



Nicholas P. Goyeneche, M.D.

WWW.DRGOYENECH.COM

Education

LOUISIANA STATE UNIVERSITY SCHOOL OF MEDICINE, NEW ORLEANS, LA

Aug 2006 – May 2010
Doctor of Medicine

LOUISIANA STATE UNIVERSITY, BATON ROUGE, LA

Aug 2000 – May 2004
Bachelor of Science, Kinesiology; Minor, Biological Sciences
cum laude

Residency

LOUISIANA STATE UNIVERSITY MEDICAL CENTER, NEW ORLEANS, LA
Jul 2010 – June 2014: Section of Physical Medicine & Rehabilitation

Fellowship

THE ANDREWS INSTITUTE FOR ORTHOPEDICS & SPORTS MEDICINE, GULF BREEZE, FL
Aug 2014 – July 2015: Primary Care Sports & Musculoskeletal Medicine

Employment

OCHSNER HEALTH CENTER, COVINGTON, LA
Aug 2015 – Present: Department of Physical Medicine & Rehabilitation, Sports Medicine

Board Certification

American Board of Physical Medicine & Rehabilitation, Issued 7/1/2015
American Registry for Diagnostic Medical Sonography, Issued 1/20/2016
ABPMR Certificate of Added Qualification in Sports Medicine, Issued 9/1/2015

Licenses

Louisiana State Board of Medical Examiners, MD.205123, Issued 1/10/12

Professional Memberships

- American Medical Society for Sports Medicine
- American Academy of Physical Medicine & Rehabilitation
- American Institute for Ultrasound in Medicine

Publications/Articles/Research

- Hackel J, Andrews J, Misra A, Goyeneche N, Joyner C. "Return to Play Following Platelet-Rich Plasma Injection of Elbow Ulnar Collateral Ligament Based on Injury Severity", Orthopaedic Journal of Sports Medicine. Orthop J Sports Med. 2021 Mar 17;9(3):2325967121991135.
- Goyeneche N. "How to Prevent Injury While Getting Fit in the New Year" Ochsner, To Your Health blog. January 2020. <https://blog.ochsner.org/articles/how-to-prevent-injury-while-getting-fit-in-the-new-year>
- Cahanin R, Jefferson J, Flynn T, Goyeneche N. "Iliac Crest Height Difference and Other Running-Related Variables' Relationship with Running Injury." Int J Sports Phys Ther. 2019 Dec;14(6):957-966.
- Cahanin R, Jefferson J, Flynn T, Goyeneche N. "Pain and Physical Performance Among Recreational Runners who Receive a Correction for an Iliac Crest Height Difference: A Case Series." International Journal of Sports Physical Therapy. 2019 Sep;14(5):794-803.
- Alva H., Goyeneche N., Warriar R. "Sports Injury or Venous Thrombosis?", Clinical Pediatrics. 2019 Aug;58(9):1042-1044.
- Karlin A., Goyeneche N. Chapter 11 Acute Management and Rehabilitation of Sport-Specific Musculoskeletal Injuries. In Pediatric Rehabilitation, 6th Edition. Editing in progress.
- Karlin A., Goyeneche N. (2019) Chapter 687 Management of Musculoskeletal Injuries and Chapter 693 Specific Sports and Associated Injuries. Nelson's Textbook of Pediatrics, 21st Edition.
- Cox, Benjamin A.; Kindle, Brett J.; Goyeneche, Nicholas; Hackel, Joshua G.; Andrews, James R.; Saper, Michael G. "Ultrasound-guided platelet-rich plasma injection for a high-grade sternocleidomastoid tear in a professional football player", Current Orthopaedic Practice. 30(2):175-177, March/April 2019.
- Hackel J., Goyeneche N., Khan U. (2017) Chapter 98 Sonographically Guided Anterior Cruciate Ligament Injection: Technique and Potential Use for the Treatment of Partial Anterior Cruciate Ligament Tear. The Anterior Cruciate Ligament: Reconstruction and Basic Science, 2nd Edition.
- Goyeneche N., "What Doctors Say About Back Pain and How to Treat it With Exercise" Paste Magazine. February 16, 2017. <https://www.pastemagazine.com/articles/2017/02/what-doctors-say-about-back-pain-and-how-to-treat.html>
- Goyeneche N. "What is Osteoarthritis? 10 Things You Should Know." Ochsner, To Your Health blog. December 2015. <https://blog-dev.ochsner.org/articles/what-is-osteoarthritis-10-things-you-should-know>
- Goyeneche N., Raj M.A., Karlin A. Case Abstract "The Stress of Being a Kicker," AMSSM/AOASM Case Studies Teaching Tool. 2016 – current. https://www.amssm.org/the_stress_of_being_a_kick-csa-521.html?StartPos=20&Part=
- Kishner S, Gündüz H, Munshi S, Goyeneche N, Gupta S. "Electrodiagnosis in Lumbar Spinal Stenosis: A Review", Turkish Journal of Physical Medicine and Rehabilitation 2010; 56:75-80.

