

Marc P. Hilgers, MD, PhD

Office:

Florida Orthopaedic Institute
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Specialty

Family Medicine

Sub-Specialty

Primary Care Sports Medicine (CAQ)

Team Physician

University of Tampa
Berkley Preparatory School
Plant High School

Medical Advisor

Saint Leo University

Clinical Educator

University of Tampa

Education

SPORTS MEDICINE FELLOWSHIP

The Cleveland Clinic Foundation, August 2006 until August 2007

FAMILY PRACTICE RESIDENCY

South Bend Regional Medical Center (SJRMC), Family Medicine Residency Program 2003 -2006

FAMILY MEDICINE RESIDENCY IN GERMANY (consisting of :)

1) Heinrich-Heine University Duesseldorf, Department for Anesthesiology and Intensive Care Medicine, 1998 - 1999

2) Clinic 2, Orthopedic and Trauma Surgery 1999 – 2000

3) Heinrich-Heine-University Duesseldorf, Department for Endocrinology and Internal Medicine, 2000 – 2001

MEDICAL EDUCATION

Heinrich Heine University Duesseldorf (Duesseldorf, Germany) 1989-1997

PREMEDICAL EDUCATION

University of Cologne (Cologne, Germany) 1988-1989

Law School

Degrees

Medical Doctor, Heinrich Heine University Duesseldorf, 1997
PhD, Heinrich Heine University Duesseldorf, 2001

Licensure

Florida Permanent License
Indiana Permanent License

Unrestricted license to practice medicine in Germany

Boards certified

Diplomate of the American Board of Family Medicine 2006
Certificate of Advanced Qualification in Sports Medicine

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Certifications

ACLS
ACLS instructor
ATLS
ATLS instructor
ALSO
BLS
NRP
PALS
STABLE
DMEP
Certified ImPACT consultant
Certified Emergency and Rescue physician (Germany)
License for Acupuncture (Germany)

Honors

Blue Ribbon Award for „Performance in Quality“, 2006
Coach of the Year 1992
best Resident lecture 2006 by Medical School of Notre Dame

Sports Medicine Experience

1993 – 1998 sideline coverage for various (American) Football Teams, Germany
1996 – 1997 Lecturer for Sports Medicine and Orthopedic Surgery at the regional Nursing School, Essen, Germany
1997 – 1999 Assistant to the head physician of the German National Team of American Football
1998 Event physician European Championship of American Football Berlin
1998 – 2001 Personal Trainer at Future Sports Duesseldorf, special Rehabilitative Training for previously injured athletes
1999 – 2004 Head Physician of the State All Star Team of (American) Football of North Rhine-Westphalia, pre-participation exams, coverage of try-outs, training camps, training, national tournaments, post-participation exams, team leader (PT, assistant physicians, massage therapists, nutritionist)
1999 – 2004 Head physician of the German National Youth Team of American Football, pre-participation exams, coverage of try-outs, trainings camps, training, international Championships, post-participation exams, team leader (PT, assistant physicians, massage therapists, nutritionist)
1999 – 2003 Lecturer for Sports Medicine of the German Sports Association and the German (American) Football Association
2003 – 2005 Consultant for the German National Team of (American) Football, Tele-medicine via internet, digital phones and digital X-ray imaging
2006 – 2007 John Carroll University, Cleveland, OH, Team Physician for all D3 College teams
2006 – 2007 Bedford High School, Bedford, OH, Team Physician for all athletic teams and events
2007 – Clinical instructor athletic trainer education University of Tampa
2007 – 2008 Team Physician Tampa Bay Tech
2007 – Team Physician University of Tampa
2008 – Medical Advisor Saint Leo University
2009 - Team Physician Plant High School
2009 - Team Physician Berkley Preparatory School
2009 Medical Staff, Junior World Championship of American Football, Canton, OH

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Sports Medicine Coverage (i.e., games, events, training room)

