

LaRae L. Seemann

EDUCATION

July 2024 – Present	University of Florida – Gainesville, FL Sports Medicine Fellowship
July 2021 – June 2024	Mayo Clinic – Jacksonville, FL Family Medicine Residency
Aug. 2017 – May 2021	Medical College of Georgia – Augusta, GA Medical Doctorate
May 2017 – July 2017	Medical College of Georgia – Augusta, GA Certificate of Completion – 2017 Pre-Matriculation Program, Office of Student and Multicultural Affairs
Aug. 2013 – July 2016	Valdosta State University – Valdosta, GA B.S. Biology, Cum Laude and Honors College Diploma

WORK EXPERIENCE

July 2024 – Present	Sports Medicine Fellow University of Florida – Gainesville, FL
July 2023 – June 2024	Chief Family Medicine Resident, Assistant Professor Mayo Clinic – Jacksonville, FL
July 2021 – June 2024	Family Medicine Resident Mayo Clinic – Jacksonville, FL
Aug. 2016 – May 2017	Biology/Chemistry Paraprofessional Georgia Military College – Valdosta, GA Supervised anatomy lab. Tutored students in Anatomy & Physiology, Biology, Microbiology, Marine Biology, General Chemistry.
Sept. 2015 – June 2016	Ecology Research Lab Assistant Valdosta State University – Valdosta, GA Analyzed samples with dissecting scopes, kept data logs on lab samples, responsible for basic lab safety protocol.
Nov. 2013 – June 2014	Gymnastics Instructor YMCA Gymnastics – Valdosta, GA Instructed competitive gymnastics Levels 1-8. Responsible for gym safety regulations and training new employees.
Oct. 2011 – Nov. 2014	Retail Sales Associate (Shift Manager/Key holder) Ageless Medical Aesthetics – Valdosta, GA Responsible for sales, inventory, closing out, and sales promotion creation.

HONORS AND AWARDS

- **2024 Resident Academic Scholar of the Year Award:** for exceptional scholarly activity
- **Assistant Professor**, Mayo Clinic College of Medicine – Jacksonville, FL **(2024)**
- **Mayo Clinic Unparalleled Experience Award:** presented to performers in the 99th percentile by creating and consistently delivering exceptional and extraordinary human experiences, as measured by patient surveys, Mayo Clinic – Jacksonville, FL **(2023)**
- **G. Shahin Award for Research** by a Physician in Training in Duval County, Duval County Medical Society **(2023)**
- **2023 Resident Academic Scholar of the Year Award:** for exceptional scholarly activity, Mayo Clinic– Jacksonville, FL
- **Mayo Clinic School of Graduate Medical Education Family Medicine Residency Program Overall Research Shield Award:** in recognition of exceptional performance in the Family Medicine Residency Program and skills and knowledge demonstrated in contribution to advance the science of medicine, Mayo Clinic– Jacksonville, FL **(2023)**
- **Mayo Clinic Unparalleled Experience Award:** presented to performers in the 99th percentile by creating and consistently delivering exceptional and extraordinary human experiences, as measured by patient surveys, Mayo Clinic– Jacksonville, FL **(2022)**
- **Ollie O. McGahee Jr., MD Memorial Award:** for true concern of the complete well-being of the patient and commitment to family medicine, Department of Family Medicine – Medical College of Georgia at Augusta University **(2021)**
- **Betty Wray Scholarship:** need based and academic based annual scholarship awarded to a student pursuing a career in primary care, Medical College of Georgia at Augusta University **(2020)**
- **Redden L. Parramore Scholarship:** need based and academic based four year scholarship awarded to a Lowndes County student pursuing his or her medical degree, Medical College of Georgia at Augusta University **(2020)**
- **Certificate of Achievement for Academic Excellence in Physiology:** awarded to the student with the highest grade average in physiology, Medical College of Georgia – Office of Student and Multicultural Affairs **(2017)**
- **Honors College Diploma–** Valdosta State University **(2016)**

TRAINING AND CERTIFICATIONS

- Medical license: State of Florida Department of Health License. (current)
- American Board of Family Medicine Certification. Certified 07/01/2024., clinically active.
- DEA Reg (current)
- BLS, ACLS, PALS, NRP certifications (all current)
- Advanced Trauma and Life Support (ATLS) certified (current)
- US Center for SafeSport Training
- Instructor demonstration training for “Stop the Bleed” bleeding control basic v. 1.0 program
- Narcan Administration Training program
- SALT Mass Casualty Triage Training (National Disaster Life Support Foundation)
- FEMA- IS-00100.c – Introduction Incident Command System (U.S Department of Homeland Security)
- FEMA- IS-00700.b – An Introduction to the National Incident Management System (U.S Department of Homeland Security)
- FEMA- IS-00909 – Community Preparedness Implementing Simple Activities for Everyone (U.S= Department of Homeland Security)

