

## **RATHNA RAO NUTI, MD, CAQSM**

### **EDUCATION**

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- 07/2005 – 05/2009 Austin College (AC)  
Biochemistry & Psychology, Bachelor of the Arts  
Psychology Honors Thesis: The Relationship Between Gender,  
Caregiver Burden, and Subsequent Depression of Caregivers of  
Loved Ones with Alzheimer's
- 07/2009 – 05/2013 Texas Tech University Health Sciences Center School of Medicine  
(TTUHSC-SOM)  
Doctor of Medicine

### **POSTGRADUATE TRAINING**

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- 07/2013 – 06/2016 University of Texas Southwestern (UTSW) Medical Center /  
Parkland Health and Hospital System  
Family and Community Medicine Residency
- 07/2016 – 06/2017 Drexel University College of Medicine / Hahnemann University Hospital  
Sports Medicine Fellowship

### **EMPLOYMENT HISTORY AND FACULTY APPOINTMENTS**

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- 09/2007 – 12/2007 Teaching Assistant for AC Chemistry Department
- 09/2007 – 05/2009 Peer Tutor at AC Academic Skills Center
- 08/2017 – 11/2017 ProHealth Care Associates, LLC  
Primary Care Sports Medicine Physician
- 02/2018 – current Texas Metroplex Institute for Sports Medicine & Orthopedic Surgery  
Primary Care Sports Medicine Physician  
Assistant Team Physician, Dallas Stars NHL Hockey Club  
Team Physician, Dallas Stars Ice Girls

### **BOARD CERTIFICATION AND LICENSURE**

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- 06/2011 United States Medical Licensing Examination (USMLE) Step 1 – Passed
- 06/2012 & 07/2012 USMLE Step 2 CS & CK – Passed
- 04/2014 USMLE Step 3 – Passed
- 07/2016 – 12/2026 Board Certified in Family Medicine
- 07/2017 – 12/2027 Board Certified in Sports Medicine
- 05/2016 – 05/2018 Texas Medical License #Q4232
- 05/2015 – 10/2020 DEA #FN5349887
- 05/2017 – 04/2019 New York Medical License #289104

### **Other Certifications**

- 08/2017 Fédération Internationale de Football Association (FIFA) Diploma in Football  
Medicine
- 11/2017 Tenex Health Medical Education
- Exp. 06/2018 Basic Life Support
- Exp. 06/2020 Advanced Trauma Life Support

### **HONORS AND AWARDS**

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## **RATHNA RAO NUTI, MD, CAQSM**

### **Undergraduate**

05/2005 – 05/2009 AC Dean's List, Top 20% of Class  
05/2005 – 05/2009 AC Founder's Scholarship  
05/2009 Summa Cum Laude  
Honors in Psychology  
AC Departmental Honors for Senior Thesis in Psychology  
AC George L. Landolt Memorial Fellowship in Chemistry  
Phi Beta Kappa – Academic Honor Society  
Alpha Chi – Collegiate Honor Society  
Psi Chi – International Honor Society in Psychology

### **Medical School**

07/2009 – 06/2010 TTUHSC-SOM Scholarship  
07/2011 – 06/2012 TTUHSC Able Hanger Foundation Permian Basin Medical Scholarship

### **Post-Graduate Training**

06/2015 UTSW Medical Center Musculoskeletal Workshop Examination Series Certification  
05/2015 Dallas Texas Academy Family Physicians (TAFP) Research Event  
2<sup>nd</sup> Place Winner  
06/2015 UTSW Medical Center Resident of the Month Award  
04/2016 UTSW Medical Center Resident of the Quarter Award  
04/2016 American Medical Society of Sports Medicine (AMSSM) Foundation Resident Scholarship Award  
06/2016 UTSW Medical Center Certificate of Departmental Distinction in Sports Medicine  
The Association of Family Medicine Residency Directors and The North American Primary Care Research Group Family Medicine Resident Award for Scholarship  
UTSW Medical Center PGY-3 Research Scholarly Award  
UTSW Medical Center Team Player of the Year PGY-3 Award

### **PROFESSIONAL MEMBERSHIPS**

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07/2013 – present AMSSM  
07/2013 – present American Academy of Family Physicians (AAFP)

### **PROFESSIONAL COMMITTEES AND ADMINISTRATIVE SERVICE**

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05/2017 – present AMSSM Publication Committee  
Member  
03/2018 – present 5-Minute Sports Medicine Consult  
Editor and Author

### **EDUCATIONAL ACTIVITIES**

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#### **Journal Club Presentations**

