



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 hand and upper extremity 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 affecting the shoulder, arm, wrist, and hand. 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 arthritis, carpal tunnel syndrome, rotator cuff disease, and tennis 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 has conducted research into the effects of electrical stimulation to improve upper extremity neurologic function in cervical spinal cord injury patients.

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 Association of Academic Physiatrists. Topics include compressive neuropathies from prolonged hospitalization during the COVID-19 pandemic, development of a virtual ultrasound curriculum for residents, extracorporeal shockwave therapy, and technology accessibility for stroke patients with limited upper extremity function.

He has earned honors from Harvard Medical School/Spaulding Rehabilitation Hospital and Northwestern University. He is a member of the American Academy of Physical Medicine & Rehabilitation and Association of Academic Physiatrists.

Dr. Chou volunteers his time and expertise to help the members of his community optimize their musculoskeletal health.

CLINICAL FOCUS

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

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Orthopaedic Surgery

HONORS AND AWARDS

- Distinction in Musculoskeletal Ultrasound, Harvard Medical School MGH - Spaulding Rehabilitation Hospital (2021)
- Academic Excellence Award, Harvard Medical School MGH - Spaulding Rehabilitation Hospital
- Rookie of the Year, Harvard Medical School MGH - Spaulding Rehabilitation Hospital
- Henry B. Betts, MD Award for Excellence in Physical Medicine & Rehabilitation, Northwestern University
- Camille Lange Rathbun Scholarship, Northwestern University

PROFESSIONAL EDUCATION

- Certification, Alliance for Physician Certification & Advancement , Registered in Musculoskeletal (RMSK) Sonography (2024)
- Added Qualification, American Board of Electrodiagnostic Medicine , Neuromuscular Ultrasound (2023)
- Board Certification, American Board of Electrodiagnostic Medicine (2023)
- 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
- Internship: Loyola Medicine MacNeal Hospital Transitional Year (2018) IL

Research & Scholarship

CLINICAL TRIALS

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

Publications

PUBLICATIONS

- **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
- **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

- **Spinal Instability Causing Upper Motor Neuron to Lower Motor Neuron Symptom Transition in Chronic Spinal Cord Injury** *PM&R*

Min, J. M., Chou, R. C., Solinsky, R.

2020; 12 (10): 1055-1057

- **A comparison of molecular assays for *Mycoplasma pneumoniae* in pediatric patients** *DIAGNOSTIC MICROBIOLOGY AND INFECTIOUS DISEASE*

Chou, R. C., Zheng, X.

2016; 85 (1): 6-8