

UCLA Sports Medicine Fellowship Program

Division of Sports Medicine

Department of Family Medicine

University of California Los Angeles, School of Medicine

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HISTORY

In the early 1980's, the role of the primary care physician as an essential partner in the care of competitive athletes emerged. Shortly thereafter, a growing demand for additional training in the rapidly expanding field of primary care sports medicine led to the establishment of three sentinel fellowship programs at the Cleveland Clinic, Michigan State University and UCLA. The UCLA Program was established in 1986 by James C. Puffer, MD, one of the pioneers of primary care sports medicine.

Since its inception, the fellowship program has been committed to recruiting the best primary care physicians with the expectation that they will pursue academic careers to further the growth and development of the discipline, and impart their knowledge to other physicians in training and in practice.

With this in mind, the program has sought to provide a comprehensive experience for fellows designed to assist them in achieving exceptional skills in clinical care, teaching and research. Over the years, the program has taken advantage of the expertise of the faculty, the enthusiasm of our fellows, and the resources of our institution to implement a variety of changes that solidly supports each of these cornerstones of sports medicine.

The program initially consisted of one year of training, and then in 1989, a second year was added to support the acquisition of research skills. As sports medicine continues to evolve, the career paths of academic sports medicine physicians have expanded. In addition to faculty whose primary focus is research, there has been an increased need for faculty who use evi-



denced-based methods to provide residents and medical students with more sound skills in musculoskeletal medicine, and in the care of medical issues that affect physical activity and sport participation. Given these developments, the role of the clinician-teacher as a scholarly leader within the faculty of medical schools and primary care residency programs, has rapidly grown.

Recognizing these changes, as well as the program's overriding commitment to developing leaders in sports medicine, the program now offers two pathways of fellowship training. For applicants pointing towards faculty careers as clinician-teachers, the program provides a rigorous 12-month curriculum that includes extensive clinical training, a multitude of teaching and educational opportunities, as well as preparation and support for clinical research and scholarly activity. In addition, for those applicants who are interested in obtaining advanced skills and experience in research, as well as superior faculty development training, a 24-month program is available that can be tailored to the specific interests and career goals of each fellow.

The fellowship has been committed to recruiting and training the very best and brightest primary care physicians with the expectation that they will pursue academic careers to further the growth and development of the discipline.

The Ucla Sports Medicine Fellowship provides a comprehensive clinical experience that allows each fellow to develop expertise in the care of a wide range of medical and musculoskeletal problems.



The program's focus remains on training individuals who will advance the discipline of sports medicine. In fact, throughout the program's history, over 70% of graduates have pursued academic careers, many with major athletic team responsibilities at Division I institutions.

Finally, with the rapid increase in the number of primary care sports medicine fellowships in the early 1990's, an accreditation process was established by the Accreditation Council for Graduate Medical Education (ACGME) and the Residency Review Committees for Family Practice, Internal Medicine and Pediatrics. UCLA was one of the first fellowship programs to be accredited in 1996, and has been re-accredited each subsequent cycle.

PHILOSOPHY AND GOALS

Situated in one of the preeminent academic medical centers in the United States, the UCLA Sports Medicine Fellowship is committed to recruiting outstanding primary care physicians to train in a unique and challenging interdisciplinary environment. It is expected that graduates of the program will pursue academic careers in their given primary care discipline and further advance the scientific growth and development of sports medicine. With this in mind, the fellowship is designed with the following goals:

- 1.** To foster excitement for scientific inquiry.
- 2.** To develop research skills necessary for conducting cutting-edge research in sports medicine.
- 3.** To create a passion for life-long learning using an evidence-based approach.
- 4.** To augment skills in critical analysis and decision making.
- 5.** To cultivate and refine clinical skills in sports medicine.
- 6.** To maintain clinical skills in primary care.
- 7.** To develop experience in administering and coordinating a sports medicine program.
- 8.** To establish strategies for effective teaching and education in a variety of settings.

FELLOWSHIP CURRICULUM

Introduction

The UCLA sports medicine fellowship is fully accredited by the ACGME, and meets all requirements of the Residency Review Committee for Family Medicine. An innovative curriculum integrates resources within the Department of Family Medicine, the Schools of Medicine and Public Health, and the Department of Intercollegiate Athletics. The program includes clinical, educational, and research components.

Clinical Component

The UCLA sports medicine fellowship provides a comprehensive clinical experience that allows each fellow to develop expertise in the care of a wide range of medical and musculoskeletal problems. This extensive program involves exposure to issues seen in children and adults, and includes the care of elite and recreational athletes. This, coupled with a commitment to the enhancement of primary care skills, creates a challenging and dynamic learning environment.

