Physiatry is Family

2021 Annual Report
2021 continued to challenge us as professionals, parents and people. The AAP is dedicated to empowering you to be your best for the communities that you serve. We know your academic medical centers and your patients can’t be at their best and strongest without you. Through a global pandemic, social unrest, political turmoil and more, you persevered and inspired. While this year was filled with successes and challenges — your AAP staff is honored to continue serving you: heroes in physiatry.

We hope this Annual Report reminds you of all the ways we are trying to support you — your CV, connections, continued learning and curiosity. You can expect to see even more passion and innovation from us in 2022 and beyond.

AAP’s Board of Trustees

2021 at a Glance

January 2021
- Celebrated the publication of the 100th volume of our official journal, *American Journal of Physical Medicine and Rehabilitation*
- Our Mentoring Program saw tremendous growth with over 200 rewarding mentor-mentee relationships

February 2021
- 1,300+ physiatry professionals attended Physiatry ’21, our first ever virtual Annual Meeting
- Hundreds of members joined a virtual dance party led by AAP President Adam Stein, MD to end the meeting with full hearts, hope and connectiveness.

March 2021
- Released a statement denouncing hate against the Asian American and Pacific Islander community
- Published a white paper “Research and Industry Partnerships in Physiatry” in AJPM&R

April 2021
- Hosted our first Orthobiologics and Regenerative Medicine web series
- Welcomed Laurenie Louissaint, MD, MSc to serve as the RFC’s inaugural Diversity Representative

May 2021
- Released the 10th episode of AAP’s new Board Review Series

June 2021
- Hosted over 200 medical students for our 5-week Virtual Intro to PM&R Program
- Launched the new Paralympic Sport section in AJPM&R with the latest rehabilitation research
- Participated in the 2021 ISPRM World Congress as the only national society from US

July 2021
- Launched a joint effort of AAP’s RFPD and Diversity & Community Engagement Committee to create a DEI curriculum for residents

August 2021
- AAP’s Wellness Subcommittee hosted a free webinar focused on “Wellness During Times of Transition in Medical Education.”
- Launched an initiative through our Global Academic Physiatry Subcommittee to learn more about our members international experiences and goals.

September 2021
- Celebrated leaders and rising stars in physiatry during Women in Medicine Month
- Hosted our first two-day Mid-Year Meeting to accelerate the careers of the ‘Match-Ready Med Student’ and ‘Rock Star Resident’

October 2021
- Received over 950 abstracts from researchers around the world for poster presentations at Physiatry ’22

November 2021
- Our call for late-breaking abstracts elevated that number to 1193 total submitted for Physiatry ’22
- Expanded our membership profiles to allow AAP members to share their gender identities, preferred pronouns, and more

December 2021
- Ended the year with:
  - 2,309 active members from 40 countries
  - 49 podcast episodes released between 8 different series with career growth tips and the latest in research
  - 450 volunteers contributing to work at the AAP

Keep reading to discover even more!
Dear Colleagues,

As my first year as your AAP President comes to a close, I reflect in awe over everything that we have accomplished despite enormous challenges, and I look forward in eager anticipation of what we will do together in the upcoming year. As we plan for our first in person conference in two years, I am thankful for our resourceful and creative staff, who have continued to pivot without hesitation with each new twist that has come our way. I am also thankful for our members, who remain strong in their volunteerism and commitment to the organization and the field. This is truly your organization, and our future is in good hands.

Our new committee structure is productive and thriving, with increased representation at the level of our board and committees. Research capacity has been expanded through our Research Consulting program and enhancement of Evidence Based Medicine (EBM) training in our residency programs and annual meetings. Advocacy remains strong, with both inward and outward facing initiatives, including government organizations and Diversity, Equity and Inclusion (DEI) initiatives. Educational enhancements are helping us to recruit trainees to the field and support graduate medical education (GME) expansion. We continue to expand our reach and connect and collaborate with our international partners, enhancing the impact of academic physiatry. Strategic planning is well underway with exciting new goals and tactics for the upcoming 5 years, which will be shared soon.

