

Chantal T. Nguyen, MD

Clinical Assistant Professor, Orthopaedic Surgery

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

Dr. Chantal T. Nguyen is a board-certified, fellowship-trained sports medicine physiatrist with Stanford Health Care. She is also a clinical assistant professor in the Department of Orthopaedic Surgery, Division of Physical Medicine and Rehabilitation at Stanford University School of Medicine.

Dr. Nguyen cares for athletes and individuals with bone, joint, muscle, and nerve injuries, including acute and chronic pain conditions. She specializes in providing image-guided injections and interventional procedures to relieve pain and improve function. Prioritizing each patient's goals and lifestyle, Dr. Nguyen creates personalized treatment plans to help patients return to the activities they enjoy.

Dr. Nguyen's research focuses on sports medicine, musculoskeletal injuries, and peripheral nerve disorders. She also investigates the use of musculoskeletal ultrasound and image-guided procedures to improve care for a range of orthopaedic and nerve conditions. She has a particular interest in studying injury patterns, prevention, and clinical management related to adaptive athletes. Through her work, Dr. Nguyen aims to make physical activity and sports more accessible and equitable for all populations.

Dr. Nguyen has published her research in leading peer-reviewed journals, including Archives of Physical Medicine and Rehabilitation, Current Sports Medicine Reports, and American Journal of Physical Medicine and Rehabilitation. She has presented her research at national and international conferences, including meetings of the International Society of Physical and Rehabilitation Medicine, the American Academy of Physical Medicine and Rehabilitation (AAPM&R), and the American Association of Neuromuscular and Electrodiagnostic Medicine (AANEM).

Dr. Nguyen is a member of AAPM&R and the Association of Academic Physiatrists (AAP). She is also a member of societies within her subspecialty, including AANEM and American Medical Society for Sports Medicine (AMSSM).

CLINICAL FOCUS

- Sports Medicine

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Orthopaedic Surgery

HONORS AND AWARDS

- Team Player Award, Physical Medicine and Rehabilitation Residency, Stanford University School of Medicine

- President, Alpha Omega Alpha Honor Medical Society, George Washington University School of Medicine and Health Sciences
- Peter T. Singleton Award, Physical Medicine and Rehabilitation Residency, Stanford University School of Medicine
- Most Innovative Team Biodesign Award, Stanford Codesign for Health and Athlete Technology
- Junior Chief Resident, Physical Medicine and Rehabilitation Residency, Stanford University School of Medicine
- Internal Medicine Intern of the Year, Santa Clara Valley Medical Center
- Dartmouth Outstanding Resident Teacher Award, Santa Clara Valley Medical Center
- Chief Resident, Physical Medicine and Rehabilitation Residency, Stanford University School of Medicine
- Best Presentation, Resident Research Day, Stanford University School of Medicine (2024, 2025)
- Resident Scholarship Award, AMSSM

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, AMSSM (2020 - present)
- Member, AAPM&R (2020 - present)
- Member, AAP (2021 - present)
- Member, AANEM (2021 - present)

PROFESSIONAL EDUCATION

- Board Certification: Sports Medicine, American Board of Physical Medicine and Rehabilitation (2026)
- Board Certification: Physical Medicine and Rehab, American Board of Physical Medicine and Rehabilitation (2026)
- Fellowship: Stanford University Sports Physical Med and Rehab Fellowship (2026) CA
- Residency: Stanford University Physical Medicine and Rehabilitation (2025) CA
- Internship: Santa Clara Valley Medical Center Dept of Medicine (2022) CA
- Medical Education: George Washington University School of Medicine and Health Sciences (2021) DC

