

EFREN SUIZO CABALLES, D.O.

CURRENT EMPLOYMENT

Cornerstone Orthopaedics & Sports Medicine, P.C.	<i>2016 – Present</i>
PM&R Sports Medicine Superior, CO	

EDUCATION AND TRAINING

Physical Medicine and Rehabilitation Sports Medicine Fellowship	<i>2015 – 2016</i>
New York University Medical Center – Rusk Rehabilitation New York, NY	
Physical Medicine and Rehabilitation Residency	<i>2012 – 2015</i>
Administrative Chief Resident	
New York University Medical Center – Rusk Rehabilitation New York, NY	
Traditional Rotating Internship	<i>2011 – 2012</i>
Northshore Long Island Jewish Medical Center – Plainview Hospital Plainview, NY	
Touro College of Osteopathic Medicine	<i>2007 – 2011</i>
Doctor of Osteopathic Medicine New York, NY	
University of Illinois at Urbana-Champaign	<i>2003 – 2007</i>
Bachelor of Science, Molecular and Cellular Biology Champaign, IL	

LICENSES AND CERTIFICATIONS

Colorado Medical License	<i>2016 – Present</i>
New York State Medical License	<i>2015 – 2017</i>
Basic Life Support	<i>2014 – 2016</i>
Advanced Cardiac Life Support	<i>2014 – 2016</i>

BOARD EXAMINATIONS (PASSED)

Complex Level I	<i>2009</i>
Complex Level II CE	<i>2010</i>
Complex Level II PE	<i>2010</i>
Complex Level III	<i>2012</i>
American Board of PM&R: Part 1	<i>2015</i>
American Board of PM&R: Part 2	<i>2016</i>

SPORTS-RELATED EXPERIENCE

St. Joseph’s College (NCAA Division III) – Head Team Physician	<i>2015 – 2016</i>
NYU Center for Musculoskeletal Care Running Performance Center	<i>2015 – 2016</i>
The Julliard School	<i>2014 – 2016</i>
NYU Harkness Center for Dance Injuries	<i>2012 – 2016</i>
University of Illinois at Chicago Men’s Soccer	<i>2014</i>
John Adams High School Football – Team Physician	<i>2013 – 2014</i>

Tri-State Wheelchair and Ambulatory Regional Games	2013 – 2014
AMSSM Sideline Management and Assessment Response Techniques Workshop	2013
Boston Marathon Medical Volunteer	2009
New York City Marathon Medical Volunteer	2009, 2015

SKILLS AND PROCEDURES

Musculoskeletal Ultrasound	Stem Cell Injections	Concussion Management
Viscosupplementation Injections	Trigger Point Injections	
Platelet-Rich Plasma Injections	Peripheral Joint Injections	

MUSCOLOSKELETAL ULTRASOUND WORKSHOPS

USA Rugby Conference <i>Instructor; Las Vegas, NV</i>	2018
Introduction to Musculoskeletal Ultrasound <i>NYU Department of Radiology</i>	2014
Sideline Use of Musculoskeletal Ultrasound <i>AMSSM Annual Meeting; New Orleans, LA</i>	2014
Ultrasound of Upper and Lower Extremity Nerves <i>AAPM&R Annual Meeting; San Diego, CA</i>	2014
Introduction to Musculoskeletal Ultrasound <i>AMSSM Annual Meeting; San Diego, CA</i>	2013

TEACHING EXPERIENCE

Rusk Rehabilitation PM&R Resident Musculoskeletal Ultrasound Curriculum <i>Chairperson (with Dr. Wayne Stokes, Director of PM&R Sports Medicine)</i>	2012 – 2015
NYU PM&R Musculoskeletal Ultrasound Board Review <i>Course Instructor</i>	2013 – 2015
Tri-State College of Acupuncture <i>Teaching Assistant, Physical and Structural Evaluation Course</i>	2013
NYU School of Medicine – Musculoskeletal Physical Examination <i>Course Instructor</i>	2012 – 2013
NYU School of Medicine – Musculoskeletal Ultrasound and Joint Injection Workshop <i>Course Instructor</i>	2012 – 2013

LEADERSHIP POSITIONS

Administrative Chief Resident <i>NYU Department of Physical Medicine and Rehabilitation</i>	2014 – 2015
Chief Resident <i>Bellevue Hospital</i>	2014 – 2015
Chief Resident <i>Hospital for Joint Diseases</i>	2014
Resident Member <i>NYU House Staff Leadership Committee</i>	2013 – 2014
Chairperson <i>Rusk Initiative for Sports Education (R.I.S.E.) Interest Group</i>	2013 – 2014
National Board of Trustees <i>Student Osteopathic Medical Association</i>	2009 – 2010
Chapter President	2007 – 2009

Student Osteopathic Medical Association

INTERNSHIPS

New York Metropolitan Area Health Education Center – Diabetes Educator 2011
Mount Hope Family Practice; Bronx, NY

