

**Wayne Laurence Stokes, M.D.**

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Board-Certified Physical Medicine and Rehabilitation physician, with over 30 years of clinical experience. Special focus on musculoskeletal system. Clinical Associate Professor at NYU Langone Rusk Rehabilitation. Former Director of Sports Medicine, and Director of Ultrasound and Musculoskeletal Education for NYU Rusk Rehab. Former Associate Professor at University of Utah and Penn State. Certified Life Care Planner.

**Current**

Clinical Associate Professor, NYU Langone Rusk Rehabilitation.

Independent medical practitioner in Utah.

Certified Life Care Planner

**Licensure and Certification**

- 2020 Certified Life Care Planner (CLCP), International Commission on Health Care Certification.
- 2012 Board Certification, Sports Medicine #409
- 2004 Utah State License #5574948-1205/5574948-8905
- 2000 New York State License #217673-1
- 1993 American Board of Physical Medicine and Rehabilitation certification #4278, recertified 2003 and 2013

**Most Recent Training and Education**

- 2022 Annual Assembly, American Academy of Physical Medicine and Rehabilitation, Baltimore, MD.
- 2022 McGill Method, Lumbar Evaluation and Treatment, Levels 1,2&3, online training modules.
- 2021 IME Skills for Physicians: The Master's Program, SEAK, Virtual.
- 2020 Annual Assembly, American Academy of Physical Medicine and Rehabilitation, Virtual.
- 2020 International Association of Rehabilitation Professionals Virtual Conference, International Academy of Life Care Planning Symposium.
- 2019 McGill Method, Lumbar Evaluation and Treatment, Levels 1&3, Edmonton, Ontario.
- 2019 McGill Method, Lumbar Evaluation and Treatment, Levels 2&3, Vancouver, British Columbia.
- 2018 79<sup>th</sup> Annual Assembly, American Academy of Physical Medicine & Rehabilitation, Orlando, FL.
- 2018 American College of Sports Medicine Annual Meeting. Minneapolis, MN.

## **EDUCATION**

<b>Year</b>	<b>Degree</b>	<b>Field</b>	<b>Institution</b>
1977	BA	Biology	Bucknell University
1982-1984		Science	University of Vermont
1988	MD	Medicine	University of Vermont Larner College of Medicine

## **Postdoctoral Training**

1988-89	Transitional Year	St. Vincent's Hospital, Bridgeport, CT
1989-92	Residency	National Rehabilitation Hospital, Washington, DC
1991-92	Chief Resident	National Rehabilitation Hospital, Washington, DC
1992-93	Fellowship	Sports Medicine, Orthopaedic and Sports Section Department of Physical Medicine and Rehabilitation Beth Israel Medical Center-North Division, New York, NY.

## **Academic Appointments**

2011-Present	Clinical Associate Professor	New York University School of Medicine
2005-2010	Adjunct Clinical Professor	The University of Utah
2001-2004	Assistant Professor	Albert Einstein College of Medicine
1999-2001	Affiliate Assistant Professor	The Pennsylvania State University, Department of Kinesiology
1995-2001	Assistant Professor	Penn State College of Medicine, Department of Orthopaedics and Rehabilitation

## **Awards and Honors**

2014	Teacher of the Year Award, Rusk Institute for Rehabilitation
2002	Special Recognition for outstanding and dedicated service to Penn State Athletic Training Education

## **Major Committee Assignments**

2016	NYU Graduate Medical Education Leadership Development Course
2016	Education Leaders for Strategic Planning, Rusk Rehab
2016	Center of Excellence for Musculoskeletal Care
2011-2014	University Physician's Network, PM&R Delegate
1999	PhD Dissertation Committee, Department of Kinesiology, Penn State University
1998	Penn State Collegiate Wrestling Weight Loss Committee, Penn State University
1997	Development of Athletic Training Core Curriculum Committee, Penn State University
1993	Development of Spine Curriculum Committee, Nittany Valley Rehab Hospital

## **Memberships, Offices, And Committee Assignments in Professional Societies**

2018-Present American College of Sports Medicine  
1993-Present American Board of Physical Medicine and Rehabilitation  
1993-2016 International Spinal Injection Society  
1990-2016 American College of Sports Medicine  
1989-Present American Academy of Physical Medicine and Rehabilitation

