



Stephen M. Schaaf, M.D.

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Current Position

- 2019 – Present Assistant Professor
Vanderbilt University Medical Center (VUMC)
Department of Physical Medicine and Rehabilitation
Nashville, TN
- 2020 – Present Staff Physician
VA Tennessee Valley Healthcare System
Department of Physical Medicine and Rehabilitation
Nashville, TN

Postgraduate Training

- 2018 – 2019 Sports Medicine Fellowship
University of Pittsburgh Medical Center (UPMC)
Department of Physical Medicine and Rehabilitation
Pittsburgh, PA
- 2014 – 2018 Physical Medicine and Rehabilitation Residency
University of Pittsburgh Medical Center
Pittsburgh, PA

Education & Degrees Received

- 2010 – 2014 M.D.
University of Toledo College of Medicine (UTCOM), Toledo, OH
- 2006 – 2009 B.S. Biology (Summa Cum Laude)
The Ohio State University, Columbus, Ohio

Honors & Awards

- 2022 Best Oral Case Presentation, Southeast American College of Sports Medicine (ACSM) Annual Meeting
- 2020 Teacher of the Year Award, VUMC Department of PM&R
- 2017 UPMC Graduate Medical Education Patient Safety & Quality Improvement Award

- 2017 Musculoskeletal/Sports Medicine Award of Excellence, UPMC Department of PM&R
2017 American College of Sports Medicine (ACSM) Annual Meeting Clinician's Reception
Featured Abstract Selection
2011 Foundation of the Consortium of Multiple Sclerosis Centers Medical Research Scholar
Award

Textbook

1. Gonzalez-Fernandez M & **Schaaf S**. Handbook of Physical Medicine and Rehabilitation, New York: NY, Demos Medical Publishing. Copyright Springer Publishing Company, LLC, 2022.

Textbook Chapters

1. **Schaaf S** and Kennedy D. (2021) Lumbar Spine Injuries and Conditions. In Harrast M and Finnoff J (Ed.), *Sports Medicine, 3rd Edition*. (pp. 249-267, Chapter 20). Springer International Publishing.
2. **Schaaf S**, Hogan M, and Tenforde A. (2021) Achilles Tendon. In Onishi K, Fredericson M, and Dragoo J (Ed.), *Tendinopathy: From Basic Science to Clinical Management*. (pp. 251-263, Chapter 16). Springer International Publishing.
3. Schroeder A, Guthrie M, **Schaaf S**, and Onishi K. (2020) Regenerative Medicine for the Elbow. In G. Cooper, J. Herrera, J. Kirkbride (Ed.), *Regenerative Medicine for Spine and Joint Pain*. (pp. 181-199, Chapter 9). New York: Springer.

Peer Reviewed Journal Articles

1. Swenson T, Tran R, and **Schaaf S**. "Sonographic Features of a Medial Subtalar Coalition and Implications for Diagnosis and Treatment." American Journal of Physical Medicine & Rehabilitation: April 27, 2022 - Volume - Issue - 10.1097/PHM.0000000000002042. doi:10.1097/PHM.0000000000002042
2. Berlin E and **Schaaf S**. "Ultrasound Visualization of the Triple-Layer Sign of Lipohearthrosis: Fat, Plasma, and Blood." American Journal of Physical Medicine & Rehabilitation: September 2021 - Volume 100 - Issue 9 - p e131-e132 doi:10.1097/PHM.0000000000001648
3. **Schaaf S**, Huang W, Perera S, Conley Y, Belfer I, Jayabalan P, Tremont K, Coelho, P, Ernst S, Cortazzo M, Weiner D, Vo N, Kang J, and Sowa G. "Association of Protein and Genetic Biomarkers with Response to Lumbar Epidural Steroid Injections in Subjects with Axial Low Back Pain." American Journal of Physical Medicine & Rehabilitation. June 22, 2020. doi:10.1097/PHM.0000000000001514
4. **Schaaf S** and Fullerton B. "Review and Comments on Dr. Gastón Andrés Topol's Article: "Chondrogenic Effect of Intra-articular Hypertonic-Dextrose (Prolotherapy) in Severe Knee Osteoarthritis,"" *Sport Rev J*. 2017; 2(3): 10-11, Feb. 2017.
5. **Schaaf S**, Pitt D, and Racke M. "What Happens When Natalizumab Therapy is Stopped?" *Expert Review of Neurotherapeutics*. 2011, Vol. 11, No. 9 (September), Pages 1247-1250. DOI:10.1586/ern.11.109

