

JAMES H. LYNCH, MD, MS, FACSM

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EDUCATION AND TRAINING

- Fellowship – Sports Medicine** 2009 – 2010
Uniformed Services University of the Health Sciences, Bethesda, Maryland
- Residency – Family Medicine** 2003 – 2006
Tripler Army Medical Center, Honolulu, Hawaii
- Chief Resident, 2005 – 2006
 - Outstanding Graduating Resident Award, 2006
- MD – Dartmouth/Brown Program**
Brown Medical School, Providence, Rhode Island 2001 – 2003
Dartmouth Medical School, Hanover, New Hampshire 1998 – 2000
- MS in Healthcare Improvement** 2000 – 2001
Dartmouth College, Hanover, New Hampshire
- Creator and recipient of Dartmouth Dual Degree MD/MS Scholarship
- BS in Psychology** 1985 – 1989
United States Military Academy, West Point, New York

EXPERIENCE

- Chief Executive Officer, Multidisciplinary Medical Unit, Fort Bragg, NC** 2017 – present
- Leads an integrated medical staff of 80+ personnel with an annual budget of \$2.5M responsible for providing primary care, non-operative orthopaedics, physical therapy, sports nutrition, dental, behavioral health, and case management to an elite Special Operations unit
 - A pioneer and recognized international expert in the innovative use of Stellate Ganglion Block (SGB) for treatment of posttraumatic stress disorder (PTSD)
 - Over ten years of expertise in providing cutting-edge, ultrasound-guided injection therapies
- Team Physician, USA Swimming National Team** 2011 – present
- Provides expert primary care sports medicine/non-operative orthopaedics to elite swimmers on the US National Team
 - Leads the USA Swimming Sports Medicine & Science Committee which supports athlete physical and mental health year-round through continuous improvement to policies, research initiatives, and athlete/coach education campaigns
 - Led multiple medical teams at international competitions including FINA World Championships, Pan Pacific Championships, and the 2016 Olympic Games in Rio de Janeiro

- Chief Medical Officer**, Special Operations Command Africa, Stuttgart, Germany 2013 – 2017
- Led the synchronized delivery of healthcare, medical logistics, and international cooperation for a complex, high-profile unit across 5,000 miles of Africa
 - Supervised a network of 40+ medical professionals operating in remote locations from Senegal to Somalia
 - Consultant for tropical medicine, prolonged field medical care, and emergency evacuations
- Deputy Chief Medical Officer**, Combat Applications Group, Fort Bragg, NC 2010 – 2013
- Developed an integrated Sports Medicine specialty clinic for an elite Special Operations unit by enhancing existing rehabilitation services with musculoskeletal ultrasound, regenerative injection therapies, and state-of-the-art equipment and facilities
 - Introduced ultrasound-guided Stellate Ganglion Block (SGB) to augment elite operators' behavioral health treatment plans for posttraumatic stress disorder (PTSD)
 - Collaborated with international experts in sports medicine to ensure staff was updated and trained on emerging therapies
- Staff Family Physician**, 5th Special Forces Group, Fort Campbell, KY 2006 – 2009
- Supervised 40+ Special Forces paramedics while serving as Primary Care Physician for a unit of 400+ "Green Berets" including two combat deployments to Iraq
 - Contributed to early efforts to codify the military's "Tactical Athlete" concept by publishing original research on the musculoskeletal burden in Special Forces soldiers
 - Applied specialty training in Aerospace Medicine and Diving Medicine
- Instructor**, Academy of Health Sciences, Fort Sam Houston, TX 1995 – 1998
- Taught leadership and combat health support to 2,000+ Army health professionals annually
- Chief Executive Officer**, Medical Company, Fort Bragg, NC 1993 – 1994
- Directed, trained, and managed talent for a multifaceted deployable emergency care unit of 140 medical personnel and over \$6M in equipment
 - Led mobile specialty support teams in emergency treatment, evacuation, preventive medicine, optometry, pharmacy, and behavioral health
- Aide-de-camp**, 44th Medical Brigade, Fort Bragg, NC 1992 – 1993
- Executive assistant to Commanding General of a rapid deployment Army medical brigade
 - Coordinated interagency collaboration in support of Hurricane Andrew disaster relief in South Florida which included federal, state, and local disaster response experts
- Chief of Staff**, Medical Company, 82nd Airborne Division, Fort Bragg, NC 1991 – 1992
- Directed the staff and systems for a parachute response unit of 50 paramedics, creating an engaged team of motivated medics recognized as best among their peers
- Director**, Emergency Response Team, 82nd Airborne Division, Fort Bragg, NC 1989 – 1991
- Led an emergency care parachute response unit of 30 frontline medics in combat
 - Coordinated care and evacuation of an 800-man infantry battalion in the First Persian Gulf War in Saudi Arabia, Iraq, and Kuwait