As you review and reflect on our many successes over this last year, I hope that you are as proud as I am of the impact and influence of the AAP. The state of our organization is strong, and our ability to collaborate to achieve our goals is more important than ever. Please enjoy this annual report, with eternal optimism for all that we can and will do together in the upcoming year and beyond. You are appreciated.

Sincerely,

Gwendolyn Sowa, MD, PhD
Department Chair, University of Pittsburgh Medical Center
Director, UPMC Rehabilitation Institute
President of the Board, Association of Academic Physiatrists
Didactics on Demand

So much of our world is virtually accessible now! The COVID-19 pandemic continues dramatically impact GME and education. That’s why we’re working with leading physiatrists to offer didactics on our Virtual Campus. You can view our popular Orthobiologics & Regenerative Medicine Series, led by the RFC and AR3T, which features rockstar physiatry leaders from across the country. Members are able to watch all of the recordings for free on our Virtual Campus.

Innovating to Support You

AAP Virtual Mid-Year Meeting

The AAP created a two-day virtual Mid-Year Meeting on September 10-11, 2021, uplifting your career development journey. This virtual symposium provided time sensitive and relevant educational content to over 175 participants in an intimate virtual environment. We enjoyed Q&A’s with the ‘best in the business’ along with advising sessions focused on application building, contract negotiations, fellowship selections and more.

Second Annual Essay Contest

In-training physiatrists have been uniquely impacted by and played a role in crises we have faced. The AAP’s Resident/Fellow Council created an annual essay contest to shine a national spotlight on their unique perspectives and solutions. We received 25 narratives on the topics of telemedicine, COVID-19, systemic racism. Congratulations to our first-place winners, Dan Pierce, MD and Anna Scheidler! Stay tuned for our 2022 topics and submission dates.

Physician & Trainee Wellness

Physician burnout continues to be something we are working to better understand and alleviate. Mental health and support in our physiatry community is crucial, now more than ever. Our committees and councils all played a role in spreading resources and strategies to help.

- The Chair Council disseminated a Wellness Survey (results coming soon!) and strategies to mitigate burnout.
- The RFC’s Well-Being Subcommittee creates quarterly Words of Wellness podcasts and tips in Physiatry Forward and revamped our Physician Wellness webpage.
- Due to in influx of COVID-19 cases at the end of the year, we made the difficult decision to postpone Physiatry ’22 to May 2022. Our priority is always to keep you, your institutions, and your patients strong and safe.

Ongoing Commitment to Diversity & Inclusion

The AAP was proud to launch our Diversity & Community Engagement Committee in 2021. The Diversity and Community Engagement Committee is a group of AAP members working to hold our organization accountable in the field of PM&R that is inclusive and diverse across many dimensions. These dimensions include many characteristics such as age, race, ability status, gender identity, sexual orientation, ethnicity, nationality, professional experience, veteran status, religion, socioeconomic status, education, and more. AAP aims to foster a culture where every member feels valued, supported, and inspired to achieve individual and common goals as a critical foundation to providing equitable and state-of-the-art care for our patients.

AAP launched a campaign to update member profiles to help us understand how the specialty is becoming more diverse. We will be reporting our findings to the membership and developing activities to address gaps.

We encourage you to visit our Diversity & Community Engagement Committee webpage to reach our statement on Diversity, Equity and Inclusion.
Physiatry ‘21
Physiatry ‘21, the AAP’s Annual Meeting, was conducted virtually for the first time in an effort to keep you safe while still providing all of the amazing sessions and resources we have to offer. Despite the COVID-19 pandemic, over 1,300 attendees from around the world logged in to join.

Providing Education How You Want It

Here are a few things we’re proud of:
• #Physiatry21 took over social media as we saw 96.6K impressions over a 5 day period
• This year’s DeLisa Lecture was given by Fary Khan, MBBS, MD, Director of Rehabilitation Services at Royal Melbourne Hospital and Director of the Australian Rehabilitation Research Centre
• Though the meeting was virtual and we missed seeing everyone, we brought the fun into your office or home with unique virtual events like trivia night, social lounges, a virtual escape room, a cocktail demonstration (Old Fashioned!) and our “Ask Me Anything” sessions
• 1000+ poster presentations were on display online in Poster Gallery Receptions

“Ahaving an awesome time at #Physiatry21! Great lectures all around. Also enjoyed sharing my poster yesterday and browsing all posters today.”

