

Ryan C. Enke, M.D.

5875 East Riverside Blvd
Rockford, IL 61114
815-398-9491

Education:

Physical Medicine and Rehabilitation Residency, Mayo Clinic, Rochester, MN.
July 2006-June 2009. Earl Elkins Award, highest PM&R resident honor
Transitional Year Internship, Kettering Medical Center, Kettering, OH,
July 2005- June 2006
M.D., University of Illinois College of Medicine, Chicago, IL, May 2005.
Junior AOA Inductee
B.S., Summa Cum Laude, May 2001, University of Wisconsin-Stevens
Point. Albertson Medallion Award, highest honor given at UWSP
A.A., Rock Valley College, Rockford, IL, May 1998. Graduated with
Highest Honors

Employment and Certifications:

Associate Physician, OrthoIllinois, Rockford, IL, July 2009-present.
Illinois Medical License number 102568, issued May 1, 2009
Diplomate, American Board of Physical Medicine and Rehabilitation,
August 2010

Leadership and Teaching Experience:

Non-shareholder representative, Rockford Orthopedic executive committee, 2015
Co-director, RunRight Running Medicine Clinic, Rockford, IL, 2013-present
Interim Medical Director, Rockford Orthopedic Work Comp Program, 2010
Associate Professor, University of Illinois College of Medicine at
Rockford, Department of Medicine. Rockford, IL 2010-present
Faculty Advisor, Christian Medical and Dental Associations, University of Illinois
College of Medicine at Rockford, 2010-present
Member, Mayo PM&R Undergraduate Education Committee, 2007-2009
Instructor, Mayo Clinic College of Medicine Musculoskeletal Exam Course,
January 2007, February 2009
Representative, PM&R Didactics Planning Committee, Mayo Clinic, 2006
Medical Student Mentor, American Academy of Physical Medicine and
Rehabilitation, 2006-2009
Clinical Instructor, Wright State University College of Medicine, Dayton, OH,
2005-06
Co-Founder and Co-Race Director, Sloatman/Heartbeat 8K Run, Cherry Valley,
IL promoted heart disease prevention in the community, while raising
several thousand dollars each year for the cause, 1999-2004
Treasurer, AOA Alpha Chapter, University of Illinois at Chicago, 2004
Biology Peer Advisor, University of Wisconsin-Stevens Point, 2000-2001
Science, Math Tutor, University of Wisconsin-Stevens Point, 1998-2001
Lab Assistant, Human Physiology, University of Wisconsin-Stevens Point, 1999

Honors and Awards:

The Marcus Welby Award, Best Doctor for Time Spent, Medical Explanation, & Genuine Concern, Rockford Orthopedics, June 2013
Earl Elkins Award, highest PM&R resident honor, Mayo Clinic, June 2009
AOA Junior Inductee, UIC College of Medicine, March 2004
Arrie and Estelle Johnson Bamberger Scholarship, July 2003
ACP Pathology Honor Society, UIC College of Medicine, May 2003
Crohn's and Colitis Foundation Student Research Award, May 2002
Albertson Medallion Award, highest honor given at UWSP, May 2001
Chancellors Leadership Award, UWSP, May 2001
Pucci Family Scholarship, UWSP Department of Biology, May 2001
Edgar Pierson Award, highest G.P.A. in Biology Major, May 2000
UW-Stevens Point Honors Alumni Scholarship, January 2000
Phi Kappa Phi Honor Society Inductee, 1999
National Dean's List member, 1997
Phi Theta Kappa member, Honor Society of two-year colleges, 1996-1997

Research Experience:

Peer Reviewer, PMR Journal, 2014-present.
Site Co-Investigator, Auxilium Frozen Shoulder Collagenase Phase 2a Study, Rockford Orthopedics, September 2011 to 2012.
Co-principal investigator, Mayo Clinic, Department of Physical Medicine and Rehabilitation. January 2007- March 2009. Research advisor Dr. Edward Laskowski. Studied running shoe selection among adolescent cross-country runners.
Research Fellow, University of Illinois at Chicago, College of Medicine, Department of Digestive and Liver Diseases. Summer 2002. Mentor Dr. Gail Hecht. Under a Student Research Fellowship Award, through the Crohn's and Colitis Foundation of America, I investigated the role of enteropathogenic *E. coli* secreted protein F (espF) to the inflammatory response in infected intestinal epithelial cells.
Intern, Pierce Chemical, Rockford, IL. Summer 2001. Supervisor Randy Krohn. Collaborated with research and development team in testing 6-Fast Flow immobilized protein gels for product launch.
Intern, Department of Molecular Biology, Pierce Chemical, Rockford, IL. Summer 2000. Supervisor Ryan Liermann. Co-developed a new yeast protein extraction buffer, Y-PER®-S, and investigated methods of improving protein recovery from stationary-phase cells.
Research Assistant, Rockford Gastroenterology and the University of Illinois College of Medicine at Rockford, Rockford, IL. Summer 2000. Preceptors Joseph Vicari, M.D. and John Johanson, M.D. Examined the effectiveness of proton pump inhibitors in preventing recurrent esophageal strictures in patients with gastroesophageal reflux disease.

