex County Pharmaceutical Society. Hoffman LaRoche. Nutley, NJ. April 1991.
147. "Substance Abuse". Arete Program. Rider College Department of Athletics/Sports Medicine. Lawrenceville, NJ. September 1991.
148. "Anabolic Steroids and Performance Enhancers". Sports Medicine '91. Medical Society of New Jersey. Lawrenceville, NJ. October 1991.
149. "The Primary Care Physician's Role in Community Fitness" ; and
150. "Pre-participation Sports Specific Physical Examination"; and
151. "Common Sports Injuries of the Lower Extremities"; and
152. "Common Sports Injuries of the Upper Extremities". Diagnosis and Nonsurgical Treatment of Sports Injuries. Allegheny Family Physicians of Altoona Hospital. Altoona, PA. October 1991.
153. "Sports Nutrition: Eating Competitively" and "Eating Disorders". Arete Program. Rider College Department of Athletics/Sports Medicine. Lawrenceville, NJ. October 1991.
154. "Overuse Injuries in Sports"; and

SCIENTIFIC LECTURES (cont'd)

155. "Acute and Chronic Ankle Problems"; and
156. "Falls on the Outstretched Wrist". Primary Care Sports and Occupational Medicine. Department of Family Medicine. Riverside Hospital. Newport News, VA. October 1991.
157. "Treating Podiatric Sports Medicine Injuries: Medicine, Modalities and Modifications (Orthopedic Soft Goods)". South Jersey Podiatry Association. Voorhees, NJ. November 1991.
158. "Lower Extremity Injuries". South Jersey Podiatric Society Dinner Meeting. Cafe San Rocco. Hammonton, NJ. February 1991.
159. "Sports Podiatry" and "Business Aspects of Medical - Podiatry Practice. Atlantic County Podiatry Association. Cousin's Restaurant. Bargaintown, NJ. February 1992.
160. "Acute & Chronic Low Back Pain". Dinner Meeting. Hamilton Hospital Medical and Surgical Staff. Trenton, NJ. March 1992.
161. "Management of Sports Injuries by Primary Care Physicians". NJ Academy of Family Physicians. 40th Annual Meeting and Scientific Assembly. Atlantic City, NJ. March 1992.
162. "What Every Family Physician Should Know About Sports Nutrition: The Family Physician as Teacher and Consultant". The 16th Annual Family Practice Review. Temple University School of Medicine. Lancaster, PA. March 1992.
163. "The Senior Athlete". Dinner Meeting For Burlington County Physicians. Cafe Gallery. Burlington, NJ.. April 1992.
164. "Ankle Injuries"; and
165. "Upper Extremity Sprains & Fractures". Clifton Family Practice Associates. St. Joseph's (Paterson) Hospital. Department of Family Medicine. Clifton, NJ.. May 1992.
166. "Common Dermatologic Problems"; and
167. Neuromuscular Diseases (including Guillain Barré) and the Athlete". 6th Annual Symposium. Athletic Trainers Society of New Jersey Annual Meeting. East Brunswick, NJ. May 1992.
168. "Injury Rehabilitation: Spring to Fitness" Bodywise: 1992 Education and Certification Conference. American Aerobics Association International and International Sports Medicine Association. Princeton, NJ. May 1992.
169. "Common Running Injuries". Medical & Therapy Staff Grand Rounds. Camp Pendleton Naval Hospital. San Diego, CA. July 1992.
170. "Sports Related Rashes - Wrestling with a Diagnosis"; and
171. "Different Bags, Different Sports: Covering Athletic Competition". Clinical Symposium on Sports Medicine & Health Promotion. Lancaster General Hospital. Louis Von Hess Foundation for Medical Education. Lancaster, PA. October 1992.
172. "Sports Nutrition Update". Sports Medicine '92. Medical Society of New Jersey. Lawrenceville, NJ. October 1992.
173. "An Anatomical Approach to Knee Pain". Department of Medicine Grand Rounds. The Medical Center at Princeton. Princeton, NJ. October 1992.
174. "Management of Acute Pain in Musculoskeletal Injuries". Guest Lecturer Series - Medical & Physical Therapy Staffs. United States Military Academy. West Point, NY. November 1992.

