IV. Publications

18. Books and Monographs Published:

Books


Books – Chapters


19. Juried or Refereed Journal Articles or Exhibitions:


20. *Other Works, Publications and Abstracts:*

**Editorials**


**Non-peer reviewed manuscripts**


**Abstracts – Published**


58. Sakurai T, Ohno H., Best TM, Ji LiLi, Izawa T: The Effects of High-Intensity Running On Inducible Nitric Oxide Synthase Expression in Rat Skeletal Muscle. FASEB, April 21, 2002.


83. Olabisi RM, Vanderby R Jr, Best TM, Noonan KJ. The Effects Of Botulinum Toxin, Type A On Tendon During Distraction Osteogenesis. 5th World Congress of Biomechanics, Munich, Germany, 29 July – 4 August 2006.


96. Schroeder A, Flanigan DC, Comstock D, Best TM. Epidemiological Studies of Overuse Injuries in High School Athletes in the United States. 11th Annual AMA Research Symposium held November 15, 2013, in conjunction with the 2013 AMA Interim Meeting in National Harbor, MD


102. Thoma LM, Flanigan DC, Best TM, Schmitt LC. Defect location does not affect self-reported function and strength asymmetries in individuals with articular cartilage lesions of the knee. APTA Combined Sections Meeting: Anaheim, CA; February 17-20 2016.


21. Other Works Accepted for Publication:

V. Professional

22. Funded Research Performed:

Completed:
- The Wisconsin State Medical Society an in Vitro Study of the Effects of Nitric Oxide on Myoblasts and Fibroblasts. July 1, 1996 – August 1, 1996, T.M. Best, Principle Investigator, Total $3,000.
- NIH RO1 Ovarian Hormone Effects on Muscle Injury and Recovery, Co-Investigator, October 1, 2001 – September 30, 2005. Total $625,000. 5% support.
• OREF The Use of Botulinum A Toxin to Reduce Muscle Contracture and to Promote Myogenesis in a Rabbit Distraction Osteogenesis Model. Total $100,000. Co-Principal Investigator. April 1, 2005 – March 31, 2007.
• NIH Massage Therapy in Eccentric Exercise Induced Muscle Weakness and Inflammation. Principal Investigator. 15% effort. Total $1,135,000. Principal Investigator. Aug 1, 2009 – April 30, 2014.

Active:

23. Editorial Responsibilities:

Journal Reviews
• Annals of Biomedical Engineering – Section of Biomechanics
• American Journal of Pathology
• Clinical Journal of Sports Medicine
• Medicine and Science in Sports and Exercise
• The Physician and Sports Medicine
• The Journal of Family Practice
• Journal of Applied Physiology
• Journal of Biomechanical Engineering
• Journal of Rheumatology
• Journal of Orthopaedic Research
• British Journal of Sports Medicine
• European Journal of Applied Physiology
• American Family Physician
• Muscle & Nerve
• JAMA
• Cell & Tissue Research

Editorships
• Associate Editor, Medicine and Science in Sports and Exercise, 1995 - 2000
• Editor, Clinical Supplement to Medicine and Science in Sports and Exercise, 1997 - 2000
• Editorial Board Member, The Physician & Sportsmedicine, 1998 - 2003
• Senior Associate Editor, Clinical Journal of Sportsmedicine, 2000 - Present
• Editorial Board Member, British Journal of Sportsmedicine, 2000 – Present
• Editorial Board Member, Journal of Science and Medicine in Sport, 2002 – 2005
• Medical Section Editor, Orthopedic Knowledge Update 3, American Academy of Orthopedic Surgeons, Published in 2004.
• Associate Editor-in-Chief for Clinical Sciences, Medicine and Science in Sports and Exercise, July 1, 2006 – Present.
• Associate Editor, Current Sports Medicine Reports, 2013 – Present.
• Section Editor, New England Journal of Medicine, Sports Medicine Primary Care Education, 2014 – 2015.

