

## R. MICHAEL GALBRAITH, DO, CCFP (SEM), DIP SPORT MED

**EMPLOYMENT** Faculty Physician, Primary Care Sports Medicine, 2021-present  
Assistant Professor of Family Medicine  
The University of Texas Health Science Center at Tyler  
Tyler, TX. 75701

Medical Director and co-founder, Elite Sports Medicine, 2016-2021  
Family and Primary Care Sports Medicine  
Lethbridge, AB, Canada

Private Practice, Bigelow Fowler Clinic, 2010-2016  
Family and Primary Care Sports Medicine  
Lethbridge, AB, Canada

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**EDUCATION** Primary Care Sports Medicine Fellowship, 2009-2010  
University of Notre Dame, Notre Dame, IN.

Family Medicine Residency, 2006-2009  
Memorial Hospital, South Bend, IN.

Doctor of Osteopathic Medicine (D.O.), 2002-2006  
Midwestern University/Arizona College of Osteopathic Medicine  
Glendale, AZ.

Bachelor of Science (B.Sc.), Exercise Science, 1998-2002  
Brigham Young University, Provo, UT.

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**OTHER WORK  
EXPERIENCE** Instructor, Sport Medicine Ultrasound Canada, 2019-present  
Calgary, AB.

Board of Directors, Chinook Primary Care Network, 2016-2021  
Lethbridge, AB

Clinical Lecturer, Department of Family Medicine, 2011-2021  
University of Calgary School of Medicine, Calgary, AB.

Clinical Preceptor, Rural South Family Medicine Residency Program, 2012-2021

Lethbridge, AB.

Planning Committee Member, MSK Pearls Sports Medicine Conference  
Alberta Medical Assoc. Section of Sport & Exercise Medicine, 2015-2019

Board of Directors, Canadian Osteopathic Association, 2013-2019

Attending Physician, Humanitarian Medical Mission Trips, 2015-2018  
La Esperanza, Honduras

Planning Committee Chair, MSK Pearls Sports Medicine Conference  
Alberta Medical Assoc. Section of Sport & Exercise Medicine, 2016-2017

CASEM Dip Sport Med Examiner, 2017  
Edmonton, AB.

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**PUBLICATIONS**

Wait EK, Galbraith RM, et al. "Exercise Prescription for Back Pain."  
Journal of Current Clinical Care, Vol 8, Issue 5, 2018.

Galbraith RM, Lavallee ME. "Fractures of the Proximal Fifth Metatarsal."  
The 5-Minute Sports Medicine Consult 2<sup>nd</sup> edition 2009.

Galbraith RM, Lavallee ME. "Conservative Management Options for Medial  
Tibial Stress Syndrome." Current Reviews in Musculoskeletal Medicine,  
2009.

Galbraith RM, Johnson DS. "Most Commons of Medicine - Toilet Reading  
for the Boards." 2007 (unpublished).

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**AWARDS & HONORS**

Resident Teacher of the Year, Society of Teachers of Family Medicine, 2009

Cambridge Who's Who in America Award, 2008

Osteopathic Medical Society of the Southwest Scholarship, 2006

USA Funds Scholarship, 2003-2004

Northwest Osteopathic Medical Foundation Scholarship, 2004

American College of Osteopathic Family Physicians Scholarship, 2004

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**PRESENTATIONS**

Injections for Family Physicians, 2019

Alberta Family Practice Summit, Lethbridge, AB.

Numerous Sports Medicine presentations, 2013-2019  
Rural Alberta South Residency Program, Lethbridge, AB.

The Unresponsive Athlete, 2019  
MSK Pearls Sports Medicine Conference, Red Deer, AB.

Prescription to Get Active, 2017  
CPCN Family Practice Summit, Lethbridge, AB.

Exercise Prescription, Keynote Speaker, 2017  
MSK Pearls Sports Medicine Conference, Calgary, AB.

Exercise is Medicine, 2016  
Southern Alberta Family Physician Update, Lethbridge, AB.

Latissimus Dorsi Rupture in a Baseball Pitcher, 2015  
CASEM annual conference, Ottawa, ON.

Implementing an AED Program in Area High Schools, 2014  
Westwind School Division, Cardston, AB.

Canadian Osteopathic Association Update, 2014  
Federation of Medical Regulatory Authorities of Canada, Saskatoon, SK.

Adhesive Capsulitis - The Sticky Truth, 2013  
Alberta Health Svs South Zone Physiotherapy Conference, Lethbridge, AB.

Ultra-marathon Running Injuries, 2013  
Lethbridge Marathon club, Lethbridge, AB.

Prolotherapy Injections for Musculoskeletal Injuries, 2012  
Chicago Sports Medicine Winter Symposium, Chicago, IL.

The Very Unhappy Triad....and then Some, 2010  
ACSM annual meeting, Baltimore, MD.

