

John (Jack) Nickless, M.D

Post-Graduate Education

- 2016-2017 Rush University Medical Center, Primary Care Sports Medicine Fellowship (Chicago, IL)
- 2013-2016 Advocate Christ Medical Center, Family Medicine Residency Program (Oak Lawn, IL)
Chief Resident (2015-2016)

Education

- 2009-2013 Rosalind Franklin University of Medicine & Science, Chicago Medical School (Chicago, IL)
Doctor of Medicine
- 2005-2009 Loyola University Chicago (Chicago, IL)
Bachelor of Science in Biology, *Magna Cum Laude*
Minor in Spanish

Medical Licensure

- State of Illinois Medical License (Exp. 7/31/2020)
- State of Indiana Medical License (Exp. 10/31/2019)
- State of Illinois Controlled Substance License (Exp. 7/31/2020)
- DEA Number (Exp. 10/31/2018)

Board Certification

- 06/2016 American Board of Family Medicine

Additional Certification

- BLS certified
- ACLS certified
- PALS certified

Professional Memberships

American Academy of Family Physicians, American Medical Society for Sports Medicine, American College of Sports Medicine, American Medical Association, Illinois State Medical Society, Chicago Medical Society

Athletic Coverage

- 2016-2017 Chicago Bulls – Fellow Team Physician
- Along with the Midwest Orthopaedics at Rush group, I provided medical care for the Chicago Bulls organization including pre-participation evaluations, training camp coverage, and game day medical care.

- 2016-2017 Chicago White Sox – Fellow Team Physician
- I provided game day coverage for the Chicago White Sox organization. I will also be involved in providing medical care for the team during their 2017 MLB Spring Training in Glendale, AZ.
- 2016-2017 Chicago Fire – Fellow Team Physician
- Provided sideline coverage for Chicago Fire soccer club in conjunction with the Midwest Orthopaedics at Rush group.
- 2016-2017 DePaul University – Fellow Team Physician
- Served as the team physician for DePaul University athletics. I provided game coverage for Men’s Soccer, Women’s Soccer, Men’s Basketball, and Women’s Basketball. I also provided training room care to all DePaul University athletes for both musculoskeletal and general medical conditions.
 - Provided medical care for DePaul University Men’s Basketball team at the Big East tournament in New York City.
 - Provided medical care for DePaul University Women’s Basketball team at NCAA tournament in Starkville, MS
- 2016-2017 Chicago Steel Tier I Junior Hockey – Fellow Team Physician
- Provided pre-participation physicals as well as game day coverage
- 02/2017 Illinois Gymnastic Institute
- Provided medical coverage at Chicago Style Gymnastics Meet
- 2017 Chicago Force - Women’s Tackle Football
- Participated in pre-participation physical examinations
- 2016 Trinity International University – Fellow Team Physician
- Provided pre-participation physical exams for all athletic programs, as well as sideline football coverage for TIU during the 2016-2017 season
- 10/2015-2016 Bank of America Chicago Marathon
- Worked as a medical volunteer at the 2015 & 2016 Chicago Marathon events with experience caring for athletes at medical tents on the race course as well as in the main medical tent.
 - I also volunteered for the Medical Logistics team in preparation for the 2016 Chicago Marathon which involved working alongside Dr. George Chiampas in pre-race planning and medical supply distribution.
- 09/2016 Volunteer Physician AVP Chicago Tour 2016
- Provided medical coverage for the AVP Pro Beach Volleyball Tour.
- 2012-2016 High School Football Sideline Experience
- I have provided medical coverage for Willowbrook HS, Oak Lawn HS, Richards HS, & Crete-Monee HS Football teams.
- 2013-2016 Pre-Participation Sports Physical
- I have participated in performing pre-participation physical exams for the Chicago Bulls, Chicago Steel, Trinity International University, Malcom X College, Illinois Institute of Technology, Moraine Valley Community College, Richards HS (Oak Lawn), Evergreen Park HS, and St. Laurence HS (Burbank)
- 06/2015 Tiki Run 5K/10K
- Volunteered to work the main medical tent with Dr. Aaron Lee at the Tiki Run 5K/10K in Chicago

- 03/2014-2015 Bank of America Shamrock Shuffle 8K (Chicago, IL)
- Volunteered for the Shamrock Shuffle 8K race in both 2014 & 2015. I worked in both the on-course & main medical tents to provide race participants, volunteers, and spectators with acute medical care.

Publications

- 2016 Nickless, JT. Rotator Cuff Strength: Are Deficits a Result of or a Precursor to Ulnar Collateral Ligament Injuries?: A Review of Garrison et al. Baseball Players with Ulnar Collateral Ligament Tears Demonstrate Decreased Rotator Cuff Strength Compared to Healthy Controls. *Sports Rev J.* 2017; 2(5): 18-20.
- 2015 Nickless J, Chandran, S, Vivek M. Recognition to Rehabilitation: Treating Traumatic Knee Injuries. *Consultant 360.* 2015, Aug; 55(8): 2-10.
- 2014 Hitesh A, Khan SS, Nickless J, Dokania G, and Bell M. Inhalant-Related Acute Eosinophilic Pneumonia in a Young Woman. *Consultant 360 for Pediatrics.* 2014, Jan; 13(1): 17-19.

