

Research and Scholarly Activity by Sports Medicine Staff at Mayo Clinic Health System in Onalaska

Published Articles

- Daniel J. Lutsch, Clayton L. Camic, Andrew R. Jagim, Nora J. Johnston, and Taylor L. Musgjerd. Acute Effects of a multi-ingredient pre-workout supplement on 5-KM running performance in recreationally-trained athletes. *International Journal of Exercise Science*. (Accepted June 2019).
- *Patrick S. Harty†, Hannah A. Zabriskie†, Richard A. Stecker, Bradley Currier, Jessica M. Moon, Andrew R. Jagim, Chad M. Kerksick. Upper and lower thresholds of fat-free mass index in a large cohort of female collegiate athletes. *Journal of Sports Science*. (May 2019).
- Andrew R. Jagim, Clayton L. Camic, Pat S. Harty. Patterns of multi-ingredient pre-workout supplement use, adverse events and opinions on safety in regular users. *Nutrients*. 2019. 11, 855.
- *Brad S. Currier, Patrick S. Harty, Hannah A. Zabriske, Richard A. Stecker, Jessica M. Moon, Andrew R. Jagim, Chad M. Kerksick. Fat-free mass index in a large sample of male collegiate athletes. *Journal of Strength & Conditioning Research (PAP April 2019)*.
- *Hannah Zabriske, Bradley S. Currier, Patrick S. Harty, Richard A. Stecker, Andrew R. Jagim, and Chad M. Kerksick. Body Composition and Energy Status across a Women's Lacrosse Season. *Nutrients*. 11(2). 470. 2019
- Andrew R. Jagim, Clayton L. Camic, Patrick S. Harty. Common ingredient profiles of multi-ingredient pre-workout supplements. *Nutrients*. 11(2), 254. 2019
- *Anna Nelson, Clayton L. Camic, Carl Foster, Brooke Zajac, Kaela Hoecherl, Joel Luedke, Jacob Erickson, Andrew R. Jagim. Supplementation with a multi-ingredient pre-workout supplement does not augment training adaptations in females. *International Journal of Exercise Science Jan 1*. 12(2): 187-202. 2019.
- Jones, M.T., Oliver, J.M., Delgado, J., Robison, C.E., and Jagim, A.R. Effect of acute upper body complex training on upper body force and power in collegiate male wrestlers. *Journal of Strength & Conditioning Research* 2019. 33(4): 902-909.
- Askow, A., Jagim, A., Jones, M.T., and Oliver, J.M. Effect of Strength on Velocity and Power during Back Squat Exercise in Resistance-trained Men and Women. *Journal of Strength & Conditioning Research*. 2019. 33(1), 1-7.
- Andrew T. Askow, Jason D. Stone, Daniel J. Arndts, Adam C. King, Shiho Goto, Joseph P. Hannon, J. Craig Garrison, James M. Bothwell, Phil E. Esposito, Andrew R. Jagim, Margaret T. Jones, Will Jennings, Jonathan M. Oliver * Validity and reliability of a commercially available velocity and power testing device. *Sports*. 2018. 6, 170.
- Andrew R. Jagim, Patrick Harty, Richard Stecker, Mark Tarnopolsky, Jacob Erickson and Chad M. Kerksick. Safety of Creatine Use in Adolescents: A systematic review. *Frontiers in Nutrition*. 2018; 5: 115.
- Jason D. Stone, Adam C. King, John D. Mata, Shiho Goto, Joseph Hannon, James C. Garrison, James Bothwell, Andrew R. Jagim, Margaret T. Jones, Jonathan M. Oliver. A joint-level analysis of the back squat during strength training with and without a brief intra-set rest. *Medicine and Sciences in Sports & Exercise*. (Accepted 10/4/18).

