**CURRICULUM VITAE SOURAV K. PODDAR, MD**

# PRESENT POSITION/LEADERSHIP ROLES:

Director, Primary Care Sports Medicine, Department of Family Medicine, University of Colorado School of Medicine, current

Associate Professor, Department of Family Medicine and Division of Sports Medicine in Department of Orthopedics, University of Colorado, Denver, Colorado, current

Associate Director of Primary Care Sports Medicine Fellowship, University of Colorado, Denver, Colorado, September 2001 to present

Head Medical Team Physician, University of Colorado Buffaloes, Sept 2001- current Medical Director, University of Colorado Athletics, current

Consultant, San Francisco Giants Baseball Club, May 2004 to present

# OFFICE:

CU Sports Medicine Center 2000 S. Colorado Blvd Tower One, Suite 4500 Denver, CO 80220

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# EDUCATION:

High School: Clear Lake High School, Houston, TX, 1989, Magna Cum Laude Undergraduate: Rice University, Biochemistry, B.A., Houston, TX 1989-1993

Medical School: University of Texas- Southwestern, Graduated with Honors, Dallas, TX 1993-1997 Residency: University of Colorado Health Sciences Center, Rose Family Medicine Residency

Denver, CO 1997-2000

Fellowship: Primary Care Sports Medicine, University of Colorado Health Sciences Center Denver, CO 2000-2001

# BOARD CERTIFICATION:

American Board of Family Practice 2000, 2007, 2017

Certificate of Added Qualifications in Sports Medicine 2002, 2012

# UNIVERSITY APPOINTMENTS:

8/2001-6/2003 Instructor, Department of Family Medicine and Department of Orthopedics, Division of Sports Medicine, University of Colorado Denver

9/2001-2008 Associate Director of Primary Care Sports Medicine Fellowship, University of Colorado Denver

7/2003-6/2010 Assistant Professor, Department of Family Medicine and Department of Orthopedics, Division of Sports Medicine, University of Colorado Denver

2008-present Director, Primary Care Sports Medicine, Department of Family Medicine 2008-present Clinical Faculty, University of Colorado Denver School of Nursing

2010-present Associate Professor, Department of Family Medicine and Department of Orthopedics, Division of Sports Medicine, University of Colorado Denver

# PROFESSIONAL ASSOCIATIONS:

1993-1997 Texas Medical Association

1993-2001 American Medical Association

1997-2001 American Heart Association

2001-present Advanced Cardiac Life Support 2017 recertification, pending

1999-present American Academy of Family Physicians

1999-2000 Colorado Academy of Family Physicians Resident Representative to the Board

2001-2003 Society of Teachers in Family Medicine

2001-2004 American College of Sports Medicine

2004-present American Medical Society of Sports Medicine Program Committee, 2011 Annual Meeting Program Committee, 2012 Annual Meeting Program Chair, 2013 Annual Meeting Program Committee, 2014 Annual Meeting

2007-present American College of Sports Medicine

2007-present Colorado Medical Society

# HOSPITAL APPOINTMENTS:

2001-present Rose Medical Center, Denver Colorado

Sports Medicine Program - Family Medicine Section

2001-present University of Colorado Hospital, Denver, Colorado

# SELECTED RECENT HONORS, AWARDS and LISTINGS:

1989 Grand Award, International Science and Engineering Fair, Pittsburgh, PA 1991 President’s Honor Roll, Rice University

2000 Family Medicine Resident Physician of the Year, Rose Family Medicine Residency 2000 Resident Teacher of the Year, Rose Family Medicine Residency

2000 Chief Resident, Rose Family Medicine Residency

2002 Teacher Development Award, American Academy of Family Practice 2005 Physicians Recognition Award, American Medical Association

2006 Community Preceptor of the Year, Rose Family Medicine Residency 2009 Guide to America’s Top Family Doctors

2009 Who’s Who Executives and Professionals

2010 Physicians Recognition Award, American Medical Association

2010-14 Selected to NCAA Committee on Competitive Safeguards/Medical Aspects of Sport 2011 Neer Award, American Shoulder and Elbow Surgeons