Posters/Presentations/Media

- Ochsner Neurosciences Symposium, Ultrasound Guided Suprascapular Nerve Block, March 20, 2021
- Anti-Aging Strategies that can Double as Workout Recovery Techniques. Podcast. Fueled: Wellness + Nutrition. February 4, 2021.
- Ochsner Orthopedic & Sports Medicine Education Series, Ultrasound in Sports Medicine, September 18, 2020

- What you need to know about plantar fasciitis. Live Interview. WWL-TV New Orleans. August 19, 2020.
- University of Queensland/Ochsner School of Medicine lecture and hands-on workshop, Ultrasound in Musculoskeletal Medicine, March 20, 2020
- LSU Physical Medicine & Rehabilitation Residency Lecture and hands-on workshop, Ultrasound in Sports Medicine, March 8, 2019
- New Applications for Ultrasound. Ochsner Hello Health Series. WGNO-TV New Orleans. Aired August 5, 2018
- Ochsner Sports Medicine Fellowship Conference, Ochsner Sports Medicine Institute, Ultrasound in Sports Medicine, October 21, 2017
- LSU Physical Medicine & Rehabilitation Residency Lecture, Ultrasound in Sports Medicine, October 17, 2017
- Concussion Awareness. Slidell Youth Soccer Club. August 19, 2017
- Ochsner Sports Medicine Fellowship Conference, Ochsner Sports Medicine Institute, Ultrasound in Sports Medicine, January 7, 2017
- Focus on healthy lifestyles and outdoor activities. Live interview. WWL-TV New Orleans. June 1, 2016
- St. Bernard Parish Recreation Department, Concussions: What you Should Know, May 3, 2016
- LSU Physical Medicine & Rehabilitation Residency Lecture, Ultrasound in Sports Medicine, March 18, 2016
- Golden Opportunities, Ochsner Medical Center Northshore, Slidell, LA, Osteoarthritis: New Treatments, March 16, 2016
- Ochsner Neurosciences Symposium, Biologic Therapies for Peripheral Nerve Pathology, March 11, 2016
- Ochsner Department of Physical Medicine & Rehabilitation Journal Club, Novel Treatments for Tendonopathy: PRP, Stem Cells, and Percutaneous Tenotomy, February 2, 2016
- Ochsner Hello Health, The Dakota Restaurant, Covington, LA, Osteoarthritis: New Treatments, October 15, 2015
- Injuries in Football Conference, Andrews Research & Education Institute, Heat Illness in the Athlete, May 1, 2015
- Sports Medicine Fellowship Conference, Andrews Research & Education Institute, Ultrasound in Sports Medicine, March 2, 2015
- Sports Medicine Fellowship Conference, Andrews Research & Education Institute, The Female Athlete, October 27, 2014
- Goyeneche N, Karlin A, Neumann M. Back Pain Double Play. Podium Presentation. American Medical Society for Sports Medicine Annual Meeting. April, 7 2014. New Orleans, LA
- Resident Lecture, LSU Department of Physical Medicine and Rehabilitation, Scapular Dyskinesia: A Comprehensive Approach, March 28, 2014
- Goyeneche N, Teverbaugh L, Warrior R. Deep Vein Thrombosis Secondary to May-Thurner Syndrome in an Adolescent Basketball Player: A Case Report. Poster Presentation. American Academy of Physical Medicine and Rehabilitation Annual Assembly. October 2013. National Harbor, MD
- Resident Lecture, LSU Department of Physical Medicine and Rehabilitation, Chronic Knee Pain: Evidence Based Treatment, June 21, 2013
- Goyeneche N, Karlin A, Authement A. Central Nervous System Double Impact. Poster Presentation. American Medical Society for Sports Medicine Annual Meeting. April 2013. San Diego, CA
- Goyeneche N, Karlin A, Authement A. Speechless Skateboarder. Poster Presentation. American Medical Society for Sports Medicine Annual Meeting. April 2013. San Diego, CA
- Resident Lecture, LSU Department of Physical Medicine and Rehabilitation, Preventative Musculoskeletal & Sports Medicine, May 11, 2012

- Resident Lecture, LSU Department of Rheumatology, Legg-Calve-Perthes Syndrome, November 2010