Online Articles and Newsletters

1. Roehmer C & **Schaaf S**. "Epicondylitis (lateral) With and Without Nerve Entrapment." PM&R Knowledge NOW. December 22, 2020. <https://now.aapmr.org/epicondylitis-lateral-with-and-without-nerve-entrapment-2/>
2. **Schaaf S**. "Elbow Pain in Little League Pitchers." AAPM&R Conditions and Treatments for Patients. November 5, 2020. <https://www.aapmr.org/about-physiatry/conditions-treatments/musculoskeletal-medicine/elbow-pain-in-little-league-pitchers>

3. **Schaaf S.** “Vertebral Compression Fractures.” AAPM&R Conditions and Treatments for Patients. November 5, 2020. <https://www.aapmr.org/about-physiatry/conditions-treatments/musculoskeletal-medicine/vertebral-compression-fractures>
4. **Schaaf S.** “How to Avoid Running Injuries.” My Southern Health. April 17, 2020. <https://www.mysouthernhealth.com/how-to-avoid-running-injuries/>
5. **Schaaf S.** “Musculoskeletal Ultrasound Proves Its Utility and Versatility.” Discover from Vanderbilt University Medical Center. September 27, 2019. <https://discover.vumc.org/2019/09/musculoskeletal-ultrasound-proves-its-utility-and-versatility/>
6. Onishi K, Santa Barbara M, and **Schaaf S.** “Treating In-Season Athletes with Mid-Portion Achilles Tendinosis,” UPMC Rehab Grand Rounds Winter 2017.

Peer Reviewed National Oral Presentations

* Represents presenting author

1. Hollabaugh W* and **Schaaf S.** An Uncommon Cause of Hand Swelling in a Gymnast. Southeast American College of Sports Medicine (ACSM) Annual Meeting. Greenville, SC. February 2022. Best Oral Case Presentation.
2. Chude C* and **Schaaf S.** A Unique Cause of Sciatic in a Masters Martial Arts Athlete. ACSM Annual Meeting. Virtual. June 2021.
3. Schroeder A*, **Schaaf S.**, and Onishi K. Medial Lower Leg Pain in a Middle-Aged Triathlete. ACSM Annual Meeting. Orlando, FL. May 2019.
4. Neph A*, **Schaaf S.**, and Onishi K. Acute Proximal Posterior Thigh Pain in a Division 1 Women’s Soccer Player. ACSM Annual Meeting. Orlando, FL. May 2019.
5. Smith J*, **Schaaf S.**, Washburn N, and Onishi K. Left Anterior Hip and Groin Pain-Rowing. ACSM Annual Meeting. Orlando, FL. May 2019.
6. **Schaaf S*** and Stepanczuk B. Vertebral Artery Dissection in a Female Marathon Runner. ACSM Annual Meeting. Denver, CO. June 2017. Clinician’s Reception Featured Abstract Selection.
7. Huang W, **Schaaf S.**, Perera S, Conley Y, Ernst, S, Cortazzo M, Vo N, Kang J, and Sowa G*. Associations of Neuropeptide Y Genotype and Circulating Levels with Response to Epidural Steroid Injection in Patients with Axial Low Back Pain. The International Society for the Study of the Lumbar Spine (ISSLS) Annual Meeting. Athens, Greece. May 2017.

