

Rachel Naomi Meyers, PT, DPT

Sports Medicine Center
Sports Physical Therapy
Children's Hospital Colorado
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EDUCATION

- Cincinnati Children's Hospital Medical Center** – Cincinnati, OH June 2021 – July 2022
Orthopedic Physical Therapy Residency
Orthopedic Clinical Specialist Candidate
Pediatric sports and orthopedics population
- Duke University School of Medicine** – Durham, NC May 2021
Doctor of Physical Therapy Division
DPT Degree
- University of Colorado Boulder** – Boulder, CO May 2018
Degree: Bachelor of Arts
Major: Integrative Physiology, Honors Program
Magna Cum Laude, Honors Thesis Mentor: Aaron Provance, MD
- University of Canterbury** – Christchurch, New Zealand February – June 2017
Study Abroad

AWARDS & HONORS

- 2021 APTA Mary McMillan Scholarship Award** May 2021
Award recognizes only a few students nationwide who exhibit superior scholastic ability and potential for future professional contribution to the American Physical Therapy Association.
- Jan Gwyer Student Recognition Award for Academic, Clinical, and Scholarly Excellence** May 2021
Duke Doctor of Physical Therapy Graduation Award
Only student chosen out of Duke DPT's class of 2021
- 2021 American Academy of Sports Physical Therapy Outstanding Student Award** January 2021
Award recognizes one promising entry-level student member of the American Academy of Sports Physical Therapy.
- 2020 APTA North Carolina Ben F. Massey Jr. Student Scholarship** October 2020
Award represents one PT student with current and future potential to contribute to PT profession
Duke DPT program's one student of choice for nomination

PEER-REVIEWED JOURNAL PUBLICATIONS

Meyers, R., McHugh, R., Conde, A. Factors that Foster Therapeutic Alliance in Pediatric Sports and Orthopedics: A Systematic Review. *International Journal of Environmental Research & Public Health. Shared Decision Making Special Theme Issue.* 2022. 19(18): 11813.

***Interdisciplinary collaboration**

Chen, D., **Meyers, R.,** Provance, A., Zynda, A., Wagner, J., Siegel, S., Howell, D., Miller, S. Sport Specialization in Youth Rock Climbers. *Wilderness & Environmental Medicine.* 2022.

***Interdisciplinary collaboration**

Vosburg, E., Hinkey, M., **Meyers, R.,** Csonka, J., Salesi, K., Siesel, T., Fonseca, J., Zarzour, R., Sell, T., Faherty, M. The Association between Lower Extremity Strength Ratios and the History of Injury in Collegiate Athletes. *Journal of Athletic Training.* 2022.

***Interdisciplinary collaboration**

Caine, D., Nyugen, J., **Meyers, R.,** Schoffl, V., Maffuli, N. Current Opinion Paper: Primary Periphyseal Stress Injuries in Young Athletes. *Sports Medicine.* 2021.

***International and Interdisciplinary collaboration**

Caine, D., **Meyers, R.,** Schöffl, V., Maffuli, N. Primary Periphyseal Stress Injuries in Young Athletes: A Systematic Review. *Sports Medicine.* 2021.

***International and Interdisciplinary collaboration**

Paz, T., **Meyers, R.,** Faverio, C., Wang, J., Vosburg, E., Clewley, D. The Association of Youth Distance Running and Lower Extremity Injury: A Systematic Review. *International Journal of Environmental Research & Public Health. Pediatric Sports Special Theme Issue.* 2021. 18(14): 7542.

Meyers, R., Schöffl, V., Mei-Dan, O., Provance, A. Return to climb protocol following epiphyseal finger stress fracture. *Current Sports Medicine Reports.* Invited to submit for Competitive Athletes special theme issue. 2020. 19(11): 457-462.

