

Brian A. Atkinson
brian.atkinson@mahec.net
(321-505-4625)
18 Oakhaven Terrace, Asheville, NC, 28803

EDUCATION

Duke University, Durham, NC (2010-2014)
B.S., Biology with Minor in Chemistry

University of South Florida Health Morsani College of Medicine, Tampa, FL (2014-2018)
MD

POSTDOCTORAL TRAINING

Mountain Area Health Education Center Family Medicine Residency, Asheville, NC (2018-2021)
Board Certification in Family Medicine
Board Certification in Lifestyle Medicine

Cone Health Sports Medicine Fellowship, Greensboro, NC (2021-2022)
Certificate of Added Qualification in Primary Care Sports Medicine

PROFESSIONAL EXPERIENCE

Mountain Area Health Education Center Family Medicine Center, Asheville, NC (2022-Present)
Sports Medicine Fellowship Assistant Program Director
Family Medicine Residency Faculty

HONORS AND AWARDS

Professional

UNC School of Medicine Resident Teacher of the Year, 2021
AFMRD Family Medicine Resident Award for Scholarship, 2021
AMSSM South Bend/Notre Dame Resident Scholarship Award, 2021

Personal

U.S. Olympic Marathon Trials Qualifier (2016)
NCAA Track & Field Championships All-American (10,000m - 2014)
NCAA Division 1 Outdoor Track & Field All-East (10,000m - 2012)
NCAA Division 1 Cross Country All-East (2010)
NCAA Cross Country All-ACC Academic (2011, 2012, 2014)
NCAA Track & Field All-ACC Academic (2013, 2014)
ACC Academic Honor Roll (2011, 2012, 2014)
Footlocker Cross Country National Championships Qualifier (2009)
Nike Cross Country National Championships Qualifier (2008)
FHSAA 4A Cross Country Individual State Champion (2007, 2008, 2009)
FHSAA 4A Cross Country Team State Champion Member (2008)
FHSAA 4A Outdoor Track & Field Individual State Champion 3,200m (2007, 2008, 2009)

BIBLIOGRAPHY AND PRODUCTS OF SCHOLARSHIP

Books and Chapters, In Press/Submitted

Epperly, T., Fields, K., **Atkinson, B.** "Chapter 1: Epidemiology of Running Injuries." Textbook of Running Medicine. New York: McGraw-Hill (2023). Pending Publication 2023.

Refereed Papers/Articles

Fields, K, **Atkinson, B.** "Evaluation and diagnosis of common causes of forefoot pain in adults." In: *UpToDate*. (2023).

May 2023

Atkinson, B., Walker, K. H., Stigleman, S., Vaughan, A., & Hulkower, S. (2021). Platelet-Rich Plasma vs. Corticosteroids for Refractory Plantar Fasciitis. *American Family Physician*, 103(5), 307-308.

Atkinson, B., Pandya, S., MD, Grabau, M., Chughtai, M., MD, Aslam, S., MD, MS, Nanjappa, S., MD, Greene, J., MD, FACP. Medical vs Surgical Management of Appendicitis in Patients with Prolonged Neutropenia. *Infectious Diseases in Clinical Practice* Volume 26, Number 3, May 2018.

Kattih Z, **Atkinson B**, Angell E, Uhlar C, Perera Y, Ourn, F, MS, Travis, T, Slone, F, MD, Guerra, L, MD, Gonzalez, E, MD. *A Model for Successful Colon Cancer Screening at a Student-Run Free Clinic*. *Journal of Student-run Free Clinics*. July 22, 2018.

Atkinson B, Uichanco L, Kattih Z, Perera Y, Angell E, Uhlar C, Martinez V, Roetzheim A, Lopez J, Roetzheim R, MD, Guerra, L, MD, Gonzalez, E, MD. Review of Hypertension Management at USF BRIDGE Clinic. *Journal of Student-run Free Clinics*, 4(1). November 2018.

Oral Presentations and/or Abstracts

Atkinson, B. Heat Illness: Acute Management and Follow Up. Blue Ridge Sports Medicine Conference, May 2023.

Das, S., **Atkinson, B.** A Needle in the Haystack; an Unexpected Cause for Anterior Elbow Pain. AMSSM Annual Meeting, April 2023.

Park, P., **Atkinson, B.** Chronic Right Lower Extremity Pain 15 Years After Below The Knee Amputation In An 87-year-old. AMSSM Annual Meeting, April 2023.

Atkinson B., Kramer, J. Leg Pain in a Runner. Oral Presentation, AMSSM Annual Meeting, April 2022.

Cutshall, N., **Atkinson, B.**, Elkaz, A., William, B., Knapp, J. Differences in Opioid Prescribing Based on Gender, Race, and Socioeconomic Status in a Primary Care Clinic. MAHEC Research Day, May 2021.

Atkinson B, MD, Holland K, DO, Knapp J, DO. Back Pain in a Bodybuilder. AMSSM Annual Meeting, April 2020.

Atkinson, B., Lezama, J., MD. Calcium Channel Blockers as Cause of Peripheral Edema in Acute Respiratory Failure. Florida American College of Physicians, September 2017.

Atkinson, B.; Flores, V.; Hudey, S.; Roetzheim, R., MD; Gonzalez, E., MD. Analyzing the Efficacy of Student-Run Free Diabetes Class. February 2016. Society for Student-Run Free Clinics Conference, February 2016.