Peer Reviewed National Poster Presentations

* Represents presenting author

1. Berlin E*, Miller S, Frei B, and **Schaaf S.** Radial Tunnel Syndrome After Blood Draw. Association of Academic Physiatrists (AAP) Annual Meeting. New Orleans, LA. May 2022.
2. Swenson T*, Tran R, and **Schaaf S.** Ultrasound as a Tool for Diagnosis and Treatment of Subtalar Coalition. AAP Annual Meeting. New Orleans, LA. May 2022.
3. Swenson T*, Sherwood D, Galbraith W, and **Schaaf S.** Carpal Tunnel Syndrome in a Transgender Patient on Testosterone Therapy. AAP Annual Meeting. New Orleans, LA. May 2022.
4. Swenson T*, Roehmer C, and **Schaaf S.** Cadaver-Based Ultrasound Training for Musculoskeletal Anatomy and Ultrasound-Guided Procedures Among Senior Medical Students. American Medical Society for Sports Medicine (AMSSM) Annual Meeting. Austin, TX. April 2022.
5. Swenson T* and **Schaaf S.** Dancing Without a Diagnosis; A Case of FCR Tendon Tenosynovitis. AMSSM Annual Meeting. Austin, TX. April 2022.

6. Song A* and **Schaaf S**. The Use of Ultrasound in Diagnosis and Treatment of a Navicular-Cuneiform Ganglion Cyst Causing Deep Fibular Neuritis: A Case Report. American Academy of Physical Medicine and Rehabilitation (AAPM&R) Annual Meeting. Nashville, TN. November 2021.
7. Grusky A* and **Schaaf S**. A Rare Cause of Bilateral Hip Pain in a Professional Disc Golf Athlete. AMSSM Annual Meeting. Virtual. April 2021.
8. Roehmer C*, Berlin E, and **Schaaf S**. Ultrasound Visualization of the Triple Layer Sign of Lipohearthrosis: Fat, Plasma, and Blood. AAP Annual Meeting. Virtual. February 2021.
9. Swenson T*, Berlin E, and **Schaaf S**. Bilateral Osteonecrosis of the Femoral Heads in a Professional Disc Golf Athlete. AAP Annual Meeting. Virtual. February 2021.
10. Miller S* and **Schaaf S**. Small and Large Intestine Diverticulitis with Perforation and Fistulization Presenting as Acute Groin, Low Back and Hip Pain to Spine Orthopedic Clinic. AAP Annual Meeting. Virtual. February 2021.
11. **Schaaf S*** and Onishi K. Shin Whizzer. AMSSM Annual Meeting. Houston, TX. April 2019.
12. **Schaaf S*** and Mares A. Ouch, What a Kick! AMSSM Annual Meeting. Orlando, FL. April 2018.
13. **Schaaf S*** and Stepanczuk B. Vertebral Artery Dissection and Stroke in a Female Marathon Runner: A Case Report. AAPM&R Annual Meeting. Denver, CO. October 2017.
14. **Schaaf S***, Huang W, Perera S, Cortazzo M, and Sowa G. Association of Clinical Characteristics and Response to Lumbar Epidural Steroid Injections in Subjects with Axial Low Back Pain. AAPM&R Annual Meeting. Denver, CO. October 2017.
15. **Schaaf S*** and Rothenberg J. A Male High School Basketball Athlete with Chronic Left Knee Burning Pain: A Case Report. AMSSM Annual Meeting. San Diego, CA. May 2017.
16. **Schaaf S***, Huang W, Conley Y, Ernst S, and Sowa G. Association of Genetic Single Nucleotide Polymorphisms and Response to Lumbar Epidural Steroid Injections in Subjects with Axial Low Back Pain: A Research Study. AAP Annual Meeting. Las Vegas, NV. February 2017.
17. **Schaaf S*** and Stepanczuk B. A Severe Case of Anterograde Amnesia due to a Bilateral Hippocampi Stroke Caused by Septic Emboli: A Case Report. AAP Annual Meeting. Las Vegas, NV. February 2017.
18. **Schaaf S*** and Stepanczuk B. Management of Back Pain in a Patient with Psoriatic Spondyloarthropathy with Axial Involvement Following Surgical Fusion of the Thoracic Spine: A Case Report. AAP Annual Meeting. Sacramento, CA. February 2016.
19. Vento F*, **Schaaf S**, Whaley J, and Sinewe M. Revolutionizing Medical Student Community Involvement: Development and Implementation of a Service Learning Experience During Orientation. Association of American Medical Colleges (AAMC) Regional Meeting. San Diego, CA. April 2014.
20. **Schaaf S***, Wittwer J, Schroeder A, Vento F, and Metting P. Pioneering Healthier Communities. AAMC Midwest Regional Meeting. St. Louis, MO. April 2013.
21. Vento F*, **Schaaf S**, Boyers P, and Gold J. The University of Toledo Interprofessional Immersive Simulation Center (UT-IISC). AAMC Annual Meeting. San Francisco, CA. November 2012.

