

# Heidi Chen, MD

Department of Physical Medicine and Rehabilitation  
Vanderbilt University Medical Center  
2201 Children's Way, Suite 1318  
Nashville, TN 37212

## Education

---

<b>Rutgers, The State University of New Jersey</b> Bachelor of Arts, <i>Summa Cum Laude</i> , Genetics, Minor: Cognitive Sciences Honors Thesis: "Genes Associated with Schizophrenia in Individuals with 22q Deletion Syndrome" Mentor: Linda Brzustowicz, MD, Department of Genetics	New Brunswick, NJ Aug 2007-May 2011
<b>Drexel University College of Medicine</b> Doctor of Medicine	Philadelphia, PA Aug 2014-May 2018

## Graduate Medical Education

---

<b>Northwell-Lenox Hill Hospital</b> Preliminary Internal Medicine Intern	New York, NY Jul 2018-Jun 2019
<b>New York Presbyterian-Cornell and Columbia</b> Residency: Physical Medicine and Rehabilitation <i>Columbia University Medical Center, Weill-Cornell Medical Center, Memorial Sloan-Kettering Cancer Center, Hospital for Special Surgery, Blythedale Children's Hospital, Helen Hayes Hospital, James J. Peters VA Medical Center</i>	New York, NY Jul 2019-Jun 2022
<b>OSS Health</b> Fellowship: NASS accredited Interventional Spine and Musculoskeletal Medicine Director: Michael B. Furman	York, PA Jul 2022-Jun 2023

## Licensure and Certifications

---

<b>State Medical Licensure</b> <b>Pennsylvania State Medical Licensure (MD477167)</b> <b>DEA License</b>	Mar 2022-Dec 2024 Jun 2022-Jun 2025
<b>Certifications</b> <b>Advanced Cardiac Life Support (ACLS)</b> <b>Basic Life Support (BLS)</b>	Jan 2023-Jan2025 Jan 2023-Jan2025
<b>Specialty Board Certification</b> <b>American Board of Physical Medicine and Rehabilitation</b>	2023-present

## Professional Employment

---

<b>Corporate Law Intern</b> <i>Anneal Pharmaceuticals, LLC, Bridgewater, NJ</i>	Jun 2011-Dec 2011
<b>Consumer Marketing Assistant Manager</b> <i>Condé Nast, New York, NY</i>	Dec 2011-Feb 2013
<b>Lead Clinical Information Manager</b> <i>Emergency Medical Associates, Long Branch, NJ</i>	Feb 2013-Jun 2014

## Professional Organizations

---

<b>American Academy of Physical Medicine and Rehabilitation (AAPM&amp;R)</b>	2019-Present
<b>Academy of Academic Physiatrists (AAP)</b>	2019-2022
<b>Spine Intervention Society (SIS)</b>	2020-Present
<b>North American Spine Society (NASS)</b>	2020-Present
<b>Women Innovators in Pain Medicine (WIPM)</b>	2022-Present

## Professional Activities

---

### Intramural

#### *Medical School*

#### **Student Wellness and Yoga Club Coordinator**

*Drexel University College of Medicine, Philadelphia, PA*

#### **Peer Mentor Advisory Group Peer Mentor**

*Drexel University College of Medicine, Philadelphia, PA*

#### **Student Government Association Honor Court Representative**

*Drexel University College of Medicine, Philadelphia, PA*

#### **Student Government Association Class of 2018 President**

*Drexel University College of Medicine, Philadelphia, PA*

### *Residency*

#### **Function and Fem Co-coordinator**

*New York Presbyterian-Columbia and Cornell PM&R Residency Program, New York, NY*

#### **Quality Improvement: Peer Mentoring Program in a Residency Program**

*New York Presbyterian-Columbia and Cornell PM&R Residency Program, New York, NY*

#### **Wellness Committee Co-Chair**

#### **AAPM&R Physiatrist-in-Training Council Vice President**

Nov 2020-Nov 2021

#### **AAPM&R Diversity and Inclusion Committee Member**

Nov 2020-Nov 2021

#### **AAPM&R Physiatrist-in-Training Council President**

Nov 2021-Oct 2022

#### **AAPM&R Board of Governors Ex-Officio Member**

Nov 2021-Oct 2022

#### **AAPM&R Physiatrist-in-Training Council Past President**

Oct 2022-Present

#### **AAPM&R Practice Management Strategic Planning Committee Member**

Oct 2022-Present

### Sports Medicine Coverage

#### **Rock n' Roll Half Marathon, Philadelphia, PA**

Sep 2017

#### **Achilles Run International, New York, NY**

Feb 2019

*New York Presbyterian-Columbia and Cornell PM&R Residency Program, New York, NY*

### **Resident Education Taskforce**

*New York Presbyterian-Columbia and Cornell PM&R Residency Program, New York, NY*

### **Quality Improvement: Streamlining Admissions to and Emergent Discharge Workflow from the Inpatient Rehabilitation Unit**