2011-14 Appointed, Chair, NCAA Sports Science Subcommittee

2012 Appointed to National Task Force for Prevention of Sudden Death in Sports 2012 Worldwide Who’s Who

2013 Neer Award, American Shoulder and Elbow Surgeons 2013 Program Chair, 22nd Annual Meeting of AMSSM

2013 Appointed to NCAA Sports-Related Concussion Task Force

2014 Nominated by Executive Committee of AMSSM to run for Board of Directors 2014 Appointed to 2014-15 AMSSM Presidential Annual Meeting Task Force 2014 Appointed to Team Physician Consensus Conference task force

2015-16 Reviewer, British Journal of Sports Medicine

2015-19 Appointed Vice Chair, Publications Committee, AMSSM 2015 Appointed to PAC XII Brain Trauma Task Force

2016 Appointed ACSM representative to 2nd College Football Safety Summit

2016 Selected to present ACSM/APA Exchange Lecture, Division 47, 124th Annual APA Convention 2017 Worldwide Who’s Who

2017 AMSSM Program Advisory Committee

2017 Reviewer, International Journal of Sports and Exercise

# SELECTED PUBLICATIONS: (PEER REVIEWED)

Mehta R, **Poddar S**, Kalidas M, Gomez-Flores R, Dulski K. Role of macrophages in the candidacidal activity of liposomal amphotericin B. *J Infect Dis.* 1997 Jan;175(1):214-7.

**Poddar SK**, Hill JC, Loeffler RD. Elbow Pain in a Twenty year- old Football Player. *Medicine & Science in Sports & Exercise*, May 2001;33:5S, 44.

Hill JC, **Poddar SK**. Neck Injury - Football. *Medicine & Science in Sports & Exercise*, May 2002;34:5S, 127.

Thompson C, Kelsberg G, St Anna L, **Poddar S**. Heat or ice for acute ankle sprain? *J Fam Pract*. 2003 Aug;52(8):642-3.

Mazzola TJ, McCarty, Hill JC, **Poddar SK**, Bartz RL “Lateral Ankle Pain – Fall down stairs” *Medicine & Science in Sports & Exercise*, June 2004;36:6S, 149.

**Poddar S**. Does injection of steroids and lidocaine in the shoulder relieve bursitis? Evidence Based Answer – Peer Review. *J Fam Pract*. 2004 Jun;53(6):488-92.

**Poddar, SK**, “Does yoga speed healing for patients with low back pain. Evidence Based Answer – Peer Review. *J Fam Prac* 53(8): August, 2004.

Mazzola TJ, **Poddar SK**, Hill JC. Complex regional pain syndrome I in the upper extremity. *Current Sports Med Rep*. 2004; Oct:3(5): 261-6.

Robertson N, Hale W, Mackler L, **Poddar S**. “Does quinine reduce leg cramps for young athletes?,” *J FamPract.* 2005 Jan; 54(1):76-8.

Hill JC, Mazzola TJ, **Poddar SK**, “Axillary Arm Pain in a Cyclist” *Medicine & Science in Sports & Exercise*, June 2005;37:5S Bean MA, **Poddar SK**, Wolcott M, Hill JC, “Knee Injury - Basketball” *Medicine & Science in Sports & Exercise*, June 2005;37:6S

Akhavan A, Flores C, Green S, Hackett J, Nguyen M, Kerns JW, Knight K, **Poddar S**. “How should we follow athletes after a concussion?,” *J Fam Pract.* 2005 Oct;54(10):902-4.

**Poddar SK**, Bartz R, "Evaluation and Management of Concussion in Athletes," *Orthopedics Hyperguide*, 2006. Hart WM, **Poddar SK**, Bartz R, "Creatine Supplementation," *Orthopedics Hyperguide*, 2006.

Hart WM, **Poddar SK**, McCarty EC, Hill JC , “Patellar Tendinopathy in a College Football Player”, *Medicine & Science in Sports & Exercise*, June 2006;37:6S.

Marshall P, **Poddar SK**, "Do Glucosamine and Chondroitin Worsen Blood Sugar Control in Diabetics?," *J Fam Pract*. 2006 Dec; 55(12):1091-3. Review

Carlson CJ, **Poddar SK**, Hill J, "Fatigue and Dyspnea in an Active Male Cyclist," *Medicine & Science in Sports & Exercise*, June 2007 (supp).

