

THOMAS MICHAEL BEST

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I. BIOGRAPHICAL DATA

Present Position: Professor and Pomerene Chair in Family Medicine, Chief Division of Sports Medicine,
Co-Medical Director, The OSU Sports Medicine Center
Director, Primary Care Sports Medicine Fellowship
Team Physician – The Ohio State Buckeyes
The Ohio State University

II. ACADEMIC RECORD

Final Degree: **Doctor of Philosophy (Ph.D.)**, 1993 Specialization in **Biomedical Engineering**,
Duke University, Durham, North Carolina, USA

Undergraduate

- B.H.K. - Kinesiology, 1984, University of Windsor

Special Professional

- Rotating Internship, 1989 Victoria Hospital; London, Ontario, Canada
- University of North Carolina, Residency in Family Medicine, 1993-1995

Graduate

- M.H.K - Kinesiology, 1984, The University of Windsor
- Doctor of Medicine (M.D.), 1988, The University of Western Ontario
- Doctor of Philosophy (Ph.D.), 1993, Specialization in Biomedical Engineering, Duke University, Durham, North Carolina, USA

Licensure and certification

- Board Certified – Family Practice, 1995 – Present
- CAQ Sports Medicine, 1997 - Present
- Advanced Trauma Life Support (ATLS.) Provider, 1988 - 1990
- Advanced Cardiac Life Support (ACLS) Provider, 1987 - Present
- Licentiate of the Medical Council of Canada (LMCC), 1989 - 1995
- The North Carolina Board of Physicians Licensure, 1989-1995
- State of Wisconsin Licensure for Medicine and Surgery, 1995-Present

III. AWARDS AND DISTINCTIONS

- JOSPT 2004 Excellence in Research Award.
- Marc Hansen Lectureship Award, Department of Family Medicine, University of Wisconsin Medical School, March 8 2001.
- Ralph M. Isbrandt Automotive Safety Engineering Award- Best paper presented to SAE on the subject of Automotive Safety, 1997
- **Fellow** of the American College of Sports Medicine (FACSM), 1997
- Kappa Delta Ann Doner Vaughan Award, American Academy of Orthopaedic Surgeons 1997. “Muscle Strain Injury: Basic Science and Clinical Approach”, 1997
- Arnold Siegel Award “Most Outstanding Paper” Stapp Car Crash Conference. “On the Structural and Material Properties of Mammalian Skeletal Muscle and its Relevance to Human Cervical Impact Dynamics.” 1996
- Society of Teachers of Family Medicine - Resident Teaching Award. 1995
- Conference Travel Fellowship – Duke University, 1993
- Conference Travel Fellowship – Duke University, 1992
- American College of Sports Medicine, New Investigator Award, 1991
- Medical Research Council of Canada Fellowship, 1989-1993
- Dean’s Honor List, Faculty of Medicine, 1988
- Natural Sciences and Engineering Research Council, Graduate Scholarship, University of Windsor, Faculty of Human Kinetics Gold Medalist, 1984
- Deans Honor List, Faculty of Human Kinetics, 1981-1984
- University of Windsor – Letter Varsity Track and Field, 1982-1983
- Natural Sciences and Engineering Research Council, Summer Studentship, University of Windsor, 1983
- The Mary J. O’Brien Award for Combined Academic-Athletic Excellence, University of Windsor, 1983
- Natural Sciences and Engineering Research Council, Summer Studentship, University of Windsor, 1982
- Ontario Scholarship, 1980
- The International Printing & Graphic Communication Union, Anthony J. DeAndres Memorial Scholarship, 1980
- The University of Western Ontario Faculty of Natural Science Admission Scholarship, 1980
- School Representative, Ontario Athletic Leadership Camp (Selected from class of 280 students to represent High School at this camp), 1977

IV. ACADEMIC APPOINTMENTS

Academic Appointments

- Professor and Pomerene Chair, July 2005 – Present, Department of Family Medicine, The Ohio State University
- Co-Medical Director, July 2005 – Present, The OSU Sports Medicine Center

- Associate Professor, 2003 – 2005, Department of Orthopedics and Rehabilitation, University of Wisconsin, University of Wisconsin Medical School
- Associate Professor, 2003 – 2005, Department of Family Medicine, University of Wisconsin, University of Wisconsin Medical School
- Director of Research, Division of Sports Medicine, Department of Orthopedics and Rehabilitation, University of Wisconsin, University of Wisconsin Medical School, 2003-Present
- Assistant Professor, 1995 – 2002, Department of Family Medicine, University of Wisconsin Medical School
- Assistant Professor, 1995 – 2002, Division of Orthopaedic Surgery, University of Wisconsin Medical School
- Affiliate Assistant Professor, 1996 – 2005, Department of Biomedical Engineering, University of Wisconsin – School of Engineering
- Affiliate Assistant Professor, 1997 – 2005, Department of Kinesiology, University of Wisconsin
- Medical Advisory Board, 1999 – 2005, Madison Marathon
- Associate-Director, 2000 – Present, Primary Care Sports Medicine Fellowship, University of Wisconsin
- Planning Committee. UW-Madison Sports Medicine Symposium, 2000 – 2005
- Planning Committee. UW-Madison Cardiology/Sports Medicine Symposium, Fall 2002.

Society Appointments

- Board of Trustees for Basic and Applied Science. American College of Sports Medicine. June 2002-2005.
- Administrative Council. American College of Sports Medicine, June 2003-2004.
- Program Committee. American College of Sports Medicine, June 2004-June 2008.
- Medical Education Committee. American College of Sports Medicine, June 2004-June 2007.
- Strategic Planning Committee. American College of Sports Medicine, June 2005-June 2008.
- Nominating Committee. American College of Sports Medicine, June 2006 – June 2009.

Previous Academic Appointments

- Teaching Assistant, 1983, Department of Human Kinetics, University of Windsor, Ontario, Canada
- Teaching Assistant, 1989 – 1991, Faculty of Biomedical Engineering, Duke University

Hospital and Other Appointments

- Team Physician, 1989 – 1992, Duke University, Durham, N.C.
- Staff Physician, 1991 – 1995, Coastal Health Corporation, Durham, N.C.
- Team Physician, 1995 – 2005, University of Wisconsin Athletic Department, Madison, WI
- Staff Physician, 1995 – 2005, University of Wisconsin Hospital and Clinics, Madison, WI
- Staff Physician, 1995 – 2004, St. Mary's Medical Center, Madison, WI

V. EDUCATIONAL ACTIVITIES

Undergraduate

Guest Lecturer

- 742-457 Medical Aspects of Exercise and Sports, University of Wisconsin, 1997 - Present
- PA-420 Patient Evaluation in Primary Care, University of Wisconsin, 1996 - Present

