

# Stanford

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## Andrea Lynn Kussman

Clinical Assistant Professor, Orthopaedic Surgery

### CLINICAL OFFICES

- **Sports Medicine Center**

341 Galvez St

MC 6150

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- **Orthopaedic Surgery Clinic**

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### ACADEMIC CONTACT INFORMATION

- **Alternate Contact**

Elizabeth Medina - Administrative Associate

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### Bio

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#### BIO

Andrea Kussman, MD is a board-certified Family Medicine physician with a Certificate of Added Qualification (CAQ) in Sports Medicine. She is faculty in the Department of Orthopaedics, where she specializes in the non-surgical treatment of orthopedic injuries, management of medical issues in athletes, and Primary Care.

Dr. Kussman earned her MD from the University of Michigan Medical School, and completed her Family Medicine Residency at UCLA. After residency she was selected to be the Chief Resident at UCLA. Dr. Kussman then completed her Sports Medicine Fellowship at UCLA, where she served as a Team Physician for UCLA Intercollegiate Athletics and for Santa Monica High School.

Dr. Kussman cares for Stanford University athletes at the Lacob Family Sports Medicine Clinic in the Arrillaga Center for Sports and Recreation, and is the Head Team Physician for Stanford University Women's Volleyball, Men's Volleyball, Beach Volleyball, Lacrosse, Softball, Synchronized Swimming, Sailing, Men's Crew, Women's Crew, and Lightweight Crew. Dr. Kussman also enjoys caring for members of the community at her Redwood City Orthopaedic Clinic, where she sees patients of all ages. From weekend warriors to competitive athletes, Dr. Kussman enjoys helping her patients recover, return to their activities, and meet their goals.

Dr. Kussman serves as teaching faculty for the Stanford University Sports Medicine Fellowship Program. She is a member of the American College of Sports Medicine (ACSM), the American Medical Society for Sports Medicine (AMSSM), the American Board of Family Medicine (ABFM), and the Female and Male Athlete Triad Coalition.

In her spare time, Dr. Kussman enjoys camping, hiking, running, playing soccer, watching sports, trying out new sports, reading, and spending time with her husband, her two children, and her dog.

## **CLINICAL FOCUS**

- Primary Care Sports Medicine
- Family Medicine

## **ACADEMIC APPOINTMENTS**

- Clinical Assistant Professor, Orthopaedic Surgery
- Member, Wu Tsai Human Performance Alliance

## **HONORS AND AWARDS**

- Harry S. Galanty Young Investigator's Award, American Medical Society of Sports Medicine (2018)
- Fellow Representative, American Medical Society of Sports Medicine (2016-2016)
- Chief Resident, UCLA Department of Family Medicine (2015-2016)
- Resident Scholar Award, American Medical Society of Sports Medicine (2015)
- Department of Family Medicine Senior Student Award, University of Michigan Department of Family Medicine (2012)

## **BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS**

- Program Planning Committee Member, American Medical Society of Sports Medicine (2021 - present)
- Fellows Matters Subcommittee Member, American Medical Society of Sports Medicine (2016 - present)
- Fellowship Committee Member, American Medical Society of Sports Medicine (2016 - present)
- Education Committee Member, American Medical Society of Sports Medicine (2017 - present)
- Liaison to the Female and Male Athlete Triad Coalition, American Medical Society of Sports Medicine (2017 - present)
- Liaison to AMSSM, Female and Male Athlete Triad Coalition (2017 - present)
- Member, American College of Sports Medicine (2013 - present)
- Member, American Academy of Family Physicians (2012 - present)

## **PROFESSIONAL EDUCATION**

- Board Certification: Sports Medicine, American Board of Family Medicine (2017)
- Fellowship: UCLA David Geffen School Of Medicine Registrar (2017) CA
- Residency: UCLA David Geffen School Of Medicine Registrar (2016) CA
- Residency: UCLA David Geffen School Of Medicine Registrar (2015) CA
- Board Certification: Family Medicine, American Board of Family Medicine (2015)
- Medical Education: University of Michigan Medical School (2012) MI

## **Research & Scholarship**

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### **CURRENT RESEARCH AND SCHOLARLY INTERESTS**

Dr. Kussman conducts research on injury prevention and athlete wellness. She has particular interest in the female athlete throughout the lifespan (including care of the adolescent female athlete, collegiate female athletes, menstrual health, exercise during pregnancy, postpartum return to sport, the masters athlete, and osteoporosis). In addition, she is also interested in endurance athletes, bone health, mental health in athletes, exercise as medicine, and medical education.

Previous research has included work on bone health, distance runners, concussion, cardiac complications of COVID-19 infection, nutrition, mental health in athletes, and mononucleosis infection in athletes.