- Bethel College Sport Physicals (2003 –2006)
- University of Notre Dame ND women’s boxing, pre-participation exams, ring coverage, post event exams (2003 – 2005)
- Saint Joseph High School, South Bend Sports Physicals (2003 – 2006)
- Mishawaka High School, international wrestling event, pre-participation exam, event coverage, post event exams (2003)
- University of Notre Dame, Bengal Bouts (national men’s boxing) – ring physician, post event exam (2004)
- Indiana Thunder Women’s Semi Pro Football (Indiana Thunder) – sideline coverage (2004)
- Marian High School, Mishawaka Sports Physicals (2004 – 2006)
- Mishawaka High School Sport Physicals (2004 -2006)
- Penn High School, Mishawaka High School football sideline coverage (2004)
- Family Medicine Center South Bend, NYSP (National Youth Sports Program) Sport Physicals (2005)
- Chino High School, Chino, CA (9/2005), sideline and trainings room coverage w/ Dr. A. Rubin
- Claremont College, Claremont, CA (9/2005), sideline and trainings room coverage w/ Dr. A. Rubin
- Pomona College, Pomona CA (9/2005), sideline and trainings room coverage w/ Dr. Aaron Rubin
- Los Osos High School, Rancho Cucamonga, CA (9/2005), Football sideline coverage with Dr Robert Sallis
- Rubidoux High School (9/2005), Riverside, CA, Football sideline coverage with Dr. Aaron Rubin
- Pomona College, Pomona, CA (09/05), Football sideline coverage with Dr Robert Sallis
- San Bernardino Sheriff’s Rodeo, San Bernardino, CA, event physician (09/23 – 09/25/2005)
- Ohio Wesleyan University, Delaware, OH, All Ohio open Cross Country meet, with Dr. Doug DiOrio 10/07/2005)
- Otterbein College, Columbus, OH, football, sideline coverage with Dr. Amy Myers (10/2005)
- Otterbein College, Columbus, OH, training room coverage (10/2005)
- Scioto High School, Columbus, OH. Training room coverage with Dr. Doug DiOrio (10/2005)
- Penn High School Mishawaka, IN, Preparticipation Physicals (2006)
- Cleveland Marathon, Cleveland, OH, event physician (05/19/2007)
- East-West HS All-Star game, Cleveland, OH, event physician (06/16/2007)
- Florida High School Championship game 2008, Orlando, FL – Team Physician Plant HS

Professional Sports Coverage

- NASCAR Sony HD 500 at CA Speedway, Sports Medicine coverage for Drivers, Teams, and Spectators (with Kaiser Permanente), (9/4/2005)
- MLB Cleveland Indians, assistant Team physician to Dr. Mark Schickendanz 2006/2007
- NBA Cleveland Cavaliers, assistant Team physician to Dr Richard Parker and Dr. Alfred J Cianflocco 2006/2007
- NFL Cleveland Browns, assistant Team physician to Dr Anthony Miniaci and Dr. Richard Figler 2006/2007
- NWFA Cleveland Fusion, Team Physician 2006/2007
- NFL Europa, Tampa, March 2007, Training Camp physician
- WNBA physicals, and women’s NCAA final 4 coverage, Cleveland, March 2007
- WNBA physicals, and women’s NCAA final 4 coverage, Tampa, March 2008

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Presentations, Publications, Research

