# Aaron J Yang, M.D.

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Updated July 7th, 2023

Education

08/2005 – 05/2009 **SUNY Upstate College of Medicine**, *Doctorate of Medicine* Syracuse, NY

08/2001 – 05/2005 Syracuse University, Bachelor of Science Syracuse, NY

Major: Biology with Honors Minor: Political Science Magna Cum Laude Graduate

**Post-Graduate Training** 

07/2013 – 06/2014 University of Colorado Medical Center, Pain Medicine Fellowship Denver, CO

06/2010 – 06/2013 Rehabilitation Institute of Chicago (RIC)/McGaw Medical Center Chicago, IL

of Northwestern University, Physical Medicine and Rehabilitation

06/2009 – 06/2010 California Pacific Medical Center (CPMC), Preliminary in San Francisco, CA

Internal Medicine

#### Licensure and Board Certification

#### Medical License

Active Tennessee: 04/22/2014-12/31/2024, Aaron Jay Yang, MD0000051382

Expired Colorado: 07/01/2013-08/31/2016, Aaron Jay Yang, TL.0004904

Expired Illinois: 07/01/2010-06/30/2013, Aaron Jay Yang, 125.057402

### **Board Certification**

2014 – 2024 American Board of Physical Medicine and Rehabilitation - Diplomat Number 11426

2014 – 2024 American Board of Medical Specialties - Pain Medicine

2015 – 2025 American Board of Electrodiagnostic Medicine – Certificate Number 3850

### **Academic Appointments**

2014 – 2019 Medical Director of Outpatient Services, Vanderbilt Stallworth Rehabilitation Hospital

2014 – 2020 Assistant Professor, Physical Medicine & Rehabilitation, Vanderbilt University

2015 – Present Associate Program Director, Vanderbilt Physical Medicine and Rehabilitation Residency

Training Program

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2019 – Present Vanderbilt University Medical School PM&R Clerkship Director

2020 – Present Associate Professor, Physical Medicine & Rehabilitation, Vanderbilt University

### **Professional Organizations**

American Academy of Physical Medicine and Rehabilitation (AAPM&R)

- Active Member
- Program Planning Committee Member (Current)
- Chair of the Spine Medicine Member Community (Current)

Association of Academic Physiatrists (AAP)

- Active Member
- Education Committee Member (Current)

Spine Intervention Society (SIS)

- Active Member
- Education Committee Member (Current)
  - o Online Learning Committee

International Society of Physical Medicine and Rehabilitation (ISPRM)

- Active Member
- Education Committee Member (Current)

North American Spine Society (NASS)

- Past Active Member
- Resident and Fellow Education Committee (2014-2017)

Christian Medical and Dental Association

• Active Member

American Board of Physical Medicine and Rehabilitation (ABPMR)

• Active Member

American College of Sports Medicine (ACSM)

• Past Active Member

American Pain Society (APS)

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• Past Active Member

Association of American Medical Colleges (AAMC)

• Past Active Member

American Academy of Pain Medicine (AAPM)

• Past Active Member

## **Professional Activities**

## Intramural

2022 – Present	Vanderbilt University Pre-Med Physician Mentor
2021 – Present	Vanderbilt University Medical School Gold Humanism Selection Committee Member
2021 – Present	Vanderbilt Medical Center Early Career Physician Council Co-Chair
2021 – Present	Vanderbilt University School of Medicine Admissions Committee Member
2020 – Present	Vanderbilt Department of Physical Medicine & Rehabilitation On Call Work Group
2020 – Present	Vanderbilt Department of Physical Medicine & Rehabilitation E&M Code Lead Trainer
2020 – Present	Vanderbilt Department of Physical Medicine & Rehabilitation Wellness Committee Member
2020 – Present	Faculty Affiliate Advisor (FAA) for Vanderbilt University School of Medicine
2018 – Present	Fellowship Interview and Selection Committee for the Department of Physical Medicine & Rehabilitation Spine Fellowship at Vanderbilt University Medical Center
2016 – Present	Faculty Sponsor for the PM&R Interest Group at Vanderbilt School of Medicine
2015 – Present	Residency Interview and Selection Committee for the Department of Physical Medicine & Rehabilitation Residency at Vanderbilt University Medical Center
2015 – Present	Program Evaluation Committee for the Department of Physical Medicine & Rehabilitation Residency at Vanderbilt University Medical Center
2015 – Present	Clinical Competency Committee Chair for the Department of Physical Medicine & Rehabilitation Residency at Vanderbilt University Medical Center
2020 – 2021	Ph.D. Committee member for Post-Doctoral Candidate Erik Lamers in Mechanical Engineering
2016 – 2021	Vanderbilt Medical Center Early Career Physician Council Member

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2015 – 2021	Vanderbilt Medical School Foundations of Health Care Delivery Continuity Clinical Experience Preceptor
2018 – 2020	Fellowship Interview and Selection Committee for the Department of Anesthesia Chronic Pain Medicine Fellowship at Vanderbilt University Medical Center
2015 – 2019	Vanderbilt Stallworth Rehabilitation Hospital Morbidity and Mortality Planning
2019	Faculty Mentor for Quality Improvement and Patient Safety (QIPS) elective
2019	American Board of Physical Medicine and Rehabilitation Self Directed Practice Improvement Project (Developed new consent form for interventional spine procedures)
2018	Vanderbilt University Medical Center Front Desk of the Future Committee
2014 – 2015	Vanderbilt University School of Medicine Core Clinical Curriculum Examination Observer – Clinical Case on Back Pain
2014	Fellowship Interview and Selection Committee at University of Colorado ACGME Pain Fellowship
2014	Quality Improvement Project – "Minimizing Radiation Exposure During Fluoroscopic Guided Procedures"
2013	Quality Improvement Project – "Efficiency of Loading Electrodiagnostic Reports into Epic"
2012	Medical Emergency/ CPR Committee – Rehabilitation Institute of Chicago
Extramural	
2021 – Present	International Society of Physical Medicine and Rehabilitation Education Committee
2019 – Present	American Academy of Physical Medicine and Rehabilitation Annual Meeting Program Planning Committee Member
2019 – Present	American Academy of Physical Medicine and Rehabilitation Spine Medicine Member Community Chair
2019	American Board of Physical Medicine and Rehabilitation Practice Improvement Project (PIP) Mentor
2018 – Present	Association of Academic Physiatrists Education Committee
2018 – Present	Spine Intervention Society Education Committee
2015 – Present	Tennessee State University Department of Physical Therapy Advisory Board Member