## **Principal Clinical and Hospital Service Responsibilities**

2014-2018 Director, NYU Langone Rusk Rehab PM&R Sports Medicine Fellowship  
2011-2018 Director of Sports Medicine, Rusk Institute, NYU Langone Medical Center  
2005-2010 Physician, Park City Mountain Resort Ski Clinic, Park City, UT  
2004-2010 Outpatient physician, Musculoskeletal Medicine, University of Utah, Park City, UT  
2001-2004 Outpatient physician, Musculoskeletal Medicine, Beth Israel Hospital, New York, NY  
1995-2000 Full-time Team Physician, The Pennsylvania State University, State College, PA  
1993-1997 Medical Director of five (5) outpatient clinics, Nittany Valley Rehabilitation Hospital, PA

## **Teaching Experience**

2018-Present Lecturer, Core Curriculum. NYU Langone Health Rusk Rehab.  
2012-2018 Musculoskeletal Ultrasound Education. Developer/Lecturer of musculoskeletal ultrasound education series for Rusk Institute PM&R Residents at NYSIM Center.  
2011, 2012 Invited physician, Quindoo Municipal Hospital, Quindoo, China. Musculoskeletal medicine, sports medicine education.  
2011-2018 NYU Medical Student Education. Musculoskeletal Education, Core Curriculum.  
2011-2018 Teaching Proctor. Anatomy Cadaver, guided learning for PM&R Residents.  
2011-2018 Rehabilitation Initiative in Sports Medicine Education Co-creator. Lecture and workshop on sideline sports medicine topics for Rusk Institute PM&R Residents.  
2011-2018 Musculoskeletal Education Lecture Series. Developer/Lecturer of musculoskeletal medicine to Rusk Institute Physical Medicine and Rehabilitation Residents.  
2005-2010 Attending Physician, Park City Mountain Resort Ski Clinic, Rotating Sports Medicine Fellows. University of Utah.  
2005-2010 Attending Physician, Community Clinics. Rotating medical students, Residents, and Fellows. University of Utah.  
2001-2004 Attending Physician, Physical Medicine and Rehabilitation Service. Rotating medical students and Residents. Beth Israel Medical Center, New York.  
1999-2001 Current Issues in Athletic Training, 431/531: Developer/Lecturer of medical component. Department of Kinesiology, The Pennsylvania State University.  
1999-2001 Developer/Lecturer Student Athletic Training Practicum, 395I/495F. Department of Kinesiology, The Pennsylvania State University.  
1995-2001 Attending Physician, Sports Medicine Service and Athletic Training Room Clinics. Rotating medical students, Residents, Fellows, and student athletic trainers. The Pennsylvania State University.  
1990-1991 Principle Organizer and Lecturer, Sports Medicine Lecture Series. National Rehabilitation Hospital.

