

## **EDUCATION**

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May 2016	M.D.	Medical College of Georgia
May 2012	B.S.	Saint Louis University (Neuroscience)

## **POST-GRADUATE TRAINING**

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July 2019- July 2020	Fellow in Primary Care Sports Medicine, Children's Hospital of Philadelphia, Philadelphia, PA
July 2017- June 2019	Resident in Pediatrics, Phoenix Children's Hospital, Phoenix, AZ
June 2016- June 2017	Internship in Pediatrics, Phoenix Children's Hospital, Phoenix, AZ

## **WORK EXPERIENCE**

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Oct 2022- present	Clinical Assistant Professor, Primary Care Sports Medicine, Stanford Children's Orthopaedic and Sports Medicine Center, Pleasant Hill, CA <ul style="list-style-type: none"><li>• Provide broad, non-operative orthopedic clinical services to young athletes. Skills employed include pediatric sports medicine evaluation and treatment, non-operative fracture care, and diagnosis and management of simple and complex concussion and mTBI</li></ul>
Aug 2020- June 2022	Attending Sports Medicine Physician, SPARCC, Tucson, AZ <ul style="list-style-type: none"><li>• Provide broad, non-operative orthopedic clinical services to children and adults of Tucson, AZ. Skills employed include general pediatric sports medicine evaluation and treatment, diagnosis and management of simple and complex concussion and mTBI, and ultrasound-guided injection therapies.</li></ul>
Jan 2022 – Sept 2022	Per diem Hospitalist, Phoenix Children's Hospital, Phoenix, AZ <ul style="list-style-type: none"><li>• Provide inpatient medical care to hospitalized pediatric patients</li></ul>
Sept 2021- Sept 2022	Per diem Urgent Care Physician, Phoenix Children's Hospital, Phoenix, AZ <ul style="list-style-type: none"><li>• Provide pediatric urgent care services to diverse population in Phoenix, AZ</li></ul>
Sept 2021-Mar 2022	Per diem Urgent Care Physician, Good Night Pediatrics, Phoenix, AZ <ul style="list-style-type: none"><li>• Provide pediatric urgent care services to diverse population in Phoenix, AZ</li></ul>

## **APPOINTMENTS**

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Oct 2022- present	Clinical Assistant Professor, Primary Care Sports Medicine, Stanford Children's Orthopaedic and Sports Medicine Center, Pleasant Hill, CA <ul style="list-style-type: none"><li>Academic appointment with Stanford University School of Medicine</li></ul>
Feb 2021- June 2022	Clinical Assistant Professor, Burrell College of Osteopathic Medicine <ul style="list-style-type: none"><li>Precept medical students during elective rotation in sports medicine</li></ul>
Aug 2020-June 2022	Academic Director, SPARCC, Tucson, AZ <ul style="list-style-type: none"><li>Curate student and resident rotation experience with SPARCC</li></ul>

## **BOARD CERTIFICATION**

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Oct 18, 2019	Board Certification in General Pediatrics
July 16, 2022	Certification of Additional Qualification in Sports Medicine

## **LANGUAGES**

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English (Native), Tamil (Native), Spanish (Limited-Professional working)

## **LICENSURE**

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California (active)

## **AWARDS AND HONORS**

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June 2019	Walt Vikram Troester Memorial Scholarship for the Compassionate Care of Newborns, Phoenix, AZ <ul style="list-style-type: none"><li>Awarded \$1500 cash prize</li></ul>
March 2017	Intern of the Month, Phoenix, AZ
Feb 2017	Intern of the Month, Phoenix, AZ

## **MEMBERSHIPS IN PROFESSIONAL SOCIETIES**

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National:

Jan 2022- present	Pediatric Research in Sports Medicine, physician member
July 2020- present	American Academy of Pediatrics, Council on Sports Medicine and Fitness, member

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July 2017- present American Medical Society for Sports Medicine, member  
July 2016- present American Academy of Pediatrics, member

