

Dedication

Robert P. Nirschl, MD, MS earned his medical degree from the Medical College of Wisconsin (Marquette University). He completed orthopaedic residency training at the Mayo Clinic in Rochester, Minnesota, and earned a masters degree in orthopaedic surgery from the University of Minnesota. He is founder of the Nirschl Orthopaedic Clinic and the Virginia Sportsmedicine Institute. He is an associate clinical professor of orthopaedic surgery at Georgetown University and medical director of the Nirschl Orthopaedic Sportsmedicine Fellowship Program for orthopaedic surgeons and primary care physicians.

Dr. Nirschl is a founding member of the United States Tennis Association Sports Science Committee. He served as an Orthopaedic Surgery Consultant to the President's Council on Physical Fitness and Sports during President Reagan's administration. He has served as chief editor of *Orthopaedics Today*, on the Board of Councilors for the American Academy of Orthopaedic Surgery, the American Orthopaedic Society for Sports Medicine and as president of the Virginia Orthopaedic Society and the Arlington County Medical Society.

His research of sports techniques produced new treatments of tendon injuries of the shoulder, elbow, and knees. The Nirschl operative procedures for elbow tendinosis (tennis and golfer's elbow) as well as his classification of pain phases and microscopic evaluation of tendon failed healing is utilized by physicians worldwide.

His outstanding clinical, teaching, and service achievements have been recognized by distinguished awards from the Arlington County School System, Georgetown University, Uniformed Services University, Arlington County Medical Society, Virginia Athletic Directors Association, Virginia Orthopaedic Society, and the American Academy of Orthopaedic Surgeons. He has been listed in *Best Physicians* in Washington, D.C. and in America, he is listed in *Top Doctors* in Northern Virginia and in America, and he is featured in *Who's Who* in Medicine and Healthcare, in America, and in the World.

Dr. Nirschl has mentored numerous orthopedic surgery residents and fellows in both orthopedic and primary care sports medicine. Many of his trainees now serve as medical directors, department chairs, and head team physicians. His legacy of passing his knowledge and expertise on to so many trainees stands as one of his greatest and most appreciated achievements. We had the privilege of serving as his first (F. O'Connor) and second (R. Wilder) primary care sports medicine fellows. Dr. Nirschl is a model clinician and teacher. One of our most

lasting impressions was that of his dedication to all his patients. He gives everyone his best. Every patient—whether a world-ranked tennis professional or non-athlete—got the same care and the same caring. It’s a standard we strive for. His fellows are familiar with many phrases and words of wisdom, oft repeated, known as Nirschl’s Maxims, some of which we each repeat. I (RPW) greet my residents each morning with, “Who’s next? Where is the patient?” I often greet my patients by asking, “Where are we in all this mess?” The humor is usually welcome, but it also serves as an indirect tribute to a man whose influence is ever-present in the patient care encounters.

It is with respect, admiration, and appreciation that we dedicate *Running Medicine* to our mentor, Robert P. Nirschl, MD, MS.

—Bob Wilder, Fran O’Connor, and Eric Magrum

This book is also dedicated with thanks to our wives, Susan, Janet, and Alysia, and our kids, Lauren, Stephen, Ryan, Caroline, Ryan, Sean, Brendan, Zachary, and Noah, for tolerating and supporting our interests in running and medicine.

And to Jim Beazell. Jim wasn’t a runner. He was a cyclist, a husband, and a father. He was also an outstanding physical therapist who treated a lot of runners. He was taken from us way too soon.