



## Andrea Lynn Kussman

Clinical Assistant Professor, Orthopaedic Surgery

### CLINICAL OFFICES

- **Sports Medicine Center**

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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, Beach Volleyball, Lacrosse, Softball, Synchronized Swimming, 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 provides teaching to 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 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 and their puppy.

#### CLINICAL FOCUS

- Primary Care Sports Medicine
- Family Medicine

## ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Orthopaedic Surgery

## 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

## Teaching

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### COURSES

#### 2019-20

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

#### 2018-19

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

#### 2017-18

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

## GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Sports Medicine (Fellowship Program)

## Publications

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### PUBLICATIONS

- **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., Krauss, 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