

## **Stephan Esser MD** **Jacksonville, Florida**

### **Profile**

Stephan Esser MD is a non-operative sports and spine physician and a passionate proponent of exercise as medicine. He strives to maximize the function and performance of every patient he engages whether chronically ill, the “weekend warrior” or the elite competitive athlete.

### **Education**

Fellowship in Sports Medicine Mayo Clinic, Jacksonville, FL

Residency in Physical Medicine and Rehabilitation Harvard/Spaulding, Boston, MA

Medical Internship in Internal Medicine Carolinas Medical Center, Charlotte, NC

Doctor of Medicine University of South Florida College of Medicine, Tampa, FL

Bachelor of Science Palm Beach Atlantic University, West Palm Beach, FL

### **Board Certifications**

American Board of Physical Medicine and Rehabilitation

American Board of Physical Medicine and Rehab: Sports Medicine

### **Affiliations**

American College of Sports Medicine

American College of Lifestyle Medicine

American Medical Society of Sports Medicine

American Academy of Physical Medicine and Rehabilitation

Society of Tennis Medicine and Science

United States Tennis Association

United States Professional Tennis Association

### **Academic Appointments**

2018-2020: Clinical Assistant Professor of Orthopedics, Brooks Institute of Higher Learning

2016-2019: Adjunct Faculty, St Vincent Family Medicine Residency

2015-2019: Adjunct Faculty, Mayo Clinic Sports Medicine Fellowship

### **Employment**

Southeast Orthopedic Specialists

### **Positions**

2018-2021: Clinical Assistant Professor of Orthopedics, Brooks Institute of Higher Learning

2015-18: Secretary/Newsletter Editor: Society for Tennis Medicine and Science:

[www.tennismedicine.org](http://www.tennismedicine.org)

Director/Founder: Florida Institute of Tennis: [www.tennismedicine.com](http://www.tennismedicine.com)

Founder: [www.jaxstemcell.com](http://www.jaxstemcell.com)

Co-Founder Esser Health LLC: [www.esserhealth.com](http://www.esserhealth.com)

2015-2016; Board of Directors: FreshJax.com

2014-2015 Advisory Board: Brooks YMCA, Jacksonville, FL

Collaborator: [www.abeforfitness.com](http://www.abeforfitness.com) (Turn the Tide/David Katz MD/Yale Griffin Hospital)

### **Research:**

#### **Submission Pending:**

**Upper Extremity Injury in Recreational Tennis Players:** Mayo Clinic

A two part retrospective and 6 month prospective study examining rates of and risks for upper

extremity injuries in adult recreational tennis players.

**Forehand Grip Type and Power Production:** Mayo Clinic

A Study examining which forehand groundstroke grip type and contact point produces the most force at static contact.

**Free Online Physical Activity Videos and Physical Activity Efficacy:** Yale University

A pilot study examining the health benefits of using 3 minute physical activity videos to promote activity in the workplace. [www.abeforfitness.com](http://www.abeforfitness.com)

**Publications**

*Peer Reviewed:*

Esser, S. Mckennan, T. Nalluri, K. Muzaurieta, A. "Numb-Leg" in a CrossFit Athlete: A Case Presentation PMR, 2017;9(8): 834-836.

Esser, S. Forks and Feet: *Pain and the Power of Movement and Food* Northeast Florida Medicine 2016; 67(3):16-20.

Esser, S, Jantz, D. Hurdle, M Taylor, W *Proximal Rectus Femoris Avulsion: Ultrasonic diagnosis and Conservative Management* J Athl Train. 2015 Jul;50(7):778-80.

Esser, S. Jantz, D. Taylor, W. Bestic, J. Otto, T. *Non-Contact knee Dislocation in a Collegiate Tennis Player.* J Med. Sci. Tennis 2014;19(1):35-37.

Jayanthi, N. Esser S. *Racket Sports.* Curr Sports Med Rep 2013 Sep-Oct;12(5):329-36.

Esser, S, Baima, J, Hirschberg, R *Falling for Sport: A case report of Sky-Diving and SCI* Curr Sports Med Rep, 2013 Jan;12(1):7-10.

Esser, S, Baima, J. *Ewing's Sarcoma Causing Back and Leg Pain: A Case Series.* PMR Journal,2012 4(4):317-21.

Esser, S. Bailey, A. *Effects of Exercise and Physical Activity on Knee Osteoarthritis* Current Pain and Headache Reports 2011 Dec;15(6):423-30.

Esser. S, Monroe, M., Littmann L. *Straight Back Syndrome.* European Heart Journal 2009; 30(14):1752.

Esser, S *Diabetes Care in America and the Power of Prevention.* Pharmacy and Therapeutics. 2008; 33(5):261.