SCIENTIFIC LECTURES (cont'd)

175. "Managing Acute and Chronic Pain - Injuries to the Knee". Dinner Meeting for Tri-County Physicians and Allied Health Professionals. Hackensack, NJ. December 1992.
176. "New Options in Analgesic Therapy-Knee Injuries as a Model". Christ Hospital CME Program. Christ Hospital. Jersey City, NJ. February 1993.
177. "New Advances in Oral Analgesic Therapy-Options in Pain Management - Fitness and Injury Treatment". Emergency Medicine Residency Lecture Series. Metropolitan Hospital. Cleveland, OH. March 1993.
178. "Non - Steroidal Medications and Physical Medicine Treatment of Soft Tissue Injuries Focusing on the Knee". Medical Staff. Lakewood Hospital. Lakewood, OH. March 1993.
179. "Update in Pain Management". Department of Medicine. Centra State Hospital. Freehold, NJ March 1993
180. "Pain Management of Soft Tissue Injury". Elizabeth General Medical Center. Elizabeth, NJ. March 1993.
181. "Overuse Injuries and Arthritis of he Knees". Mercer County Family Practice Group. Sal DeForte's Restaurant. Trenton, NJ. March 1993.
182. "Acute and Chronic Pain and Knee Injuries". American College of General Practice. Ramada Renaissance Hotel. East Brunswick, NJ. March 1993.
183. "Running Injuries". The New Jersey Academy of Family Physicians 41st Annual Meeting and Scientific Assembly. Merv Griffin's Resort Casino Hotel. Atlantic City, NJ. March 1993.
184. "Anemia in Athletes"; and
185. "Chronic Fatigue, Overtraining and Depression in Athletes". Sports Medicine: An In-depth Review. American Academy of Family Physicians. Dallas, TX April 1993.
186. "Pain Management of Acute and Chronic Soft Tissue Injuries". Medical Staff Meeting. JFK Hospital. Edison, NJ May 1993.
187. "Foot and Ankle Problems in Primary Care". Rheumatology Conference. The Medical Center at Princeton. Princeton, NJ. May 1993.
188. "Common Knee Problems Seen by the Family Physician: An Anatomic Approach". Louisiana Academy of Family Practice Annual Meeting. Lafayette, LA. July 1993.
189. "Common Eye Problems"; and
190. "Management of Injuries in Elite Runners". United States Track and Field Team. Medical and Athletic Trainer Staff Meetings World Championships Track and Field. Stuttgart, Germany. August 1993.
191. "Neck and Back Pain Management"; and
192. "Casting, Splinting and Manual Techniques for Dealing with Musculoskeletal Problems". Cruz Bay Medical Staff. St. John, USVI November 1993.
193. "Pain Management: Acute and Chronic Soft Tissue and Spinal Injuries". Medical Staff Grand Rounds. Christ Hospital. Jersey City, NJ. November 1993.
194. "Soft Tissue Injuries of the Knee". Department of Medicine Grand Rounds. Wayne General Hospital. Wayne, NJ. December 1993.
195. "Knee Injuries - An Anatomic Approach"; and

SCIENTIFIC LECTURES (cont'd)

196. "The Detailed Examination of the Knee". Medical Staff Grand Rounds. Riverview Medical Center. Red Bank, NJ. January 1994.
197. "Sports Medicine for the Internist : Shoulder Injures - Acute and Chronic". House Staff and Department Rheumatology Conference. The Medical Center at Princeton. Princeton, N.J. January 1994.
198. "Sports Medicine of the Foot and Ankle- Acute, Chronic and Neurologic". Current Concepts in Podiatric Care. Seminar for Podiatric and Medical Staff. Riverview Medical Center. Red Bank, N.J. January 1994.
199. "Sports Related Injuries of the Foot and Leg". Grand Rounds. JFK Hospital (UMDNJ - NJSOM). Cherry Hill, N.J. February 1994.
200. "Potpourri of Muscle, Bone and Joint Problems". Medical Staff Ground Rounds. Hamilton Hospital. Hamilton, N.J. February 1994.
201. "What Every Doctor KNEES to Know". Primary Care: A Practical Approach for the Future. Morristown Memorial Hospital. Medical Society of NJ. Whippany, NJ. April, 1994.
202. "Pre and Post-Operative Pain Management". Podiatric Society Eastern Division. Mountainside, NJ. May, 1994.
203. "Rehabilitation of Injuries and Overuse Syndromes" BODYWISE EDUCATION & CERTIFICATION CONFERENCE. AAAI/ISMA (American Aerobic Association International/International Sports Medicine Association). Princeton, NJ. May, 1994.
204. "Pain Management and Sports Medicine Injuries: Diagnosis and Splinting Techniques. Department of Family Medicine. Somerset Medical Center. Somerville, NJ. May, 1994
205. "Sports Related Injuries". CME Grand Rounds. The Medical Center at Princeton. Princeton, NJ. May, 1994.
206. "Differential Diagnosis of Muscle Pain". Grand Round Speaker Program. JFK Medical Center. Edison, NJ. June, 1994.
207. "Teaching Sports Medicine: Diagnosis and Treatment of Ankle Problems". Faculty- Resident Meeting. Department of Family Medicine University of Medicine & Dentistry of NJ-School of Osteopathic Medicine. Stratford, NJ. September, 1994
208. "Nutrition & The Athlete: Female Eating Disorders". Sports Medicine '94. Academy of Medicine of New Jersey & Medical Society of New Jersey, Committee on Medical Aspects of Sports. Lawrenceville, NJ. October, 1994
209. "Sports Medicine for the Primary Care Physician". Medical Staff Grand Rounds. Lancaster General Hospital. Lancaster, PA. October, 1994.
210. "Myofascial Pain & Fibromyalgia" Current Concepts in Medicine & Surgery. John F. Kennedy Medical Center. Edison, NJ. November, 1994.
211. "Practical Splinting, Casting, and Bracing"; and
212. "Non-Drug Management of Pain"; and
213. "Treatment Strategies for the Spine"; and
214. "Running Injuries". Sports Medicine: An In-Depth Review. American Academy of Family Physicians. Dallas, Texas. February, 1995