Committee Service

2022 – Present	Didactic Curriculum Committee, VUMC Department of PM&R Residency Program
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2021 – Present	Clinical Competency Committee, VUMC Department of PM&R Residency Program
2020 – Present	Sports Medicine Fellowship Interview and Selection Committee, VUMC Department of Orthopaedics
2019 – Present	Ultrasound Committee, AMSSM
2019 – 2022	Sports Medicine Milestones 2.0 Work Group, Accreditation Council for Graduate Medical Education
2019 – 2020	Residency Interview and Selection Committee, VUMC Department of PM&R

Activities/Service Experience

2021 – Present	Foundations of Health Care Delivery Preceptor, Vanderbilt School of Medicine
2021 – Present	Shade Tree Clinic, Vanderbilt School of Medicine
2020 – Present	Director of Musculoskeletal Ultrasound Education, VUMC Sports Medicine Fellowship
2020 – Present	Director of Musculoskeletal Ultrasound Education, VUMC Department of PM&R Residency Program
2020 – Present	Director of Sports Medicine Education, VUMC Department of PM&R Residency Program
2021	Mock Interviews for Medical Students, Vanderbilt School of Medicine
2020 – 2021	Sports Medicine Ultrasound Curriculum, Quality Improvement Project, VUMC Department of Orthopaedics, Sports Medicine Fellowship, Faculty Advisor
2020 – 2021	Improving Patient Education in Ultrasound-Guided Steroid Injections, Quality Improvement Project, Vanderbilt School of Medicine, Faculty Advisor

National Teaching/Lectures

1. Achilles Tendinopathy: From Basic Tendon Concepts to Novel Treatments. AAP Virtual Didactic Webinar. April 22, 2020.
2. Fundamental Ultrasound of the Lower Extremity. Skills Lab Table Trainer. 2019 Annual AAPM&R Assembly. November 15, 2019.
3. Rehab's 4th Annual Musculoskeletal Ultrasound Workshop. Skills Lab Table Trainer. University of Hawaii John A Burns School of Medicine. Honolulu, HI. December 8, 2018.

Local Teaching/Lectures

1. Ankle & Foot Interventional Ultrasound Workshop. Resident Didactics. VUMC Department of PM&R. May 12, 2022.
2. Knee Interventional Ultrasound Workshop. Resident Didactics. VUMC Department of PM&R. April 21, 2022.
3. Foot Conditions. Resident Didactics. VUMC Department of PM&R. March 31, 2022.
4. Ankle Conditions. Resident Didactics. VUMC Department of PM&R. March 29, 2022.
5. Knee Conditions Part 2. Resident Didactics. VUMC Department of PM&R. March 22, 2022.
6. Hip Interventional Ultrasound Workshop. Resident Didactics. VUMC Department of PM&R. March 17, 2022.
7. Knee Conditions Part 1. Resident Didactics. VUMC Department of PM&R. March 8, 2022.

