



**Sara Christensen Holz, MD**  
**Department of Orthopedics and Rehabilitation**  
**University of Wisconsin - Madison**

**Personal Data**

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**Education**

- 1994-1998 B.S. Iowa State University, Ames, IA  
Nutritional Sciences and Dietetics, Valedictorian
- 1998-2002 M.D. University of Wisconsin, Madison, WI
- 2002-2003 Postgraduate, Internal Medicine Internship,  
St. Joseph Mercy Hospital, Ann Arbor, MI
- 2003-2006 Postgraduate, Physical Medicine and Rehabilitation Residency,  
University of Michigan Health System, Ann Arbor, MI

**Certification and Licensure**

National training in cancer rehabilitation	2014-2015
Certification, lymphedema management	2014
Board Certification, Electrodiagnostic Medicine	current
Board Certification, Physical Medicine and Rehabilitation	current
Medical License, State of Wisconsin	current
DEA License, Federal	current
ACLS/BLS certification	current
PASSOR Spinal Procedures Workshop	2008
Educational Limited License and Controlled Substance License University of Michigan and St Joseph Mercy Hospital	2002

**Present Appointment/Position**

2006-present Assistant Professor (CHS)  
Department of Orthopedics and Rehabilitation  
University of Wisconsin-Madison  
Madison, WI

**Past Appointments/Positions**

None

**Professional Society Memberships**



Writing 80%

Tompkins-Lane CC, **Holz SC**, Yamakawa KS, Phalke VV, Quint DJ, Miner J, Haig AJ.  
Predictors of Walking Performance and Walking Capacity in People with Lumbar Spinal  
Stenosis, Low Back Pain and Asymptomatic Controls. Arch Phys Med Rehabil 2012 Apr 93 (4)  
647-53.

Concept Design and Development 0%  
Mentoring 0%  
Data Acquisition 0%  
Analysis 40%  
Writing 30%

**Christensen Holz, S.**, Wiggert, B. Smuck, M. Sacroiliac Joint Pain in Athletes: A  
Biomechanical Approach. SpineLine Nov/Dec 2008.

Concept Design and Development 0%  
Mentoring 0%  
Data Acquisition 0%  
Analysis 50%  
Writing 50%

Smuck, M., **Christensen S.** An Unusual Case of Phantom Pain. Archives of Physical Medicine  
and Rehabilitation January, 2008 (89:1)

Concept Design and Development 100%  
Mentoring 0%  
Data Acquisition 50%  
Analysis NA  
Writing 80%

#### **Publications – Non-Refereed Articles**

**Christensen Holz, S.** Rehabilitation and treatment options for chemotherapy induced peripheral  
neuropathy. ASCO POST, November 10, 2016.

Concept Design and Development 100%  
Mentoring 0%  
Data Acquisition NA  
Analysis NA  
Writing 100%





5. Instructor PT DPT program cancer lecture series:

- a. Breast cancer surgical approaches and cancer survivorship (2 lectures), 2015, 2016
- b. Therapeutic exercise for breast cancer 2016

**CME Presentations**

**Departmental**

Grand Rounds: What Rehabilitation Specialist Need to Know About Breast Cancer, July 2016  
Audience: Physicians, physical therapists and physician assistants in the Division of Physical Medicine and Rehabilitation

Grand Rounds: Prehabilitation: Can We Prevent Loss of Function Among Cancer Survivors?, July 2015

Audience: Physicians, physical therapists and physician assistants in the Division of Physical Medicine and Rehabilitation

**UWSMPH/Hospital**

Life Before and After Breast Cancer, Breast Cancer Survivor Advocate CME activity, 2016  
Audience: patient advocates

Peripheral Nerve Symposium, Management of Pain Related to Nerve Injuries, UW School of Medicine and Public Health, 2015

Audience: Physicians and residents interested in nerve injuries (mainly surgeons)

Grand Rounds, Department of Oncology: Neurologic Conditions Associated with Cancer and Cancer Treatments, 2011

Audience: Oncologists (including fellows) nurses and midlevel providers working with oncology patients

Grand Rounds, Department of Neurology: Rehabilitation Measures for Peripheral Neuropathy, 2009

Audience: Neurologists, midlevel providers and nurses working with neurologists

**State & Regional**

Grand rounds, Central Wisconsin Center: Breast Cancer Rehabilitation Among the Disabled Population, September 2016

Audience: Attending physicians, residents and students at Central Wisconsin Center, nurses and physical and occupational therapists

Grand rounds, Mercy Hospital Janesville: Cancer Prehabilitation, June 2016

Audience: Oncologists, radiation oncologists, surgical oncologists, midlevel providers and nurses

Grand Rounds, Watertown Regional Medical Center, Management of Chronic Low Back Pain, May 2016

Audience: Primary care physicians and midlevel providers, chiropractors, nurses and physical therapists



Ortho for Non-Ortho Rotation: 2008-present  
PMR Elective Rotation in Outpatient Clinics: 2006-present  
Management of Inpatient Rehabilitation: 2014

## Residents

Rehabilitation and Pain Management at 1 S Park Ortho Clinic including joint injections,  
Botox and trigger point injections: 2008-present  
Research Park Spine Clinic: 2006-present  
EMG training: 2006-present  
Management of Inpatient Rehabilitation and Consults: 2006-present  
Spinal Injections at Madison Surgery Center: 2008-present  
Cancer rehabilitation lecture series (4 lectures): 2010-present

- Lymphedema
- Rehab problems related to cancer
- Breast cancer rehabilitation
- General principles of cancer rehabilitation

EMG lectures: 2008-present

- Normal and abnormal EMG
- Nerve injuries
- Brachial plexopathy

Musculoskeletal lecture series hand & elbow anatomy & disorders: 2008-present  
Spinal cord injury lecture series: 2011-2013

- venous thromboembolic events in SCI and heterotopic ossification,
- initial consultation in spinal cord injury
- functional expectations and long term management in SCI

Traumatic brain injury lecture series: 2013-present

- mild TBI
- medical complications associated with TBI

## Pain fellow

Spinal injections at Madison Surgery Center: 2012-presents  
Contrast dye patterns for spinal injections: 2015, 2016  
Complications of spinal injections: 2015, 2016  
Tissue injury: 2013-present  
Osteoporosis: 2014-present  
Upper and lower extremity disorders and treatment: 2013-present

## Mentoring

Lex Tracy, MD: Clinical and Professional Mentoring, 2009-2011

Matt Danielson, MD: Clinical and Professional Mentoring, 2015-2016

## Program development/ Service Activities

### Departmental:





University of Wisconsin  
SCHOOL OF MEDICINE  
AND PUBLIC HEALTH

American Congress of Rehabilitation Cancer Task Force Education Committee Member:  
responsible for recruiting presenters, preparing a symposium on cancer rehabilitation education  
for 2016 national meeting; 2015-present

Cancer rehabilitation focus group and planning committee, American Academy of Physical  
Medicine and Rehabilitation, 2014-2015. Meet with other physicians to determine the goals and  
future directions for cancer rehabilitation. I was responsible for scribing for the meeting and  
distributing content from the meeting.