Grant Review Panels
• ACSM Research Review Committee, 2001 – 2007
• NSF BES SBIR Program, Spring 2001
• NSF BES CAREER Program, Fall 2001
• NSF BES CAREER Program, Spring 2003
• NSF BES CAREER Program, Fall 2003
• Canadian Institutes Of Health Research, Fall 2003
• Australian Government of Health, Spring 2005
• Orthopedic Research Society – Abstract Reviewer, 2005 – 2007
• NIH Ad Hoc – MRS Study Section, February 2013
• NIH First Stage Reviewer NCCAM PO1 Center Grants, February 2014
• MRMC, Military Operational Medicine, MOM, 2014-Present
• Chair – NBA/GE Tendinopathy Call For Proposals

24. Professional and Honorary Organizations:

Membership in professional and learned societies
• American College of Sports Medicine, 1982 – Present
• Ontario Medical Association, 1985 – 1989
• Canadian Academy of Sports Medicine, 1987 – Present
• Canadian Doping Control Certification Program, Certified Member, 1988-1992
• American Medical Association, 1989 – Present
• The College of Physicians and Surgeons of Ontario, 1989 – 1995
• The North Carolina Board of Physicians, 1989 – 1997
• American Academy of Family Physicians, 1993 – Present
• North Carolina Academy of Family Physicians, 1993 – 1997
• Wisconsin Academy of Family Physicians, 1995 – 2005
• The State of Wisconsin Licensure for Medicine and Surgery, 1995 – 2005

Society Appointments
• Medical Education Committee. American College of Sports Medicine, June 2004-June 2007.
• Nominating Committee. American College of Sports Medicine, June 2006 – June 2013
• Vice-President. American College of Sports Medicine, June 2007 – June 2009.
• Immediate Past-President American College of Sports Medicine, June 2011 – June 2012.
• Board of Directors – National Youth Sports Health and Safety Institute, Sept 2011 – Present.
• Past President’s Committee. American College of Sports Medicine, June 2013-June 2016.
• Strategic Planning Committee. American College of Sports Medicine, June 2013-June 2016.

25. Honors and Awards:
• 2015 ACSM Distinguished Leader Award (http://www.acsmstore.org/).
• 2014 ACSM Citation Award.
• Best Doctors in America – 2011-Present
• Star of Family Medicine, The Ohio State University, 2011.
• JOSPT 2004 Excellence in Research Award.
• Marc Hansen Lectureship Award, Department of Family Medicine, University of Wisconsin Medical School, March 8 2001.
• Ralph M. Isbrandt Automotive Safety Engineering Award- Best paper presented to SAE on the subject of Automotive Safety, 1997
• Fellow of the American College of Sports Medicine (FACSM), 1997
• Society of Teachers of Family Medicine - Resident Teaching Award. 1995
• Conference Travel Fellowship – Duke University, 1993
• Conference Travel Fellowship – Duke University, 1992
• American College of Sports Medicine, New Investigator Award, 1991
• Medical Research Council of Canada Fellowship, 1989-1993
• Dean’s Honor List, Faculty of Medicine, 1988
• Natural Sciences and Engineering Research Council, Graduate Scholarship, University of Windsor, Faculty of Human Kinetics Gold Medalist, 1984
• Deans Honor List, Faculty of Human Kinetics, 1981-1984
• University of Windsor – Letter Varsity Track and Field, 1982-1983
• Natural Sciences and Engineering Research Council, Summer Studentship, University of Windsor, 1983
• The Mary J. O’Brien Award for Combined Academic-Athletic Excellence, University of Windsor, 1983
• Natural Sciences and Engineering Research Council, Summer Studentship, University of Windsor, 1982
• Ontario Scholarship, 1980
• The International Printing & Graphic Communication Union, Anthony J. DeAndres Memorial Scholarship, 1980
• The University of Western Ontario Faculty of Natural Science Admission Scholarship, 1980
• School Representative, Ontario Athletic Leadership Camp (Selected from class of 280 students to represent High School at this camp), 1977