### Local:

Oct 2020-June 2022 Tucson Community Pediatric Specialists, member, Tucson, AZ

## OTHER PROFESSIONAL ACTIVITIES

Aug 2020- May 2022 Empire High School primary team physician, Tucson, AZ  
Aug 2020- May 2022 Mica Mountain High School primary team physician, Tucson, AZ  
July 2019- July 2020 William Penn Charter School primary team physician, Philadelphia, PA  
July 2019- July 2020 Philadelphia Flyers assistant team physician, Philadelphia, PA  
July 2019- July 2020 Holy Family University NCAA Division III primary team physician, Philadelphia, PA  
Nov 17, 2019 Keystone Wrestling Classic assistant physician, Philadelphia, PA  
Aug 29, 2019 United States women's national soccer team Victory Tour game against Portugal, stretcher crew member, Philadelphia, PA  
April 2018 Special Olympics Basketball Tournament assistant physician, Phoenix AZ  
Aug 2018-Feb 2019 Copper Canyon High School football primary team physician, Phoenix, AZ  
Aug 2017- Feb 2018 Copper Canyon High School football assistant team physician, Phoenix, AZ  
Aug 2013- May 2014 "Kids With a Future" childhood mentoring program, Medical College of Georgia, Augusta, GA  
June 2013-Aug 2013 Dean's Summer Research Fellowship, Medical College of Georgia  
Aug 2009- May 2012 Indian Students Association, Executive Board member, St. Louis, MO

## PRESENTATIONS

### National:

1. Sainz, K., **Balaji, A.** When Back Pain Isn't Back Pain: Teens Can be Tricky. Poster presented at: American Medical Society for Sports Medicine Annual Conference; April 2022; Austin, TX.
2. **Balaji, A.**, Grady, M.F. The Vanishing Limp: When You "Kneed" to do More. Virtual poster presentation at: American Medical Society for Sports Medicine Annual Conference; April 2020.

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3. **Balaji, A.,** Hall, R.T. Swinging for the Fences: An Unusual Case of Back Pain. Podium presentation at: American Medical Society for Sports Medicine Annual Conference; April 2019; Houston, TX.
4. **Balaji, A.,** Hall, R.T. Posterior Elbow Dislocation: The Gift That Keeps on Giving. Poster presented at: American Medical Society for Sports Medicine Annual Conference; April 2018; Orlando, FL.

Local/Regional:

May 9, 2024	“Pediatric Sports Injuries,” John Muir Health Family Medicine Resident Lecture
May 8, 2024	“Approach to Concussion: Practical Updates,” Contra Costa County School Nurses
April 10, 2024	“Sports Medicine for the General Pediatrician,” Dominican Hospital Pediatric Grand Rounds, given virtually
Mar 20, 2024	“On Nutrition and Fluids for the Pediatric Athlete,” John Muir Health, given virtually
Mar 11, 2024	“Approach to Concussion: Practical Updates,” John Muir Health Nurse’s Day
Feb 6, 2024	“Sports Medicine for the General Pediatrician,” SMGR pediatric department meeting, given virtually
Jan 20, 2024	“Approach to Concussion: Practical Updates,” Pediatric Orthopaedics and Sports Medicine Lecture Series: Concussion, held virtually
Jan 11, 2024	“On Nutrition and Fluids for the Pediatric Athlete,” PCHA (Packard Children’s Health Alliance) Pediatric Presentation Series, given virtually
Sept 22, 2023	“On Nutrition and Fluids for the Pediatric Athlete,” Online Webinar for Cal North Youth Soccer
May 25, 2023	“On Nutrition and Overuse Injuries for the Pediatric Athlete,” Berkeley/Alameda/Pinole pediatric offices (held virtually)
Feb 10, 2023	“Approach to Concussion,” John Muir Medical Group (held virtually)
Jan 11, 2023	“Nutrition for the Pediatric Athlete,” Lamorinda Pediatric office (held virtually)
Jan 6, 2023	“Sports Medicine for the Pediatrician’s Office,” John Muir Pediatric Grand Rounds (held virtually)
Dec 22, 2022	“Nutrition and Overuse Injuries in Pediatric Athletes,” Bayside Medical Group talk (held virtually)
Nov 1, 2022	“The Young Athlete’s Mind- An Overview on Pediatric Concussion,” PCHA pediatricians talk (held virtually)
Oct 25, 2022	“The Young Athlete’s Mind- An Overview on Pediatric Concussion,” Diablo Valley Youth Soccer Annual Meeting (held virtually)
April 4, 2022	“Unique Anatomic Considerations in the Young Athlete,” Pediatric Sports Medicine Monthly Series, SPARCC, Tucson, AZ