SCIENTIFIC LECTURES (cont'd)

215. "Common Running Injuries". Annual Primary Care Sports Medicine Symposium. Milton S. Hershey Medical Center. Hershey, PA. March, 1995
216. "Diagnosis and Treatment of Traumatic and Overuse Injuries of the Knee." COMMONsense Sports Medicine Symposium. Memorial Hospital of Burlington County Conference Center. Mt. Holly, New Jersey. October, 1995.
217. "Back Injuries in the Athlete." COMMONsense Sports Medicine Symposium. Memorial Hospital of Burlington County Conference Center. Mt. Holly, New Jersey. October, 1996.
218. "Anemia in Athletes;" and
219. "Chronic Fatigue and Overtraining." Sports Medicine: An In-Depth Review. American Academy of Family Physicians. Dallas, Texas. February, 1997.
220. "Traumatic and Overuse Injuries of the Knee". Atlantic City Medical Center. Atlantic City, New Jersey. September 1997
221. "Soft Tissue Problems of the Knee". Helene Fuld Medical Center. Plainsboro, New Jersey September 1997.
222. "Common Soft Tissue Injuries of the Lower Extremities in Runners". Department of Family Medicine, Family Practice Residency Program at Capital Health System. Plainsboro, New Jersey. November 1998.
223. "Musculoskeletal Evaluation of the Lower Extremities". Department of Family Medicine, Family Practice Residency Program at Capital Health System. Plainsboro, New Jersey. August 1999.
224. "Nutrition & The Athlete: Nutritional aids and Supplements". Sports Medicine '99. Medical Society of New Jersey, Committee on Medical Aspects of Sports. Lawrenceville, NJ. October, 1999

WORKSHOPS PRESENTED:

1. "Sports Medicine for Nurses". New Jersey Association of Independent School Nurses. Princeton, NJ. 1980. (3 Hours)
2. "Management of Common Athletic Injuries". Emergency Intervention in an Independent Health Care Setting. New Jersey College Health Association. Princeton, NJ 1982. (2 Hours).
3. "Evaluation, Treatment and Rehabilitation of Ankle Injuries". Workshops at Grosh Sports Medicine Symposium. Lancaster, PA. 1982. (2 Hours).
- 4-9. "Practical Approaches to Injuries of the Lower Extremities". Workshop at Temple University School of Medicine - Lancaster General Hospital Family Practice Review. Host Farm. Lancaster, PA. 1984, 1985, 1987. (Two 3 Hour Workshops, each year). 1988, 1989, 1990. (One 3 Hour Workshop).
10. "Cheap Tricks for a Quick Fix - Sports Medicine Trade Secrets". Temple University School of Medicine 10th Annual Family Practice Review. Lancaster, PA. 1986. (Two 3 Hour Sessions).
11. "Sports Medicine and Office Orthopedics". The Center for Continuing Education and Temple University School of Medicine. Marco Island, FL. April 1986. (20 Hours).
12. "Splints and Splint-Casting". Office Procedures Workshops. Rutgers Medical School Affiliated Family Practice Residency Programs. New Brunswick, NJ. April 1986. (3 1/3 Hours).
13. "Sports Medicine: Evaluation of the Athlete's Lower Extremity". 17th Annual Winter Refresher Course for Family Physicians. Medical College of Wisconsin. Milwaukee, WI. January 1987. (2 Hours).

