

Ragav Sharma

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Education:

Desert Spine and Sports ISMM Fellowship

NASS ISMM Fellow

Starting August 2025

Medical College of Wisconsin Affiliated Hospitals

Department of Physical Medicine and Rehabilitation
Resident Physician

2022 - Present

Presence Resurrection Medical Center

Transitional Year Medical Internship

2021 - 2022

Chicago College of Osteopathic Medicine – Midwestern University

Doctor of Osteopathic Medicine
Step 1: 254, Step 2: 250

2017 – 2021

University of Illinois at Chicago, Chicago IL

Bachelor of Science in Bioengineering

2013 - 2017

Professional Society Memberships:

- Academy of Academic Physiatrists (2023 – present)
- American Academy of Physical Medicine and Rehabilitation (2021 – present)
- American Osteopathic College of Physical Medicine and Rehabilitation (2023 – present)
- North American Spine Society (2023 – present)
- Spine Intervention Society (2023 – present)
- Wisconsin Medical Society (2022 – present)
- South Asian Psychiatry Network of America (2023 – present)

National Elected/Appointed Leadership and Committee Positions:

- Doximity Digital Health Fellow (2023 – present)
- NASS Early Career Advisory Council (2023 – present)
 - Chair, New-Initiatives Work Group
- IPSIS Early Career Council (2023 – present)
- AOCPMR Mentorship Committee Chair (2024 – present)
- AAP Residents and Fellows Council – Social Media and Outreach Chair (2023 – 2024)

Local/Regional Elected/Appointed Leadership and Committee Positions:

- MCW House Staff Health and Welfare Committee (2023 – 2024)
- MCW PM&R Journal Club Coordinator (2023 – 2024)
- MCW PM&R Social Media Representative (2023 – present)
- Member, Froedtert Bluemound Rehabilitation Hospital Quality Committee (2023 – present)
- Wisconsin Medical Society Resident/Fellow Section Officer at Large (2023 – 2024)
- Ambassador, PMR Recap and Ultrasound Guidance (2022 – 2024)

Certifications:

- NIHHS (2023)
- ACSM Certified Strength and Conditioning Specialist (2022 – 2024)

Publications:

Sharma R, Connelly PJ. Correlating Abductor Pollicis Brevis Changes Under Ultrasound and Median Nerve Cross-Sectional Area in the Setting of Carpal Tunnel Syndrome. A Pilot Study. *WMJ*. (Accepted 5/22/2025, awaiting publication)

Is There an Association Between PM&R Physician Knowledge, Confidence, and Frequency of Exercise Prescription? McGuire F, Whitlock J, **Sharma R**, Cushman DM. (abstract AMSSM 2025, Kansas City, MO) *Clin J Sport Med* 2025;35:321–399.

Sederberg M, **Sharma R**, Cushman DM, Finnoff JT. Percutaneous ultrasound-guided A1 pulley release utilizing a modified 20-gauge spinal needle. *PM&R*. 2024; 1-7. doi:10.1002/pmrj.13276

Sharma R, Ketchum NC, Curtiss HM. Fluoroscopic OnabotulinumtoxinA injection for Bertolotti Syndrome in refractory back pain: A letter to the editor. *Interventional Pain Medicine*. 2024;3(1):100386. doi:<https://doi.org/10.1016/j.inpm.2024.100386>

Sharma R, Sahitya, H, Shankar H, Worsening Epidural Lipomatosis leading to Foot Drop following an Epidural steroid injection: A Case Report. *Wisconsin Medical Journal*. (Accepted 6/22/2024 and awaiting final publication)

Sharma, R. “Why Are Physicians Afraid of Iron?” Why Are Physicians Afraid of Iron?, 13 July 2023, www.doximity.com/articles/9de5544f-bc8c-4c87-9e1e-ee2a47b86360.

Kasi R, Patel N, **Sharma R**, Creamer C, Brennan M. Utility of Virtual Reality Intervention in Hemiplegic Cerebral Palsy Cognitive Function Rehabilitation. *Rehabilitation in Review*. 2020

Kasi R, Brennan M, **Sharma R**, Creamer C, Patel N. Short-term Cane Use in Subacute Stroke Patients Affects the Nonparetic Upper Extremity Nerves. *Rehabilitation in Review*. 2020

Kasi R, **Sharma R**, Patel N, Creamer C, Brennan M, Sleep Quality and Circadian Preference in Upper Extremity Stroke Rehab. *Rehabilitation in Review*. 2020

Kasi R, Creamer C, **Sharma R**, Patel N, Brennan M. Adaptive and Maladaptive Coping Strategies in Older Adults with Chronic Pain after Lumbar Surgery. *Rehabilitation in Review*. 2020.

