

# Sports Medicine



Listed from left to right: Richard E. Rodenberg, Thomas L. Pommering. Not pictured: Anastasia Fischer.

## Staff Physicians and Faculty



Thomas L. Pommering, DO, Division Chief and Medical Director

Anastasia Fischer, MD

Richard E. Rodenberg, MD

*The Sports Medicine Program at Nationwide Children's Hospital includes a team of experts who specialize in the treatment and prevention of injuries to the pediatric and adolescent athlete. The program is geared toward the prevention, diagnosis and treatment of youth and adolescent sports injuries. Our clinical staff works with the patient, family, athletic trainer, school nurse, coach and primary care physician to assist in the recovery of the injury, development of a treatment plan and recommendations for future sports activities. The program is designed to meet all of the athlete's health care needs within Nationwide Children's Hospital – including radiology, orthopedic surgery, physical therapy, cardiology, pulmonary, neuropsychology, nutrition, education, and any other necessary services. Services available at Nationwide Children's Sports Medicine include:*

- *Diagnosis of sports-related injuries*
- *Injury rehabilitation*
- *Injury prevention program development*
- *Treatment plan development*
- *Coordination of care with the patient's primary care physician and other Nationwide Children's Hospital services*
- *Educational resources and training to physicians, athletic trainers, school nurses, patients/families and coaches*

## Clinical, Teaching and Research Interests

Thomas L. Pommering, DO, is Division Chief and Medical Director for Nationwide Children's Hospital Sports Medicine. Fellowship trained and board certified in sports medicine, he is a member of the American College of Sports Medicine and the American Medical Society for Sports Medicine. Dr. Pommering attended medical school at the Ohio University College of Osteopathic Medicine before completing an internship at Doctors Hospital in Columbus, Ohio, a family medicine residency at Miami Valley Hospital in Dayton, Ohio, and a sports medicine fellowship at Grant Hospital in Columbus, Ohio. He is a Clinical Assistant Professor in the Department of Pediatrics and Family Medicine at The Ohio State University College of Medicine and a Clinical Assistant Professor in the Department of Family Medicine at the Ohio University College of Osteopathic Medicine. Dr. Pommering regularly teaches pediatric and family medicine residents, sports medicine fellows, athletic trainers, school nurses and coaches about sports medicine issues in both the clinical and didactic settings. As well as having been the team physician for local high school, college and semi-professional athletic teams, he is currently the Medical Director for the Great Ohio Bicycle Adventure, Tour de Grandview, professional cycling race and a volunteer physician for the Columbus Marathon. He is also head team physician and medical director for Capital University Athletics and Athletic Training Education Program and team physician at Canal Winchester High School.

Anastasia Fischer, MD, is a member of Sports Medicine and the Section of Ambulatory Pediatrics at Nationwide Children's Hospital and a Clinical Assistant Professor of Pediatrics at The Ohio State University College of Medicine. She is fellowship trained and board certified in sports medicine and is a member of the American College of Sports Medicine and the American Medical Society for Sports Medicine. Dr. Fischer attended medical school at The Ohio State University College of Medicine before completing a family practice residency at University of Pittsburgh Medical Center in Pittsburgh, Pennsylvania, and a primary care sports medicine fellowship at Maine Medical Center in Portland, Maine. Dr. Fischer has been a volunteer physician with the Greater Ohio Bicycle Adventure and the Tour de Grandview. Currently, she is also a team physician and adjunct faculty for Capital University. Dr. Fischer is part of a multidisciplinary team at Nationwide Children's working to develop a Healthy Weight and Nutrition program to combat childhood obesity. She also served as team physician at Groveport Madison High School in the central Ohio area.

**Richard E. Rodenberg, MD**, joined Nationwide Children's Sports Medicine in 2007 and is a Clinical Assistant Professor of Pediatrics at The Ohio State University College of Medicine. He is board certified in internal medicine, pediatrics and primary care sports medicine. As a team physician, Dr. Rodenberg has cared for high school, Division I, II and III collegiate, and professional athletes. Prior to joining Nationwide Children's, he was program director for Grant Medical Center's Primary Care Sports Medicine Fellowship. His experience includes teaching at the University of Kentucky in internal medicine, pediatrics and sports medicine, while caring for the Wildcats athletic teams. He also served as team physician at Big Walnut High School in the central Ohio area.

### Publications

**Pommering TL**. Erythropoietin and Other Blood Boosting Methods. *Pediatric Clinician North America* 54(4): 691-699, 2007.