Publications, Abstracts, and Presentations:

- Enke, Ryan C.** The Use of Diagnostics or Injections in Treating Work-Related Injuries. Rockford Orthopedic Occupational Health Seminar. Rockford, IL. October 28, 2015.
- Enke, Ryan C.** Approach to Rehabilitation of the Competitive Athlete. Accelerated Rehabilitation. Rockford, IL. April 16, 2014.
- Enke, Ryan C.** Physical Medicine and Rehabilitation: EMG. Rockford Orthopedic Primary Care Symposium. Rockford, IL. May 16, 2013.
- Enke, Ryan C.** PM&R Approach to Frozen Shoulder. Swedish American Hospital Department of Rehabilitation. Rockford, IL. May 1, 2013.
- Enke, Ryan C.** Injury Prevention for the Weekend Warrior. OSF Saint Anthony Community Health Program. Rockford, IL. March 22, 2012.
- Enke, Ryan C.** Cervical Spine. Rockford Orthopedic Primary Care Symposium. Rockford, IL March 16, 2012.
- Enke, Ryan C.,** Jonathon Gallas. Diagnosis, Treatment, and Prevention of Common Running Injuries. JCOM. Feb 2012; 19(2): 86-94.
- Enke, Ryan C.** The Role of the Physical Medicine & Rehabilitation Physician in Work-Related Injuries. Rockford Orthopedic Associates, Rockford, IL. November 17, 2010.
- Enke, Ryan C.** Runners and Shoes: The Knowledge Gap. Lower Extremity Review. May 2010; 5(2):57-61.
- Enke, Ryan C.** Comprehensive Assessment of the Injured Runner. Therapy Power Hour. Rockford Orthopedic Associates. Rockford, IL. October 13, 2009.
- Enke, Ryan C.,** Edward R. Laskowski, Kristine Thomsen. Running Shoe Selection Criteria among Adolescent Cross-Country Runners. PMR. Sep 2009; 1(9): 816-9.
- Enke, Ryan.** Running Shoe Selections and Replacement. Rockford Road Runners Newsletter. September 2009.
- Enke, Ryan C.,** Edward R. Laskowski. Running Shoe Selection among Adolescent Cross-Country Runners. Original Research Poster Presented at American Academy of Physical Medicine & Rehabilitation Annual Assembly, San Diego, CA. November 22, 2008.
- Enke, Ryan C.,** David L. Nash. Equinovarus Deformity Secondary to a Right Sciatic Perineurioma: A Case Report. Poster Presented at Association of Academic Physiatrists Annual Meeting, Anaheim, CA. February 23, 2008.
- Enke, Ryan C.,** Stolp, Kathryn A. Peripheral Nerve Injuries: Clinical Problem Solving. PM&R Grand Rounds. Mayo Clinic, Rochester, MN. December 7, 2007.
- Enke, Ryan C.** Sciatic Neuropathy. Clinical Neurophysiology Case Conference. Mayo Clinic, Rochester, MN. September 7, 2007.
- Enke, Ryan C.** Running Shoes and Injury Prevention: A Review of the Literature. PM&R Grand Rounds. Mayo Clinic, Rochester, MN. June 8, 2007.
- Enke, Ryan C.** Secondary Prevention of Coronary Artery Disease. Kettering Medical Center, Kettering, OH. Morning Report Presentation.

December 16, 2005.

Savkovic SD, Berkes J, **Enke R**, Viswanathan VK, Hecht G. Type III secretion and EspF are involved in EPEC-induced epithelial inflammation. *Gastro* 124: 826, 2003.

Vicari, Joseph J., M.D., **Ryan C. Enke**, and John F. Johanson, M.D. The Effectiveness of PPIs in Preventing Recurrent Peptic Esophageal Strictures. Contributed to Poster at Annual Meetings of American Gastroenterological Association, Atlanta, GA. May 19-22, 2001.

