

Personal Information

Timothy Hudson, M.D.
 Functional Medicine and Rehabilitation Physician
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Professional Summary

Outpatient Musculoskeletal Rehabilitation Medicine and Assistant Professor

- Functional and Lifestyle Medicine
- Integrative Medicine
- Medical Acupuncture
- Chronic Pain Management
- Interdisciplinary Program Development
- Mindfulness Instructor
- General and Neuromuscular Rehabilitation Care
- Spinal Cord Injury Medicine (trauma or non-trauma based)

Education

Graduate Medical Education

Jul 2010 - Jun 2011 Fellowship in Spinal Cord Injury Medicine
 Virginia Commonwealth University, Richmond, Virginia

Jul 2007 - Jun 2010 Residency in Physical Medicine and Rehabilitation
 University of Colorado, Denver, Colorado

Jun 2006 - Jun 2007 Internship in Preliminary Internal Medicine
 Riverside Methodist Hospital, Columbus, Ohio

Graduate Education

Sept 2012 - Jan 2014 Graduate Certificate in Adult Medical Education,
 Penn State University – Harrisburg Campus, Middletown, Pennsylvania

Aug 2001-Jun 2006 Medical Doctorate,
 Ohio State University, Columbus, Ohio

Sept 2003-Jun 2006 Master of Health Administration,
 Ohio State University, Columbus, Ohio

Undergraduate Education

Sept 1996-Jun 2001 Bachelor of Science in Medical Technology,
 Wright State University, Dayton, Ohio

Non-University based Post-Graduate Training

Aug 2022 – Sep 2022 Foundations in Integrative Health, University of Arizona

Nov 2018 – Dec 2020 Institute of Functional Medicine Certified Practitioner

Mar 2015 – Feb 2017 Program for Academic Leadership,
 Association for Academic Physiatrists

Apr 2014 – Nov 2014 Comprehensive Acupuncture Course for Physicians Phase 1 and 2,
 Academy of Pain Research, San Francisco, California

Aug 2012 - Jun 2013 Junior Faculty Development Program,
 Penn State Hershey Medical Center, Hershey, Pennsylvania

Certification and Licensure

Licenses

Active Medical License, Commonwealth of Virginia
 Inactive Medical License, Commonwealth of Pennsylvania
 Inactive Physician Acupuncture License, Commonwealth of Pennsylvania
 Inactive Medical License, State of Colorado

Certifications

2020 Institute for Functional Medicine Certified Practitioner
 2020 Neurofeedback Certificate from Applied Psychophysiology Education
 2020 AHA Basic Life-support Certified (Ongoing)
 2019 American Red Cross Wilderness First Aid Instructor
 2018 Professional Biofeedback Certificate Program
 2018 American Red Cross CPR/AED/First Aid Instructor
 2018 Advanced Wilderness Life Support (AWLS)
 2016 Alpha Stim CES/MEC Device
 2016 Battlefield Acupuncture / Instructor
 2013 Medical Simulator Instructor
 2011 PM&R Diplomate, American Board Physical Medicine and Rehabilitation (Ongoing)
 2011 Spinal Cord Medicine Subspecialty, ABPMR, Exp 2031
 2001 Medical Technologist (ASCP), Indefinite

Hospital Appointments

- Central Virginia Veterans Healthcare System, Richmond, Virginia

Academic Appointment History

Assistant Professor (Affiliate), Department of Physical Medicine and Rehabilitation, Virginia Commonwealth University, Richmond, Virginia Feb 2016 – Aug 2022

- Program Director of the Integrative Pain Medicine Fellowship under Polytrauma at the McGuire VAMC
- Chair Clinical Competency Committee for VCU PM&R Residency Program

Previous Assistant Professor (Clinical Track), Department of Physical Medicine and Rehabilitation, Penn State Hershey Medical Center, Hershey, Pennsylvania Aug 2011 - Oct 2015

- Program Director, PM&R Residency (ACGME approved 7/2014)
- Educational Liaison for the Department of PM&R