<b>Battery Dance Festival</b> , New York, NY	Aug 2019
<b>Columbia University Pre-participation Physical</b> , New York, NY	Aug 2019
<b>City College of New York Pre-participation Physical</b> , New York, NY	Sep 2019
<b>TCS NYC Marathon</b> , New York, NY	Nov 2019
<b>St. John's University Pre-participation Physical</b> , New York, NY	Sep 2020
<b>Metropolitan Oval Soccer Sideline Coverage</b> , New York, NY	Oct-Nov 2020
<b>Manhattan College Basketball Sideline Coverage</b> , New York, NY	Mar 2020
<b>National Veterans Summer Sports Clinic-Adaptive Sailing</b> , New York, NY	Sep 2021
<b>TCS NYC Marathon</b> , New York, NY	Nov 2021
<b>New Cumberland Valley High School Football</b> , Cumberland Valley, PA	Aug 2022
<b>West York High School Football</b> , York, PA	Sep 2022
<b>Susquehannock High School Football</b> , Susquehannock, PA	Sep 2022

## **Honors & Awards**

---

### ***Undergraduate***

Dean's List	Fall 2007-Spring 2011
Highest Honors, departmental graduation honors	May 2011
Nancy and Duncan Macmillan Award for Research Excellence	May 2011
Henry Rutgers Scholar	May 2011
Phi Beta Kappa	Elected in Spring 2010

### ***Medical School***

Sheila E. Hodgson 1964 Scholar Scholarship	2014-2018
Louise E. Groff Foundation Scholar	2015-2018

### ***Residency***

Resident of the Month	Dec 2019
Inaugural Global Health Track Completion	Jul 2021-Jun 2022

## **Teaching Activities**

---

### ***Medical Student Teaching***

Health Illness and Disease: Clinical Skills-Cervical and Lumbar Spine Workshop <i>Weill Cornell Medical School, New York, NY</i>	Nov 2019
NewYork Presbyterian PM&R Virtual Summer Experience Mentor. <i>NYP Columbia and Cornell, New York, NY</i>	Aug 2020
Weill Cornell Medical School Career Month Panel. <i>Weill Cornell Medical School, New York, NY</i>	Feb 2021
Mechanisms and Practice: Physiatry Cervical Spine and Shoulder Physical Exam Workshop. <i>Columbia University Vagelos College of Physicians and Surgeons, New York, NY</i>	Apr 2021, Mar 2022

**Residency Teaching**

“Central Nervous System Inflammatory Disorders” <i>Blythedale Children’s Hospital Resident Lecture, New York, NY</i>	Aug 2019
Functional Anatomy: Shoulder. <i>NYP-Columbia and Cornell Resident Lecture, New York, NY</i>	Sep 2019
“Nutritional, Toxic, and Environmental Myelopathies” <i>Helen Hayes Hospital Resident Lecture, New York, NY</i>	Nov 2019
“Acupuncture in Cancer” <i>Memorial Sloan Kettering Department of Neurology/Physiatry Resident Lecture, New York, NY</i>	Mar 2020
Ulnar Neuropathy. <i>NYP-Columbia and Cornell Resident Lecture, New York, NY</i>	Aug 2020
“Lumbar Stenosis” <i>Hospital for Special Surgery Physiatry Grand Rounds, New York, NY</i>	Oct 2020
“Comparison of Infection Risk with Corticosteroid or Hyaluronic Acid Injection Prior to Total Knee Arthroplasty “ <i>NYP-Columbia Sports Journal Club, New York, NY</i>	Jan 2021
Jeopardy-Cervical Spine Edition. <i>NYP-Columbia and Cornell Resident Lecture, New York, NY</i>	Mar 2021
“Cannabinoids in Oncology” <i>Memorial Sloan Kettering Department of Neurology/Physiatry Resident Lecture, New York, NY</i>	Mar 2021
Jeopardy-Knee Edition. <i>NYP-Columbia and Cornell Didactics Lecture, New York, NY</i>	Aug 2021
“Fellowships and Conferences-Creating an Abstract and Poster” <i>NYP-Columbia and Cornell Resident Lecture, New York, NY</i>	Oct 2021
“The Three Column Concept and Spinal Stability” <i>NYP-Columbia and Cornell Resident Lecture, New York, NY</i>	Oct 2021
Hip Spine Syndrome Journal Club. <i>Hospital for Special Surgery Physiatry Grand Rounds, New York, NY</i>	Nov 2021
“Approaching Electrodiagnostic Studies” <i>NYP-Columbia and Cornell Resident Lecture, New York, NY</i>	Dec 2021
“Prospective, Randomized, Multicenter Study of Intraosseous Basivertebral Nerve Ablation for the Treatment of Chronic Low Back Pain: 12-month Results“ <i>NYP-Columbia Sports Journal Club, New York, NY</i>	Mar 2022
OSS Resident Workshop, Assistant Instructor Ultrasound. <i>OSS Health, York, PA</i>	Mar 2023
<b>Fellowship Teaching</b>	
Foot and Ankle Injuries in the Runner. <i>OSS Health Fellow Lecture, York, PA</i>	Oct 2022
Spine Case Conference. <i>OSS Health, York, PA</i>	Feb 2023
<b>Allied Health Teaching</b>	
CRPS and Sympathetic Blocks. <i>OSS Health Nursing Staff, York, PA</i>	May 2023
<b>Invited Lectures</b>	
“Understanding the Asian American Physiatrist Experience” <i>AAPM&amp;R Diversity and Inclusion Committee Critical Conversations</i>	Apr 2021
Alumni Panel. <i>Drexel University College of Medicine, Philadelphia, PA.</i>	Dec 2021
“Leading without Borders: A Conversation on Ageism” <i>AAPM&amp;R National Grand Rounds</i>	Dec 2021