Graduate

Graduate Supervisor

- David Corr, PhD, “Mechanical Characterization and Modeling of Skeletal Muscle Following Injury” Department of Mechanical Engineering, University of Wisconsin, 1996 – 2001
- Stacey Brickson, PhD “Participation of the Neutrophil in Inflammation Following Muscle Stretch Injury”, Department of Kinesiology, University of Wisconsin, 1999 – 2002
- Stacey Brickson, MS, “The Generation of Reactive Oxygen Species Following Acute Eccentric Muscle Injury”, Department of Kinesiology, University of Wisconsin, 1999
- Laura Jensen, Masters Student, Department of Biomedical Engineering, University of Wisconsin, 1999 – 2000
- Olaronke Olabisi, PhD, Department of Biomedical Engineering, University of Wisconsin, 2000 – 2005
- David Manthei, Department of Biomedical Engineering, University of Wisconsin, 2002 – Present
- Joel Grover, Department of Biomedical Engineering, University of Wisconsin, 2002 – 2005.
- Amy Silder, Department of Biomedical Engineering, University of Wisconsin, 2003 - Present

Thesis Committee Member

- Randell L. Gardiner, PhD, “Psychology and Physiology Responses to Prescribed VS Preferred Exercise Intensity in Clients with Fibromyalgia”, Department of Kinesiology, University of Wisconsin, Graduated August 1997.
- Mary E. Sesto, PhD, “Biomechanical and Physiological Changes Following Submaximal Eccentric Activity”, Department of Industrial Engineering, University of Wisconsin, Graduated December 2002.
- Paolo P. Provenzano “A Mechanical and Biological Evaluation of Ligament Behavior and Healing: a Foundation for Tissue Engineering, Department of Biomedical Engineering, University of Wisconsin, Graduated May 2003.
- Kelly Dwyer “Role of Neuropeptides in Neuropathic and Normal MCL Healing”, Department of Biomedical Engineering, University of Wisconsin.
- Hirohito Kobayashi “Application of acousoelasticity to hyper-elastic, nearly incompressible isotropic materials (rubber and biological materials), Department of Biomedical Engineering, University of Wisconsin.
- Rittu Hingorani “Viscoelastic Testing On The Medial Collateral Ligament”, Department of Biomedical Engineering, University of Wisconsin.
- Kristina Jensen “Healing response of knee ligaments to prolotherapy”, Department of Biomedical Engineering, University of Wisconsin.

- Curt Irwin “A Dynamometer and Biomechanical Model to Quantify Flexor Tendon Tensions During Gripping”, Department of Biomedical Engineering, University of Wisconsin.
- Timothy McGuine “Assessing the Continuing Education Needs of Wisconsin Athletic Trainers: A Comparison of Three Needs Assessment Methods. CAVE Program, University of Wisconsin.

Post-Graduate

- David Rabago MD, KO1 Award. Department of Family Medicine, University of Wisconsin – Madison, 2004 – Present.
- Mary Sesto PhD, TEAM Program for Multidisciplinary Clinical Research, University of Wisconsin – Madison.
- Mary Sesto PhD, KO1 Award. Department of Biomedical Engineering, University of Wisconsin – Madison, Aug 1. 2006 - Present.

Guest Lecturer

- Human Muscle Function in Health and Disease, University of Wisconsin, 1997 – Present
- Tissue Biomechanics, Course # BME-601, University of Wisconsin, 2000 – Present
- PA – 420; Musculoskeletal Exam, 1997 – 2005

Postgraduate

- Coordinator of Orthopaedic/Musculoskeletal Lecture Series, University of Wisconsin-Department of Family Medicine, 1999 -2005

Clinical Preceptor

- GPP, University of Wisconsin Medical School, 1997 – 2005
- PDS 1-3, University of Wisconsin Medical School

VI. ADMINISTRATIVE RESPONSIBILITIES

Departmental

- Department of Family Medicine Coordinator of Sports Medicine Elective for Residents, 1999 – 2005
- Coordinator of Sports Physicals for uninsured high school athletes in Dane County

Faculty

- Department of Orthopedic Surgery, Division of Sports Medicine, Chairman of Research Grant Committee

VII. PROFESSIONAL ACTIVITIES

Membership in professional and learned societies

- American College of Sports Medicine, 1982 – Present
- Ontario Medical Association, 1985 – 1989
- Canadian Academy of Sports Medicine, 1987 – Present
- Canadian Doping Control Certification Program, Certified Member, 1988-1992
- American Medical Association, 1989 – Present
- The College of Physicians and Surgeons of Ontario, 1989 – 1995

- The North Carolina Board of Physicians, 1989 – 1997
- American Academy of Family Physicians, 1993 – Present
- North Carolina Academy of Family Physicians, 1993 – 1997
- Wisconsin Academy of Family Physicians, 1995 – 2005
- The State of Wisconsin Licensure for Medicine and Surgery, 1995 – 2005

Professional service

Journal Reviews

- Annals of Biomedical Engineering – Section of Biomechanics
- American Journal of Pathology
- Clinical Journal of Sports Medicine
- Medicine and Science in Sports and Exercise
- The Physician and Sports Medicine
- The Journal of Family Practice
- Journal of Applied Physiology
- Journal of Biomechanical Engineering
- Journal of Rheumatology
- Journal of Orthopaedic Research
- British Journal of Sports Medicine
- European Journal of Applied Physiology
- American Family Physician
- Muscle & Nerve
- JAMA
- Cell & Tissue Research

Editorships

- Associate Editor, Medicine and Science in Sports and Exercise, 1995 - 2000
- Editor, Clinical Supplement to Medicine and Science in Sports and Exercise, 1997 - 2000
- Editorial Board Member, The Physician & Sportsmedicine, 1998 - Present
- Senior Associate Editor, Clinical Journal of Sportsmedicine, 2000 - Present
- Editorial Board Member, British Journal of Sportsmedicine, 2000 – Present
- Editorial Board Member, Journal of Science and Medicine in Sport, 2002 – Present
- Medical Section Editor, Orthopedic Knowledge Update 3, American Academy of Orthopedic Surgeons, Published in 2004.
- Associate Editor-in-Chief for Clinical Sciences, Medicine and Science in Sports and Exercise, July 1, 2006 – Present.

Team service

Team Physician

- Duke University, 1989-1992
- University of Wisconsin, 1995-2005
- The Ohio State University, 2005-Present
- WCHA 1998 All Star Hockey Team, Switzerland, August, 1998
- Head Physician 1997 NCAA Hockey Frozen Four, Milwaukee, WI

- Medical Director Badger Hockey Showdown, 1995 – 2005
- Volunteer Medical Staff
 - Madison Marathon
 - Badger State Games
 - WIAA Hockey/ Soccer

Grant Review Panels

- ACSM Research Review Committee, 2001 – Present
- NSF BES SBIR Program, Spring 2001
- NSF BES CAREER Program, Fall 2001
- NSF BES CAREER Program, Spring 2003
- NSF BES CAREER Program, Fall 2003
- Canadian Institutes Of Health Research, Fall 2003
- Australian Government of Health, Spring 2005
- Orthopedic Research Society – Abstract Reviewer, 2005 – 2007
- NFL Charities – June 2006

