

Dear Game Plan Participants,

We would like to invite you to participate in a new series called "Game Plan." Our first meeting has been finalized for Tuesday, November 17, 2020, at 6:00 pm – 8:00 pm (virtual format: ZOOM). As we previously mentioned, the idea is that you must have a “game plan” to win in sports, and the same applies to success in academics. Our series will allow you to hear the game plans from former (collegiate and professional) athletes to aid you in your preparation. Our guest speaker is Dr. Joseph Herrera, DO, Chair, Department of Sports Medicine and Rehabilitation, Mount Sinai Health System.



Dr. Joseph Herrera, DO

#### Biosketch

Dr. Joseph E. Herrera was appointed the Lucy G. Moses Professor and Systems Chair for the Department of Rehabilitation and Human Performance for the Mount Sinai Health System. He joined Mount Sinai following the completion of an Interventional Spine and Sports Medicine Fellowship at Beth Israel Medical Center, New York. He completed his residency and served as Chief Resident in Physical Medicine and Rehabilitation through the combined program of Columbia Presbyterian Medical Center and Weill Cornell Medical Center. Dr. Herrera is fellowship-trained in fluoroscopic guided and ultrasound-guided procedures for painful spine and joint conditions. The American Pain Society named him an American Pain Scholar. He has also received various awards for his clinical work, such as Castle Connolly’s Top Doctors, New York Times Super Doctors, and Best Doctors in America.

Dr. Herrera currently serves as an Official Medical Provider for Red Bull North America. He evaluates, treats, and maximizes the performance of Red Bull sponsored athletes. He served on the New York State Athletic Commission. He was appointed Chief Team Physician for USA Boxing Metro, affording him the opportunity to treat and evaluate amateur and professional athletes. He was awarded the Rocky Marciano Physician of the Year Award for Excellence in Sports Medicine. He has authored and edited the textbooks "Manual to Musculoskeletal Medicine" and "Essential Sports Medicine." He is the Chief Editor of the medical journal "Current Reviews in Musculoskeletal Medicine." He also has publications in various textbooks and journals.

Dr. Herrera's research and clinical interests include human performance, disruptive technologies, concussion, sports-related injuries, electrodiagnostic studies, and fluoroscopic guided spine and joint intervention. His interventional procedures include but are not limited to interlaminar and transforaminal epidural injections, discography, and radiofrequency neurotomy.