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2014 – 2017 North American Spine Society Resident and Fellow Education Committee Member

2017 Technical Advisory Group Member on Spine Episodes of Care for Tennessee Division of

Health Care Finance & Administration, Nashville, TN

## Review and Referee Work

2021 – Present	Interventional Pain Medicine Journal Expert Reviewer
2019 – Present	Pain Medicine Journal Expert Reviewer
2015 – Present	American Academy of Physical Medicine and Rehabilitation Annual Meeting Abstract Reviewer
2015 – Present	Association of Academic Physiatrists Annual Meeting Abstract Reviewer
2015 – Present	North American Spine Society Annual Meeting Abstract Reviewer
2014 – Present	American Journal of Physical Medicine & Rehabilitation Journal Expert Reviewer
2013 – Present	Physical Medicine & Rehabilitation Journal Expert Reviewer
2012 – 2013	Rehab in Review Resident Reviewer
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## Other Professional Activities

2021 – 2022	Association of Academic Physiatrists Program for Academic Leadership Practice
	Improvement Project – Standardized Onboarding Program for New Faculty Physicians
2020 – 2021	Association of Academic Physiatrists Program for Academic Leadership Practice Improvement Project - Enhancing Research Visibility Within Our Department and
	Beyond
2020	Spine Intervention Society Accreditation Course Certification in Evidence Based
	Medicine (Assessing Studies of Treatment and Studies of Diagnostic Tests and Strategies)
2013 – 2014	University of Denver Women's Volleyball, Basketball, Lacrosse Team Physician
2013 – 2014	Skyview High School Football Team Physician
2013	University of Colorado Athletics Physical Screening
2013	Lakefront 10 Miler Medical Event Coverage
2012	SkyRise Chicago Medical Event Coverage

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2012	Frank Lloyd Wright 10K Medical Event Coverage
2012	Chicago Public Schools Sports Screening
2012	Buffalo Grove Girls Soccer Team Screening
2012	Bank of America Shamrock Shuffle 8K Medical Event Coverage
2011	Bank of America Chicago Marathon Medical Event Coverage
Awards/Honors Clinical Practice	
2020 – Present	Association of Academic Physiatrists Program for Academic Leadership Class of 2020- 2023
2021 – Present	Castle Connolly Top Doctor Recognition
2019 – Present	Excellence in Patient Experience (Awarded by Vanderbilt University Medical Center for reaching 90th percentile nationally in patient experience for fiscal years 2020 - 2022)
2021 – Present	Inaugural Class of the Academy for Excellence in Clinical Medicine (ACEM) at Vanderbilt University Medical Center
2018 – 2019	Top Downloaded Paper 2018-2019 (Top 10% Most Downloaded Papers) published in <i>PM&amp;R</i> Journal
Fellowship	
2014	University of Colorado Resident and Fellow Chapter of the Gold Humanism Honor
	Society
Residency	
2013	Helen Cooper Award for Outstanding Resident Teaching
2013	Scholl Foundation Award for Resident Research
2013	Scholarship recipient to the "Fundamentals of Pain Management: An Interdisciplinary Primer" course by the American Pain Society
2012	Harris Award for Academic Excellence through Educational Initiative and Motivation for Learning
Medical School	
2007 – 2009	SUNY Upstate President's Student Ambassador Program

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2008 SUNY Upstate George S. Reed Scholarship for Academic Achievement

2005 – 2007 HANA Scholars Program Recipient

### **Undergraduate School**

2001 – 2005 Academic Dean's List (all semesters) and National Dean's List

2003 – 2005 Member of the National Society of Collegiate Scholars

2005 Ruth Meyer Undergraduate Research Award

2005 Syracuse University Honors Thesis Project Award

2005 Department of Biology Award for Research and Scholarship

2005 Department of Political Science Award for Complete International Negotiator

## **Teaching and Lectures**

## Resident/Medical Student Teaching

01/2023	"Approach to Sacroiliac Joint Pain" – Vanderbilt PM&R Resident Didactics
12/2022	"Electrodiagnostic Review and Case" – Vanderbilt PM&R Resident Didactics
11/2022	"Differentiating Radiculopathy from Plexopathy" – Vanderbilt PM&R Resident Didactics
09/2022	Initial Diagnostic Approach to Neck Pain: A Case Based Approach – Vanderbilt Med-Peds Masters Education Series
08/2022	Management of Low Back Pain: Case Based Approach – Vanderbilt Internal Medicine Academic Half Day Didactics Cohort 2
07/2022	Management of Low Back Pain: Case Based Approach – Vanderbilt Internal Medicine Academic Half Day Didactics Cohort 1
02/2022	"Case Based Approach to Peripheral Nerve Injuries" - Vanderbilt PM&R Resident Didactics
12/2021	"Differentiating Radiculopathy from Plexopathy" – Vanderbilt PM&R Resident Didactics
12/2020	"New E/M Coding Changes" – Vanderbilt PM&R Resident Didactics
12/2020	"Electrodiagnostic Review and Case" – Vanderbilt PM&R Resident Didactics
11/2020	"Talking to a Difficult Patient" - Vanderbilt PM&R Resident Didactics
10/2020	"Physical Modalities" - Vanderbilt PM&R Resident Didactics