Advisory Boards

- Oslo Sports Trauma Research Center, Spring 2004
- ACSM Program Committee, 2005 – 2007
- External Advisory Committee, National Space Biomedical Research Institute, 2004 – 2009
- Scientific Review Panel for the US Army Research Institute of Environmental Medicine, Natick, MA; July 26-27, 2005

VIII. **RESEARCH SUPPORT**

Grants and contracts

- U.W. Medical School Pilot Studies In Muscle-Tendon Healing. November 1, 1995 – June 1, 1997, T.M. Best, Principle Investigator, Total \$20,000.
- U.W. Department of Surgery Surgical Associates Effects of Scar Tissue on Muscle-Tendon Healing. December 1, 1996 – June 1, 1997, T.M. Best, Principle Investigator, Total \$33,701.
- The Wisconsin State Medical Society An *in Vitro* Study of the Effects of Nitric Oxide on Myoblasts and Fibroblasts. July 1, 1996 – August 1, 1996, T.M. Best, Principle Investigator, Total \$3,000.
- The Whitaker Foundation Studies of Muscle Repair and Collagen Synthesis and the Role of Nitric Oxide April 1, 1997 – March 30, 2000, T.M. Best, Principle Investigator, Total \$204,557.
- The Whitaker Foundation Oxidant Stress Injury to Skeletal Muscle, April 1, 2000 – March 30, 2001, T.M. Best, Principle Investigator, Total \$69,405.

- NIH RO1 Ovarian Hormone Effects on Muscle Injury and Recovery, Co-Investigator, October 1, 2001 – September 30, 2005. Total \$625,000. 5% support.
- NSAIDs and Muscle Stretch Injury. UW Surgical Associates. \$29,347. Awarded February 2002.
- ◆ NSF In Situ Low Load Mechanical Behavior of Skeletal Muscle: An Improved Understanding of Injury and Healing. \$297,000. PI – 15% support. September 2002 – September 2005.
- ◆ Pharmacia Corporation. Unrestricted Educational Grant. \$7,500. Awarded May 2002.
- NIOSH Biomechanical Effects of Eccentric Exertions in the Workplace. \$387,000. Co-Investigator – 10% support. Oct 2002-September 2005.
- AIRCAST Foundation Modeling of Muscle Strains and Prediction of Injury Risk Factors. Total \$100,000. Co-Investigator 2.5% support. January 1, 2005 – December 31, 2007.
- NFL Charities Effects of a Previous Strain Injury on Hamstring Muscle Mechanics during Sprinting: Implications for Preventing Re-Injury. Total \$125,000. Co-Investigator 2.5% support. January 1, 2005 – June 30, 2006.
- OREF The Use of Botulinum A Toxin to Reduce Muscle Contracture and to Promote Myogenesis in a Rabbit Distraction Osteogenesis Model. Total \$100,000. Co-Principal Investigator. April 1, 2005 – March 31, 2007.

Submitted

- NIH RO1 “Neutrophils and Muscle Repair”, Resubmitting June 1, 2006; Total \$575,000. Principal Investigator. 20% support.

IX. INVITED ADDRESSES

- Best TM: A Biomechanical Analysis of Muscle Strain Injuries. The University Of Calgary Joint Injury and Diseases Research Group. The University of Calgary; Calgary, Alberta, 15 June, 1992.
- Best TM: A Biomechanical Study of Muscle Strain Injuries. Department of Orthopaedic Surgery, University of Pittsburgh, Pittsburgh, PA., 2 Nov., 1994.
- Best, TM: Return to Play Following Mild Head Injury: A Physician’s Perspective. 1998 NATA National Meeting, Baltimore, MA. 20 June, 1998.
- Best TM: Hamstring strains: New thoughts on an old problem. 1999 Eighth Annual Meeting American Medical Society For Sports Medicine. April 24-28, 1999. Hilton Head, South Carolina.
- Best TM: Muscle Stretch Injury: From Bench to Clinic. UC Davis, Department of Exercise Science, Jan 28, 2000.

- Best TM: The Scientific Basis of Muscular Injury and Repair. 28th Annual University of Western Ontario Sport Medicine Symposium. London, Ontario, Canada. Sept 21-22, 2000.
- Best TM, Edgell-Kennedy A: Overuse Soft Tissue Problems in Athletes – Workshop. 28th Annual University of Western Ontario Sport Medicine Symposium. London, Ontario, Canada. Sept 21-22, 2000.
- Best TM: Mechanisms of Muscle Stretch Injury and Repair. Departments of Mechanical Engineering and Kinesiology, University of Calgary, Calgary, Alberta, July 4, 2001.
- Best TM: Soft Tissue Injury: From The Bench to the Athlete. Plenary Session Canadian Academy of Sport Medicine Annual Symposium, Calgary, Alberta, July 5, 2001.
- Best TM: From lab to sideline: Muscle Stretch Injuries. Vince Higgins Keynote Address for the Australian Conference of Science and Medicine in Sport. Perth, Australia, Oct 24, 2001.
- Best TM: Radiology lessons learnt at Sydney 2000: Soft tissue injuries. Australian Conference of Science and Medicine in Sport. Perth, Australia, Oct 25, 2001.
- Best TM: Practical prescription in musculo-skeletal injuries. Australian Conference of Science and Medicine in Sport. Perth, Australia, Oct 26, 2001.
- Best TM: The Basics of Muscle-Tendon Healing. Skeletal Muscle Injury and Repair: Clinical and Basic Science Research. 2002 China Advanced Course and International Symposium on Orthopedic Sports Medicine and Rehabilitation, Nov 9, 2002, Shanghai, China.
- Best TM: Muscle Strains: New Thoughts On An Old Nemesis – Pathology, Repair, Theories, and Facts. 15th Joint Conference on Sport Injury, July 5, 2003, Northamptonshire, England.
- Best TM: Hamstring Tears: Can We Prevent Them? Risk Factors and New Treatment Approaches. 15th Joint Conference on Sport Injury, July 6, 2003, Northamptonshire, England.
- Best TM: Inflammation: Friend or Foe For Muscle Injury? Presented at the Oslo Sports Trauma Research Center, May 26, 2004, Kleivstua, Norway.
- Best TM: The Myotendinous Junction: Acute Changes and Adaptation to Stretch Injury. Presented at the Summer Meeting of The Anatomical Society of Great Britain and Ireland. July 6, 2005, Cardiff, Wales.
- Best TM: Neutrophil-Mediated Muscle Injury and Repair. Presented to the McGowan Institute for Regenerative Medicine. November 30, 2005, Pittsburgh, PA.
- Best TM: Evidence-Based Sports Medicine: What Is It And Why Does It Matter? Presented at the Evidence-Based Medicine Summit, NATA Research and Education Foundation, January 13, 2006.
- Best TM: The etiology and pathology of muscle strain – current evidence. Presented at the First symposium of muscle tendon unit function and pathology: Current Concepts in the Management of Muscle Tendon Unit Dysfunction. London, England, March 4, 2006.