Publications

PUBLICATIONS

- **Effects of Supplementation in Masters Athletes and Older Adults: A Narrative Review.** *Current sports medicine reports*
Nguyen, C., Allen, M. R., Hornburg, K., Fredericson, M.
2026; 25 (7): 216-223
- **Investigating the effectiveness of an artificial intelligence-enhanced physical therapy and home exercise program on knee pain: a pilot study** *JOURNAL OF MEDICAL ARTIFICIAL INTELLIGENCE*
Roh, E. Y., Kaufman, M. W., Nguyen, C., Clark, H., Kwon, S.
2026
- **International Analysis of Para Versus Able-Bodied Sport Medical and Executive Governing Boards: Exploring the Impact of Physiatry.** *American journal of physical medicine & rehabilitation*
Nguyen, C., Kim, K., Kaufman, M., Agaibi, M., Kathardekar, V., Johnson, F., Luu, S., Tinney, M.
2026; 105 (5): 439-447
- **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
- **A Rock Climber's Encounter With Gravity Causing a Real Pain in the Butt.** *American journal of physical medicine & rehabilitation*
Nguyen, C., Dykowski, S., Fredericson, M.
2026; 105 (2): 184-187

- **Clinical Recommendations for Female Para and Adaptive Athletes: Perspectives from Current Literature.** *Physical medicine and rehabilitation clinics of North America*
Nguyen, C., Tinney, M. J.
2026; 37 (1): 117-136
- **Domains, Trends, and Uptake of Common Data Elements in Intervention Studies Focused on Recovery of Consciousness in Severe Brain Injury From 1986 to 2020: A Scoping Review.** *Archives of physical medicine and rehabilitation*
Weaver, J. A., Cogan, A. M., Pertsovskaya, V., Bhandari, P., Awan, B. Z., Lewis, S., Hartman, A., Maisano, K., Harrod, T., Pape, T. L., Mallinson, T.
2026; 107 (1): 105-122
- **Increasing Access to Physical Activity Opportunities for Patients: A Review.** *American journal of lifestyle medicine*
Nguyen, C., Abbott-Frey, A., Anaya Gallegos, A. D., Kaufman, M., Noordsy, D., Oppezzo, M., Fredericson, M.
2025: 15598276251348174
- **Focused Review of Sleep Wearable Technology and Its Application in Sports Performance.** *Current sports medicine reports*
Kaufman, M. W., Shetty, M., Nguyen, C., Abas, J., Fredericson, M., Zeitzer, J.
2025; 24 (6): 171-176
- **Chronic Low Back Pain in a Trapeze Artist-No More "Mousing" Around.** *American journal of physical medicine & rehabilitation*
Nguyen, C., Oh, R. C.
2025; 104 (4): e61-e62
- **Diagnostic ultrasonography of upper extremity dynamic compressive neuropathies in athletes: A narrative review.** *International orthopaedics*
Nguyen, C., Chou, R.
2025
- **Minimally invasive needle tenotomy vs. platelet rich plasma injection in the treatment of chronic elbow epicondylitis.** *JSES international*
Nguyen, C. T., Lee, M. H., Kaufman, M. W., Meng, Y., Koduri, J. A., Abrams, G., Cheung, E. V., Freehill, M. T., Roh, E. Y.
2025; 9 (1): 231-236
- **It's Cold** *Sports Medicine: It's Environmental*
Nguyen, C., Sherman, S., Fredericson, M.
2025
- **Supporting a lifetime of fitness for the military veteran athlete: a narrative review.** *Frontiers in sports and active living*
Tinney, M. J., Nguyen, C.
2024; 6: 1510422
- **Accuracy of ultrasound-guided iliopsoas tendon injection after total hip arthroplasty: a retrospective observational study.** *Journal of ultrasound*
Kaufman, M. W., Nguyen, C., Meng, Y., Roh, E.
2024
- **Analysis of Common Exercise Modalities in Improving Athletic Performance in Older Adults: A Narrative Review.** *Current sports medicine reports*
Nguyen, C., Kaufman, M., Vallejo, A., DeParis, S., Friedlander, A., Frehlich, L., Fredericson, M.
2024; 23 (6): 245-252
- **Analysis of Common Exercise Modalities in Improving Athletic Performance in Older Adults: A Narrative Review** *CURRENT SPORTS MEDICINE REPORTS*
Nguyen, C., Kaufman, M., Vallejo, A., DeParis, S., Friedlander, A., Frehlich, L., Fredericson, M.
2024; 23 (6): 245-252
- **Subscapularis Recess Ganglion Cyst: An Uncommon Cause for Anterior Shoulder Pain in a Recreational Tennis Player.** *American journal of physical medicine & rehabilitation*
Nguyen, C., Lumetta, K., Chou, R.
2024
- **Evaluation of range of motion using vision artificial intelligence (AI) in musculoskeletal medicine** *JOURNAL OF MEDICAL ARTIFICIAL INTELLIGENCE*