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05/2020	"Modalities and Spinal Orthoses Review" - Vanderbilt PM&R Resident Didactics
04/2020	"Electrodiagnostic Review and Case" – Vanderbilt PM&R Resident Didactics
03/2020	"Wrist Drop" – Virtual Case Series for Vanderbilt PM&R Residents
03/2020	"Acute Shoulder Pain" – Virtual Case Series for Vanderbilt PM&R Residents
12/2019	"Comparison of Ultrasound and Electrodiagnostic Testing for Diagnosis of Carpal Tunnel Syndrome" - Vanderbilt Department of Physical Medicine and Rehabilitation Journal Club
06/2019	"Neuropathic Pain and Treatments" - Vanderbilt Department of Physical Medicine and Rehabilitation Lecture Series
01/2019	"Non-Operative Management of Neck Pain" – Vanderbilt Internal Medicine Ambulatory Morning Report
07/2018	"Physician Fatigue and Burnout" - Vanderbilt Department of Physical Medicine and Rehabilitation Lecture Series
06/2018	"Non-Operative Management of Back Pain" – Vanderbilt Internal Medicine Ambulatory Morning Report
05/2018	"Ultrasound of the Knee" – Vanderbilt Department of Physical Medicine and Rehabilitation Ultrasound Lecture Series
03/2018	"Introduction to Electrodiagnostic Medicine" - Vanderbilt Department of Physical Medicine and Rehabilitation Lecture Series
03/2018	"A Pain in the Neck" - Vanderbilt Internal Medicine Ambulatory Morning Report
08/2017	"Neuropathic Pain and Treatments" - Vanderbilt Department of Physical Medicine and Rehabilitation Lecture Series
03/2017	"Introduction to Electrodiagnosic Studies" - Vanderbilt Department of Physical Medicine and Rehabilitation Lecture Series
12/2016	"Lumbar Spine Anatomy and Physical Examination" - Vanderbilt Department of Physical Medicine and Rehabilitation Lecture Series
10/2016	"Post Stroke Shoulder Pain" - Vanderbilt Department of Physical Medicine and Rehabilitation Lecture Series
10/2016	"Cervical Spine Anatomy and Physical Examination" - Vanderbilt Department of Physical Medicine and Rehabilitation Lecture Series

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07/2016	"Physiatrist History and Physical Examination" – Vanderbilt Department of Physical Medicine and Rehabilitation Lecture Series
03/2015	"Evidence of Non-Operative Low Back Pain Management" – Vanderbilt Department of Orthopaedics Resident Lecture Series
07/2013	The Accuracy of the Physical Examination for the Diagnosis of Midlumbar and Low Lumbar Nerve Root Impingement – University of Colorado Pain Medicine Journal Club
05/2013	Acetyl-L-Carnitine Improves Pain, Nerve Regeneration, and Vibratory Perception in Patients with Chronic Diabetic Neuropathy – VA Resident Journal Club Series
03/2013	Morphine, Gabapentin, or Their Combination for Neuropathic Pain – SSRC Journal Club
03/2013	Diabetic Amyotrophy – RIC Chairman's Rounds
02/2013	Chocolate Milk and Endurance Exercise Recovery: Protein Balance, Glycogen, and Performance Lurie Children's Pediatric Sports Journal Club
01/2013	Improvement in Off-Axis Neuromuscular Control through Pivoting Elliptical Training: Implication for Knee Injury Prevention – RIC Journal Club Series
12/2012	Leg, Foot, and Ankle Radiology – RIC Sports and Spine Lecture Series
07/2012	The Demographic and Morphological Features of Rotator Cuff Disease – Sports and Spine Rehabilitation Center (SSRC) Journal Club
06/2012	Musculoskeletal Examination – RIC Summer Extern Lecture Series
04/2012	Traumatic Shoulder Injuries – RIC Sports and Spine Lecture Series
03/2012	Comparison of elliptical training, stationary cycling, treadmill walking and overground walking – RIC Journal Club Series
02/2012	Tai Chi and Postural Stability in Patients with Parkinson's Disease – VA Journal Club Series
01/2012	Safety, Energy Efficiency, and Cost Efficacy of the C-Leg for Transfemoral Amputees: A Review of the Literature – RIC Journal Club Series
12/2011	Youth Motorcycle-Related Brain Injury by State Helmet Law Type – RIC Pediatric Journal Club
11/2011	Perinatal and Neonatal Risk Factors for Autism: A Comprehensive Meta-analysis – RIC Pediatric Journal Club
11/2011	Post Traumatic Hydrocephalus – RIC Chairman's Rounds

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10/2011	Posterior Thigh Muscle Injuries in Elite Track and Field Athletes – SSRC Journal Club
10/2011	Hand Anatomy with Dissection - RIC Resident Anatomy Course
06/2011	Prevalence of 25-Hydroxyvitamin D Deficiency in the Acute Inpatient Rehabilitation Population and Its Effect on Function – RIC Journal Club Series
05/2011	On Field Management of Sporting Events – RIC Sports and Spine Lecture Series
01/2011	Therapeutic Trajectory of Hyaluronic Acid versus Corticosteroids in the Treatment of Knee Osteoarthritis: A Systematic Review and Meta-Analysis – RIC Journal Club Series
07/2010	Musculoskeletal Peripheral Injection – RIC Resident Anatomy Course
06/2010	Heterotopic Ossification – CPMC Resident Lecture Series
02/2010	Plavix vs. Aggrenox – Advances in Secondary Stroke Prevention – CPMC Journal Club Series
Fellow Teaching	
04/2023	"5 Minute Musculoskeletal Exam for the Spine" – Vanderbilt Primary Care Sports Medicine Fellowship Lecture Series
10/2022	"Diagnostic Approach to Neck Pain: A Case Based Approach" – Vanderbilt Primary Care Sports Medicine Fellowship Lecture Series
04/2022	"Choosing the Right Procedure at the Right Patient" – Vanderbilt Primary Care Sports Medicine Fellowship Lecture Series
10/2021	"Initial Diagnostic Approach to Neck Pain: A Case Based Approach" – Vanderbilt Primary Care Sports Medicine Fellowship Lecture Series
04/2022	"Choosing the Right Procedure at the Right Time for the Lumbar Spine" – Vanderbilt Primary Care Sports Medicine Fellowship Lecture Series
10/2021	"Non-Operative Management of Neck Pain" – Vanderbilt Primary Care Sports Medicine Fellowship Lecture Series
10/2021	"Electrodiagnostic Medicine for the Pain Physician" – Vanderbilt Pain Medicine Lecture Series
02/2021	"Non-Operative Management of Low Back Pain" – Vanderbilt Primary Care Sports Medicine Fellowship Lecture Series
10/2020	"Non-Operative Management of Neck Pain" – Vanderbilt Primary Care Sports Medicine Fellowship Lecture Series

