

**Kyle M. Judkins, DO, CAQSM**  
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### **EDUCATION**

- MAHEC Primary Care Sports Medicine Fellowship**, Asheville, NC (2018-2019)
- Graduated June 30, 2019
- Wake Forest University Family Medicine Residency**, Winston-Salem, NC
- Graduated June 26<sup>th</sup>, 2018 (2015-2018)
  - Chief Resident (2017-2018)
- Edward Via College of Osteopathic Medicine**, Blacksburg, VA
- Doctor of Osteopathy, graduation May 9, 2015 (2011-2015)
- Wheaton College**, Norton, MA (2004-2008)
- Summa cum laude, with honors
  - BA in Biology, minor in chemistry
  - Phi Beta Kappa

### **EMPLOYMENT**

- Pardee UNC Health**
- Family and Sports Medicine physician at Pardee Family and Sports Medicine (2019-Present)
  - MSK- Ultrasound evaluation and guided injection procedures
  - Osteopathic manipulation
  - Sports medicine coverage
- MAHEC (Mountain Area Health Education Center)**
- Core sports medicine fellowship faculty (2021 – Present)
    - Precept sports medicine fellows in clinic two half days per month
    - Involved in teaching principles of sports medicine, MSK Ultrasound, Radiology to sports medicine fellows and family medicine residents
  - Community faculty (2020-2021)
    - Consult in family medicine residency clinic two half days per month

### **LICENSURE**

- Family Medicine**
- North Carolina (Full, Active) (2018- Present)

### **BOARD CERTIFICATIONS**

**Certificate of Added Qualification in Sports Medicine** (2019- Present)

**Diplomate of the American Board of Family Medicine** (2018-Present)

- Board certified

### **COMLEX**

- Level I (2012), Level II CE (2014), Level II CS (2014), Level 3 (2016)

**CURRENT SPORTS MEDICINE COVERAGE**

<b>Cataloochee Mountain Ski Patrol</b>	
<ul style="list-style-type: none"><li>• Physician Partner</li><li>• Medical Director of ski patrol</li></ul>	(2018 – 2022) (2022- present)
<b>Hellbender 100-Mile Ultramarathon</b>	
<ul style="list-style-type: none"><li>• Medical Director</li><li>• One the planning committee for race in May 2022</li></ul>	(2021- present)
<b>Billie Jean King Tournament</b>	
<ul style="list-style-type: none"><li>• The neutral physician for USA vs. Ukraine tournament in April 2022</li></ul>	(2022)
<b>Smokey Mountain Grapple Wrestling Tournament</b>	
<ul style="list-style-type: none"><li>• Supervising physician for tournament</li></ul>	(2021)
<b>Asheville Championship Basketball Tournament</b>	
<ul style="list-style-type: none"><li>• One of the covering physicians for this tournament in Asheville, NC</li></ul>	(2021)
<b>Lake Logan Triathlon</b>	
<ul style="list-style-type: none"><li>• Medical Director for the Olympic and half-ironman distance triathlons</li></ul>	(2021)
<b>SoCon Basketball Tournament</b>	
<ul style="list-style-type: none"><li>• One of the covering physicians for this tournament in Asheville, NC</li></ul>	(2021-present)
<b>Maui Jim Maui Invitational NCAA Basketball Tournament</b>	(2020)
<ul style="list-style-type: none"><li>• One of the covering physicians for this tournament in Asheville, NC</li><li>• On the planning committee</li><li>• Planned for November-December 2020.</li><li>• Acted as COVID19 Contact Tracing Leader, in direct contact with health department</li></ul>	
<b>Brevard High School</b>	(2019-Present)
<ul style="list-style-type: none"><li>• Head team physician for all high school sports at Brevard High School in Brevard, NC</li></ul>	
<b>The Shut-In Trail Race</b>	(2019-Present)
<ul style="list-style-type: none"><li>• Mountain running race in Asheville, NC usually held yearly in November</li><li>• Sports medicine attending for MAHEC fellows and residents</li></ul>	

**FELLOWSHIP SPORTS MEDICINE COVERAGE**

<b>Blue Ridge Classic Lacrosse Tournament</b>	(2018)
<b>Lake Logan Triathlon</b>	(2018)
<b>University of North Carolina Asheville Athletics</b>	(2018-2019)
<ul style="list-style-type: none"><li>• Women's Soccer</li><li>• Men's Basketball</li></ul>	
<b>Mars Hill University</b>	(2018-2019)
<ul style="list-style-type: none"><li>• Division II Football</li></ul>	
<b>North Buncombe High School</b>	(2018-2019)
<ul style="list-style-type: none"><li>• Varsity Football</li></ul>	
<b>Asheville Rugby Football Club</b>	(2018-2019)
<ul style="list-style-type: none"><li>• Men's semi-professional rugby team</li></ul>	
<b>The Asheville Tourists</b>	(2018-2019)
<ul style="list-style-type: none"><li>• Minor league baseball team</li></ul>	

**Other Event Coverage in Fellowship**

- Haute Route Cycling Race, Asheville, NC (May, 2019)
- The Shut In mountain running race, Asheville, NC (November, 2018)
- Warren Wilson College Mountain Biking team (October, 2018)
- Ski medicine coverage at Cataloochee Mountain, Haywood County, NC (2018-2019)

