Stanford

Raymond Chou, MD

Clinical Assistant Professor, Orthopaedic Surgery

CLINICAL OFFICE (PRIMARY)

- **Stanford Dept of Orthopaedic Surgery**
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ACADEMIC CONTACT INFORMATION

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Bio

BIO

Dr. Chou is a physical medicine and rehabilitation specialist. He is a clinical assistant professor in the Department of Orthopaedic Surgery, Division of Physical Medicine & Rehabilitation at Stanford University School of Medicine.

He provides expert care for patients who require non-operative treatment for musculoskeletal and neurologic conditions, with additional specialized expertise with conditions affecting the hand and upper extremity. For each patient, he develops a personalized, comprehensive, and compassionate care plan designed to achieve the best possible health and quality of life.

Among the conditions he manages are repetitive strain injury (RSI), rotator cuff disease, frozen shoulder, and tennis and golfer's elbow. He excels at the use of ultrasound for diagnosis and evaluation. He also uses ultrasound to precisely guide treatments delivered with injections and nerve blocks.

Dr. Chou’s expertise includes electromyography (EMG) and extracorporeal shockwave therapy (ESWT). He leads the pioneering Stanford Gaming and Tech Injury Medicine Program, dedicated to the diagnosis, treatment, and research of musculoskeletal and neurological conditions that develop from prolonged interaction with electronic devices. His research focus revolves around neuromodulation and other non-operative treatments for dynamic compressive neuropathies.

He has published the findings of his research in Physical Medicine & Rehabilitation, Spinal Cord, and other journals. He has co-authored chapters in the textbooks Handbook of Clinical Neurology and Basics of Musculoskeletal Ultrasound.

Dr. Chou has addressed his peers in presentations at meetings of the American Academy of Physical Medicine and Rehabilitation and the American Association of Neuromuscular & Electrodiagnostic Medicine. Topics include extracorporeal shockwave therapy, dynamic compressive neuropathies, and rock-climbing injuries. Additionally, Dr. Chou founded the International Society of Hand and Upper Extremity Physiatrists, an organization dedicated to advancing innovation, education, and research of non-operative approaches to the treatment of hand and upper extremity conditions.

CLINICAL FOCUS

- Non-Operative Hand and Upper Extremity Injuries
- Nerve and Musculoskeletal Ultrasonography
- Electromyography
- Physical Medicine and Rehab

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Orthopaedic Surgery

PROFESSIONAL EDUCATION

- Board Certification: Physical Medicine and Rehab, American Board of Physical Medicine and Rehabilitation (2022)
- Residency: Harvard Medical School MGH - Spaulding Rehabilitation Hospital (2021) MA
- Medical Education: Northwestern University Feinberg School of Medicine (2017) IL

LINKS

- Stanford Gaming & Tech Injury Medicine Program: https://med.stanford.edu/pmr/patients/gaming-and-tech-injury-medicine-program.html

Research & Scholarship

CLINICAL TRIALS

- Pulsed Electromagnetic Field (PEMF) Therapy in Thumb CMC Arthritis, Not Recruiting

Publications

PUBLICATIONS

- **Pickleball-related injuries treated at a tertiary academic center over five years: a cross-sectional study.** *Injury epidemiology*
  Meng, Y., Chen, A., Nguyen, C., Kaufman, M., Li, D., Pham, N., Chou, R., Roh, E.
  2026
- **Prevalence of and risk factors associated with ulnar neuropathy at the elbow in wheelchair-dependent individuals with paraplegia.** *Spinal cord*
  Chou, R., Lui, B., Wong, H. J., Koltsov, J. C., Shem, K.
  2026
- **Finger growth plate injuries in adolescent sport climbers: A scoping review.** *PM & R : the journal of injury, function, and rehabilitation*
  Jaini, A., Lu, J., Smuek, A., Chou, R.
  2025
- **Two rotational traction techniques for treating dynamic median, ulnar, and radial compressive neuropathies at the elbow: Theoretical implications and ultrasonographic correlations.** *Journal of hand therapy : official journal of the American Society of Hand Therapists*
  Chou, R., Gordon, C., Kenney, D., Curtin, C.
  2025
- **Clinical Efficacy of Pulsed Electromagnetic Field Therapy on Thumb Carpometacarpal Joint Pain: A Double-Blind, Randomized, Controlled Trial.** *Hand (New York, N.Y.)*
  Durtschi, M. S., Rajakumar, V., Kenney, D. E., Pham, N. S., Ladd, A. L., Chou, R. C.
  2025: 15589447251371088
- **Diagnostic ultrasonography of upper extremity dynamic compressive neuropathies in athletes: A narrative review.** *International orthopaedics*
  Nguyen, C., Chou, R.
  2025

- **Ultrasound-guided percutaneous carpal tunnel release: A systematic review.** *PM & R : the journal of injury, function, and rehabilitation*
  Chou, R. C., Robinson, D. M., Homer, S.
  2022

- **Effects of hybrid-functional electrical stimulation (FES) rowing whole-body exercise on neurologic improvement in subacute spinal cord injury: secondary outcomes analysis of a randomized controlled trial** *SPINAL CORD*
  Chou, R. C., Taylor, J., Solinsky, R.
  2020; 58 (8): 914-920