***International and Interdisciplinary collaboration**

Meyers, R., Howell, D., Provance, A. The association of finger growth plate injury history and speed climbing in youth competition climbers. *Wilderness & Environmental Medicine.* 2020, doi: 10.1016/j.wem.2020.06.008.

***Interdisciplinary collaboration**

Meyers, R., Hobbs, S., Howell, D., Provance, A. Are adolescent climbers aware of the most common youth climbing injury and safe training practices? *International Journal of Environmental Research & Public Health.* 2020, 17(3): 812; doi: 10.3390/ijerph17030812.

***Interdisciplinary collaboration**

MANUSCRIPTS UNDER REVIEW

Meyers, R., Garcia, M., Taylor-Haas, J., Long, J., Rauh, M., Paterno, M., Ford, K., Bazett-Jones, D. Running Habits, and Injury Frequency following COVID-19 Restrictions in Adolescent Long Distance Runners. *International Journal of Sports Physical Therapy.* Submitted 2021. Under review.

***Interdisciplinary collaboration**

ONGOING RESEARCH PROJECTS

Youth Rock Climbing Injury Surveillance System

Status: Data collection

**Interdisciplinary collaboration*

International Multi-Center Rock Climbing Injury Physical Testing Battery

Status: Study development

**International and Interdisciplinary collaboration*

Early Sport Specialization in NCAA Cross Country Runners

Status: Data collection

**Interdisciplinary collaboration*

ABSTRACT ACCEPTANCES / PUBLICATIONS

Meyers, R., McHugh, R., Conde, A. Factors that Foster Therapeutic Alliance in Pediatric Sports and Orthopedics: A Systematic Review. *Pediatric Research in Sports Medicine 10th Annual Conference*. Accepted for podium presentation. February 2023.

Armento, A., McCarthy, A., **Meyers, R.,** Renaudin, M. The Team Approach: Care of the Child and Adolescent Athlete. *Pediatric Research in Sports Medicine 10th Annual Conference*. Accepted for instructional course lecture. February 2023.

Zwolski, C., **Meyers, R.,** Jasurda, H., Bellm, E. Let's Build Resilient Youth: Injury Prevention from Adventure Sports to the Court. *American Physical Therapy Association, Combined Sections Meeting, San Antonio, TX*. 2021.

Meyers, R., Clewley, D., Taylor-Haas, J., Thein-Neissenbaum, J. Is it Wise to Specialize? The Impact of Early Sport Specialization on Maturation, Injury Characteristics, and Bone Health in Youth Runners. *American Physical Therapy Association, Combined Sections Meeting, San Antonio, TX*. 2021.

Meyers, R., Clewley, D., Taylor-Haas, J., Thein-Neissenbaum, J. Is it Wise to Specialize? The Impact of Early Sport Specialization on Maturation, Injury Characteristics, and Bone Health in Youth Runners. *AMSC American Academy of Sports Physical Therapy Annual Meeting*. September 2021.

Paz, T., **Meyers, R.,** Faverio, C., Wang, J., Vosburg, E, Clewley, D. The Association of Youth Distance Running and Lower Extremity Injury: A Systematic Review. *American Physical Therapy Association (APTA) North Carolina 2020 Fall Conference*. Accepted for poster presentation. October 2020.

Paz, T., **Meyers, R.,** Faverio, C., Wang, J., Vosburg, E, Clewley, D. The Association of Youth Distance Running and Lower Extremity Injury: A Systematic Review. *American Physical Therapy Association (APTA) Combined Sections Meeting 2021*. Accepted for poster presentation. Planned publication in *Journal of Orthopedic and Sports Physical Therapy*.

Chen, D., **Meyers, R.,** Provance, A., Zynda, A., Wagner, J, K., , Siegel, S., Howell, D., Miller, S. Rock climbing injuries in the youth population. *American Academy of Pediatrics (AAP) Sports Medicine section 2020 National Conference*. Accepted for poster presentation. August 2020.

