

Curriculum Vitae
Jeffrey John Wisinski, D.O.
Penn State Health Orthopaedics and Sports Medicine
Penn State Health Family and Community Medicine
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CURRENT POSITION

Academic Appointment

July 2020 Assistant Professor, Penn State Orthopaedics and Sports Medicine and Family and Community Medicine

Clinical Appointment

July 2020 Physician, Penn State Orthopaedics and Sports Medicine and Family and Community Medicine

July 2020 Head Team Physician, Penn State University Intercollegiate Athletics: Men's and Women's Track & Field, Men's Basketball, Men's Gymnastics and Men's and Women's Rugby

EDUCATION

May 2016 Doctor of Osteopathic Medicine, Lake Erie College of Osteopathic Medicine, Erie, Pennsylvania

May 2012 Post-Baccalaureate Program Certificate, Lake Erie College of Osteopathic Medicine, Erie, Pennsylvania

May 2011 Bachelor of General Science, Psychology Minor, The Pennsylvania State University, University Park, Pennsylvania

POST GRADUATE EDUCATION

July 2019 – June 2020 Penn State Health Milton S. Hershey Medical Center, Primary Care Sports Medicine Fellowship, State College, Pennsylvania

April 2018 – June 2019 Chief Resident, West Penn Allegheny Health System Forbes Hospital, Family Medicine Residency, Monroeville, Pennsylvania

July 2016 – June 2019 West Penn Allegheny Health System Forbes Hospital, Family Medicine Residency, Monroeville, Pennsylvania

CERTIFICATIONS AND LICENSURE

2020 – Present Pennsylvania DO License
2019 – Present American College of Osteopathic Family Physicians
2019 – Present American Board of Family Medicine
2017 – Present Advanced Life Support Obstetrics
2016 – Present Basic Life Support
2016 – Present Advanced Cardiac Life Support

2016 – Present Neonatal Advanced Life Support

EMPLOYMENT HISTORY

December 2017 – June 2019 Allegheny County Jail, Medical Clinic and Infirmary Medical Provider

May 2012 – August 2012 Barber National Institute, Medical Transporter for Residents, Erie, PA

August 2011 – August 2012 Barber National Institute, Group Home Resident Care Provider, Erie, PA

May 2011 – August 2011 Mt. Nittany Medical Center, Electronic Medical Record Project Coach for Physicians, State College, PA

August 2007 – May 2011 Pennsylvania State University Rec Hall, Event Set – Up, University Park, PA

May 2009 – August 2010 Pennsylvania State University Sports Camps, Equipment Set-Up Crew and Fluid Station Management, University Park, PA

MEMBERSHIPS

October 2019 – Present American College of Sports Medicine (ACSM)

November 2017 – Present American Medical Society for Sports Medicine (AMSSM)

June 2016 – Present American Academy of Family Physicians (AAFP)

June 2016 – Present American College of Osteopathic Family Physicians (ACOFP)

September 2013 – Present American Osteopathic Academy of Sports Medicine (AOASM)

September 2013 – May 2016 Sigma Sigma Phi National Osteopathic Honors Society Gamma Chapter

February 2013 – May 2014 LECOM Sports Medicine Club, President

HONORS AND AWARDS

July 2019 AMSSM Ossur Americas Grant Recipient

June 2019 Allegheny Health Network Forbes Hospital Nurses' Choice Award

October 2016 Clare B. Morrison of the Pittsburgh Foundation Scholarship Award

2012 – 2015 Orris C. Hirtzel and Beatrice Dewey Hirtzel Memorial Foundation Scholarship

August 2013 – May 2014 Sigma Sigma Phi Silver Award for 50 TOUCH point service hours

2010 – 2011 Varsity Letter Winner Pennsylvania State University Track and Field

2010 Academic All – Big Ten Conference

Fall 2007 – Fall 2009 Pennsylvania State University Dean's List

SERVICE TO THE PROFESSION/UNIVERSITY

National

September 2020 – Present Big Ten Cardiac Steering Committee

May 2017 – June 2019 LECOM Board of Directors, Resident Representative

April 2018 – Present American Medical Society for Sports Medicine, Education Committee

Local

- March 2018 – June 2019 Curriculum Development - Osteopathic Manipulative Treatment Lecture Series for Family Medicine Residents, West Penn Allegheny Health System Forbes Hospital Family Medicine Residency
- March 2018 – June 2019 Curriculum Development - Didactic Lecture Series for Family Medicine Residents, West Penn Allegheny Health System Forbes Hospital Family Medicine Residency
- January 2017 – June 2019 West Penn Allegheny Health System Forbes Hospital Stroke Committee, Resident Representative

COMMUNITY SERVICE

- July 2016, 2017 North American Martyrs Church Festival, First Aid Station, Ambulatory Blood Pressure, and Diabetes Screening and Education, Monroeville, PA
- September 2017 Monroeville Senior Citizens Center, Ambulatory Blood Pressure Screening and Exercise Prescription Counseling, Monroeville, PA

TEACHING ACTIVITIES

Fellows

- 2020/2021 Preceptor, Mehwish Moinuddin, Primary Care Sports Medicine Fellow

Residents

- September 2020 Preceptor – Family Medicine Residents, Residents – Contact Hours
- August 2020 Preceptor – Family Medicine Residents, 8 Residents – 32 Hours

