

# Julian David Willoughby MD MPH

1130 N. Church St., Suite 100  
Greensboro, NC 27401

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## EMPLOYMENT

### **Physician**

Murphy Wainer Orthopedic Specialists  
Greensboro, NC  
July 2021 - present

### **Assistant Professor**

Atrium Health  
Department of PM&R / Sports Medicine & Injury Care Clinic  
Charlotte, NC  
October 2017 - June 2021

## EDUCATION & TRAINING

### **Fellowship in Sports and Spine Medicine**

Rehabilitation Institute of Chicago / Northwestern Medicine  
Chicago, Illinois  
June 2016 - June 2017

### **Residency in Physical Medicine and Rehabilitation**

*Chief Resident*  
Carolinas Rehabilitation / Carolinas HealthCare System  
Charlotte, North Carolina  
June 2013 - June 2016

### **Internship in Internal Medicine**

Wake Forest University, School of Medicine  
Winston-Salem, North Carolina  
June 2012 - June 2013

### **Master of Public Health**

University of North Carolina at Chapel Hill, School of Medicine  
Chapel Hill, North Carolina  
June 2011 - May 2012

## **Doctor of Medicine**

University of North Carolina at Chapel Hill, School of Medicine  
Chapel Hill, North Carolina  
July 2007 - May 2012

## **Bachelor of Science**

North Carolina State University  
Raleigh, NC  
Summa Cum Laude: Chemical and Biomolecular Engineering  
Minor: Biotechnology  
August 2002 - December 2006

## **NATIONAL LEADERSHIP**

### **Accreditation Council of Graduate Medical Education (ACGME)**

Member, Working & Advisory Group, Back to Bedside 2018 - present  
Co-founder of the Back to Bedside Initiative, 2016 - present  
Resident Member of the Residency Review Committee, 2015 - 2018  
Resident Member of the Council of Review Committee Residents, 2015 - 2018  
Member of the Education and Outreach CRCR Subcommittee, 2015 - 2018

### **American Academy of Physical Medicine and Rehabilitation**

Member of the Resident Physician Council, 2015 - 2018

### **American Medical Student Association**

United States National Officer, International Federation of Medical Students' Associations,  
2009 - 2010

## **PROFESSIONAL EXPERIENCE**

### **Murphy Wainer Orthopedic Specialists**

Northeastern High School Team Physician 2021 - present

### **Atrium Health**

Mallard Creek Team Physician 2018 - 2021

Charlotte Symphony Team Physician 2020 - 2021

### **Rehabilitation Institute of Chicago / Northwestern Medicine**

Northwestern University Athletics Medical Coverage, 2016 - 2017

Varsity Football  
Men's Soccer  
Men's Club Hockey  
Pre-Participation Physicals

The Joffrey Ballet, 2016 - 2017

Pre-Season Screening  
Weekly Training Room Clinic  
Performance Coverage

RIC Adaptive Sports & Fitness Medical Coverage, 2016 - 2017

Wounded Heroes Camp  
Wheelchair Rugby

2016 Bank of America Chicago Marathon

Medical Logistics and Planning  
Medical Station Director & Event Coverage

2016 Chicago Area Runner's Association 20-Miler Medical Coverage

**Carolinas Rehabilitation**

Sports Medicine Education Director 2017-2021  
Department of PM&R Graduate Medical Education Committee, 2015 - 2016  
Medical Staff Quality Assurance Committee, 2015 - 2016  
Hospital Process and Safety Improvement Committee, 2015 - 2016  
Electronic Medical Records Committee, 2014 - 2015

**Carolinas HealthCare System**

Resident Member of the Central Division EMR Committee, 2014 - 2016

**University of North Carolina at Chapel Hill**

Co-Director, Student Health Action Coalition Dermatology Clinic, 2008 - 2009  
Co-Director, Student Health Action Coalition Information Technology, 2008 - 2009