Meyers, R., Hobbs, S., Howell, D., Provance, A. Finger growth plate injuries in elite, adolescent rock climbers. *International Olympic Committee (IOC) World Conference Prevention of Injury & Illness in*

Sport 2021. February 2021. Monaco. Accepted for poster presentation. Planned abstract publication in *British Journal of Sports Medicine* special theme issue.

Vosburg, E., Hinkey, M., **Meyers, R.**, Csonka, J., Salesi K., Siesel, T., Fonseca, J., Zarzour, R., Sell, T., Faherty, M. The association between lower extremity strength ratios and the history of injury in collegiate athletes. *American Physical Therapy Association (APTA) Combined Sections Meeting 2020*. February 12-15, 2020. Denver, CO. Accepted for poster presentation. Published in *Journal of Orthopedic and Sports Physical Therapy*.

Meyers, R., Hobbs, S., Howell, D., Provance, A. Finger growth plate injuries in elite, adolescent rock climbers. *American Physical Therapy Association (APTA) Combined Sections Meeting 2020*. February 12-15, 2020. Denver, CO. Accepted for platform presentation. Published in *Journal of Orthopedic and Sports Physical Therapy*.

Meyers, R., Hobbs, S., Howell, D., Provance, A. Finger Stress Fractures in Elite, Youth Rock Climbers. *Canadian Climbing Medicine Symposium*. Accepted for podium presentation. August 2019.

Meyers, R., Hobbs, S., Potter, M., Provance, A. Finger injuries in elite, youth rock climbers. Podium presentation at Pediatric Research in Sports Medicine (PRiSM) Annual Meeting, Atlanta, GA. January 2019. Published in *Orthopaedic Journal of Sports Medicine*.

Meyers, R., Hobbs, S., Potter, M., Provance, A. Perceptions regarding injury and training in elite, adolescent rock climbers. Poster presentation at the American College of Sports Medicine (ACSM) Annual Meeting, Minneapolis, MN. May 2018.

Meyers, R., Hobbs, S., Provance, A. Perceptions regarding injury and training in elite, adolescent rock climbers. University of Colorado Boulder Scholar. April 2018.

Meyers, R., Hobbs, S., Howell, D., Provance, A. Finger injuries in elite, youth rock climbers. Podium presentation at Children's Hospital Colorado Annual Orthopedics Day Conference, Aurora, CO. April 2018.

Meyers, R., Hobbs, S., Potter, M., Provance, A. Perceptions regarding injury and training in elite, adolescent rock climbers. Poster presentation at Children's Hospital Colorado Pediatric Poster Session, Aurora, CO. February 2018.

Lepon, A., Carry, P., **Meyers, R.**, Albright, J. Anterior Cruciate Ligament Reconstruction in Pediatric and Adolescent Patients: Quadriceps Tendon Autograft vs. Hamstring Tendon Autograft. Presented at the International Society of Arthroscopy, Knee Surgery, and Orthopedic Sports Medicine (ISAKOS) Biennial Congress, Shanghai, China. June 2017.

Lepon, A., Carry, P., **Meyers, R.**, Albright, J. Anterior Cruciate Ligament Reconstruction in Pediatric and Adolescent Patients: Quadriceps Tendon Autograft vs. Hamstring Tendon Autograft. Presented at the Pediatric Orthopedic Society of North America (POSNA) Annual Meeting, Barcelona, Spain. May, 2017.