PROFESSIONAL AFFILIATIONS

- American Medical Society for Sports Medicine (AMSSM)
- American College of Sports Medicine (ACSM)
- American Academy of Family Physicians (AAFP)
- Florida Academy of Family Physicians (FAFP)

LEADERSHIP AND PROFESSIONAL SERVICE

- 2024 – Present **AMSSM Fellow Liaison to the Publications Committee**
Member of publications committee, which oversees academic publication opportunities for the Society, including 5 Minute Sports Medicine Consult and AMSSM Position Statements. Assists in review and editing of AMSSM related publications. Facilitates communication from the publications committee to the Fellows Class of 2025.
- 2024 – Present **Sports Medicine Interest Group Advisor**, University of Florida
Responsible for advising, teaching workshops, and coordinating shadowing opportunities for team coverage for medical students and residents.
- 2023 – 2024 **Chief Resident**
Chief Resident of Mayo Clinic Family Medicine Residency Program, Jacksonville, FL
- 2022 – 2024 **Resident Sports Medicine Track Advisor**
Created the Sports Medicine Track and revised curriculum in the Family Medicine Residency Program at Mayo Clinic - Jacksonville, FL. Advised 3 mentees on a Sports Medicine Track regarding research, sports coverage, participation in professional societies, and clinical and physical exam skills.
- 2022 – 2024 **Medical Student Education Mentor**
Resident Mentor for Mayo Clinic Alix School of Medicine students rotating through their Family Medicine rotation. Teaches, advises, and mentors students, with a specific emphasis on guiding them towards success on their SHELF examination.
- 2017 – 2021 **Founder/Charter Member of Music in Medicine: Alto Saxophone (1st Chair) and Jazz/Classical Pianist**, Medical College of Georgia
- 2017 – 2021 **Salvation Army Homeless Healthcare Clinic Coordinator**
Rebooted the Salvation Army Homeless Healthcare Clinic in Augusta, GA and organized student and faculty volunteers, as well as quarterly multidisciplinary HIV clinics.
- 2017 – 2021 **Academic House System Senator**, Medical College of Georgia
Responsible for organization of social events, community service, budgeting, and planning annual events.
- 2018 – 2019 **Children's Hospital of Georgia Prom Committee Chair**
Responsible for collecting makeup and formal dress donations and organizing dress fittings and other logistics prior to the event.
- 2011 – 2021 **President of Community Environmental Club**
Organized club events such as environmental cleanups and raising awareness of Lowndes County/Valdosta environmental issues.

VOLUNTEER SERVICE

- 2013 – Present **Humane Society of Valdosta/Lowndes County and USA Rescue**
Rescue transport, fundraising, fostering special needs animals.
- 2017 – 2021 **Music Therapy Musician- Children's Hospital of Georgia (CHOG)**
Played piano and alto saxophone in the CHOG lobby for children and their families
- 2017 – 2021 **Salvation Army Homeless Healthcare – Augusta, GA**
Provided medical services with a volunteer team in a student-run clinic.

SPORTS COVERAGE

EVENT COVERAGE

Kenny Moore II Youth Football Camp	Lowndes High School, Valdosta, GA	06/08/2024
Hammerhead Olympic & Sprint Triathlon	Camp Blanding Joint Training Center, Starke, FL	08/20/2023
2023 National Junior & Youth Golden Gloves	Orlando, FL	08/06/2023 – 08/07/2023
Kenny Moore II Youth Football Camp	Lowndes High School, Valdosta, GA	06/10/2023
NCAA Outdoor Track and Field East Championships	University of North Florida, Jacksonville, FL	05/25/2023 – 05/26/23
Preparticipation Exams for Florida School for the Deaf and Blind	St. Augustine, FL	05/24/2023
Clarke Schools for Hearing & Speech Annual Ice Cream 5K and One-Mile Run	Jacksonville, FL	03/25/2023
SuperGirl Pro, World Surfing League Competition, Beach Volleyball, Skateboarding, and Lacrosse	Jacksonville, FL	11/12/2022 – 11/13/2022
World Taekwondo President's Cup Pan American Region	Jacksonville, FL	08/19/2022 – 08/20/2022
Hammerhead Olympic & Sprint Triathlon at Camp Blanding Joint Training Center	Starke, FL	08/22/2021
LONGITUDINAL COVERAGE		
University of Florida Football – Covers practices, games, training rooms	Gainesville, FL	Summer 2024 – current (Sports Medicine Fellow)