The sports medicine clinical curriculum incorporates both longitudinal experiences and focused specialty rotations. Fellows provide patient consultations during weekly sport medicine clinics. Patients are seen by the fellow, and case by case, hands on teaching is provided by the faculty. Fellows also attend the Sports Medicine Clinic at the Arthur Ashe Student Health and Wellness Center, serving as consultants to the UCLA student population. Another ongoing clinical responsibility involves the care of student-athletes through

the Department of Intercollegiate Athletics. Each fellow receives UCLA team assignments, serving as the team physician providing care for both medical and musculoskeletal problems as well as event coverage. Fellows also staff the UCLA training room on a daily basis, treating medical and orthopaedic problems. To promote further exposure to clinical and administrative issues, the program has well-established relationships with local high schools for which the fellow serves as the team physician. This involves weekly training room sessions and event coverage.

Each fellow also participates in a primary care continuity clinic. A full range of primary care is offered, including procedures such as splinting and casting, and office surgery.

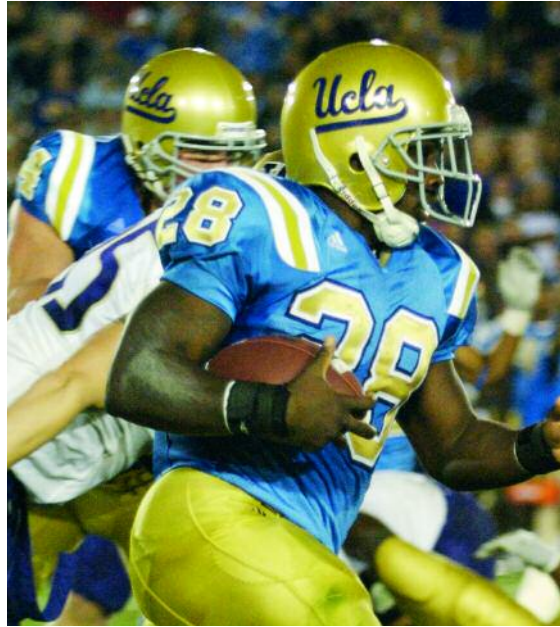
Specialty Rotations

Specialty rotations allow the fellow to work side by side with recognized experts in several other clinical areas. The rotations include musculoskeletal radiology, hand clinic, foot and ankle clinic, the UCLA spine center, osteoporosis and bone health, and physical medicine and rehabilitation. Pediatric sports medicine is an integral part of the program and highlighted by a pediatric sports medicine clinic staffed by the faculty, as well as a pediatric fracture care clinic. To gain further experience in acute injury management, fellows rotate at an injury clinic at the base of a winter mountain resort. Fellows also have the opportunity to gain additional experience in surgical and musculoskeletal sports medicine during rotations with the UCLA Department of Orthopaedic Surgery, as well as with the Santa Monica Orthopaedic and Sports Medicine Group, a well established private practice. Fellows also participate in the planning and coverage of mass participation

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To gain further experience in acute injury management, fellows rotate at an injury clinic at the base of a winter mountain resort.

The many resources of the Ucla campus enable fellows to design and implement a wide variety of research projects.



events. These special events have included NCAA and PAC 10 championship competitions, the Surf City USA Marathon (Huntington Beach), the LA Marathon, the Ironman California Triathlon (Oceanside), the Mt. SAC Relays, and the Jackie Joyner Kersee/Rafer Johnson Invitational Track Meet.

Educational Component

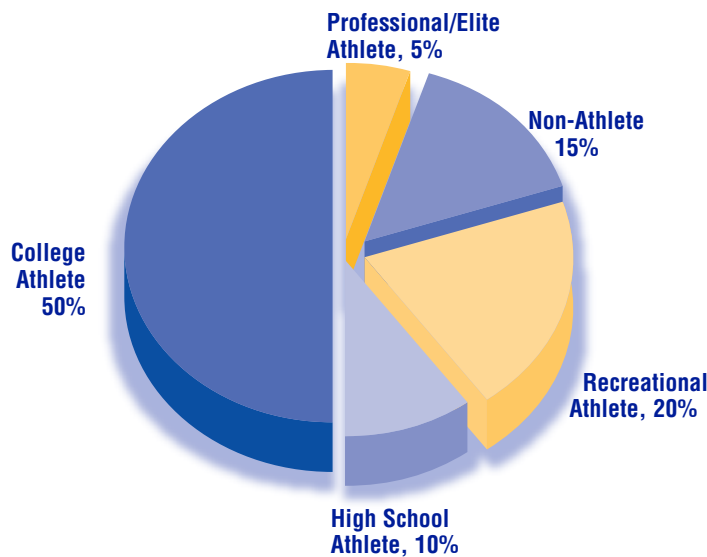
To further academic interest and provide a solid basis for research, fellows are enrolled in a series of seminars offered by the UCLA