“I have been able to watch lectures that were scheduled at the same time, and do it at my pace so I can pause and do background research if I get lost on a topic new to me. Loving this!”

“Really impressed by the virtual #Physiatry21 conference. Everything looks fantastic and it’s so fun to navigate.”

AAP Virtual Campus
Our Virtual Campus is your destination for lifelong learning. Some of our releases include:
• 23 sessions from Physiatry ‘21 were selected by the Program Committee to be added to the Virtual Campus. They were grouped by five track areas and offered as a complete bundle.
• Monthly CME activities from AJPM&R
• 12 recorded Journal Club webinars
• Four Mid-Year Meeting sessions were recorded as half-day session tracks for medical students and residents

Take advantage of these and other new activities now at campus.physiatry.org.

A Look at the 2021 AAP Award Winners

DISTINGUISHED ACADEMICIAN
Andrea Cheville, MD

EARLY CAREER ACADEMICIAN
Daniel Herman, MD, PhD

MCCLEAN OUTSTANDING RESIDENT/ FELLOW AWARD
Allison Schroeder, MD

OUTSTANDING SERVICE AWARD
Thiru Annaswamy, MD

OUTSTANDING SERVICE AWARD
William Bocknek, MD

INNOVATION & IMPACT AWARD
Henry Lew, MD, PhD

CAROLYN BRADDOM RITZLER RESEARCH AWARD
Amy Wagner, MD

PUBLIC SERVICE AWARD
Priya Chandan, MD, PhD, MPH

DISTINGUISHED MEMBER AWARD
Walter Frontera, MD, PhD
Setting Records with Membership

The AAP’s membership reached its highest yet in 2021 with 2,390 total members ranging in age from 21 to 86! Of those 2,390 members, 40.08% identify as female, 56.07% identify as male and 3.85% identify as they/other/undetermined.

We also welcomed two new Academic Partners in 2021 – Moss Rehabilitation and Shepherd Center — reaching a total of 48 institutions.

Honoring Milestone Members

50 YEARS
Stanley Myers, MD
Gary Clark, MD, MHA
Susan Hubbell, MD
Melitta Graetz, MD

40 YEARS
Jessica Kavanaugh, MD
Heidi Hunter, MD
Michael Sein, MD
Cheri Biauvet, MD
Sue Abrahms, MD
Derrick Alfred, MD
Daniel Cushman, MD
Elliot Bodofsky, MD
Michael Mallow, MD
Stephen Hampton, MD
Nicole Poulet, MD
Christine Groves, MD
Andrew Gordon, PhD, MD
Stephanie Rand, DO
Jason Eggers, MD
Adam Tenforde, MD
Whitney Pratt, PhD, MD
Patricia Williams, MD

30 YEARS
Stephen Baggi, MD
Gregory Stewart, MD
Martin Tamler, MD
Craig Annuth, DO
Daniel Fechtlner, MD
Diane Bizza, MD
R. Samuel Mayer, MD
David Crandell, MD
Faye Tan, MD
Leslie Cone-Sullivan, MD
Flora Hammond, MD
James McDeavitt, MD
Steven Kroblum, MD
Martin Yee, MD
John Kraus, MD, MMM
Carles Tun, MD

20 YEARS
Linda Krach, MD
Mary Vage, MD
Scott Otis, MD
Robert Irwin, MD
Brad Dicianno, MD
Mooyeon Oh-Parks, MD
Vu Nguyen, MD, MBA

10 YEARS
Mark Domroese, PhD, MD
Surendra Barshikar, MD, MBA
Hope Voto, DO
Jessica Kavanaugh, MD
Heidi Hunter, MD
Michael Sein, MD
Cheri Biauvet, MD
Sue Abrahms, MD
Derrick Alfred, MD
Daniel Cushman, MD
Elliot Bodofsky, MD
Michael Mallow, MD
Stephen Hampton, MD
Nicole Poulet, MD
Christine Groves, MD
Andrew Gordon, PhD, MD
Stephanie Rand, DO
Jason Eggers, MD
Adam Tenforde, MD
Whitney Pratt, PhD, MD
Patricia Williams, MD

Mentoring Program

Our members love the AAP Mentorship Program! We partnered with Together Mentoring to launch a guided, structured mentoring program that matches mentors and mentees based on interest and career level. Not only does it provide meeting reminders and session agendas, it also offers up goals, shared notes, resources and more for a truly rewarding experience. Visit www.physiatry.org/mentoring to sign up!