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10/2020	"Electrodiagnostic Medicine for the Pain Physician" – Vanderbilt Pain Medicine Lecture Series
01/2020	"Non-Operative Management of Low Back Pain" – Vanderbilt Primary Care Sports Medicine Fellowship Lecture Series
10/2019	"Electrodiagnostic Medicine for the Pain Physician" – Vanderbilt Pain Medicine Lecture Series
10/2019	"A Pain in the Neck" – Vanderbilt Primary Care Sports Medicine Fellowship Lecture Series
08/2019	"Physical Examination of a Patient in Pain" – Vanderbilt Pain Medicine Lecture Series
01/2019	"Non-Operative Management of Back Pain" – Vanderbilt Primary Care Sports Medicine Fellowship Lecture Series
11/2018	"Non-Operative Management of Neck Pain" – Vanderbilt Primary Care Sports Medicine Fellowship Lecture Series
10/2018	"Electrodiagnostic Medicine for the Pain Physician" – Vanderbilt Pain Medicine Lecture Series
08/2018	"Physical Examination of a Patient in Pain" – Vanderbilt Pain Medicine Lecture Series
01/2018	"Non-Operative Management of Back Pain" – Vanderbilt Primary Care Sports Medicine Fellowship Lecture Series
11/2017	"Non-Operative Management of Neck Pain" – Vanderbilt Primary Care Sports Medicine Fellowship Lecture Series
10/2017	"Electrodiagnostic Medicine for the Pain Physician" – Vanderbilt Pain Medicine Lecture Series
08/2017	"Physical Examination of a Patient in Pain" – Vanderbilt Pain Medicine Lecture Series
01/2017	"Non-Operative Management of Low Back Pain" – Vanderbilt Primary Care Sports Medicine Fellowship Lecture Series
11/2016	"Non-Operative Management of Neck Pain" – Vanderbilt Primary Care Sports Medicine Lecture Series
09/2016	"Electrodiagnostic Medicine for the Pain Physician" – Vanderbilt Pain Management Fellowship Lecture Series

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05/2016	"Non-Operative Management of Low Back Pain" – Vanderbilt Primary Care Sports Medicine Fellowship Lecture Series
09/2015	"Electrodiagnostic Medicine for the Pain Physician" – Vanderbilt Pain Management Fellowship Lecture Series
05/2014	Physical Modalities in Sports Medicine – University of Colorado Sports Medicine Fellowship Lecture
02/2014	<i>Upper Extremity Nerve Injuries in the Athlete</i> – University of Colorado Sports Medicine Fellowship Lecture
01/2014	Myositis Ossificans – University of Colorado Sports Medicine Fellowship Lecture
11/2013	Low Back Pain in the Young Athlete – University of Colorado Sports Medicine Fellowship Lecture
09/2013	Piriformis Syndrome: Fact or Fiction? – University of Colorado Sports Medicine Fellowship Lecture

## Allied Health/Extramural Teaching

05/2021	"Six Lessons Learned on Back Pain" – Jennie Stuart Medical Center Primary Care Lecture
03/2021	"Non-Operative Management of Low Back Pain" – STAR Physical Therapy Lunch and Learn
01/2021	"Balancing Family and Career" – Vanderbilt School of Medicine Faculty Affiliate Advisor Fireside Chat Series
10/2019	"Physical Medicine and Rehabilitation" – Brentwood High School Medicine Club
10/2019	"Physical Medicine and Rehabilitation" – Vanderbilt School of Medicine PM&R Interest Group
04/2019	"Common Myths of Back Pain" - Dell Webb Retirement Community Lunch and Learn
03/2019	"Common Myths of Back Pain" - Earl Swensson Architecture Associates Lunch and Learn
02/2019	"Role of Injections in Back Pain" – Vanderbilt Physical Therapy Department In-Service
09/2017	"Dispelling the Common Myths of Neck and Low Back Pain" – Traveler's Insurance Educational In-Service
06/2017	"Conservative Management of Low Back Pain" - Occusure Educational In-service Lecture
06/2016	"Musculoskeletal Ultrasound" – Tennessee State Department of Physical Therapy Musculoskeletal Diagnostics Lecture Series

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04/2016	"Treatment Guidelines for Neck Pain" – Tennessee Workers Compensation Management of
	the Injured Worker Conference
06/2015	"Dispelling the Common Myths of Neck Pain" – Blanchfield Army Hospital/Fort Campbell
	Lecture Series
03/2015	"Common Myths of Back Pain" – Dekalb Community Hospital Lecture Series
06/2014	"Failure of Conservative Care" Amorphous Definition in Spine Studies – University of
	Colorado Department of PM&R Annual Gersten Day

### Invited Lectures/Grand Rounds

Invited Lectures/Grand Rounds	
05/2023	"Rethinking How We Approach and Treat the Sacroiliac Joint Complex" – University of Washington Musculoskeletal & Sports Medicine Seminar
03/2023	"Five Minute Musculoskeletal Examination of the Spine" - Vanderbilt University General Internal Medicine and Public Health Grand Rounds
06/2022	"5 Minute Musculoskeletal Exam" – Meharry Occupational Health Residency Lecture Series
07/2022	"Introduction to Interventional Spine Subspecialty" – Career Panel for Association of Academic Physiatrists Medical Student Educators Council
05/2022	"Rethinking How We Approach and Treat the Sacroiliac Joint Complex" – Walter Reed PM&R Residency Didactic Series
02/2022	"Evaluation and Management of Neck Pain – Case Based Approach" - Vanderbilt University General Internal Medicine and Public Health Grand Rounds
02/2022	"Introduction to Interventional Spine Procedures" – Association of Academic Physiatrists Medical Student Course
11/2021	"Spinal Interventions: Choosing the Right Procedure for the Right Patient" – Clinical Orthopaedic Society Annual Meeting in Nashville, TN
09/2021	"Transitioning to the next career level – How to build a practice, market yourself, other logistics, incorporate research" - Association of Academic Physiatrists Mid-Year Meeting: Your Career Development Journey
08/2021	"Physical Medicine & Rehabilitation Training and Fellowship Trends" – University of Michigan Grand Rounds
08/2021	"Wellness During Times of Transition in Medical Education" – Association of Academic Physiatrists Resident and Fellow Committee Panel Discussion