Clinical Research Center. The material covered in this program includes research methodology and study design, biostatistics, ethics in research, and grant writing skills development. Fellows also attend the Research Workshop for Sports Medicine Fellows sponsored by the American Medical Society for Sports Medicine. An in-depth review of musculoskeletal anatomy relevant to sports medicine is conducted in conjunction with faculty from the school of medicine. In addition, a comprehensive sports medicine knowledge base is covered in weekly seminars with the faculty. Longitudinal education is also provided by the UCLA Sports Medicine Conference Series, organized and run jointly by the UCLA Departments of Family Medicine and Orthopaedic Surgery. In addition to being students of sports medicine, the fellows are also teachers. Educating family medicine residents, medical students, and students in the College of Health Related Professions is an important part of the fellowship, and serves to refine teaching and presentation skills.

Research Component

In keeping with the goals of the program, each fellow is responsible for conducting a research project during the fellowship. The concept for the project is developed by the fellow and refined through discussions with faculty. Faculty guidance is an ongoing part of the research process. The many resources of the UCLA campus enable fellows to design and implement a wide variety of research projects. By planning, writing, and conducting a research project, a better understanding of the process of primary clinical research is achieved. Continued interest and participation in sports medicine research beyond the fellowship program constitutes the ultimate goal of this introduction to research.

UCLA SPORTS MEDICINE PATIENT DEMOGRAPHICS



THE UCLA SPORTS MEDICINE EXPERIENCE

UCLA Sports Medicine Fellows assist in the comprehensive medical care of over 700 student-athletes who participate in NCAA Division I competition. These UCLA student-athletes are among the most competitive in the nation, as evidenced by the fact that UCLA has produced more professional and Olympic athletes and won more NCAA Championships than any other university in the country.

The UCLA Sports Medicine Fellow is an integral part of the multidisciplinary team that provides medical care to the student-athlete. By combining the skills and experience of athletic trainers, physical therapists, nutritionists, psychologists, coaches, orthopaedists and primary care physicians, the health care of the student-athlete is enhanced. This comprehensive medical care begins with the annual preparticipation examinations of each student-athlete and continues until the completion of their collegiate career at UCLA.

The Acosta Training Center is the primary site for the medical care of student-athletes at UCLA. This recently completed facility contains a large rehabilitation area and fully equipped physician examination rooms with computer access to all laboratory results and imaging studies. The medical record of each student-athlete is also maintained within the center, which promotes easy access and communication between providers. Adjacent to the Acosta Training Center is the Athletic Performance Center. This 8500 square foot strength and conditioning facility is the location for supervised resistance training for UCLA athletes.

Each fellow is designated as the physician for several UCLA teams. Specific responsibilities include on-the-field medical coverage, diagnosis and management of injuries and acute and chronic illnesses, as well as rehabilitation and return to play decisions. This provides a unique opportunity



to create relationships with the student-athletes, athletic trainers, and coaches. As the team physician, the fellow also participates in administrative meetings that focus on student-athlete health issues, including CHAMPS (Consultants Helping Athletes Maximize Performance Skills), Athlete Care Conference, and other health-related team meetings.

Staffing the Acosta Training Center provides experience through a high volume of medical and orthopaedic ailments. This situation also affords the fellow autonomy in decision making, with faculty available for teaching and assistance. Fellows also become an important member of the UCLA football medical staff. Sideline medical coverage at all home games and the opportunity to travel to away games allow the fellow to work closely with the head team physicians, trainers, coaches and athletic department staff.

The Ucla Sports Medicine Fellow is an integral part of the multidisciplinary team that provides medical care to the student-athlete.

Sideline medical coverage at all home events and the opportunity to travel to away events allow the fellow to work closely with the head team physicians, trainers, coaches and athletic department staff.