## Workshops

- 2016 NYU School of Medicine Diagnostic and Interventional Musculoskeletal Symposium with Cadaver Lab. May, 2016. Instructor of multiple cadaver workshops. New York, NY.
- 2014 75<sup>th</sup> Annual Assembly, American Academy of Physical Medicine and Rehabilitation. "Functional Examination/Evaluation and Exercise Prescription for the Lower Extremity." Created and presented workshop for professional peers. San Diego, CA.
- 2012-2018 Musculoskeletal Ultrasound Education. Developer/Lecturer of musculoskeletal ultrasound education series for Rusk Institute PM&R Residents at NYSIM Center.
- 2012 73<sup>rd</sup> Annual Assembly, American Academy of Physical Medicine and Rehabilitation. "Trigger Point Injection Workshop" Created/presented workshop for professional peers. Atlanta, GA.
- 2011-2018 NYU School of Medicine Physical Medicine and Rehabilitation Annual Comprehensive Review. Musculoskeletal Ultrasound Workshop. Organizer/lecturer of Ultrasound Workshop. New York, NY.
- 2011-2018 NYU PM&R Interest Club. Musculoskeletal Ultrasound Workshop. Created/presented workshop for medical students interested in Physical Medicine and Rehabilitation. New York, NY.
- 2009 70<sup>th</sup> Annual Assembly, American Academy of Physical Medicine and Rehabilitation. "Practical Knee Exam." Created/presented workshop for professional peers. Austin, TX
- 2007 68<sup>th</sup> Annual Assembly, American Academy of Physical Medicine and Rehabilitation. "Splinting and Casting Workshop." Created/presented workshop for professional peers. Boston, MA.
- 2006 67<sup>th</sup> Annual Assembly, American Academy of Physical Medicine and Rehabilitation. "Splinting and Casting Workshop." Created/presented workshop for professional peers. Honolulu, HI.
- 2005 66<sup>th</sup> Annual Assembly, American Academy of Physical Medicine and Rehabilitation. "Ankle Injuries: Physical Exam and Diagnosis". Created/presented workshop for professional peers. Philadelphia, PA.
- 2004 65<sup>th</sup> Annual Assembly, American Academy of Physical Medicine and Rehabilitation. "Ankle Injuries: Physical Exam and Diagnosis". Created/presented workshop for professional peers. Phoenix, AZ.
- 2003 64<sup>th</sup> Annual Assemble, American Academy of Physical Medicine and Rehabilitation "Examination of the Knee". Created/presented workshop for professional peers. "The Shoulder Examination". Created/presented workshop for professional peers. Chicago, IL.
- 2002 63<sup>rd</sup> Annual Assembly, American Academy of Physical Medicine and Rehabilitation. "Examination of the Knee". Created/presented workshop for professional peers. "The Shoulder Examination". Created/presented workshop for professional peers. Orlando, FL.

2000 62<sup>nd</sup> Annual Assembly, American Academy of Physical Medicine and Rehabilitation. "Ankle Injuries: Physical Exam and Diagnosis". Created/presented workshop for professional peers. 1.5 hours. San Francisco, CA.

**Lecturer**

2022 New Metro Sports Medicine Board Review Course, "Sports Dermatology." Virtual.

2021 American Academy of Musculoskeletal Ultrasound, Integration of Musculoskeletal Ultrasound in Clinical Practice: Clinical Pearls from the Experts, "Ultrasound in Sports Injuries and Sideline Use." Virtual.

2018-Present Lecturer, Core Curriculum. NYU Langone Health Rusk Rehab.

2018 American Academy of Orthopedic Surgeons Annual Meeting, "Ankle and Foot Ultrasound." Lecturer. New Orleans, LA.

2017 American Academy of Orthopedic Surgeons Annual Meeting, "Ankle and Foot Ultrasound." Lecturer. San Diego, CA.

2016 77<sup>th</sup> Annual Assembly, American Academy of Physical Medicine and Rehabilitation. "Knee and Shoulder Surgery: Why or Why Not Refer." Session Director and Lecturer. New Orleans, LA.

2016 NYU Pain Medicine Grand Rounds. June, 2016 "Common Peripheral Joint Injections, Lower Extremity." Lecturer. New York, NY.

2016 NYU School of Medicine Diagnostic and Interventional Musculoskeletal Symposium with Cadaver Lab. May, 2016. "Ultrasound Examination of the Knee: Anatomy and Pathology." "Ultrasound Examination of the Ankle and Foot: Anatomy and Pathology." "Interventional Ultrasound Injections of the Foot and Ankle." Lecturer. New York, NY.

2016 NYU Pain Medicine Grand Rounds. February, 2016 "Common Peripheral Joint Injections, Upper Extremity." Lecturer. New York, NY.

2015 NYU Rusk Rehabilitation Grand Rounds. August, 2015 "Functional Examination and Exercise Prescription for the Lower Extremity." Lecturer. New York, NY.

2015 NYU Rusk Rehabilitation Grand Rounds. April, 2015. "Ultrasound Use in Diagnosis of Musculoskeletal Problems." Lecturer. New York, NY.

2014 75<sup>th</sup> Annual Assembly, American Academy of Physical Medicine and Rehabilitation. "Functional Examination and Exercise Prescription for the Lower Extremity. Lecturer. San Diego, CA.

2014 National Ability Center Mountain Center. "Concussion Awareness and Helmet Safety." Presenter. Park City, UT.

2013-2018 NYU Center for Musculoskeletal Care Community Lecture Series. "Management of Common Skiing and Snowboarding Injuries." Presenter. New York, NY.