- Best TM: Scientific guidelines for the rehabilitation of muscle strain injury – current evidence. Presented at the First symposium of muscle tendon unit function and pathology: Current Concepts in the Management of Muscle Tendon Unit Dysfunction. London, England, March 4, 2006.
- Best TM: Evidence-Based Sports Medicine. What Is It? Presented at the GLATA Winter Meeting 2006, Madison, WI, March 16, 2006.
- Best TM: What is Known About the Mechanisms of Injury and Healing: Does Prolotherapy Make Sense? Presented at the New Treatments for Sports Injuries 23rd Annual Conference and Scientific Seminar Meeting, Washington D.C., 28 April 2006.

X. PUBLICATIONS

- Roth JH, Bray RC, Best TM, Cunning LA, Jacobsen RP: Posterior Cruciate Ligament Reconstruction by Transfer of the Medial Gastrocnemius Tendon. *Am J Sports Med* 1(16):21-28, 1988.
- Murrell GAC, Lilly EG, Davies H, Best TM, Goldner RD, Seaber AV: The Achilles Functional Index. *J Orthop Res* 10(3):398-404, 1992.
- Best TM, Collins A, Lilly EG, Seaber AV, Murrell GAC: A Correlation Between Strength and Function in Achilles Tendon Healing in the Rat. *J Orthop Res* 11(6):897-906, 1993.
- Murrell GAC, Lilly EG, Collins A, Seaber AV, Goldner RD, Best TM: Achilles Tendon Injuries: A Comparison of Surgical Repair Versus No Repair in a Rat Model. *Foot & Ankle* 14 (7):400-406, 1993.
- Reddy A, Reedy MK, Best TM, Seaber AV, Garrett WE Jr : Restriction of the Injury Response Following an Acute Muscle Strain. *Med Sci Sports Exer* 25(3): 321-327, 1993.
- Noonan T, Best TM, Seaber AV, Garrett WE Jr: Thermal Effects on Skeletal Muscle Tensile Behavior. *Am J Sports Med* 21(4):517-522, 1993.
- Best TM, McElhaney J, Garrett WE Jr, Myers BS: Characterization of the Passive Responses of Live Skeletal Muscle using the Quasi-Linear Theory of Viscoelasticity. *J Biomech* 27(4):413-419, 1994.
- Noonan T, Best TM, Seaber, AV, Garrett WE Jr: Identification of a Threshold for Skeletal Muscle Injury. *Am J Sports Med* 22(2):257-261, 1994.
- Best TM, Hasselman, CT, Garrett WE Jr: Clinical and Basic Science Aspects of Muscle Strain Injuries. *Basic Applied Myology* 4(1):77-90, 1994.
- Murrell GAC, Lilly EG, Goldner RD, Seaber AV, Best TM: The Effects of Immobilization on Achilles Tendon Healing in a Rat Model. *J Orthop Res* 12(4):582 -591, 1994.

- Best TM, McElhaney JH, Garrett WE Jr, Myers BS: Axial Surface Strains in Skeletal Muscle Under Various Loading Rates. *J Biomech Engng* Vol. 117; 262-265, 1995.
- Hasselman CT, Garrett WE Jr, Best TM: When Groin Pain Signals an Adductor Strain. *The Physician and Sportsmedicine* 23(7):53-60, 1995.
- Hasselman CT, Best TM, Seaber AV, Garrett WE Jr: A Threshold and a Threshold and Continuum of Injury During Active Stretch of Skeletal Muscle. *Am J Sports Med* 23(1):65-73, 1995.
- Hasselman CT, Best TM, Hughes C, Martinez S, Garrett WE Jr: Chronic Strain Injury of the Rectus Femoris: An Explanation for Various Rectus Femoris Strain Injuries Using Previously Undescribed Muscle Architecture. *Am J Sports Med* 23(4):493-499, 1995.
- Hughes C, Hassleman CT, Best TM, Martinez S, Garrett WE Jr: Incomplete, Intrasubstance Strain Injuries of the Rectus Femoris. *Am J Sports Med* 23(4):500-506, 1995.
- Myers BS, Van E CA, Camacho DL, Woolley CT, Best TM: On the Structural and Material Properties of Mammalian Skeletal Muscle and its Relevance to Human Cervical Impact Dynamics. *Proceedings of the 39th Stapp Car Crash Conference*. SAE. Paper No. 952723, 203-214, 1995.
- Nightingale RW, McElhaney JH, Richardson W, Best TM, Myers BS: Experimental Cervical Spine Impact Injury: Relating Head Motion, Injury Classification, and Injury Mechanism. *J Bone Joint Surg* Vol. 78A 412-421, March 1996.
- Best TM, Garrett WE Jr: Hamstring Injuries and their Management. *The Physician and Sportsmedicine* 24(8): 37-44, 1996.
- Myers BS, Wooley CT, Slotter, PL, Garrett WE Jr, Best TM: The Influence of Strain- Rate on the Passive and Stimulated Engineering Stress-Large Strain Behaviour of Rabbit Tibialis Anterior Muscle. *J Biomech Eng* Vol 120:126-132, Feb. 1998.
- Best TM, McCabe, RP, Corr D, Vanderby R: Evaluation of a New Method to Create a Standardized Muscle Stretch Injury. *Med Sci Sports Exer* 30(2): 200-205, 1998.
- Best TM, Loitz-Ramage B, Corr D, Vanderby R: Hyperbaric Oxygen in the Treatment of Acute Muscle Stretch Injuries: Results in an Animal Model. *Am J Sports Med* 26(3):367-372, 1998.
- Greene JJ, McGuine T, Best TM: Anthropometric and Performance Characteristics Relevant to the Ankle in the High School Basketball Players. *J Ath Training* 33(3):229-232, 1998.
- Ulibarri, JA, Mozdziak PE, Schultz E, Cook C, Best TM: Nitric Oxide Donors, Sodium Nitroprusside and S-Nitroso-N-Acetylpenicillamine Stimulate Myoblast Proliferation *in Vitro*. *In Vitro Cellular And Developmental Biology-Animal* Vol 35(4): 215-218, 1999.

