

# Rachel Sachs, D.O., CAQ SM

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## Current Positions

- 2021-Present Assistant Professor  
Department of Community & Family Medicine (and Sports Medicine)  
University Health Lakewood Medical Center  
7900 Lee's Summit Road, Kansas City, MO 64139
- 2021-Present Team Physician - University of Missouri Kansas City  
Physician Mental Health Liaison  
UMKC School of Medicine  
Kansas City, MO
- 2023-Present Team Physician USA Women's Rugby  
*Coordinate care for athletes both during travel and international matches and within the United States, Leader of on-field coverage of practices and games, concussion specialists*
- 2023-Present League One Volleyball, Medical Advisory Board  
*Monthly meetings to help set up medical policy and discuss concerns*
- 2022-Present Lead Team Physician, Premier Rugby Sevens  
*Coordinate medical care at all events as well as hospital and specialist visits, manage any acute injuries on field with medical team*

## Education

- July 2018-June 2019 Larkin Hospital Sports Medicine Fellowship, Miami, FL  
July 2015-June 2018 Penn State Health St. Joseph's Family Medicine Residency, Reading, PA  
Aug 2011-June 2015 Philadelphia College of Osteopathic Medicine, Philadelphia, PA  
Aug 2006-May 2010 Syracuse University, B.S. Exercise Science, Minor Biology, Syracuse, NY

## Academic Appointments

- Aug 2021-Present Assistant Professor, Department of Community & Family Medicine  
University Health Lakewood Medical Center  
University of Missouri-Kansas City School of Medicine

## Professional Positions and Experience

- July 2019-Aug 2022 Medical Director, Women's Premier League Rugby
- Jan 2020-July 2021 Adjunctive Faculty Teaching Internal Medicine Residents  
Chesterfield MO
- Aug 2019-Aug 2021 Team Physician, Webster University Athletics  
Webster Groves MO
- Aug 2019-Aug 2021 St. Luke's Hospital Sports Medicine Physician  
Chesterfield MO

Aug 2019-Aug 2021	Team Physician, Liberty High School St. Louis MO
Aug 2019-Aug 2021	Team Physician, St. Louis Priory High School St. Louis MO
Sept 2019-Apr 2020	Telemedicine Physician, Teladoc Health Manage patient care through phone and video virtual visits.
Aug 2017-May 2018	American Family Care Urgent Care, Phoenixville PA

### **Certification and Licensure**

2018-Present	American Osteopathic Board of Family Physicians #19513
2019-Present	Sports Medicine CAQ
2019-2025	Missouri State Medical License; Osteopathic Physician & Surgeon #2019024599
2023-2025	ACLS

### **Professional Development**

2023-Present	Faculty Scholars Program; UMKC Collaborative Committee for Faculty Success (CCFS) American Medical Society of Sports Medicine Conference: 2017, 2019, 2020 (virtual), 2022, 2023
2013 & 2015	American Osteopathic Association of Sports Medicine Conference
July 2020	Wilderness Medical Society Summer Conference (Virtual): participated
March 2019	USA Rugby Medical Symposium: Las Vegas, NV: participated
March 2018	American College of Osteopathic Family Physicians Conference: participated
2013	Sports Medicine Regional Conference: Rowan University: participated

### **Professional Memberships and Activities**

2022-Present	Missouri Society of the American College of Osteopathic Family Physicians
2017-Present	American College of Osteopathic Family Physicians
2016-2018	PAMED House of Delegates, Resident Delegate
2013-Present	American Medical Society for Sports Medicine

### **Committee Assignments and Administrative Services**

Feb 2023-Present	Chair, Diversity, Equity and Inclusion Committee, Department of Community & Family Medicine, University Health Lakewood Medical Center Role: Facilitate meetings, update faculty on committee monthly, send out memos, and facilitate resident involvement.
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### **Honors and Awards**

*Best of St Louis 2020 -Nominated and selected based off Physicians in the St. Louis Area*

### **Publications**

1. *Case Study: OMT Low Back Pain.* R. Sachs and W. Goodrich  
Missouri Academy of Family Physicians Magazine-Pain Management.  
URL: [https://issuu.com/marketing-mo-afp/docs/pain\\_management\\_oct-dec\\_2023](https://issuu.com/marketing-mo-afp/docs/pain_management_oct-dec_2023)
2. Motagnino, Jami. *Abnormal Dizziness After Sports Concussion.* Sachs, Rachel.ed  
AMSSM/AOASM Case Study Teaching Tool. American Medical Society for Sports Medicine  
URL: <https://www.amssm.org/Case-Studies.php>, Accessed September 2, 2022
3. Ike, Basil. *Memory Impaired Myalgia.* Sachs, Rachel.ed.  
AMSSM/AOASM Case Study Teaching Tool. American Medical Society for Sports Medicine

URL: <https://www.amssm.org/Case-Studies.php>, Accessed September 2, 2022

4. Henehan M. *Best Practices in Sports Medicine*.:2022 p179

## Published Abstracts and Presentations

### Oral Presentations

#### Invited Presentations

Jan 2024	OMT and Sports Injuries, MSACOFPA Annual conference: 200 physicians Columbia, MO
Jan 2024	UHLMC Faculty Development: DEI: about 20 physicians present
Oct 2022-2024	UMKC School of Medicine PA program: Closed Head Injuries: 30-50 students
Feb 2022-2024	UMKC School of Medicine: Knee injury (Annual lecture): 75-100 students
Jan 2023	Oklahoma Sports Medicine conference: Sacroiliitis: 20-30 residents/faculty
Jan 2023	Grand Rounds: Sacroiliitis: 30-50 faculty/students
Oct 2022	Invited Speaker, <i>Exercise as Medicine</i> Southwest Kansas City Medical Society: 75-100 physicians, nurses, students
Oct 2021	Invited Speaker, <i>Day in the Life</i> UMKC School of Medicine: 20-30 med students
Dec 2021	Invited Speaker, <i>Internal Medicine Residents</i> UMKC School of Medicine: 20 residents

### Professional Community Activities

Dec 2021-Feb 2024	Team Physician, Great American Gymnastics Express Gymnastics Meets Coordinate physician coverage of events, work with staff to create EAP, cover events
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