ACADEMIC APPOINTMENTS

Assistant Professor, Department of Military and Emergency Medicine, Uniformed Services University of the Health Sciences, Bethesda, Maryland

Adjunct Professor, Department of Exercise and Sport Science, The University of North Carolina at Chapel Hill, North Carolina

Course Director, NATO Special Operations Medical Leaders Course, University College Cork, County Cork, Ireland

Section Editor, Environmental Conditions, *Current Sports Medicine Reports*

CERTIFICATION AND LICENSURE

- Fellow, American College of Sports Medicine (**FACSM**) since 2015
- Registered in Musculoskeletal Ultrasound (**RMSK**) since 2013
- Certificate of Added Qualification in Sports Medicine (**CAQSM**) since 2010
- NSCA Certified Strength and Conditioning Specialist (**CSCS**) since 2008
- Diplomat, American Board of Family Medicine since 2006
- Licensed Physician in Hawaii 2004-2012, and North Carolina since 2011

PROFESSIONAL ORGANIZATIONS

- American College of Sports Medicine (ACSM)
- Uniformed Services Academy of Family Physicians (USAFP)
- American Academy of Family Physicians (AAFP)
- Special Operations Medical Association (SOMA)
- Army Aviation Association of America (AAAA)
- USA Swimming—Sports Medicine & Science Committee

PUBLICATIONS IN REFEREED JOURNALS

Lynch, JH. Stellate ganglion block treats posttraumatic stress: An example of precision mental health. *Brain Behav* 2020; 00:e01807. <https://doi.org/10.1002/brb3.1807>

Roby PR, DeCicco JP, Chandran A, Barczak-Scarboro NE, DeLellis SM, Ford CB, Healy ML, Means GE, Kane SF, **Lynch JL**, & Mihalik JP. Neurovascular coupling in Special Operations Forces combat Soldiers. *Ann Biomed Eng* 2020 (In Review).

Barczak-Scarboro NE, Cole WR, DeLellis SM, Means GE, Kane SF, **Lynch JH**, & Mihalik JP. Mental health symptoms are associated with mild traumatic brain injury history in active Special

Operations Forces (SOF) combat and combat support soldiers. *Mil Med* 2020 (Published online, <https://doi.org/10.1093/milmed/usaa167>).

DeCicco JP, Combs PR, DeLellis SM, Healy ML, Kane SF, **Lynch JH**, Means GE, & Mihalik JP. The relationship between neurovascular coupling, vision and sensory performance, and concussion history in Special Operations Forces combat soldiers, *Clin Neuropsychol* 2020;34:1215-1225.

Powell JR, Boltz AJ, DeCicco JP, Chandran A, DeLellis SM, Healy ML, Kane SF, **Lynch JH**, Means GE, Hackney AC, & Mihalik JP. Neuroinflammatory biomarkers associated with mild traumatic brain injury history in Special Operations Forces combat soldiers. *J Head Trauma Rehab* 2020;35(5):300-307.

Roby PR, Chandran A, Barczak-Scarboro NE, DeLellis SM, Ford CB, Healy ML, Means GE, Kane SF, **Lynch JH**, & Mihalik JP. Cerebrovascular reactivity in Special Operations Forces combat soldiers. *Ann Biomed Eng* 2020 (Published online, DOI: 10.1007/s10439-020-02514-z).