WORKSHOPS, (cont.):

14. "Practical Splinting and Splint-Casting Technology". New Jersey Academy of Family Practice Annual Convention. Atlantic City, NJ. March 1987.
15. "Office Orthopedics and Sports Medicine". American Medical Seminars - Temple University School of Medicine. Sarasota, FL. April 1987. (20 Hours).
16. "Systematic Evaluation of Major Joints. Problems Commonly Seen in the Office". Robert Wood Johnson Medical School. Family Practice Residents. New Brunswick, NJ. June 1987. (3 1/2 Hours).
- 17-18. "Sports Injuries of the Back and Lower Extremities - Evaluation and Treatment". Temple University School of Medicine Family Practice Review. Lancaster, PA. March, 1988-89.
19. "Sports Medicine & Office Orthopedics - Lower Extremity Including Casting & Splinting". Mountainside Family Practice Residency. Verona, NJ. April 1988. (4 1/2 Hours).
20. "Upper Extremity Problems in Sports & Occupational Medicine". Robert Wood Johnson St. Peter's Family Practice Residency. New Brunswick, NJ. August 1988. (2 1/2 Hours).
21. "Orthopedic Devices for Sports Medicine". 4th Annual Pediatric Fall Festival. The Child & Young Adult: Practical Management of their Ambulatory Problems. Fairfax Hospital Department of Pediatrics & Georgetown University School of Medicine. Old Town Alexandria, Va. October 1988. (1 1/2 Hours).
22. "Office Orthopaedics & Sports Medicine". Institute for Health Education. Atlanta, GA. November 1988. (15 Hours).
23. "Office Orthopaedics & Sports Medicine". Institute for Health Education. Philadelphia, PA. November 1988. (15 Hours).
24. "Examination and Manual Therapy for Lower Extremity Problems". 6th Annual Garden State Symposium. New Brunswick, NJ. December 1988. (4 Hours).
25. "The Ankle - Evaluation, Treatment, Casting, Splinting, Bracing". Eastern Athletic Trainers Association 40th Annual Symposium. Monticello, NY. January 1989. (2 Hours).
26. "Casting & Splinting". NJ Academy of Family Physicians 37th Annual Scientific Assembly. Atlantic City, NJ March 1989. (2 Hours).
- 27-29. "Manual Medical Techniques of Massage, Mobilization and Manipulation". Temple University School of Medicine Annual Family Practice Review. Lancaster, PA. March 1989, 1990 & 1991. (2 1/2 Hours).
30. "The Ankle - HX, PX, DX, RX & TX including Casting." St. Peter's - Robert Wood Johnson Family Practice Residency. New Brunswick, NJ. March 1989. (3 Hours).
31. "Ankle and Lower Extremity Problem in Athletics including Examination, Taping, Splinting, Casting, Orthopedic Soft Goods and Ways of Diagnosing and Treating other Lower Extremity Problems". (with Charlie Thompson, MS ATC)> Sports Medicine for the Family Physician Annual Conference of Rhode Island Chapter of AAFP. Department of Family Medicine Brown University - Memorial Hospital of Rhode Island. April 1989. (3 1/2 Hours).
32. "Neck and Back Workshop - Common Problems/Massage, Mobilization, Manipulation and Proper Use of Medication/plus How to Examine Necks & Backs". Body Wise: 1989 World Class Fitness Conference. American Aerobic Association International & The International Sports Medicine Association. Cherry Hill, NJ. October 1989. (3 1/2 Hours).
33. "Lower Extremity Evaluation and Treatment Involving Orthopedic Appliances, Splints and Casts". Sports & Occupational Medicine: Orthopedics for the Primary Care Physician. Polyclinic Medical Center. Harrisburg, PA. October 1989. (3 Hours).