- Course Director PM&R Medical Student Elective

Employment History

Jan 2016 - Present	Staff Physician, Physical Medicine and Rehabilitation Service, Central Virginia Veterans Healthcare System, Richmond, Virginia • Medical Director of the Veterans Integrative Pain Center • Functional Medicine telehealth visits • Medical acupuncture • Teaching Mindfulness Group Classes
May 2019 - Mar 2021	Covering Attending, Sheltering Arms Hospitals/Sheltering Arms Institute
Jul 2016 – 2018	Consultant to Network Medical Review
Aug 2011 - Oct 2015	Attending Physician, Penn State Hershey Medical Center and Rehabilitation Hospital, Hershey, Pennsylvania • Assistant Professor, see above • Director, Spinal Cord Injury Rehabilitation Program • Co-director, Penn State Hershey Medical Center Spinal Cord Injury Center • Concussion/TBI Medicine
Apr 2014 - Sep 2015	Consultant to Inpatient Physician Advisory Board, MedHost, Franklin, Tennessee
Jun 2009-Jun 2010	Consultant Examiner, Disability Exam Services, Denver, Colorado

Special Awards and Honors

Penn State Hershey College of Medicine Dean's Award for Excellence in Teaching, PSUCOM	2014, 2015
Recognition Award for High Patient Satisfaction, PSHMC	2013
Ernest W. Johnson Student Achievement Award, The Ohio State University	2006

Professional Society Membership

Fellow, American Academy of Physical Medicine & Rehabilitation
Institute for Functional Medicine

Volunteer Experience

Virginia Defense Force, Rank: Captain, 2018-Present, Medical Corp

1. MEMS Academy

Wilderness Medicine Experience

1. Trip Medical Officer, April 6-7, 2019. Backcountry Trip. Trail Life Troop VA-1807.
2. Trip Medical Officer, Oct 19-20, 2019. Backcountry Trip. Trail Life Troop VA-1807
3. Trip Medical Officer, June 12-21, 2021. Backcountry Trip. Trail Life USA Regional High Adventure Trip.

Red Cross CPR/First Aid Training

1. CPR/First Aid Training, June 22, 2019. 6 Students. Trail Life Troop VA-1807.
2. CPR/First Aid Training, December 31, 2018. 7 Students. Trail Life Troop VA-1807.
3. CPR/First Aid Training, February 25-26, 2022, 6 Students. Trail Life Troop VA-1782.

Extramural Presentation

Local

1. "Integrative Management in Neuropathic Pain in SCI", September 9th, 2016 Spinal Cord Injury / Disorders Grand Rounds, Veterans Affairs, Richmond, Virginia.
2. "On Pins and Needles: Acupuncture in Rehabilitation", January 9th, 2015. Grand Rounds, Department of Physical Medicine and Rehabilitation, Penn State Hershey Medical Center, Hershey, Pennsylvania.
3. "The Next Step: Physical Medicine and Rehabilitation Residency Program." April 25th, 2014. Grand Rounds, Department of Physical Medicine and Rehabilitation, Penn State Hershey Medical Center, Hershey, Pennsylvania.
4. "A Collision²: Education and Spinal Cord Injury." February 14th, 2014. Grand Rounds, Department of Physical Medicine and Rehabilitation, Penn State Hershey Medical Center, Hershey, Pennsylvania.
5. "Keeping Spinal Cord Injury Local: JFDP Project." April 19th, 2013. Junior Faculty Development Program Presentation, Penn State Hershey Medical Center, Hershey, Pennsylvania.
6. "Trying to Catch a Breath: The Pulmonary Response in Spinal Cord Injury." December 5th, 2011. Grand Rounds, Department of Physical Medicine and Rehabilitation, Penn State Hershey Medical Center, Hershey, Pennsylvania.
7. "Shoulder Pain in the Spinal Cord Injured Individual." September 17th, 2010. Grand Rounds, Department of Physical Medicine and Rehabilitation, Virginia Commonwealth University Graduate Medical Education. Richmond, Virginia.
8. "On Pins and Needles: Blinding in Acupuncture." June 11th, 2010. Gersten Research Day, Department of Physical Medicine and Rehabilitation, University of Colorado Denver Graduate Medical Education. Denver, Colorado.

