

The Story of My Practice

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Sports Neurology and Pain Management found me. I can't say that I ever had a revelation. I didn't carefully consider and weigh the options or agonize over a decision to pursue this particular medical career. I never searched for or "found" Sports Neurology and Pain Management as a practice goal. My practice found me. Like this:

Chosen

As a high school junior I was asked by a guidance counselor if I was interested in a summer job as a research assistant at Henry Ford Hospital in Detroit. My response? "I guess so. As long as it doesn't interfere with football practice." I was a good student. I was in the chemical-biological curriculum at Cass Technical High School, in Detroit. But so were lots of my friends. Why was I asked? I didn't know. Why was I assigned to the Department of Neurology basic science lab? I didn't know. Not then. But now I do. I was being set up. My practice had selected me.

Educated

Two years later, I applied for college acceptance and enrollment at two schools: Yale and University of Michigan. I was accepted to both. I chose Yale, where I would play football and room with a good friend from my high school football team. He went on to play there. I didn't. I had changed my mind, after having been informed that I was accepted into the Inteflex Accelerated Pre-Med/Medical Program at University of Michigan. The accelerated program at University of Michigan was challenging, but an extraordinary experience. I was educated with some of the brightest and most accomplished students from across the country and by the leaders and best in medicine. I went on to complete an internship back at Henry Ford Hospital in Detroit prior to residency and fellowship. My practice was training me.

Groomed

During first year of Neurology residency in Baltimore at University of Maryland, my chief resident asked if I was interested in moonlighting. I was very fortunate in that the position he recommended me for was in a clinical trials center, interviewing and examining patients with various types of headaches and pain. Three years later I had taken histories on and examined thousands of patients with a variety of headache and pain conditions, and had acted as a primary or sub-investigator on dozens of clinical trials related to migraine. The experience sparked my interest in headache and pain management. I applied and was accepted for further sub-specialty and interventional training in Pain Management at Johns Hopkins Hospital, where I worked with internationally renowned experts in Neurology, Anesthesia, Neurosurgery, Psychology, and Orthopedics. My practice was grooming me.

Selected

About 8-10 months into the interventional and multidisciplinary fellowship program at Johns Hopkins, my fellowship director suggested that I contact an orthopedic surgery group in Los Angeles that was recruiting a pain specialist. I had no idea initially, but

eventually realized this opportunity was with KJOC, (whose physicians were team doctors for every major sports team in southern California.) My practice had finally revealed itself to me. I would become a sports neurologist... with sub-specialty training and experience in pain management...working in an orthopedic clinic...in southern California. I can't pretend to have planned or pursued this particular medical practice. My practice found me.

Developed

I eventually developed a multidisciplinary pain program adding pain psychology, biofeedback, acupuncture, and alternative physical therapy consultants under the Pain Management umbrella at KJOC. My goals included development of more "Sports Neurology" activities and significant expansion into the areas of concussion/head injury as well as evaluation and management of neurologic consequences of sports and other types of performance. Cosmetic neurology and the concept of maximizing neurological function, not only in the diseased and afflicted, but also in the non-ill/healthy population interested me. Peak performance and assisting those interested in being "better than well" has become a goal. I am also interested in CAM treatments and their role in integrated medical practices. I have also augmented my clinical activities by developing a medical-legal consultative practice. I perform medical record reviews, Independent Medical Examinations, expert witness testimony, second-opinion evaluations, and attorney consultative services as part of these activities. They provide me with the opportunity to use communication skills and further develop my interest in teaching by taking complex medical information and providing expert, objective, and non-biased information in a way that is valuable and understandable to all stakeholders.

My practice is healthy, busy, specialized, varied and unique. And I'm thrilled that it found me.