Rae Olmstead KL, Bartoszek M, Mulvaney S, et al. Effect of Stellate Ganglion Block Treatment on Posttraumatic Stress Disorder Symptoms: A Randomized Clinical Trial. *JAMA Psych* 2020; Feb 1;77(2):130-138.

Lynch JH, Mulvaney SW, Kim EH, de Leeuw J, Schroeder M, Kane SF. Effect of Stellate Ganglion Block on Specific Symptom Clusters for Treatment of Posttraumatic Stress Disorder. *Mil Med* 2016;181(9):1135-1141.

Peffer J, Ley N, Wuellner J, D'Andrea P, Rittberg C, Losch J, **Lynch JH**. Real-World Experience with Three Point-of-Care Blood Analyzers in Deployed Environments. *J Spec Ops Med* 2015;15(4):109-112.

Mulvaney SW, **Lynch JH**, Kotwal RS. Clinical Guidelines for Stellate Ganglion Block to Treat Anxiety Associated with Posttraumatic Stress Disorder. *J Spec Ops Med* 2015;15(2):79-85.

Mulvaney SW, **Lynch JH**, de Leeuw J, Schroeder M, Kane SF. Neurocognitive Performance is not degraded after Stellate Ganglion Block treatment for Posttraumatic Stress Disorder: A Case Series. *Mil Med* 2015;180(5):e601-e604.

Lynch JH, Verlo AR, Givens ML, Munoz CE. Bites, Stings, and Rigors: Clinical Considerations in African Operations. *J Spec Ops Med* 2014;14(4):113-121.

Mulvaney SW, **Lynch JH**, Hickey M, Rahman-Rawlins T, Schroeder M, Kane SF, Lipov E. Stellate Ganglion Block Used to Treat Symptoms Associated With Combat-Related Post-Traumatic Stress Disorder: A Case Series of 166 Patients. *Mil Med* 2014;179(10):1133-1140.

Givens ML, **Lynch JH**. This Is Africa: An Introduction to Medical Operations on the African Continent. *J Spec Ops Med* 2014;14(3):67-70.

- Kane SF, **Lynch JH**, Taylor JC. Evaluation of Elbow Pain in Adults. *Am Fam Physician* 2014;89(8):649-657.
- Lynch JH**, Deaton TG. Barotrauma with Extreme Pressures in Sport: From Scuba to Skydiving. *Curr Sports Med Rep* 2014;13(2):107-112.
- DeLellis SM, Anderson SE, **Lynch JH**, Kratz K. Acute Mountain Sickness Prophylaxis: A High-Altitude Perspective. *Curr Sports Med Rep* 2013;12(2):110-113.
- Lynch JH**, Kane SF. Chest Pain in a 33-year Old Elite Soldier-Athlete. *Med Sci Sports Exerc* 2012;44(5):S39.
- deWeber K, **Lynch JH**. Sideline Acupuncture for Acute Pain Control: A Case Series. *Curr Sports Med Rep* 2011;10(6):320-323.
- Kane SF, Taylor JC, **Lynch JH**, Cooper PB. Progressive Low Back Pain in a Soldier. *Med Sci Sports Exerc* 2011;43(5):S140.
- Lynch JH**, Boden BP. Leg Injury in a 66-year-old Runner. *Med Sci Sports Exerc* 2010;42(5):S157.
- Lynch JH**, Bove AA. Diving Medicine: A Review of Current Evidence. *J Am Board Fam Med* 2009;22:399-407.
- Lynch JH**, Pallis MP. Clinical Diagnoses in a Special Forces Group: The Musculoskeletal Burden. *J Spec Ops Med* 2008;8(2):76-79.
- Lynch JH**, Keneally RJ, Husted TR. Horner's Syndrome and Trigeminal Nerve Palsy Following Epidural Anesthesia for Labor. *J Am Board Fam Med* 2006;19:521-523.
- Walters KE, Dammann GG, **Lynch JH**. Exercise Intolerance in a Soldier-Athlete. *Med Sci Sports Exerc* 2005;37(5):S131-132.

