

Ross C. Sugar, M.D.
Diplomate, American Board of Physical Medicine and Rehabilitation
Subspecialty Certification in Pain Medicine
Baltimore Neurosurgery and Spine Center
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Education:

Medical College of Virginia Richmond, Virginia	August 1994 – May 1998 M.D.
Duke University Durham, North Carolina	September 1978 - May 1982 B.A. Mathematics, Cum Laude

Areas of Skill:

- Pain management
- Interventional pain procedures
- Rehabilitation medicine
- Musculoskeletal and neuromuscular medicine
- Sports medicine
- Joint injections
- Myofascial pain / trigger point injections

Certifications:

ABPMR Subspecialty Certification in Pain Management, 2003
Diplomate, American Board of Physical Medicine and Rehabilitation, 2003.

Honors and Awards:

Listed as one of Baltimore's Top Doctors in Baltimore Magazine, 2009.
Elkins Award for national top score in part I of the American Board of Physical Medicine and Rehabilitation board examination, 2002.
Arthur Siebens Outstanding Senior Resident Award, Sinai Hospital of Baltimore / Johns Hopkins Hospital PM&R Residency program, 2002.
National Self-Assessment Examination for Residents (SAE-R) 2002 exam, 99th percentile among PM&R PGY4 residents.
National Self-Assessment Examination for Residents (SAE-R) 2001 exam, 99th percentile among PM&R PGY3 residents.
MCV Discretionary Scholarship, 1997
Kinloch Nelson Student Honors Day Research Presentation, 2nd Place, 1996
A.D. Williams Research Fellowship, 1995
Belcher Scholarship, 1994, 1995, 1996, 1997
NASA Achievement Award, 1992

Publications:

Windsor RE, Storm S, Sugar R, Nagula D. Cervical transforaminal injection: review of the literature, complications and a suggested technique. Pain Physician 2003;6:457-65.
Windsor RE, Storm S, Sugar R. Prevention and management of complications resulting from common spinal injections. Pain Physician 2003;6:473-83.

Choi H, Sugar R, Fish DE, Shatzer M, Krabak B. Physical Medicine and Rehabilitation Pocketpedia. 2003 Lippincott Williams & Wilkens.
Krabak BJ, Sugar R, McFarland EG. Practical nonoperative management of rotator cuff injuries. Clinical Journal of Sports Medicine. 2003 Mar;13(2):102-5.
Sugar R, Brown SE. Treatment of Chronic Trapezius Pain with Temporary Spinal Accessory Nerve Blockade. Accepted poster for the American Academy of Physical Medicine and Rehabilitation meeting, 2001.
Macy MA, Felsenthal G, Sugar R. Prevalence of Carpal Tunnel Syndrome in Patients Pre- and Post-Hip Fracture. Accepted poster for the American Academy of Physical Medicine and Rehabilitation meeting, 2001.
Sugar R, Churn B, DeLorenzo R. The role of intracellular calcium and the effect of ion replacement in the delayed neuronal cell death of stroke. Virginia Medical Quarterly, Fall 1996.

Employment:

Baltimore Neurosurgery and Spine Center, Baltimore, MD, 7/2010 – present
Physician

Sinai Hospital of Baltimore, Baltimore, MD, 6/2005 – 6/2010
Physician, Department of Physical Medicine and Rehabilitation

Emory Hospital / Georgia Pain Physicians, Atlanta, GA, 7/2003 – 4/2005
Staff Physician

Emory Hospital / Georgia Pain Physicians, Atlanta, GA, 7/2002 – 7/2003
Fellow, Emory Hospital / Georgia Pain Physicians Pain Management Fellowship.

Johns Hopkins Hospital / Sinai Hospital, Baltimore, MD, 7/2001 – 6/2002
Chief Resident, Johns Hopkins/Sinai Hospital Physical Medicine and Rehabilitation Program.

Johns Hopkins Hospital / Sinai Hospital, Baltimore, MD, 7/1999 – 6/2001
Resident, Johns Hopkins/Sinai Hospital Physical Medicine and Rehabilitation Program.

University of Maryland, Baltimore, MD, 1998-1999
Intern, Internal Medicine Department.

Medical College of Virginia, Richmond, VA, 1995
As a recipient of the A.D. Williams Research Fellowship, investigated the cellular and intracellular mechanisms of the delayed neuronal cell death of stroke. This research led to the 2nd place prize at the Kinloch Nelson Student Honors Day.