Presentations

- 08/2017 Nickless, JT. *Concussions: Updates in Evaluation and Management.* Presented at Northwest Indiana Sports Medicine Seminar; Munster, IN; 2017
- 08/2017 Nickless JT. *Treatment and Prevention of Back Injuries in Golf.* Presented at Athletico Golf Performance Center; Oak Brook, IL; 2017.
- 05/2017 Nickless JT, Romeo AA. *Persistent Hemidiaphragmatic Paralysis Status Post Total Shoulder Arthroplasty.* Presented at ACSM Annual Conference; Denver, CO; 2017.
- 05/2017 Nickless JT, Weber KM, Ghannad LA. *Persistent Low Back Pain in an Adolescent Gymnast.* Presented at AMSSM Annual Conference; San Diego, CA; 2017.
- 04/2016 Nickless JT, Chandran S. *Syncopal Episode in an Adolescent Runner.* Presented at AMSSM Annual Conference; Dallas, TX; 2016.
- 04/2015 Nickless JT, Suhs K, Chandran S. *Groin Pain in an Adult Hockey Player.* Presented at AMSSM Annual Conference; Hollywood, FL; 2016.
- 04/2015 Suhs K, Nickless JT, Chandran S. *Hip Check – A Case of Hip Pain in an Adolescent Hockey Player.* Presented at AMSSM Annual Conference; Hollywood, FL; 2016.

Conferences Attended

- 05/2017 American College of Sports Medicine Annual Meeting, Denver, CO
- 05/2017 American Medical Society for Sports Medicine Annual Conference, San Diego, CA
- 01/2017 AMSSM Sports Ultrasound & Injection Course, South Bend, IN
- 04/2016 American Medical Society for Sports Medicine Annual Conference, Dallas, TX
- 05/2015 AAFP Chief Resident Leadership Development Program, Kansas City, MO
- 05/2015 University of Wisconsin Sports Medicine Symposium, Madison, WI
- 04/2015 American Medical Society for Sports Medicine Annual Conference, Hollywood, FL
- 02/2015 "The Orthopedic Exam Made Easy: A Hands-On Workshop" presented by Ossur Academy/Midwest Orthopaedics at Rush
- 10/2014 Family Medicine Midwest Conference, Minneapolis, MN
- 01/2014 "Current Concepts in Sports Medicine" presented by Ossur Academy/Midwest Orthopedics at Rush

Research Experience

- 2016-2017 Greater Trochanteric Pain Syndrome
- Participating as a co-investigator in a multi-center interdisciplinary study investigating the differences in outcomes between patients undergoing a traditional exercise protocol vs. a modified physical therapy program for treatment of GTPS.
- 2012 Ultrasound Staging of Colorectal Cancer
- Participated in a clinical study, which assessed the utility and accuracy of staging colorectal cancer with ultrasonography prior to surgery. I assisted in analyzing the data of this study which retrospectively compared the surgical pathology staging of the diseased colon to the pre-operative staging acquired via ultrasound studies.

Academic Awards

- 2010 Rosalind Franklin University of Medicine & Science, Alumni Scholarship
- 2007 Alpha Sigma Nu – Jesuit Honor Society
- Alpha Sigma Nu is a Jesuit honor society that selects members based on scholarship, loyalty, and service. Each chapter can nominate no more than four percent of students from their Junior & Senior classes. Being inducted into Alpha Sigma Nu is considered to be one of the highest honors one can receive at a Jesuit University.
- 2006 Alpha Delta Gamma Educational Foundation Scholarship
- National scholarship awarded to a member of Alpha Delta Gamma National fraternity who has shown excellence in academics, service, and extracurricular activities.

Volunteer Experience

- 2013-2016 Norma Jean Sanders Free Medical Clinic, Chicago, IL
- Worked with Dr. David Stewart to provide free medical care to under-served patients in the Kenwood/Hyde Park neighborhoods of Chicago.
- 07/2015 Fire Up A Cure
- Volunteered at an event sponsored by firefighters throughout Illinois in order to help raise money for pediatric cancer research.
- 2010 International Service Learning – Costa Rica & Nicaragua
- Participated in a medical mission trip to Costa Rica & Nicaragua. We established clinics in underserved, rural areas in order to provide assistance to those who otherwise have very limited access to healthcare.
- 2010 Boys & Girls Club
- I, along with a group of fellow students of various health professional backgrounds, participated in “Healthy Living” educational days for children at the Boys & Girls of Lake County. We taught them about subject such as eating right, staying active, and careers in health care.
- 2009 Chicago Public Schools – Tutor
- Participated in a weekly tutoring program for Chicago Public School elementary students

Hobbies & Interests

Travel, cooking, trying new cuisine, playing guitar, member of men's league ice hockey team, participating in and watching an array of athletic events, attending concerts, spending time with family and friends