## Teaching

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### COURSES

#### 2021-22

- Sport and Exercise Medicine: HUMBIO 139S (Spr)

#### 2020-21

- Sport and Exercise Medicine: HUMBIO 139S (Spr)

#### 2019-20

- Sport and Exercise Medicine: HUMBIO 139S (Spr)

### GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Sports Medicine (Fellowship Program)

## Publications

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### PUBLICATIONS

- **Impact of Scalene Muscle Botulinum Toxin Injection With and Without Surgery in Neurogenic Thoracic Outlet Syndrome.** *Clinical journal of sport medicine : official journal of the Canadian Academy of Sport Medicine*  
Fereydooni, A., Ho, V. T., Olson, E. M., Dyrek, P., Harris, T., Kussman, A., Roh, E., Lee, J. T.  
2022
- **Prevalence of Positive Rapid Antigen Tests After 7-Day Isolation Following SARS-CoV-2 Infection in College Athletes During Omicron Variant Predominance.** *JAMA network open*  
Tsao, J., Kussman, A., Segovia, N. A., Abrams, G. D., Boehm, A. B., Hwang, C. E.  
2022; 5 (10): e2237149
- **Use of Monospot Testing in the Diagnosis of Infectious Mononucleosis in the Collegiate Student-Athlete Population.** *Clinical journal of sport medicine : official journal of the Canadian Academy of Sport Medicine*  
Wang, E. X., Kussman, A., Hwang, C. E.  
2022; 32 (5): 467-470
- **Accuracy of Rapid Antigen vs Reverse Transcriptase-Polymerase Chain Reaction Testing for SARS-CoV-2 Infection in College Athletes During Prevalence of the Omicron Variant.** *JAMA network open*  
Tsao, J., Kussman, A. L., Costales, C., Pinsky, B. A., Abrams, G. D., Hwang, C. E.  
2022; 5 (6): e2217234
- **Comparison of SARS-CoV-2 Test Positivity in NCAA Division I Student Athletes vs Nonathletes at 12 Institutions.** *JAMA network open*  
Schultz, E. A., Kussman, A., Jerome, A., Abrams, G. D., Hwang, C. E.  
2022; 5 (2): e2147805
- **Factors Associated With a Prolonged Time to Return to Play After a Concussion.** *The American journal of sports medicine*  
Wang, E. X., Hwang, C. E., Nguyen, J. N., Segovia, N. A., Abrams, G. D., Kussman, A.  
2022: 3635465221083646
- **Splenomegaly from Recurrent Infectious Mononucleosis in an NCAA Division I Athlete** *CURRENT SPORTS MEDICINE REPORTS*  
Bakal, D. R., Kasitinon, D., Kussman, A. L., Hwang, C. E.  
2021; 20 (10): 511-513
- **Splenomegaly from Recurrent Infectious Mononucleosis in an NCAA Division I Athlete.** *Current sports medicine reports*  
Bakal, D. R., Kasitinon, D., Kussman, A. L., Hwang, C. E.  
2021; 20 (10): 511-513