BOOK CHAPTERS

- Lynch JH**, Healy ML, Means GE, Morrow CM. *Exercise in Extreme Environments*. In: Liguori (ed): ACSM's Guidelines for Exercise Testing and Prescription, 11th Edition. Lippincott Williams & Wilkins, 2019 (in press).
- Lynch JH**, Means GE. *Proximal Phalanx Fracture*. In: M Bracker editor. The 5-Minute Sports Medicine Consult, 2019.
- Kane SF, **Lynch JH**, O'Connor FG. *Elbow and Forearm Injuries*. In: O'Connor, Kane, Birrer (eds): Musculoskeletal and Sports Medicine: Essentials for the Primary Care Provider 4th Edition. CRC Press, 2016.

- Lynch JH**, Birrer RB. *The Disabled Athlete*. In: O'Connor, Kane, Birrer (eds): Musculoskeletal and Sports Medicine: Essentials for the Primary Care Provider, 4th Edition. CRC Press, 2016.
- Lynch JH**. *Dive Medicine*. In: O'Connor, Casa, Davis et al (eds): ACSM's Sports Medicine: A Comprehensive Review. Lippincott, Williams and Wilkins, 2011.
- Lynch JH**. *The Athlete with Intellectual Disabilities*. In: O'Connor, Casa, Davis et al (eds): ACSM's Sports Medicine: A Comprehensive Review. Lippincott, Williams and Wilkins, 2011.
- Lynch JH**, deWeber K. *Proximal Phalanx Fracture*. In: M Bracker editor. *The 5-Minute Sports Medicine Consult*, 2011.

INVITED PRESENTATIONS

- Stellate Ganglion Block for Post-traumatic Stress Symptoms: A Closer Look*. **Lynch JH**. VA Healthcare 2020 Online Summit, May 2020.
- Concussion and the Pupillary Light Reflex: Implications for Special Operations Forces Personnel*. Vander Vegt CB, Ford CB, Register-Mihalik JK, DeLellis SM, Healy ML, Kane SF, **Lynch JH**, Means GE, & Mihalik JP. American College of Sports Medicine Meeting, Orlando, FL 2019.
- Mild Traumatic Brain Injury History Predicts Relationship Between Reduced Grey Matter Volume and Visual-Sensory Performance in Special Operations Forces Personnel*. Ford CB, Cools MJ, DeLellis SM, Healy ML, Lutz RH, Kane SF, **Lynch JH** & Mihalik JP. Military Health System Research Symposium (MHSRS), Kissimmee, FL 2018.
- Combat Role Predicts Cortical Thickness, Visual and Sensory Performance, and Cognition in Special Operations Forces Personnel*. Mihalik JP, Ford CB, Cools MJ, DeLellis SM, Healy ML, Lutz RH, Kane SF, & **Lynch JH**. Military Health System Research Symposium, Kissimmee, FL 2018.
- Monitoring Operator Health and Readiness: A Military Academic Partnership*. Kane SF, **Lynch JH**, Mihalik JP. American College of Sports Medicine Annual Meeting, Minneapolis, MN 2018.
- Concussion History Moderates Relationships between Neural and Clinical Outcomes in Special Operations Forces Personnel*. Ford CB, Cools MJ, DeLellis SM, Kane SF, Lutz RH, **Lynch JH**, & Mihalik JP. American College of Sports Medicine Annual Meeting, Minneapolis, MN 2018.
- Concussion History Predicts Reduced Cortical Thickness in Special Operations Forces Personnel*. Mihalik JP, Ford CB, Cools MJ, DeLellis SM, Kane SF, Lutz RH, & **Lynch JH**. American College of Sports Medicine Annual Meeting, Minneapolis, MN 2018.
- Self-reported Combat-related Symptom Scores Change after Witnessing a Teammate's Improvement Following Stellate Ganglion Block for Posttraumatic Stress Symptoms*. **Lynch JH**, Mulvaney SW. 4th International Congress on Soldiers' Physical Performance, Melbourne, Australia 2017.

Stellate Ganglion Block: Experiences in Treating Posttraumatic Stress Disorder in Special Operations Forces. **Lynch JH.** NATO Special Operations Forces Research Workshop, Lisbon, Portugal 2017.