26. Post-Doctoral Fellowships:

27. Other Professional Activities:

Advisory Boards
• Oslo Sports Trauma Research Center, Spring 2004
• External Advisory Committee, National Space Biomedical Research Institute, 2004 – 2012
• Scientific Review Panel for the US Army Research Institute of Environmental Medicine, Natick, MA; July 26-27, 2005
• Ohio Occupational Therapy, Physical Therapy and Athletic Trainers Board; Sept 1, 2006
  August 27, 2007
• Abbott Labs Scientific Advisory Board – Jan 1, 2010 - Present
• Aspetar Scientific Advisory Board – June 1, 2011 – Present
• National Youth Sport Safety Board of Directors – Jan 1, 2011 – Present
• United States Bone And Joint Initiative Board of Directors – June 2010 – Present
• Advisory Board – NBA-GA Strategic Research Partnership – July 2015 – Present

Workshops
• Medical Oddities. Chair Moderator, 47th Annual ACSM Meeting, Indianapolis, IN, June 3, 2000.
• Muscle Problems. Chair, 51st Annual ACSM Meeting, Indianapolis, IN, June 4, 2004.
• Hematological Issues in the Athlete. Discussant, 53rd Annual ACSM Meeting, Denver, CO, June 1, 2006.
• Best TM, Discussant, General Medicine III, 60th Annual ACSM Meeting, Indianapolis, IN, June 1, 2013.

Invited Addresses


16. **Best TM**: Inflammation: Friend or Foe For Muscle Injury? Presented at the Oslo Sports Trauma Research Center, Kleivstua, Norway. May 26, 2004


30. **Best TM**: Exercise Is Medicine – Why We Should All Prescribe It! University of Notre Dame Grand Rounds, South Bend, IN, March 16, 2016.


**Presentations**

**Local**

- **Best TM**: Does Screening For Scoliosis Improve Clinical Outcome? Department of Family Medicine Grand Rounds, University of North Carolina, Chapel Hill, N.C., 8 Dec., 1993.
- **Best TM**: Muscle-Tendon Injuries in the Young Athlete. Watertown, WI. 25 March, 1996.
- **Best TM**: Muscle Strain Injuries: Basic Science and Clinical Aspects. MD/PhD Program. University of Wisconsin Medical School, 10 December, 1996.
- **Best TM**: Experimental Studies on Muscle Injury and Repair. Department of Kinesiology Invited Lecturer. 13 December, 1996.
- **Best TM**: Experimental Studies of Muscle Mechanics, Injury and Healing. Department of Biomedical Engineering Seminar, April 21, 1997.
- **Best, TM**: Office Diagnosis and Treatment Strategies for Soft Tissue Injuries. Watertown Memorial Hospital. 4 Dec, 1997.
- **Best, TM**: The Potential Role of Anti-Oxidants in Muscle Healing. Univ. of Wisconsin Hospital and Sports Medicine Center, January 16-17, 1998.
- **Best, TM**: “Diagnosis and Treatment of Common Musculoskeletal Problems in Primary Care” UCC Staff – UW Madison, April 22, 1998.
- **Best, TM**: Head Injuries: Laboratory And Clinical Implications. 21st Annual Symposium. Univ. of Wisconsin Hospital and Sports Medicine Center, May 7, 1998.
- **Best TM**: Achilles Tendon Injuries; Role of Non-Surgical Treatment. 24th Annual Sports Medicine Symposium, Madison, WI; May 11, 2001.
- **Best TM**: Use of Supplements, Hormones, and Herbals by Athletes. CME Lecture for University Health Services, November 28, 2001.
- **Best TM**: Field Evaluation of Sports Injuries. CME Presentation, St. Claire Hospital, Baraboo, Wisconsin, September 18, 2003.
- **Best TM**: How Did I Hurt My Hamstring- How Should I Treat It? The Ohio State University Annual Alumni Association, Columbus, OH, Sept 16, 2005.
- **Best TM**: Exercise Collapse and Heat Illness: Prevention and Treatment. 1st Annual Cardiology Symposium ‘Sudden Cardiac Death and the Athlete’, The Ohio State University, 28 July 2006, Columbus, OH.
- **Best TM**, Borchers JR, Flanigan D: Osteoarthritis Management: Current Evidence For Glucosamine and Chondroitin Viscosupplementation. 2007 Spring Conference Evidence-Based Osteoarthritis Symposium, 2 March 2007, Columbus, OH.
• **Best TM**: Hamstring Injuries: Pathophysiology and New Treatment Approaches. OATA 2007 Annual Symposium, May 4 2007, Dublin, OH.

