



Dr. Adam Tenforde



Adam Tenforde, MD

Dr. Tenforde is an assistant professor in the Department of Physical Medicine and Rehabilitation at Harvard Medical School. He is a sports medicine physician at the Spaulding National Running Center – one of the only centers in the United States exclusively dedicated to the diagnosis and treatment of running-related injuries. Dr. Tenforde has the unique perspective of being both a doctor and a former profes-

sional runner who was an All-American at Stanford University where he contributed to three NCAA National Team Championships and later qualified for the Olympic trials.

Dr. Tenforde's research has focused on the evaluation of biological and biomechanical risk factors for stress fractures and other running injuries. He is also investigating how to prevent injuries in athletes. His research has been published in many medical journals including *Sports Medicine*, *American Journal of Sports Medicine* and *Medicine and Science in Sports and Exercise*. Dr. Tenforde frequently lectures on sports injury and prevention, and when he's not working you'll find him training for the Boston Marathon.

Clinical/Academic/Administrative Titles:

- **Faculty Member**, *Department of Physical Medicine and Rehabilitation, Harvard Medical School*
- **Staff Physiatrist**, *Spaulding Rehabilitation Hospital*
- **Associate Physiatrist**, *Brigham and Women's Hospital*

Dr. Tenforde has:

- Studied sex-specific risk factors for stress fractures in high school aged runners and biological and biomechanical risk factors for injury in athletes
- Reported on high impact and multiple directional impacting loading sports during adolescence in promoting lifelong bone health
- Developed a new paradigm for the evaluation and management of bone health in male athletes
- Proposed incorporating high impact loading activities including ball sports to prevent future stress fractures



Spaulding National Running Center

The Spaulding National Running Center is one of the premiere centers in the United States devoted exclusively to the diagnosis, treatment and prevention of running injuries in runners of all ages and abilities. Located on the campus of Spaulding Hospital Cambridge and affiliated with Harvard Medical School, the Running Center provides evidence-based clinical care developed from over 25 years of running research. For each client, the Center's sports medicine team conducts an extensive physical evaluation and uses state-of-the-art technology that includes video and force analysis of the running gait pattern. Based on the results, runners are prescribed a customized treatment plan that includes strength and flexibility training, and if needed, an individualized gait retraining program designed to address faulty running mechanics. The scientists at the Center are studying new innovations, including mobile monitoring systems that provide feedback to the sports medicine team about how clients run in their natural environments. The Spaulding National Running Center is a national and international training site for post-doctoral and doctoral students, medical residents and fellows, and scientists from many disciplines.

Website:

www.spauldingrehab.org/snrc

Running is one of the most popular fitness activities, with over 20 million Americans running regularly today. Unfortunately, over half of all runners sustain one or more overuse injuries each year. Additionally, half of all of these injuries recur. Biomechanical, biological and anatomical factors have all been shown to contribute to running injuries. The continued high rate of injuries suggests that current approaches are not addressing all of the key factors associated with these injuries. The ongoing cutting edge research and clinical approach at the Spaulding National Running Center is aimed at addressing underlying factors associated with running injuries. The overarching goal of the Spaulding National Running Center is to promote injury-free running throughout one's lifetime.



Harvard Department of Physical Medicine and Rehabilitation

The Department of Physical Medicine and Rehabilitation (PM&R) at Harvard Medical School is dedicated to the advancement of rehabilitation in clinical settings and research laboratories. Faculty members include nationally and internationally recognized physicians and scientists, who use evidence-based medicine, technology and innovation to improve function, clinical outcomes and quality of life for all patients. Research funding for the Department has increased exponentially over the past decade, despite reductions in funding at the national

level. Spaulding Rehabilitation Hospital is the home of scientific, clinical and translational research for the Harvard Department of PM&R. Spaulding is the only rehabilitation hospital in New England continuously ranked since 1995 by *U.S. News and World Report* in its "Best Hospital" survey. Spaulding and the Department are leaders in providing high-quality, patient-centered, post-acute care with value-based outcomes. Faculty also deliver clinical care at several other Harvard-affiliated institutions, including Massachusetts General Hospital and Brigham and Women's Hospital. Spaulding is one of only two hospitals in the nation that has achieved the distinction as a Model System in all three areas – burn injury, spinal cord injury, and traumatic brain injury – from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR).

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