Glaser T, **Poddar S**, Tweed B, Webb CW. “ What’s the Best Way to Treat Achilles Tendinopathy?,” *J Fam Pract*. 2008 Apr;57(4):261-263.

Marshall PD, **Poddar SK**, Hill J, "Shoulder Injury- Mountain Biking," *Medicine & Science in Sports & Exercise*, June 2008 (Supp).

**Poddar SK**, [McCarty EC,](http://www.ncbi.nlm.nih.gov/pubmed?term=%22McCarty%20EC%22%5BAuthor%5D) “Citius, Altius, Fortius.” [Orthopedics.](http://www.ncbi.nlm.nih.gov/pubmed/19226076) 2008 Dec;31(12)

Baldea J, Khodaee M, **Poddar SK**, Hill J, Johnson J, “Training Patterns, Non-Steroidal Anti-inflammatory Medication Use, and Effects on High-Altitude Ultramarathon Performance,” *Medicine & Science in Sports & Exercise*, May 2009; 41: 5S.

McCarty E, **Poddar SK**, McGee K, Oliviero J, Baldea J, Langner P, “Return to Play After Sports Injuries,” *Minerva Ortop Tramatol*

2009; 60: 353-68.

Glowney J, **Poddar SK**, Leiszler M, Khodaee M, Chu S, Kozeliski C, “Hematologic and Iron Profile Screening in Elite Collegiate Cross Country Runners – A 10 Year Analysis,” Clin J Sp Med, Mar 2010: 20(2): 140.

Glowney J, **Poddar SK**, Kozeliski C, “Bone Stress Injury in Division I Collegiate Long-Distance Runners: A Five Year Retrospective Analysis,” *Medicine & Science in Sports & Exercise*, June 2010; 42: 769.

Grant Jones, M.D., Joshua Harris, M.D., Angela Pedroza, M.P.H, Keith Baumgarten, Julie Bishop, Robert Brophy, James Carey, Warren Dunn, Brian Holloway, John Kuhn, Benjamin Ma, Robert Marx, Eric McCarty, **Sourav Poddar**, Matthew Smith, Edwin Spencer, Armando Vidal, Brian Wolf, Rick Wright, “Predictors of pain and function in patients with symptomatic, atraumatic full- thickness rotator cuff tears,”AAOS Meeting, San Diego, CA, Feb. 2011.

Schreiber K, Khodaee M, **Poddar SK**, Tweed E, “What is the Best Way to Treat Morton’s Neuroma?,” *J Fam Pract.*, 2011 Mar:60(03):157-168.

Leiszler M, **Poddar SK**, Fletcher A, “Are serum uric acid levels always elevated in acute gout?,” *J Fam Pract.*, Oct 2011.

Leiszler M, Khodaee M, Hill JC, **Poddar S**. Supplement and Over-the-Counter Medication Use, Medical Aid Station Visits, and Postrace Recovery Among Participants in a High-Altitude Ultra-Endurance Mountain Bike Race. Abstract. Clin J Sport Med 2012; 22(2), 184.

Leiszler M, **Poddar S**, Khodaee M, Fazio M. Evaluating Oral Contraceptive Use and Bony Stress Injuries in Collegiate Track and Cross-Country Runners. Abstract. Clin J Sport Med 2012; 22(2), 184

Harris JD, Pedroza A, Jones GL, Baumgarten KM, Bishop JY, Brophy RH, Carey JL, Dunn WR, Holloway GB, Kuhn JE, Ma CB, Marx RG, McCarty EC, **Poddar SK**, Smith MV, Spencer EE, Vidal AF, Wolf BR, Wright RW,"Predictors of pain and function in patients with symptomatic, atraumatic full-thickness rotator cuff tears: a time-zero analysis of a prospective patient cohort enrolled in a structured physical therapy program." Am J Sports Med. 2012 Feb; 40(2):359-66. Epub 2011 Nov 17.