8. Hip Conditions Part 2. Resident Didactics. VUMC Department of PM&R. March 3, 2022.
9. Hip Conditions Part 1. Resident Didactics. VUMC Department of PM&R. February 24, 2022.
10. Hand Conditions. Resident Didactics. VUMC Department of PM&R. February 22, 2022.
11. Wrist Conditions. Resident Didactics. VUMC Department of PM&R. February 17, 2022.
12. A Bit Inside – *Ultrasound evaluation of the shoulder and elbow*. Vanderbilt Sports Medicine Baseball Conference. February 11, 2022.
13. Elbow Conditions. Resident Didactics. VUMC Department of PM&R. January 20, 2022.
14. Shoulder Conditions Part 2. Resident Didactics. VUMC Department of PM&R. January 11, 2022.
15. Shoulder Conditions Part 1. Resident Didactics. VUMC Department of PM&R. January 6, 2022.
16. Ultrasound for Upper Extremity Nerves. VUMC Department of Plastic Surgery. December 10, 2021.
17. Elbow, Wrist, & Hand Diagnostic and Interventional Ultrasound Workshop. Resident Didactics. VUMC Department of PM&R. October 21, 2021.
18. Shoulder Diagnostic and Interventional Ultrasound Workshop. Resident Didactics. VUMC Department of PM&R. September 16, 2021.
19. Hamstring and Quadriceps Injuries. Fellows Lecture. VUMC Department of Orthopaedics, Division of Sports Medicine. September 8, 2021.
20. Musculoskeletal Physical Exam Workshop. Resident Didactics. VUMC Department of PM&R. July 29, 2021.
21. Basic Principles of Musculoskeletal Ultrasound. Resident Didactics. VUMC Department of PM&R. July 29, 2021.
22. Upper Extremity Nerve Injuries in Athletes. Fellows Lecture. VUMC Department of Orthopaedics, Division of Sports Medicine. July 28, 2021.
23. Spine Conference. VUMC Department of PM&R. July 14, 2021.
24. Hip Anatomy and Physical Exam. Fellowship Didactics. VUMC Sports Medicine Department. July 6, 2021.
25. Ankle and Foot Anatomy, Physical Exam, and Imaging. Fellowship Didactics. VUMC Sports Medicine Department. July 5, 2021.
26. Basic Principles of Sports Medicine Ultrasound. Fellowship Didactics. VUMC Sports Medicine Department. July 5, 2021.
27. Musculoskeletal Ultrasound-Guided Procedures Workshop. Resident Didactics. VUMC Department of PM&R. May 13, 2021.
28. Running Injuries. Resident Didactics. UPMC Department of PM&R. May 5, 2021.
29. Tendinopathies: From Basic Tendon Concepts to Novel Treatments. STAR Physical Therapy. Mount Juliet, TN. April 21, 2021.
30. Hip Musculoskeletal Ultrasound Workshop. Resident Didactics. VUMC Department of PM&R. April 8, 2021.
31. Sports Medicine Lecture. Resident Didactics. VUMC Department of PM&R. March 25, 2021.
32. Foot Injuries. Resident Didactics. VUMC Department of PM&R. March 16, 2021.
33. Elbow, Wrist, & Hand Musculoskeletal Ultrasound Workshop. Resident Didactics. VUMC Department of PM&R. March 11, 2021.
34. Knee Injuries Part 2. Resident Didactics. VUMC Department of PM&R. March 4, 2021.
35. Knee Injuries Part 1. Resident Didactics. VUMC Department of PM&R. March 2, 2021.
36. Wrist & Hand Injuries Part 2. Resident Didactics. VUMC Department of PM&R. February 25, 2021.

