

Courtney L. Schmidt

EDUCATION

- 2024-2025 University of Alabama Birmingham Hand Surgery Fellow Appointment.
Birmingham, AL. *Anticipated fellowship August 2024-July 2025*
- 2019-present Spectrum Health/Michigan State University Orthopaedic Surgery Residency
Grand Rapids, MI – *Anticipated graduation of June 2024*
- 2015-2019 Doctorate of Medicine
Wayne State University School of Medicine, Detroit, MI
- 2011-2014 Bachelor of Arts: Chemistry, Minor: English Language
Hope College, Holland, MI
- Spring 2014 Semester at Sea, Institute for Shipboard Education
Circumnavigated the world via ship, traveling to 15 countries and cultivating an understanding of global health

HONORS/AWARDS

Medical School:

- 2015-2019 Board of Governor's Merit Scholarship
Wayne State University School of Medicine, Detroit, MI
- 2018-present Alpha Omega Alpha Medical Honor Society
Member ID: 197197
- 2018-present Gold Humanism Honor Society
- 2017 Timmy Global Health Challenge Top Five Finalist

Undergraduate:

- 2014 Summa Cum Laude Graduate, Hope College
Holland, MI
- 2011-2014 Hope College Presidential Scholarship
Holland, MI
- 2012 All-Michigan Intercollegiate Athletic Association, First Team—Women's Soccer
Hope College, Holland, MI

High School:

- 2011 Valedictorian, Lowell High School
Lowell, MI

CERTIFICATIONS

Licensures

- 2019-present Physician License, Educational
State of Michigan, Department of Licensing and Regulatory Affairs
- 2019-present Controlled Substance License, DEA registered
State of Michigan, Department of Licensing and Regulatory Affairs

Certifications

- 2021 ACLS certified
2021 BLS certified
2019 ATLS certified

PROFESSIONAL MEMBERSHIPS & SOCIETIES

- 2022-present American Society for Surgery of the Hand, Resident Member
- 2019-present American Academy of Orthopaedic Surgeons, Resident Member

PUBLICATIONS

Pelle DW, Peacock JD, **Schmidt CL**, Kampfschulte K, Scholten D, Russo S, Easton J, Steensma M. Genetic and functional studies of the intervertebral disc: a novel murine intervertebral disc model. PLoS ONE. 2014; 9(12)

Schmidt C. “Cultural Factors Exacerbating the Tragedy of Maternal Health in Zambia.” NCUR Proceedings 2013.

Institutional

Schmidt C. “Corewell Health/Michigan State University Department of Orthopaedics Practice Guidelines for the Orthopaedic Resident Parents: Program Policies on Pregnancy, Parental Leave and Lactation.” Approved by Residency Physician Executive Committee on August 8, 2023. Anticipated acceptance of Graduate Medical Education Committee September 2023.

PRESENTATIONS

National and International

Schmidt C, Poole E, Nowicki P. “Thumbprint” cast reduction for minimally displaced pediatric supracondylar humerus fractures. Eposter presentation at International Pediatric Orthopaedic Symposium. December 2022. Orlando, FL.

Pelle DW, **Schmidt C**, Steensma, MR, Mroz, T. Inflammation and developmental signaling in intervertebral disc degeneration: IL1- β downregulates canonical WNT signaling within the intervertebral disc via an NF- κ B dependent process. Selected as 1 of 10 for podium finalist at AO Spine Fellow’s Conference. March 2017. Banff, CA

Pelle DW, **Schmidt C**, Easton K, Russo SR, Steensma MR. IL1- β downregulates canonical WNT signaling within the intervertebral disc via an NF- κ B dependent process: implications for the pathogenesis of intervertebral disc degeneration. Mid-America Orthopaedic Association, April 2016, Bonita Springs, FL

Pelle DW, Peacock J, **Schmidt C**, Russo S, Easton K, Steensma MR. Ex-vivo Genetic and Signaling Studies of the Intervertebral Disc: Methods, Modeling, and Investigations. American Academy of Orthopaedic Surgery Annual Meeting, March 2014, New Orleans, LA