- Best TM, Fiebig R, Corr DT, Brickson S, Ji LiLi: Free Radical Activity And The Response Of Antioxidant Enzymes And Glutathione Following Acute Muscle Stretch Injury In Rabbits. *J Appl Physiol* 87(1): 74-82, 1999.
- DeSmet AA, Best TM: MR Determination of the Distribution and Location of Acute Hamstring Injuries in Athletes. *Am J Roent* 174: 393-399, 2000.
- McGuine TA, Greene JJ, Best TM, Levenson G: Balance As A Predictor Of Ankle Injuries In High School Basketball Players. *Clin J Sport Med* 10(4):239-244, 2000.
- Best TM, Shehadeh SE, Levenson G, Corr DT, Michel JT, Aeschlimann D: Analysis of Changes in mRNA Levels of Myoblast- and Fibroblast-Derived Gene Products in Healing Skeletal Muscle Using Quantitative Reverse Transcription-Polymerase Chain Reaction. *J Orthop Res* 19(4): 565-572, 2001.
- Brickson S, Corr DT, Hollander J, Ji LiLi, Best TM: Oxidant Formation and Immune Response Upregulation Following Muscle Stretch Injury in Rabbit Skeletal Muscle. *Med Sci Sport Exer* 33(12): 2010-2015, 2001.
- Corr DT, Starr MJ, Vanderby R Jr, Best TM: A Nonlinear Maxwell Fluid Model for Viscoelastic Materials. *J Appl Mech Vol* 68(5): 787-790, 2001.
- Adams AK, Best TM: The Role Of Antioxidants In Exercise And Disease Prevention. *The Physician and Sportsmedicine Vol* 30(5): 37-48, 2002.
- DeSmet A, Winter TC, Best TM, Bernhardt DT: Dynamic sonography with valgus stress to assess ulnar collateral ligament injury in baseball pitchers. *Skeletal Radiology* 31: 671-676, 2002.
- St. Pierre Schneider B, Sannes H, Fine J, Best TM: Desmin Characteristics of CD11b-Positive Fibers After Eccentric Contractions. *Med Sci Sports Exer* 34(2): 274-281, 2002.
- St. Pierre Schneider B, Brickson SL, Corr DT, Best TM: RPN 3/57⁺ Neutrophils predominate over RAM11⁺ macrophages in injured muscle. *Muscle & Nerve* 25: 837-844, 2002.
- Corr DT, Levenson G, Vanderby R, Best TM: A Nonlinear Rheological Model for Active and Passive Skeletal Muscle. *J Appl Biomech* 19(3): 255-263, 2003.
- Brickson S, St. Pierre-Schneider B, Schell K, Ji LiLi, Best TM: M1/70 Attenuates Blood-Borne Neutrophil Oxidants, Activation and Myofiber Damage Following Stretch Injury. *J App Physiol* 95: 969-976, 2003.
- Toumi H, Best TM. Inflammatory Response Following Muscle Injury: Friend or Enemy. *Br J Sports Med* 37: 284-286, 2003.
- Corr DT, Levenson, G, Vanderby R, Best TM: A Nonlinear Rheological Assessment of Muscle Recovery from Eccentric Stretch Injury. *Med Sci Sports Exer* 35(9): 1581-1588, 2003.

- Sherry MA, Best TM: A Comparison of two rehabilitation programs in the treatment of acute hamstring strains. *J Orthop Sports Med Phys* 34(3): 116-125, 2004.
- Sakurai T, Hollander J, Brickson SL, Izawa T, Ohno H, Ji LiLi, Best TM: Nitric Oxide Formation And iNOS Expression Following Stretch Injury to Rabbit Skeletal Muscle. *Japanese Journal of Physiology* Apr; 55(2):101-7, 2005.
- Toumi H, Best TM, Martin A, Poumarat G. Effects of eccentric phase velocity of plyometric training on the vertical jump. *Int J Sports Med* 25(5): 391-398, 2004.
- Toumi H, Best TM, Martin A, Poumarat G. Stretch-shortening (SSC) causes different responses in novice and trained jumpers. *Eur J Appl Physiol* (In Press).
- Äärimaa, V, Kääriäinen, M, Vaittinen, S, Järvinen, T, Best, TM, Kalimo, H. Regeneration of Skeletal Muscle After Transection Injury Treated By Microsuturing: Experimental Study in a Rat Model. *Exp Neurol Methods* 14: 421-428, 2004.
- Aarimaa V, Rantanen J, Best TM, Schultz E, Corr D, Kalimo H: Mild eccentric stretch injury in skeletal muscle causes transient effects on tensile load and cell proliferation. *Scand J Med Sci Sports Exer* Vol 14, Issue 6, pp 367-372, 2004.
- Sesto ME, Radwin RG, Best TM, Richard TG: Upper limb mechanical changes following short duration repetitive eccentric exertions. *Clin Biomech* 19(9): 921-928, 2004.
- Sesto ME, Radwin RG, Block WF, Best TM: Anatomical and Mechanical Changes Following Repetitive Eccentric Exertions. *Clin Biomech* 20: 41-49, 2005.
- Sesto ME, Radwin RG, Block WF, Best TM: Assembly worker upper limb dynamic mechanical properties. *Journal of Occupational and Environmental Hygiene*. 3(2): 72-79, 2006.
- Bennett M, Babul S, Best TM, Leparawsky M, Orchard J, Taunton J. Hyperbaric oxygen therapy for delayed onset muscle soreness and closed soft tissue injury (Protocol for a Cochrane Review). In: *The Cochrane Library* (Issue 2 2004). Chichester, UK: John Wiley & Sons, Ltd.
- Toumi H, Hegge J, Subbotin V, Noble M, Herweijer H, Best TM, Hagstrom JE. Rapid Intravascular Injection Into Skeletal Muscle: A Damage Assessment Study. *Molecular Therapy* 13(1): 229-236, 2006.
- Thelen DG, Chumanov ES, Hoerth DM, Best TM, Swanson SC, LiLi, Young M, Heiderscheid BC: Hamstring Muscle Kinematics During Treadmill Sprinting. *Med Sci Sports Exer* 37(1):108-114, 2005.
- Toumi H, Martin A, Poumarat G, Best TM: Muscle plasticity following weight and combined (weight + jump) training. *Med Sci Sports Exer* 36(9): 1580-1588, 2004.
- Demorest R, Bernhardt DT, Best TM, Landry GL: Pediatric Residency Education: Is Sports Medicine Getting Its Fair Share? *Pediatrics* 115: 28-33, 2005.

- Rabago D, Best TM, Beamsley M, Patterson J: A Systematic Review of Randomized Controlled Trials of Prolotherapy for Chronic Musculoskeletal Pain. *Clin J Sport Med* 15(5): E376-E381, 2005.
- Grover JP, Manthei D, Oza A, Corr DT, Vanderby R, Best TM: The Effect of Stretch Rate and Activation State on Skeletal Muscle Force Production in the Anatomical Range. *Clin Biomech* (In Review).
- Thelen DG, Chumanov ES, Best TM, Swanson SC, Heiderscheid BC: Simulation of Biceps Femoris Musculotendon Mechanics during the Swing Phase of Sprinting. *Med Sci Sports Exer* 37(11): 1931-1938, 2005.
- Orchard J, Best TM, Verrall G: Return to play following muscle strains. *Clin J Sport Med* 15(6): 436-441, 2005.
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- Murrell GAC, Jang D, Lilly EG, Best TM: Effects of Immobilization and Exercise on Tendon Healing. Combined Scientific Meeting, Perth, Western Australia, 6-11 October, 1996.
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- Olabisi R, Consigny D, Chamberlain C, McCabe R, Schultz E, Vanderby R, Best T, Noonan K: Effects of Distraction Osteogenesis on Muscle. 5th Combined Meeting of the Orthopedic Research Societies of Canada, USA, Japan, and Europe. Poster Presentation October 10, 2004, Calgary, Alberta, Canada.
- Grover J, Manthei D, Oza A, Vanderby R, Best T: Effects Of Stretch Rate And Activation State On Skeletal Muscle In The Physiologic Range. 51st Annual Meeting of the Orthopedic Research Society. Poster Presentation. Feb 20-23, 2005.
- Toumi H, Best T: Effect Of Stretch-shortening Cycle Exercises On The Mechanical and Neuromuscular Properties. 52st Annual Meeting of the American College of Sports Medicine. Poster Presentation. Nashville, TN, June 2, 2005.