Casa DJ, Anderson SA, Baker L, Bennett S, Bergeron MF, Connolly D, Courson R, Drezner JA, Eichner ER, Epley B, Fleck S, Franks R, Guskiewicz KM, Harmon KG, Hoffman J, Holschen JC, Jost J, Kinniburgh A, Klossner D, Lopez RM, Martin G, McDermott BP, Mihalik JP, Myslinski T, Pagnotta K, **Poddar S**, Rodgers G, Russell A, Sales L, Sandler D, Stearns RL, Stiggins C, Thompson

C. [The inter-association task force for preventing sudden death in collegiate conditioning sessions: best practices recommendations.](http://www.ncbi.nlm.nih.gov/pubmed/22889664) J Athl Train. 2012 Jul-Aug;47(4):477-80.

Gustafson K, **Poddar S**, Sherman K, Khodaee M. The Clinical Utility of Hematologic Screening in Division I Collegiate Athletes. Abstract. Clin J Sport Med 2013; 23(2), 136

Unruh K, Dunn WR, Kuhn JE, Sanders R, An A, Baumgarten KM, Bishop JY, Brophy RH, Carey JL, Holloway BG, Jones GL, Ma CB, Marx RG, McCarty EC, **Poddar SK**, Smith, MV, Spencer EE, Vidal AF, Wolf BR, Wright RW. “The Duration of Symptoms does not correlate with Rotator Cuff Tear Severity or Other Patient Related Features. A Cross Sectional Study of Patients with Atraumatic, Full Thickness Rotator Cuff Tears” “Journal of Shoulder and Elbow Surgery” Mar 2013

Kuhn JE, Dunn WR, Sanders R, Qi An A, Baumgarten KM, Bishop JY, Brophy RH, Carey JL, Holloway BG, Jones GL, Ma CB, Marx RG, McCarty EC, **Poddar SK**, Smith MV, Spencer EE, Vidal AF, Wolf BR, Wright RW **“**Effectiveness of Physical Therapy in Treating Atraumatic Full Thickness Rotator Cuff Tears. A Multicenter Prospective Cohort Study” ‘Journal of Shoulder and Elbow Surgery”. 2013 Oct[**;**22(10)](http://www.sciencedirect.com/science/journal/10582746/22/10) 1371–79

Brophy RH, Dunn WR, Kuhn JE, MOON Shoulder Group (Baumgarten KM, Bishop JY, Carey JL, Holloway BG, Jones GL, Ma CB, Marx RG, McCarty EC, **Poddar SK**, Smith MV, Spencer EE, Vidal AF, Wolf BR, Wright RW) “Shoulder activity level does not correlate with the severity of symptomatic, atraumatic rotator cuff tears on MRI” Submitted to “American Journal of Sports Medicine”. The American Journal of Sports Medicine. 2014 May: 42(5):1150-54

Dunn WR, Kuhn JE, Sanders RA, An Q, BaumgartenKM, Bishop JY, Brophy RH, Carey JL, Holloway GB, Jones GL, Ma CB, Marx RG, McCarty EC, **Poddar SK**, Smith MV, Spencer EE, Vidal AF, Wolf BR, Wright RW. “Symptoms of Pain Do Not Correlate with Rotator Cuff Tear Severity A Cross-Sectional Study of 393 Patients with a Symptomatic Atraumatic Full-Thickness Rotator Cuff Tear” The Journal of Bone and Joint Surgery 2014 May 21 96(10) 793-800

San-Millan I, **Poddar S**, Rueda M, Hill JC. Evolution of Creatine Kinase in Division One American Football Players during the season. A Method to Monitor and Evaluate Skeletal Muscle Damage .Med Sci Sports Exerc. 2016 May;48(5 Suppl 1):266.

Dunn WR, Kuhn JE, Sanders R, An Q, Baumgarten KM, Bishop JY, Brophy RH, Carey JL, Harrell F, Holloway BG, Jones GL, Ma CB, Marx RG, McCarty EC, **Poddar SK**, Smith MV, Spencer EE, Vidal AF, Wolf BR, Wright RW; MOON Shoulder Group. [2013 Neer](http://www.ncbi.nlm.nih.gov/pubmed/27422460) [Award: predictors of failure of nonoperative treatment of chronic, symptomatic, full-thickness rotator cuff tears.](http://www.ncbi.nlm.nih.gov/pubmed/27422460) J Shoulder Elbow Surg. 2016 Aug;25(8):1303-11.