2013 NYU Center for Musculoskeletal Care Physical Therapy Grand Rounds. "Ultrasound Examination of the Shoulder." Lecturer. New York, NY.

2013 NYU Internal Medicine Associates Rounds. "Lumbar Pain: A Broader Approach." Presenter. New York, NY.

2013 NYU/HJD Comprehensive Spine Course. February 2013. "Intra-articular Facet Injections and Therapeutic Approaches to Cysts." Presenter. New York, NY.

- 2013 NYU/HJD Comprehensive Spine Course. February, 2013. "Sacroiliac Injections: Indications and Technique." Presenter. New York, NY.
- 2012-2018 NYU School of Medicine Physical Medicine and Rehabilitation Annual Comprehensive Review. "Sport Injuries. Management and Exercise Prescription." Presenter. New York, NY.
- 2012 NYUHJD Comprehensive Spine Course. November, 2012 "Non-Operative Treatment of Cervical Myelopathy & Radiculopathy." Presenter. New York, NY.
- 2012 73<sup>rd</sup> Annual Assembly, American Academy of Physical Medicine and Rehabilitation. "Trigger Points: Trigger Points and Referred Pain Patterns." Lecturer. Atlanta, GA.
- 2012 73<sup>rd</sup> Annual Assembly, American Academy of Physical Medicine and Rehabilitation. "Trigger Point Injections." Lecturer. Atlanta, GA.
- 2012 Community Education. New York Physical Therapy. "Relief from Knee Pain." Presenter. New York, NY.
- 2012 6<sup>th</sup> Annual Orthopaedic Sports and Spine Rehabilitation Medicine Fellowship Conference. "Ankles That Don't Heal." Presenter. Beth Israel Medical Center, New York, NY.
- 2012, 2013 NYU Anesthesiology Pain Grand Rounds. "Peripheral Joint Injections." Lecturer. New York, NY.
- 2012 NYULMC Musculoskeletal Rehabilitation Network. "Common Peripheral Joint Injections." Lecturer. New York, NY.
- 2011-Present Musculoskeletal Education Lecture Series. Developer/Lecturer of musculoskeletal medicine to Rusk Institute Physical Medicine and Rehabilitation Residents and Fellows.
- 2011-Present Rehabilitation Initiative in Sports Medicine Education. Lecture and workshop on sideline sports medicine topics for Rusk Institute PM&R Residents. Multiple topics.
- 2011 Continuing Education Seminar Series, Department of Rehabilitation Medicine. "Shoulder Imaging in Diagnosis and Treatment." Lecturer. Rusk Institute of Rehabilitation Medicine, NYU Langone Medical Center, New York, NY.
- 2011 Physical Therapy Weekly Education Series. "Ankles That Don't Heal." Lecturer. NYU Langone Medical Center, New York, NY.
- 2010 Grand Rounds. National Rehabilitation Hospital. "Evaluation and Management of Shoulder Trauma." Presenter. Washington, DC.
- 2010 4<sup>th</sup> Annual Orthopaedic Sports and Spine Rehabilitation Medicine Fellowship Conference. "Evaluation and Management of Wrist Trauma." Presenter. Beth Israel Medical Center, New York, NY.
- 2009 3<sup>rd</sup> Annual Orthopaedic Sports and Spine Rehabilitation Medicine Fellowship Conference. "Evaluation and Management of Shoulder Trauma." Presenter. Beth Israel Medical Center, New York, NY.
- 2008 24<sup>th</sup> Annual Physical Medicine & Rehabilitation Update. "X-ray Evaluation and Fracture Management for the Physical Medicine and Rehab Specialist". Presenter. Park City, UT.
- 2007 68<sup>th</sup> Annual Assembly, American Academy of Physical Medicine and Rehabilitation "X-ray Evaluation and Fracture Management for the Physiatrist" Director/Presenter. Boston, MA.

