

# PRIMARY CARE

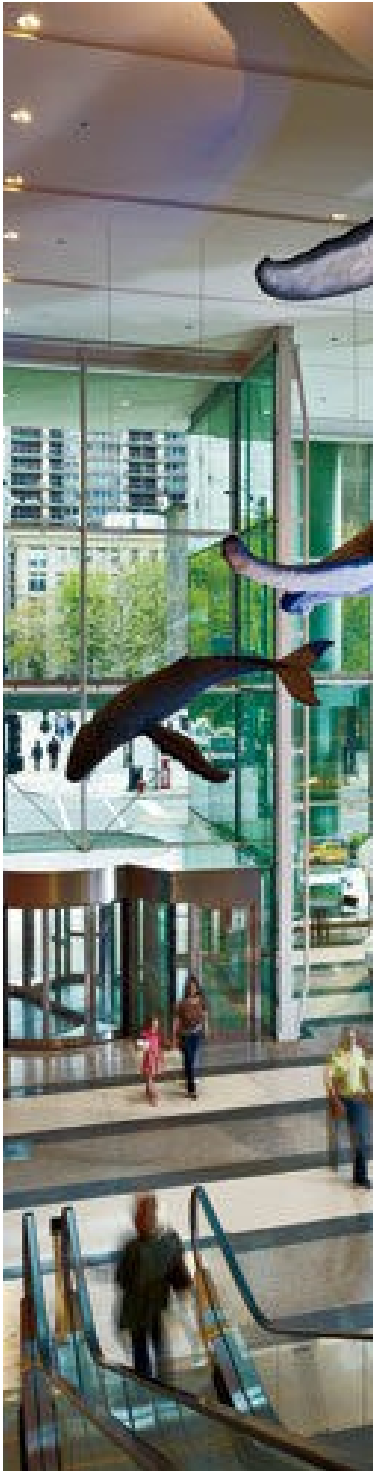
## Sports Medicine Fellowship

Quality education inseparable from quality patient care.



# Welcome

## From the Program Director



Thank you for taking the time to learn about the Primary Care Sports Medicine Fellowship at Lurie Children's Hospital and Northwestern University's McGaw Medical Center. We are very proud of the extensive range of opportunities our program offers.

As the program director, I spend a lot of time with our sports medicine fellows providing mentorship and organizing the fellowship schedule. However, our fellowship is a collective effort of many faculty with diverse expertise and experience across four institutions that are part of the Northwestern campus. In addition to Lurie Children's Hospital, our fellows train at two neighboring institutions: the Shirley Ryan Ability Lab (the nation's premier rehabilitation facility) and Northwestern Memorial Hospital. Fellows are also part of the team at Northwestern University, a Big Ten institution just north of Chicago. At NU, fellows provide sports coverage and see college athletes in the training room at a state-of-the-art facility along the lakefront. Trainees also care for varsity and recreational athletes at Northwestern's student health facility. We offer a wide range of coverage opportunities outside of Northwestern including high school football, tournaments, and mass participation events around the Chicagoland area. We provide opportunities for our fellows to engage in advocacy and promote health equity through community engagement and clinics at school-based health centers.

While our focus is on children, adolescents and young adults, our fellows learn to provide comprehensive sports medicine care for athletes across the lifespan. Lurie Children's hospital is a tertiary care facility and families often seek out our providers for high level care, however fellows also gain exposure to 'bread and butter' sports medicine conditions.

We look forward to meeting with you and wish you the best of luck on your search for a fellowship that is a perfect match for your career goals.

### - REBECCA CARL, MD

Program Director, Sports Medicine Fellowship;  
Attending Physician, Division of Sports Medicine  
Associate Professor Of Pediatrics (Advanced General Pediatrics and Primary Care)  
Northwestern University Feinberg School of Medicine  
Contact Dr Carl: [rcarl@luriechildrens.org](mailto:rcarl@luriechildrens.org)

# Fellowship Overview

## Goals and Objectives

Our goal is to provide an exceptional clinical training program that allows fellows to master the skills they need to identify and treat operative and non-operative pediatric Sports Medicine disorders. Our fellows will work in an interactive environment that supports learning, values diversity, and encourages collaboration.

Ann & Robert H. Lurie Children's Hospital of Chicago offers a one-year, ACGME-accredited fellowship in pediatric sports medicine. We have one fellowship position available each year. In addition to providing excellent clinical training in sports medicine, our program offers a curriculum that includes research, advocacy and community outreach activities. Our sports medicine fellow assists with providing medical coverage at a variety of sporting events at the high school and college level, as well as mass-participation events.



The orthopaedic sports medicine team at Northwestern University provides care to the athletes at Northwestern University, the Chicago Cubs, the Chicago Blackhawks and the Chicago Bears. They use operative and non-operative management of sports injuries, including care of meniscal and ligament injuries, cartilage replacement, hip arthroscopy and biological resurfacing.