UCLA STUDENT - ATHLETES:

- Over 700 student athletes at UCLA participating in 22 varsity sports
- More than 250 Olympic athletes with over 75 Olympic medals

UCLA ATHLETIC FACILITIES:

Rose Bowl, Pasadena

- Football Home of the Bruins since 1982
- 102,083 seats

Pauley Pavilion

- Home arena of UCLA Men's & Women's Basketball, UCLA Women's Gymnastics and UCLA Men's and Women's Volleyball
- Capacity 12,819

Jackie Robinson Stadium

- Home field of UCLA Men's Baseball
- Capacity 1,250

Marshall Field.

- Capacity 12,000
- Home of UCLA Men's and Women's Soccer

Los Angeles Tennis Center

- Home court of UCLA Men's & Women's Tennis
- Capacity 5,800



Easton Stadium

- Home stadium of UCLA Softball
- 1,300 capacity

Men's Gym Pool

- Home facility of UCLA Women's Swimming

Drake Stadium

- Home stadium of UCLA Men's & Women's Track and Field
- 12,000 capacity

Sunset Canyon Recreation Center

- Site of UCLA Men's and Women's Water Polo, and Diving

John Wooden Sports

and Recreational Center

- Additional site for UCLA Women's Gymnastics and UCLA Men's and Women's Volleyball and special events
- 2,000 capacity

THE UCLA MEDICAL CENTER

Since opening its doors in 1955, UCLA Medical Center has consistently been a healthcare innovator. Known worldwide for its pioneering technological contributions, including advancements in organ transplantation, artificial insemination and ultrasound, UCLA Medical Center year after year is ranked number one in the West by U.S. News and World Report's annual survey of "America's Best Hospitals".

More than 300,000 people from Los Angeles, from across the country, and from around the world come to UCLA Medical Center each year to receive care from some of the world's best healthcare providers. More than 120 of our physicians are cited in *The Best Doctors in America*, which is based on an extensive poll of thousands of medical specialists.

The collaboration of patient care, medical education and scientific research form the foundation of UCLA Medical Center. Each part of the triad enhances and enriches the other so that patients receive compassionate care based on the latest medical knowledge.

Some factors that contribute to our top rankings are specialized intensive care units, state-of-the-art inpatient and outpatient operating suites, a Level-1 trauma center, the latest diagnostic technology, and a high level of commitment from our dedicated and experienced staff of over 1,000 physicians and 3,500 nurses, therapists, technologists and support personnel.

On June 29, 2008, Ronald Reagan UCLA Medical Center opened on the Westwood campus. The new 520-bed home of Ronald Reagan Medical Center, Mattel Children's Hospital UCLA and the Stewart and Lynda Resnick



Neuropsychiatric Hospital at UCLA offers patients the latest technological advances in a welcoming environment that is filled with light and open spaces to enhance a sense of wellness and promote healing.

Also part of the Medical Center, the Jules Stein Eye Institute and the Doris Stein Eye Research Center are dedicated to preserving vision through patient care, research and education. Each year, more than 60,000 patients visit the Institute for eye-care needs, from contact lenses to laser surgery for glaucoma.

UCLA Medical Center is a highly acclaimed training site for physicians, many of whom choose to stay on as clinicians, teachers and researchers. Academic medical centers, such as UCLA, are the backbone of innovation in American medicine because they develop the knowledge that results in new life-saving drugs, medical devices and surgical procedures that improve the quality of healthcare, and move these innovations to the bedside.

UCLA Health System is committed to providing patients with the best possible experience and to serve as a national model for health-care in the 21st century. UCLA Medical Center strives continually to redefine the standard of excellence in health-care by providing an unparalleled environment for compassionate, state-of-the-art patient care, training of top medical professionals and support for leading-edge research and discoveries.

FACULTY

The UCLA Sports Medicine Fellowship has five experienced faculty who administer the program.

JULIE CASPER, M.D.
*Clinical Faculty,
 Department of Family Medicine*

*Attending Physician,
 Arthur Ashe Student Health and
 Wellness Center*

Undergraduate Education:
 UCLA

Medical School:
 UCLA

Residency:
 Kaiser Permanente Los Angeles

Fellowship:
 Sports Medicine, UCLA

Board Certifications:
 American Board of Family Medicine
 CAQ Sports Medicine

Dr. Casper is a Primary Care and Sports Medicine physician at the UCLA Arthur Ashe Student Health and Wellness Center. Dr. Casper joined the teaching faculty of the program in 2006. At the Ashe Center, she provides care for students with a variety of medical concerns and sports medicine issues.

Dr. Casper has researched energy balance and menstrual dysfunction in female collegiate athletes. She is a member of the American Medical Society for Sports Medicine and the American College of Sports Medicine.