• **Best TM**: Muscle Injury and Repair. To Animal Veterinary Medicine Graduate Course. Nov 1, 2007. The Ohio State University, Columbus, OH.

• **Best TM**: Infectious Disease Update for the Athletic Trainer. GCAT meeting. Nov 12, 2007. Columbus, OH.

• **Best TM**: Infectious Disease Topics for the Coach. July 28, 2008. Columbus, OH.


• **Best TM**: Modulation of Exercise-Induced Muscle Inflammation and Damage through Massage-Based Therapies. OSU Children’s Muscle Research Group. Columbus, OH, Dec 16, 2010.


• **Best TM**: Can an Athlete with an Abnormal ECG Continue to Compete? Should We Screen HS Athletes in Ohio? Connor Senn Symposium on Sudden Cardiac Death in Athletes, The Ohio State University, Columbus, OH, May 8, 2012.

• **Best TM**: The Benefits of Physical Activity to Health. medFIT Medical Students Meeting, OSU College of Medicine, Columbus, OH, Oct. 25, 2012.

• **Best TM**: Sports Cardiology 101 for The Primary Care Physician. Second Annual Connor Senn Symposium on Sudden Cardiac Death in Athletes, The Ohio State University, Columbus, OH, Nov 1, 2013.

• **Best TM**: Exercise is Good Medicine – Prescribe It! Department of Family Medicine Research Rounds, The Ohio State University, Dec 11, 2013.

• **Best TM**: Osteitis Pubis in Athletes. Fourth Annual Hip Symposium. The Ohio State University, Columbus, OH April 26, 2014.


• **Best TM**: Exercise is the best medicine – let’s all prescribe it! Building Health Academic Communities Ohio Summit. Columbus, OH Oct 10, 2014.


• Thoma LM, Flanigan DC, **Best TM**, Schmitt LC. Defect location does not affect self-reported function and strength asymmetries in individuals with articular cartilage lesions of the knee. Ohio Physical Therapy Association Scientific Symposium. Columbus, OH. Oct 2015. *Best Presentation Award*

• **Best TM**. Exercise Is The Best Medicine – Why We Should Prescribe It! Health And Wellness Monthly Talk. The Ohio State Wexner Medical Center, April 24, 2015.

• **Best TM**. Fitness Beyond 50: Considerations for the Masters Endurance Athlete. 2nd Annual Symposium for the Treatment of Endurance Athletes. The Ohio State Wexner Medical Center, May 1, 2015.

• Indelicato P (Moderator) **Best TM**. Advances in Knee Joint Preservation. 2nd Annual Hip, Knee & Shoulder Symposium. Holy Cross Hospital Orthopedic Institute. Ft Lauderdale, FL. Feb 2, 2017

**National**


• **Best TM**: Muscle Stretch Injury: From Bench to Clinic. UC Davis, Department of Exercise Science, Jan 28, 2000.


- **Best TM**: A University and Community-Based Partnership to Promote a Healthy Lifestyle Change in school children. Session Moderator. 52nd Annual ACSM Meeting, Nashville, TN, June 1, 2005.