The fellow spends two days per week at Lurie Children's sports medicine clinics, one half-day per week in continuity clinic and has one half-day of academic/administrative time. During the academic year, the fellow spends one day each week caring for athletes at Northwestern University, in addition to sideline coverage some evenings and weekends. Northwestern is a member of the Big 10 and offers 19 division 1 sports. The fellow also rotates with many other clinical services including musculoskeletal radiology, orthopaedic surgery, adult sports medicine clinics, physical medicine and rehabilitation and physical therapy. Elective time is built into the schedule as well.

Fellowship trainees and faculty meet at Lurie Children's for one half-day each month for journal club and didactic sessions. Additionally, sideline workshops and didactics are offered at Northwestern University, Shirley Ryan AbilityLab and Northwestern Memorial Hospital. The AbilityLab hosts a series of musculoskeletal ultrasound workshops that culminate in a weekend-long seminar.



# Curriculum

## Clinical Experience and Research Goals

### CLINICAL EXPERIENCE

Fellows participate in outpatient clinics at Lurie Children's Institute for Sports Medicine, NMH and the Shirley Ryan AbilityLab. At Northwestern University, fellows see Division I athletes, intramural and recreational athletes in the training room and student health settings. In addition, fellows attend a sports medicine clinic at a school-based health center. Fellows provide sideline coverage for Northwestern University varsity athletics and club sports, high school football and mass participation events in the Chicago area.

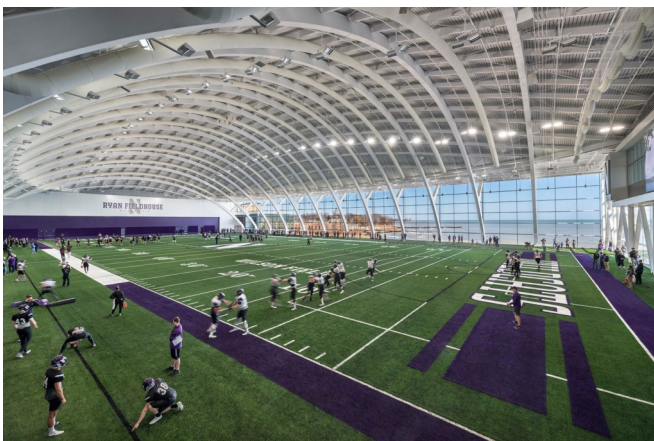
Clinical experiences include:

- Primary care sports medicine
- Surgical sports medicine
- College athletics
- Research
- Musculoskeletal radiology
- Physical medicine and rehabilitation sports medicine
- Fracture clinic with casting and splinting
- Physical and occupational therapy, orthotics
- Neuropsychology
- Nutrition
- Rheumatology
- Bone health
- Hand Surgery
- Foot and Ankle Surgery
- Spine Surgery
- Sports Cardiology
- Additional electives are available



### RESEARCH

During the year, the Fellow will gain skill in scholarly work and will participate in research. Fellows use their research rotation early in the fellowship to design research projects they will carry out over the course of the fellowship year. Based on their research interests, fellows are matched with a faculty member who will serve as a mentor for the research project.



*Learn more about our  
Northwestern Athletic  
Program in our [video](#) .*

# Faculty Perspective

## Cynthia LaBella, MD



As medical director for the Institute for Sports Medicine (ISM) at Lurie Children's since 2004, I have extensive experience caring for children and adolescents with sports-related injuries. I have served as team physician for high school, college, elite, and professional teams. I am currently the team physician for DeLaSalle high school, Moody Bible Institute, North Side Youth Football League,

and the USA Rhythmic Gymnastics team. I served on the executive committee of the American Academy of Pediatrics Council on Sports Medicine and Fitness (COSMF) for the past 11 years, and for the last 4 years I have served as the committee chairperson. I also serve on the sports medicine advisory committees for the Illinois High School Association, US Soccer, and Pop Warner Football.

My clinical focus is on treatment and prevention of sports related injuries in pediatric, adolescent and young adult athletes at all levels of competition. This includes non-operative care of musculoskeletal injuries, concussions, and medical conditions affecting sports participation or physical activity.

My research has focused on identifying risk factors for injury in youth sports and developing strategies for prevention with focus on three specific domains: 1. Knee injury prevention in female adolescent athletes; 2. Youth concussion diagnostic tools and risk factors; and 3. Effects of sports specialization in young athletes. I have won two awards for my research demonstrating that a coach-led neuromuscular warm-up can significantly reduce knee injuries in girls' soccer and basketball players at Chicago Public High Schools. In this study we recruited approximately 1500 athletes (~100 teams) from 30 high schools. Our findings led to ISM receiving a renewable philanthropic grant from Kohl's Cares to disseminate this injury prevention program via live and online training sessions for coaches, parents and athletes.

