

Curriculum Vitae
Rebecca Wadlinger, DO, MS, ATC
Penn State Health Orthopaedics and Sports Medicine
Penn State Health Family and Community Medicine
1850 East Park Avenue, Suite 112
State College, PA 16803

CURRENT POSITIONS

Academic Appointment

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

Clinical Appointment

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

August 2020 Head Team Physician, Penn State University, Intercollegiate Athletics: Men's Soccer, Women's Ice-Hockey, Men's & Women's Fencing, Women's Gymnastics and Cheerleading

EDUCATION & TRAINING

Doctor of Osteopathic Medicine

Philadelphia College of Osteopathic Medicine,

- Academic Award: American Trauma Society Scholarship

August 2012 – June 2016
Philadelphia, PA

Master of Science, Organizational Leadership
Robert Morris University

August 2010 – June 2012
Moon Township, PA

Bachelor of Science, Athletic Training
Duquesne University

August 2006 – June 2010
Pittsburgh, PA

- Study Abroad Summer Semester 2009: International Public Health and Communicable Disease Control – Tanzania, Tunisia, Italy
- Academic Accolades: Dean's List 2007, 2008, 2009, 2010; John A. Short Anatomy Award, Dean's Award for Outstanding Student in Athletic Training, Faculty Spirit Award

POST-GRADUATE TRAINING

Primary Care Sports Medicine Fellow
Atrium Health (formerly Carolinas Medical Center)
- Affiliated with OrthoCarolina

July 2019 – June 2020
Charlotte, NC

Family Medicine Residency
UPMC Shadyside/Presbyterian

July 2017 – June 2019
Pittsburgh, PA

Traditional Rotating Internship

July 2016 – June 2017

CERTIFICATIONS & LICENSURE

July 1, 2019 - Present

Certified Family Medicine Physician, American Board of Family Medicine

7/2020 - Present

Certificate of Add Qualification in Sports Medicine, American Board of Family Medicine

10/2017 - Present

Certified Family Medicine Physician, American Osteopathic Board of Family Physicians

2020 - Active

Physician License, Pennsylvania Medical Board

2010

Certified Athletic Trainer, Board of Certification for Athletic Trainers

6/2020 - Present

BLS Certified, American Heart Association

PROFESSIONAL EXPERIENCE

July 2019 – June 2020

Various Sports Medicine Experiences as Fellow Physician
Charlotte, NC

- Pre-Participation Exams with UNC-Charlotte (UNCC) and Queens University, College Football and Basketball Games with UNCC and JC-Smith University (JCSU), College Men's Soccer Games with UNCC, High School Football Coverage with East Mecklenburg High School, Athletic Training Room Coverage of UNCC and JCSU, Charlotte Marathon Finish Line, NCHSAA Regional Wrestling Tournament, CIAA Basketball Tournament

July 2017 – June 2019

Various Sports Medicine Experiences as Resident Physician
Pittsburgh, PA

- Pre-Participation Examinations with Robert Morris University (RMU); College Football Games with RMU, Saint Vincent College (SVC), and Duquesne University; University of Pittsburgh Athletic Training Room Hours; High School Football with South Fayette HS and Pittsburgh Public High Schools; EQT Ten Miler; Pittsburgh City High Schools Individual Wrestling Championships; Allegheny County Wrestling Championships; WPIAL Wrestling Championships; Pittsburgh Marathon; Tough Mudder

2010 – 2015

Nationally Board Certified & Pennsylvania Licensed Athletic Trainer

- Athletic trainers work under physician supervision to operate under six domains: prevention; clinical evaluation and diagnosis; immediate care; treatment,

rehabilitation and reconditioning; organization and administration; and professional responsibility.

2013 – 2015, Athletic Trainer
NovaCare Rehabilitation; Philadelphia, PA

2010 – 2015, Athletic Trainer
Pittsburgh, PA and Philadelphia, PA

- Per Diem Work: Nike Lacrosse, Nike Volleyball, Nike Basketball, Five Star Basketball, Basketball Stars of America, Point Guard College, Duquesne Lacrosse, Duquesne Basketball, Villanova Lacrosse, Haverford College Basketball, Haverford College Intramurals, U.S. Squash, Ultimate Frisbee, Drill4Skill

2013, Athletic Trainer
Greater Pittsburgh Physical Therapy; Hopewell Township, PA

2010 – 2012, Athletic Trainer
Robert Morris University; Moon Township, PA

2006 – 2010, Student Athletic Trainer
Pittsburgh, PA

- Clinical Experiences: Duquesne University Football, Men's & Women's Soccer, Men's and Women's Basketball; Robert Morris University Football; North Catholic Men's and Women's Basketball; Pittsburgh Ballet; UPMC Rooney Sports Medicine Physical Therapy Department; Shadyside Academy Hockey; Fox Chapel Wrestling; Special Olympics, ADA Tour de Cure