Schmidt C. Cultural Factors Exacerbating the Tragedy of Maternal Health in Zambia. Oral presentation at the National Conference for Undergraduate Research. April 11-13, 2013, La-Crosse, WI

Regional and Local:

Schmidt C. Diversity in Orthopaedics. *Panelist*. 51st Annual Memorial Hodgen Lecture. April 20th, 2023. Grand Rapids, MI

Schmidt C, Poole E, Nowicki P. “Thumbprint” cast reduction for minimally displaced pediatric supracondylar humerus fractures. Poster presentation at Michigan Orthopaedic Society Annual Scientific Meeting. August 27-29, 2021, Mackinac, MI

Schmidt C, Poole E, Nowicki P. “Thumbprint” cast reduction for minimally displaced pediatric supracondylar humerus fractures. Poster presentation at Spectrum Health Research Day. April 14, 2021. Grand Rapids, MI

Gossett L, **Schmidt C**, Wilkening M, Pelle D, Easton K, Russo S. Factors influencing discharge status and length of stay following cervical vertebral fracture. Poster presentation at Michigan Orthopaedic Society Annual Scientific Meeting. June 17-19, 2016, Mackinac, MI

Pelle DW, Peacock JD, **Schmidt CL**, Kampfschulte K, Scholten D, Russo S, Easton J, Steensma M. Genetic and functional studies of the intervertebral disc: a novel murine intervertebral disc model. Poster presentation at Van Andel Summer Intern Day 2014. Grand Rapids, MI

Pelle DW, Peacock JD, **Schmidt CL**, Kampfschulte K, Scholten D, Russo S, Easton J, Steensma M. IL-1 β and Wnt Signaling in the Intervertebral Disc: Inflammatory Insights. Oral presentation at Van Andel Institute Summer Intern Day 2013. Grand Rapids, MI

Institutional Lectures

Schmidt C. Pediatric Orthopaedic Morbidity and Mortality Conference. Spectrum Health/MSU Orthopaedic Surgery Grand Rounds. October 26, 2022. Grand Rapids, MI

Schmidt C. Pediatric OITE Review. Spectrum Health/MSU Orthopaedic Surgery Grand Rounds. Anticipated October 26, 2022. Grand Rapids, MI

Schmidt C. Casting, Splinting and Reductions. Spectrum Health/MSU Orthopaedic Surgery Grand Rounds-Intern Bootcamp. July 14, 2021. Grand Rapids, MI

Schmidt C. THA Implant Design: Cementless Stem Fixation. Spectrum Health Joint Reconstruction Conference. July 6, 2021. Grand Rapids, MI

Schmidt C. Mock Oral Board Examination: ORIF tibial tubercle, ORIF olecranon, CRRP supracondylar humerus fracture. Pediatric Orthopaedic Surgery. June 23, 2021. Grand Rapids, MI

Schmidt C. Grand Rapids Interview Day Applicants. Spectrum Health/MSU Orthopaedic Surgery Grand Rounds. January 8, 2020. Grand Rapids, MI.

RESEARCH EXPERIENCE

- 2020-present Clinical Research Assistant
Spectrum Health/Helen DeVos Orthopaedics, Grand Rapids, MI
PI: Philip Nowicki, MD
Conducted data collection, radiographic analysis, and data collection regarding pediatric supracondylar humerus fractures managed with a novel casting technique
- 2017-2018 Clinical Research Assistant
Detroit Medical Center Orthopaedics, Detroit, MI
PI: David Markel, MD
Assisted in compiling data and data analysis regarding opioid use by prescriber in orthopaedic trauma patients.
- 2014-2015 Data Analyst, Milk and Medicine Feeding Program
Department of Social Work, Hope College, Holland, MI
Mentor: Deborah Sturtevant, Ph.D, MSW
Analyzed data regarding the heights and weights of children participating in the Milk and Medicine Feeding Program in Zambia to investigate the efficacy of the program
- 2013-2014 Laboratory Assistant, Laboratory of Musculoskeletal Oncology
Van Andel Research Institute, Grand Rapids, MI
PI: Dr. Matthew Steensma, M.D.
Assisted in conducting a variety of summer projects investigating intervertebral disc degeneration using murine whole organ culture
- 2012-2014 Student Researcher, Mellon Scholars Program
Hope College, Holland, MI
Advisor: Dr. William Pannapacker, Ph.D
Developed and completed own projects investigating cultural factors that affect global health