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08/2021	"Introduction to Interventional Spine Procedures" – American Academy of Physical Medicine and Rehabilitation Medical Student Course <a href="https://youtu.be/2vttJbE0zZ4">https://youtu.be/2vttJbE0zZ4</a>
06/2021	"Introduction to Interventional Spine Subspecialty" – Career Panel for Association of Academic Physiatrists Medical Student Educators Council
06/2021	"Choosing the Right Patient and Procedure for the Spine" – Vanderbilt University Medical Center Combined Spine Grand Rounds
05/2021	"Six Lessons Learned on Back Pain" - Vanderbilt University General Internal Medicine and Public Health Grand Rounds
05/2021	"Choosing the Right Patient and Procedure for the Spine" – New York Medical College Metropolitan Health Residency Didactic Series
03/2021	"Residency and Fellowship Trends in Physical Medicine & Rehabilitation" – University of Colorado Grand Rounds
02/2021	"Factors Influencing Fellowship Decision Making During Physical Medicine & Rehabilitation Residency" – Rutgers-NJMS/Kessler February Grand Rounds Journal Club Guest Speaker
05/2020	"Choosing the Right Patient and Procedure for the Spine" – Association of Academic Physiatrists Virtual Learning Didactics
05/2020	"Interventions for the Sacroiliac Joint Complex" – Association of Academic Physiatrists Virtual Learning Didactics
10/2019	"Five Minute Musculoskeletal Examination" - Vanderbilt University General Internal Medicine and Public Health Grand Rounds
09/2019	"Rehab Medicine and Men's Health" – Men's Health and Politics of Masculinity Vanderbilt University Undergraduate course guest speaker
09/2019	"Three Things to Know About Back Pain" - Vanderbilt University Medical Center General Internal Medicine and Public Health Grand Rounds
07/2019	"Frequently Asked Questions About Back Pain" – Vanderbilt University Medical Center Green Hills Internal Medicine
11/2017	"Physical Medicine & Rehabilitation Residencies: Past, Present, and Future" – Vanderbilt Department of Physical Medicine and Rehabilitation Grand Rounds
10/2017	"Frequently Asked Questions About Low Back Pain: A Non-surgical and Surgical Perspective"  - Vanderbilt University General Internal Medicine and Public Health Grand Rounds

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03/2017	"Dispelling the Common Myths of Low Back Pain" - Meharry Medical Medicine Grand Rounds
01/2016	"Non-Operative Management of Low Back Pain" – Vanderbilt University Medical Center Department of Neurosurgery Grand Rounds
10/2015	"Dispelling the Common Myths of Neck Pain" – Vanderbilt University Medical Center General Internal Medicine and Public Health Grand Rounds
10/2014	"Dispelling the Common Myths of Low Back Pain" – Vanderbilt University Medical Center General Internal Medicine and Public Health Grand Rounds

## Course Instructor/Director

05/2023	Course Director for Physical Diagnosis Musculoskeletal Examination for 1st year Vanderbilt School of Medicine students
05/2022	Course Instructor for the Association of Academic Physiatrists Annual Meeting Education Pre-course on <i>Medical Education in Physiatry: Building Teaching Skills</i>
04/2020	Course Director for the Inaugural Interventional Spine and Musculoskeletal Ultrasound Cadaver Procedural Course at Vanderbilt University Medical Center
03/2020	Interventional Spine Procedures course instructor for the Association of Academic Physiatrists Annual Meeting Resident and Fellow Workshop
02/2017	Electrodiagnostic course instructor for the Association of Academic Physiatrists
	Annual Meeting Resident and Fellow Workshop
03/2014	University of Colorado Musculoskeletal Ultrasound Part II Assistant Instructor
02/2014	University of Colorado 2 <sup>nd</sup> Year Medical Student Musculoskeletal Small Group Facilitator
09/2013	University of Colorado Musculoskeletal Ultrasound Part I Assistant Instructor
04/2012	RIC Annual Musculoskeletal Ultrasound Course - Resident Coordinator
03/2012 - 06/2013	Musculoskeletal Exam Workshop (Northwestern Medical Students) – Resident Instructor

## Curriculum Development

2023 Medical Education in Physiatry: Curriculum Implementation and Faculty Development

– Lecture given during AAP Medical Education Pre-Course

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2020	Spine Intervention Society New Curriculum Task Force (NCTF) – Sacroiliac Joint Lateral Branch and Radiofrequency Technique
2019	Development of the Association of Academic Physiatrists eLeadership Module on Balancing Career and Family
2019	Revision of the 3 available PM&R Medical Student Rotations curriculum, expectations, and rotation schedule – PMR 5310 (Principles of PM&R), PMR 5611 (Advanced Clinical Experience), and PMR 5615 (Advanced Internship)
2019	Development of required PM&R exposure during Vanderbilt University Medical School Neurology Clerkship
2016	Development of the Outpatient Spine/Pain Medicine Didactic and Rotation Schedule for the Vanderbilt Department of Physical Medicine & Rehabilitation Residency
2015	Development of the Spine/Pain Medicine and Electrodiagnostic Curriculum and Didactic structure for the Vanderbilt Department of Physical Medicine & Rehabilitation Residency

# **Community Service/Other Significant Activities**

2017 – 2022	Elder at The Gospel Church
2014 – 2020	Volunteer Physician at Siloam Family Health Center in Nashville, TN
2010	Volunteer Physician at San Francisco's Project Homeless Connect Open Clinic
Research	
2022 – Present	SBIR Phase II: Spring-Powered Exosuit to Prevent Low Back Pain due to Overuse Injury – Clinical expert consultant
2020 – 2022	Knee-Spine Syndrome: Prevalence of Low Back Pain in Patient's with Knee Osteoarthritis Requiring Total Knee Arthroplasty – Principle Investigator, VICTR grant approved for \$2,866
2020 – 2022	Research Immersion Mentor for Vanderbilt University School of Medicine student Alan Grusky ( $2^{nd}$ year medical student)
2016 – 2018	Zelik K and Yang A. <i>No Holding Back: A Novel, Wearable Exoskeleton to Reduce Low Back Pain and Injury Risk</i> . Discovery Grant funded for \$100,000.
2011 – 2013	Harden N, Yang A. True Functional Restoration and Analgesia in Non-Radicular Low Back Pain: a prospective, single blind placebo lead in, then double-blind placebo-controlled study of

*Hydromorphone ER.* Assisted in recruiting subjects and data collection.

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2010 – 2011 Albert M, Toledo S, Kording K. *Using Mobile Phones for Activity Recognition in Parkinson's* 

Patients. Assisted in recruiting subjects and data collection.

