

# Michael Ladewski, DO, FAAFP, CAQSM, DipABLM

Family Medicine Center  
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## Education and Training

- 2008 – 2009 Fellowship, Primary Care Sports Medicine**  
**2005 – 2008 Residency, Family Medicine, Chief Resident**  
Resurrection Medical Center, Chicago, IL
- 2005 – 2006 Internship, Osteopathic**  
Resurrection Medical Center, Chicago, IL
- 2001 – 2005 Doctor of Osteopathic Medicine**  
Chicago College of Osteopathic Medicine, Downers Grove, IL
- 1995 – 1994 B.S., Civil Engineering**  
University of Illinois, Champaign – Urbana, IL

## Licensure and Certifications

- 2008 – Present State of Illinois Physician Licensure  
2008 – Present American Board of Family Medicine  
2010 – Present Certificate of Added Qualification, Primary Care Sports Medicine  
2018 – Present DipABLM/DipIBLM – Certified Lifestyle Medicine Physician

## Active Hospital Privileges

- 2014 – Present Prime Healthcare Resurrection Medical Center, Chicago  
2024 – Present Prime Healthcare Saint Francis, Evanston

## Professional Experience

### Employment

- 2016 - Present Medical Director, Family Medicine Residency Center**  
**Faculty, Family Medicine Residency Program**  
**Faculty, Primary Care Sports Medicine Fellowship**  
Prime Healthcare Resurrection Medical Center, Chicago, IL
- 2012 - 2016 Associate Program Director, Primary Care Sports Medicine Fellowship**  
**Educator and Faculty, Family Medicine Residency Program**  
**University of Chicago (NorthShore)**  
NorthShore University HealthSystem, Glenview, IL
- 2010 – 2012 Assistant Director, Family Medicine Residency Program**  
**Assistant Program Director, Primary Care Sports Medicine Fellowship**  
Resurrection Medical Center, Chicago, IL
- 2011 – 2012 Employed Physician**  
Resurrection Immediate Care Center, Norridge, IL
- 2009 – 2010 Employed Physician**  
Friend Family Health Center, Chicago, IL

### Other Work and Appointments

- 2019 – Present Medical Director, New Beginnings Pediatric Clinic**  
Ascension Holy Family Medical Center, Des Plaines, IL
- 2018 – Present Medical Director, Pharmacotherapy and Anticoagulation Clinic**  
Prime Healthcare Resurrection Medical Center, Chicago
- 2017 – Present Department of Family Medicine Quality Improvement and Patient Safety Committee**  
Prime Healthcare Resurrection Medical Center, Committee Member
- 2017 – Present School District 64 Medical Advisory Committee**  
Park Ridges / Niles Illinois, Committee Member
- 2016 – Present Infection Prevention and Control Committee**  
Ascension Resurrection Medical Center, Committee Member
- 2021 – Present Adjunct Faculty, Midwestern University Chicago College of Osteopathic Medicine**  
Downers Grove, IL
- 2024 – Present Provider, Wound Care Clinic**  
Prime Healthcare Resurrection Medical Center, Chicago
- 2019 - 2022 Chairperson, Department of Family Medicine**  
Ascension Resurrection Medical Center, Chicago

**2018**            **PHP NW Chicago Local Leadership Council**  
Resurrection Medical Center, Committee Member

**2012 – 2017**    **Chicago Area Runners Association**  
Volunteer Medical Committee Member

## **Professional Organizations**

2017 – Present    American College of Lifestyle Medicine  
2012 – Present    American Medical Society for Sports Medicine  
2009 – Present    American Academy of Family Physicians / Illinois Academy of Family Physicians  
2007 – Present    American College of Sports Medicine

## **Other Primary Care Sports Medicine Experience**

**2012 – 2019**    **ACSM Annual Conference Abstract Reviewer**  
**2012 – 2014**    **ACSM Annual Conference Case Presentation Discussant Panel**

### **Team Physician:**

**2017 – present** **Leyden High School**  
Game, training room coverage  
**2013 – 2016**    **Loyola Academy College Preparatory High School**  
Game, training room coverage  
**2010 – 2012**    **Resurrection High School**  
**2005 – 2006**    Training room coverage  
**2008 – 2009**    **North Park University, Division III College**  
Game, training room coverage  
**2008 – 2009**    **Chicago Storm Professional Indoor Men's Soccer**  
Game, training room coverage  
**2008 – 2009**    **Lane Tech High School**  
Game, training room coverage  
**2006 – 2009**    **Ridgewood High School**  
Game, training room coverage

### **Event Coverage:**

**2018**            **Ironman Triathlon Championship, Kona, Hawaii**  
Medical Tent Volunteer  
**2005 – 2016**    **Chicago Marathon**  
Volunteer Aid Station Medical Captain  
**2018**            Volunteer Aid Station Medical Captain  
**2015**            **ITU World Triathlon Grand Final, Chicago, IL**  
Medical Tent Physician  
**2014, 2015**    **North Shore Triathlon, Wilmette, IL**  
Medical Director  
**2014**            **Park Center Triathlon, Glenview, IL**  
Medical Director  
**2010, 2012**    **CARA 10 Miler Race, Chicago, IL**  
Medical Director  
**2006 – 2012**    **MS 150 Cycling Event, Dekalb, IL**  
Volunteer Medical Tent Physician, Medical Director  
**2007 – 2011**    **Urbanathlon Mass Endurance Event, Chicago, IL**  
Volunteer Medical Tent Physician, Co-Medical Director  
**2010**            **Shamrock Shuffle 8k Race, Chicago, IL**  
Volunteer Aid Station Medical Captain  
**2006, 2008**    **Shidokan Mixed Martial Arts Tournament, Chicago, IL**  
Volunteer Ringside Physician  
**2007**            **Chicago Triathlon**  
Volunteer Aid Station Physician  
**2007**            **Coaches Boot Camp, Resurrection Medical Center, Chicago, IL**  
Volunteer Physician Educator  
**2007**            **US Adult Figure Skating Championships, Bensenville, IL**  
Volunteer Physician  
**2005**            **EVP Volleyball Tournament, Chicago, IL**  
Volunteer Physician  
**2002**            **Ironman Wisconsin, Madison, WI**  
Volunteer Medical Staff