**PEER-REVIEWED JOURNAL PUBLICATIONS**

**“Assessing Competency in Physical Medicine and Rehabilitation Residency:  
The ACGME Milestones Initiative”**

Willoughby JD, Nguyen VQC, Bockeneck WL  
AMA Journal of Ethics, 2015 Jun 1;17(6):515-20

**“Tympanic Temperature Agreement With Visceral Temperature Before, During  
and After Maximal Bruce Protocol Treadmill Exercise”**

Raymond LW, Willoughby JD  
Journal of Investigative Medicine, 2014 Jan 1;62(1):215

**OTHER PUBLICATIONS**

**“Physician Wellness & Public Health”**

Newsletter Feature  
Association of Academic Physiatrists: Physiatry Forward, Fall 2016

**RESEARCH**

**Social Media and Electronic Health Records - Connecting Patients & Providers**

Preceptor: Dr. Sue Tolleson-Rinehart, UNC School of Public Health

January 2011 – July 2011

I utilized triangulating methods of patient surveys, provider surveys, and EMR industry elite-stakeholder interviews to better understand how the principles of Web 2.0 and social networking could be applied to patient-provider communications to improve patient outcomes. This research generated significant findings for my master's paper, and provided the basis for a conceptual model that incorporates principles of social media into the existing framework of the medical home.

### **Molecular Approach to Chronic Inflammatory Diseases**

Preceptor: Prof. Fiorella Calabrese, Associate Professor of Pathology

University of Padua Medical School – Padua, Italy

July 2008 – August 2008

I performed research in the molecular basis for chronic pulmonary inflammatory diseases, while also studying the clinical evaluation and treatment of such diseases.

### **Chemical Engineering Senior Design Project**

Preceptor: Dr. Orlin Velev, NCSU Dept. of Chemical Engineering

August 2005 – May 2006

I served as team leader for a senior design project advised by Dr. Orlin Velev. This project resulted in a commercially viable design for an implantable microfluidic biosensor for continuously monitoring blood glucose levels.

### **Independent Student Research Project**

Preceptors: Dr. Orlin Velev, NCSU Dept. of Chemical Engineering

August 2005 – December 2005

I produced a paper describing convective assembly for the uniform deposition of live yeast cell coatings—allowing for the future study of such films' self-cleaning properties in bioreactors.

## **ATHLETICS**

### **North Carolina State Mascot, MR WUF**

April 2004 – December 2006

I performed for over 2 years at football games, men's and women's basketball games, and other athletic events. In addition to athletic obligations, I fulfilled over 250 hours of community service appearances across North Carolina, including visits to the UNC-Chapel Hill children's hospital.

### **North Carolina State Mascot Team Coach**

June 2006 – December 2006

## **OTHER POSITIONS & EMPLOYMENT**

### **Milliken & Company – Spartanburg, SC**

May 2006 – August 2006

Chemical engineering summer internship where I learned teamwork and project management skills, while designing process improvements for complex manufacturing systems.

**Durham Bulls Minor League Baseball Team Mascot, Wool E. Bull**

2005 Season

I performed at baseball games and various community service activities.

## HONORS & AWARDS

**Edwards-Hobgood Medical Scholarship**, 2008-2010

**Ernest James and Ethel Hudgins Angelo Memorial Scholarship**, 2002-2006

Full tuition, fees, room and board awarded each year, awarded to students pursuing a degree in the College of Engineering based on academic merit.

**NC State Dean's List, each semester**, 2002-2006

**NC State Caterpillar® Scholar Athlete**, 2004-2006

**NC State Cheerleading Coach's Award**, 2006

**University Scholars Program**, 2002-2006

**Personal Artwork Exhibited at NC Museum of Art**, 2002

## MENTORSHIP

Primary mentor for several chemical engineering undergraduates who matriculated to medical school.

