

# **Sander S. Rubin, M.D.**

## **Employment**

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<b>Non-Operative Sports Medicine Physician</b> Michigan Orthopaedic Surgeons, West Bloomfield, MI	2025-Present
<b>Non-Operative Sports Medicine Physician</b> Northwestern Medicine, Warrenville, IL	2018-2025
<b>Assistant Professor</b> Academic appointment in Northwestern Medicine Family Medicine Department	2021-2025

## **Post-Graduate Training**

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<b>Fellow</b> University of Michigan Primary Care Sports Medicine Fellowship, Ann Arbor, MI	2017-2018
<b>Chief Resident</b> MacNeal Family Medicine Residency, MacNeal Hospital, Berwyn, IL	2016-2017
<b>Resident Physician</b> MacNeal Family Medicine Residency, MacNeal Hospital, Berwyn, IL <ul style="list-style-type: none"><li>Emphasis on Sports Medicine: One Orthopedic Medicine and two Sports Medicine rotations.</li><li>Outside rotations at Rush University in primary care Sports Medicine 1/2016-2/2016, at Lurie Children's Hospital in Pediatric Emergency Medicine 5/2016, and at University of Chicago – NorthShore in Sports Medicine 12/2016.</li></ul>	2014-2017

## **Education**

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<b>Doctor of Medicine</b> Michigan State University, East Lansing, MI	8/2010-5/2014
<b>Bachelor of Science</b> University of Michigan, Ann Arbor, MI Major in Brain Behavior and Cognitive Science Minor in Musicology	9/2006-4/2010

## **Licensures and Certifications**

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Sports Medicine CAQ	2018-Current
ABFM	2017-Current
ACLS	2014-Current
PALS	2014-Current
USMLE Step III	2015
USMLE Step II CS	2013
USMLE Step II CK	2013
USMLE Step I	2012

## **Professional Memberships**

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American Academy of Family Physicians	2014-Current
American Medical Society for Sports Medicine	2014-Current
American Medical Association	2010-Current

## **Sports Medicine Experience**

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### **Team Coverage**

Northern Illinois University Division I Men's and Women's Basketball	2018-2025
Glenbard North High School Football	2018-2025
DeKalb High School Football	2018-19
University of Michigan Division I Women's Lacrosse	2018
University of Michigan Division I Men's and Women's Basketball	2018
Eastern Michigan University Division I Men's and Women's Basketball	2017
Eastern Michigan University Division I Football (covered all practices as well)	2017
University of Michigan Division I Athletics (training room for all teams)	2017-18
Eastern Michigan University Division I Athletics (training room for all teams)	2017-18
DePaul Men's and Women's Soccer	2016
Trinity International University Men's Football	2016
WNBA Chicago Sky	2016
Cicero Morton High School Boy's Football	2015
Robert Morris University Men's Football	2015
Windy City Thunderbolts Frontier League Men's Baseball	2015
Morton West High School Girls' Basketball	2014-15
Robert Morris University Men's and Women's Hockey	2014-15
Robert Morris University Men's and Women's Basketball	2014-16
Eastern Michigan University Men's Basketball	2014

### **Tournament Coverage**

PGA BMW Golf Championship	8/2019
Big Ten Men's and Women's Lacrosse Championships	5/2018
Michigan High School Wrestling MHSAA State Championships	3/2018
Eastern Michigan University Wrestling Open	11/2017
ACHA Division I Hockey National Tournament	3/2016

### **Races/Marathons**

Battle of Waterloo Triathlon – Medical Aid Station Captain	7/2017
Clark Lake Triathlon – Main Medical Tent	7/2017
Women Rock half marathon – Medial Aid Station Captain	9/2016
Tiki Run 5K/10K – Main Medical Tent Captain	6/2016
Get Lucky half marathon – Medical Aid Station	3/2016
Polar Dash half marathon – Medical Aid Station Captain	1/2016
Monster Dash half marathon – Main Medical Tent	10/2015
Chicago Marathon – Medical Aid Station	10/2015
Get Lucky half marathon – Medical Aid Station	3/2015
Santa Hustle 5K – Finish Line Tent	12/2014
Hot Chocolate 5K/15K – Medical Aid Station	11/2014
Monster Dash half marathon – Medical Aid Station	10/2014
Chicago Marathon – Medial Aid Station	10/2014
Women Rock half marathon – Medial Aid Station	9/2014

### Mass Pre-Participation Exams

Northern Illinois University	Annually 2018-2025
Waubensee Community College	Annually 2018-2025
University of Michigan fall sports	7/2017
Eastern Michigan University fall sports	7/2017
Argo High school spring sports	5/2016
Chicago Force women's professional football	1/2016
Morton West High School winter sports	10/2015
Chicago Force women's professional football	1/2015