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- *Patrick S. Harty, Hannah A. Zabriske, Jacob L. Erickson, Paul E. Molling, Chad M. Kerksick, Andrew R. Jagim. Multi-ingredient pre-workout supplements, safety implications, and performance outcomes: A brief review. *Journal of the International Society of Sports Nutrition*. 2018. 15(1), 41.
- Jagim, A.R., Camic, C., Kerksick, C., Askow, A., C, Kisiolek, J, Luedke, J., Erickson, J., Jones, M.T. and Oliver, J.M. Sex differences in resting metabolic rate in athletic populations. *Journal of Strength & Conditioning Research* (PAP September 2018).
- Andrew R. Jagim, Trevor Dominy, Clayton L. Camic, Glenn Wright, Carl Foster, Margaret Jones, and Jonathan Oliver. Author Response to: Is elevation training mask a strategy to increase lactate clearance through respiratory muscle loading? 32(7):e9, July 2018.
- Zanders, B., Currier, B., Eitel, M., Harty, P., Smith, C., Stecker, R., Richmond, S., Jagim, A., Kerksick, C. Changes in energy expenditure, dietary intake and energy availability across an entire collegiate women's basketball season. *Journal of Strength & Conditioning Research* (PAP July 2018).
- Oliver, J., Anzalone, A., Stone, J., Turner, S., Blueitt, D., Garrison, J., Askow, A., Luedke, J., Jagim, A. Fluctuations in blood biomarkers of head trauma in NCAA Football athletes over the course of a season. *Journal of Neurosurgery*. May 2018.
- Galbreath, M., Campbell, B., La Bounty, P., Bunn, J., Beckman-Dove, J., Harvey, T., Hudson, G., Greenwood, L., Levers, K., Galvan, E., Jagim, A., Greenwood, M., Rasmussen, Kreider, R. Effects of adherence to a higher protein diet on weight loss, markers of health, and functional capacity in senior-aged women participating in a resistance-based exercise program. *Nutrients*. 2018. 10(8), 1070.
- *Chelsea J. Hahn, Andrew R. Jagim*, Clayton L. Camic, Matthew J. Andre. The acute effects of a caffeine containing supplement on anaerobic power and subjective measurements of fatigue in recreationally-active males. *Journal of Strength & Conditioning Research*. 2018. 32(4), 1029-1035.
- *Cameron, M. J. Andrew R. Jagim*, Clayton L. Camic, Jacob Erickson. The acute effects of multi-ingredient pre-workout supplement on markers of clinical health and exercise performance in active females. *Journal of the International Society of Sports Nutrition*. (2018) 15:1.
- Jagim, A.R., Camic, C, Kisiolek, J., Luedke, J., Erickson, J., Jones, M.T., and Oliver, J.M. Accuracy of resting energy prediction equations in athletes. *Journal of Strength & Conditioning Research*. 32(7), July 2018, p 1875-1881.
- Andrew R. Jagim, Trevor Dominy, Clayton L. Camic, Glenn Wright, Carl Foster, Margaret Jones, and Jonathan Oliver. The acute effects of the elevation training mask on strength performance in recreational weightlifters. *Journal of Strength & Conditioning Research*. 2018. 32(2), 482-489
- Gende, A.M., Thomsen, T.W., Marcussen, B., Hettrich, C.. (Submitted Aug 2017). Delayed union of acetabular stress fracture in female gymnast: use of teriparatide to augment healing. *Clinical Journal of Sport Medicine*. Pending publication.
- Chung, A., Smart, J., Zdradzinski, M., Roth, S., Gende, A., Conroy, K., Battaglioli, N.. (Mar 2018). Resident-Driven Lesson Plans for Wellness: A Consensus Statement from the Resident Wellness Consensus Summit 2017. *Western Journal of Emergency Medicine*.
- Rohrer J, Merry S, Angstman K, Doganer Y, Erickson J, Furst J. LDL Greater than 100 mg/dL as a Quality Indicator: Locating Risk in Person, Place and Time. *Journal of Clinical Practice*. 2015.