2014 - present

## LECTURES & EDUCATIONAL ACTIVITIES

**Faculty Sports Medicine Lecture Series:** Quarterly lecture given to residents on sports medicine topics

October 2017 - 2021

**MSK Ultrasound Course Instructor**

American Academy of Physical Medicine and Rehabilitation Annual Assembly - San Antonio, TX

November 2019

**Introduction to MSK Ultrasound Lecture**

American Academy of Physical Medicine and Rehabilitation Annual Assembly - Orlando, FL  
October 2018

**Journal Club:** Organized and presented weekly RIC Sports & Spine Journal Club  
Rehabilitation Institute of Chicago

July 2016 - July 2017

**Developed Resident Educational Tool - “What is The ACGME”**

Accreditation Council of Graduate Medical Education

August 2016

**Lumbar Bio Skills Lab**

Spine Intervention Society - Long Beach, CA

August 2016

**Instructor, Introduction to MSK Ultrasound**

Northwestern Medical School Sim Center

August 2016

**Lecture to RIC Residents:** “Kinesiology of Cervical and Lumbar Spine”

Rehabilitation Institute of Chicago

August 2016

**Carolinas Rehabilitation Senior Research Day Presentation** - ACGME Milestone Initiative

Department of PM&R, Carolinas Rehabilitation

June 2016

**Guest Lecturer, NCSU Chemical Engineering Senior Design Class:** “Engineering & Medicine”

Department of Chemical & Biomolecular Engineering, North Carolina State University

April 2016, April 2015, March 2014, March 2012

**Case Conference:** “Point of Care Ultrasound in Proximal Phalanges Fracture”

Department of PM&R, Carolinas Rehabilitation

October 2015

**Instructor, Peripheral Joint Injection Workshop**

Department of PM&R, Carolinas Rehabilitation

June 2015

**Noon Conference:** “Ethics of Decision Making Capacity”

Department of PM&R, Carolinas Rehabilitation

April 2015

**Case Conference:** “Adhesive Capsulitis”

Department of PM&R, Carolinas Rehabilitation

April 2015

**Noon Conference:** “Improving Quality Through Medication Reconciliation”

Department of PM&R, Carolinas Rehabilitation

January 2015

**Grand Rounds:** “Virtual Reality and Video Games in Stroke and Brain Injury”  
Department of PM&R, Carolinas Rehabilitation  
September 2014

**Case Conference:** “Rhabdomyolysis From Lower Extremity ACE Wrapping in an SCI Patient”  
Department of PM&R, Carolinas Rehabilitation  
June 2014

**Journal Club:** critiqued the following study:  
Effects of Pilates Exercises on Health-Related Quality of Life in Individuals With Juvenile Idiopathic Arthritis. T.M Menonca et al. Archives of Physical Medicine and Rehabilitation, 2013. 94:2093-102  
Department of PM&R, Carolinas Rehabilitation  
March 2014

**Lumbar Spine Injection Course**  
8th ISPRM World Congress  
June 2014

**EMG Case Presentation:** “Tarsal Tunnel Syndrome”  
Department of PM&R, Carolinas Rehabilitation  
September 2013

**Completed the Healer’s Art Course**  
Instructor: Robert Gwyther, MD, MBA  
UNC School of Medicine  
2008

## COMMUNITY SERVICE

### **Moody Bible Institute Pre-Participation Physicals, August 2016**

Provided pre-participation physicals for the Moody Bible Institute College Men’s Soccer and Women’s Volleyball teams.

### **Adaptive Sports and Adventures Program, April 2015**

ASAP provides competitive and recreational adaptive sport opportunities for individuals with physical disabilities. I volunteered as a safety and support rider with the program's Cycle to The Sea fundraiser - where our athletes cycle from Charlotte to Myrtle Beach, SC over the course of three days.

### **Special Olympics MedFest, 2015 - 2016**

For two years, I provided sports physicals to Special Olympics athletes so that they could be cleared for competition in the Special Olympics Games.