WORKSHOPS, (cont.):

34. "Spine and Back". Body Wise - 1990 World Class Fitness, Education and Certification Conference. American Aerobic Association International. West Palm Beach, FL. March 1990. (2 1/2 Hours).
35. "Manual Therapy, Splinting and Casting of Neck and Upper Extremity Injuries". Sports and Occupational Medicine for the Primary Care physician - Upper Extremity Neck Injuries. Department of Family Community Medicine. Polyclinic Medical Center and The Milton S. Hershey Medical Center. Harrisburg, PA. March 1990. (3 Hours).
36. "Sports Medicine: Drugs, Traumatic and Overuse Injuries and Examination of Joints". Paradigms in Health Care - Family Practice for the 90s. 42nd Annual Convention and Scientific Assembly. Pennsylvania Academy of Family Physicians. Hershey, PA. May 1990. (2 1/2 Hours).
37. "Recognition & Care of Common Fractures: Splinting & Casting For Family Docs". May 1990. (2 1/2 Hours).
38. "Neck & Back Pain - Orthopedic/Physical Medicine Techniques for Rapid Return to Function". Department of Family Practice. Eastern Maine Medical Center. Faculty & Resident Retreat. Northeast Harbor, Maine. May 1990. (2 1/2 hours).
39. "Sports Medicine Workshops - Splinting and Casting for the Family Physician". AOA and Kirschner sponsored. American Academy of Family Physicians Annual Scientific Assembly. Dallas, TX. October 1990. (12 Hours of demonstrating and teaching techniques using fiberglass casting material).
40. "Common Lower Extremity Problems - How to Recognize, Treat and Prevent"; and
41. "Common Neck and Back Problems - How to Recognize, Treat and Prevent including Massage". American Aerobics Association International and International Sports Medicine Association. Princeton, NJ. November 1990. (3 1/2 Hours per workshop).
42. "The Physical Assessment of Injuries of the Lower Extremities (Exclusive of Fractures) Diagnosis and Treatment of Common Injuries". Temple University School of Medicine Annual Family Practice Review. Lancaster, PA. March 1991
43. "Joint Mobilization Techniques". First Annual High School (Athletic Trainer) SportsCare Workshop. The Lawrenceville School. Lawrenceville, NJ. April 1991.
44. "Casting and Splinting Techniques". 43rd Annual Scientific Assembly. NY State Academy of Family Physicians. Buffalo, NY. May 1991.
45. "Treatment of Sports Injuries with Casting, Taping and Splinting Techniques"; (2 1/2 Hours) and
46. "Manual Techniques in the Treatment of Sports Injuries". Diagnosis and Nonsurgical Treatment of Sports Injuries. Allegheny Family Physicians of Altoona Hospital. Altoona, PA. October 1991. (2 Hours).
47. "Physical Medicine Techniques: Massage, Mobilization, Myotherapy and Manipulation"; (2 Hours) and
48. "Bracing, Splinting and Casting. Primary Care Sports and Occupational Medicine. Department of Family Practice. Riverside Hospital. Newport News, VA. October 1991. (2 1/2 Hours).
49. "The Physical Assessment of Injuries of the Lower Extremities (Knee and Legs: Exclusion of Fracture) Diagnosis and Treatment of Common Injuries "; and
50. "The Physical Assessment of Low Back and Hip Pain". 16th Annual Family Practice Review Program. Temple University School of Medicine. Lancaster, PA. March 1992. (3 Hours).
51. "Casting & Splinting of Sports Medicine Injuries". The Family Physician in Sports Medicine. American Academy of Family Physicians. Beaver Run Resort & Conference Center. Breckenridge, CO. April 1992. (Two 2 Hour Workshops).

WORKSHOPS, (cont.):