TEACHING ACTIVITIES

Lectures – Residents

Exercise is Medicine: Physical Activity Prescriptions (MAHEC Family Medicine Didactics), 2023

Musculoskeletal Radiology Teaching for MAHEC Family Medicine and Internal Medicine Residents, 2022 to present

Lectures – Fellows/Faculty

Running Shoes, A History (MAHEC Sports Medicine Fellowship Grand Rounds), May 2023

Fundamentals of Shoulder and Knee Ultrasound (MAHEC POCUS Course), April 2023

Care of the Runner (MAHEC Rural Training Collaborative Grand Rounds), March 2023

Sports Medicine Billing and Coding (MAHEC Sports Medicine Fellowship Grand Rounds), March 2023

Exercise is Medicine: Cardiovascular Disease Prevention and Treatment (MAHEC Grand Rounds), February 2023

Sports Medicine Musculoskeletal Ultrasound Curriculum for MAHEC Sports Medicine Fellows, 2022 to present

Innovations in Running Medicine (MAHEC Sports Medicine Grand Rounds), April 2021

May 2023

Clinical Teaching – Students

UNC Medical Student Longitudinal Preceptor, 2023-present

Musculoskeletal Physical Exam and Injection Skills Workshop Director for WCU NP Students, 2023

Musculoskeletal Physical Exam and Injection Skills Workshop Teacher for UNC Medical Students, 2022

Resident Preceptor, 3rd and 4th year UNC Medical Students hospital rotations, 2019-2021

Clinical Teaching – Residents

Faculty Preceptor, family medicine residents during Primary Care Sports Medicine Clinic, MAHEC, 2022 to present

Faculty Preceptor, family medicine residents during Primary Care Clinic, MAHEC, 2022 to present

Fellowship Preceptor, 2nd and 3rd year family medicine residents during their Sports Medicine Rotation, Cone Health, 2021-2022

Clinical Teaching – Fellows

Faculty Preceptor, sports medicine fellows during Primary Care Sports Medicine clinic, MAHEC, 2022-present

Curriculum Development

Creator and Director, MAHEC Sports Medicine Track for Family Medicine residents, 2023-present

Director, Musculoskeletal Ultrasound Curriculum for Sports Medicine Fellows, MAHEC, 2022-present

Director, Musculoskeletal Curriculum for Internal Medicine Residency, MAHEC, 2022-present

GRANTS

Grant Title: University of South Florida Summer Research Grant

Funding Agency: University of South Florida Morsani College of Medicine

Period: 7/1/2017 – 9/1/2017

Role: Researcher

PROFESSIONAL SERVICE

Committees

MAHEC Sports Medicine Fellowship Program Evaluation Committee, 2022 – present

Cone Health Sports Medicine Fellowship Program Evaluation Committee, 2021 – 2022

Lifestyle Medicine Residency Curriculum Resident Champion, 2019 – 2021

MAHEC Family Health Center - ABIPA Partnership Resident Champion, 2019 – 2021

MAHEC Family Medicine Residency Program Evaluation Committee, 2019 – 2021

Community Service

Move with MAHEC: Faculty Lead, 2022 – present.

Kids in Parks: Faculty Lead, 2022 – present

Sports Coverage

National Team Coverage

2020 U.S. Olympic Trials Marathon Coverage, February 2020

Professional Coverage

Asheville City Soccer Club, 2023 to present

Washington Nationals MLB Team Affiliate, 2023 to present

Greensboro Cobras Arena Football team, 2021 & 2022 season

Greensboro Grasshoppers Minor League Baseball Team, 2021 & 2022 season

The Wyndham PGA TOUR Championships, August 2021

Collegiate Coverage

The Southern Conference Basketball Tournament, 2023

The Asheville Championship Basketball Tournament, 2022

May 2023

Warren Wilson College, Team Physician 2022 – present
Guilford College, Team Physician during 2021-2022 school year

High School Coverage

Madison High School, Team Physician 2022 – present
Smith High School, Football coverage for 2021 season
T.C. Roberson High School Football Coverage, 2019-2020 Season

Mass Event Coverage

Hellbender 100-miler, Medical Director, 2023-present
The Asheville Marathon, Medical Director, 2023-present
Kick-It Event Race Series, 2022 – present
North Carolina High School Outdoor Track & Field State Championships, 2022
Ivy Redmon Cross Country Invitational, 2021
Hagan-Stone High School Cross Country Meets, 2021 season
East-West High School All-Star Games, 2021
Lake Logan Triathlon, 2017, 2018

RESEARCH STATEMENT

My primary areas of research interest are related to chronic tendinopathy, running injuries and prevention, equity in healthcare, and exercise as medicine. I hope to continue my research with a focus on running injury prevention, modalities for treating chronic tendinopathy and bone stress injuries, and evaluating methods for increasing exercise in the general population.

TEACHING STATEMENT

My major goals in teaching are focused on developing our Sports Medicine Fellows, and teaching essential musculoskeletal skills to family medicine and internal medicine residents. Since starting as faculty at MAHEC, I have initiated a new musculoskeletal ultrasound curriculum for fellows, and am overseeing the sports medicine curriculum for internal medicine residents at MAHEC. My goals for the future are to expand our running medicine clinic to include gait analysis, orthotic preparation, and exercise testing. I also hope to develop our exercise medicine/physical activity promotion activity in the local community to become leaders in promoting physical activity in the region.