

Clifton Lukus Page, MD

Inova Medical Group Orthopaedics and Sports Medicine
8100 Innovation Park Drive
Fairfax, VA 22031
(703)970-6464 (office)
(703)970-6465 (fax)
(305)323-8707 (Mobile)
Clifton.Page@Inova.org

Education

- The Ohio State University Medical Center – Fellowship, Primary Care Sports Medicine, August 2006 – July 2007
- The Ohio State University Medical Center – Residency, Family Medicine, Urban Track July 2004 – June 2006
- The Ohio State University Medical Center – Internship, Family Medicine, July 2003 – June 2004
- The Ohio State University - College of Medicine, M.D., June 2003
- The Ohio State University – Post-Baccalaureate Program, Med Path, June 1998 – August 1999
- The University of Notre Dame, B.S., Science-Business, May 1998

Experience

- Faculty Physician - Inova Medical Group, September 2018 - Present
- Team Physician - Washington Redskins, September 2018 - Present
- Team Consultant - Washington Nationals, September 2018 - Present
- Faculty - American College of Sports Medicine Team Physician Course
- Fellowship Director – JMH/UMH Primary Care Sports Medicine Fellowship
- Assistant Clinical Professor of Orthopaedics and Family Medicine – The University of Miami, Miller School of Medicine, UHealth Sports Medicine Center, 2010-20018
- Moderator – 2018 American Medical Society for Sports Medicine, ICL session #39, Orthobiologics and the Throwers Elbow: UCL protocol, April 2018
- Reviewer for the NBA/GE Healthcare Orthopedics and Sports Medicine Collaboration – 2016
- Assistant Medical Director University of Miami Athletics Department 2016 - 2018
- Inter-Collegiate Drug Testing Committee Member University of Miami Athletics Department 2015- 2018
- Physical Medicine and Rehabilitation Chair Search Committee, University of Miami Miller School of Medicine, 2016 – 2018
- Team Physician – The University of Miami Athletics Department, 2007-2018
 - Football
 - Men’s Basketball
 - Baseball

- Volleyball
- Tennis
- Golf
- Rowing
- Team Physician – Miami Marlins, Major League Baseball, 2011-present
- Consultant – Major League Baseball, Zika protocols, San Juan Series, 2016
- Consultant – USA Sailing, Water contamination and infectious disease protocols for Rio Olympic Games, 2016
- Co-Medical Director – US Sailing, 2013 – present
- Team Physician – World Baseball Classic 2013 (Team USA, Puerto Rico, Dominican Republic, & Italy)
- Team Physician – MLB All Star Game and Home Run Derby 2017
- Team Physician – HoopHall Invitational 2016-Present
- Department of Kinesiology and Sports Sciences – Dissertation Committee 2014 - Present
- Editorial Board Member – Sport Medicine Review Journal, 2014-present
- Physician – The University of Miami of Miami Student Health Service, 2007-2010
- Medical Director – Diana Nyad Extreme Dream Cuba to the Keys Open Water Swim, 2011- 2014
- Team Physician - McDonalds High School All-American Basketball Games, 2009
- Team Physician – The Ohio State University Athletic Department, 2006
- Team Physician – Brookhaven High School, 2006-2007
- Physician – The Ohio State University Student Health Center, 2006-2007
- Physician – Premiere Urgent Care, 2006-2007
- Physician - OSU East Family Practice, high volume, complex patient population, 2003-2007

Proficiencies

- Diagnostic Musculoskeletal Ultrasound
- Ultrasound guided procedures
 - Platelet Rich Plasma
 - Stem Cell
 - Viscosupplementation
 - Intra-articular injections
- ImPact Neurocognitive Testing
- Concussion evaluation and management
- Management of non-operative sports injuries

1. Papers

- a. Hotz, G., Crittenden, R., Baker, L., Hurley, E., Duerr, E., Golden, C., Page, C., Nedd, K. Countywide Concussion Injury Surveillance System. Current Research: Concussion. Volume 02, Issue 1, Spring, 2015, 11-16.
- b. Shnayder M., Siegel, J., Pomares, B., Crittenden, R., Page, C., Nedd, K., Hotz, G., Academic Accommodations for Concussed Student High School Athletes in Miami Dade County. Journal of Health Promotion & Practice (pending review 1, 2017).
- c. Page CL, Diehl JJ. Upper Respiratory Tract Infections in Athletes. Clinics in Sports Medicine. 2007 July;26(3):345-359
- d. Page CL, Left Hip Pain -Cross Country Runner, Medicine & Science in Sports & Exercise, May 2007