## Presentations

1. Cardiovascular Screening in the Athlete, Midwestern University Chicago College of Osteopathic Medicine and the Illinois Osteopathic Society's Annual Winter Scientific Seminar, December 2022
2. Lifestyle Medicine Medical Student Information Presentation, Midwestern University Chicago College of Osteopathic Medicine, October 2022, 2024
3. Lifestyle Medicine Residency Curriculum author, Module 2 Unit 4 The Clinical Evidence for Physical Activity
4. Exercise Prescriptions to Reduce Opioid Addiction, Midwestern University Chicago College of Osteopathic Medicine and the Illinois Osteopathic Society's Annual Winter Scientific Seminar, December 2020
5. Sports Physicals: Ready to Play, Midwestern University Chicago College of Osteopathic Medicine and the Illinois Osteopathic Society's Annual Winter CME, November 2019
6. Lagucik, J., Capps, S., Ladewski, M. *Practice Improvement: Implementing A Protocol to Enhance Follow-Up and Management of Poorly Controlled Type 2 Diabetics*. Poster Presented at: Presence Resurrection Medical Center Research Day; Chicago, IL, May 2018
7. Syed, Y., Garelick, D., Ladewski, M. *Chronic Hip Pain in a Young Athlete*. Poster Presented at: Presence Resurrection Medical Center Research Day; Chicago, IL, May 2018
8. Fitness Testing and Training Zones, Chicago Sports Medicine Society Spring CME Conference, May 2018
9. Fitness Testing and Training Zones, Presence Resurrection Medical Center Spring Into Sports Sports Medicine Conference, March 2018
10. Upper Extremity Injuries – CCOM Clinical Anatomy Course Topic, Midwestern University Chicago College of Osteopathic Medicine, November 2017
11. Sports Physicals: Ready to Play, Midwestern University Chicago College of Osteopathic Medicine and the Illinois Osteopathic Society's Annual Winter CME, November 2017
12. Syed, Y., Ladewski, M. *Cervical Spondylotic Myelopathy*. Poster Presented at: Presence Resurrection Medical Center Research Day; Chicago, IL, May 2017
13. Sports Physicals: Ready to Play, Midwestern University Chicago College of Osteopathic Medicine and the Illinois Osteopathic Society's 11<sup>th</sup> Annual Spring CME Sports Medicine for Primary Care, April 2017
14. The Preparticipation Physical Exam, Presence Resurrection Medical Center Spring Into Sports Sports Medicine Conference, March 2017
15. Implementation of a helmet impact sensor pilot program to collect impact data in HS football, Midwest American College of Sports Medicine Annual Meeting, November 2015
16. Growth and Development in Pediatric Athletes, NorthShore University HealthSystem Sports Medicine Symposium, August 2015
17. Clinical Case Panel Discussant, American College of Sports Medicine Annual National Conference, June 2015
18. Uzosike, E., Ladewski, M., Clinical Case Presentation, Hand Injury – Football, ACSM Annual Meeting, May 2015
19. Novel Evaluation and Management of Runners, NorthShore University HealthSystem Sports Medicine Symposium, July 2014
20. Clinical Case Panel Discussant, American College of Sports Medicine Annual National Conference, June 2014
21. Osteopathic Medicine for the Shoulder, Illinois High School Central Suburban League Athletic Trainers Conference, January 2014
22. Diabetes in the Athlete, NorthShore University HealthSystem Sports Medicine Symposium, July 2013
23. Clinical Case Panel Discussant, American College of Sports Medicine Annual National Conference, June 2013
24. Diabetes in the Athlete, Great Lakes Athletic Trainers Association Annual Meeting, March 2013
25. Miscellaneous Injuries in Baseball and Softball, Resurrection Medical Center Spring Into Sports Sports Medicine Conference, April 2012
26. Tri-Training: Injury Prevention and Treatment for Triathletes, Resurrection Medical Center Spring Into Sports Sports Medicine Conference, March 2011
27. Exercise and the Pediatric Patient, Resurrection Medical Center Spring Into Sports Sports Medicine Conference, March 2010
28. Osteopathic Medicine for the Innominate, Illinois High School Central Suburban League Athletic Trainers Conference, January 2010
29. Avulsion Fracture of Lesser Trochanter in Running, American College of Sports Medicine Annual National Conference Case Presentation, May 2009
30. Osteopathic Medicine for the Sacrum, Illinois High School Central Suburban League Athletic Trainers Conference, January 2009

## Publications

1. Bracker, M., 5 Minute Clinical Consult Primary Care Sports Medicine, 2019, Co-author of "ACL Tear: Management in Skeletally Immature Athletes"
2. "Quality Improvement Strategies to Enhance Physical Activity", *Current Cardiovascular Risk Reports*, October 2014
3. Bracker, M., 5 Minute Clinical Consult Primary Care Sports Medicine, 2011, Co-author of "ACL Tear: Management in Skeletally Immature Athletes" pp.12-13

4. "Practice Guidelines Help Ensure Quality of Care in Breast Cancer", *Oncology News International*, September 2001

### **Awards / Honors**

"Outstanding Faculty Teacher Award", Family Medicine Residency Program, NorthShore University HealthSystem, Glenview, IL, 2014