University of Florida Athletics – Covers games and training rooms <i>Men's sports:</i> Baseball, basketball, cross country, football, golf, swimming and diving, tennis, and track and field <i>Women's sports:</i> Basketball, cross country, golf, gymnastics, swimming and diving, soccer, softball, tennis, track and field, and volleyball	Gainesville, FL	Summer 2024 – current (Sports Medicine Fellow)
Santa Fe College Covers training rooms <i>Men's sports:</i> Baseball, Basketball. <i>Women's sports:</i> Basketball, Softball, Volleyball	Gainesville, FL	Summer 2024 – current (Team Physician)
Gainesville High School Football Covers games and training rooms	Gainesville, FL	Fall 2024 – current (Team Physician)
Valdosta YMCA Gymnastics Medical Volunteer and Annual Meet Medical Director	Valdosta, GA	Summer 2021 – current
Florida School for the Deaf and Blind Football	St. Augustine, FL	Fall 2021 – Fall 2023 (4 games), Annual PPEs
Junior Development League Youth Football	Jacksonville, FL	Fall 2022 – Fall 2023
Fletcher High School Football	Jacksonville, FL	Fall 2021 – Fall 2023 (4 games)
Sandalwood High School Football	Jacksonville, FL	Fall 2021 – Fall 2023 (Team Physician in 2023)
Valdosta School of Ballet Medical Volunteer	Valdosta, GA	Fall 2022 – Summer 2024
Lowndes High School Football Sideline Medical Volunteer	Valdosta, GA	Fall 2022 – Summer 2024 (5 games)
SHADOWING		
Lowndes High School Football Sideline Coverage	Valdosta, GA	Fall 2013 – Fall 2016 (15 games)
University of Florida Football Training Room Shadowing	Gainesville, FL	11/17/2022

SPORTS MEDICINE PROFESSIONAL DEVELOPMENT

ULTRASOUND

- Significant injection experience with >100 large joint injections completed as a resident and on a trajectory to complete ~500-700 ultrasound-guided injections during fellowship.
- Registered in Musculoskeletal (RMSK) sonography certification eligible.
- Participated in Mayo Clinic's structured, longitudinal musculoskeletal ultrasound series from 2021 – 2024.
- Standardized patient volunteer for longitudinal musculoskeletal ultrasound education of Mayo Clinic, Jacksonville, FL Sports Medicine Fellow from 2021– 2024.

CONTINUING EDUCATION

- 07/18/24 – 07/21/24: AMSSM Fellows Research Conference
- AMSSM attendance in 2022, 2023, 2024
- 07/26/23: Jacksonville Sports Medicine Program Sports Medicine Provider Preseason Update and Training: A Holistic Approach.
- 04/01/23: Jacksonville Sports Medicine Program Sports Injury Symposium Participation.
- ACSM attendance in 2023
- 03/03/23 – 03/04/23: 7th Annual Mayo Clinic Sports Medicine for the Clinician

LEADERSHIP

- AMSSM Fellow Liaison to the Publications Committee 2024-2025
- Assistant Anatomy Lab Instructor for Musculoskeletal Anatomy Labs at University of Florida College of Medicine
- Instructor for Musculoskeletal Physical Exam Skills for MS3 Students at University of Florida College of Medicine
- Assistant Instructor for “Rapid Ultrasound Assessment of Shoulder Pain” at University of Florida College of Medicine for Emergency Medicine Residents.
- Assistant Instructor for “Hip Dislocation Cadaver Workshop” at University of Florida College of Medicine for Emergency Medicine Residents.
- Designed Sports Medicine Track for Family Medicine Residents at Mayo Clinic, Jacksonville, FL.
- Assistant Instructor for Hands-on workshops at 7th Annual Mayo Clinic Sports Medicine for the Clinician March 3-4, 2023; Orlando, FL: “Common Musculoskeletal Injections,” “The History, Physical Examination, and Treatment of Concussed Athletes, Step-by-Step” and “How to do an Evidence-Based Physical Examination of the Lower Extremities”

PUBLICATIONS

PEER REVIEWED PUBMED

- Maynard JR, Nadwodny JP, Haak IS, DeMatas KF, Rosario RA, **Seemann LL**, Pujalte GGA. Correlation of King-Devick Test and Helmet Impact Exposures Over a Youth Football Season. *Sports Health*. Published online January 20, 2025. doi:10.1177/19417381241309956
- **Seemann LL**, Hanos C, Pujalte GGA. Metabolic Bone Disease. *Primary Care: Clinics in Office Practice*. 2024; 10.1016/j.pop.2024.04.005.
- **Seemann LL**, Ardon T, Bowie RA, Bullock KC, Clapp ADM. Breast Pain Differential: Mondor's Disease of the Breast. *J Investig Med High Impact Case Rep*. 2024;12:23247096241246621. doi:10.1177/23247096241246621.