- **Best TM**: Tissue Tolerance in Young Throwers. 52nd Annual ACSM Meeting, Nashville, TN, June 3, 2005.


- **Best TM**, Benjamin M, Toumi H. Where Tendon and Ligament Meet Bone – Attachment Sites (Entheses) in Relation to Exercise and Injury. 53rd Annual ACSM Meeting, Denver, CO. June 1, 2006.


- **Best TM.** Borchers J, Flanigan D. An Evidence-Based Look at the Use of Glucosamine for Osteoarthritis. 54th Annual ACSM Meeting, New Orleans, LA, June 1, 2007.


- **Best TM.** The PPE – Five Conditions Not To Miss. AOSSM Annual Meeting, San Francisco, CA. March 8, 2008.


- **Best TM.** Prolotherapy – An Evidence-Based Review. 19th annual Ironman Symposium, Kona, Hawaii, Oct 9, 2008.

- **Best TM.** Sports Medicine Review and Board Preparation. 76th AAOS Annual Meeting, Las Vegas, NA. Feb 26, 2009.


- **Best TM.** Sports Medicine Review and Board Preparation. 77th AAOS Annual Meeting, New Orleans, LA. Mar 9, 2010.

- **Best TM.** Inflammation – Our Friend or Enemy? 57th Annual ACSM Meeting, Baltimore, MD, June 2, 2010.

- **Best TM.** Health and Safety for Young Athletes. A Game Plan. 57th Annual ACSM Meeting, Baltimore, June 5, 2010.


- **Best TM.** The Role of Inflammation in Muscle Injury & Repair. 39th Annual SEACSM Meeting, Greenville, SC, Feb 4, 2011.
• **Best TM.** GI Problems in Athletes. 39th Annual SEACSM Meeting, Greenville, SC, Feb 4, 2011.

• **Best TM.** Sports Medicine Review and Board Preparation. 78th AAOS Annual Meeting, San Diego, CA. Feb 17, 2011.


• **Best TM.** Effect of Massage on Recovery of Muscle Mechanical Properties Following Eccentric Exercise in an Animal Model. 20th AMSSM Meeting, Salt Lake City, UT, May 2, 2011.

• **Best TM,** Chaudhari AM, McKenzie CS. Core Stability and Strengthening: Facts and Myths. 58th Annual ACSM Meeting, Denver, CO., June 1, 2011.

• Haas CM, Gan T, Haq F, Zhao Y, Butterfield TA, **Best, TM.** Dose Dependent Effect of Massage on Recovery of Muscle Mechanical Properties Following Eccentric Exercise. 58th Annual ACSM Meeting, Denver, CO., June 2, 2011.


• **Best TM.** 62nd NATA Annual Meeting, New Orleans, June 21, 2011.


• **Best TM.** Exercise in Musculoskeletal Care. The Value of Musculoskeletal Care. Washington DC, October 13, 2011.


• **Best TM.** Muscle Injuries – From Laboratory to Sideline. University of Miami Visiting Professor Grand Rounds, April 5, Miami, Fla. 2012.

• Wertz J, **Best TM.** Ankle Pain in a Cyclist. Poster presentation, 21st AMSSM Annual Meeting, Atlanta, GA, Apr. 21, 2012.