- **Impact of Scalene Muscle Botulinum Toxin Injection with and without Surgery in Neurogenic Thoracic Outlet Syndrome**  
Fereydooni, A., Ho, V. T., Olson, E., Dyrek, P., Harris, T., Kussman, A., Roh, E. Y., Lee, J. T.  
MOSBY-ELSEVIER.2021: E410
- **Predictors Of Relief Following Botulinum Injection For Thoracic Outlet Syndrome**  
Olson, E., Dyrek, P., Fereydooni, A., Harris, T., Lee, J. T., Kussman, A., Roh, E. Y.  
LIPPINCOTT WILLIAMS & WILKINS.2021: 377
- **Predicting Return To Play In NCAA Division 1 Athletes With Neurogenic Thoracic Outlet Syndrome**  
Dyrek, P., Olson, E., Fereydooni, A., Harris, T., Kussman, A., Roh, E., Lee, J. T., Segovia, N.  
LIPPINCOTT WILLIAMS & WILKINS.2021: 390
- **Findings From Cardiovascular Evaluation of National Collegiate Athletic Association Division I Collegiate Student-Athletes After Asymptomatic or Mildly Symptomatic SARS-CoV-2 Infection.** *Clinical journal of sport medicine : official journal of the Canadian Academy of Sport Medicine*  
Hwang, C. E., Kussman, A., Christle, J. W., Froelicher, V., Wheeler, M. T., Moneghetti, K. J.  
2021
- **The Male Athlete Triad-A Consensus Statement From the Female and Male Athlete Triad Coalition Part I: Definition and Scientific Basis.** *Clinical journal of sport medicine : official journal of the Canadian Academy of Sport Medicine*  
Nattiv, A., De Souza, M. J., Koltun, K. J., Misra, M., Kussman, A., Williams, N. I., Barrack, M. T., Kraus, E., Joy, E., Fredericson, M.  
2021
- **The Male Athlete Triad-A Consensus Statement From the Female and Male Athlete Triad Coalition Part II: Diagnosis, Treatment, and Return-To-Play.** *Clinical journal of sport medicine : official journal of the Canadian Academy of Sport Medicine*  
Fredericson, M., Kussman, A., Misra, M., Barrack, M. T., De Souza, M. J., Kraus, E., Koltun, K. J., Williams, N. I., Joy, E., Nattiv, A.  
2021
- **Dietary Supplement Use According to Sex and Triad Risk Factors in Collegiate Endurance Runners.** *Journal of strength and conditioning research*  
Barrack, M., Fredericson, M., Dizon, F., Tenforde, A., Kim, B., Kraus, E., Kussman, A., Singh, S., Nattiv, A.  
2020
- **Food Accessibility And Eating Patterns In Elite Collegiate Endurance Runners**  
Agans, D., Barrack, M., Fredericson, M., Kraus, E., Kussman, A., Gravani, K., Miller, B., Papanos, L., Roche, M., Hernandez, C., Grohmann, E., Brotman, C., Nattiv, et al  
LIPPINCOTT WILLIAMS & WILKINS.2020: 757
- **Dietary Intake Patterns And Risk Of Energy Deficiency In Ncaa Endurance Athletes**  
Hernandez, C., Fredericson, M., Nattiv, A., Kraus, E., Kussman, A., Gravani, K., Miller, B., Papanos, L., Roche, M., Agans, D., Grohmann, E., Brotman, C., Barrack, et al  
LIPPINCOTT WILLIAMS & WILKINS.2020: 753
- **Bone stress injuries in male distance runners: higher modified Female Athlete Triad Cumulative Risk Assessment scores predict increased rates of injury** *BRITISH JOURNAL OF SPORTS MEDICINE*  
Kraus, E., Tenforde, A. S., Nattiv, A., Sainani, K. L., Kussman, A., Deakins-Roche, M., Singh, S., Kim, B., Barrack, M. T., Fredericson, M.  
2019; 53 (4): 237–42
- **Bone stress injuries in male distance runners: higher modified Female Athlete Triad Cumulative Risk Assessment scores predict increased rates of injury.** *British journal of sports medicine*  
Kraus, E., Tenforde, A. S., Nattiv, A., Sainani, K. L., Kussman, A., Deakins-Roche, M., Singh, S., Kim, B. Y., Barrack, M. T., Fredericson, M.  
2018
- **Youth Multi-sport Participation Is Associated With Higher Bone Mineral Density In Female Collegiate Distance Runners**  
Miller, E., Fredericson, M., Kussman, A., Kraus, E., Singh, S., Deakins-Roche, M., Kim, B., Tenforde, A., Sainani, K., Nattiv, A.  
LIPPINCOTT WILLIAMS & WILKINS.2018: 490
- **Nutrition Goals Prioritized By Elite Endurance Runners Undergoing A Nutrition Education Intervention**  
Barrack, M., Fredericson, M., Adam, T. S., Kraus, E., Kim, B., Singh, S., Kussman, A., Gravani, K., Ansari, Y., Miller, B., Nattiv, A.  
LIPPINCOTT WILLIAMS & WILKINS.2017: 852
- **Preliminary Results from a Prospective Study Using the Female Athlete Triad Cumulative Risk Assessment**  
Kraus, E., Nattiv, A., Tenforde, A., Kussman, A., Barrack, M., Kim, B., Deakins-Roche, M., Mistra, N., Singh, S., Fredericson, M.

LIPPINCOTT WILLIAMS & WILKINS.2017: 1098

- **Poster 155 Higher Cumulative Risk Assessment Scores Are Associated with Delayed Return to Play in Division I Collegiate Distance Runners.** *PM & R : the journal of injury, function, and rehabilitation*  
Kraus, E. A., Kim, B., Nattiv, A., Tenforde, A., Barrack, M., Deakins-Roche, M., Kussman, A., Singh, S., Morkos, J., Fredericson, M.  
2016; 8 (9S): S212-S213
- **2016 update on eating disorders in athletes: A comprehensive narrative review with a focus on clinical assessment and management** *BRITISH JOURNAL OF SPORTS MEDICINE*  
Joy, E., Kussman, A., Nattiv, A.  
2016; 50 (3): 154-?
- **Distribution of Bone Stress Injuries in Elite Male and Female Collegiate Runners**  
Tenforde, A. S., Nattiv, A., Barrack, M., Kraus, E., Kim, B., Kussman, A., Singh, S., Fredericson, M.  
LIPPINCOTT WILLIAMS & WILKINS.2015: 905