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- Olabisi RM, Chamberlain CS, Petr SL, Schultz E, Vanderby R, Best TM, Noonan KJ: The Effects Of Botulinum Toxin Type A On Muscle During Distraction Osteogenesis. 52nd Annual Meeting of the Orthopedic Research Society, March 19 2006.
- Carroll M, Best TM. A Randomized Trial to Assess the Efficacy of Nighttime Bracing for Rotator Cuff Tendinopathy. S692, 53rd Annual ACSM Meeting, Denver, CO, May 31, 2006.
- Sakurai T, Kano Y, Ohno H, Ji LiLi, Best TM, Izawa T. Role of Nitric Oxide in the Apoptosis of Structural Damage in Rat Skeletal Muscle. S1113, 53rd Annual ACSM Meeting, Denver, CO, June 3, 2006.
- Toumi H, Poumarat G, Phillips N, Benjamin M, Best TM, Fairclough J. An Anatomical and Electrophysiological Study of Vastus Medialis – How Distinct Is Its Distal Oblique Component? S1682, 53rd Annual ACSM Meeting, Denver, CO, May 31, 2006.
- Fairclough J, Hayashi K, Toumi H, Lyons K, Bydder G, Phillips N, Best TM, Benjamin M. The Structure of the Iliotibial Band in Relation to Iliotibial Band Friction Syndrome. S2837, 53rd Annual ACSM Meeting, Denver, CO, June 3, 2006.
- Hayashi K, Toumi K, Best TM, Fairclough J, Benjamin M. Regional Variations in the Structure and Histopathology of the Achilles Tendon ‘Enthesis Organ’. S2840, 53rd Annual ACSM Meeting, Denver, CO, June 3, 2006.
- Olabisi RM, Vanderby R Jr, Best TM, Noonan KJ. The Effects Of Botulinum Toxin, Type A On Tendon During Distraction Osteogenesis. 5th World Congress of Biomechanics, Munich, Germany, 29 July – 4 August 2006.

XI. PRESENTATIONS

Local

- Best TM, Glisson RF, Seaber AV, Garrett WE Jr: The Effect of Cyclic Passive Stretching on Rabbit Skeletal Muscle. 4th Annual Meeting, Sports Medicine Section, Ontario Medical Association. Toronto. Ontario. 22-23 January, 1989.
- Best TM, McElhaney JH, Garrett WE Jr, Myers BS: Local Surface Strains in Skeletal Muscle. OREF Symposium; Durham, N.C., Oct., 1992.
- Best TM: Does Screening For Scoliosis Improve Clinical Outcome? Department of Family Medicine Grand Rounds, University of North Carolina, Chapel Hill, N.C., 8 Dec., 1993.

- Best TM: The Pathophysiology of Muscle Strain Injuries. Department of Family Medicine Grand Rounds, University of North Carolina, Chapel Hill, N.C. 24 Oct., 1994.
- Best TM, Gibbons E: Critical Debate: Women Make Better Primary Care Physicians Than Men. Department of Family Medicine Grand Rounds, University of North Carolina, Chapel Hill, N.C. 12 Feb., 1995.
- Best TM: Exercise and Our Patients in Primary Care. University of North Carolina Department of Family Medicine Clinicians Meeting, 13 June, 1995.
- Best TM: Muscle-Tendon Healing. University of Wisconsin Primary Care Update. 27 Sept., 1995.
- Best TM: The Benefits of Exercise on Health. Madison, WI., 7 Nov., 1995.
- Best TM: Mechanisms of Injury and Healing in Muscle-Tendon Injuries. GLATA Annual Meeting and Symposium. Madison, WI. 15 March, 1996.
- Best TM: Muscle-Tendon Injuries In The Young Athlete. Watertown, WI. 25 March, 1996.
- Best TM: Muscle-Tendon Injuries And Healing. An update. 19th Annual Sports Medicine Symposium. Madison, WI. 10 May, 1996.
- Best TM: Controversies in Treatment of Soft Tissue Injuries. Joint Primary Care Conference, Madison, WI. 24 July, 1996.
- Best TM: Common Sports Medicine Injuries. Initial on Field Management. CME Update Conference, Madison, WI. 8 August, 1996
- Best TM: Muscle Strain Injuries: Basic Science and Clinical Aspects. MD/PhD Program. University of Wisconsin Medical School, 10 December, 1996.
- Best TM: Experimental Studies on Muscle Injury and Repair. Department of Kinesiology Invited Lecturer. 13 December, 1996.
- Best TM: Experimental Studies of Muscle Mechanics, Injury and Healing. Department of Biomedical Engineering Seminar, April 21, 1997.
- Best TM: Wisconsin Athletic Trainers' Association, 1997 Annual Meeting and Symposium. Treatment and Prevention of Soft Tissue Injuries. LaCrosse, WI. 2 May, 1997.
- Best, TM: 20th Annual Sports Medicine Symposium. GI Problems in Athletes. Madison, WI. 8 May, 1997.

- Best, TM: Office Diagnosis and Treatment Strategies for Soft Tissue Injuries. Watertown Memorial Hospital. 4 Dec, 1997.
- Best, TM: The Potential Role of Anti-Oxidants in Muscle Healing. Univ. of Wisconsin Hospital and Sports Medicine Center, January 16-17, 1998.
- Best, TM: Creatine and Performance Enhancement. Dept. of Kinesiology Seminar, 13 February 1998.
- Best, TM: “Diagnosis and Treatment of Common Musculoskeletal Problems in Primary Care“ UCC Staff – UW Madison, April 22, 1998.
- Best, TM: Head Injuries: Laboratory And Clinical Implications. 21st Annual Symposium. Univ. of Wisconsin Hospital and Sports Medicine Center, May 7, 1998.
- Best, TM: The Potential Role of Anti-Oxidants in Muscle Healing. 21st Annual Symposium. Univ. of Wisconsin Hospital and Sports Medicine Center, May 8, 1998.
- Best, TM: Free Radicals and Muscle Damage. Visiting Professorship Sports Medicine, University of Wisconsin, Department of Orthopedic Surgery, Oct 23 1998.
- Best TM: Antioxidant supplements: What’s New For An Old Question. 22nd Annual Symposium. Univ. of Wisconsin Hospital and Sports Medicine Center, May 8, 1999.
- Best TM: Anti-Oxidants: Performance Enhancers or Hype? Multidisciplinary Conference Madison, WI; Sept 17, 1999.
- Best TM: New Insights into treatment of muscle injury. Department of Family Medicine Grand Rounds, Madison, WI; Feb 23, 2000.
- Best TM: Exercise and the Immune System. 23rd Annual UW Sports Medicine Symposium. May 11-13, 2000.
- Best TM: Muscle Injury and Inflammation. The Athletic Training Lecture Series. Dept of Kinesiology. Nov 21, 2000.
- Best TM: Sports Medicine: The Good, Bad, and Evil. The Marc Hansen Lectureship, Department of Family Medicine, U of Wisconsin Medical School. March 8, 2001.
- Best TM: Achilles Tendon Injuries; Role of Non-Surgical Treatment. 24th Annual Sports Medicine Symposium, Madison, WI; May 11, 2001.
- Best TM: Use of Supplements, Hormones, and Herbals by Athletes. CME Lecture for University Health Services, November 28, 2001.