- **Best TM.** Core Instability/Stabilization. ACSM Team Physician Course, Miami FL, Feb 8, 2013.
- Best TM. Overtraining and Chronic Fatigue. ACSM Team Physician Course, Miami FL, Feb 9, 2013.
- **Best TM.** The FMS – Is It Ready For Prime Time? 22nd annual AMSSM Meeting, San Diego, CA, April 18, 2013.
- Abshire S, DeCoster R, Butterfield TA, **Best TM.** Stretch-Activated Ion Channels are Essential for Fiber Type Transition in Eccentric Exercised Muscle. Poster Presentation, 60th Annual ACSM Meeting, Indianapolis, IN, May 30, 2013.
- **Best TM.** Chair, Linking Health Care with Fitness Care in Youth to Prevent Generation XXL Current Issue Presentation. 60th Annual ACSM Meeting, Indianapolis, IN May 29, 2013.
- **Best TM,** Moderator, Clinical Colloquium, Massage-Based Therapies for Recovery from Eccentric Exercise: From Bench to Sideline. 60th Annual ACSM Meeting, May 29, 2013.
- Aveline P, Toumi H, Gael RY, **Best TM,** Lespessailles E, Benhamou CL. Physical Exercise Programs in a Female Rate Model: What is the Most Osteogenic. Presentation, 60th Annual ACSM Meeting, Indianapolis, IN May 29, 2013.
- **Best TM.** Presenter, Massage-Based Therapies for Recovery from Eccentric Exercise: From Ben to Sideline. 60th Annual ACSM Meeting, Indianapolis, IN, May 29, 2013.


• **Best TM.** Cardiac Screening – Does It Make Sense? 5th Annual Sports Medicine Winter Summit. Park City, Utah, March 7, 2015.


• **Best TM.** Tendinopathy. AMSSM Annual Meeting, Hollywood Fla, April 17, 2015.


**International**

• **Best TM:** A Biomechanical Analysis of Muscle Strain Injuries. The University Of Calgary Joint Injury and Diseases Research Group. The University of Calgary; Calgary, Alberta, 15 June, 1992.


- **Best TM.** Surviving the decathlon – and the training for it! World Congress on Sports Injury Prevention. Tromso, Norway June 27, 2008.


- **Best TM.** Muscle Strain Injuries: From Cell to Sideline. 33rd International Symposium on Physical Activity and Sports. Sao Paulo, Brazil, October 8, 2010.

- **Best TM.** Core Training for Hamstring/Groin Injury/Re-injury – Myth and Evidence. IOC World Conference on Prevention of Injury & Illness in Sport. Monaco, April 7, 2011.


- **Best TM.** Dose-Dependency of Massage-Like Loading in an Animal Model. 17th Annual Congress of the ECSS, Bruges-Belgium, 5 July 2012.

- **Best TM.** Immediate vs. Delayed Massage Following Eccentric Muscle Exercise. 17th Annual Congress of the ECSS, Bruges-Belgium, 5 July 2012.

- **Best TM.** Core Training for Primary/Secondary Injury Prevention – Myths and Facts. 17th Annual Congress of the ECSS, Bruges-Belgium, 7 July 2012.

- **Best TM.** State Of The Art of the Myotendinous Junction. 2nd Congress Italian Society of Muscles, Ligaments & Tendons, Naples, Italy, 30 November 2012.

- **Best TM.** Mechanisms to Explain Massage-Based Therapies. 2nd Congress Italian Society of Muscles, Ligaments & Tendons, Naples, Italy, 1 December 2012.

- **Best TM.** Exercise is Medicine. Pan American Health Organization III. Aruba, 5 June 2013.

- Ory M, Lebelo F, **Best TM.** Life-course Perspectives for Health Promotion and Obesity Prevention (Healthy aging - Childhood Obesity Prevention). Pan American Health Organization III. Aruba, 6 June 2013.

• **Best TM.** Exercise Is Medicine: Why We Should All Prescribe It? 1st Annual National Conference on Physical Activity and Health. Doha, Qatar 4 February 3, 2014.

• Askling C, **Best TM.** A strategy for secondary injury prevention and optimizing return to sport after acute hamstring injury. IOC World Conference Prevention of Injury & Illness In Sport. Monaco, April 10, 2014.


• **Best TM.** Back to Basics – From Hamstring Injury to Repair. IOC Advanced Team Physician Course. Mandelieu France, April 16, 2014.


• **Best TM, Hutber AC.** Lifestyle Medicine: Transformative Opportunities for The 21st Century. Doha, Qatar, November 24, 2015.