AAP Listservs

We are proud to provide listservs that keep PM&R Department Chairs/ Chiefs, Program Directors , Program Coordinators, Administrative Directors and more connected year-round. It’s a perfect resource to connect with colleagues. Our members were active daily, asking questions and sharing strategies on the multi-faceted ways institutions, departments and programs around the country were responding to the pandemic.

AAP Publications

The Inner Circle, the AAP’s weekly e-newsletter, hit members’ inboxes 52 times in 2021. We were proud to profile the achievements of our members in our bi-weekly “Members Making Moves” column.

In addition, Physiatry Forward, the AAP’s quarterly member magazine, continued to expand in articles and features in 2021. Members now get exclusive intel on the happenings in PM&R departments across the country, behind-the-scenes looks at the treasured belongings of members, snapshots of COVID-19, and much more.

Resident Fellow Council

Medical Student Council

PM&R Podcasts

For your listening pleasure, the AAP released new podcasts regularly in 2021—sometimes even two in one week! We featured in-depth interviews with leaders around the world and shining a light on topics from implicit bias to COVID-19 rehabilitation to wheelchair basics.

Our listeners are from all over the world. Here are the places that hit the play button the most:

- USA: 38,700
- Chicago, IL: 1,448
- Columbus, OH: 1,238
- New York, New York: 1,064
- Canada: 2,258
- Switzerland: 992

In 2021, our most popular podcast episode came from our Board Review Series. “Episode 12: PM&R Medley Spasticity Part 1” was listened to a total of 1,277 times!

Visit www.physiatry.org/podcasts to start exploring.
Helping Future Leaders Adapt & Grow

Medical Student Externships
Cultivating early interest and mentorship for medical students is vital to helping them confidently choose PM&R as a career. That’s why the AAP offers summer externships to expose students to structured research and clinical experiences and the most respected physiatrists. COVID-19 interrupted the usual in-person experience, but that didn’t stop our partners from finding ways to engage with accepted students.

For the Rehabilitation Research Experience for Medical Students (RREMS), the AAP funded 9 students during Summer 2021. Mentors and students were able to work in-person with their mentors on site while following COVID-19 safety guidelines. RREMS participant James Lo received the Medical Student Best Paper Award. Our Medical Student Summer Clinical Experience (MSSCE) was not held in 2021 due to the COVID-19 pandemic. AAP MSSCE Program Directors, Site Sponsors, AAP’s Medical Educators Council, and AAP staff quickly came together to move the MSSCE program to a virtual format in 2020. Improvement were made, a second iteration of the virtual program was held in 2021. We expanded our reach to over 50 medical students who tuned in from 21 different states and 5 countries including:
- Washington DC
- Puerto Rico
- Canada
- India
- South Korea
- Egypt

Additional stats from the 52 participants in the AAP’s Virtual Intro to PM&R:
- 18 MS1, 22 MS2, 10 MS3, 22 MS4
- 52 different medical schools represented
- 37 students also signed up to be or were already AAP members

Program for Academic Leadership (PAL)
PAL is a three-year program that develops academic leadership skills in junior PM&R faculty through a valuable combination of education and one-on-one mentoring. It is organized around one of three “themes” each year:
- Academic Department Administration
- Teaching & Education (including medical students, residents, fellows and faculty)
- Research (both funded and unfunded)