Ultrasound Guided Stellate Ganglion Block for the Treatment of Combat-related Posttraumatic Stress Disorder. **Lynch JH.** Regional Health Command Europe Annual Meeting, Garmisch, Germany 2015.

Ultrasound Guided Stellate Ganglion Block for the Treatment of Combat-related Posttraumatic Stress Disorder Anxiety Symptoms. Mulvaney SW, **Lynch JH**, Hickey MB. Special Operations Medical Association Annual Meeting, Tampa, FL 2013.

Traumatic Brain Injury: A Military Special Operations Perspective. **Lynch JH.** Matthew Gfeller Sport-Related Neurotrauma Symposium, University of North Carolina, Chapel Hill, NC 2013.

Musculoskeletal Ultrasound. **Lynch JH.** Special Operations Medical Association Annual Meeting, Tampa, FL 2011.

Musculoskeletal Ultrasound: Office Based Applications. **Lynch JH.** Israeli Society of Sports Medicine Annual Meeting, Tel Aviv, Israel 2011.

The Servicemember with Leg Pain. **Lynch JH.** Uniformed Services Academy of Family Physicians Meeting, Palm Springs, CA 2011.

Shoulder Injuries. **Lynch JH.** Capital Conference Primary Care Board Review, Alexandria, VA 2010.

Orthopedic Special Tests for the Shoulder. **Lynch JH.** Uniformed Services Academy of Family Physicians Meeting, New Orleans, LA 2010.

Joint Injection Workshop. Jarvis CG, **Lynch JH**, Nolte RM. Uniformed Services Academy of Family Physicians Annual Meeting, Portland, OR, 2008.

RESEARCH PROTOCOLS

Co-Investigator, 2019 – present. *Acclimatizing Warfighters through Actionable Research (AWARE).* United States Special Operations Command/Henry M. Jackson Foundation.

Co-Investigator, 2016 – present. *Tracking Neurological Function in Warrior-Athletes: A Multidisciplinary Approach.* US Army Special Operations Command, H92456-19-P-0046.

Co-Investigator, 2014 – 2017. *Effectiveness and Patient Acceptability of Stellate Ganglion Block (SGB) for Treatment of Posttraumatic Stress Disorder (PTSD) Symptoms among Active Duty Military Members.* USAMRAA grant number W81XWH-15-2-0015.

Sub Investigator, 2011 – present. *US Special Operations Forces Protocol to Treat Life Threatening Hemorrhage with Universal Pathogen-Reduced Leukocyte-Depleted Freeze-Dried Plasma*. FDA IND 14872, MPMC IRB Log Number M-10180.

COMMUNITY SERVICE

- US Olympic and Paralympic Committee Volunteer Physician and Medical Consultant
 - Medical Consultant, Colorado Springs, 2010 – present
 - Warrior Games, Colorado Springs, 2010 and 2011
- USA Swimming National Team Physician
 - FINA World Championships, Gwangju, South Korea 2019
 - Pan Pacific Championships, Tokyo, Japan 2018
 - 2016 Olympic Games, Rio de Janeiro, Brazil 2016
 - FINA World Championships, Kazan, Russia 2015
 - Pan Pacific Championships, Gold Coast, Australia 2014
 - World University Games, Kazan, Russia 2013
 - Junior Pan Pacific Championships, Honolulu, HI 2012
 - FINA World Cup, Moscow/Berlin 2011
- Community Team Physician
 - Jack Britt High School, Fayetteville, NC 2011 – 2013
 - American University, Washington, DC 2009 – 2010
 - Our Lady of Good Counsel High School, Olney, MD 2009 – 2010
- Volunteer Event Physician
 - Cherry Blossom 10-Miler, Washington DC 2010
 - Marine Corps Marathon, Washington, DC 2009
 - Army 10-Miler, Alexandria, VA 2009
 - Ironman Triathlon Championship, Kona, HI 2005

PERSONAL

- Married 28 years with 3 children ages 23, 21, and 19
- Interests: running, biking, hiking, youth sports
- Travel to over 60 countries, including 8 of the 10 most dangerous countries in the world