2. Talks- local, national, international

- a. AMSSM Annual Meeting, Orlando, FL March 2018
 - i. 1st Rib Fracture in a Division I Football Player
 - ii. Femoral neck stress fracture in a professional drummer
- b. Moms Advisory Council Coral Gables, FL March 2018
 - i. Importance of Sleep for Sports Performance
- c. AMSSM Annual Meeting, San Diego, Ca May 2017
 - i. Lumbrical Injury in a MLB pitcher
 - ii. Transient neuropraxia in a football player
- d. ACSM Annual Meeting Denver, CO June 2017 – Stem Cell Symposium; Current Evidence on Cartilage Injury and Repair
- e. Mendel AM, Kyrola E, Page CL, Tatman JA.
 “Osteoarthritis/osteonecrosis of the femoral head: A case report.”
 POSTER PRESENTATION at the Southeast Athletic Trainers' Association (SEATA) 32nd Annual Athletic Training Student Symposium. Atlanta, GA. February 2-4 2017
- f. Page, Clifton. EKG Screening and Sudden Cardiac Death in Athletes. Florida Alliance for Sports Medicine, Florida High

School Athletic Association Administrator Compliance Meeting,
Boca Raton, FL, July 2016

- g. Rothenberg J, Naqvi U, Johnson-Greene D, Perez J, Summers S, Harrington A, Vasquez-Duarte R, Page C. A conclusive methodologic approach to ultrasound of the piriformis: a pilot study, AMSSM national meeting Dallas, TX April 2016
- h. Galamarini T, Feigenbaum L, Page C, Cahalin L. ADVERSE EFFECTS OF INSPIRATORY MUSCLE TRAINING AND SUBSEQUENT TREATMENT ADJUSTMENTS IN AN OLYMPIC SWIMMER: A CASE REPORT, Combined Sections Meeting, 2016
- i. Community Concussion Workshop – Miami Miller School of Medicine 2015, 2016, Exertional Heat Illness and Medical Issues Affecting Athlete Participation
- j. MSK workshop, University of Miami Miller School of Medicine, Department of Family Medicine, Miami, Florida, 2010-present
- k. UHealth Sports Medicine Research Symposium, 2012 Medical Issues Affecting Athlete Participation

3. Projects –

- a. AMSSM tip sheets for SportsMedtoday.com
 - i. Chafing and Runner's Nipples
 - ii. Stimulants
- b. Reviews:
 - i. Stephen N Henry, DO and Clifton L Page, MD reviewing Carlo Bottegoni et al. Homologous platelet-rich plasma for treatment of knee osteoarthritis in selected elderly patients: an open-label, uncontrolled, pilot study. Ther Adv MSK Dis 2016;8(2):35-41.
 - ii. Clifton L Page, MD, Lee D Kaplan, MD and Gillian Hotz, PhD reviewing Review of Concussion in NCAA Varsity

Football Athletes: A Qualitative Investigation of Player
Perception and Return to Sport JBJS-D-17-00347

4. Grants:

- a. Title: NCAA – DoD Grand Alliance; Concussion Assessment,
Research and Education (CARE) Consortium

Funding Agency: NCAA – DoD

Direct: \$145,000 (UM)

Role: Clinical Researcher/Consultant

Study Period: June 2016 – September 2017

- b. Title: GE/NFL HEAD HEALTH CHALLENGE: Phase 2

Advanced MRI Applications for Mild Traumatic Brain Injury

Funding Agency: NFL/GE

Role: Clinical Researcher/Consultant, Miami Site

Study Period:

RESEARCH

- ECG Screening in NCAA Athletes: A Feasibility Study in Division I Programs, Multicenter study, currently in Data Collection
- Multi-directional variable-speed training muscle fiber types, functional capacity, and executive functioning in elderly men and women, IRB approved
- Ultrasound Measurements of the Piriformis Muscle to Establish a Baseline and to Test Reliability of Ultrasound as a Second Option to MRI, IRB approved
- Clinical Outcomes in Sports Medicine UHealth Sports Medicine Institute, IRB approved
- The Effect of a Subacromial Corticosteroid on Blood Glucose Levels in Diabetic Patients, IRB approved, Data Collection period
- Use of ultrasound guided corticosteroid in the treatment of athletic pubalgia, poster presentation ACSM 2012
- “Effects of Growth Hormone and/or Sex Steroid on Glucose Metabolism and Adipose Tissue.” Research Project Summer 2000 for AFAR. Research Mentor: Marc Blackman, M.D. Johns Hopkins School of Medicine
- “Spirituality and Sports Performance.” Scholarly Project for The Ohio State University Medical Center, Department of Family Medicine - 2005
- “OSU Family Medicine Diabetes Quality Improvement Project.” Adult Diabetes Core Physician Performance Measurement Improvement – 2005

Honors and Awards

- Athletic Training Program Special Recognition Award – 2015

- Presented to a person that has served as a resource, supporter, advisor, mentor, and promoter of the athletic training program at the University of Miami

Certifications/Licenses

- Licensed by the Florida State Medical Board
- Licensed in Maryland, Virginia, Washington DC
- Board Certified Family Medicine
- Board Certified Sports Medicine
- MSK Ultrasound – Diagnostic and Ultrasound guided procedures
- ImPACT
- BLS
- ACLS

Professional Society Memberships

- American College of Sports Medicine
- American Medical Society for Sports Medicine
- American Academy of Family Physicians
- Major League Baseball Physicians Association
- National Football League Physician Society
- American Medical Association
- Florida Medical Society