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- Erickson J, Hall M. Evidenced based treatment of common extensor tendinopathy Current Physical Medicine and Rehabilitation Reports. 2015 Mar; 3:50-9.
- Peterson A, Smoot K, Erickson J, Mathiasen R, Kregel K, Hall M. Basic Recovery Aids: What's the Evidence? Current Sports Medicine Reports. 2015 Jun; 14(3):227-34.
- Rohrer JE, Doganer YC, Merry SP, Angstman KB, Erickson JL, Furst JW. Low-density lipoprotein-cholesterol (LDL-C) greater than 100 mg/dL as a quality indicator: locating risk in person, place and time. J Eval Clin Pract. 2015 Aug; 21: (4)735-9. PMID: 25988919 DOI: 10.1111/jep.12378

Book Chapters

- Bonacci RP, Erickson J, Lally M. Family Medicine. In: Kung JW, Bishop PM, Slanetz PJ, Eisenberg RL, editor(s). Tips for the Residency Match: What Residency Directors are Really Looking For. 1st ed. UK: Wiley Blackwell; 2015. p. 58-61.
- Jagim, A.R., Mike, J. (2013). Drugs, Steroids and Youth. In: Sport Nutrition Needs for Children and Adolescent Athletes. CRC Press.
- Kerksick, C. Kreider, R.B., Coletta, A., Jagim, A.R., Levers, K., Galvan, E. et al. (2013). Exercise Prescription and Strength and Conditioning Considerations. In: Sport Nutrition Needs for Children and Adolescent Athletes. CRC Press.

Lecture Presentations

- Jake Erickson. Management of Exertional Leg Pain. What's New in Family Medicine. La Crosse, Wisconsin. 2019
- Andrew R. Jagim. Pre-workout Supplementation for Strength and Power Athletes. NSCA Missouri State Clinic. April 21st 2018.
- Feden, J. Hogrefe, C., Waterbrook, A., Gende, A.M., (May 2018). Airway workshop. Oral presentation at: AMSSM 27th Annual Meeting; Orlando, FL.
- Fabian Hudson, K., Gende, A.M.. (May 2018). Nasal trauma-Sideline Management Assessment and Response Techniques-Emergency Sports Trauma Workshop. Oral presentation at: AMSSM 27th Annual Meeting; Orlando, FL.
- Jake Erickson, Not Just a Simple Quad Strain. Oral case presentation. American Medical Society of Sports Medicine Annual Meeting. 2017
- Mathiasen, R., Gende A.M.. (May 2017). Ear lacerations/Auricular hematoma-Sideline Management Assessment Response Techniques-Emergency Sports Trauma Workshop. Oral presentation at: AMSSM 26th Annual Meeting; San Diego, CA.
- Andrew R. Jagim. Metabolic needs of athletes; perception vs reality. Central States American College of Sports Medicine Conference. October 2017, Lindenwood University, St. Charles, MO.
- Jake Erickson. Pearls for The Team Doc: What Makes A Good Sideline Doctor. Hot Topics in Family Medicine. Red Wing, Minnesota. 2017

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- Jake Erickson. This case will make your skin split. AMSSM National Conference. Hollywood, Florida. 2015
- Jake Erickson. Treatment of Common Extensor Tendinopathy: A Literature Review. Iowa Athletic Trainer's Society Conference. Iowa City, Iowa. 2015
- McEleney, M. Median Arcuate Ligament Syndrome Clinical Case Presentation: Acute Calcific Tendinopathy of the Lateral Gastrocnemius. Poster case presentation at AMSSM Annual Conference: April 18, 2015.
- Jagim, A.R. Pre-workout Supplementation for Strength and Power Athletes. University of Wisconsin-La Crosse Performance Symposium. La Crosse, WI. December 21st 2014.