Regional

1. "Virtual VIP Spread Export 12-hour training", Natasha Mroczek, Margaret Roma, Claudia Kem-Bumbala, Elmer Ligh, Ka Wong, and Timothy Hudson. April 26-28, 2021, Virtual Teams Training to North Florida / South Georgia VA Health System.
2. "Chronic Migraine Management in SCI", Deborah Caruso and Timothy Hudson, August 10, 2017, Spinal Cord Injuries/Disorders (SCI/D) Multi-Disciplinary Team Training, Mid-Atlantic Healthcare Network, Veteran Affairs, Richmond, Virginia.
3. "Integrative Strategies in Neuropathic Pain in SCI/D", Deborah Caruso and Timothy Hudson, July 27, 2016. Spinal Cord Injuries/Disorders (SCI/D) Multi-Disciplinary Team Training, Mid-Atlantic Healthcare Network, Veteran Affairs, Richmond, Virginia.
4. "Adapting as Muscular Disease Ages", August 23, 2014. Regional MDA Symposium, Hershey Lodge Conference Center, Hershey, Pennsylvania.
5. "Functional Electrical Stimulation: Leading the Charge." April 18th, 2013. 20th Annual

Neuroscience Conference, Susquehanna Valley Chapter of the AANN, Hershey, Pennsylvania.

6. "Spinal Stenosis Rehabilitation." August 22nd, 2012. Grand Rounds, York Memorial Hospital, York, Pennsylvania.

National

1. "Chronic Migraine Management in SCI", Deborah Caruso and **Timothy Hudson**, August 31, 2017. Platform presentation. Paralyzed Veterans of America Expo, National Harbor, Maryland.
2. "Integrative Strategies in Neuropathic Pain in SCI/D", Deborah Caruso and **Timothy Hudson**, September 1, 2016. Platform presentation. Paralyzed Veterans of America Expo, Orlando, Florida.
3. "Naturally, we're rolling with it: Complementary and Alternative Medicine in SCI Pain Management.", October 2nd, 2015, AAPM&R National Convention, Boston, Massachusetts
4. "Opening Session: Adult Education in the Health and Medical Professions: Learning Together in Partnership (Panel Presentation)" Edward W. Taylor, Panelists: **Tim Hudson, MD**; Mary Ann Murtha, RN, MSN; Sarah Lewis, PA; Tiffany Whitcomb, DVM; and Mandy Harshburger, RRT. AERC Pre-conference: Adult Education in the Health and Medical Professions, June 4, 2014

Teaching, Advising, and Mentoring

- Program Director for the Integrative Pain Medicine Fellowship
- Active with resident education in Department of PM&R at VCU
- Taught while at Penn State Hershey in the College of Medicine, including mentoring, clinical skills, and problem-based learning and at the Graduate Medical Education level
- Assisted in designing the Penn State Hershey Physical Medicine and Rehabilitation Residency Program
- Received training on medical education through the Adult Education program including simulation-based training

Service Activities

Clinical Service

Outpatient Activities

Jan 2016 - Present

Veterans Integrative Pain (VIP) Clinic

- Medical acupuncture
- Musculoskeletal and General Medical Clearance
- Biofeedback
- Integrative functional nutrition consultations
- Directed Energy Therapies

VA Innovation Investment Recipient

- Virtual VIP Program Spread Export
- Spread Export to NF/SG VA System

Central Virginia Veterans Healthcare System Outpatient

Musculoskeletal Clinic

- Botulinum toxin for spasticity
- Botulinum toxin for migraines
- Steroid joint injections
- Hyaluronic acid injections
- Trigger point injections
- Alpha-stimulation treatment / trials
- Acupuncture
- Auricular acupuncture/Battlefield acupuncture

Aug 2011 – Oct 2015

Penn State Hershey Medical Center Outpatient PM&R Clinic

- Spina bifida transition clinic
- Spinal cord injury management (pediatric to adult)
- Joint Injections
- Botulinum toxins for spasticity
- Electromyography
- Concussion clinic

Inpatient Activities

May 2019 – Mar 2021

Weekend Coverage of the Sheltering Arms Institute

Jan 2016 - Present

Intermittent coverage of the Polytrauma Unit

Aug 2011 – Oct 2015

Inpatient Attending at Penn State Hershey Rehabilitation Hospital with a SCI centered rehabilitation service

Inpatient Consultant at Penn State Hershey Medical Center

Service to the Profession

May 2021

American Board of Physical Medicine and Rehabilitation Oral Board Examiner - Virtual

Oct 2020

American Board of Physical Medicine and Rehabilitation Oral Board Examiner - Virtual