Sharma R, Sharma S. Physiology, Blood Volume. [Updated 2020 March 30]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2019 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK526077>

Heydemann A, González-Vega M, Berhanu TK, Mull AJ, **Sharma R**, Holley-Cuthrell J. Hepatic Adaptations to a High Fat Diet in the MRL Mouse Strain are Associated with an Inefficient Oxidative Phosphorylation System. *Jacobs J Diabetes Endocrinol*. 2016;2(1):013.

Active Research Projects:

Title: Do the pre-existing beliefs of patients with knee OA on knee intra-articular injections impact their post-procedure pain level and functional ability after receiving an injection? (IRB approved)

- PI: Heather M. Curtiss, MD
- Role: Co-investigator
- Accepted as poster presentation at AAP '25; manuscript submitted

Past Research Experience:

Physical Medicine and Rehabilitation Fellowship, Rush University, Chicago IL

Advisor: Ravi Kasi, M.D. Program Director

2020 - 2021

- Worked on Rehabilitation in Review series summarizing present physical medicine and rehabilitation research into a digestible resource
- Collaborated with a team to summarize an article monthly to contribute to the project

Department of Preventive Medicine, Rush University, Chicago IL

Advisor: Sheila Dugan, MD, Medical Director of Physical Medicine and Rehabilitation

2019 - 2021

- Worked on enrollment for the Keeping it Movin Project which aims to recruit and enroll middle-aged to elderly individuals across the West side of Chicago to determine the effectiveness of a routine designed to optimize their mobility and function.
- Recruited participants from community events to be enrolled in the project

Department of Physiology and Biophysics, University of Illinois at Chicago, Chicago IL

Advisor: Ahlke Heydemann, PhD, Assistant Professor

2014 - 2017

- Lab manager from 2015 to 2017
- Handled the purification of DNA from mice, PCR genotyping, calculating heteroplasmy, western blotting, various other assays, and statistical analysis
- Management of animal specimens according to AWA guidelines, including sacrifice and harvest

Lectures/Teaching/Presentations/Posters:

Local:

MCW PM&R Departmental Grand Rounds –

- Bringing Barbells to the Bedside (12/2023)

MCW PM&R Departmental Didactic Journal Club –

- Evidence-based recommendations for the role of exercise in the management of osteoarthritis of the hip or knee-the MOVE consensus. (01/2023)
- Exercise-Based Cardiac Rehabilitation in patients with heart failure: A meta-analysis of RCTs between 1999 and 2013 (03/2023)
- How does pain lead to disability? A systematic review and meta-analysis of mediation studies in people with back and neck pain (06/2023)

MCW PM&R Departmental Morbidity and Mortality -

- Spinal Cord Injury Rehabilitation Morbidity and Mortality (12/2022)
- General Inpatient Rehabilitation Morbidity and Mortality (01/2023)
- Spasticity/Baclofen Morbidity and Mortality (06/2023)

MCW School of Medicine IPE Workshop Facilitator (2023, 2024)

MCW Virtual Medical Student Resident Facilitator (2022, 2023, 2024)

Medical College of Wisconsin M4 Match Panel (2023, 2024)

MCW PM&R Medical Student Lectures (2023, 2024)

MCW PM&R Student Physical Exam Workshop (2022, 2023)

National:

AAPMR 2024 Session (Session director) – Resistance Exercise: The What, Why, and How to Get your Patients Training

In Collaboration with: Jonathan Kirschner, MD; Roger Luo, MD; Matthew Delbert, MD

AAP 2024 Podium Presentation – Does Meeting the ACSM Physical Activity Guidelines Reduce The Likelihood of Burnout in PM&R Residents?

PI: Heather M. Curtiss, MD; in collaboration with Zack McCormick, MD and Daniel Cushman. MD

AAP 2025 Podium Presentation - Correlating Ultrasound Echogenicity of the Abductor Pollicis Brevis and Median Nerve Cross-Sectional Area in the setting Carpal Tunnel Syndrome: A Pilot Study

PI: Peter Connelly, MD

AAP 2025 Poster Presentation - The impact of pre-existing beliefs on post-procedure pain and function in patients receiving intra-articular knee injections for osteoarthritis

PI: Heather Curtiss, MD

Peer Review

Journal of Spine Surgery

February 2025 - present

Professional Experience:

Moonlight Medical

Independent Medical Examiner

October 2023 – present

- Performed independent medical examinations for disability determination.