Congratulations to these individuals for their acceptance into our 2022 program:
- Idris Amin, MD, University of Maryland Medical System
- Sharon David, MD, Parkview Physicians Group
- Donna Huang, MD, Michael E. DeBakey VA/Baylor College of Medicine
- Sheryl Karta-Charles, MD, Indiana University School of Medicine
- Bradford Landry, DO, Northwell Health
- Samuel Lee, MD, Loma Linda University
- Adam Levin, BA, DO, University of Michigan
- Roger Luo, MD, Rutgers New Jersey Medical School/Kessler Institute for Rehabilitation
- Marina Ma, MD, Baylor College of Medicine/Texas Children’s Hospital
- Shawn Peterson DO, Thomas Jefferson University
- Mary Russell DO, MD, MM, University of Texas
- Jeremy Stanek, BH, Stanford University

"The PAL program was truly fantastic and afforded me a better understanding of the infrastructure of academic medicine. The curriculum was superbly organized and engaging. Also, the networking and relationships built during the program have been supportive and enduring. It is easily my favorite leadership program that I have participated in.” KIM BARKER, MD

Rehabilitation Medicine Scientist Training Program (RMSTP)
RMSTP develops rigorously-trained, extramurally-competitive and scientifically-productive faculty members to conduct rehabilitation research, thus supporting the continued development of rehabilitation science. Physicians in any specialty can learn how to develop competitive applications for mentored research development from NCMRR or other funding agencies, and ultimately to transition to independent research careers. The RMSTP is jointly supported by an R25 grant from the National Center for Medical Rehabilitation Research (NCMRR), within the NIH’s National Institute of Child Health Human Development (NICHD), and the AAP. Led by Co-Directors Michael Boninger, MD, John Whyte, MD, PhD, and a multidisciplinary Advisory Board of seasoned researchers, this renowned program combines mentoring, networking and workshops.

Congratulations to our 2022 fellows for their acceptance into the program!
- Liang Chen, MD, MPH, Geisinger
- Michael Chou, MD, NYU Grossman School of Medicine, NYU Langone, Rusk Rehabilitation
- Amber Clark, MD, Shirley Ryan Ability Lab/Northwestern University
- Gerard Limerick, MD, PhD, Johns Hopkins University
- Colton Sauer, MD, Medical College of Wisconsin

SAVE THE DATE!
Applications for PAL and RMSTP open in late Summer 2022.
Committees, Councils & Task Forces

The AAP is proud to bring together influential physiatrists to participate in our active committees (focused on everything from research to leadership development), councils supporting physiatrists in every career stage, and task forces.

Our committees’ contributions can be found in every page of this report. Here are some lesser-known activities from our councils and task forces!

- The Medical Student Council held monthly journal clubs to help medical students learn about the field and establish their careers in this virtual environment.
- The Residency & Fellowship Program Directors (RFPD) Council continues to respond to the application and interview process and making sure medical students can successfully navigate this process. The RFPD Task Force is currently responding to the application and interview process and making sure medical students can successfully navigate this process. The RFPD Task Force is currently evaluating improvements including preferential signaling.
- Our Resident/Fellow Council created a new Board Review Series to enhance current practices and core knowledge in preparation for PM&R Boards.
- In early October, the Medical Student Educators Council supported MS-4s with an advising session on applying to PM&R.

Advocating for Research, Education & Care

The AAP continued to keep advocacy at the forefront during this important year that was combating the global pandemic! The AAP watched closely as the Biden Administration entered the White House. We saw how the House passed a new COVID relief package, legislation moved forward to sustain federal benefits for unemployed Americans, and Congress passed the American Rescue Plan Act of 2021.

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In 2021, the AAPPDF sent numerous comments to the Congress, NIH, HHS, and the White House. We saw how the House passed a new COVID relief package, legislation moved forward to sustain federal benefits for unemployed Americans, and Congress passed the American Rescue Plan Act of 2021.

Advocating for Research, Education & Care

The AAP continues to work closely with the White House, Congress, the HHS, the American Medical Association, and others to ensure the delivery of evidence-based care.