May 2019

American Board of Physical Medicine and Rehabilitation Oral Board Examiner

May 2018

American Board of Physical Medicine and Rehabilitation Oral Board Examiner

Jan 2017-2021

Peer Review for the Journal of Spinal Cord Medicine

Service to the Community

2018 – 2021

American Red Cross Instructor

2013 – 2015

SCI patient education presentations, Penn State Hershey Rehabilitation Hospital

2011 – 2015

SCI Support Group, Penn State Hershey Rehabilitation Hospital

Mar 2007

Medical Missions to Mexico

Service to the School of Medicine

2016 – 2020

Faculty on PM&R Medical School Rotation

2014 – 2015

Curriculum Evaluation Committee, Penn State Hershey College of Medicine

2013 – 2015

Medical Student PM&R Elective Course Director, Penn State

	Hershey College of Medicine
2013 – 2015	Faculty Advisor for the PM&R Interest Group, Penn State College of Medicine
2013 – 2015	Problem Based Learning Facilitator, Penn State College of Medicine
2011 – 2015	Clinical Skills / Medical School Advisor in Vastyan Society, Penn State College of Medicine
2014	OSCE SOAP Note Grader, Penn State College of Medicine
<u>Service to the VCU PM&R Department</u>	
2019 – 2025	Faculty for Rotating Ambulatory Internal Medicine Residents
2018 – 2025	Chair of Clinical Competency Committee
2016 – 2024	Faculty for PM&R Resident Rotation
2014 – 2015	Educational Liaison, PM&R Department, Penn State Hershey Medical Center
<u>Service to Other Affiliated Institutions</u>	
2011 – 2015	Spinal Cord Injury Program Director, Penn State Hershey Rehabilitation Hospital
2011 - 2015	Medical Executive Committee, Penn State Hershey Rehabilitation Hospital
2011 - 2015	Pharmacy and Therapeutics Committee, Penn State Hershey Rehabilitation Hospital
2014	Physician champion EMR implementation, Penn State Hershey Rehabilitation Hospital

Publications

<https://www.ncbi.nlm.nih.gov/myncbi/timothy.hudson.1/bibliography/public/>

Books/Chapters

1. **Timothy Hudson** and David Drake, “Orthoses for Spinal Pain”, Atlas of Orthoses and Assistive Devices, Fifth Edition, Elsevier Publishing, 2018

Peer-Reviewed Publications

1. **Hudson, T.** “Functional Medicine: A View from PM&R”, PM&R Clinics of North America, *anticipated publication date* November 28, 2020
2. Holmes, G.M., **Hudson, T.R.** and Filart, R., 2017. “Neurogastroenterology in spinal cord dysfunction.” In Neurological Aspects of Spinal Cord Injury (pp. 397-437). Springer, Cham.
3. Rudra, R, G Farkas, S Haidar, K Slavoski, N Lokey, and **T Hudson**. “Complementary alternative Medicine practices and beliefs in spinal cord injury and non-spinal cord injured individuals.” The Journal of Spinal Cord Medicine, 2017 Aug 6;
4. Sieg EP, Zacko JC, **Hudson TR**. Spinal fusion and antibiotic treatment illustrating lumbar osteomyelitis and spinal instability as a previously unrecognized and surgically treatable cause of autonomic dysreflexia. Spinal Cord Ser Cases.
5. Wolfe, T, AP Klausner, L Goetz, AB King, **T Hudson**, and D Gater. Ureteroscopy with Laser Lithotripsy for Urolithiasis in the Spinal Cord Injury Population. Spinal Cord, 2013 Feb;51(2)

Poster Abstracts

1. "Who's on First? Consultations in a Growing V.A. Outpatient PM&R Clinic", **Timothy Hudson, MD**, Thomas Watanabe, MD, and Ajit Pai, MD; February 10th, 2017, Association of Academic Physiatrists, Annual Meeting, Las Vegas, Nevada.
2. "Mysterious Spinal Mass" Amy Strouse, DO; Natasha Warnick, DO; and **Timothy Hudson, MD**. February 19th, 2016. Association of Academic Physiatrists, Annual Meeting, Sacramento, California.
3. "Posturing ourselves in education" April 24th, 2014. EdVenture 2014 by Penn State Hershey Medical Center, Hershey Country Club, Hershey, Pennsylvania.
4. "Implementation of a spinal cord injury specific program on length of stay in an acute rehabilitation hospital." January, 2013. Junior Faculty Development Poster Presentation, Penn State Hershey Medical Center, Hershey, Pennsylvania.