- 2007 1<sup>st</sup> Annual Sports Medicine and Spine Fellows Symposium. "X-ray Evaluation of Traumatic Shoulder and Wrist Injuries." Presenter. Beth Israel Medical Center, New York, NY.
- 2006 "MRI Evaluation of Musculoskeletal Injuries." Four-part community education series. Silver Mountain Sports Club. Park City, UT.
- 2003 19<sup>th</sup> Annual Physical Medicine & Rehabilitation Update. "Shoulder Examination Special Tests". Presenter. Park City, UT.
- 2002 Penn State Athletic Training Conference. "Medical Management of Lumbosacral Spine Pain in Athletes". Guest Faculty. University Park, PA.
- 2000 62<sup>nd</sup> Annual Assembly, American Academy of Physical Medicine and Rehabilitation. "Creatine Supplementation". Presenter. San Francisco, CA.
- 2000 Grand Rounds. Penn State Geisinger Sports Medicine. "Electro-Diagnosis of the Numb Hand: Ulnar Neuropathy." Presenter. University Park, PA.
- 1999 The Annual Primary Care Sports Medicine Symposium. "Electrodiagnosis in Spine Pain" and "Localization of Pain Generators in the Spine". Presenter. The Penn State Conference Center Hotel, State College, PA.
- 1999 Penn State University Health Services. "Ankle Injuries, Part I". Presenter. Ritenour Building, University Park, PA.
- 1999 Sixteenth Annual Physical Medicine and Rehabilitation Update: Physiatry for the Millennium: Sports Medicine, Pain, Spine and Stroke Rehabilitation. "Lateral Ankle Sprains/Ankles That Don't Improve After Injury". Presenter. Park City, UT. "Don't Improve After Injury". Presenter. Park City, Utah.
- 1998 Annual Assembly – 13<sup>th</sup> World Congress of IFPMR, American Academy of Physical Medicine and Rehabilitation. "Ankle Injuries: Diagnosis and Management". Presenter. "Ankle Injuries: Physical Exam and Diagnosis". Presenter. Washington, D.C.
- 1998 Penn State Geisinger Sport Medicine Conference. Presenter. "Ankle and Foot Injuries". Penn State Geisinger Health Systems, University Park, PA.
- 1997 Penn State Student Athletic Trainers Club. Invited Lecturer. "On Field Evaluation and Emergency Care". The Pennsylvania State University, University Park, PA.
- 1997 Penn State Athletic Sports Medicine Conference. Presenter. "Aggressive Treatment of Spondylolysis in Athletes". The Pennsylvania State University, University Park, PA.
- 1997 The Ninth Annual International Conference and Workshops on Pain. Invited Lecturer. "Diagnosis and Management of Spondylosis/Spondylolisthesis in the Injured Athlete". Franklin Hospital Medical Center, Valley Stream, New York.
- 1997 The Annual Primary Care Sports Medicine Symposium. Invited Lecturer. "Diagnostic and Therapeutic Spinal Injections". The College of Medicine, The Milton S. Hershey Medical Center of the Pennsylvania State University.
- 1997 Sports Medicine Conference, Department of Orthopaedics and Rehabilitation. Invited Lecturer. "Lumbar Spine". Penn State Center for Sports Medicine, The Pennsylvania State University, University Park, PA.

- 1996 The Thirteenth Annual Physical Medicine and Rehabilitation Update Course. Invited Lecturer. "Spondylosis: Treatment in Adult and Young Populations". The University Of Utah School of Medicine, Park City, Utah.
- 1996 Applied Research Laboratory, The Pennsylvania State University. Invited lecturer. "Spinal Rehabilitation". University Park, PA.
- 1996 Department of Orthopaedics and Rehabilitation Grand Rounds. Invited Lecturer. "Peripheral Nerve Blocks". The Milton S. Hershey Medical Center of the Pennsylvania State University.
- 1996 Penn State Student Athletic Trainers Club. Invited Lecturer. "On Field Evaluation and Emergency Care". The Pennsylvania State University, University Park, PA.
- 1995 National Rehabilitation Hospital. Invited Lecturer. "Spinal Injection Under Fluoroscopy of the Lumbosacral Spine". Washington, D.C.
- 1995 Noll Physiology Lab, University Park, PA. Invited lecturer. "Closed Kinetic Chain Exercise and Concept".
- 1994 The Tenth Annual Physical Medicine and Rehabilitation Update Course. Invited Lecturer. "Shoulder Impingement Syndrome" and "Precise Localization of Low Back Pain". University of Utah School of Medicine Park City, UT.
- 1993 The Ninth Annual Physical Medicine and Rehabilitation Update Course. Invited Lecturer "Current Concepts in Rehabilitation of Total Knee Replacement". University of Utah School of Medicine, Park City, Utah.
- 1993 Sports Medicine in the Nineties Symposium. Invited Lecturer. "Examination of the Knee Joint." Beth Israel Medical Center, New York.
- 1991 HealthSouth Nittany Valley Rehabilitation. Invited Lecturer. "Shoulder Pain". Pleasant Gap, PA.
- 1991 American Orthopaedic Society of Sports Medicine. Invited Lecturer. "Lumbar Discectomy in the Athlete". Orlando, FL.
- 1990 Regional Meeting of President's Council on Physical Fitness. Invited Lecturer. "Running Injuries". Indianapolis, Indiana.
- 1989-1992 Graduate Sports Medicine Course. Invited Lecturer. George Washington University, Washington, D.C.