37. Wrist & Hand Injuries Part 1. Resident Didactics. VUMC Department of PM&R. February 23, 2021.
38. Journal Club: "Coory JA, Parr AF, Wilkinson MP, Gupta A. Efficacy of suprascapular nerve block compared with subacromial injection: a randomized controlled trial in patients with rotator cuff tears. J Shoulder Elbow Surg. 2019 Mar;28(3):430-436. doi: 10.1016/j.jse.2018.11.051." Resident Didactics. VUMC Department of PM&R. February 4, 2021.
39. Ankle and Foot Anatomy and Physical Exam. Resident Didactics. VUMC Department of PM&R. January 21, 2021.
40. Knee Anatomy and Physical Exam. Resident Didactics. VUMC Department of PM&R. January 21, 2021.
41. Pelvis and Hip Anatomy and Physical Exam. Resident Didactics. VUMC Department of PM&R. January 19, 2021.
42. Wrist and Hand Anatomy and Physical Exam. Resident Didactics. VUMC Department of PM&R. January 7, 2021.
43. Elbow Anatomy and Physical Exam. Resident Didactics. VUMC Department of PM&R. January 7, 2021.
44. Shoulder Anatomy and Physical Exam. Resident Didactics. VUMC Department of PM&R. January 5, 2021.
45. Knee, Ankle, & Foot Musculoskeletal Ultrasound Workshop. Resident Didactics. VUMC Department of PM&R. October 8, 2020.
46. Hamstring and Quadriceps Injuries. Fellows Lecture. VUMC Department of Orthopaedics, Division of Sports Medicine. September 9, 2020.
47. Utilization of Ultrasound for Treatment of Musculoskeletal Conditions. STAR Physical Therapy. Mount Juliet, TN. August 19, 2020.
48. Shoulder Musculoskeletal Ultrasound Workshop. Resident Didactics. VUMC Department of PM&R. August 13, 2020.
49. Lower Extremity Nerve Injuries in Athletes. Fellows Lecture. VUMC Department of Orthopaedics, Division of Sports Medicine. July 29, 2020.
50. Basic Principles of Musculoskeletal Ultrasound. Resident Didactics. VUMC Department of PM&R. July 10, 2020.
51. Ankle and Foot Anatomy, Physical Exam, and Imaging. Fellowship Didactics. VUMC Sports Medicine Department. July 7, 2020.
52. Basic Principles of Sports Medicine Ultrasound. Fellowship Didactics. VUMC Sports Medicine Department. July 6, 2020.
53. Spine Conference. VUMC Department of PM&R. July 1, 2020.
54. Sports Medicine PM&R Board Review. Resident Didactics. VUMC Department of PM&R. June 23, 2020.
55. Sports Medicine Lecture. Resident Didactics. VUMC Department of PM&R. June 9, 2020.
56. Utilization of Ultrasound for Treatment of Musculoskeletal Conditions. Cool Springs Physical Therapy Clinic. Department of Rehabilitation Services. VUMC. June 3, 2020.
57. Sports Medicine Lecture. Resident Didactics. VUMC Department of PM&R. May 28, 2020.
58. Sports Medicine Lecture. Resident Didactics. VUMC Department of PM&R. May 12, 2020.
59. Sports Medicine Lecture. Resident Didactics. VUMC Department of PM&R. April 23, 2020.
60. Sports Medicine Lecture. Resident Didactics. VUMC Department of PM&R. April 9, 2020.

61. Innovative Diagnostic and Interventional Applications of Musculoskeletal Ultrasound. Rehab Services Seminar Series. Department of Rehabilitation Services. VUMC. January 21, 2020.
62. PM&R Musculoskeletal Services. Dayani Center for Health & Wellness. VUMC. November 5, 2019.
63. Five Minute Musculoskeletal Examination – Shoulder & Knee. Division of General Internal Medicine & Public Health Grand Rounds. VUMC. October 23, 2019.

Sports Coverage

2020 – Present Green Hill High School (Mount Juliet, TN), Team Physician

Professional Memberships

2016 – Present Member, American Medical Society for Sports Medicine
 2016 – Present Member, American College of Sports Medicine
 2015 – Present Member, Association of Academic Physiatrists
 2015 – Present Member, American Academy of Physical Medicine and Rehabilitation

Certifications

2014 – Present Basic Life Support & Advanced Cardiac Life Support
 2019 – Present American Board of Physical Medicine and Rehabilitation
 2019 – Present American Board of Physical Medicine and Rehabilitation, Sports
 Medicine Subspecialty
 2021 – Present Registered in Musculoskeletal (RMSK) Sonography (ID# 260981)

Licensure

2016 – 2020 Pennsylvania Medical License (MD458658)
 2019 – 2024 Tennessee Medical License (59437)