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Key Partnerships

- AAP’s Public Policy Committee as a steering member of the Disability & Rehabilitation Research Coalition, a coalition of more than 20 non-profit organizations committed to improving the science of disability, independent living, and rehabilitation. In 2021, the DRRC sent numerous comments to the Congress, NIH, HHS, and more, and set up meetings with NIH staff and leadership to make sure the voice of the specialty and academic physiatry is represented.
- AAP is participating in the Tri-Society Wellness Project alongside ABPMR and AAPMR to determine variability in the experience of burnout in different physiatry specialties and the factors that contribute to burnout at both the individual and system level. The goal is to inform the development of interventions to reduce burnout and improve professional fulfillment among physiatrists.
- AAP is entering its second year in partnership with CAPM&R. All CAPM&R members are now members of the AAP. Please welcome our colleagues from the North!
- ISPRM and AAP continue to enjoy a strong alliance. ISPRM offers a new sleep medicine collection to enhance current practices and core knowledge in preparation for PM&R Boards.
- Our partnership continues with Cochrane Rehabilitation, a leader in evidence-based medicine, to publish “Cochrane Comets,” systematic presentations of Cochrane library content that are relevant for the practice of physiatry.
- Beginning with the 100th volume, the AJPM&R is now the official journal of the CAPM&R (Canadian Association of Physical Medicine & Rehabilitation). We also continue to be the official journal of AMLAR (Asociación Médica Latinoamericana de Rehabilitación) and the AAP.

New Partnerships

The AJPM&R continually seeks new partnerships to bring cutting-edge content to physiatrists around the globe.

- Our partnership continues with Cochrane Rehabilitation, a leader in evidence-based medicine, to publish “Cochrane Comets,” systematic presentations of Cochrane library contents that are relevant for the practice of physiatry.
- Beginning with the 100th volume, the AJPM&R is now the official journal of the CAPM&R (Canadian Association of Physical Medicine & Rehabilitation). We also continue to be the official journal of AMLAR (Asociación Médica Latinoamericana de Rehabilitación) and the AAP.
- We’re now collaborating with the Archives of PM&R, and the European Journal of PRM to promote the development of new reporting guidelines for randomized controlled trials in rehabilitation using the RCTTRACK initiative.
Statement of Financial Position

YEAR-ENDED AUGUST 31, 2021

ASSETS
- Cash and cash equivalents: $1,949,769
- Investments: 1,730,222
- Prepaid expenses: 29,012
- Accounts receivable: 8,386
- Property and Equipment – net: 10,654
- Security deposits: 3,036
Total Assets $3,731,079

LIABILITIES AND NET ASSETS
Current Liabilities
- Accounts payable $31,774
- Accrued expenses: 21,406
- Deferred revenue: 122,113
Total current liabilities 175,293
Net Assets
- Without donor restrictions: 3,440,434
- With donor restrictions: 115,352
Total net assets 3,555,786
Total Liabilities and Net Assets $3,731,079

REVENUE
Revenue, gains and other support (total with donor restrictions) $2,190,260
Net investment income (total with donor restrictions) $234,788

EXPENSES
Operations Expenses: $1,665,363
Reserve Expenses: $33,764
Change in net assets: $725,921

ORGANIZATIONS – GRANTS & SPONSORSHIPS
- Allergan
- Burke Rehabilitation Hospital
- Cadwell Industries
- Craig H. Neilsen Foundation
- Flowonix
- Gloreha
- JFK Johnson Rehabilitation Institute
- Foundation for Physical Medicine & Rehabilitation
- Ipsen Pharmaceuticals
- Johns Hopkins Rehabilitation Network
- Medtronic
- Meix Therapeutics
- MetroHealth
- Moss Rehab
- Northwell Health
- Piramal
- Real System
- Roosevelt Warm Springs Foundation
- Sall Therapeutics
- Spaulding Rehabilitation/ Harvard Medical School
- Springer
- TIRR Memorial Hermann
- UHealth Jackson
- University of Pittsburgh Medical Center (UPMC)

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- Lydia Latif, MD
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Our Supporters Matter!

We are grateful for all of our members, volunteers and partners who support the AAP’s mission. The AAP’s programs, events and activities continue to thrive thanks to your support!
Stay Connected to the AAP!

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MEET THE AAP TEAM

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Executive Director
Bernadette Rensing
External Affairs Director
Candace Street
Education Director
Taylor Gleason
Communications & Marketing Manager
Laura Dorsey-Shaner
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Jewel Fossett
Education Specialist
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Member Services Manager
Amanda Gaster
Membership Manager

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