Khazzam M, Dunn WR, Kuhn JE, Baumgarten KM, Bishop JY, Brophy RH, Carey JL, Dunn WR, Holloway GB, Jones GL Ma CB, Marx RG, McCarty EC, **Poddar SK**, Smith MV, Spencer EE, Vidal AF, Wolf BR, Wright WR. Identification of retearing of the rotator cuff following repair: MRI interobserver and intraobserver agreement. Submitted to "American Journal of Sports Medicine"

# SELECTED NATIONAL RESEARCH PRESENTATIONS/POSTERS AT SCIENTIFIC SESSIONS:

**Poddar SK**, Hill JC, Loeffler RD. “Elbow Pain in a Twenty Year Old Football Player” 48th Annual American College of Sports Medicine International Meeting, Baltimore, MD. May 30, 2001.

Hill JC, **Poddar SK**. “Neck Injury in NCAA Division 1 Football ” 49th Annual American College of Sports Medicine International Meeting, St. Louis, MO. May 30, 2002.

Mazzola TJ, **Poddar SK,** Hill JC, “Lateral Ankle Pain – Fall down stairs.” 51st Annual American College of Sports Medicine International Meeting, Indianapolis, IN, June 4, 2004.

Mazzola TJ, **Poddar SK,** Hill JC**,** “Medial Elbow Pain in the Adolescent Thrower” 13th Annual American Medical Society for Sports Medicine Meeting, Vancouver, Canada April 17, 2004.

Hill JC, Mazzola TJ, **Poddar SK,** “Axillary Arm Pain in a Cyclist” 52nd Annual American College of Sports Medicine International Meeting, Nashville, TN, June 3, 2005.

Bean MA, **Poddar SK,** Wolcott M**,** Hill JC**,** “Knee Injury in NCAA Division 1 Women’s Basketball”**,** 52nd Annual American College of Sports Medicine International Meeting, Nashville, TN, June 4, 2005.

Carlson CJ, **Poddar SK**, Hill J, "Leg Weakness in a Collegiate Football Player," 16th Annual Meeting of AMSSM, Albequerque, NM, Apr 2007.

Marshall PD, **Poddar SK**, Hill J, "Shoulder Injury- Mountain Biking," 55th Annual American College of Sports Medicine International Meeting, Indianapolis, IN, June 2008.

Baldea J, **Poddar SK,** Hill J, McCarty E,”A Real Shot in the Arm,” 18th Annual Meeting of AMSSM, April 2009.

Glowney J, **Poddar SK**, “Hematologic and Iron Profile Screening In Elite Collegiate Cross Country Runners - A 10 Year Analysis,” 19th Annual Meeting of AMSSM, Cancun, Mexico, April 2010.

Glowney, **Poddar SK**, “Incidence of Stress Injury in Elite Cross-Country Runners- A 5 Year Analysis,” 57th Annual ACSM International Meeting, Baltimore, MD, June 2010.

Grant Jones, M.D., Joshua Harris, M.D., Angela Pedroza, M.P.H, Keith Baumgarten, Julie Bishop, Robert Brophy, James Carey, Warren Dunn, Brian Holloway, John Kuhn, Benjamin Ma, Robert Marx, Eric McCarty, **Sourav Poddar**, Matthew Smith, Edwin Spencer, Armando Vidal, Brian Wolf, Rick Wright, “Predictors of pain and function in patients with symptomatic, atraumatic full- thickness rotator cuff tears,”AAOS Meeting, San Diego, CA, Feb. 2011.

Leiszler M, **Poddar S**, Khodaee M, Fazio M. “Risk Factors for Bony Stress Injury in Female Collegiate Runners”. Original research presented at American Medical Society of Sports Medicine Annual Meeting, April 2012.