**Radio:**

4/26/14: *Ask the Doctor: Arthritis* Shannon Miller Lifestyle Radio 104.5 Jacksonville, FL

**Chapters:**

Osborne, M. Esser, S. *Chronic Ankle Instability*, Essentials of Physical Medicine and Rehabilitation Frontera, W. Rizzo, T. Silver, J. (Updated Edition Pending)

**Event Coverage:**

2018-2019: Team Physician and Acupuncture Clinician, University of North Florida, Jacksonville, FL All Sports

2/26-3/4/18: Medical Director: Swatch FIVB World Tour Event, Ft Lauderdale Beach, FL

8/17-05/18: Team Physician and Acupuncture Clinician, University of North Florida, Jacksonville, FL All Sports

2/8/17-2/12/17: Medical Director: Swatch FIVB World Tour Event, Ft Lauderdale Beach, FL

8/16-05/17: Team Physician and Acupuncture Clinician, University of North Florida, Jacksonville,

FL All Sports

10/1/15-10/5/15: Event Physician: FIVB World Tour Finals Beach Volleyball, Ft Lauderdale, FL  
8/2015-05/16: Assistant Team Physician and Acupuncture Clinician, University of North Florida, Jacksonville, FL All Sports  
5/28/15: Event Physician NCAA Division 1 2015 Outdoor Eastern Division Championships, Jacksonville, FL  
5/15/15: Atlantic Sun Conference Track and Field Championships  
8/14-05/15: Assistant Team Physician and Acupuncture Clinician, University of North Florida, Jacksonville, FL All Sports  
5/30/14: Event Physician NCAA Division 1 2014 Outdoor Eastern Division Championships, Jacksonville, FL  
8/13-05/14: Assistant Team Physician and Acupuncture Clinician, University of North Florida, Jacksonville, FL  
8/13-05/14: Team Physician Paxon High School, Jacksonville, FL  
06/08/13: Event Physician BFAS Triathlon Jacksonville Beach, FL  
3/19-21/13: Assistant Physician for WTA Players at Sony-Ericsson Open, Key Biscayne, FL  
2/15-17/13: Event Physician: Donna Marathon/Half Marathon/5k, Jacksonville Beach, FL  
8/12-11/12: Team Physician Florida School for the Deaf and Blind Football, St Augustine, FL  
7/12-11/12: Team Physician Sandalwood High School Football, Jacksonville, FL  
9/12-11/12: Team Physician Terry Parker High School Football, Jacksonville, FL  
7/12-6/13: Team Physician University of North Florida, Jacksonville, FL  
-Soccer, Tennis, Baseball, Basketball, Track and Field, Swimming  
7/14/12: Event Physician Montoya BFAS Triathlon Ponte Vedra, FL  
2/24/12 Event Physician: ACC Conference Indoor Track and Field Championships, Boston, MA  
9/30/11 Event Physician: New England US Figure Skating Regional Championships  
6/26/11: Race Physician: BAA Inaugural 10K, Boston, MA  
5/15/11: Race Physician: Katie Lynch Heartbreak Hill Half Marathon, Newton, MA  
4/18/11: Race Physician Boston Marathon, Boston Athletic Association, Boston, MA.  
3/1/11-3/10/11: Event Assistant/Observer: McGill Hockey  
1/21/11: Event Physician: 2011 Boston Synchronized Skating Classic. Marlborough, MA  
10/10/10: Race Physician: Boston Half Marathon, Boston Athletic Association. Boston, MA  
4/20/10: Race Physician: *Boston Marathon*, Boston Athletic Association, Boston, MA  
11/15/09 Race Physician: *The Fatman Cup Chilly Half Marathon*, Newton, MA

**Community Volunteering/Other:**

7/2018: Outstanding Faculty Member 2017-2018, St Vincent Family Medicine Residency, Jacksonville, FL  
7/2016: Outstanding Faculty Member 2015-2016, St Vincent Family Medicine Residency, Jacksonville, FL  
7/2016: USPTA Division 3 Professional of the Year  
6/2016: Top Board Certified Physician, Jacksonville Magazine, Jacksonville, FL  
2/14/15: Physician: St Valentines Massacre, Crossfit Event, Jacksonville, FL  
10/1/2014: Physician: Cross Fit Local Competition Coverage, Jacksonville, FL  
2/15/14: 8am: Physician: Athena's Arena Women's Cross-fit Challenge, Jacksonville Beach, FL  
8/13-present: Weekly Acupuncture Clinics, UNF Varsity Athletics, Jacksonville, FL  
6/2/13: Athlete Screenings: Ponte Vedra High School Ponte Vedra Beach, FL  
8/11/2012: JSMP Middle School Athlete Screenings Jacksonville, FL  
8/04/2012: JSMP High School Athlete Screenings Jacksonville, FL  
2012-2013: Cantor: Our Lady Star of the Sea Parish, Ponte Vedra Beach, FL

6/2012: Co-founder [www.esserhealth.com](http://www.esserhealth.com)

2011-2012: Member USPTA New England Sports Science Committee

6/25/11: Ask the Doc Volunteer Physician: Partners Health Expo, Boston, MA

7/17/2010: Volunteer *USOC Paralympic Training Camp*, Naval Station Newport, RI

6/12/2010: *Ask a Doctor: Volunteer MD: Health Expo: Partners Healthcare: Hynes Convention Center*, Boston, MA

1/2010: Founder of *Restorehealthusa.com*

2009-2011: Co-Facilitator: *Collaborative Medicine Working Group*, Boston, MA

2009-2012: Cantor: *St Leonard's Parish*, North End MA