- Best TM: Mechanisms of Skeletal Muscle Injury and Repair. Biomedical Engineering Seminar. U of Wisconsin Department of Biomedical Engineering Seminar. December 3, 2001.
- Best TM: Use of Androgens, Steroids, and Supplements by Athletes. The Hidden Dangers. 16th Annual Pharmacology & Clinical Update. Wisconsin Nurses Association Advanced Practice Nurse Forum. Milwaukee, WI, May 4, 2002.
- Best TM: Does Second Impact Syndrome Exist? 25th Annual University of Wisconsin-Madison Sports Medicine Symposium, Madison, WI. May 9, 2002.
- Best TM: NSAIDs: The Good, The Bad, The Evil. 25th Annual University of Wisconsin-Madison Sports Medicine Symposium, Madison, WI. May 10, 2002.
- Best TM: Knee Pain Guidelines: A New Plan For Triage Of Patients With Knee Pain. Department of Immediate Care, University of Wisconsin, March 25, 2003.
- Best TM: Evaluation of Knee Pain and Effective Triage. Department of Internal Medicine Grand Rounds, University of Wisconsin, April 2, 2003.
- Best TM: The Physician And Doping Crisis In Sports. 26th Annual UW Sportsmedicine Symposium. Madison, Wisconsin, May 8, 2003.
- Best TM: ACL Injuries in High Performance Athletes. CME Presentation, Mercy Medical Center, Dubuque, Iowa, September 10, 2003.
- Best TM: Field Evaluation of Sports Injuries. CME Presentation, St. Claire Hospital, Baraboo, Wisconsin, September 18, 2003.
- Best TM: Evidence-Based Sports Medicine: Does It Really Matter? Grand Rounds, Gunderson-Lutheran Hospital, LaCrosse, Wisconsin, January 12, 2004.
- Best TM: Prolotherapy, A New Treatment for an Old Problem. 27th annual Sports Medicine Symposium, University of Wisconsin, Madison, WI, May 20, 2004.
- Best TM and Leonard JL. Musculoskeletal Case Studies, 2nd Annual Comprehensive Pain Board Review Symposium. Madison, WI, July 29, 2004.
- Best TM. ESWT – A Promising Treatment for Chronic Tendinopathies? 28th annual Sports Medicine Symposium, University of Wisconsin, Madison, WI, May 5, 2005.
- Best TM. How Did I Hurt My Hamstring- How Should I Treat It? The Ohio State University Annual Alumni Association, Columbus, OH, Sept 16, 2005.
- Kaeding CC, Best TM: Sports Medicine For The Athlete in All of Us. Presented in Sarasota, Fla at the Winter College 2006 meeting, Feb 24, 2006.

- Best TM: Prolotherapy: An Evidence-Based Review. Cap City Sports Medicine Symposium, Columbus, OH, 20 May 2006.

National

- Best TM, Glisson RR, Seaber AV, Garrett WE Jr.: The Response of Muscle-Tendon Units of Varying Architecture to Cyclic Passive Stretching. Presented to the Orthopaedic Research Society 35th Annual Meeting, Las Vegas, Nevada, 6-9 February, 1989.
- Best TM, Collins A, Lilly EG, Seaber AV, Murrell GAC: A Functional, Morphological, and Biomechanical Study of the Repair Process in Rat Achilles Tendons. Presented to the American College of Sports Medicine 38th Annual Meeting, Orlando, Florida, 29 May-June 1, 1991.
- Best TM, Goldner RD, Seaber AV: The Effects of the Free Radical Modulator, Tumor Necrosis Factor- α , On Achilles Tendon Healing. Presented to the American College of Sports Medicine 39th Annual Meeting, Dallas, Texas, 27-30 May, 1992.
- Best TM, McElhaney JH, Garrett WE Jr, Myers BS: Local Strain As A Predictor of Muscle Strain Injury. American College of Sports Medicine 40th Annual Meeting, Seattle, 2 June, 1993.
- Best TM: A Biomechanical Study of Muscle Strain Injuries. Department of Orthopaedic Surgery, University of Pittsburgh, Pittsburgh, PA., 2 Nov., 1994.
- Best TM, Piecyck J, Nait D: Hypophosphatemia in a 10 Km Road Runner. American College of Sports Medicine 42nd Annual Meeting, Minneapolis, 30 May, 1995.
- Best TM: An Optical System to Determine Axial Surface Strains in Skeletal Muscle. International Engineering Congress and Exposition Conference, Atlanta, Georgia. 17 November, 1996.
- Best, TM: Idiopathic Muscle Cramps. Case Presentation. ACSM 1997 Annual Meeting. Denver, CO. 27 May, 1997.
- Best, TM: Return to Play Following Mild Head Injury: A Physician's Perspective. 1998 NATA National Meeting, Baltimore, MA. 20 June, 1998.
- Best TM: Hamstring strains: New thoughts on an old problem. 1999 Eighth Annual Meeting American Medical Society For Sports Medicine. April 24-28, 1999. Hilton Head, South Carolina.
- Best TM: Muscle Injury and Healing: Biomechanical Concepts. Whitaker Biomedical Engineering Research Conference, San Diego, Aug 13-15, 1999.
- Best TM: Muscle Stretch Injury: From Bench to Clinic. UC Davis, Department of Exercise Science, Jan 28, 2000.