### Pediatric Sports Medicine Fellowship Faculty

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#### *Program Director*

Rebecca Carl, MD, MSCI

#### *Assistant Program Director*

Cynthia R. LaBella, MD

#### *Clinical Faculty*

Samuel Chu, MD

Craig J. Finlayson, MD

Stephen M. Gryzlo, MD

Brian Tho Hang, MD

Rajat Jain, MD

Guido Marra, MD

Jeff Mjaanes, MD

Deepa Nair, MD

Neeraj M. Patel, MD

Monica E. Rho, MD

Michelle Sagan, MD

Jonathan D. Samet, MD

Sigrid F. Wolf, MD

# Living in Chicago

## Enjoying the city

### WHAT TO DO IN CHICAGO?

The main Lurie Children's Hospital campus is located in downtown Chicago. This area is known as "Streeterville" and is known for its restaurants and close proximity to both the Michigan Avenue shopping district and the Museum of Contemporary Art across the street from the hospital campus. The Art Institute of Chicago, the River Walk, Millennium Park, Grant Park, and the Museum Campus are a walk or short cab ride away. The Museum Campus includes the Shedd Aquarium and Oceanarium, Adler Planetarium, and Field Museum. Chicago hosts seven professional sports teams, Broadway shows including Hamilton, and a wide-range of world famous musicians from classical at the Chicago Symphony Orchestra to leading hip-hop and alternative rock groups.

### WHERE TO LIVE?

Approximately half of current residents live in the Streeterville area in high-rise apartments on or near the Northwestern campus. This enables them to walk to work as well as to public beaches on Lake Michigan. About one-third live in the Lincoln Park and Lakeview neighborhoods, which are comprised of lovely tree-lined streets, great restaurants, parks, and shops. Lincoln Park and Lakeview are a quick commute to the hospital and easily accessible by public transportation. The remainder of current trainees live in other neighborhoods, including the South Loop, River North, Wicker Park, and Bucktown.



The medical center is in the heart of downtown, a short distance from many eclectic neighborhoods including Bucktown, Andersonville, and Lincoln Park, all with their own unique restaurants, shops, and night life.





# Campus Map

Finding your way



# Benefits Management

## McGaw Stipends and Benefits

McGaw Medical Center of Northwestern University provides a stipend to all residents and fellows. The stipend starting level is determined by prerequisites of the program. For example, if a program requires one year of previous training the individual's stipend shall start at the PGY-2 level.

The stipend levels for the 2025-2026 training year will be as follows:

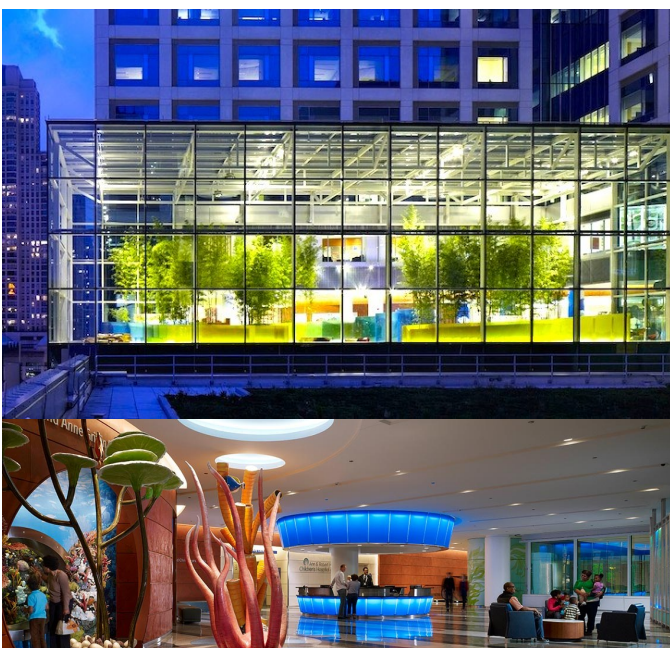
PGY 1.....	\$76,202
PGY 2.....	\$79,209
PGY 3.....	\$81,876
PGY 4.....	\$86,501
PGY 5.....	\$89,997
PGY 6.....	\$92,784
PGY 7+.....	\$96,385



McGaw Medical Center of Northwestern University provides competitive benefits to all residents and fellows including:

- Medical insurance and ancillary coverage: medical, dental, vision, prescription drug, medical/dependent care Flexible Spending Accounts (FSA), Perspectives Employee Assistance Program (EAP)
- 401(k) tax deferred savings plan
- Disability and life insurance
- Time off: sick days, vacation days, Family and Medical Leave Policy (FMLA)
- Professional liability insurance

McGaw-appointed and compensated residents and fellows will receive an **annual academic stipend of \$11,000**. Additionally, each McGaw-appointed and compensated resident and fellow will receive an **annual fatigue mitigation transportation stipend of \$150**.



We hope that the information in this brochure is helpful to you as you begin the interviewing process. Please feel free to contact us directly if you have any questions about our program.

## Contact Us:

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For more information please visit  
[www.luriechildrens.org](http://www.luriechildrens.org)