Department of Rehabilitation and Regenerative Medicine
Columbia University College of Physicians and Surgeons
Sports Medicine Fellowship

Department Chair:
Joel Stein, MD

Fellowship Director:
Christopher J. Visco, MD
Board Certified Sports Medicine

Key Clinical and Teaching Faculty:
Farah Hameed, MD
Board Certified Sports Medicine
Rehabilitation Medicine

Clark Smith, MD
Board Certified Pain
Rehabilitation Medicine

Jaspal “Ricky” Singh, MD
Rehabilitation Medicine

Christi Bevelaqua, MD
Board Certified Sports Medicine
Rehabilitation Medicine

William Levine, MD
Orthopaedic Surgery

Christopher Ahmad, MD
Orthopaedic Surgery

Gloria Cohen, MD
Board Certified Sports Medicine
ONS Care, Greenwich, CT

Michael Rasiej, MD
Musculoskeletal Radiology

Evan Johnson, PT
Department of Neurosurgery

Edward Calem, PT
Department of Rehabilitation Orthopedic Specialist
Clinical Mission
The Sports Fellowship at the Department of Rehabilitation and Regenerative Medicine mission is to:

- Provide the highest quality care to patients with sports and musculoskeletal injuries for outpatient, team, and event coverage
- Educate fellows in the key elements of sports medicine including team coverage, non-operative management, radiology, point-of-care applications of musculoskeletal ultrasound, and management of spine conditions
- Advance the field of sports medicine through involvement in clinical research and scholarly activity
- Support the departmental education and clinical mission including continuity of care

Fellowship in Sports Medicine
This fellowship training program is rigorous and provides a rich academic and clinical environment. We collaborate with related departments, including Orthopedic Surgery, Radiology, Adolescent Medicine, Emergency Medicine, and other sports specialists. This ensures a broad-based and in-depth training that prepares our graduates to step into a leadership role upon graduation. With the resources of Columbia University Medical Center, Weill Cornell University and the Department of Rehabilitation and Regenerative Medicine, this truly is a unique academic program in Sports Medicine and Musculoskeletal Care. The academic preparation models the requirements determined by the American Academy of Family Practice RRC requirements for fellowship training in sports medicine.

Fellowship Structure
The fellowship is a junior faculty position consisting of a one-year training period after completion of a residency in Physical Medicine and Rehabilitation. The fellowship director organizes the curriculum and oversees the fellow’s training. In addition to Dr. Visco, other faculty for the fellowship will include; Drs. Farah Hameed and Clark Smith within the Department of Rehabilitation and Regenerative Medicine, Dr. Gloria Cohen, Family Practice Sports Medicine and team physician for Columbia University, and Drs. William Levine, Christopher Ahmad, and Edwin Cadet from the Center for Shoulder, Elbow, and Sports Medicine within the Department of Orthopaedic Surgery at Columbia. Other training experiences include a sports medicine didactic schedule in conjunction with orthopaedic surgery, hands on training for primary care issues in sports medicine, as well as pre-participation, training room, sideline, and mass-event coverage. There is support for attendance to major courses including the AMSSM team physician course. Additional available educational experiences include Physical Therapy anatomy sessions, Orthopaedic surgery indications conference, Neurology brachial plexus rounds, and Grand rounds on both the Columbia and Cornell campus of New York Presbyterian Hospital.
Clinical Training
Clinical training consists of musculoskeletal/sports medicine outpatient practice with observation and mentorship with a dedicated faculty member.
Preparticipation physicals for all of Columbia University Athletics occurs in the beginning of the year with an ongoing training room experience supervised by Dr. Cohen. The fellow functions as the sideline team physician for local high school football from late August through November. Additional sideline coverage occurs with Columbia Athletics. Mass event coverage of the main New York events can include the Ironman, Half-marathon, and Marathon. Structured experiences occur in outpatient sports medicine with physiatry, primary care, orthopedics, and cardiopulmonary rehabilitation as well as image interpretation with radiology. A longitudinal curriculum provides training in the use of ultrasound for diagnosis and therapeutic guidance includes covering sports medicine material week. Other specialty areas are available to shadow and participate in clinical care including adolescent medicine education on eating disorders, neuropsychology concussion evaluations, and pain medicine evaluations. Specialist physical therapists are available for further clinical training including in the Departments of Rehabilitation, Neurosurgery, and in private practice.

A Sample Week
½ to 1 day of team coverage/sports/training room
1 day of continuity clinic
2 days of musculoskeletal outpatient care
1 day of hands-on training in procedures including fluoro-guided procedures, electrodiagnostics, and musculoskeletal ultrasound
½ day academic time/teaching

Procedures Offered
Office based injections
Electrodiagnostic testing (EMGs)
Sideline procedures
Fluoroscopic guided spine injections
Ultrasound diagnostic assessments and guided procedures
Platelet-Rich Plasma
Casting and splinting (ER and Ortho)

Estimates
50 electrodiagnostic studies
200 ultrasound diagnostic assessments and guided interventions
100+ fluoroscopically guided interventions
Academic and Research
In addition to clinical activities, the fellow is assigned academic and research projects in order to fully develop their academic skills. These include:

- Columbia Medical Student Physical Exam Workshop
- Cornell Medical Student Physical Exam Workshop
- A departmental grand rounds presentation
- Submission of at least one manuscript/presentation to a journal/conference
- Family practice medical student weekly physical exam instructor
- Instructor NYSPMR US course and Mt Sinai Ultrasound Course
- PM&R resident lectures on sports medicine topics
- Preceptor and co-director for functional anatomy including physical exam workshops and organizing presentations
- Direct the monthly Sports Medicine Journal Club
- Participate in the quarterly interdisciplinary ortho/pm&r sports journal club

Research
Research mentors are available to develop research interests and develop their own project with a goal of obtaining data for publication in a medical journal. There are opportunities to attend the Works In Progress seminar series at Columbia University to strengthen their understanding of quality research. Research mentorship is available throughout the institution and could include cardiopulmonary, orthopedic, sports or rehabilitation areas depending on the fellow's interest.

Attendance to the Columbia University professional development series is encouraged for career and academic development. Specific mentorship for career and workplace development occurs longitudinally throughout the fellow year.

Estimates
1-2 peer reviewed publications
1 National Presentation
5 Lectures Locally
1 Grand Rounds

Christopher J. Visco, MD
Assistant Professor of Clinical Rehabilitation Medicine
Fellowship Director Sports Medicine
Residency Program Director
Department of Rehabilitation and Regenerative Medicine
Columbia University College of Physicians and Surgeons