• **Best TM.** Exercise is Medicine – A Clinical-Community Integration Model for Improving Patient Care Health Outcomes and Reducing Costs. FIMS 2016 34th World Congress of Sports Medicine, Ljubljana, Slovenia, Sept 30, 2016.

**Multimedia/Database/Website**

• “It Hurts, but Is It Worth It?”  The New York Times, website article citing massage therapy research.  (www.nytimes.com/2008/12/18/health/nutrition/18fitness.html)

• “Proof that sport massage really works – in rabbits, and maybe humans, too” Toronto Globe And Mail, Canada’s national newspaper, website article citing massage therapy research.  
  (www.theglobeandmail.com/serlet/story/LAC.20081219.LJOCKOLOGY19/TPSst)


• “Randomness of hamstring injuries continues to frustrate athletes, researchers”, USA Today, article Dec. 19, 2006, Section C page 1.  
  (http://www.usatoday.com/printedition/sports/20061219/c1socv19.art.htm)

• www.theglobeandmail.com/life/...massage/...article728993/ - Canada

• http://www.rsna.org/Publications/rsnanews/May-2010/algorithm_feature.cfm

  http://hekeducationcenter.com/showCourse.cfm?CourseID=85%orgCode=HKUSA&fCourse=SMAT50

• “Osteitis Pubis”, UpToDate, Inc. Classic JA, Best TM. April 2011,  
  www.UpToDate.com
• “Heat Illnesses”, WTVN-AM Radio, live interview on the Bob Conners Show, July 12, 2011.
  http://www.scienecn.org/view/generic/id/338108/title/Muscle_massage_may_speed_healing
  http://news.sciencemag.org/sciencenow/2012/02/massage-mystery-mechanism-unmas.html?ref=hp
  http://www.reuters.com/article/2012/02/20/us-coldwater-baths-idUSTRE81J0T22012020
  http://podcasts.bmj.com/bjsm/2012/03/21/tom-best-on-hamstring-injuries/
• “For Exercise Put Your Best Shoes Forward”, USA Today, Apr. 16, 2012. Page 6D.
  http://www.nytimes.com/2012/05/10/fashion/fitness-videos-thrive-skin-deep.html?_r=2
• “Massage right after muscle injury may boost healing” July 3, 2012.
• “Dr. Marvell Scott: Massage is Great Treatment for Muscle Injury”, July 18, 2012.
• Postcast; on Achilles Tendon injuries; http://goo.gl/oF2Rd
• Los Angeles Times: http://goo.g /fJnbH
• http://online.wsj.com/article/SB100014241278873238480457853131972915362.html?mod=WSJ_hp_EditorsPicks
• http://www.youtube.com/watch?v=wliX7S8-De4
• Best TM. Exercise is Medicine – Why We Should All Prescribe It! National Consortium for Building Healthy Academic Communities webinar series. April 24, 2014.
• Sherry M, McHugh M, Best TM. Hamstring Injuries. Medbridge Webinar, June 12, 2014.
• http://www.runnersworld.com/sweat-science/massage-may-boost-muscle-regeneration
• http://www.npr.org/sections/health-shots/2015/10/06/444520442/can-you-really-roll-those-aches-and-knots-away
• https://www.dropbox.com/s/ofpn7jio8z636th/KRAFT%20STADIUM.mp4?dl=0
• http://womensrunning.competitor.com/2016/06/active-travel/health-precautions-rio-olympics_60225
• http://womensrunning.competitor.com/2016/06/health-wellness/injury-prevention/women-athletes-injured-more_60166

Videotapes
• “Fitness and Performance Testing in UW Hockey.” University of Wisconsin Hospital and Clinics. 26 September, 1995.
• “Weight Lift Training for Seniors.” University of Wisconsin Hospital and Clinics. 20 August, 1996.
• January 9, 2006. Provided expert commentary to the LA Times on ‘How much, how soon?’
• “Evidence-Based Review of Treatment of Muscle Injuries”. The Ohio State University CME Network, 19 May 2006.