Enke, Ryan C., Ryan Liermann, and Lee Sylvers, PhD. Y-PER II and an Enhanced Method for User-Friendly Protein Extraction from Yeast. Research presented at Summer Science Forum 2000, Rockford, IL on August 4, 2000. Hosted by Pierce Chemical and the University of Illinois College of Medicine at Rockford.

Work in the Community:

Co-Team physician, Rockford University, Rockford, IL 2014-present

Team Physician, Jefferson High School, Rockford, IL 2013-present

Physician, Rockford Ice Hogs secondary medical network, 2013-present

Team Physician, Stillman Valley High School, Stillman Valley, IL 2009-2012

Medical Director, Rockford Marathon, Rockford, IL 2009-present

Co-director, Pacesetters community running club, Rockford, IL 2013-present

Volunteer, Annual Mayo Clinic Pre-participation Sports Physicals.

Rochester, MN. April 26, 2008.

Volunteer, Med-City Marathon Medical Tent, Rochester, MN, May 2007, 2009

Resident Team Physician, High School Football, Grand Meadow, MN, 2006-2007

Volunteer, Student Interviewer, UIC College of Medicine, 2004

Volunteer, Chicago Marathon Medical Tent, Chicago, IL, October 2003

Volunteer, Community Health Student –Run Free Clinic, University of Illinois at Chicago, 2001-2003

Volunteer, Saint Michael's Hospital, Stevens Point, WI, 1999-2001

Professional Affiliations:

Christian Medical and Dental Associations, 2009-present

Associate Member, American Academy of Physical Medicine and Rehabilitation, 2009-present

AAPM&R Musculoskeletal Medicine Council, 2009-present

Association of Academic Physiatrists, 2007-2008

Illinois State Medical Society, 2009-present

Minnesota State Medical Association, 2006-2009

Zumbro Valley Medical Society, 2006-2009

American Society of Internal Medicine student member, 2001-2005

American Medical Student Association, 2001-2005

Illinois State Medical Society student member, 2001-2005

Conferences and Courses Attended:

Illinois Regional Trauma Symposium. Rockford, IL. November 7, 2015,
OSF May Day Medical Conference. Rockford, IL. May 1-2, 2014.
SIS Cervical Procedure Bio-Skills Lab. Phoenix, AZ. September 28-30, 2012.
Electromyography (EMG), Electroencephalography (EEG), and Neurophysiology
in Clinical Practice. Mayo Clinic. Amelia Island, FL. March 6-12 2011.
Interventional Spine Radiofrequency Procedure Training. Spine Masters Institute/
NASS. Burr Ridge, IL. July 12, 2010.
2nd Annual Midwest Regional Spasticity Management Training Workshop. Lake
Geneva, WI. June 7-9, 2009.
Fundamentals of Musculoskeletal Ultrasound: Instruction and Hands-on
Workshops. Sponsored by the University of Michigan. Amelia Island, FL.
March 18-22, 2009.
Hands-on Musculoskeletal Ultrasound: Diagnostic and Interventional
Techniques. Sponsored by the American Institute of Ultrasound
In Medicine. Served as volunteer model for hands-on portion. Rochester,
MN. July 10-12, 2008.
Clinical Neurophysiology Course. Mayo Clinic Department of Neurology.
Rochester, MN. July 1, 2007- August 31, 2007.
Musculoskeletal Ultrasound and Injection Course. Mayo Clinic Department of
Physical Medicine & Rehabilitation. Rochester, MN. December
5, 12, and 19, 2007.
Symposium on Sports Medicine. Mayo Clinic Department of Sports Medicine.
Rochester, MN. November 9-10, 2007.
Clinical Neurophysiology Course. Mayo Clinic Department of Neurology.
Rochester, MN. July-August 2007.
Neurotoxin Injection Seminar. University of Minnesota. Department of Physical
Medicine and Rehabilitation. Minneapolis, MN. April 21, 2007.
ImPACT Concussion Management Symposium. Mayo Clinic Department of
Sports Medicine. Rochester, MN. February 3, 2007.
Work, Pain, War: What Are They Good For? Central States Occupational
Medicine Association Annual Fall Seminar. Rochester, MN. September
22-23, 2006.
Review of Pain Medicine CME Course. Sponsored by U.C. Davis Division of
Pain Medicine. Dayton, OH. January 24, 2006.

Special Skills and Interests:

Chicago Marathon, Finished in the top one percent (319 of 32,000 competitors),
with a time of 2:45:56, Chicago, IL, October 2002
Varsity Athlete, Cross Country at the University of Wisconsin-
Stevens Point, 1998-2001
Varsity Athlete, Track and Field at the University of Wisconsin-
Stevens Point, 1998-2001
All Conference Track, Jefferson High School, Rockford, IL 1996