

# 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

- Sports Medicine Physician, Regenerative Orthopedics & Sports Medicine (ROSM)** 2021 – present
- Provides state-of-the-art musculoskeletal care, as well as expert ultrasound-guided Stellate Ganglion Block (SGB) for posttraumatic stress symptoms
  - Along with ROSM colleagues, leading the shift in orthopedics and sports medicine through the use of cutting-edge technology, new techniques, and an integrative approach to healing and optimizing health
- Team Physician, USA Swimming National Team** 2011 – present
- Provides expert primary care sports medicine/non-operative orthopedics 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 Executive Officer**, Multidisciplinary Medical Unit, Fort Bragg, NC 2017 – 2020
- Led an integrated medical staff of 80+ personnel with an annual budget of \$2.5M responsible for providing primary care, non-operative orthopedics, 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
- 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**, 5<sup>th</sup> 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**, 44<sup>th</sup> 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, 82<sup>nd</sup> 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, 82<sup>nd</sup> 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 Assistant Professor**, Department of Exercise and Sport Science, The University of North Carolina at Chapel Hill, North Carolina

**Adjunct Instructor, and 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, North Carolina 2011-2021, and Maryland 2021 to present.

## PROFESSIONAL ORGANIZATIONS

- American College of Sports Medicine (ACSM)
- 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. <https://doi.org/10.1007/s10439-020-02604-y>
- 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, 11<sup>th</sup> 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, 4<sup>th</sup> 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