### **Boards and Community Organizations**

- 2011-Present Volunteer Physician, New York City Marathon, Medical Tent Captain
- 2013, 2014 Volunteer Physician, Brooklyn Half Marathon, Medical Tent Captain
- 2009-2010 Volunteer Physician, The People's Health Clinic, Park City, UT
- 2005-2010 Park City Mountain Resort, Ski Clinic
- 2005-2010 Volunteer Coach, Park City Youth Lacrosse
- 2005-2006 Leadership Park City
- 1995-2001 NCAA Division 1, Team Physician, The Pennsylvania State University
- 1992-1994 New York Marathon, Medical Tent Coordinator
- 1990 President's Council on Physical Fitness

## Bibliography

### Original Reports

Zelinger, Perry; Pastorius, Daniel; **Stokes, Wayne.**: “One Year of Knee Pain in a 21-year-old Male Frisbee Player”. *American Journal of Physical Medicine & Rehabilitation*. 2019. 2020:99(1):e1-e2.

**Stokes, W.**, Western, B.: April 2001 "Persistent Ankle Pain After a `Simple Sprain`" *The Physician and Sports Medicine*. Vol. 29, No. 4, pp. 49-55.

Hertel, J., Denegar, C., Buckley, W., Sharkey, N., **Stokes, W.**: February 2001; Effect of Rear-Foot Orthotics on Postural Control in Healthy Subjects"; *Journal of Sport Rehabilitation*. Vol. 10, No. 1, p36-47.

Hertel, J., Denegar, C., Monroe, M., **Stokes, W.**: November 1999; "Talocrural and Subtalar Joint Instability After Lateral Ankle Sprain." *Medicine and Science in Sports and Exercise*. Vol. 31, No. 11, p1501.

### Reviews, Books, and Book Chapters

Riley, J., **Stokes, W.**: 2017 “Hip Avascular Necrosis.” In: Musculoskeletal Sports and Spine Disorders: A Comprehensive Guide. Kahn and Xu, editors. Springer Publishing, NY. p. 211-212

Riley, J., **Stokes, W.**: 2017 “Compression Fracture.” In: Musculoskeletal Sports and Spine Disorders: A Comprehensive Guide. Kahn and Xu, editors. Springer Publishing, New York, NY. p.387-389.

Castillo, A., **Stokes, W.**: 2017 “Compartment Syndrome.” In: Musculoskeletal Sports and Spine Disorders: A Comprehensive Guide. Kahn and Xu, editors. Springer, New York. p.283-286.

Liu, J., **Stokes, W.**: 2015 “Sacroiliac Injections.” In: Spinal Disorders & Treatments. Errico, Cheriyan, and Varlotta, editors. Jaypee Brothers, New Delhi, India. p.205-211.

**Stokes, W.**: 2002 “Ankle Sprain”. In: Essentials of Physical Medicine and Rehabilitation. Frontera and Silver, editors. Hanley & Belfus, Inc., Philadelphia, PA. p. 400-404.

**Stokes, W.**: 2002 “Ulnar Neuropathy (Elbow)”. In: Essentials of Physical Medicine and Rehabilitation. Frontera and Silver, editors. Hanley & Belfus, Inc., Philadelphia, PA. p.139-142.

**Stokes, W.**, Denegar, C.: January, 1998 "Cervical Spine". In: Rehabilitation in Sports Medicine: Comprehensive Guide Canavan, editor. Appleton and Lange, Philadelphia, PA. Vol. 6, pp. 71-82.