2002 – 2005 Yang A, Erdman S. Function and Role of Synaptotagmin Proteins in Yeast. Biology Honors

Thesis.

#### **Publications**

### Articles in Refereed Journals

Liang-Ching Tsai, Song-Joo Lee, Cindy Lin, <u>Aaron Yang</u>, Yupeng Ren, Francois Gaiger, Alison H.I. Chang, Joel M. Press, Li-Qun Zhang. **Article 22(NIDRR) Effectiveness of Off-Axis Training on Improving Knee Function in Individuals with Patellofemoral Pain.** *Archives of Physical Medicine and Rehabilitation*. 10/2012; 93 (10): e13. DOI: 10.1016/j.apmr.2012.08.028

Yang A, Casey E. Poster 146 Challenging Diagnosis of a Hip Labral Tear: A Case Report. *PM&R*. 10/2012; DOI: 10.1016/j.pmrj.2012.09.770

Yang A, Rho M. Poster 145 Development of Buttock Pain and Abscess Following a Progesterone in Oil Injection: A Case Report. *PM&R*. 10/2012; DOI: 10.1016/j.pmrj.2012.09.769

Yang A, Emig M, Akuthota V. **Kissing Spine and the Retrodural Space of Okada: More Than Just a Kiss?** *PM&R*. 12/2013; DOI: 10.1016/j.pmrj.2013.10.010

Rho M, Chu S, <u>Yang A</u>, Hameed F, Lin C, Hurh P. **Resident Accuracy of Joint Line Palpation Using Ultrasound Verification.** *PM&R*. 01/2014; DOI: 10.1016/j.pmrj.2014.02.006

Liang-Ching Tsai, Song-Joo Lee, <u>Aaron Yang</u>, Yupeng Ren, Joel M. Press, Li-Qun Zhang. Effects of Off-Axis Elliptical Training on Reducing Pain and Improving Knee Function in Individuals with Patellofemoral Pain. Clinical Journal of Sports Medicine. 1/2015; DOI: 10.1097/JSM.00000000000000164

Yang A, Brakke R, Boimbo S, Sauerwein K, Coronado R, Schumacher A. **Residency and Beyond: Subspecialization Trends Among Graduating Physiatry Residents and the Musculoskeletal Curriculum**. *American Journal of Physical Medicine & Rehabilitation*. 02/2016; 95 (2): 152-7. DOI: 10.1097/PHM.000000000000359.

Yang A, Gao C, Coronado R, Hoffecker L, Sauerwein K, Hoffberg A, Shoreman D, Akuthota V. Conservative Care in Lumbar Spine Surgery Trials: A Descriptive Literature Review. *Archives of Physical Medicine and Rehabilitation*. 8/2016; DOI: 10.1016/j.apmr.2016.07.025.

Yang A, Maybin S. Poster 171 An Unusual Case of Foot Drop Secondary to Compartment Syndrome: A Case Report. *PM&R*. 09/2016; DOI: 10.1016/j.pmrj.2016.07.211

Johnny Wei, Silky Chotai, Ahilan Sivaganesan, Kristin R. Archer, Byron J. Schneider, <u>Aaron J. Yang</u>, Clinton J. Devin. **Effect of pre-injection opioid use on post-injection patient-reported outcomes following epidural steroid injections for radicular pain.** Spine. 9/2017; DOI: 10.1016/j.spinee.2017.09.009

Yang A, Jain N. "Conservative Spine Care." Clinical Summaries: Journal of Bone & Joint Surgery. 11/2017, <a href="https://jbjs.org/summary.php?id=210">https://jbjs.org/summary.php?id=210</a>

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#### **Book Chapters**

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Rao R, <u>Aaron Yang</u>. **Peroneal Neuropathy**. *McLean Guide to Electrodiagnostic Medicine*. Springer Publishing, 2018. (Published)

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Swenson T, Gardner J, <u>Aaron Yang</u>. **Musculoskeletal Lower Limb Rehabilitation**. Physical Medicine and Rehabilitation Pocketpedia 4<sup>th</sup> Edition. Springer Publishing, 2021. (Published)

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#### Podium Presentations at Scientific Meetings

05/2012 Foot Pain in a Basketball Player. Clinical case presentation at the American College of

Sports Medicine National Meeting. San Francisco, CA (Peer Reviewed)

05/2013 Hip Pain in a Runner. Clinical case presentation at the American College of

Sports Medicine National Meeting. Indianapolis, IN (Peer Reviewed)

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10/2015	Failure of "Conservative Care" - Amorphous Definition in Lumbar Spine Studies. Electronic Poster Presentation at the North American Spine Society Annual Meeting. Chicago, IL (Peer Reviewed)
02/2018	Trainee Involvement in Interventional Spine Procedures. Podium presentation at the AAP National Meeting. Atlanta, GA (Peer Reviewed)
11/2019	The Sacroiliac Joint and Dorsal Ligament Complex: Procedural Considerations and Review of the Evidence. Session Director and presented at the American Academy of Physical Medicine and Rehabilitation Annual Assembly. San Antonio, TX (Peer Reviewed)
03/2020	Interventional Spine Procedures. Medical student, Resident, and Fellows Workshop Presentation at the AAP National Meeting. Orlando, FL (Invited)
11/2020	Advanced Neck Pain Management: Into the Unknown - What is that in the cervical spine: cases of cancer and other miscellaneous findings. Presented at the American Academy of Physical Medicine and Rehabilitation Annual Assembly Virtual Meeting (Peer Reviewed)
11/2020	Biologics for the Spine and Sacroiliac Joint Complex - What is the Background, Evidence, and Clinical Applications? Session Director at the American Academy of Physical Medicine and Rehabilitation Annual Assembly Virtual Meeting (Peer Reviewed)
11/2020	Spine Community Session: Trigger Points for Spine Pain & Assessing the Literature for the Spine Physiatrist. Session Director at the American Academy of Physical Medicine and Rehabilitation Annual Assembly Virtual Meeting (Peer Reviewed)
11/2020	Choosing the Right Fellowship for Performing Interventional Spine Procedures: Panel Discussion with Fellowship Directors for Educators and Residents. Session Director at the American Academy of Physical Medicine and Rehabilitation Annual Assembly Virtual Meeting (Peer Reviewed)
10/2021	Neuromodulation, Pain Medicine, and Spine Medicine Community Session. Session Director at the American Academy of Physical Medicine and Rehabilitation Annual Assembly Virtual Meeting (Peer Reviewed)
11/2021	A Game of CLUE: Can You Deduce the Different Causes for the Same Presenting Neck and Upper Extremity Symptoms? Presented at the American Academy of Physical Medicine and Rehabilitation Annual Assembly Virtual Meeting (Peer Reviewed)
11/2021	Approach to Posterior Shoulder and Upper Back Pain: Case Based Discussion. Presented at the American Academy of Physical Medicine and Rehabilitation Annual Assembly Virtual Meeting (Peer Reviewed)