Dunn WR, Baumgarten KM, Bishop JY, Brophy RH, Carey JL, Holloway BG, Jones GL, Kuhn JE, Ma CB, Marx RG, McCarty EC, **Poddar SK**, Smith MV, Spencer EE, Vidal AF, Wolf BR, Wright RW “Predictors Of Success Of Nonoperative Treatment For Full- Thickness Rotator Cuff Tears: A Multicenter Cohort Study” American Shoulder and Elbow Surgeons 2012 Closed Meeting in Sea Island, GA, October 12, 2012

Dunn WR, Baumgarten KM, Bishop JY, Brophy RH, Carey JL, Holloway BG, Jones GL, Kuhn JE, Ma CB, Marx RG, McCarty EC, **Poddar SK**, Smith MV, Spencer EE, Vidal AF, Wolf BR, Wright RW “Predictors Of Success Of Nonoperative Treatment For Full- Thickness Rotator Cuff Tears: A Multicenter Cohort Study” American Shoulder and Elbow Surgeons 2012 Charles E. Neer Award, AAOS, Chicago, Il, March 23, 2013 (podium)

Kuhn JE, Dunn WR, Qi An A, Baumgarten KM, Bishop JY, Brophy RH, Carey JL, Holloway BG, Jones GL, Ma CB, Marx RG, McCarty EC, **Poddar SK**, Smith MV, Spencer EE, Vidal AF, Wolf BR, Wright RW “Relationship Between Duration of Rotator Cuff Tear Symptoms and Patient Presentation Features” International Congress of Shoulder and Elbow Surgeons, April 10-12th, 2013 (poster)

Kuhn JE, Dunn WR, Qi An A, Baumgarten KM, Bishop JY, Brophy RH, Carey JL, Holloway BG, Jones GL, Ma CB, Marx RG, McCarty EC, **Poddar SK**, Smith MV, Spencer EE, Vidal AF, Wolf BR, Wright RW “Defining Indications for Rotator Cuff Repair: Predictors of Failure of Nonoperative Treatment of Chronic, Symptomatic, Full-Thickness Rotator Cuff Tears”. International Congress of Shoulder and Elbow Surgeons, April 11th, 2013 (podium)

San-Millan I, **Poddar S**, Rueda M, Hill JC. Evolution of Creatine Kinase in Division One American Football Players during the season. A Method to Monitor and Evaluate Skeletal Muscle Damage. ACSM Annual Meeting, June 1, 2016.

Morris, K, Widstrom L, Goodrich J, **Poddar SK**, Rueda M, Holliday M, San-Millan I, Byrnes W. Hematologic Changes in Elite Collegiate Cross-country Runners Residing at Moderate Altitude: A Retrospective Analysis, ACSM Annual Meeting, May 31, 2017

Widstrom L, **Poddar SK**, Hill J. Low Back Injury- Football: Complexities of In-Season Decision Making. ACSM Annual Meeting, May, 31, 2017.

Higdon JC, Guerin MK, Holliday M, Goodrich JA, Sares SM, Rueda MA, **Poddar S**, Byrnes WC, Hernandez TD, McQueen MB, Wright KP. Sleep Health of Collegiate Varsity Athletes and Impact of Travel for Competition**.** *Annual meeting of the Associated Professional Sleep Societies, Boston, MA, USA, 2017*

# SELECTED NATIONAL PRESENTATIONS AND INVITED LECTURES:

“Primary Care of Foot and Ankle Injuries,” Family Medicine CME Review Course, Keystone, CO, July 2001. “NSAIDs Use in Athletes,” Big XII Team Physician Conference, 2005.

Expert Panelist. Case Presentation Session. 15th Annual American Medical Society for Sports Medicine, 2006. “MRSA in Sport.” Big XII Team Physician Conference, Phoenix, AZ 2007.

Expert Panelist. Case Presentation Session. 16th Annual American Medical Society for Sports Medicine, Albequerque, NM 2007. “Current Concepts in Viscosupplementation.” Big XII Team Physician Conference, San Diego, CA 2008.

Expert Panelist. Case Presentation Session. 17th Annual Meeting of the American Medical Society for Sports Medicine, Las Vegas, NV 2008.

Moderator, Case Presentation Session, 18th Annual Meeting of the American Medical Society for Sports Medicine, Tampa Bay, FL, 2009.

“MRSA- Eliminating it in the Locker Room,” AAOS/AOSSM Team Physician Conference, Steamboat, CO March 2009. “Pre-Participation Exam,” AAOS/AOSSM Team Physician Conference, Steamboat, CO March 2009.