07/2013 – 06/2016 UTSW Sports Medicine

## **RATHNA RAO NUTI, MD, CAQSM**

- Nonsteroidal Anti-Inflammatory Drug Use in Collegiate Football Players (Sept 10, 2013)
- Overuse Injuries and Burnout in Youth Sports (Feb 11, 2014)
- 2014 Female Athlete Triad Coalition Consensus Statement on Treatment and Return to Play of the Female Athlete Triad (March 11, 2014)
- Mythbusting Sports and Exercise Products (June 10, 2014)
- Predictors of Clinical Outcome After Acute Achilles Tendon Ruptures (Aug 12, 2014)
- A Brief Vestibular/Ocular Motor Screening (VOMS) Assessment to Evaluate Concussions (Oct 14, 2014)
- Predictors of Response to Physical Therapy Intervention for Plantar Heel Pain (Jan 13, 2015)
- AMSSM Scientific Statement Concerning Viscosupplementation Injections for Knee Osteoarthritis: Importance for Individual Patient Outcomes (Jan 13, 2016)
- High-Volume Image-Guided Injection for Recalcitrant Patellar Tendinopathy in Athletes (Feb 10, 2016)

07/2016 – 06/2017

Temple University Sports Medicine

- Cervical Spine Motion During Football Equipment Removal Protocols: A Challenge to the All or Nothing Endeavor (Aug 3, 2016)
- Clinical Tests to Diagnose Lumbar Spondylosis and Spondylolisthesis: A Systematic Review (Sept 7, 2016)
- Ankle Joint Contact Loads and Displacement With Progressive Syndesmotic Injury (Oct 5, 2016)
- Postexercise Recovery Period – Carbohydrate and Protein Metabolism (Nov 2, 2016)
- Precollegiate Knee Surgery Predicts Subsequent Injury Requiring Surgery in NCAA Athletes (Feb 20, 2017)
- Topical Glyceryl Trinitrate Treatment of Chronic Patellar Tendinopathy: A Randomised, Double-Blind, Placebo-Controlled Clinical Trial (March 23, 2017)
- Upper Extremity Weight-Training Modifications for the Injured Athlete: A Clinical Perspective (April 20, 2017)

07/2016 – 06/2017

Drexel University Sports Medicine

- Exertional Rhabdomyolysis: Identification and Evaluation of the Athlete at Risk for Recurrence (Aug 9, 2016)
- Mononucleosis and Athletic Participation: An Evidence-Based Subject Review (Aug 9, 2016)
- Splenic Injuries in Athletes: A Review (Sept 6, 2016)
- Optimizing QT Interval Measurement for the Preparticipation Screening of Young Athletes (Sept 6, 2016)
- The Use of Knee Braces, Part 1 Prophylactic Knee Braces in Contact Sports (Sept 13, 2016)
- Ultrasound-Guided Injection of Platelet-Rich Plasma and Hyaluronic Acid, Separately and in Combination, for Hip Osteoarthritis (Sept 13, 2016)
- Corticosteroid Injections Accelerate Pain Relief and Recovery of Function

## **RATHNA RAO NUTI, MD, CAQSM**

Compared With Oral NSAIDs in Patients With Adhesive Capsulitis  
(Oct 18, 2016)