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11/2021	Multidisciplinary Approach to Treating Scoliosis Viewpoints from a Physical Therapist, Physiatrist, and Surgeon. Session Director at the American Academy of Physical Medicine and Rehabilitation Annual Assembly Virtual Meeting (Peer Reviewed)
05/2022	Teaching Procedures. Presented at the Association of Academic Physiatrists Annual Meeting Pre-Course on Medical Education in Physiatry: Building Teaching Skills. New Orleans, LA (Peer Reviewed)
10/2022	Attendinghood 101: Making the Transition Into Becoming a Well Rounded Physiatrist. Session Director and presented at the American Academy of Physical Medicine and Rehabilitation Annual Assembly. Baltimore, MD (Peer Reviewed)
02/2023	Curriculum Implementation and Faculty Development. Presented at the Association of Academic Physiatrists Annual Meeting Pre-Course on Medical Education in Physiatry: Educator Skills. Anaheim, CA (Peer Reviewed)
06/2023	Cultivating a Culture of Well-being in the Clinical Learning Environment. Presented at the International Society of Physical and Rehabilitation Medicine Annual Conference. Cartagena, Colombia (Peer Reviewed)
Abstracts/Posters	
11/2012	Challenging Diagnosis of a Hip Labral Tear: A Case Report. Presented at the AAPMR National Meeting. Atlanta, GA (Peer Reviewed)
11/2012	Development of Buttock Pain and Abscess Following a Progesterone in Oil Injection: A Case Report. Presented at the AAPMR National Meeting. Atlanta, GA (Peer Reviewed)
03/2013	Fluoroquinolone Induced Peroneal Tendonitis: A Case Report. Presented at the AAP National Meeting. New Orleans, LA (Peer Reviewed)
02/2016	Unusual Case of Cervical Myelopathy in a Teenager: A Case Report. Presented at the AAP National Meeting. Sacramento, CA (Peer Reviewed)
02/2016	Posterior Interosseous Neuropathy Following Intravenous Line Placement. Presented at the AAP National Meeting. Sacramento, CA (Peer Reviewed)
10/2016	An Unusual Case of Foot Drop Secondary to Compartment Syndrome: A Case Report.  Presented at the AAPMR National Meeting. New Orleans, LA (Peer Reviewed)
02/2017	Deep Pelvic Endometriosis Causing Cyclic Low Back Pain: A Case Report. Presented at the AAP National Meeting. Las Vegas, NV (Peer Reviewed)
02/2018	Shoulder Effusion in a Multiple Myeloma Patient: A Case Report. Presented at the AAP National Meeting. Atlanta, GA (Peer Reviewed)

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10/2018	Lung Cancer Masquerading as Scapular Pain: A Case Report. Presented at the AAPMR National Meeting. Orlando, FL (Peer Reviewed)
02/2019	A Rare Case of an Atraumatic Pure Motor Radial Neuropathy Proximal to the Elbow. Presented at the AAP National Meeting. San Juan, PR (Peer Reviewed)
08/2019	Effect of Low-Profile, Spring-Powered Exosuit on Back Muscle Fatigue during Leaning. Presented by Erik Lamers at ISB/ASB National Meeting. Calgary (Peer Reviewed)
03/2020	A Case Report of Leg Pain due to Myopathy Masquerading as Lumbosacral Radiculopathy: Important Considerations to Distinguish Diagnoses. Presented at the AAP National Meeting. Orlando, FL (Peer Reviewed)
11/2020	Changes in Fellowship Plans Among Graduating Residents in PM&R. Presented at the AAPMR Virtual National Meeting. (Peer Reviewed)
03/2021	Thoracic Myelopathy After Chiropractor Adjustment. Presented at the AAP Virtual National Meeting (Peer Reviewed)
03/2021	Recurrence of Parsonage-Turner Syndrome (PTS) in the Contralateral Limb. Presented at the AAP Virtual National Meeting (Peer Reviewed)
03/2021	A Case Report of Lumbar Discitis. Presented at the AAP Virtual National Meeting (Peer Reviewed)
08/2021	Uncommon Presentation of Nephrolithiasis Immediately Following Lumbar Medial Branch Block. Presented at the Spine Intervention Society Annual Meeting (Peer Reviewed)
11/2021	Idiopathic Spinal Epidural Lipomatosis in a Non-Obese Patient with No History of Steroid Use.  Presented at the AAPMR Annual Meeting (Peer Reviewed)
11/2021	Creation of a Hybrid Virtual and In-person PM&R Medical Student Curriculum. Presented at the AAPMR Annual Meeting (Peer Reviewed)
11/2021	Development and Assessment of a Cadaver Lab Curriculum for Spine Procedure Training  During Residency – Top Abstract in Pain and Spine Medicine and presented by resident  Evan Berlin at AAPMR Annual Meeting (Peer Reviewed)
02/2022	Sacral Insufficiency Fracture Mimicking Sacroiliac Joint Pain in a Recreational Golfer – Oral presentation at the Southeast American College of Sports Medicine presented by Richard Tran (Peer Reviewed)
07/2022	Subspecialty Training in Physical Medicine and Rehabilitation: A Global Perspective and Future of Collaboration. Presented at the International Society of Physical Rehabilitation Medicine Annual Meeting in Lisbon, Portugal (Peer Reviewed)

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09/2022 Comprehensive Simulation Sessions for Interventional Spine Procedure: Preliminary Prospective

Results. Presented by Kevin Vu at the Spine Intervention Society Annual Meeting in

Vancouver, Canada (Peer Reviewed)

