

PETER G. WERNICKI, M.D., FAAOS

ProSports

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CURRENTLY

Private practice in General Orthopaedic Surgery, ProSports, Vero Beach, FL
Specializing in Sports Medicine & Arthroscopy

Clinical Assistant Professor, Orthopaedic Surgery, Florida State University, College of Medicine

International Expert and Consultant on Lifesaving Medicine and Drowning Prevention

Board Certified 1993, Recertified to 2023; Florida Medical License ME0057400

EDUCATION

Fellowships:

1990 - 1991

Arthroscopy

Washington Adventist Hospital, Tacoma Park, MD

1989 - 1990

Sports Medicine

Union Memorial Hospital, Baltimore, MD

Residency:

1985 - 1989

Union Memorial Hospital, Baltimore, MD

Orthopaedic Surgery

Rotations:

24 months in Johns Hopkins Orthopaedic Residency Program
including Pediatrics, Maryland Shock Trauma Center,
and Raymond Curtis Hand Center

Internships:

1984 - 1985

Rutgers Medical School Middlesex Hospital, New Brunswick, NJ
General Surgery

Medical School:

1980 - 1984

UMDNJ Rutgers Medical School, Piscataway, NJ

Undergraduate:

1977 - 1980

University of Virginia, Charlottesville, VA

B.A. in Biology, conferred with Distinction

High School:

1973 - 1976

Christian Brothers Academy, Lincroft, NJ

Completed four-year program in three years

ASSOCIATED ACTIVITIES

Chief, Orthopaedic Section, Indian River Memorial Hospital (1996 - 2000)
Chief, Board of Governance, Medical Specialty Procedure Center, Vero Beach, FL
Board of Directors, Indian River Surgery Center (1994 - 2000)
Orthopaedic Anchorman, Second Opinion Medical TV Show, West Palm Beach, FL
Aquatics Expert, Weather Channel, national and internet broadcast

Aquatics Chair, American Red Cross National Scientific Advisory Committee,
Recognized with 2012 Chairman's Award
Chairman, International Lifesaving Federation Medical Commission
National Medical Advisor, United States Lifesaving Association
Co-chair, US Lifeguard Standards Coalition
Committee Member, National Lifeguard Certification
Consultant & Lecturer, International Swimming Hall of Fame

Keynote Speaker, World Conference on Drowning Prevention 2011, Danang, Vietnam
Chairman, ILS Medical and Rescue Conference, San Diego, CA 1997
Task Force Chairman, 2002 World Congress on Drowning, Amsterdam, Holland
Consultant & Clinic Advisor, American Running and Fitness Association

Medical Director, Rescue 2002 World Games Daytona Beach
Triathlon Federation - Certified Medical Race Director
Medical Director, U.S. Lifeguard Championships, 1988-2012
Race Physician, Ironman Triathlon Championships, Hawaii, 1991, 1992, 1994
Race Physician, World Triathlon Championships, Orlando, FL 1990

RECENT HONORS & AWARDS

2012 Chairman's Award, American Red Cross
2011 Keynote Speaker Award, ILS World Conference on Drowning
2011 Life Member, United States Lifesaving Association

ASSOCIATIONS

Board Certified, American Board of Orthopaedic Surgeons
Fellow, American Academy of Orthopaedic Surgeons
Diplomat, National Board of Medical Examiners
Previous Board Director & current Medical Committee, Visiting Nurses Association
Member, American Running & Fitness Association
Member, American Medical Athletic Association

AFFILIATIONS

Florida Team Physician, L.A. Dodgers
Team Physician, Vero Beach Dodgers, Vero Beach Devil Rays
US Team Physician and Coach, Goodwill Games
Team Physician & Coach, United States World Lifesaving Team
Club Physician, Windsor Polo and Equestrian Center, Vero Beach, FL
Team Physician, St. Edward's Upper School, Vero Beach, FL

Previous Sports Medical Coverage - Baltimore Orioles, Penn State, and Johns Hopkins

LECTURE TOPICS

Golf and Tennis Sports Medicine	Arthroscopy
Swimming, Cycling, and Running injuries	Meniscal repair
Prevention of Lifeguard Injuries	Cervical Spine Injuries
Heat - cold illnesses and the effects on exercise	Hip fractures
Tennis elbow	Fitness Medicine
Weight training	

PUBLICATIONS

Lifeguarding, American Red Cross: Scientific reviewer. Krames StayWell, 2012.