SCHOLARSHIPS AND AWARDS

Howard Rusk Award for Excellence in Teaching and Leadership 2014
Northshore-LIJ Miriam Dauer Humanitarian Award/Scholarship 2012
University of Illinois Alumni Association – Senior 100 Award 2007
University of Illinois Alumni Association – Homecoming Court 2007

PROFESSIONAL MEMBERSHIPS

American Medical Society for Sports Medicine 2013 – Present
American Academy of Physical Medicine and Rehabilitation 2012 – Present
International Association for Dance Medicine and Science 2015 – Present
New York Society of Physical Medicine and Rehabilitation 2012 – Present

CONFERENCES ATTENDED

The Orthobiologic Institute 2018
Las Vegas, NV
University of Virginia Running Medicine Conference 2016
Charlottesville, VA
AMSSM Annual Meeting – Presenter 2016
Dallas, TX
International Association for Dance Medicine and Science 2015
Pittsburgh, PA
AMSSM Annual Meeting – Presenter 2014
New Orleans, LA
AAPM&R Annual Assembly – Presenter 2014
San Diego, CA
AMSSM Annual Meeting 2013
San Diego, CA

CONFERENCE PODIUM PRESENTATIONS

Knee and Shoulder Surgery: Why or Why Not Refer?
2016 AAPM&R Annual Assembly; New Orleans, LA (October 2016)

PEER-REVIEWED POSTER PRESENTATIONS

A Fall with a Twist: An Uncommon Cause of Knee Pain
2016 AMSSM Annual Meeting; Dallas, TX
A Not so Dry Case of Foot Pain in a Classical Ballet Dancer
2014 AMSSM Annual Meeting; New Orleans, LA
Don't Miss the Punch Line! Bilateral Elbow Pain in a Mixed Martial Arts Athlete
2014 AMSSM Annual Meeting; New Orleans, LA
Vestibular Rehabilitation for Rare Abducens Nerve Complication After Large Vestibular Schwannoma Resection Via Translabyrinth Approach
2014 AAPM&R Annual Assembly; Washington, DC

Acute Hip Dislocation in a Patient with Congenital Insensitivity to Pain and Anhydrosis
2014 AAPM&R Annual Assembly; Washington, DC

BOOK CHAPTERS

Medical Aspects of Disability: Musculoskeletal Conditions 2015
Publication Date: TBD

PUBLICATIONS

“Visual Rehabilitation Following Concussion” 2015
Authors: Caballes, E.; Kloczko, E.; Finn, C.
OTC Practice Magazine

“Building a Healthier Harlem” 2007
Authors: Caballes, E.
The DO Magazine

LECTURE PRESENTATIONS

Exertional Leg Pain 2015
NYU Medical Center – Rusk Rehabilitation

Elbow Injuries in the Overhead Throwing Athlete 2015
NYU Medical Center – Rusk Rehabilitation

Introduction to Musculoskeletal Ultrasound 2014
American Osteopathic College of Physical Medicine and Rehabilitation

Ultrasound Evaluation of Nerve Entrapments in Athletes 2014
NYU Medical Center – Rusk Rehabilitation

Sideline and Training Room Use of Musculoskeletal Ultrasound 2014
NYU Medical Center – Rusk Rehabilitation

Catastrophic Events in the Endurance Athlete 2014
NYU Medical Center – Rusk Rehabilitation

Long-Term Test-Retest Reliability of Computerized Cognitive Assessment 2014
NYU Concussion Center

Patellofemoral Pain Syndrome 2014
Manhattan VA Grand Rounds

Musculoskeletal Ultrasound for PM&R Residents: A Deliberate Practice-Based Model 2013
NYU Medical Center – Rusk Rehabilitation

Stress Fractures in Runners 2013
NYU Medical Center – Rusk Rehabilitation

Sports-Related Concussion 2013
NYU Medical Center – Rusk Rehabilitation

RESSEARCH EXPERIENCE

New York University Medical Center 2012 – 2015
Department of Physical Medicine and Rehabilitation
Off-Axis Neuromuscular Training for Patellofemoral Syndrome
Mentor: J.R. Rizzo, M.D.

University of Illinois at Urbana-Champaign 2006 – 2007
Department of Kinesiology
Exercise and Dietary Interventions for Cardiovascular Disease
Mentor: Ken Wilund, Ph.D.

University of Illinois at Urbana-Champaign

2005 – 2006

Department of Molecular and Integrative Physiology

Signal Transduction Mechanisms in Heart Failure

Mentor: Kevin Xiang, Ph.D.

COMMUNITY SERVICE

Back on My Feet Running Club, New York Road Runners, National Spinal Cord Injury Association

INTERESTS AND HOBBIES

2013/2017 Chicago Marathon Finisher, 2014/2016 New York City Marathon Finisher, 2015

Philadelphia Marathon Finisher, Jazz Trumpet