## Non-Peer Reviewed/Press Mentions

2014	Outpatient PM&R clinic opens at Stallworth, VUMC Reporter, <a href="https://news.vumc.org/2014/08/14/outpatient-pmr-clinic-opens-at-stallworth/">https://news.vumc.org/2014/08/14/outpatient-pmr-clinic-opens-at-stallworth/</a>
2017	Smart underwear prevents back stress with just a tap, myVU Vanderbilt University, <a href="https://news.vanderbilt.edu/2017/08/01/smart-underwear-prevents-back-fatigue-with-just-a-double-tap/">https://news.vanderbilt.edu/2017/08/01/smart-underwear-prevents-back-fatigue-with-just-a-double-tap/</a>
2017	Smart Undergarment to Prevent Back Pain, Medgadget, <a href="https://www.medgadget.com/2017/08/smart-underwear-prevent-back-pain.html">https://www.medgadget.com/2017/08/smart-underwear-prevent-back-pain.html</a>
2017	Smart' Underwear May Help Prevent Back Pain, Drugs.com, https://www.drugs.com/news/smart-underwear-may-help-prevent-back-pain- 66641.html
2017	Performance Boosting Underwear Helps Ease Lower Back Pain, Tech Times, <a href="http://www.techtimes.com/articles/212749/20170819/performance-boosting-underwear-helps-ease-lower-back-pain.htm">http://www.techtimes.com/articles/212749/20170819/performance-boosting-underwear-helps-ease-lower-back-pain.htm</a>
2017	Back pain prevented by biomechanical device, The Engineer, <a href="https://health.einnews.com/article_detail/395915582/nnmA3VNT0-45CbhI?ref=rss&amp;lcode=3eZx_VsHpCWxOjZJXj-urA%3D%3D">https://health.einnews.com/article_detail/395915582/nnmA3VNT0-45CbhI?ref=rss&amp;lcode=3eZx_VsHpCWxOjZJXj-urA%3D%3D</a>
2017	Frontera to step down as Physical Medicine and Rehabilitation chair, VUMC Reporter, <a href="https://news.vumc.org/2017/01/26/frontera-to-step-down-as-physical-medicine-and-rehabilitation-chair/">https://news.vumc.org/2017/01/26/frontera-to-step-down-as-physical-medicine-and-rehabilitation-chair/</a>
2018	Bone and Joint Franklin thrives on team approach, VUMC Reporter, <a href="https://news.vumc.org/2018/02/08/bone-and-joint-franklin-thrives-on-team-approach/">https://news.vumc.org/2018/02/08/bone-and-joint-franklin-thrives-on-team-approach/</a>
2018	Don't let holiday decorating wreak havoc on your back, My Southern Health, <a href="https://www.mysouthernhealth.com/holiday-decorating-your-back/">https://www.mysouthernhealth.com/holiday-decorating-your-back/</a>
2020	How to decide whether back surgery is the right route for you, My Southern Health, <a href="https://www.mysouthernhealth.com/decide-back-surgery-right-for-you/">https://www.mysouthernhealth.com/decide-back-surgery-right-for-you/</a>
2020	Private Practice to Academia, Podcast moderator for the Association of Academic Physiatrists

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2020	Assistive Exosuit Targets Occupational Back Injury, VUMC Discover, <a href="https://discover.vumc.org/2020/04/designing-smart-underwear-to-prevent-workplace-back-injury/?utm_campaign=discover-newsletter-23-04-2020&amp;utm_source=marketo&amp;utm_medium=email&lt;/a&gt;  2020&amp;utm_source=marketo&amp;utm_medium=email&lt;/th&gt;&lt;/tr&gt;&lt;tr&gt;&lt;td&gt;2020&lt;/td&gt;&lt;td&gt;Can't-Miss Pain and Spine Sessions at the Annual Assembly, The Physiatrist Newsletter, &lt;a href=" https:="" news-publications="" newsletters="" the-physiatrist-newsletter"="" www.aapmr.org="">https://www.aapmr.org/news-publications/newsletters/the-physiatrist-newsletter</a>
2020	Vanderbilt wearable exosuit that lessens back muscle fatigue could redesign the future of work, Research News @ Vanderbilt <a href="https://news.vanderbilt.edu/2020/09/29/vanderbilt-wearable-exosuit-that-lessens-back-muscle-fatigue-could-redesign-the-future-of-work/">https://news.vanderbilt.edu/2020/09/29/vanderbilt-wearable-exosuit-that-lessens-back-muscle-fatigue-could-redesign-the-future-of-work/</a>
2020	Chronic and acute back pain exercises to keep you moving, My Southern Health <a href="https://www.mysouthernhealth.com/chronic-and-acute-back-pain-exercises-to-keep-you-moving/">https://www.mysouthernhealth.com/chronic-and-acute-back-pain-exercises-to-keep-you-moving/</a>
2020	Degenerative disc disease is more common than you think, My Southern Health <a href="https://www.mysouthernhealth.com/lumbar-degenerative-disc-disease-is-more-common-than-you-think/">https://www.mysouthernhealth.com/lumbar-degenerative-disc-disease-is-more-common-than-you-think/</a>
2021	Cadaver Practice Bolsters Confidence in Interventional Spine Procedures, VUMC Discover, <a href="https://discover.vumc.org/2021/06/cadaver-practice-bolsters-confidence-in-interventional-spine-procedures/">https://discover.vumc.org/2021/06/cadaver-practice-bolsters-confidence-in-interventional-spine-procedures/</a>
2022	Inaugural Members of the Vanderbilt Academy for Excellence in Clinical Medicine Announced, VUMC Discover, <a href="https://news.vumc.org/2022/01/17/inaugural-members-of-the-vanderbilt-academy-for-excellence-in-clinical-medicine-announced/">https://news.vumc.org/2022/01/17/inaugural-members-of-the-vanderbilt-academy-for-excellence-in-clinical-medicine-announced/</a>
2022	Multiplanar Views for Interventional Spine Procedures, NASS Podcast, <a href="https://podcasts.apple.com/us/podcast/the-nass-podcast/id1443922159">https://podcasts.apple.com/us/podcast/the-nass-podcast/id1443922159</a>
2023	Myth-busting: Running and back pain, My Southern Health <a href="https://www.mysouthernhealth.com/myth-busting-running-and-back-pain/">https://www.mysouthernhealth.com/myth-busting-running-and-back-pain/</a>

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