**Pommering TL**, Kluchurosky LK. Overuse injuries in Adolescents. *Adolescent Medicine American Academy of Pediatrics* 18(1): 95-120, May 2007.

**Pommering TL**. Modification of gene expression: a novel tool to detect gene doping with erythropoiesis-stimulating agents (ESAs). (Review) *Haematologica/The Hematology Journal*, September 2007.

**Rodenberg RE**, Gustafson S. Iron as an Ergogenic Aid: Ironclad Evidence? *Current Sports Medicine Report* 6(4): 258-264, August 2007.

Hosey RG, **Rodenberg RE**. Infectious Disease and the Collegiate Athlete. *Clinics in Sports Medicine* 26(3): 449-471, July 2007.

### Presentations and Teaching Activities

**Thomas L. Pommering, DO**  
*Sports Medicine Update*, Ohio Academy of Family Physicians Family Medicine Workshops Conference, Columbus, Ohio, January 2007

*Spondylolysis and Spondylolisthesis*, Capital City Sports Medicine Conference, Columbus, Ohio, March 2007

*Eye Injuries in Athletes*, Capital University Athletic Training Program, Bexley, Ohio, April 2007

*Recurrent Stingers in a High School Football Player: Klippel-Feil Syndrome*, AMSSM, Albuquerque, New Mexico, April 2007

*Shin Pain in an Eight-Year-Old Basketball Player: Unusual Presentation of AVM*, AMSSM, Albuquerque, New Mexico, April 2007

*Throwing Injuries in the Young Athlete*, Ohio Athletic Trainers Association Annual Conference, Columbus, Ohio, May 2007

*Bicycle Fit as Related to Injury*, Mini-symposium on organizing mass event care for cycling events, Great Ohio Bicycle Adventure, Columbus, Ohio, June 2007

*Pediatric Sports Injuries: A Case-Based Approach*, Greater Columbus Athletic Trainers Society, Columbus, Ohio, September 2007

*The Pediatric Athlete: What Makes Them Unique?*, Otterbien University Athletic Training Education Program, Westerville, Ohio, November 2007

*Introduction to Musculoskeletal Radiology*, Capital University Athletic Training Program, Bexley, Ohio, November 2007

**Richard E. Rodenberg, MD**  
*Exercise Induced Hyponatremia*, Grant Sports Medicine Current Concepts in Sports Medicine: Hot Topics Sports Medicine Symposium, Columbus, Ohio, July 2007

*Common Sports Ailments of Weekend Warriors*, The Grant Family Medicine Alumni Conference, Columbus, Ohio, September 2007

### Awards and Honors

**Thomas L. Pommering, DO**  
Head Team Physician, Capital University

Listed, Best Doctors in America

Medical Director, Greater Ohio Bicycle Adventure

Medical Director, Tour de Grandview Professional Bike Race

Physician Volunteer, Special Olympics Preparticipation Physicals, Columbus, Ohio

Team Physician, Canal Winchester High School

**Richard E. Rodenberg, MD**  
Ohio Health Family Medicine Residency Faculty of the Year Recognition Award, Grant Medical Center

Physician Volunteer, Special Olympics Preparticipation Physicals, Columbus, Ohio

Team Physician, Big Walnut High School

Team Physician, Columbus Destroyers

### Fast Facts

#### Sports Medicine

Sports Medicine Clinic Visits: 2,036

Dublin Sports Medicine: 823

East Columbus Sports Medicine: 958

Westerville Sports Medicine: 2,748

Total Sports Medicine Clinic Visits: 6,565

### Top 10 Principal Final Diagnoses at the Sports Medicine Clinics

Joint Pain – Lower Leg

Ankle Sprain

Low Back Pain

Knee and Leg Sprain

Spondylolysis

Stress Fracture – Lower Leg

Juvenile Osteochondrosis – Leg

Dislocated Patella

Juvenile Osteochondrosis – Foot

Hip and Thigh Sprain

### Top Diagnoses (from Sports Medicine)

- Patello Femoral Disease
- Ankle Sprain
- Knee Sprain
- Low Back Pain
- Osgood Schlatter's Disease/ SLJ
- Sever's Disease
- Knee MCL Sprain
- Spondylolysis
- Knee Contusion
- Patella Dislocation/Subluxation
- Rotator Cuff Strain
- Hip & Thigh Sprain