- Bowie R A, Nguyen CQ, **Seemann LL**, et al. (March 13, 2024) Rare Lung Malignancy Mimic: A Case of Daptomycin-Induced Acute Eosinophilic Pneumonia. *Cureus* 16(3): e56106. doi:10.7759/cureus.56106
- Kiel J, Applewhite AI, Bertasi TGO, Bertasi RAO, **Seemann LL**, Costa LMC, Pujalte GGA. Ketorolac Injections for Musculoskeletal Conditions: A Narrative Review. *Clin Med Res*, 2024;22(1):19-27. doi:10.3121/cmr.2024.1847.
- Farrell C, Kiel J, **Seemann L**, Pujalte GGA. Popliteus Tendon Injuries [published online ahead of print, 2022 Jul 25]. *Orthopedics*. 2022;1-6. doi:10.3928/01477447-20220719-10
- Vomer RP, York E, Kalkbrenner MT, Kershaw Z, **Seemann LL**, Pujalte GGA. Effects of Athletic Trainer Direct Employment on the Management of Sports-Related Injuries in High School Athletes. *Cureus*. 2022 Dec 27;14(12):e32995. doi: 10.7759/cureus.32995. PMID: 36712732; PMCID: PMC9878929.
- **Seemann L**, Padala SA, Mohammed A, Belayneh N. Tumor-Induced Osteomalacia and the Importance of Plasma Fibroblast Growth Factor 23 as an Indicator: Diagnostic Delay Leads to a Suicide Attempt. *J Investig Med High Impact Case Rep*. 2019 Jan-Dec;7:2324709619895162. doi: 10.1177/2324709619895162. PubMed PMID: 31850815; PubMed Central PMCID: PMC6923526.

BOOK CHAPTERS, NON-PRINT, & ONLINE EDUCATION MATERIALS

- Reese R, **Seemann LL**, Pujalte GGA. Dyshidrosis. In: Domino FJ, Baldor RA, Barry KA, Golding J, Stephens MB. *The 5-Minute Clinical Consult* 2024. 32nd ed. Philadelphia, PA: Wolters Kluwer; 2024.
- Gibson M, Henehan MJ, Fulmer C, Ghuman M, eds. **Seemann LL**. Case 25. Best Practices in Sports Medicine: AMSSM and AOASM Case Studies, 3rd ed. Healthy Learning; Monterey, CA, 2024.
- **Seemann LL**, Pujalte G.A, Shah, N. Does The Shoe Fit? Consequences Of Ill-fitting Footwear In Athletes. https://www.amssm.org/does_the_shoe_fit_consequence-csa-1028.html?StartPos=0&Part=4. Published May 12, 2022.

NON-PEER REVIEWED

- **Seemann LL**, McKenzie JL, Draper KR, Hilton LR. Postoperative care of bariatric medical tourism: A public health concern. *Surgery for Obesity and Related Diseases*. 2018;14(11):S196. doi: <https://doi.org/10.1016/j.soard.2018.09.443>.

PRESENTATIONS

INTERNATIONAL

- **Seemann, LL**, Montero DP, Pujalte GA. Running on Your Last Nerve. Oral presentation at: American College of Sports Medicine Annual Meeting; June 1, 2023; Denver, CO.
- Vomer, R, York E, **Seemann LL**, Pujalte GA. Hit The Road Jack. Oral presentation at: American College of Sports Medicine Annual Meeting; May 14, 2022; San Diego, CA.

NATIONAL

- **Seemann, LL**. Unknown Case Presentation. Oral presentation at: Mayo Clinic's 30th Annual Clinical Reviews and Primary Care Update; June 24, 2024; Amelia Island, FL.
- **Seemann, LL**, Stanborough, R, Pujalte GA. Brazilian Jiu jitsu fighter with “*raro virilha dor*”. Poster presentation at: The American Medical Society for Sports Medicine Annual Meeting; April 14, 2024; Baltimore, MD.
- Devoe KR, **Seemann, LL**, Broadman JR, Pujalte GA. Increased Head Circumference in an Infant. Poster presentation at: Mayo Clinic 24th Annual Family Medicine Forum. November 7, 2023; Rochester, MN.
- **Seemann, LL**, Shah NP, Montero DP, Pujalte GA. Persistent Shoulder Pain in a Goalkeeper. Poster presentation at: The American Medical Society for Sports Medicine Annual Meeting; May 2, 2023; Phoenix, AZ.