- Meng, Y., Lee, M., Clark, H., Nguyen, C., Kwon, S., Schultz, S., Pham, N., Schirmer, D., Roh, E. Y.
2024; 7
- **Posterior intra-articular hip injections: a pilot study investigating a new approach.** *Journal of ultrasound*
Kaufman, M. W., Nguyen, C., Meng, Y., Roh, E.
2024
 - **Risk Factors for Injury and Injury Prevention in Female Athletes** *Essentials for the Female Athlete*
Nguyen, C., Kaufman, M., Kraus, E.
2024
 - **Popular Dietary Trends' Impact on Athletic Performance: A Critical Analysis Review.** *Nutrients*
Kaufman, M., Nguyen, C., Shetty, M., Opezzo, M., Barrack, M., Fredericson, M.
2023; 15 (16)
 - **Sternomanubrial Joint Pain Secondary to Ulcerative Colitis Treated with Ultrasound-Guided Injection.** *PM & R : the journal of injury, function, and rehabilitation*
Nguyen, C., Stanek, J. L.
2023
 - **Artificial Intelligence System for Automatic Quantitative Analysis and Radiology Reporting of Leg Length Radiographs.** *Journal of digital imaging*
Larson, N., Nguyen, C., Do, B., Kaul, A., Larson, A., Wang, S., Wang, E., Bultman, E., Stevens, K., Pai, J., Ha, A., Boutin, R., Fredericson, et al
2022
 - **Mapping outcomes for recovery of consciousness in studies from 1986 to 2020: a scoping review protocol.** *BMJ open*
Weaver, J., Cogan, A., Bhandari, P., Zainab, B. A., Jacobs, E., Pape, A., Nguyen, C., Guernon, A., Harrod, T., Bender Pape, T., Mallinson, T.
2022; 12 (6): e056538
 - **Risk Factors for Readmissions After Total Joint Replacement: A Meta-Analysis.** *JBJS reviews*
Mahajan, S. M., Mahajan, A. S., Nguyen, C., Bui, J., Abbott, B. T., Osborne, T.
2021; 9 (6)
 - **Brown/Beige Fat Activation after Skeletal Muscle Ischemia-Reperfusion Injury** *MLTJ-MUSCLES LIGAMENTS AND TENDONS JOURNAL*
Liu, M., Wang, Z., Lee, C. S., Nguyen, C., Lee, L., Kim, H. T., Feeley, B. T., Liu, X.
2020; 10 (4): 579-588
 - **Risk Factors for Readmission After Knee Arthroplasty Based on Predictive Models: A Systematic Review.** *Arthroplasty today*
Mahajan, S. M., Nguyen, C., Bui, J., Kunde, E., Abbott, B. T., Mahajan, A. S.
2020; 6 (3): 390-404
 - **Predictive models for identifying risk of readmission after index hospitalization for hip arthroplasty: A systematic review.** *Journal of orthopaedics*
Mahajan, S. M., Mahajan, A., Nguyen, C., Bui, J., Abbott, B. T., Osborne, T. F.
2020; 22: 73-85
 - **Functional workspace and patient-reported outcomes improve after reverse and total shoulder arthroplasty.** *Journal of shoulder and elbow surgery*
Ngan, A., Xiao, W., Curran, P. F., Tseng, W. J., Hung, L. W., Nguyen, C., Matthew, R., Ma, B., Lotz, J., Feeley, B. T.
2019; 28 (11): 2121-2127