52. "Casting Workshop for Family Physicians. Clifton Family practice Associates. St. Joseph's (Paterson) Hospital. Clifton, NJ. May 1992. (2 Hours).
53. "Protective Devices for Athletic Competition" and "Splinting & Casting - (A Combined Workshop). Clinical Symposium on Sports Medicine & Health Promotion. Lancaster General Hospital & Louise Von Hess Foundation for Medical Education. Lancaster, PA. October 1992. (2 Hours).
54. "Splinting and Casting". The New Jersey Academy of Family Physicians 41st Annual Meeting and Scientific Assembly. Merv Griffin's Resorts and Casino Hotel. Atlantic City, NJ. March 1993.
55. "Foot and Ankle (including Entrapment Neuropathies)"; (2 1/2 Hours) and.
56. "Casting and Splinting". 2nd Annual Meeting of The American Medical Society for Sports Medicine. Sun Valley, ID. July 1993. (2 1/2 Hours).
57. "The Complete Musculoskeletal Examination". UMDNJ - Robert Wood Johnson Medical School. Department of Family Medicine Workshop for Medical Students. New Brunswick, NJ. September 1993. (3 1/2 Hours).
58. "Sports Medicine: Common Problems Highlighting The Neurologic and Musculoskeletal Exam". UMDNJ - Robert Wood Johnson Medical School. Department of Family Medicine Workshop for Medical Students. New Brunswick, NJ. December 1993. (3 Hours).
59. "The Physical Assessment of Low Back & Hip Pain". (2 1/2 Hours).
60. "The Physical Assessment of Injuries of the Lower Extremities-Knees and Legs (Exclusion of Fractures) Diagnosis and Treatment of Common Injuries". 18th Annual Family Practice Review. Temple University School of Medicine & Lancaster General Hospital. Lancaster, PA. March, 1994. (2 1/2 Hours).
61. "Splinting and Casting for Common Injuries". St. Peter's-Robert Wood Johnson Family Practice Residency. UMDNJ-RWJ Medical School. New Brunswick, NJ. August, 1994. (3 Hours).
62. "Physical Examination and Treatment of Problems of the Spine & Extremities". Introduction to Sports Medicine for Medical Students, Residents and Faculty. UMDNJ- New Jersey Medical School. Newark, NJ. October, 1994. (3 Hours).
63. "Physical Assessment of Hip and Back Pain"; (2 1/2 Hours) and.
64. "The Physical Assessment of the Lower Extremities". 19th Annual Family Practice Review. Temple University. Lancaster, PA. March, 1995. (2 1/2 Hours)
65. "Management of Injuries". Inservice for Lawrence Township School Nurses. Lawrenceville, NJ. March, 1995. (2 Hours)
66. "Practical Splinting, Casting and Bracing Techniques". UMDNJ-NJ School of Osteopathic Medicine. Stratford, NJ. April, 1995. (3 Hours)
67. "Practical Sports Medicine, Pain Management, Including Casting, Splinting and Bracing Techniques". 1995 Annual Meeting and Scientific Assembly Program. New Jersey Academy of Family Physicians. Atlantic City, NJ. May, 1995. (4 Hours)
68. "How to Splint and Cast Occupational and Sports Injuries." American Osteopathic Association for Sports Medicine. American Osteopathic Association Meeting. Orlando, Florida. October, 1995. (2.5 hours)
69. "Diagnosis and Treatment of Sports Medicine Injuries, including Splinting and Casting." Crozier Keystone Family Practice Department. Springfield, Pennsylvania. October, 1995. (2.5 hours)

WORKSHOPS, (cont.):

70. "Examination of the Knee." 3 workshops. COMMONsense Sports Medicine Symposium. Memorial Hospital of Burlington County Conference Center. Mount Holly, New Jersey. October, 1995. (3 hours)
71. "Evaluation and Treatment of Sports and Occupational Injuries of the Lower Extremity." 19th Annual Family Practice Review. Temple University School of Medicine and Lancaster General Hospital. Lancaster, Pennsylvania. March, 1996. (2.5 hours)
72. "Newest Splinting and Bracing Techniques for Musculoskeletal Injuries." American Osteopathic Association. Annual Atlantic Regional Meeting. Atlantic City, New Jersey. April, 1996. (2.5 hours)
73. "Upper Extremity Injury Treatment and Splinting And Casting Workshop." Somerset Hospital Department of Family Practice. Somerville, New Jersey. April, 1996. (2.5 hours)
74. "Lower Extremity Splinting, Casting, and Bracing." Somerset Hospital Department of Family Practice. Somerville, New Jersey. May, 1996. (2.5 hours)
75. "The Physical Assessment of Injuries of the Lower Extremities: Diagnosis and Treatment of Common Injuries." The Second Fall Primary Care Review for the Generalist Physician. Temple University School of Medicine with Lancaster General Hospital. Lancaster, Pennsylvania. October, 1996. (2.5 hours)
76. "Running Injuries." Sports Medicine: An In-Depth Review. American Academy of Family Physicians. Dallas, Texas. February, 1997. (1 hour - 3 times)
77. "Upper Extremity Injury Treatment and Splinting And Casting Workshop." Somerset Hospital Department of Family Practice. Somerville, New Jersey. April, 1997. (2.5 hours)
78. "Lower Extremity Splinting, Casting, and Bracing." Somerset Hospital Department of Family Practice. Somerville, New Jersey. May, 1997. (2.5 hours)
79. "Splinting, Casting, and Bracing Workshop." HealthPlex Sports Medicine Institute, Department of Family Practice. Springfield, Pennsylvania. February, 1998. (2.5 hours)
80. "Upper Extremity Splinting, Casting, and Bracing." Somerset Hospital Department of Family Practice. Somerville, New Jersey. March, 1998. (2.5 hours)
81. "Ankle Injury Treatment and Splinting, Casting, and Bracing." Somerset Hospital Department of Family Practice. Somerville, New Jersey. May, 1998. (2.5 hours)
82. "Practical Casting and Splinting Techniques." Medical Society of New Jersey. Lawrenceville, New Jersey. October, 1998. (2.5 hours)
83. "Running Injuries." Sports Medicine: An In-Depth Review. American Academy of Family Physicians. Kansas City, Missouri. February, 1999. (1 hour - 5 times)
84. "Lower Extremity Splinting, Casting, and Bracing." Somerset Hospital Department of Family Practice. Somerville, New Jersey. May, 1999. (2.5 hours)
85. "Recognition and Treatment of Common Sports Injuries" including "Splinting and Casting for Family Sports Medicine Physicians". Crozier Keystone Family Practice Residency & Sports Medicine Fellowship. Springfield, Pennsylvania. February, 2000. (2.5 hours)