- Shah N, **Seemann LL**, Montero DP, Troyer WD, Pujalte, GA. Avoid Running Through the Motions with Chronic Lateral Knee Pain. Poster presentation at: The American Medical Society for Sports Medicine Annual Meeting; April 30, 2023; Phoenix, AZ.
- McBrayer RH, Wight JT, McMullan S, Rhode S, **Seemann LL**, Keith J, Filmlalter S, et al. Effectiveness of Teaching Point-of-Care Ultrasound via Remote Video Access: A Pilot Study. Poster presentation at: Society of Teachers of Family Medicine Annual Spring Conference; April 2023; Tampa, FL.
- **Seemann LL**, Montero D, Pujalte GA. Take a Knee: A Rare Cause of Knee Pain in a Juvenile Multisport Athlete. Poster presentation at: 7th Annual Mayo Clinic Sports Medicine for the Clinician; March 4, 2023; Orlando, FL.
- **Seemann LL**, Pujalte G.A, Shah, N. Does The Shoe Fit? Consequences Of Ill-Fitting Footwear In Athletes. Poster presented at: The American Medical Society for Sports Medicine Annual Meeting; April 12, 2022; Austin, TX.
- Shah N, Nadwodny J, **Seemann LL**, Pujalte G.A. The Fisherman And His Foot Pain And The Sea. Poster presented at: The American Medical Society for Sports Medicine Annual Meeting; April 12, 2022; Austin, TX.
- **Seemann LL**, McKenzie JL, Draper KR, Hilton LR. Postoperative care of bariatric medical tourism: A public health concern. Poster and oral presentation at: American Society for Metabolic & Bariatric Surgery Obesity Week; 2018; Nashville, TN.

REGIONAL

- **Seemann LL**. *A Cure for Passive Learning*. Oral presentation at Valdosta State University Undergraduate Research Symposium; April 2014; Valdosta, GA.

LOCAL

- **Seemann, LL**. Management of Acute and Chronic Low Back Pain. Lecture at: Mayo Clinic, Department of Family Medicine; April 4, 2024; Jacksonville, FL.
- **Seemann LL**. "Effectiveness of Physical Exercise in Older Adults With Mild to Moderate Depression." Journal Club Presentation at: Mayo Clinic, Department of Family Medicine; 2024; Jacksonville, FL.
- **Seemann LL**. Alcohol Use Disorder: A Multidisciplinary Approach to Treatment. Lecture at: Mayo Clinic, Department of Family Medicine Grand Rounds. February 15, 2024. Jacksonville, FL.
- **Seemann LL**. Management of Acute Urinary Tract Infections and Pyelonephritis. Lecture at Mayo Clinic, FL, Department of Family Medicine. June 15, 2023. Jacksonville, FL.
- **Seemann LL**. "Home Blood Pressure Monitoring." Journal Club Presentation at: Mayo Clinic, Department of Family Medicine; 2023; Jacksonville, FL.
- **Seemann LL**. Evaluation and Treatment for Iron Deficiency Anemia. Lecture at: Mayo Clinic, Department of Family Medicine; June 19, 2022. Jacksonville, FL.
- **Seemann LL**. "The Association of Baseball Pitch Delivery and Kinematic Sequence on Stresses at the Shoulder and Elbow Joints." Journal Club Presentation at: Mayo Clinic Orthopedics and Sports Medicine; 2022; Jacksonville, FL.
- **Seemann LL**. "Lower step rate is associated with a higher risk of bone stress injury: a prospective study of collegiate cross country runners." Journal Club Presentation at: Mayo Clinic Orthopedics and Sports Medicine; 2022; Jacksonville, FL.

ORIGINAL RESEARCH (IN PROGRESS)

- Protein Kinase C gamma as a Quantifiable Traumatic Brain Injury Diagnostic in University Students and Athletes (IRB202400222)
- Santa Fe College Athlete Data Bank (IRB201701859)
- Drill-Specific Head Impacts in Collegiate Football Practice Using Mouthpiece Data
- Establishing a Point of Care Shoulder Ultrasound Protocol for Rapid Assessment of Shoulder Pain, a Pilot Study
- Athlete Attitudes on Mental Health Screening and Intervention