- Marc P. Hilgers, presentation, “ The mild traumatic brain injury, a misnomer?”, Ohio Athletic trainer Association, July 2007
- Marc P. Hilgers, Anthony Miniaci, presentation, “ Traumatic brain injury in sports’, AOSSM meeting, Calgary, July 2007
- Marc P. Hilgers, Paul Gubanich, presentation, “Age related changes in baseline ImpACT scores and risk factors for concussion in high school athletes”, Warthog Society, Oslo Norway, May 2007
- Marc P. Hilgers, Robert Dimeff, Poster Presentation “Anterior Tibial Stress fracture in a 13 year old athlete”, at AMSSM 2007 Albuquerque
- Marc P. Hilgers, Robert Dimeff, Presentation “Nutrition, Supplements etc. for athletes”, OAC meeting, Columbus, OH May 2007
- Marc P. Hilgers, presentation, “Concussions 2007, an update”, University of South Carolina, February 2007
- Marc P. Hilgers, Paul Gubanich, Cleveland Clinic, Cleveland, OH, “Age related changes in baseline ImpACT scores and risk factors for concussion in high school athletes: A Retrospective Review”, *work in progress*
- Marc P. Hilgers, Paul Gubanich, Cleveland Clinic, Cleveland, OH, “Effect of routine competition on ImpACT scores of asymptomatic high school hockey players”, *work in progress*
- Marc P. Hilgers, Paul Gubanich, Cleveland Clinic, Cleveland, OH, “Effect of ImpACT score knowledge on return to play decision and re-injury rate in high school athletes with a sports related concussion “, Prospective, randomized, clinical outcome study , *work in progress*
- Marc P. Hilgers, Steve Simons, Sports Medicine Institute South Bend, „Popliteal Artery Entrapment, a case report and literature review“, *work in progress*
- Marc P. Hilgers, Paul Gubanich, Cross-sectional Analysis of Baseline Neurocognitive Performance (ImpACT) in High School Athletes, Clin J Sport Med, Vol 18, Number 2, March 2008, pages 193-194
- Marc P. Hilgers, “Nutrition and Supplements as performance enhancing agents”, presentation, Orthopedics for the Primary Care Practitioner, Tampa, FL, July 2008
- Marc P. Hilgers, “operative and non-operative options for osteoarthritis patients”, presentation, Tampa, FL, November 2008
- Marc P. Hilgers, “A painless pop in the knee”, case report on a wheelchair athlete, AMSSM annual convention, Tampa (4/2009)
- Marc P. Hilgers, “Ergonomic aids and performance enhancing drugs”, presentation, Tampa, FL, July 2009
- Marc P. Hilgers, “Supplements and Hormone Replacements for the aging athlete”, presentation, Orthopedics for the Primary Care Practitioner, St Petersburg, FL, July 2009
- Inaugural Dissertation (PhD), ‘Ambulante Notfallpraxis’, Duesseldorf, Germany, 2001

Workshops taught

Casting and Splinting (01/2001 – 7/2006)
Intra-articular injections (01/2001 – 7/2006)
Acupuncture and its role in modern medicine (4/2005 + 1/2006)
ATLS (Advanced Trauma Life Support) course (2005 -)
ACLS (Advance Cardiac Life Support) course (2008 -)
Co-founder of the SJRMC Sports Medicine Club (2004)
Started the Acupuncture track education at the Saint Joseph Regional Medical Center
Co-founder of the first Anti-smoking Acupuncture treatment clinic in South Bend

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Professional Affiliations

American Academy of Family Practice
American Medical Association
American College of Sports Medicine
- Completion of ACSM Team Physician Course 2006
American Medical Society for Sports Medicine
- International and Inter-organizational Committee
- Planning Committee
- Inservice exam committee for PCSM Fellowships

Athletic activities

1986-1989 Outside Linebacker for the “Bergische Loewen Remscheid” (Germany)
1989 – 1993 Founder, Head coach, and Manager of the first German College Football Team, “Duesseldorf Academics” (3 State championships, 1 Vice-National Championship)
1990 – 2002 Licensed NCAA Football Official in Germany (and Southern California 2002)
1993-1997 Head coach for several amateur and semiprofessional Football Teams in Germany
2000 Defense Tackle, National Champion with the “Duesseldorf Guerilleros”, Germany
2003 – 2008 Mixed Martial Arts: Brazilian Jiu Jitsu and Kung Fu San Soo (brown belt)