NON PEER-REVIEWED PUBLICATIONS

STOP SPORTS INJURIES (American Orthopedic Society of Sports Medicine)

Meyers, R., Caine, D., Provance, A. Primary Periphyseal Stress Injuries in Young Athletes tip sheet. Sports Trauma and Overuse Prevention (STOP) Sports Injuries Campaign in partnership with AOSSM. August 2020.

https://www.sportsmed.org/aossmimis/STOP/Prevent_Injuries/Revised/Injury/growthplatephyseal.pdf

Meyers, R., Jasurda, H., Provance, A. Apophyseal Growth Plate Injuries in Young Athletes tip sheet. Sports Trauma and Overuse Prevention (STOP) Sports Injuries Campaign in partnership with AOSSM. August 2020.

https://www.sportsmed.org/aossmimis/STOP/Prevent_Injuries/Revised/Injury/ApophysealInjuriesYouth.pdf

Meyers, R., Provance, A. Growth Plate Injuries Summary Blog. Sports Trauma and Overuse Prevention (STOP) Sports Injuries Campaign in partnership with AOSSM. August 2020.

https://www.sportsmed.org/aossmimis/STOP/Blog/Posts/Growth_Plate_Injuries_in_Youth_Athletes.aspx

Meyers, R. & Clewley, D. Youth Distance Running Blog. Sports Trauma and Overuse Prevention (STOP) Sports Injuries Campaign in partnership with AOSSM. December 2019.

https://www.sportsmed.org/aossmimis/STOP/Blog/Posts/Youth_Distance_Running.aspx

Meyers, R. & Provance, A. Youth rock climbing injury tip sheet. Sports Trauma and Overuse Prevention (STOP) Sports Injuries Campaign in partnership with AOSSM. October 2019.

https://www.sportsmed.org/aossmimis/STOP/Prevent_Injuries/Revised/Sports/Rock%20Climbing.pdf

APTA PULSE BLOG

Meyers, R. How Climbing Has Shaped My Perspective as a Physical Therapy Student. The Pulse Blog; American Physical Therapy Association (APTA). April 2020.

<http://www.apta.org/Blogs/Pulse/2020/4/Climb/>

RESEARCH SUMMARY

Meyers, R. & Provance, A. Are Adolescent Climbers Aware of the Most Common Youth Climbing Injury and Safe Training Practices: A Summary. The Climbing Doctor Blog (Dr. Jared Vagy, DPT). April 2020. <https://theclimbingdoctor.com/growthplateinjuries/>

SPEAKER FOR PRESENTATIONS

INTERNATIONAL

Youth Rock Climbers
International Rock Climbing Research Association
Invited Keynote Speaker
Bern, Switzerland, Anticipated: August 2023

“Elite Youth Rock Climber’s Perspective on Injury and Potential Speed Wall Risk”
4th International Extreme Sports Medicine Congress
Invited Podium Presenter
Boulder, CO; May 2022

NATIONAL

“Factors that Foster Therapeutic Alliance in Pediatric Sports and Orthopedics: A Systematic Review”
Pediatric Research in Sports Medicine 10th Annual Conference.
Podium presentation. Denver, CO, February 2023.

“The Team Approach: Care of the Child and Adolescent Athlete”
Pediatric Research in Sports Medicine 10th Annual Conference.
Instructional Course Lecture, Denver, CO, February 2023.

“Let’s Build Resilient Youth: Injury Prevention from Adventure Sports to the Court.”
American Physical Therapy Association (APTA) Combined Sections Meeting (CSM)
Educational Session
San Antonio, TX; February 2022

“Is it Wise to Specialize? The Impact of Early Sport Specialization on Maturation, Injury Characteristics, and Bone Health in Youth Runners.”
American Physical Therapy Association (APTA) Combined Sections Meeting (CSM)
Educational Session
San Antonio, TX; February 2022

“Is it Wise to Specialize? The Impact of Early Sport Specialization on Maturation, Injury Characteristics, and Bone Health in Youth Runners.”
AMSC American Physical Therapy Association Annual Meeting
Indianapolis, IN; September, 2021

“Is it Wise to Specialize? The Risks & Potential Benefits in Youth Runners”
Cincinnati Children’s Hospital Medical Center Annual Runner’s Symposium
Cincinnati, OH; August 2021

