

## **CURRICULUM VITAE**

**Lindsay R. Rudert, D.O.**

- OFFICE:** Orthopaedic Associates of Muskegon  
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Muskegon, MI 49444  
Phone: 231.733.1326  
*Joined Orthopaedic Associates in September 2017*
- PERSONAL DATA:** Birth date: May 4, 1987  
Birthplace: Lansing, MI
- SPECIALTY:** Sports Medicine, Family Medicine
- EDUCATION:** Michigan State University College of Osteopathic Medicine, 2009 - 2013  
East Lansing, MI  
- Doctor of Osteopathic Medicine
- Michigan State University, Lyman Briggs College of 2005 - 2009  
Science, East Lansing, MI  
- Bachelors of Science in Human Biology, High Honors  
- Specialization in Bioethics, Humanities, and Society
- FELLOWSHIP:** Michigan State University Sports Medicine, East Lansing, MI 2016-2017  
-Sports Medicine Fellow
- RESIDENCY:** Sparrow/MSU Family Medicine Residency Program, 2013-2016  
Lansing, MI  
- Co-Chief Resident 2015-2016
- LICENSES & CERTIFICATIONS:** American Board of Family Medicine - Board Certified  
American Osteopathic Board of Family Medicine – Board Certified  
Certificate of Added Qualifications in Sports Medicine – Board Certified  
Permanent Osteopathic Medical License, State of Michigan
- HOSPITAL PRIVILEGES:** 2017 - Present Mercy Health Partners, Muskegon, MI
- HONORS/AWARDS:** Best Poster Presentation, AOASM National Conference, May 2016.  
Most Scholarly Project Award, Sparrow Family Medicine Residency, May 2016.  
Nominee for MAOFP Student Physician of the Year, May 2013.  
Translating Osteopathic Understanding into Community Health, 50 hour award in 2012 and 100 hour award in 2011.  
SAAO Chapter of the Year and Community Outreach Chapter of the Year, 2010.

- RESEARCH:
- Role of OMT in Concussion Recovery in Collegiate Athletes, 2016-2017
    - *Co-Investigator*, PI Dr. Lauren Leslie
    - Identified eligible patients at diagnosis of concussion, performed pre and post treatment SCAT3 evaluations for scoring
  
  - Learning to Run: A Pilot Study on Good Form Running (GFR) and 1 year follow-up study, 2015-2017
    - *Primary Investigator*
    - Investigated the change in running form and attitudes after taking the “Good Form Running 101” class at Playmakers, a local running specialty store
  
  - Role of regular OMT sessions in preventing stress fractures in collegiate distance runners, 2009-2011
    - *Research Assistant*, PI Dr. Lynn Brumm, MSU COM
    - Performed biomechanical evaluation and OMT protocol on runners, gathered data
    - Taught incoming researchers protocol techniques

## PRESENTATIONS

- Research Presentations:
- Lindsay Rudert**, Brooke Lemmen, and Julie Phillips. “Retention of Running Form Change Sixteen Months after Good Form Running Instruction”. 12 May 2017. *Poster Presentation at American Medical Society for Sports Medicine National Conference.*
- Lindsay Rudert**, Brooke Lemmen, and Julie Phillips. “Effect of Good Form Running instruction on global running form in recreational runners.” 4 May 2016. *Poster Presentation at American Osteopathic Academy for Sports Medicine National Conference.*
- Award for Best Research Poster Presentation
- Lindsay Rudert**, Brooke Lemmen, and Julie Phillips. “Effect of Good Form Running instruction on global running form in recreational runners.” 26 May 2016. *Oral Presentation at Michigan Family Medicine Research Day.*
- Lindsay Rudert**. “Effect of Good Form Running instruction on global running form in recreational runners.” March 2016. *Oral Presentation for Team Playmakers Recreational Running Coaches.*
- Lindsay Rudert**, Brooke Lemmen, and Julie Phillips. “Effect of Good Form Running instruction on global running form in recreational runners.” 9 February 2016. *Oral Presentation at “Physicians Appreciation Night” at Playmakers Running Store, Okemos, MI.*

Teaching Presentations:

Musculoskeletal Exam and Imaging Seminar. Sparrow Family Medicine Residency, Lansing, MI. August 8, 2017

Wound Repair and Suture clinic. Athletic Training Student Group. East Lansing, MI. April 2, 2017.

Respiratory Concerns in Athletes. Kinesiology 227 Guest Lecturer. East Lansing, MI. January 23, 2017.

Shoulder and Knee Exam and Joint Injection Demonstration. MSU College of Human Medicine, 3<sup>rd</sup> year workshops, taught quarterly, East Lansing, MI. 2016-2017.

Musculoskeletal Screening Exam Demonstration. MSU College of Human Medicine, 1<sup>st</sup> year integrative workshop, taught quarterly. East Lansing, MI. 2016-2017.

Lower Extremity Exam and Imaging Seminar. Sparrow Family Medicine Residency, Lansing, MI. April 2017.

Wrist and Hand Ultrasound Didactic. Sparrow Family Medicine Residency, Lansing, MI. March 2017.

Introduction to Musculoskeletal Ultrasound Didactic. Sparrow Family Medicine Residency, Lansing, MI. December 2016.

Assistant Instructor, Casting and Splinting Workshop. MSU College of Human Medicine Sports Medicine Interest Group. Lansing, MI. August 2015.

A Clotting Problem, Patient Safety Seminar. Sparrow Family Medicine Residency, Lansing MI. September 2015.