JOHN P. DIFIORI, M.D.
*Professor of Clinical Family Medicine
 Chief, Division of Sports Medicine*

Undergraduate Education:
 Franklin and Marshall College

Medical School:
 Temple University

Residency:
 Lancaster General Hospital, Lancaster, PA

Fellowship:
 Sports Medicine, UCLA

Board Certifications:
 American Board of Family Medicine
 CAQ Sports Medicine

Dr. DiFiori joined the faculty in 1994 after completing his fellowship training in Sports Medicine at UCLA. He was appointed Chief of the Division of Sports Medicine in 2002. He serves as co-director of the Sports Medicine Fellowship Program. Dr. DiFiori is a team physician for the UCLA Department of Intercollegiate Athletics. He has served as the U.S. team physician for several international competitions including the XIIIth Pan American Games. He is a member of the USA Gymnastics National Health Care Referral Network and serves as a consultant to the NHL Players Association. He has also served as a physician for the U.S. Olympic Committee and USA Basketball.

Dr. DiFiori's research interests include overuse injuries affecting children and adolescents, and preparticipation screening. He has conducted research on wrist pain, distal radial growth plate injury and ulnar variance in young gymnasts. Dr. DiFiori served on the Board of Directors of the American Medical Society for Sports Medicine, and is a Fellow of the American College of Sports Medicine.

Dr. DiFiori serves as a consultant in sports medicine at UCLA for patients of all ages for the evaluation of sports-related injuries and medical problems. He also maintains a family medicine practice, providing care for patients with a wide variety of medical problems, as well as general health maintenance and preventive care.

JAMES C. PUFFER, MD, *Program Founder*

James C. Puffer, M.D. founded the UCLA Primary Care Sports Medicine Fellowship Program in 1986. Upon the establishment of the Department of Family Medicine in 1997, Dr. Puffer became the first Chief of the Division of Sports Medicine. He served in this capacity until 2002, when he accepted his current position as Executive Director of the American Board of

Family Medicine. Dr. Puffer served as a UCLA Team Physician for 24 years, and remains an internationally recognized authority in sports medicine. Dr. Puffer's many contributions to the discipline of primary care sports medicine and his leadership in the education of primary care sports medicine fellows have left an indelible mark of excellence on the specialty of sports medicine.

GARY A. GREEN, M.D.

Clinical Professor of Family Medicine

Undergraduate Education:
University of Pennsylvania

Medical School:
Hahnemann University (Drexel University)

Residency:
Medical College of Pennsylvania
(Drexel University)

Board Certifications:
American Board of Internal Medicine,
CAQ Sports Medicine

Dr. Green has been a member of the UCLA Department of Family Medicine since 1988. Following his residency he was appointed Head Team Physician at the University of Delaware, where he served until his move to UCLA. During his tenure at UCLA, Dr. Green has contributed to the sports medicine literature in several areas, with an emphasis on drugs and the athlete, heading effects in soccer, and exercise and organ transplantation. Dr. Green coordinates the drug testing program at UCLA, and is also a team physician for Pepperdine University and U.S. Soccer. He is a fellow of the American College of Sports Medicine and a charter member of the American Medical Society for Sports Medicine.

HEATHER GILLESPIE, M.D., M.P.H.

Assistant Professor of Clinical Family Medicine

Undergraduate Education:
Brown University

Medical School:
Duke University

Residency:
Thomas Jefferson University

Fellowship:
Sports Medicine, Maine Medical Center

Board Certifications:
American Board of Family Medicine
CAQ Sports Medicine

Dr. Gillespie joined the faculty in 2007 after completing her sports medicine fellowship training at Maine Medical Center in Portland, Maine. She is a team physician for the UCLA Department of Intercollegiate Athletics and has a sports medicine practice at UCLA Santa Monica which includes patients of all ages with sports-related injuries and medical issues. Additionally, she directs the pediatric sports medicine specialty clinic at Orthopaedic Hospital, specializing in sports-related injuries in children and adolescents. Dr. Gillespie is a member of the American Medical Society for Sports Medicine and the American College of Sports Medicine.

AURELIA NATTIV, M.D.