PROFESSIONAL MEMBERSHIPS

- American Medical Society for Sports Medicine
- American College of Sports Medicine
- Society of Teachers of Family Medicine
- American Academy of Family Physicians
- American Board of Family Medicine
- American Osteopathic Board of Family Medicine

HONORS/AWARDS

Family Medicine Residency, UPMC Shadyside/Presbyterian, Pittsburgh, PA
July 2017 – June 2019

- Exceptional Resident Teacher: 2018-2019, 2017-2018

ADMINISTRATIVE SERVICE

Institutional

Penn State Health Orthopedics Physician Specialty CareConnect Optimization Project,
October/November 2020

- Provide feedback as a clinical who understands physician workflow and who can provide insight on physician challenges and pain points

Interviewer for Penn State College of Medicine, 2021 Medical Student Applicants.
September 2020

Local

Concussion Seminar: Is Football Bad for the Brain?, March 2010
Duquesne University

- Leadership role in organizing concussion seminar in coordination with Wecht Institute which brought several leaders in the field of concussion to Pittsburgh to discuss concussions and the emerging knowledge of chronic traumatic encephalopathy.
- Directed informational booth to educate media and public about concussions, athletic trainers, and proper terminology

COMMUNITY SERVICE ACTIVITIES

TEACHING ACTIVITIES

Fellows

Primary Care Sports Medicine Fellow, Mehwish Moinuddin, DO, 2020-2021

Atrium Health Primary Care Sports Medicine Fellowship, 2019-2020

- Taught, trained, and supervised resident physicians during their clerkship rotations both in the office setting and during game coverage
- Gave sports medicine lectures to family medicine, internal medicine, emergency medicine, and pediatric residents as part of their didactic curriculum
- Demonstrated musculoskeletal exam techniques to medical students during their orthopedic skills lab

UPMC Shadyside Family Medicine Residency, 2017-2019

- Taught, trained, and supervised medical students during their family medicine clerkship rotations

Residents

Resident Noon Lecture Series – Pediatric Musculoskeletal Injuries, Family Medicine Residents – 1 Hour, October 2020

Preceptor – Family Medicine Residents, 4 Residents – 8 Hours, September 2020

Preceptor – Family Medicine Residents, 3 Residents – 4 Hours, August 2020

Medical Students – MS4

Preceptor, University Park Regional Campus, 1 Student – 16 hours

Touro College of Osteopathic Medicine Adjunct Faculty, 2016-2017

- Taught, trained, and supervised medical students during their clerkship rotations on surgery, internal medicine, ICU, pediatrics, and OBGyn

Athletic Training Students

Clinical Instructor, Duquesne University, 2011-2012

- Taught, trained, and supervised athletic training students during their clerkship rotation

Other

Learning Teaching Consultant, University of Pittsburgh Health Career Scholars Academy, 2013

- Taught sports medicine lectures and skills to gifted high school upperclassmen interested in healthcare careers

RESEARCH

Research

- Research Assistant, FreeEmergencyTalks.net, Philadelphia, PA: 2013 – 2014
Advisors: Joe Lex, MD, Rick Pescatore, DO
- Undergraduate In-Depth Anatomical Study, 2009
Duquesne University Cadaver Lab, Advisor: Anne Burrows, Ph.D., DPT
Cardiovascular System in Athletics: The Role of the Athletic Trainer in Marfan Syndrome

PRESENTATIONS

National

Poster Presentation at American Medical Society for Sports Medicine, 2020

Pop! Goes the Patella

Co-Authors: James Fleischli, MD and David Price, MD

Poster Presentation at American Medical Society for Sports Medicine, 2019

Knee Clicking? Must Be The Meniscus!

Poster Presentation at American Medical Society for Sports Medicine, 2018

Lateral Knee Injuries: Not Just the LCL and Meniscus!

Co-Authors: Shane Hennessy, DO and Jeanne M. Doperak, DO

Regional

Longitudinal Practice Improvement Project, 2017 – 2019

Smells Like Teen Spirit: Increasing the Adolescent Depression Screening Rates at the Family Health Center

Co-Authors: Phil Phelps, LCSW, BCD, Stephanie Richards, MD, Lindsay Nakaishi, MD, MPH

- Poster Presentation at Pennsylvania Academy of Family Physicians, 2019

Local

Longitudinal Practice Improvement Project, 2017 – 2019

Smells Like Teen Spirit: Increasing the Adolescent Depression Screening Rates at the Family Health Center

- Poster Presentation at UPMC Family Medicine Scholarship Day, 2019
- Podium Presentation at UPMC Shadyside Scholarly Activity Day, 2019