- Head Impact Biomechanics in Women's College Soccer (Oct 18, 2016)
- Are Female Athletes at an Increased Risk For Second Anterior Cruciate Ligament Injury Compared With Their Athletic Peers? (Nov 8, 2016)
- Shoulder Injuries in Men's Collegiate Lacrosse, 2004-2009 (Nov 8, 2016)
- How Young Girls Change Their Landing Technique Throughout the Adolescent Growth Spurt (Nov 22, 2016)
- Are Multiple PRP Injections Useful for Treatment of Chronic Patellar Tendinopathy in Athletes? A Prospective Study (Nov 22, 2016)
- Should We Limit Innings Pitched After UCL Reconstruction in MLB Pitchers? (Dec 13, 2016)
- Outcomes After Shoulder and Elbow Injury in Baseball Players: Are We Reporting What Matters? (Dec 13, 2016)
- The IOC Consensus Statement: Beyond the Female Athlete Triad – RED-S (Jan 2, 2017)
- Misunderstanding the Female Athlete Triad: Refuting the IOC Consensus Statement on RED-S (Jan 2, 2017)
- Author's 2015 Additions to the IOC Consensus Statement: RED-S (Jan 2, 2017)
- The Effectiveness of Platelet-Rich Plasma in the Treatment of Tendinopathy (Jan 17, 2017)
- Exercise-Enhanced, Ultrasound-Guided Anterior Scalene Muscle/Pectoralis Minor Muscle Blocks Can Facilitate the Diagnosis of Neurogenic Thoracic Outlet Syndrome in the High-Performance Overhead Athlete (Jan 17, 2017)
- Epidemiology, Identification, Treatment and Return to Play of Musculoskeletal-Based Ice Hockey Injuries (Jan 31, 2017)
- A Pragmatic Randomised Trial of Stretching Before and After Physical Activity to Prevent Injury and Soreness (Jan 31, 2017)
- No Effect of Generalized Joint Hypermobility on Injury Risk in Elite Female Soccer Players: A Prospective Cohort Study (Feb 28, 2017)
- The Warwick Agreement on FAI Syndrome: An International Consensus Statement (Feb 28, 2017)
- Concurrent Aerobic and Resistance Exercise Versus Aerobic Exercise Alone to Improve Health Outcomes in Paediatric Obesity: A Systematic Review and Meta-Analysis (March 28, 2017)
- Effect of Exercise on Liver Function in Adults Who Are Overweight or Exhibit Fatty Liver Disease: A Systematic Review & Meta-Analysis (March 28, 2017)
- The Hug-Up Test: A New, Sensitive Diagnostic Test for Supraspinatus Tears (April 11, 2017)
- Management of the Athlete With Acute Anterior Cruciate Ligament Deficiency (April 11, 2017)
- Five-Year Experience with Screening ECGs in NCAA Division I Athletes (May 16, 2017)
- The Psychological Impact of Cardiovascular Screening in Young Athletes:

## **RATHNA RAO NUTI, MD, CAQSM**

- Perspectives Across Age, Race, & Gender (May 16, 2017)
- Overtraining Syndrome in the Athlete: Current Clinical Practice (June 13, 2017)
- Exercise-Associated Muscle Cramps: Causes, Treatment, & Prevention (June 13, 2017)
- Revisiting the Continuum Model of Tendon Pathology: What is its Merit in Clinical Practice and Research? (June 27, 2017)

### **Lectures**

11/2014	UTSW Geriatric Grand Rounds on Cosmetic Woes of Aging
10/2015	UTSW Family Medicine Grand Rounds on The Female Athlete Triad. AMA & AAFP CME approved
09/2016	Concussion Treatments at Drexel Sports Medicine Concussion Seminar for Drexel Family Medicine Residents
11/2016	Traumatic Knee Sports Related Injuries
12/2016	Acromioclavicular Arthritis, Glenohumeral Arthritis, and Adhesive Capsulitis Lecture for Drexel Family Medicine Residents
12/2016	Sports Related Injuries to the Wrist and Hand
01/2017	Soft Tissue Injuries to Hips & Pelvis
03/2017	Sacroiliac Joint & Ankylosis Spondylitis Lecture for Drexel Family Medicine Residents
04/2017	Dance Medicine & Lacrosse
01/2018	AC Jan-Term: Exploring Health Professions
04/2018	Bone and Joint Health Seminar

### **Conference Attendance**

03/2015	Student American Osteopathic Academy of Sports Medicine Midwest Regional Sports Medicine Conference
04/2015 - current	AMSSM Annual Meeting
05/2015 & 05/2016	TAFP Dallas Chapter Research Event
11/2016	39 <sup>th</sup> MARC-ACSM Annual Meeting
11/2016	Delaware Valley Society for Sports Medicine Fall Meeting
03/2017	Game Changers in Sports Medicine Conference

## RATHNA RAO NUTI, MD, CAQSM

03/2017

Sports Psych Symposium

### **CLINICAL ACTIVITIES**

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#### **Health Care Education of the Lay Community**

10/2014 Hypertension

11/2015 Asthma

02/2018 Sports Injury & Spine Orthopedics – Radio Talk Show for FunAsia Radio

### **BIBLIOGRAPHY**

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#### **Published Full-Length Papers**

Nuti R, Bodhireddy S, Thirumala S. Mixed Germ Cell Tumor of Mediastinum / Lung Masquerading as Hemangioma in Fine Needle Biopsy: A Case Report. *Indian Journal of Pathology and Microbiology*. 2013, 56 (2), 158-160.

Larsen B, Klein J, Hornychová H., Nuti R., Thirumala S., Leslie K., Colby T., Tazelaar H. Diffuse Intrapulmonary Malignant Mesothelioma Masquerading as Interstitial Lung Disease: A Distinctive Variant of Mesothelioma. *The American Journal of Surgical Pathology*. 2013. 37(10). 1555-1564.