Poster Presentations

- Andrew R. Jagim, Glenn Wright, Joel Luedke, Jacob Erickson, and Chad Kerksick. The influence of multiple practices on energy availability in football. National Strength & Conditioning Association National Conference 2019.
- Andrew R. Jagim, Hannah Zabriskie, Brad Currier, Patrick Harty, Richard Stecker, Chad M. Kerksick. The Impact of Energy Balance on Sleep Time and Recovery. American College of Sports Medicine National Conference 2019, Orlando FL.
- Andrew R. Jagim, Clayton L. Camic, Carl Foster, Jacob Erickson. Multi-ingredient pre-workout supplementation does not enhance training adaptations in females. National Strength & Conditioning Association National Conference 2018.
- Andrew R. Jagim, Hannah Zabriske, Patrick S. Harty, Richard Stecker and Chad M. Kerksick. A comparison of actual dietary intake versus recommended intake of female lacrosse players. International Society of Sports Nutrition: National Conference 2018.
- Gende, A.M., Hansen, N., Buresh, C.. (May 2018) The impact of peer-to-peer recognition system. Poster presented at: University of Iowa Hospitals and Clinics GME Leadership Symposium; Iowa City, IA.
- Gende, A.M., Marcussen, B.. (May 2018) Take my breath away: a case of spontaneous pneumomediastinum. Poster presented at AMSSM 27th Annual Meeting; Orlando, FL.
- Andrew Jagim, Carl Foster. FACSM, Joel Luedke, Jamie Ochsenwald, Jacob Kisiolek, Margaret Jones, FACSM, and Jonathan M. Oliver. Gender differences in resting energy expenditure in athletic populations. American College of Sports Medicine National Conference 2017.
- Gende, A.M., Thomsen, T.W.. (May 2017). A golfer with golfer's elbow? Medial elbow pain in amateur golfer. Poster presented at: AMSSM 26th Annual Meeting; San Diego, CA.
- Gende, A.M., Takacs, M.. (Jun 2017). Quality improvement in emergency medicine residency. Poster presented at: University of Iowa Hospitals and Clinics GME Leadership Symposium; Iowa City, IA.
- J. Erickson, A. Jagim, M. Cameron. The Acute Effects of a Multi-ingredient Pre-workout Supplement on Resting Energy Expenditure and Exercise Performance in Recreationally Active Females. Oral poster research presentation at 2017 AMSSM National Meeting
- J. Erickson, A. Jagim. The Validation of MyFitnessPal as a Tool for Monitoring Dietary Intakes. Oral poster presentation. AMSSM 2017

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- Jagim, G. Wright, J. Kisiolek, M. Meinking, J. Ochsenwald, M. Andre, M.T. Jones and J. M. Oliver. The ability of collegiate football athletes to adhere to sport-specific nutritional recommendations. International Society of Sports Nutrition: National Conference 2016.
- Jagim, G. Wright, J. Kisiolek, M. Meinking, J. Ochsenwald, M.T. Jones and J. M. Oliver. Position-specific changes in body composition and resting energy expenditure following pre-season training camp in NCAA Division III American football players. National Strength & Conditioning Association National Conference 2016.
- Gende, A.M., King, D.. (Mar 2016). Urine, you're out. Foley problems. Poster presented at: AAEM 22nd Annual Scientific Assembly; Las Vegas, NV.
- A.R. Jagim, G. Wright, K. Schultz, C. St. Antoine, M.T. Jones, and J. M. Oliver. Effects of acute ingestion of a multi-ingredient pre-workout supplement on lower body power and anaerobic sprint performance. International Society of Sports Nutrition: National Conference 2015.
- Andrew R. Jagim, Owen Rader, Margaret T. Jones, Jonathan M. Oliver. The relationship between performance measures and physical characteristics of recreational multi-modal trained individuals. National Strength & Conditioning Association: National Conference 2015.

Abstracts

- Patrick Harty, Hannah Zabriske, Richard Stecker, Bradley Currier, Jessica Moon, Scott Richmond, Andrew Jagim and Chad Kerksick. Position-specific body composition values in female collegiate rugby union athletes. National Strength & Conditioning Association National Conference 2019.
- Brad S. Currier, Patrick S. Harty, Jessica M. Moon, Shane A. Ponder, Richard A. Stecker, Hannah A. Zabriskie, Andrew R. Jagim, Chad M. Kerksick, FACSM. Fat-free mass index in a diverse sample of male collegiate athletes. Central States American College of Sports Medicine 2018.
- Patrick S. Harty, Hannah A. Zabriskie¹, Richard A. Stecker, Bradley Currier, Jessica M. Moon, Andrew R. Jagim, Chad M. Kerksick, FACSM. Fat-free mass index in a diverse sample of female collegiate athletes. Central States American College of Sports Medicine 2018.
- Chad M. Kerksick, Breyannah Zanders, Brad Currier, Patrick Harty, Richard Stecker, Charles Smith, Hannah Zabriske, Scott Richmond, Andrew R. Jagim. Energy expenditure changes in collegiate female basketball players based on scheduled team activities. National Strength & Conditioning Association National Conference 2018.
- Arndts, D. J.; Stone, J. D.; Askow, A. T.; King, A. C.; Goto, S.; Hannon, J.; Garrison, J. C.; Bothwell, J. C.; Jagim, A. R.; Jones, M. T.; Oliver, J. M., Analyzing the effect of velocity-based biofeedback on lower limb joint angles during the back squat. Journal of Strength and Conditioning Research 2018.
- Askow, A. T.; Stone, J. D.; Arndts, D. J.; King, A. C.; Goto, S.; Hannon, J.; Garrison, J. C.; Bothwell, J. C.; Esposito, P.; Jagim, A. R.; Jones, M. T.; Oliver, J. M., Validity and reliability of a commercially-available velocity and power testing device. Journal of Strength and Conditioning Research 2018.
- Stone, JD., King, AC., Mata, JD., Goto, S., Hannon, J., Garrison, JC., Bothwell, J, Jagim, AR., Jones, MT., Oliver, JM. A joint-level analysis of the back squat during traditional and cluster strength set configurations in trained men. National Strength & Conditioning Association National Conference 2018.