Responding to Emergencies, American Red Cross: Scientific reviewer. Krames StayWell, 2012.

Wernicki, P., Northfield, C. Lifesaver Injuries and Prevention, In: Bierens, J., *Handbook on Drowning 2nd Ed.* Heidelberg, Germany: Springer-Verlag: 2012.

Wernicki, P., Espino, M., Evidence Based Standards in Lifesaving: The Conclusions of the United States Lifeguard Standards Coalition, In: Bierens, J., *Handbook on Drowning 2nd Ed.* Heidelberg, Germany: Springer-Verlag: 2012.

Wernicki P., Szpillman, D., Immobilization and Extraction of Spinal Injuries, In: Bierens, J., *Handbook on Drowning 2nd Ed.* Heidelberg, Germany: Springer-Verlag: 2012.

United States Lifeguard Standards: An Evidence-Based Review and Report by the United States Lifeguard Standards Coalition. *International Journal of Aquatic Research and Education*. 2011;5:61-129.

Wernicki PG, Chambers PR, Fielding RR, Lees TA, Markenson D, Pia F, Quan L., Analysis and Rebuttal of Development of an In-Water Intervention in a Lifeguard Protocol. *International Journal of Aquatic Research and Education*. 2011;5:6-13.

Langendorfer, S. J., Quan, L., Pia, F. A., Fielding, R., Wernicki, P. G., & Markenson, D. (2009). Scientific review: Minimum age for swim lessons. *International Journal of Aquatic Research and Education*, 3(4), 450 – 473.

Culp, Jr, W.C., Brewster, B.C., Wernicki, P. Drowning: lifeguard rescue and resuscitation. *Anesthesiology*. Jan 2010;112(1):245; author reply 246.

Wernicki, P., and Fenner, P. (2006). Injuries to Lifesavers. In: Bierens J. *Handbook on Drowning*. 1. Heidelberg, Germany: Springer-Verlag; 2006:296-301.

Wernicki, P., Fenner, P., Szpillman, D., Immobilization and Extraction of Spinal Injuries, In: Bierens J. *Handbook on Drowning*. 1. Heidelberg, Germany: Springer-Verlag; 2006:291-96.

Brewster, B. C. et. al., associate editor, *The USLA Manual of Open Water Life-Saving, editions 1 & 2, 1995 & 2005*.

Rogers, Wernicki, and Shamoo, *Sports Medicine for Coaches and Athletes: Older Individuals and Athletes Over 50*, Harwood Academic Publishers, 2000.

Automated External Defibrillation Manual & Training Course, American Red Cross: Development Committee member. Krames StayWell, 1998.

Wernicki, P.G., & Glorioso, J. (1997). Lifeguarding: The sport, the profession, the hazards. In B.C. Webster (Ed.), International medical-rescue conference (pp. 319-326). San Diego, CA: International Life Saving Federation.

Wernicki and Glorioso, "The Lifeguard, A Professional Athlete," *The Physician and Sports Medicine*, April, 1991.

Holder, Schwartz, Wernicki, and Michael, "Radionuclide Bone Imaging in the Early Detection of Hip Fractures: A Multifactorial Analysis," *Radiology*, April, 1990.

Staff writer & columnist in *The American Lifeguard Magazine*, 1990 - present.

Author of numerous American Red Cross and International Lifesaving Federation Medical Position Statements, 1990 - present.

Personal Interests

Paddle boarding	Kayaking	Swimming
Running (marathons)	Weight lifting	International travel
Triathlons	Road cycling	Trekking
SCUBA diving (NAUI certified)	Surfing	Whitewater rafting
Lifesaving and water safety instruction		