Trojian TH, Driban JB, Nuti R, Distefano LJ, Root HJ, Nistler C, LaBella CR. Osteoarthritis Action Alliance Consensus Opinion - Best Practice Features of Anterior Cruciate Ligament and Lower Limb Injury Prevention Programs. *World Journal of Orthopedics* 2017. 8(9). 726-734.

Nuti R, Shipon D, O’Riordan, Trojian TH. Community Cardiologists’ Interpretations of the Seattle Criteria in Mass Sports Cardiac Screenings. *Clinical Journal of Sports Medicine*. 2017. *Pending publication*.

#### **Chapters in Books**

Dimeff R., Nuti R. American Academy of Orthopaedic Surgeons The Sports Medicine Field Manual Ch. 1 On-Site Preparedness. *American Academy of Orthopaedic Surgery The Sports Medicine Field Manual*. 2015, 19-33.

Dimeff R., Nuti R. Sports Allergy and Immunology. *Sports Medicine: Study Guide and Review for Boards*. 2<sup>nd</sup> Edition. Aug 9, 2016. 468-477.

Nuti R, Dimeff R. Patellofemoral Pain Syndrome. *5-Minute Clinical Consult*. 2016 edition.

Nuti R, Dimeff R. Patellofemoral Pain Syndrome. *5-Minute Clinical Consult*. 2017 edition.

Nuti R. Patellar/Quadriceps Tendon Rupture. *5-Minute Sports Medicine Consult*. 3<sup>rd</sup> edition. *Pending publication*.

#### **Other Communications**

Jones BG, Dentino AN, Boyer M, Brundrett A, Hamid J, Katzen S, Nuti R, Patel B, Shupp M, Woolbert A, Zaidi Q. Texas Tech Medcast Reynolds Geriatrics Series Step 1 Test Prep: No. 81—Yesterday's Dinner, Tomorrow's Lung Infection. The Portal of Geriatric Online Education (POGOe); 2011. Available at <http://www.pogoe.org/productid/20911> or <http://www.ttuhscc.edu/som/fammed/ttmedcast/gerseries/gerstep1prep.aspx>

## RATHNA RAO NUTI, MD, CAQSM

Nuti R, Dimeff R. Case Study: 16 Year Old Elite Gymnast with Foot Pain. American Medical Society for Sports Medicine. 2015. Available from: <http://www.amssm.org/Case-Studies.php>

Nuti R, Dimeff R. Case Study: 9 Year Old Athlete with Ankle Pain. American Medical Society for Sports Medicine. 2016. Available from: <http://www.amssm.org/Case-Studies.php>

Daniels B, Nuti R. American Medical Society for Sports Medicine Fact Tip Sheet: Marfan Syndrome. 2017. Available from: <https://www.sportsmedtoday.com/marfan-syndrome-va-166.htm>

Daniels B, Nuti R. American Medical Society for Sports Medicine Fact Tip Sheet: Fifth Metatarsal Fracture. 2018. Available from: <https://www.sportsmedtoday.com/fifth-metatarsal-fractures-va-208.htm>

Lucero M, Meister K, Nuti R. Biologics. Professional Baseball Athletic Trainers Society Newsletter. 2018. Available from: <https://pbats.com/biologics-sports-medicine/>

Nuti R, Chong C. American Medical Society for Sports Medicine Fact Tip Sheet: Pneumonia. *Pending publication.*

Nuti R, Corcoran B. American Medical Society for Sports Medicine Fact Tip Sheet: Pain Control. *Pending publication.*

Nuti R, Corcoran B, Trojjan T, Wood D. Case Study: 18 Year Old Male with Foot Pain. American Medical Society for Sports Medicine. *Pending publication.*

### **PRESENTATIONS**

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#### **By Invitation**

Larsen B., Klein J., Hornychoová H., Nuti R., Thirumala S., Leslie K., Colby T., Tazelaar H. *Intrapulmonary Mesothelioma Simulating Interstitial Lung Disease: A Distinctive Variant of Mesothelioma. Report of 5 Cases and Review of the Literature.* Presented at the United States and Canadian Academy of Pathology 2013 Meeting; Baltimore, MD.

Nuti R, von-Bergen V, Sharma E, Boyd B, Hermann L, Shah U, Castracane D. *Barriers Preventing Early First Prenatal Visit.* Presented at the 60<sup>th</sup> Annual Scientific Meeting of the Society for Gynecologic Investigation 2013: Orlando, FL.

Nuti R, Shipon D, O’Riordan M, Trojjan T. *Community Cardiologists’ Interpretations of the Seattle Criteria in Mass Sports Cardiac Screenings.* Presented at AMSSM Annual Meeting 2017: San Diego, CA.