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Dec 9, 2021	“Introduction to Concussion,” Canyon Del Oro High School, Tucson, AZ
Nov 4, 2021	“Introduction to Concussion,” Pima County Joint Technological Education District, Tucson, AZ
Sep 17, 2021	“Post Concussive Exercise Intolerance and Return to Play Factors,” TMCAZ and SPARCC annual Concussion Symposium, Tucson, AZ
Aug 9, 2021	“SPARCC After Dark, Ultrasound Findings of the Ankle and Knee in Athletes,” for community ATCs, Tucson, AZ
June 3, 2021	“Pediatric Overuse Injuries,” Athletico University, Tucson, AZ
May 26, 2021	“Pediatric Overuse Injuries,” University of Arizona Pediatric Resident Teaching Day, Tucson, AZ
May 19, 2021	“Preparticipation Physical Examination: What NOT to Miss!” University of Arizona Pediatric Resident Teaching Day, Tucson, AZ
April 7, 2021	“Shoulder Injuries in Throwing Athletes,” TUSD Interscholastic meeting for athletic trainers, Tucson, AZ
Feb 23, 2021	“Pediatric Overuse Injuries” for TCPS Symposium Lite (held virtually)
Feb 10, 2021	“Introduction to Sports Medicine” for AT Still University Medical Students, Tucson, AZ
Dec 9, 2020	“Introduction to Sports Medicine” for TMC General Pediatric Residents, Tucson, AZ
Dec 2, 2020	“Heart of a Champion: Cardiovascular Evaluation of Athletes,” TUSD Interscholastic meeting for athletic trainers, Tucson, AZ
Nov 5, 2020	Proctored “Introduction to Sports Medicine” presentation for AED students from the University of Arizona, Tucson, AZ
Sept 12, 2020	“Approach to Return to Play,” TMCAZ and SPARCC annual Concussion Symposium (held virtually)

## BIBLIOGRAPHY

Research Publications, peer reviewed (print or other media):

1. Bell M, Thirunagari PK, Sarva S, Pita M, Maes L, Harris D, Streeter L, **Balaji A**, Dusenberry B, Mortazavi M. Visual Fatigue as a Predictor of Exercise Tolerance in Pediatric Athletes with Concussion. *Orthop J Sports Med.* 2022 May 13;10(5 suppl2):2325967121S00480. doi: 10.1177/2325967121S00480. PMID: PMC9125591.
2. Sarva S, Thirunagari PK, Rieiro H, Bell M, Streeter L, Minor J, **Balaji A**, Dusenberry B, Mortazavi M. Saccadic Latency Measures on Oculomotor Tracking and King Devick Testing Performance Measures in Pediatric Concussion Patients.

- Orthop J Sports Med. 2022 May 13;10(5 suppl2):2325967121S00526. doi: 10.1177/2325967121S00526. PMID: PMC9125652.
3. Paulsen, K., Johnson, K., Konstad, T., Bailey, J., Pita, M., **Balaji, A.**, Minor, J., & Mortazavi, M. "Late Exercise Tolerance Testing Using a Dynamic High Intensity Interval Multidirectional Movement Protocol," AMSSM Research Podium Presentations, Clinical Journal of Sport Medicine: March 2021 - Volume 31 - Issue 2 - p 163-175 doi:10.1097/JSM.0000000000000912
  4. Konstad, T., Paulsen, K., Pita, M., Streeter, L., Dusenberry, B., **Balaji, A.**, Minor, J., & Mortazavi, M. "Subclinical Vestibular Deficits Illustrated In Patients With Exercise Intolerance After mTBI Using Force Plate Protocols," AMSSM Research Podium Presentations, Clinical Journal of Sport Medicine: March 2021 - Volume 31 - Issue 2 - p 163-175 doi:10.1097/JSM.0000000000000912
  5. **Balaji, Arvind** & Randon T. Hall, "Swinging for the Fences: An Unusual Case of Back Pain," AMSSM Case Podium Presentations, Clinical Journal of Sport Medicine: March 2019 - Volume 29 - Issue 2 - p e7-e41 doi:10.1097/JSM.0000000000000728
  6. Niles, D., Larsen, B., **Balaji, A.**, Delaney, D., Campos, E., Bhattarai, B., & Ostovar, G. A. (2018). Retrospective Review of Clinical and Chest X-Ray Findings in Children Admitted to a Community Hospital for Respiratory Syncytial Virus Infection. *Clinical pediatrics*, 57(14), 1686-1692.