Atypical Cause of Neck Pain – Eagle Syndrome, 2010  
Poster presentation, AMSSM annual conference, Cancun, Mexico

Cervical Spine Injuries, 2010  
St. Mary's College Sports Medicine Symposium, Notre Dame, IN.

Management of Acromioclavicular Joint Injuries, 2010  
Chicago Sports Medicine Winter Symposium, Chicago, IL.

Atypical Exertional Heat Illness in a Runner, 2008  
Case presentation, ACSM annual conference, Indianapolis, IN.

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SPORTS MEDICINE  
EXPERIENCE

Team Physician, The University of Texas at Tyler, 2021-present  
Tyler, TX.

Head Team Physician, Lethbridge Hurricanes Hockey (WHL), 2010-2021  
Lethbridge, AB.

Team Physician, Raymond High School, 2010-2021  
Raymond, AB.

Event Physician, Lost Soul Ultra-marathon, 2013-2021  
Lethbridge, AB.

Event Physician, World Men's Curling Championship, 2019  
Lethbridge, AB.

Event Physician, Cirque du Soleil, 2012, 2014, 2018  
Lethbridge, AB.

Consultant Physician, Warner Hockey Academy, 2010-2016  
Lethbridge, AB.

Team Physician, Lethbridge College, 2011-2016  
Lethbridge, AB.

Event Physician, Skate Canada Challenge, 2015  
Edmonton, AB.

Event Physician, Skate Canada International, 2015  
Lethbridge, AB.

Event Physician, Canadian Women's Olympic Hockey team, 2014  
Lethbridge, AB.

Event Physician, WHL All-Stars vs Russia Junior team, 2013  
Lethbridge, AB.

Event Physician, Alberta Summer Games, 2012  
Lethbridge, AB.

Team Physician, University of Notre Dame, 2009- 2010  
Football, hockey, men's basketball, baseball, Notre Dame, IN.

Team Physician, Bethel College, 2009- 2010  
Mishawaka, IN.

Team Physician, St. Mary's College, 2009-2010  
Notre Dame, IN.

Team Physician, Holy Cross College, 2009-2010  
Notre Dame, IN.

Team Physician, South Bend School District High Schools, 2007-2010  
South Bend, IN.

Event Physician, Bengal Bouts Men's Boxing Tournament, 2007-2010  
University of Notre Dame, Notre Dame, IN.

Event Physician, Sunburst Marathon, 2007-2010  
South Bend, IN.

Event Physician, IWF Weightlifting Championships, 2009  
World Masters Games, Sydney, Australia

Assistant Team Physician, Indiana University South Bend, 2006-2008  
South Bend, IN.

Event Physician, IWF World Masters Games, Weightlifting, 2007  
Kazinbarcika, Hungary

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**SPECIAL SKILLS**

Injections: Cortisone, Visco-supplementation, Hydro-dilatation (for Adhesive Capsulitis)

Regenerative injections: Prolotherapy, Platelet Rich Plasma (PRP)

MSK Ultrasound

Osteopathic manipulation (OMT)  
Concussion management  
Fracture management (nonsurgical)  
Medical education and teaching

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**PROFESSIONAL ASSOCIATIONS** American Medical Society for Sports Medicine, 2007-2017, 2021-present  
American Academy of Family Physicians, 2006-2012, 2021-present  
American Osteopathic Association, 2002-present  
Canadian Academy of Sport and Exercise Medicine, 2011-2021  
The College of Family Physicians of Canada, 2010-2021  
Alberta Medical Association, 2010-2021  
Canadian Osteopathic Association, 2010-2021

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**LICENSURE AND CERTIFICATIONS** Medical License, State of Texas, 2021-present  
Medical License (Practice Permit), Province of Alberta, 2010-present  
Certificate of Added Competence (CAC), Sport and Exercise Medicine (SEM, Canada), 2015  
Diplomate of Sports Medicine (Dip. Sport Med, Canada), 2013  
Canadian Certification in Family Medicine (CCFP, Canada), 2011  
Certificate of Added Qualification (CAQ), Sports Medicine, 2010  
Medical License, State of Indiana, 2010  
Board Certified, American Board of Family Physicians, 2009  
Advanced Trauma Life Support (ATLS), 2008  
Neonatal Resuscitation Program (NRP), 2006, 2008  
Advanced Cardiac Life Support (ACLS), 2006, 2009  
Pediatric Advanced Life Support (PALS), 2006, 2008  
Basic Life Support (BLS), 2006, 2008  
Advanced Life Support in Obstetrics (ALSO), 2006  
COMLEX, Steps 1-3 (Comprehensive Osteopathic Med. Licensing Exam), 2004-2007

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**PERSONAL** Family: married (wife, Kelly) with children (Madison, Halle, Colton, & Charlie)  
Hobbies: mtn. biking, back country snow skiing, snorkeling, & watching Notre Dame football

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**REFERENCES** Available upon request

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