**Community Service**

<b>Project HOME: St. Elizabeth's Recovery Residence</b> <i>Drexel University College of Medicine, Philadelphia, PA</i>	Jan 2015-Mar 2015
<b>ASCOVIME and Cameroon Club</b> <i>Drexel University College of Medicine, Philadelphia, PA and Cameroon</i>	Jun 2015
<b>Student Health Outreach Project Clinics</b> <i>Drexel University College of Medicine, Philadelphia, PA</i>	Nov 2014-Mar 2018
<b>NY CARES-KEEN</b> <i>New York, NY</i>	Feb 2019-Feb 2020
<b>NY CARES-Achilles Run International</b> <i>New York, NY</i>	Feb 2019-Feb 2020
<b>Aid for Ukraine SMS families</b> <i>New York, NY</i>	Mar 2022

**Publications and Presentations***Articles in Refereed Journals*

**Chen H**, D'Onofrio G, & Hameed F. Role of Exercise Treatment of Low Back Pain in Pregnancy. *Curr Phys Med Rehabil Rep* 8, 322–328 (2020). Sep 2020

**Chen H**, Yuan X, Siddiqi AR, Beckley AA. Recurrent Intramuscular Hematomas in a 40-Yr-Old Female Renal Transplant Recipient. *Am J Phys Med Rehabil.* 2021 Dec 1;100(12):e186-e187 Dec 2021

**Chen H**, Cheng J, Tsai J, Rothman R, Bonanno J, Mintz D, Kirschner J, Wyss J. Correlation between Aspiration of Calcific Rotator Cuff Tendinopathy and Morphology on Imaging Submitted for publication

*Book Chapters*

Lindsay LR, **Chen H**, Singh JR. Spinal Prehabilitation and Rehabilitation in the Elderly; in Treatment of Spine Disease in the Elderly: Cutting Edge Techniques and Technologies. 2022. Nov 2022

*Abstracts*

**Chen H**, Tsetlina V, Azizi H. “The Little Mermaid, Sudden Loss of Speech in a 5-Year-Old Girl: A Case Report” Accepted to AAP and ISPRM Annual Meeting 2020. *Unable to present due to COVID-19 pandemic travel restrictions* Mar 2020

**Chen H**, Douglas W, Gutierrez Teisonniere, S. “Click Click Bulge, Complications Following Eloesser Flap: A Case Report” AAPM&R 2020 Annual Assembly-Virtual Nov 2020

Roberts J, **Chen H**, Beckley A. “Prolonged Function with Patisiran in a patient with hATTR variant ALA60: A Case Report” AAPM&R 2020 Annual Assembly-Virtual Nov 2020

**Chen H**, Chowdhury N. “Angiomyomatous Hamartoma, A Rare Cause of Lymphedema: Case Report” AAP Annual Meeting 2021-Virtual Feb 2021

**Chen H**, Cheng J, Tsai J, Wyss, JF. “Correlation Between Aspiration of Calcific Rotator Cuff Tendinopathy and Morphology on Imaging” AAPM&R 2021- Annual Assembly Nov 2021

**Chen H**, Cheng J, Tsai J, Wyss JF. “Updates in Correlation Between Aspiration of Calcific Rotator Cuff Tendinopathy and Morphology on Imaging” AAP 2022 Annual Meeting May 2022

***Oral Presentations***

**Chen H**, Brzustowicz L. “Genes associated with schizophrenia in individuals with 22q Deletion Syndrome” Rutgers-The State University of New Jersey, Rutgers University Genetics Department Honors Day Apr 2011

***Presentations at Scientific Meetings***

“Performing Arts Medicine for Psychiatrists-in-Training” *AAPM&R Annual Assembly 2022* Session Moderator (peer reviewed) Oct 2022

***Non-Peer Reviewed***

**Chen H**. Reflection on AAPM&R 2021 Annual Assembly. The Psychiatrist Connections: Residents and Associate Fellows-Dec 2021 Newsletter Dec 2021

**Chen H**. Career Preparation and the Early Career Course. The Psychiatrist Connections: Residents and Associate Fellows-Apr 2022 Newsletter Apr 2022

**Chen H**, Venesy D. Interview with AAPM&R President: Tips for a New Academic Year. The Psychiatrist Connections: Residents and Associate Fellows-Jul 2022 Newsletter Jul 2022

Flanagan S., **Chen H**. Q&A interview with AAPM&R President. AAPM&R Youtube Channel. [https://www.youtube.com/watch?v=QUy\\_rGEYjHU&t=4s](https://www.youtube.com/watch?v=QUy_rGEYjHU&t=4s) Apr 2023