**RESIDENCY SPORTS MEDICINE COVERAGE**

- Wake Forest University Athletics** (2017- 2018)
- Conducted pre-participation physical exams for incoming Division I athletes at Wake Forest University
  - Interpreted screening EKGs, conducting medical history and physical exams, and made recommendations on follow-up needed for participation
- Wake Forest University Club Rugby** (2016-2018)
- Head team physician for club rugby at Wake Forest University
- Forbush High School Football** (2016-2018)
- Team physician for HS football team
- North Carolina High School Rodeo** (2015-2018)
- Covering physician for HS rodeo in NC
- North Carolina School for the Arts Dance Department** (2015-2018)
- Provided dance performance sports medicine coverage
- Winston Salem State University Basketball** (2015-2018)
- Co-team physician for Division II Basketball
- Winston Salem State University Football** (2015-2018)
- Co-team physician for Division II Football

**SERVICE AND VOLUNTEERISM**

- Asheville Buncombe Community Christian Ministry Free Clinic** (2018- Present)
- Volunteer sports medicine provider at this free clinic in Asheville, NC.
- Medical Mission trips - El Salvador**
- Underserved care rotation – four weeks (2013)
  - Student mission – one week (2012)
- DO Day on the Hill - Washington, DC**
- Student lobbyist (2012, 2013)
- Appalachian Medical Outreach - Virginia**
- Rural medical care day trips (2012)

## AWARDS

- Preceptor of the Year, VCOM** (2022)
- Voted best teaching preceptor by the medical students of Edward Via College of Osteopathic Medicine (VCOM) classes of 2022 and 2023
- Medical Student Teaching Award, Yearly Award** (2018)
- Chosen by family medicine faculty based on feedback from third year medical students with whom I worked in clinic
  - One award given per graduating class.
- Resident Teaching Award, Quarterly Award** (2017)
- Chosen by family medicine faculty based on feedback from third year medical students with whom I worked in clinic.
  - One award given per quarter.
- Resident Teaching Award** (2017)
- Chosen by medical students from Wake Forest Medical School in the Class of 2017, for recognition in clinical teaching.
- Intern Representative at NCAFP Conference** (2015)
- Chosen by faculty to represent residency program at annual North Carolina Family Medicine winter meeting.
- Distinguished Student Award** (2015)
- For leadership in national osteopathic manipulation student group and application of osteopathic manipulation in clinical settings.
- Student Doctor of the Year** (2014)
- South-side Virginia Region, Edward Via Virginia College of Osteopathic Medicine
- Phi Beta Kappa**
- National academic honor society (2008)

## PREVIOUS WORK EXPERIENCE

- Covidien Research and Development, Surgical Devices, North Haven, CT** (2010-2011)
- Research Scientist
  - Studied biological mechanisms behind diabetes remission after bariatric surgery
- Pfizer Global Research and Development, Groton, CT** (2008-2010)
- Associate Scientist
  - Researched novel biomarkers for pharmacologic intervention in Type 2 Diabetes

**PUBLICATIONS and POSTERS**

1. Jacobsen, L and **Judkins, KM**. Mountain Area Health Education Center. Ultrasound guided injections as a tool to diagnose complex hip pain. AMSSM Annual Meeting, Poster, April 2022.
2. Alfonso, K, **Judkins, KM**, Knapp, J. Mountain Area Health Education Center. Rapid onset plantar surface mass in a runner. AMSSM Annual Meeting, Poster, April 2022.
3. **Judkins, KM**, Vaughan, A., and Boykin, R. Mountain Area Health Education Center. It's all in the hips: A curious case of trendelenburg gait. AMSSM Annual Meeting, Poster, May, 2019.
4. **Judkins, KM**, Miles, C. Wake Forest University Family Medicine Residency Program. A weight on my shoulder: A case of insidious onset AC joint pain in a weight lifter. AMSSM Annual Meeting, Poster, May 2018.
5. **Judkins, KM**, Ceraulo, AC, and Bullers, C. Wake Forest University Family Medicine Residency Program. Tingling all over: A transient spinal cord injury in a collegiate football athlete. AMSSM Annual Meeting, Poster, May 2017.
6. Barbara L. Bernardo, Timothy S. Wachtmann, Patricia G. Cosgrove, Andrew M. Kuhn, Alan C. Opsahl, **Kyle M. Judkins**, Thomas B. Freeman, John R. Hadcock Nathan K. LeBrasseur (2010). Postnatal PPAR $\delta$  Activation and Myostatin Inhibition Exert Distinct yet Complimentary Effects on the Metabolic Profile of Obese Insulin-Resistant Mice. *PLoS ONE* 5(6): e11307. doi:10.1371/journal.pone.0011307.
7. Edmund Y. Tong, Geoffrey C. Collins, April E. Greene-Colozzi, Julia L. Chen, Philip D. Manos, **Kyle M. Judkins**, Joseph A. Lee, Michael J. Ophir, Farrah M. Laliberte, Timothy J. Levesque (2009). Motion-Based Angiogenesis Analysis: A Simple Method to Quantify Blood Vessel Growth. *Zebrafish*. 6(3): 239-243.
8. Morris RL, Hoffman MP, Obar RA, McCafferty SS, Gibbons IR, Leone AD, Cool J, Allgood EL, Musante AM, **Judkins KM**, Rossetti BJ, Rawson AP, and Burgess DR (2006). Analysis of cytoskeletal and motility proteins in the sea urchin genome assembly. *Developmental Biology*. 300(1): 219-237.
9. Sea Urchin Genome Sequencing Consortium (contributing author). (2006) The Genome of the Sea Urchin *Strongylocentrotus purpuratus*. *Science*. 314(5801): 941-952