- Best TM: Mechanisms of Muscle-Tendon Injury and Repair in Young Athletes. In: Biomechanics of Musculoskeletal Injuries in Young Athletes. Hawkins, D (Chair). 47th Annual ACSM Meeting, Indianapolis, IN, May 31, 2000.
- Best TM: Medicine And Science In Sports And Exercise: Facts and Figures. In: Manuscript Preparation. Macauley D (Chair). 47th Annual ACSM Meeting, Indianapolis, IN, June 1, 2000.
- Best TM: Skeletal Muscle Stretch Injury And Oxidative Damage. In: Free Radicals and Muscle Injury. Ji Li Li (Chair). 47th Annual ACSM Meeting, Indianapolis, IN, June 2, 2000.
- Best TM: Contractile Property And Myofibrillar Protein Alterations Of Single Fibers Following Muscle Stretch Injury. 48th Annual ACSM Meeting, Baltimore MD, May 30, 2001.
- Shrier I, Best TM: Soft Tissue Injuries: Fact, Myth, and Madness. 48th Annual ACSM Meeting, Baltimore MD, May 31, 2001.
- Best TM, Loomis N: ACL Rehabilitation In The New Melinium. 49th Annual ACSM Meeting, St. Louis Missouri, May 30, 2002.
- Best TM: Neutrophils and Muscle Stretch Injury. Clinical Colloquim. 50th Annual ACSM Meeting, San Francisco, May 28, 2003.
- Best TM: Sports Injuries and the Weekend Warrior – Evidence-Based Approach. Robert M. True 25th Anniversary Symposium. Portland, Maine, Oct 17, 2003.
- Best TM: ESWT: A Promising Treatment for Tendinopathies? Clinical Colloquim. 51st Annual ACSM Meeting, Indianapolis, IN, June 3, 2004.
- Best TM: Evidence-Based Sports Medicine – Does It Matter? 55th Annual NATA Meeting, Baltimore MD, June 16, 2004.
- Best TM: Can We Prevent Muscle Strains? 55th Annual NATA Meeting, Baltimore MD, June 16, 2004.
- Best TM: A University and Community-Based Partnership to Promote a Healthy Lifestyle Change in school children. Session Moderator. 52st Annual ACSM Meeting, Nashville, TN, June 1, 2005.
- Best TM: Evidence on Clearance for Sport: When is it Safe? Session Moderator. 52st Annual ACSM Meeting, Nashville, TN, June 3, 2005.
- Best TM: Tissue Tolerance in Young Throwers. 52st Annual ACSM Meeting, Nashville, TN, June 3, 2005.
- Best TM: ECSS Exchange Lecture – Sports Injury Prevention – From Training Improvements to Changes in Rules. Session Moderator. 52st Annual ACSM Meeting, Nashville, TN, June 4, 2005.

- Best TM: Inflammation: Friend or Foe? Comprehensive Sports Medicine Symposium 2006, Copper Mountain, CO, January 18, 2006.
- Best TM, Benjamin M, Toumi H. Where Tendon and Ligament Meet Bone – Attachment Sites (Entheses) in Relation to Exercise and Injury. 53rd Annual ACSM Meeting, Denver, CO. June 1, 2006.
- Best TM, Arendt EA, Kaeding CC, Wardin S, Spindler KP. When Bone Fails From Activity: Optimizing Evaluation and Management. 53rd Annual ACSM Meeting, Denver, CO. June 2, 2006.

International

- Best TM: A Biomechanical Analysis of Muscle Strain Injuries. The University Of Calgary Joint Injury and Diseases Research Group. The University of Calgary; Calgary, Alberta, 15 June, 1992.
- Best TM: The Scientific Basis of Muscular Injury and Repair. 28th Annual University of Western Ontario Sport Medicine Symposium. London, Ontario, Canada. Sept 21-22, 2000.
- Best TM, Edgell-Kennedy A: Overuse Soft Tissue Problems in Athletes – Workshop. 28th Annual University of Western Ontario Sport Medicine Symposium. London, Ontario, Canada. Sept 21-22, 2000.
- Best TM: Soft Tissue Injury: From The Bench to the Athlete. Plenary Session Calgary Academy of Sports Medicine Annual Symposium, Calgary, Alberta, July 5, 2001.
- Best TM: Mechanisms of Muscle Stretch Injury and Repair. Departments of Medical Engineering and Kinesiology, University of Calgary, Calgary, Alberta, July 4, 2001.
- Best TM: From lab to sideline: Muscle Stretch Injuries. Keynote Address for the Australian Conference of Science and Medicine in Sport. Perth, Australia, Oct 24, 2001.
- Best TM: The Basics of Muscle-Tendon Healing. Skeletal Muscle Injury and Repair: Clinical and Basic Science Research. 2002 China Advanced Course and International Symposium on Orthopedic Sports Medicine and Rehabilitation. November 9, Shanghai, China.
- Best TM: Mechanisms of Skeletal Muscle Stretch Injury and Repair. European Conference on Rugby Injuries. London, England July 6, 2003.
- Best TM: Neutrophils: A Paradigm For Muscle-Tendon Injury. Human Performance Laboratory Seminar. University of Calgary, Department of Kinesiology. Dec 5, 2003.
- Best TM: Basic Mechanisms of Muscle Injury and Repair and New Strategies for Treatment. Oslo Sports Trauma Research Center Spring Seminar, Kleivstua, Norway, May 27, 2004.
- Best TM: The Myotendinous Junction: Acute Changes and Adaptation to Stretch Injury. The Anatomical Society of Great Britain and Ireland Summer Meeting. Cardiff, Wales, July 6, 2005.

XII. WORKSHOPS

- Examination of the Knee. American College of Sports Medicine. 31 May, 1997.
- Cardiology Problems in Athletes. Chair Moderator. 27 May, 1997, 44th Annual ACSM Meeting, Denver, CO, June, 1997.
- Current Concepts Treatment of Acute Shoulder Injuries. 45th Annual ACSM Meeting, Orlando, FL, June, 1998
- Abdominal Problems in Athletes. Chair Moderator, 45th Annual ACSM Meeting, Orlando, FL, June, 1998.
- General Medical Problems in Athletes. Chair Moderator, 46th Annual ACSM Meeting, Seattle, WA, June 1999.
- Medical Oddities. Chair Moderator, 47th Annual ACSM Meeting, Indianapolis, IN, June 3, 2000.
- General Medical Problems in Athletes. Discussant, 48th Annual ACSM Meeting, Baltimore MD, May 31, 2001.
- Best TM: Radiology lessons learnt at Sydney 2000: Soft tissue injuries. Australian Conference of Science and Medicine in Sport. Perth, Australia, Oct 24, 2001.
- Best TM: Practical prescription in musculo-skeletal injuries. Australian Conference of Science and Medicine in Sport. Perth, Australia, Oct 24, 2001.
- Best TM: ACSM Grant Review Process. Discussant, 50th Annual ACSM Meeting, San Francisco, May 29, 2003.
- Basketball Injuries. Discussant, 50th Annual ACSM Meeting, San Francisco, May 30, 2003.
- Neck and Brachial Plexus Injuries. Chair, 50th Annual ACSM Meeting, San Francisco, May 31, 2003.
- Muscle Problems. Chair, 51st Annual ACSM Meeting, Indianapolis, IN, June 4, 2004.
- Best TM: ACSM Grant Review Process. Discussant, 51st Annual ACSM Meeting, Indianapolis, IN, June 5, 2004.
- Hematological Issues in the Athlete. Discussant, 53rd Annual ACSM Meeting, Denver, CO, June 1, 2006.

XIII. VIDEOTAPES

- “Fitness and Performance Testing in UW Hockey.” University of Wisconsin Hospital and Clinics. 26 September, 1995.
- “Lyme Disease: Danger in the Woods.” University of Wisconsin Hospital and Clinics. 15 May, 1996.
- “Weight Lift Training for Seniors.” University of Wisconsin Hospital and Clinics. 20 August, 1996.
- “Exercise and the Immune System”. University of Wisconsin Hospital and Clinics. 18 November, 2000.
- “Evidence-Based Review of Treatment of Muscle Injuries”. The Ohio State University CME Network, 19 May 2006.