Professor, Department of Family Medicine, Division of Sports Medicine and Department of Orthopaedic Surgery

Undergraduate Education:
University of California, Los Angeles

Medical School:
Washington University, St. Louis

Residency:
Sonoma County Hospital/UCSF, Family Medicine

Fellowship:
Sports Medicine, UCLA

Board Certifications:
American Board of Family Medicine

CAQ Sports Medicine

Certified Clinical Densitometrist, ISCD

Dr. Nattiv completed her sports medicine fellowship at UCLA in 1989. After her fellowship, Dr. Nattiv served on the faculty in the Departments of Family Medicine and Orthopaedic Surgery at the University of Utah and as a team physician for the Utes. She then went to Santa Monica in private practice and served as a team physician for Pepperdine University and Santa Monica High School. In 1994, Dr. Nattiv joined the faculty at UCLA in the Departments of Family Medicine and Orthopaedic Surgery. She currently serves as Co-Director of the UCLA Sports Medicine Fellowship Program, Director of the UCLA Osteoporosis Center and as a team physician for the UCLA Department of Intercollegiate Athletics. In addition to her team physician role at UCLA, Dr. Nattiv has served as an invited team physician for USA Track and Field, USA Gymnastics, USA Basketball and for the USOC.

Dr. Nattiv's research interests include the female athlete triad, stress fracture prevention, bone health/osteoporosis and risk taking behaviors in athletes. She has published and lectured extensively in these areas and has co-authored a book on The Female Athlete. Dr. Nattiv has served on the Boards of the AMSSM and ACSM, and is a Fellow of the ACSM.

Dr. Nattiv's clinical practice is at the Santa Monica-UCLA Orthopaedic Center where she serves as a consultant in sports medicine and osteoporosis prevention and treatment for adult and pediatric populations.



Nightlife abounds in Los Angeles, “the home of entertainment.” Ten minutes east of campus are Beverly Hills, the famed Sunset Strip in West Hollywood, and the Melrose District.

THE LOS ANGELES AREA

The UCLA campus offers a variety of activities including sporting events, concerts, and plays. Fellows are entitled to full staff privileges on the UCLA campus which include eligibility for athletic tickets, special event tickets, and use of all staff recreational facilities. Fellows may enroll in instructional courses in golf, sailing, tennis, and other activities. A large Olympic size swimming pool at the UCLA Sunset Canyon Recreation Center is available throughout the year. The John Wooden Center contains facilities for basketball, racquetball, squash, gymnastics, weight training, aerobics, and rock climbing.

Westwood, home of the UCLA campus, is a dynamic area brimming with movie theaters, restaurants, and specialty stores. Only a few blocks away, on Wilshire Boulevard, is the Wadsworth Theater. Here one can see world class musicians and nationally acclaimed productions.

Southern California is famous for its sunshine and beaches. Popular locations include the South Bay, Santa Monica, and Malibu. Venice Beach is a favorite destination for people watching and sidewalk attractions. One can jog, bike, or rollerblade on “The Strand,” a concrete beachpath that runs from Pacific Palisades in the north, 25 miles south to Palos Verdes.

Nightlife abounds in Los Angeles, “the home of entertainment.” Ten minutes east of campus are Beverly Hills, the famed Sunset Strip in West Hollywood, and the Melrose District. Just west is the Third Street Promenade in Santa Monica, a four block open-air strip of shopping, dining, street entertainers, and more. LA boasts a host of museums, movie theaters, restaurants, concerts, plays, sporting events, parks and recreation areas, and other cultural and recreational choices.

The surrounding area also has a number of offerings. Skiing in the Southern California mountains at elevations up to 8000 feet is a short drive away. Santa Barbara, Palm Springs, and San Diego are also popular weekend get-aways.

Overall, Southern California offers an exciting mix of social, cultural, and recreational opportunities.

APPLICATION REQUIREMENTS

The UCLA Department of Family Medicine Sports Medicine Fellowship Program participates in the Primary Care Sports Medicine Specialty Match organized by the National Residency Matching Program. Registration with the NRMP is therefore required. Your application will be considered complete and will be reviewed when all of the following items have been received:

- 1.** Completed Primary Care Sports Medicine Specialty Match universal application.
- 2.** Copies of the following:
 - A.** Medical school transcript and diploma
 - B.** Medical school dean's letter
 - C.** Undergraduate diploma
 - D.** State medical license
- 3.** Three letters of recommendation (we suggest that one be from your residency director or department chair)
- 4.** A current curriculum vitae.
- 5.** A personal statement which includes responses to each of the following:
 - A.** What do you hope to gain from the fellowship program?
 - B.** Briefly describe any past teaching responsibilities you have assumed.
 - C.** Describe any research activities you have undertaken.
 - D.** Discuss your future career plans.