#### **By Competition**

Nuti R., Dimeff R. *16 Year Old Elite Gymnast with Foot Pain.* Poster Presentation at AMSSM 2015 Meeting.

Nuti R., Dimeff R. *16 Year Old Elite Gymnast with Foot Pain.* Poster Presentation at Dallas TAFP

## RATHNA RAO NUTI, MD, CAQSM

Research Event. May 2015.

Nuti R., Dimeff R. *9 Year Old Athlete with Ankle Pain*. Poster Presentation at AMSSM 2016 Meeting.

Nuti R., Dimeff R. *9 Year Old Athlete with Ankle Pain*. Poster Presentation at Dallas TAFP Research Event. May 2016.

Nuti R., Trojian T. *Foot Pain – Runner*. Podium Presentation at MARC-ACSM 2016 Meeting.

Nuti R., Corcoran B, Trojian T, Wood D. *18 Year Old Male with Foot Pain*. Poster Presentation at AMSSM 2017 Meeting.

### **SPORTS ACTIVITIES**

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#### **Physicals/Screenings**

07/2013 – 06/2016	University of Texas Dallas (UTD) Division III Preseason
07/2013 – 06/2015	Alpha Omega Alpha Sports Physicals at TJ Rusk Middle School
07/2013 – 06/2016	National Hockey League (NHL) Dallas Stars Preseason
07/2015, 06/2018	NHL Dallas Stars Developmental Camp
08/2016, 02/2017, 04/2017	Lincoln University Division II
08/2016 & 06/2017	Simon's Fund Cardiac Screening
08/2016	Temple University Division I
09/2016 & 06/2017	Drexel University Division I
11/2016, 02/2017, 06/2017	Plymouth Whitemarsh High School
11/2016	Special Olympics 2016 MedFest
04/2017	Chestnut Hill College Division II
08/2017	Hofstra University Division I
09/2017	NHL New York Islanders Rookie and Main Camp
<b>Event Coverages</b>	
02/2014 - 02/2016 02/2018 - current	World Olympic Gymnastics Academy National Gymnastics Meet
03/2015, 03/2016 03/2018 - current	Dallas Rock and Roll ½ Marathon Race - Medical Captain for Medical Bay at Finish Line

## **RATHNA RAO NUTI, MD, CAQSM**

07/2016	Keystone State Games
09/2016	Philadelphia Rock and Roll ½ Marathon Race - Medical Captain for Medical Bay at Finish Line
11/2016	Philadelphia Marathon
02/2017	Pink Gymnastics Invitational Meet
03/2017	Starfinder Cup
04/2017	Penn Relays
06/2017	Penn Mutual Collegiate Rugby Championship
06/2017	Philadelphia Escape Triathlon – Olympic
<b>Game Coverages</b>	
07/2013 – 06/2014	UTD Women’s & Men’s Soccer
09/2013	UTD Volleyball
10/2013	Grand Prairie High School Football
07/2014 – 06/2015	UTD Women’s & Men’s Basketball
03/2014	UTD Baseball
03/2014	UTD National Collegiate Athletic Association (NCAA) Division III Men’s Basketball
07/2014 – 06/2015	Irving High School Football
11/2014	UTD NCAA Division III Men’s Soccer
03/2015	UTD NCAA Division III Women’s Basketball
05/2015	Ladies Professional Golf Association (LPGA) Tour - Assisted in the medical trailer
11/2015	American Southwest Conference Volleyball Championship Tournament
07/2015 – 06/2016 11/2017 – current	NHL Dallas Stars
08/2016 – 09/2016	Plymouth Whitmarsh High School Football
09/2016 – 10/2016	Lincoln University Division II Football

**RATHNA RAO NUTI, MD, CAQSM**

09/2016 – 10/2016	Philadelphia University Division II Women's & Men's Soccer
09/2016 – 10/2016	St. Joe Prep High School Football
10/2016 & 04/2017	Temple University Division I Football
11/2016 – 02/2017	Philadelphia University Division II Women's & Men's Basketball
11/2016 – 02/2017	Drexel University Division I Women's & Men's Basketball
12/2016	Champions League Basketball Tryouts - Provided medical coverage for former Division I and National Basketball Association (NBA) players
12/2016	NHL Philadelphia Flyers vs. Dallas Stars
12/2016	NHL Dallas Stars vs. Florida Panthers
02/2017	Drexel University Division I Wrestling
03/2017 & 04/2017	Drexel University Division I Men's Lacrosse
03/2017	Philadelphia University Division II Women's Lacrosse
03/2017	Chestnut Hill College Men's Lacrosse