“Knee Exam and Injection Workshop,” ACSM Annual Meeting, Seattle, WA, May 2009. “Ergogenic Aids in Sport,” Family Medicine CME Review Course, Estes Park, CO June 2009.

“Current Concepts in Evaluation and Management of Concussion,” Family Medicine CME Review Course, Estes Park, CO June 2009.

“Concussion in Sports: Current Issues,” Big XII Team Physician Conference, San Antonio, TX 2009. “A Runner’s Enigma,” Big XII Team Physician Conference, Phoenix, AZ, 2010.

Moderator, Performance Enhancing Drugs, 20th Annual AMSSM Meeting, Salt Lake City, UT 2011.

“Concussions- Newer Technologies and Concepts,” Big XII Team Physician Conference, Colorado Springs, CO 2011. “Heat Illness in Student-Athletes,” NSCA 34th Annual Meeting, Las Vegas, NV July 2011.

“Heat Illness,” NSCA Annual Coaches Conference, San Antonio, TX, Jan 2012 “Update on NCAA Concussion Task Force,” PAC XII SAHC, Las Vegas, NV, May 2013

“Concussion Guidelines Update,” Safety in College Football Summit, Atlanta, GA, Jan 2014 Moderator, Research Session, 23rd Annual Meeting of AMSSM, New Orleans, LA, April 2014

Moderator, NCAA Team Physician Session, 23rd Annual Meeting of AMSSM, New Orleans, LA, April 2014 “Concussion Update,” PAC XII SAHC, Las Vegas, NV, May 2014

“Team Physician Consensus Statement: Strength and Conditioning,” 24th Annual Meeting of AMSSM, Hollywood, FL, April 2015 Moderator, NCAA Team Physician Session, 24th Annual Meeting of AMSSM, Hollywood, FL, April 2015

“CAQ Review- Common Fractures Around the Shoulder,” ACSM Annual Meeting, San Diego, CA, May 2015

“Return to Play/Return to Academics after Concussion,” American Academy of Neurology Sports Concussion Conference, July 2015 Moderator, NCAA Team Physician Session, 25th Annual Meeting of AMSSM, Dallas, TX, April 2016

Co-Chair, Key Issues for the NCAA Team Physician, 25th Annual Meeting of AMSSM, Dallas, TX, April 2016

Discussant, ACSM Case Presentations, Boston, MA, May 2016

“Sports Concussion- the Evolving Roadmap,” ACSM/APA Exchange Lecture, Society for Sports and Exercises Psychology, Denver, CO August 2016.

Concussion in Sports- Panel Discussion. Conference on World Affairs. Boulder, CO April 2017. Moderator, NCAA Team Physician Session, 26th Annual Meeting of AMSSM, San Diego, CA, May 2017.

Co-Chair, Key Issues for the NCAA Team Physician, 26th Annual Meeting of AMSSM, San Diego, CA, May 2017. Discussant, ACSM Case Presentations- Medical Issues, ACSM Annual Meeting, Denver, CO, June 2017.

Sports Ultrasound Workshop Faculty, AMSSM Fellows Symposium, Boulder, CO, July 2017.

“Life of an Academic Sports Physician,” AMSSM Fellows Symposium, Boulder, CO, July 2017

# SELECTED REGIONAL PRESENTATIONS AND INVITED LECTURES

“Examination of the Shoulder and Knee,” Family Medicine Grand Rounds, University of Colorado Health Sciences Center, 2003. “The Shoulder Exam Made Simple,” Office-Based Sports Medicine for the Primary Care Physician, May 2005.

“Evaluation and Management of Concussion in Athletes,” Rocky Mountain Society of Adolescent Medicine Quarterly Meeting, Aug. 2006.

“Non-Operative Management of the Active Degenerative Knee,” University of Colorado Sports Medicine Fall Symposium, Sept. 2006.

“Current Concepts in the Management of Concussion,” Office-Based Sports Medicine for the Primary Care Physician, May 2007. “Emergency Action Plan- Who’s In Charge?,” On-the-Field Management of the Injured Athlete Symposium, August 2007. “Osteoarthritis and the Role of Visco-supplementation,” Office-Based Sports Medicine for the Primary Care Physician, May 2008. “Pain Management in Athletes,” 2nd Annual On the Field Management of the Injured Athlete Symposium, August 2008.