SPLINTING AND CASTING DEMONSTRATIONS FOR ALL ORTHOPAEDIC APPLIANCES

(AOA) Kirschner Medical Appliances

“Casting & Splinting Techniques”. AOA-Chick Medical Products. Sales Managers’ Training Meeting

Philadelphia, PA	1988
Cherry Hill, NJ	1989
West Palm Beach, FL	1996
Huntvalley, MD	1996

American Academy of Family Physicians (AAFP) – Annual Meetings

Dallas, TX	1990
Washington, DC	1991
San Diego, CA	1992

AAFP - Family Physician in Sports Medicine

Colorado Springs, CO	1991
Breckenridge, CO	1992

American College of Sports Medicine (ACSM)

Orlando, FL	1991
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American College of Health Association

Washington, DC	1989
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American Medical Society for Sports Medicine (AMSSM)

San Diego, CA	1992
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American Osteopathic Academy for Sports Medicine (AOSSM)

San Diego, CA	1992
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American Osteopathic Academy for Sports Medicine (AOASM)

Colorado Springs, CO	1992
Orlando, FL	1996

National Athletic Trainers Association

Baltimore, MD	1988
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Temple University School of Medicine – Annual Family Practice Review

Lancaster, PA	1989-92
	1994-95
	1996

Department of Family Practice. Somerset Hospital.

Somerville, NJ	
Upper Extremity	1997
Lower Extremity	1997

COMMUNITY LECTURES AND WORKSHOPS

1. “Drugs – The Coach; The Athlete, and the Sports Medicine Team”. Princeton University Department of Athletics. Lecture Series for all Princeton Coaches and Intercollegiate Athletes. 1986 and 1987. (600+ Participants – 8 Sessions)
2. “Drugs – Problems for Coaches, Trouble for Athletes”. Princeton regional Schools. Coaches Workshop. March 1987. (20 Participants).
3. “Sports Nutrition”. Twin Rivers Athletic Club. Twin Rivers Library. September 1987. (22 Participants).
4. “Conditioning for the Elite Athletic”. Hamilton Road Runners Club. Hamilton, NJ. September 1987.
5. “Common Forms of Arthritis”. Hollowbrook Senior Citizens. Ewing, NJ. October 1987.
6. “Sports Medicine: Your Body and How to Care for it”. Melvin H. Kreps School. Brown Bag Forum. East Windsor, NJ. January 1988.
7. “Secrets to a Long Life”. Hamilton Hospital Directors. Hamilton, NJ. March 1988.
8. “Relaxation & Stress Reduction Techniques”. Klatzkin & Company. Hamilton, NJ. March 1988.
9. “Secrets to a Long Life – How to Reduce the Risk of Heart Disease”. Department of the Interior, US Geological Survey. Trenton, NJ. September 1988.
10. “General Fitness & Exercise for Your Good Health – The Secrets to Living an Extra 20 Years”. Hamilton Elks – Ladies Auxiliary. Hamilton, NJ. September 1988.
11. “Sports Problems in Adults”. Mercer County Community College. West Windsor, NJ. October 1988.
12. “Fitness for the Corporate Executive”. Trenton Chapter of the National Association of Accountants. Princeton, NJ. December 1988.
13. “Avoiding Back Injuries”. FMC. Princeton, NJ. December 1988.
14. “Taking Care of Yourself for Another 20 Years”. Golden Nuggets of Hamilton, NJ. January 1989.
15. “Secrets to a Long Life”. Hamilton Knights of Columbus. Hamilton, NJ. January 1989.
16. “Steroids and Other Performance Enhancing Substances”. Share The Wealth. Princeton Day School. Princeton, NJ. February 1989. (4 presentations to students & faculty)
17. “Heart Attack Prevention: How to Live Longer”. Senior Citizens. Mercerville, NJ. May 1989.
18. “Back to Basics – How to Prevent & Treat Back Problems”. Material Handlers Safety Meeting. FMC. Princeton (Plainsboro), NJ. May 1989
19. “Drugs of Abuse in Sports” & “Nutritional Supplements”. Freehold Township High School. Freehold, NJ. June 1989
20. “Eat Hearty”. Hamilton Township Public Schools. Hamilton, NJ. October 1989.
21. “How to Care for Your Spine – Applied Ergonomics & Sports Medicine”. Presentation to Besselaar Associates on Behalf of the Live for Life Program (Johnson & Johnson). Princeton, NJ. December 1989.
22. “Maximizing Your Chances of Survival”. West Windsor Public Library. West Windsor, NJ. January 1990.
23. “How to Care for Yourself in Stressful Times”. American heart Association Speakers Bureau. Hill Wallack & Associates, Esq. Princeton, NJ. August 1990.