Research Presentations:

1. Chen A., Marx T., Sarva S., Mortazavi M., Paulsen K., **Balaji A.**, Dusenberry B., Dill J., Ong C., Streeter L., Samsam L., Bailey J., Polec T., Rieiro H., & Minor J., Autonomic Pupillary Light Reflex (PLR) Markers in Pediatric Patients After Mild Traumatic Brain Injury (MTBI). Poster presented at: Pediatric Research in Sports Medicine Annual Conference; February 2023; Denver, CO.
2. Preciado, H., Lawson, S., Ramirez, E., Quinones, A, Saikaashyap S., Smith, A., Saravana, A., Patel, M., **Balaji, A.**, & Mortazavi, M. Magnetic Resonance Imaging (MRI) And Diffuse Tensor Imaging (DTI) Findings in Patients with Persistent Post Concussive Syndrome (PPCS). Poster presented at: American Medical Society for Sports Medicine Annual Conference; April 2022; Austin, TX.
3. Preciado, H., Harris, D., Lawson, S., **Balaji, A.**, Streeter, L., Samsam, L., & Mortazavi, M. Exercise Intolerance in Patients with Long COVID Neurological Sequelae: Retrospective Cohort Study. Poster presented at: American Medical Society for Sports Medicine Annual Conference; April 2022; Austin, TX.
4. Harris, D., Preciado, H., Saikaashyap, S., Lawson, S., **Balaji, A.**, Dusenberry, B., Streeter, L., Samsam, L., & Mortazavi, M. COVID-19 Vaccination in Patients With Persistent Post Concussive Symptoms (PPCS). Poster presented at: American Medical Society for Sports Medicine Annual Conference; April 2022; Austin, TX.
5. Lawson, S., Preciado, H., **Balaji, A.**, Harris, D., Streeter, L., Samsam, L., & Mortazavi, M. Identifying Abnormal Visual Ocular Motor Screen (VOMS) and Visual Markers In Patients Suffering Long COVID Neurological Sequelae. Poster

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presented at: American Medical Society for Sports Medicine Annual Conference; April 2022; Austin, TX.

6. Lawson, S., Dusenberry, B., Streeter, L, **Balaji, A.**, Minor, J., Dill, J., Ong, C., Bailey, J., Samsam, L., & Mortazavi, M. Cochlear Dysfunction in Patients with Persistent Post-Concussive Symptoms (PPCS): an Under-recognized Concussion Profile. Poster presented at: American Medical Society for Sports Medicine Annual Conference; April 2022; Austin, TX.
7. **Balaji, A.**, Sakamuro, D. Downregulation of a DNA Repair Protein, PARP1, Increases Expression of Tumor Suppressor BIN1 in Human Prostate Cancer Cell Lines. Poster presented at: Medical College of Georgia; August 2013; Augusta GA.

Editorials, Reviews, Chapters, including participation in committee reports (print or other media):

1. Grady, M. F. & **Balaji, A.** Preparticipation Physical Evaluation. C.R. LaBella & J.F. Sarwark (Eds.), In: *Pediatric Orthopaedics and Sports Injuries, A Quick Reference Guide*. 3<sup>rd</sup> edition. American Academy of Pediatrics; 2021: 273-281.
2. **Balaji, A** & Jarrett, S. Common Fractures. R. Tenney-Soeiro & E.P. Devon (Eds.), In: *Netter's Pediatrics*. 2<sup>nd</sup> edition. Philadelphia, PA: 2022: 142-150.
3. **Balaji, A** & Powell, H. Physeal Stress Injuries of the Hip and Pelvis. D. Caine, J. Nguyen, & M. Grady (Eds.), In: *Physeal Stress Injuries in Young Athletes: Diagnosis, Treatment and Prevention*. 1<sup>st</sup> Edition. Springer; *In Print*

Blogs, Podcasts, Other Media

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|--------------|---|
| Jan 5, 2023  | “Sex-related Differences in Children’s Sports Injuries,” NBC Bay Area online article                    |
| Nov 14, 2022 | How Sex-related Differences Impact Sports Injuries, online podcast, Stanford Medicine Children’s Health |
| Nov 14, 2022 | How Sex-related Differences Impact Sports Injuries, online blog, Stanford Medicine Children’s Health    |
| Oct 27, 2022 | Concussion AMA (Ask Me Anything), Stanford Children’s Healthcare  |
| Aug 25, 2022 | “What’s in Your Sideline Bag?” podcast appearance, <i>Pediatric Sports Medicine Podcast</i>             |