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- Currier, B., Stecker, R., Harty, P., Zabriskie, H., Kerksick, CM., Jagim, AR. The effects of foot placement on upper body strength performance. National Strength & Conditioning Association National Conference 2018.
- Kerksick, CM., Zanders, BR., Currier, B., Harty, P., Stecker, R., Smith, C., Zabriskie, H., Richmond, S., and Jagim, AR. Game day, practice day, off day or conditioning day: How does energy expenditure change in collegiate female basketball players. National Strength & Conditioning Association National Conference 2018.
- Chad M. Kerksick, Hannah Zabriske, Patrick S. Harty, Richard Stecker and Andrew R. Jagim. Perceptions of energy and macronutrient intake in a group of collegiate female lacrosse athletes. International Society of Sports Nutrition: National Conference 2018.
- Stone, J. D.; Arndts, D. J.; Askow, A. T.; King, A. C.; Goto, S.; Hannon, J.; Garrison, J. C.; Bothwell, J. C.; Jagim, A. R.; Jones, M. T.; Oliver, J. M., Velocity-based visual biofeedback enhances back squat performance at different levels of fatigue. Journal of Strength and Conditioning Research 2018.
- Hannah Zabriskie, Brad Currier, Patrick Harty, Richard Stecker, Andrew Jagim, Chad Kerksick. Energy balance, body composition and bone health in female lacrosse players. American College of Sports Medicine National Conference 2018.
- Kirk, K. M.; Gable, D. A.; Stone, J. D.; Anzalone, A. J.; Turner, S. M.; Askow, A. T.; Luedke, J. A.; Jagim, A. R.; Jones, M. T.; Oliver, J. M., Neuroprotective effect of omega-3 fatty acids on head trauma in American football athletes. Medicine and Science in Sports and Exercise 2018.
- Will Jennings, Jason D. Stone, John D. Mata J. Craig Garrison, Shiho Goto, Margaret Jones, FACSM, Andrew Jagim, Adam King, Jonathan M. Oliver. Cluster sets attenuate power loss at higher intensities during the back squat exercise. American College of Sports Medicine National Conference 2018.
- K. Michele Kirk, David A. Gable, Jason D. Stone, Anthony J. Anzalone, Stephanie M. Turner, Andy T. Askow, Joel A. Luedke, Andrew Jagim, Margaret T. Jones, Jonathan M. Oliver. Neuroprotective effect of omega-3 fatty acids on head trauma in American football athletes. American College of Sports Medicine National Conference 2018.
- Jamie R. Erickson, Andrew R. Jagim, Glenn A. Wright, Carl Foster, FASCSM, and Clayton L. Camic. Effects of a Thermogenic Pre-Workout Supplement on Fat Oxidation Rates During Moderate-Intensity Running in Females. American College of Sports Medicine National Conference 2018.
- Taylor L. Miller, Nora J. Johnston, Kelly N. Sorensen, Andrew R. Jagim, Clayton L. Camic. Acute effects of a multi-ingredient pre-workout supplement on 5-KM running performance in college-aged individuals. American College of Sports Medicine National Conference 2018.