“Non-Operative Medical Management of the Active Degenerative Shoulder,” University of Colorado Sports Medicine Fall Symposium, Sept. 2008.

“Osteoarthritis and the Aging Athlete,” Office-Based Sports Medicine for the Primary Care Physician, May 2009.

“Managing an Emergency: Emergency Action Plan!,” On-the-Field Management of the Injured Athlete Symposium, August 2009.

“Update on Non-Operative Management of the Active Degenerative Knee,” University of Colorado Sports Medicine Fall Symposium, Sept. 2009.

“PRP in Sports Medicine,” Office-Based Sports Medicine for the Primary Care Physician, May 2010. “Emergency Action Plan,” On-the-Field Management of the Injured Athlete Symposium, August 2010.

“Platelet Rich Plasma in Chronic Tendinopathy,” University of Colorado Sports Medicine Fall Symposium, Sept 2010. “Lower Extremity Sports Injuries,” Sports Medicine Brown Bag Series, Rose Family Medicine Center, Feb 2011. “Knee and Ankle Exam Workshop,” Office-Based Sports Medicine for the Primary Care Physician, May 2011. “Update in Concussion Management in Athletes,” OTFM Symposium, August 2013.

“Non-Operative Management of Knee Cartilage Issues in the Athlete,” University of Colorado Sports Medicine Fall Symposium,

October 2013

“Treatment Strategies for Knee Arthritis in the Aging Athlete,” Office-Based Sports Medicine Symposium, May 2014. “The Crazy Things We Do to Treat our Athletes,” University of Colorado Sports Medicine Fall Symposium, Sept 2014. “Sports Supplements,” Orthopedic Curriculum Series, University of Colorado, 2015.

“Sports-Related Concussion,” Orthopedic Curriculum Series, University of Colorado, Aug 2016. "Biologics in Sports Medicine,” CU Athletics Lecture Series, Summer 2017.

“Sports-Related Concussion- the Evolving Roadmap”. OTFM Symposium, August 2017

“Pills, Visco, Platelets and Stem Cells- Where are We?,” CU Sports Medicine Symposium,Sept. 2017.

# SECTION EDITOR, Books:

Orthopedics and Sports Medicine Section, *Lifestyle Medicine*, 2013.

Medical Issues Section, *Orthopaedic Knowledge Update: Sports Medicine, 5th Edition*, 2016.

# PUBLICATIONS: (BOOK CHAPTERS)

Deutchman M. “Family Medicine Review Software” **Poddar SK**, Reviewer, Challenger Corporation, Denver, CO 2000.

**Poddar S**, Richburg A. Glenohumeral Dislocation, Anterior. *5 Minute Sports Medicine Consultant,* Bracker MD, 1st ed. Lippincott, Williams & Wilkins, Baltimore, MD. 2001

**Poddar S**, Richburg A. Glenohumeral Dislocation, Anterior. *5 Minute Sports Medicine Consultant CD-ROM,* Bracker MD, 1st ed. Lippincott, Williams & Wilkins, Baltimore, MD. 2002.

**Poddar SK**. “Sports Pharmacology of Pain and Inflammation Control in Athletes.” *Netter’s Sports Medicine.* Lippincott, Williams & Wilkins, 2009.

**Poddar SK**, Glowney J. Glenohumeral Dislocation, Anterior. *5 Minute Sports Medicine Consultant*, 2nd ed. Lippincott, Williams & Wilkins, 2010.

**Poddar SK**, Grothe H. “Sports Pharmacology of Pain and Inflammation Control in Athletes.” *Netter’s Sports Medicine, 2nd* ed*.* Lippincott, Williams & Wilkins, April 2017.

**Poddar SK**, Widstrom L. “Non-operative Options for Articular Cartilage Disorders.” *Clinics in Sports Medicine*, Lippincott, Williams & Wilkins, May 2017.

**Poddar SK**, Leiszler M. “Football.” *Advanced On and Off-Field Management of Sports-Related Fractures, Dislocations, and Trauma.*

Springer, in progress.