

Dr. Victor Lopez, Jr., BSci., D.O.

Research specialization: Sports medicine injury epidemiology and prevention, Olympic rugby development player's injury risk, in a strategic growing rugby market.

Experience: Prior to collaborations with AUT/SPRINZ since 2014, Dr. Lopez gained a Bachelor of Science (1995) and a Doctor of Osteopathic Medicine (2005) and was trained in General Surgery in the North Shore-LIJ Hospital System, NY (currently Northwell Health). He is a current Clinical Affiliated Investigator, and the Founder and Executive Director of the Research Institute for Sports and Exercise (RISE Institute) at [Hospital for Special Surgery \(HSS\)](#) an International Olympic Committee-Medical Centre. He also Founded and is Executive Director of the [Rugby Research and Injury Prevention Group, Inc](#) (2009-17). Serves as Director of Medical Services for the [Northeast Rugby Development Academy](#) (2016), a [USA Rugby](#) Sanctioned Development Academy, with its elite team, the [New York City World Club 7s Squad](#), and the youth-aged US Olympic Committee, Community Olympic Development Programme (USOC-CODP). Teaching spans high school-aged advanced science program, undergraduate to post-graduate residents in Medicine and Surgery. Dr Lopez has presented at major sports conferences; AOSSM, ACSM, ISAKOS and IOC World Conference on Prevention of Injury and illness in Sport. Dr Lopez's combination of rugby science/sports medicine with rugby playing experience enables an understanding of the needs in safety and injury prevention.



Research overview: Dr. Lopez conducts rugby research (amateur to elite) across North America. Despite its growing popularity in the U.S., there is a lack of rugby-related injury data on North America. His aims are to gain a preliminary data set of rugby knowledge on safety, player history, past injuries and mechanisms of injury; and ascertain trends to assist in player welfare and safety; and apply the [Rugby Injury Survey and Evaluation \(RISE\)](#) data collection methodology. To assist healthcare providers to understand the risk factors for rugby-related injuries and make safe return-to-play decisions and decrease the likelihood of re-injury to players. This may in turn, nurture the development of the large pool of athletic talent to progress from youth rugby to the elite level and possible national candidates. Dr Lopez is fortunate to be working towards his PhD at AUT/SPRINZ, on "Risk factors in US Rugby-7s" with supervisors, [Dr. Answorth A. Allen](#), concussion expert [Dr. Robert C Cantu](#), and Professor Patria Hume. He works closely with [USA Rugby](#) and the [Empire Geographic Union \(GU\)](#) Rugby Football Union and the [New England GU](#) RFU. As Co-Principle Investigator of [RISE Rugby Study](#) the prospective injury epidemiological study of Rugby-7s in North America, sponsored by [Hospital for Special Surgery](#) and the [National Operating Committee on Standards for Athletic Equipment](#), he has attended ~50 USA Rugby sanctioned U.S. tournaments, including [United World Sports](#) events: [HSBC Las Vegas Rugby-7s](#) stop/Las Vegas Invitational, and the [Penn Mutual Collegiate Rugby Championships](#).

Postgraduate supervision: Multiple residents and Fellows senior papers, 2 Masters research students to completion. Currently supervising 3 Masters: Application of an injury prevention programme for U.S. Rugby; Rugby-7s risk in a multiple match format.

Research publications: Examples representative of Dr. Lopez's ongoing work include:

1. **Lopez V Jr**, Ma R, Weinstein MG, Hume PA, Cantu RC, et al. Assessment of risk factors involved with contact and non-contact injuries in U.S. Rugby-7s. *BR J SP MED*. 2017, 51 (4) 352; DOI: 10.1136/bjsports-2016-097372.173.
2. **Lopez V, Jr**, Ma R, Weinstein MG, Hume PA, Cantu RC, et al. Injuries in American youth rugby-7s: An emerging adolescent collision sport. *BR J SP MED*. 2017, 51(4) 353-354; DOI: 10.1136/bjsports-2016-097372.176.
3. **Lopez V Jr**, Ma, R, Weinstein MG, Victoria C, Marshall J, et al. Injuries in Elite U.S. Rugby-7s Tournament Players: A 4-year Analysis of Time-loss and Medical Attention (Non-Time-loss) Injuries. *MED SCI SPORTS EXERC*. 2016;48(5S):873 DOI:10.1249/01.mss.0000487614.17856.6f.
4. Ma R, **Lopez V Jr**, Weinstein MG, Victoria C; et al. Injury Profile Of Time-loss Injuries In Non-elite/community U.S. Rugby-7s Tournament Players. *MED SCI SPORTS EXERC*. 2016 May; 48(5S):873. doi: 10.1249/01.mss.0000487601.35782.8f
5. Ma R, **Lopez V Jr**, Weinstein MG, Chen JL, Black CM, et al. Injury Profile of American Women Rugby-7s. *MED SCI SPORTS EXERC*. 2016 Oct;48(10):1957-66.PMID:27232243
6. **Lopez V Jr**, Ma, R, Cantu RC, et al. Concussive Injuries in Rugby-7s: An American Experience and Current Review. *MED SCI SPORTS EXERC*. 2016;48(7):1320-30.PMID:26829001
7. **Lopez Jr. V**, Ma R, Weinstein MG, Chen JL, Black CM, et al. An American Experience with a New Olympic Collision Sport: Rugby-7s. *ORTHOP J SP MED*. 2014 Jul; 2(2S); DOI: 2325967114500056.
8. **Lopez V Jr**, Ma R, Li X, Steele J, Allen AA. Costal cartilage fractures and disruptions in a rugby football player. *Clin J Sport Med*. 2013 May;23(3):232-4. PMID: 22627657.
9. **Lopez V, Jr.**, Galano GJ, Black CM, Gupta AT, et al. Profile of an American Amateur Rugby Union Sevens Series. *AM J SP MED*. 2012; 40(1):179-184. PMID: 22102102.



Rugby Research & Injury Prevention Group

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