Academic Conferences/Courses Attended

- American Academy of Physical Medicine & Rehabilitation Annual Assembly, Nov. 2019, San Antonio, TX
- American Institute for Ultrasound in Medicine, Hands on Diagnostic and Interventional Musculoskeletal Ultrasound, May 2019, Gulf Breeze, FL
- American Medical Society for Sports Medicine Annual Meeting, April 2019, Houston, TX (Ultrasound workshop faculty)
- Interventional Orthopedic Foundation, Controversies in Orthobiologics, Feb. 2019, Broomfield, CO
- American Institute for Ultrasound in Medicine, Hands on Diagnostic and Interventional Musculoskeletal Ultrasound, May 2018, Gulf Breeze, FL
- American Institute for Ultrasound in Medicine, Hands on Diagnostic and Interventional Musculoskeletal Ultrasound, May 2017, Gulf Breeze, FL
- American Academy of Physical Medicine & Rehabilitation Annual Assembly, Oct. 2016, New Orleans, LA
- American Academy of Neuromuscular and Electrodiagnostic Medicine Annual Meeting, Sept. 2016, New Orleans, LA
- American Institute for Ultrasound in Medicine, Hands on Diagnostic and Interventional Musculoskeletal Ultrasound, May 2016, Gulf Breeze, FL
- American Medical Society for Sports Medicine Annual Meeting, April 2016, Dallas, TX
- The Andrews Institute, Injuries in Football Conference, May 2015, Pensacola Beach, FL
- American Medical Society for Sports Medicine Annual Meeting, April 2015, Hollywood, FL
- IAME, The Musculoskeletal Ultrasound Skills Course, March 2015, San Juan, PR (practicum instructor)
- IAME, The Musculoskeletal Ultrasound Skills Course, March 2015, Vail, CO (practicum instructor)
- University of Florida, Running Medicine Conference, Feb. 2015, Gainesville, FL
- The American Sports Medicine Institute, Injuries in Baseball Conference, Jan. 2015, Birmingham, AL
- IAME, The Musculoskeletal Ultrasound Skills Course, Dec. 2014, Chicago, IL (practicum instructor)
- Halyard Health, Cooled Radiofrequency Treatments for Chronic Pain Management, Nov. 2014, Orlando, FL
- The Andrews Institute, Sports Musculoskeletal Ultrasound Course, June 2014, Gulf Breeze, FL
- American Medical Society for Sports Medicine Annual Meeting, April 2014, New Orleans, LA
- The Andrews Institute, Injuries in Football Conference, March 2014, Sandestin, FL
- American Academy of Physical Medicine & Rehabilitation Annual Assembly, Oct. 2013, Wash, D.C
- American Medical Society for Sports Medicine Annual Meeting, April 2013, San Diego, CA
- ACSM/AMSSM/AOSSM Advanced Team Physician Course, Dec. 2012, New Orleans, LA
- American Academy of Physical Medicine & Rehabilitation Annual Assembly, Nov. 2012, Atlanta, GA
- American Academy of Physical Medicine & Rehabilitation Annual Assembly, Nov. 2011, Orlando, FL
- American College of Sports Medicine - Southeast Chapter Annual Meeting, Jan. 2004, Atlanta, GA

Leadership/Teaching

- American Medical Society for Sports Medicine Annual Meeting, April 2020, Atlanta, GA - Ultrasound workshop faculty. *Cancelled – Covid-19 pandemic
- LSU School of Medicine, 2nd year elective rotation preceptor, Sports Medicine

- Ochsner/University of Queensland School of Medicine, student orthopedic/musculoskeletal rotation staff - current
- LSU Physical Medicine & Rehabilitation residency Associate Professor, sports medicine rotation attending staff – current
- Ochsner Center for Regenerative Medicine – Chair 2019 – present
- American Medical Society for Sports Medicine Annual Meeting, April 2019, Houston, TX - Ultrasound workshop faculty.
- American Institute for Ultrasound in Medicine, Hands on Diagnostic and Interventional Musculoskeletal Ultrasound, May 2018, Gulf Breeze, FL - Hands-on practicum faculty.
- American Institute for Ultrasound in Medicine, Hands on Diagnostic and Interventional Musculoskeletal Ultrasound, May 2017, Gulf Breeze, FL - Hands-on practicum faculty.
- American Institute for Ultrasound in Medicine, Hands on Diagnostic and Interventional Musculoskeletal Ultrasound, May 2016, Gulf Breeze, FL - Hands-on practicum faculty.
- IAME, The Musculoskeletal Ultrasound Skills Course, March 2015, San Juan, PR - Hands-on practicum faculty.
- IAME, The Musculoskeletal Ultrasound Skills Course, March 2015, Vail, CO - Hands-on practicum faculty.
- IAME, The Musculoskeletal Ultrasound Skills Course, Dec. 2014, Chicago, IL - Hands-on practicum faculty.

Team Coverage

- Slidell High School – Team physician 2015 – 2018.
- Covington High School – Team physician 2019 – present.
- New Orleans Saints – Ultrasound-guided injection consultant.

Clinical Skills

- Concussion management.
- Diagnostic musculoskeletal ultrasound.
- Ultrasound guided injections.
- Electrodiagnostic studies (EMG/NCS).
- Tenex procedure.
- Peripheral nerve radiofrequency ablation (shoulder, hip, knee).
- Sports medicine.
- Non-operative musculoskeletal medicine.
- Regenerative medicine (PRP, cellular therapies).
- Sonex procedure.