Ragav Sharma Health and Fitness

Founder, Personal Trainer

May 2014 – present

- Virtual and in-person training helping clients reach their fitness goals
- Published “Health Forever” an 80-page E-book with over 120 citations on Kindle
- Certified Strength and Conditioning Specialist Certification received in 2022

MedSchoolCoach

USMLE Step 1/COMLEX Level 1 Tutor

November 2019 – January 2021

- Created and presented several webinars relating to the COMLEX for Osteopathic students
- USMLE STEP 1 and COMLEX Level 1 Tutor

Other Leadership Experience:

MCW PM&R Ultrasound Club Leader

May 2024 - Present

- Organized and led small group based ultrasound learning sessions
- Secured funding, obtained, and manage portable ultrasound for PM&R residents

AAP Resident Mentor

Mentor

February 2023 - Present

- Provided mentorship to medical students within the AAP organization.

AOCPMR Resident Mentor

Mentor

February 2023 - Present

- Provided mentorship to medical students within the AOCPMR organization.

Resurrection Hospital TY Program Social Chair

Social Chair

August 2021 – June 2022

- Helped create social events for transitional year residency class

PMR Virtual Rotation

Course Assistant

June 2020 – December 2020

- Worked with Dr. Azlan Tariq in creating virtual PM&R rotation to solve the educational gaps created by COVID-19
- Performed administrative tasks and assisted in creation of syllabus and course material

Adaptive Sports Coordinator, Rush University PMR Fellowship

Rush University

October 2019 – December 2020

- Coordinating various adaptive sport events alongside Dr. Ravi Kasi MD with Rush University throughout the Chicagoland area

Student Senator, Northwestern University

December 2018 – December 2019

- Engaged the Northwestern University community in topics of health and fitness through campus-wide events
- Organized events and coordinated with guest speakers and faculty

President, Competitive Gaming Club at UIC

December 2013 – August 2016

- Founded the competitive gaming club at UIC and grew it to over 500 members within 2 years, presently is one of the largest student led organizations at UIC
- Collaborated with the university and third-party organizations to plan and host events for the UIC community at large

Senior Health Educator, Peer Health Exchange

September 2013 – December 2016

- Volunteered with the non-profit Peer Health exchange for over 500 hours and helped develop the skills of junior health educators
- Taught health related workshops weekly to 9th graders at CPS schools in the Chicago area

Volunteer Experience:

Sports Coverage

- USAW BrewCity meet: 10/14/2023
- Milwaukee Torrent soccer: 6/17/2023, 7/2/2023, 7/12/2023
- WIAA State Soccer Tournament: 6/16/2023
- WASA Wheelchair Basketball Tournament: 2/19/2023
- Concordia University Wrestling 11/19/2022
- WIAA Women's State Swimming Championships on 11/12/2022
- Chicago Marathon 2017, 2018, 2021, 2022
- Soldier Field 10 miler 2018
- Hot Chocolate Run 5K/15K 2018
- Chicago Triathlon 2019
- Wheelchair hockey with Shirley Ryan Ability Lab on 12/7/2019 and 12/8/2019
- Adaptive Climbing with Shirley Ryan Ability Lab on 2/10/2020

Simply Vedic

Board of Directors

Director of Volunteer Efforts

Volunteer

August 2017 – present

August 2013 – August 2017

August 2009 - present

- Lead Festival organizer in planning logistics of biannual events in Naperville
- Over 1000 hours of volunteer experience
- Engaged in planning and executing community outreach events

Extracurricular Activities:

The Preventive Medicine Podcast

Host, Co-Founder

January 2020 – Present

- Created The Preventive Medicine Podcast (www.ThePreventiveMedicinePodcast.com) to highlight the importance of prevention amidst the growing healthcare epidemics of cardiovascular disease, stroke, diabetes, depression, and more.
- Presently interviewing physicians and other experts passionate about prevention to share and highlight their efforts and knowledge
- Created content for all social media platforms using the handle @PreventPod

Sporting Events/Accomplishments

- Competed in several meets from 2016 to 2022 in both USAPL and USPA federations.
- Present USPA Drug-Tested Illinois State Record Holder in 110kg division for Deadlift with 711 lbs.
- DoLittle Marathon 2021
- Chicago Marathon 2023
- Fall 50 Mile Door County Ultramarathon Finisher (10 hours 27 minutes)

PizzaForHumanity

- Made and sold pizza to community members with profits being donated to charity.
- Donated a total of \$1300 to several charities.