COMMUNITY LECTURES AND WORKSHOPS (cont'd)

24. “Steroids in our High Schools”. Hamilton Township Public Schools. Inservice for Teachers. Hamilton, NJ. October 1990.
25. “A Hands – On Approach to Stress Management”. Rider College. Lawrenceville, NJ. December 1990.
26. “Health and Fitness For Us All”. Educational Testing Services (ETS). Princeton, NJ. October 1991.
27. “Secrets to a Long Life”. Recording for the Blind. Princeton, NJ. December 1991.
28. “A Healthy Lifestyle: Avoiding Injury and Promoting health”. On Behalf of the Life Extension Institute. Employee Health Fair. Dow Jones. Plainsboro, NJ. September 1992.
29. Information about community lectures from 991-1996 has been lost at this time
30. “Muscle, Bone and Joint Problems”. Clearbrook Community Center. Clearbrook, NJ. September 1996.
31. “Sports Medicine for Moms and Dads”. Helene Fuld Medical Center Community Health. Lawrenceville, NJ. October 1996

TELEVISION SHOWS/INTERVIEWS

1. “Heat Illness and Preperation for the National Sports Festival Marathon”. ESPN. Baton Rouge, LA. July 1985
2. “Sports Medicine”. Healthline with Dr. John Saxson. TKR (cable). Hamilton, NJ. January 1988.
3. “Steroids”. Healthline with Dr. John Saxson. TKR (cable). Hamilton, NJ. April 1989.

PERSONAL ATHLETIC ACHIEVEMENTSTRACK & FIELD (HIGHSCHOOL):

New Jersey State Indoor 440 yard Champion	64-65-66
New Jersey State Outdoor 440 yard – 2 nd place	1966
New Jersey State Outdoor 440 yard – 3 rd place	1965
New Jersey State Indoor High Jump Champion	1965
New Jersey State Indoor High Jump – 2 nd place	1966
New Jersey State Indoor 4x1 Lap Relay Champion	1966
State Junior Champ 440 yard (National Semifinalist)	1966
State Junior Champ 440 yard – 2 nd place	1965

PRINCETON UNIVERSITY:

First Team All- Ivy Indoor Track Team	1969&1970
Freshman Track Team Captain	1967
Jeremy Glenn Babb Award (Most Valuable Freshman)	1967
The Bonthron Trophy (Most Valuable Athlete Varsity Track)	1970
Keene Fitzpatrick Medal (220)	
3 University Relay Records	1967-1970
New Jersey State College 600 yd Run – 3 rd	1970

A.A.U.:

New Jersey Senior A.A.U. 600 yard Champion	1969
New Jersey Senior 600 yard – 3 rd place	1967-70
New Jersey Senior 440 yard 2 nd place	1968
New Jersey Senior 440 yard Hurdles 2 nd place	1969

OTHER MILE RELAY AWARDS

Millrose A.A. Games – College Championships	1970
IC4A Mile Relay 3 rd place	1969
CYO National Invitational – College Division Champions	1969
US Track & Field Federation Championship – 2 nd place	1968
3 rd place	1969
N.Y. Knights of Columbus (College Division) 2 nd place	1969
Heptagonal Games – Champions	1970
Heptagonal Games – 2 nd place	1969
Penn Relays – 2 nd place	1969-70
New Jersey College Championships – 1 st place	1970
Philadelphia Track Classic (College Champion)	1969