“Sport Specialization in Youth Athletics: Current Updates and Future Directions”
American Academy of Sports Physical Therapy, Youth Athlete SIG
Co-Presenter for Webinar; December 2020

“Finger Growth Plate injuries in Elite, Adolescent Rock Climbers”
American Physical Therapy Association (APTA) Combined Sections Meeting (CSM)
Platform presentation
Denver, CO; February 2020

“The Association between Lower Extremity Strength Ratios and the History of Injury in Collegiate Athletes”
American Physical Therapy Association (APTA) Combined Sections Meeting (CSM)
Poster presentation; Denver, CO; February 2020

“Perceptions Regarding Injury and Training in Elite, Adolescent Rock Climbers”
American College of Sports Medicine (ACSM) Annual Meeting
Poster presentation
Minneapolis, MN; May 2018

“Pediatric Sports Medicine & the Importance of Youth Climbing Research”
Invited educational Q&A to head coaches and the climbing community nationwide
Zoom (~700 participants); June 2020

REGIONAL

“Injury Prevention in Youth Rock Climbers”

Invited educational talk to head coaches at Team ABC
Boulder, CO; October 2022

“Finger Growth Plate Injuries in Youth Climbers”

Invited educational talk to head coaches and USA climbing regional coordinators
Boulder, CO; April 2019

“Youth Climbing and Injury Risk Reduction”

Triangle Rock Club team banquet
Morrisville, NC; January 2019

“Perceptions Regarding Injury and Training in Elite, Adolescent Rock Climbers”

Children’s Hospital Colorado
Pediatric Poster Presentation
Aurora, CO; February 2018

TEACHING EXPERIENCE

Lecture on “Injury Prevention in Youth Athletes”

May 2022

*Cincinnati Children’s Hospital Medical Center
Presented to Ortho/Sports Physical Therapy Department*

Invited Lecture on “Injury in Runners”

April 2022

Invited to present a lecture on running injuries to University of Cincinnati 2nd year DPT students in their MSK III class

Lecture on “Mental Health in Youth Athletes”

February 2022

*Cincinnati Children’s Hospital Medical Center
Presented to Ortho/Sports Physical Therapy Department*

Invited Lecture on “Pediatric Hip Injuries”

January 31, 2022

Invited to present a lecture on pediatric hip injuries to University of Cincinnati 2nd year DPT students in their MSK III class

Invited Lecture on “Injury Prevention in Youth Extreme Sport Athletes”

January 24, 2022

*Cincinnati Children’s Hospital Medical Center
Orthopedic Residency Interview Day – invited to present to prospective residents*

University of Cincinnati DPT Program

August 2021 – May 2022

Musculoskeletal (MSK) Teaching Assistant to 2nd year DPT students
MSK II & III

Invited Lecture on “Hand & Wrist Injuries”

November 2021

Invited to present a lecture on hand and wrist injuries in climbers and adventure and extreme sports athletes to University of Cincinnati 2nd Year DPT students

LEADERSHIP

PEDIATRIC RESEARCH IN SPORTS MEDICINE SOCIETY

Pediatric Research in Sports Medicine (PRiSM) Society 2022 - 2025
Membership Committee
3-Year Term
Committee member

Pediatric Research in Sports Medicine (PRiSM) Society 2020 – 2023
Female Athlete Multidisciplinary Research Interest Group (RIG)
3-Year Term
Committee member

Pediatric Research in Sports Medicine (PRiSM) Society 2020 – 2023
Communications Committee
3-Year Term
Committee member

AMERICAN ACADEMY OF SPORTS PHYSICAL THERAPY

AASPT Female Athlete SIG Representative / Moderator August 2020 – 2022
Serve as “Online Community Leader” for Platform *Mobilize*

AASPT Youth Athlete SIG Representative / Moderator July 2020 – 2022
Serve as “Online Community Leader” for Platform *Mobilize*