Medical Students – MS4

- September 2020 Preceptor, University Park Regional Campus - MS4 1 Student – 12 Hours
- August 2020 Preceptor, University Park Regional Campus - MS4, 1 Student – 4 Hours

Medical Students – MS2

- September 2020 Preceptor, University Park Regional Campus - MS2, 1 Student – 4 Hours

Didactic Lecture Series (Fellows/Residents & Medical Students)

Penn State Health, Sports Medicine Didactic Lecture Series 2020/2021:

- September 18, 2020 Research Module 5: Enrolling Subjects
Elbow, Hand, and Wrist Examinations
- September 11, 2020 MSK Ultrasound Cases
- September 4, 2020 Research Module 4: Bias
- August 21, 2020 Research Module 3: Introduction to Controlled Trials
- August 7, 2020 Research Module 1: The Research Question
Research Module 2: Study Designs

Penn State Health, Sports Medicine Didactic Lecture Series 2019/2020:

- March 2020 Foot and Ankle Physical Examination
- January 2020 Hand Physical Examination
- January 2020 Knee Physical Examination

November 2019 Hip Physical Examination
October 2019 Shoulder Physical Examination
October 2019 Knee Physical Examination
October 2019 Low Back Examination

West Penn Allegheny Health System, Family Medicine Didactic Lecture Series 2017/2018:

April 2018 Introduction To Platelet Rich Plasma Therapy
September 2017 Distal Fibula Fractures
March 2017 Femoral Neck Stress Fractures

PRESENTATIONS

National:

May 2020 “Postoperative Chest Pain – Men’s Rugby,” Invited Oral Case Presentation, 2020 ACSM Annual Meeting, San Francisco, CA – e-poster
May 2020 “Does Poor Recovery Predict Injury in the Division 1 Female Collegiate Lacrosse Athlete?” Invited Research Poster Presentation, 2020 ACSM Annual Meeting, San Francisco, CA – e-poster
May 2020 “Functional Evaluation of the Hip and Pelvis,” Invited Clinical Workshop Hands On Demonstration, 2020 ACSM Annual Meeting, San Francisco, CA – Cancelled Due to COVID-19 Pandemic
April 2019 “Somatic Dysfunction and Lower Extremity Injuries in the High School Soccer Athlete: A Prospective Cohort Study,” Research Poster Presentation, 2019 AMSSM Annual Meeting, Houston, TX
April 2018 “Recurrent Compartment Syndrome in a Collegiate Runner,” Case Poster Presentation, 2018 AMSSM Annual Meeting, Orlando, FL

Regional:

June 2020 “Does Poor Recovery Predict Injury in the Division 1 Female Collegiate Lacrosse Athlete?” Invited Research, Buchanan Lecture, Hershey, PA
April 2020 “The Teenage and Collegiate Athlete,” Invited Lecture Presentation, 2020 Penn State Blue-White Primary Care Evidence-Based Medicine Update, State College, PA – Cancelled Due to COVID-19 Pandemic
February 2020 “Beyond Baseball; The Throwing Shoulder,” Mount Nittany Medical Center Sports Medicine Lecture Series, State College, PA
November 2019 “Whole Body Muscle Cramping in the Division 1 Collegiate Football Player,” Podium Presentation, Mid-Atlantic Chapter ACSM Annual Meeting, Harrisburg, PA

Local:

January 2020 “The Throwing Athlete,” Penn State Health Sports Medicine Didactic Lecture Series, State College, PA
January 2018 Are Multiple Platelet-Rich Plasma Injections Useful for Treatment of Chronic

RESEARCH

Current Research

- June 2020 – Present Taylor K (PI), Homcha B, Wisinski J. Patient outcomes after U/S guided injection of the cubital tunnel for ulnar neuropathy of the elbow, IRB#: STUDY00009677
- February 2020 – Present Does the Utilization of a Standardized Note Improve Family Medicine Resident Confidence in Diagnosing and Managing Concussion? Penn State Health Family and Community Medicine, State College, PA
- July 2019 – Present Does OMT Prevent Incidence of Lower Extremity Injuries in the Division 1 Collegiate Basketball and Lacrosse Athlete? Penn State Health Orthopaedics and Rehabilitation, State College, PA

Past Research

- Fall 2018 Co-Investigator for Dr. Joseph Dougherty, MD. “Is Somatic Dysfunction Linked to Lower Extremity Injuries in the High School Soccer Player?” West Penn Allegheny Health System Forbes Hospital, Sports Medicine
- Fall 2013 Development of a Virtual Medical Microbiology Laboratory for Use with Case Studies to Facilitate Student Learning.” Research Day Symposium 2013, Laboratory of Human Pathogens, Lake Erie College of Osteopathic Medicine, Erie, PA

PUBLICATIONS

Peer Reviewed Abstracts:

1. Wisinski, J, Herickhoff, P, Seidenberg, P, Hall, B. “Does Poor Recovery Predict Injury in the Division 1 Female Collegiate Lacrosse Athlete?” *Medicine and Science in Sports and Exercise* 2020; 52 (5 Supplement): 7490
2. Wisinski, J. Post-Operative Chest Pain – Men’s Rugby. *Medicine and Science in Sports and Exercise* 2020; 52 (5 Supplement): 5296
3. Wisinski, J, Lipp, T, Dougherty, J. “ Does Somatic Dysfunction Lead to Lower Extremity Injuries in the High School Soccer Player?” *Clinical Journal of Sports Medicine* 2019; 29 (2)