LEADERSHIP & COMMUNITY SERVICE

Residency:

2021-present Mentor, Michigan State University Chapter of the Association of Women Surgeons
Grand Rapids, MI
Linked Mentorship Program—offered formal mentorship and guidance to paired female medical student interested in a surgical residency

Medical School:

2016-2017 Sustainability Co-Chair, World Health Student Organization
Detroit, MI
Developed sustainability projects ensuring excellent care would be provided for multiple medical relief trips to Haiti, Ecuador, and Nicaragua

2016-2017 Days for Girls Coordinator
Farmington Hills, MI
Developed volunteer program for medical students with Farmington Hills Days for Girls Chapter, which assembles reusable menstrual kits for global distribution

2016 Trip member, World Health Student Organization
Cotundo, Ecuador
Helped provide care to a medically-underserved community in Cotundo, Ecuador during a week-long medical relief trip

2015-2017 Participant, Fabric of Society Community Co-curricular Program
Wayne State University School of Medicine
Detroit, MI
Engaged in 150+ hours of community outreach service in Detroit throughout the first two years of medical school

2015-2016 Mentor, FitKids Detroit
Detroit, MI
Mentored a child through an eight-week FitKids 360 program focused on healthy living habits in the fall of 2015 and again in 2016, participated in the FitKids on the Move program to help the 360 graduates train to walk/run a 5k

2015-2016 Volunteer, Kids Kicking Cancer
Detroit, MI
Participated in karate classes for children with cancer or sickle cell disease to teach them how to use breathing and relaxation techniques, enabling them to better deal with the many medical procedures they endure

Prior to medical school matriculation:

2015 Volunteer, Relentless
Chiang Mai, Thailand
Collected data and set up health clinics for individuals who are at risk for being,

currently are, or have been a victim of human trafficking while working closely with various local aid organizations in Chiang Mai, Thailand for two months

Undergraduate:

- 2013-2014 Captain, Hope College Women's Soccer
Hope College, MI
Led team to conference championship and national tournament appearances in 2014, planned team events, acted as a liaison between coaching staff and team members, fostered a supportive, caring, and focused team environment to enable our team to thrive
- 2013-2014 Camp Counselor, Special Days Camp
Montague, MI
Supervised and counseled a group of girls during a week of summer camp through a program that provides two weeks of camp for children with cancer and their siblings
- 2011-2014 Student Athlete, Hope College Women's Soccer
Holland, MI
Starting lineup all four years, received accolades such as MIAA Defensive Player of the Week, All-MIAA, and Defensive MVP
- 2011-2013 Coach, Holland Christian High School Girls' Basketball
Holland MI
Started as assistant JV coach, became head coach of freshmen team in 2012, planned practices and game strategy, mentored young girls

TEACHING EXPERIENCE

- 2019-present Clinical Instructor, Michigan State University College of Human Medicine
Grand Rapids, MI
Assisted in the education of both home and rotating medical students, including orientation to the residency program/rotation, basic orthopaedic principles, and musculoskeletal anatomy
- 2013 Statistics Tutor, Hope College Academic Support Center
Holland, MI
Led weekly group tutoring sessions in statistics
- 2012 Tutor, English as a Second Language Program
Hope College, Holland, MI
Assisted in teach English to native Spanish-speaking members of the local community

INTERESTS & EXTRACURRICULAR ACTIVITIES

Alpine skiing, travel, fitness, reading, spending time outdoors with my family and dog