DUKE DOCTOR OF PHYSICAL THERAPY

Sports Special Interest Group (SIG) Co-Leader May 2019 – August 2020
Duke Doctor of Physical Therapy Division
Durham, NC

RESEARCH FUNDING

University of Colorado Undergraduate Research Opportunities Program (UROP) 2017 – 2018
Individual research grant
Award amount: \$1500

Current Sports Medicine Reports December 2019
Honarium for contribution
Award amount: \$100

PROFESSIONAL MEMBERSHIPS

NATIONAL

American Physical Therapy Association (APTA) September 2018 – Present

American Academy of Sports Physical Therapy (AASPT) September 2018 – Present
Special Interest Group (SIG) member:
Youth Athlete, Female Athlete, Running, Shoulder, Specialization, Sports Concussion

APTA Research Section member	September 2020 – Present
Pediatric Research in Sports Medicine (PRiSM) Society	January 2020 – Present

REGIONAL

Colorado Physical Therapy Association	September 2018 – Present
Ohio Physical Therapy Association	September 2021 – 2022
North Carolina Physical Therapy Association	September 2018 – 2021

PROFESSIONAL CERTIFICATIONS

Basic Life Support	2018 – Present
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CONTINUING EDUCATION

Dusty Grooms Motor Learning Education Day Children’s Hospital Colorado, Broomfield, CO	October 2022
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4 th International Extreme Sports Medicine Congress Boulder, CO	May 2022
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American Physical Therapy Association (APTA) Combined Sections Meeting (CSM) San Antonio, TX	February 2022
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Pediatric Research in Sports Medicine (PRiSM) Houston, TX	January 2022
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AMSC American Academy of Sports Physical Therapy Association Annual Meeting Indianapolis, IN	September 2021
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Children’s Hospital Colorado (CHCO) Rehab & Return to Sport Decision Making following ACLR in Adolescent Athletes	August 2021
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Cincinnati Children’s Hospital Medical Center 11 th Annual Runner’s Symposium – Zoom	August 2021
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Pediatric Research in Sports Medicine (PRiSM) Society 8 th Annual Meeting – Zoom	January 2021
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AASPT Team Concept Conference (TCC) Zoom	December 2020
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AASPT Youth Athlete SIG Webinar – Zoom Load Management & Strategies for Returning Young Athletes to Sport	August 2020
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Cincinnati Children’s Hospital Medical Center 10 th Annual Runner’s Symposium – Zoom	August 2020
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Nationwide Children’s Hospital – Vimeo	July 2020
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Bodies in Motion: Unique Concepts for Upper Extremity Rehab & Return to Sport

Cincinnati Children's Hospital Medical Center Sports Medicine Education Day – Zoom	April 2020
Emory Sports Medicine Daily Lunch & Learns – Zoom	March 2020 – Present
American Physical Therapy Association (APTA) Combined Sections Meeting (CSM) Denver, CO	February 2020
Coffee, Kids, and Sports Medicine Virtual Monthly Pediatric Sports Grand Rounds Texas Scottish Rite Hospital for Children	August 2019 – Present
Duke University Orthopedics Weekly Grand Rounds Durham, NC	September – October 2019
Duke University Sports Medicine Weekly Grand Rounds Durham, NC	November 2018 – April 2019
Southeastern Student Wilderness Medical Society Annual Conference Winston-Salem, NC	March 2019
3 rd International Extreme Sports Medicine Congress Boulder, CO	June 2018
American College of Sports Medicine (ACSM) Annual Meeting Minneapolis, MN	May 2018
Children's Hospital Colorado Annual Orthopedics Day Conference Aurora, CO	April 2018
Children's Hospital Colorado Pediatric Poster Session Aurora, CO	February 2018
4 th Annual Advanced Care for the Young Athlete Symposium Children's Hospital Colorado Aurora, CO	November 2017
3 rd Annual Advanced Care for the Young Athlete Symposium Children's Hospital Colorado Aurora, CO	November 2016