### Presentations

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<i>Injections in Sports Medicine</i>	2020
• Presented at orthopedic speaker series at Northwestern Central Dupage Hospital.	
<i>Common Lower Extremity Overuse Injuries in Runners</i>	2019
• Presented to running group at Dick Pond Athletics.	
<i>Injections in the Sports Medicine Office</i>	2019
• Presented to athletic trainers at 'Athletico University' lecture series.	
<i>Five Primary Care Sports Medicine Cases: to refer or not to refer?</i>	2018
• Presented at University of Michigan Family Medicine grand rounds.	
<i>Avoiding Grave Cardiac Outcomes in an Athlete with Graves Disease</i>	2018
• Primary author, presented as oral presentation at 2018 ACSM National Conference.	
<i>Right Forearm Pain in a Competitive Fisherman</i>	2018
• Primary author, presented as poster presentation at 2018 AMSSM National Conference.	
<i>Update on Supplements and Ergogenic Aides</i>	2017
• Presented to residents, fellows, and faculty, along with community primary care physicians.	
• University of Michigan Primary Care Sports Medicine Conference, Ann Arbor, MI	
<i>Overview of the Pre-Participation Exam</i>	2017
• Presented to University of Michigan Family Medicine residents.	
<i>Shoulder and Knee Examination</i>	2017
• Presented to University of Michigan Family Medicine intern residents.	
<i>Masters Athletes: An Overview</i>	2016
• Presented to residents, fellows, and faculty at MacNeal Sports Medicine Conference.	
<i>Handlebar Palsy in a 29-year old Male Cyclist</i>	2016
• Primary author, presented as poster at 2016 AMSSM National Conference.	

### Research and Articles

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<i>Don't Let Winter Chill Your Running Routine</i>	2020
• Northwestern Medicine HealthBeat Newsletter, discussed tips for running in the Winter.	

- Does Running Burn Muscle?* 2019
- Interviewed by PopSugar Fitness, discussed the relationship of running and muscle building.
- You Don't Need to Sweat Buckets to Lose Weight, a Doctor Says* 2019
- Interviewed by PopSugar Fitness, discussed temperature regulation in runners.
- Do I Need to Run Every Day to Build Endurance?* 2019
- Interviewed by PopSugar Fitness, discussed running on consecutive days.
- How Much Should I Hydrate Before a Run?* 2019
- Interviewed by PopSugar Fitness, discussed proper hydration for runners.
- Is It Bad to Take Breaks During Runs?* 2019
- Interviewed by PopSugar Fitness, discussed the pros and cons of mid-run breaks.
- Does Muscle Soreness Mean Growth?* 2019
- Interviewed by PopSugar Fitness, discussed muscle growth and delayed-onset muscle soreness.
- How Should I Cool Down After a Run?* 2019
- Interviewed by PopSugar Fitness, discussed the importance of a proper cool down.
- Modification of Newborn Screening Result Documentation within Anticipatory Guidance Template* 2017
- Research member, presented at MacNeal Residency Quality Improvement conference in Berwyn, IL.
- Hurley Medical Center Asthma Quality of Life Study* 2013
- Research member, presented at Michigan State University College of Human Medicine Flint Area Medical Education (FAME) conference in Flint, MI.
- Sensitization of Pancreatic Cancer Stem Cells to Gemcitabine by Chk1 Inhibition* 2011
- Research assistant in laboratory of Dr. Meredith Morgan, PhD, at University of Michigan Department of Radiation Oncology.
- Syllable, Phoneme, and Tone: Psycholinguistic Units in Early Chinese and English Word Recognition* 2008
- Research assistant of Dr. Twila Tardif at University of Michigan Department of Psychology.

## Leadership Roles

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- Glenbard High School Concussion Oversight Committee Physician Chair** 2022-2025  
Glenbard Township, IL
- Collaborated with athletic safety teams at four district high schools to implement concussion safety protocols.
- Safety Physician Champion** 2018-2025  
Northwestern Regional Medical Group, Orthopedics, Warrenville, IL
- Attended and led meetings, outlined safety goals. Focused on reducing incidence of sharps injuries within the orthopedic department.

**Chief Resident** 2016-17

MacNeal Family Medicine Residency, MacNeal Hospital, Berwyn, IL

- Active role in administrative duties including scheduling, communication between residents and faculty, attending weekly faculty meetings, conducting monthly resident meetings, and ensuring optimal overall quality of patient care.

**Recruitment Committee, *Chair*** 2015-16

MacNeal Family Medicine Residency, MacNeal Hospital, Berwyn, IL

- Organized resident recruitment process, performed interviews, and hosted applicant dinners.

**Resident Life Committee, *Member*** 2014-16

MacNeal Family Medicine Residency, MacNeal Hospital, Berwyn, IL

- Along with residents from each residency program at MacNeal Hospital, coordinated social events and allocated resident funding to improve resident lounge and call rooms.

**Student Council, *Elected class representative*** 2010-12

Michigan State University College of Human Medicine, East Lansing, MI

- Served student body by organizing fundraising events, community volunteer opportunities, workshops, and social events.

**Personal Interests**

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Traveling | hiking | guitar | basketball | reading | biking | movies | board games