



Football is part of the American cultural fabric—and despite the uncomfortable brutality of a sport that imperils its players, the nation is captivated by the big hits as much as they are the big plays — Fans can't look away.

All too often, an athlete goes down with an injury and announcers speculate on what happened - he grabbed his knee, he threw his helmet, he looks like he's crying, guys are going over to check on him, his season must be over.

I elevate the injury discussion.

The sports media, driven by fan interest, has analysts for nearly every facet of the game. Why should injuries be any different? When an athlete sustains an injury on national television, responsible commentary demands knowledge and accuracy. But that's not all. Athletes put their bodies on the line every time they take the field. In many cases their livelihood depends on their health. I have tremendous respect for the work put in by the people behind the jerseys and in turn offer injury insights with restraint, empathy, and integrity.

DR. JESS
FLYNN



EDUCATION

- 1994-1998 Bachelor of Arts, Cum Laude
Amherst College
- 1998-2002 Doctor of Medicine
Mount Sinai School of Medicine

POST-DOCTORAL TRAINING

- 2002-2005 Resident in Pediatrics
Tufts University,
Floating Hospital for Children
- 2005-2007 Fellow in Sports Medicine
The Children's Hospital Boston

LICENSURE AND CERTIFICATION

- 2005 Massachusetts Medical License
- 2005 Board Certification in Pediatrics
- 2008 Specialty Board Certification
in Sports Medicine

HOSPITAL OR OTHER INSTITUTION APPOINTMENT

- 2006 Physician
Northeastern University, Health Services
- 2008-Present Staff Physician
Lahey Hospital & Medical Center,
Department of Orthopedic Surgery

PROFESSIONAL SOCIETIES

- 2007 American College
of Sports Medicine
- 2008 New England
Orthopaedic Society

AWARDS AND HONORS

- 2006 Resident Teaching Award
Tufts University
School of Medicine
- 1998 Regional All-American
in Lacrosse
Amherst College



COMMUNITY SERVICE RELATED TO PROFESSIONAL WORK

2020- Present	Tackle Football Coach, Program Physician Lincoln-Sudbury Youth Football
2008-2010	Nordic Ski Team Doctor Cambridge Sports Union
2005-2006	National Event Coverage for the U.S. Figure Skating Association Marshall's Figure Skating Challenge
2005-2006	Event coverage for Boston College Varsity team sports, including Men's Soccer and Women's Ice Hockey
2005-2006	Preparticipation Physical Exams for Lasell College, Boston College, and The Colonials Synchronized Ice Skating Program
2005-2006	Weekly Rehearsal and Performance Coverage for the Boston Ballet
2006	Local Road Race Coverage, including the BAA Half Marathon and the Tufts 10K for Women

MEDIA WORK

2017- Present	Author, Podcast Host Boston Sports Journal
2021- Present	Injury Analyst The 33rd Team
2017-2019	Television injury analyst NBC Sports Boston

PUBLICATIONS

Flynn J, Trentacosta N. The COVID-19 Pandemic Upended Youth Sports. *Pediatr Ann.* 2021;50(11):e450-e453.

d'Hemecourt, Pierre & Deede, Jessica. (2018). Cervical and Thoracic Spine Injuries: A Practical Approach. 10.1007/978-3-319-56188-2_5.

d'Hemecourt P, Flynn J. Cervical and Thoracic Spine Injuries. In *The Adolescent Athlete: An Evidence-Based Approach*. Boston: Springer; October 2007



DR. JESS FLYNN



LECTURES

Incorporating Social Media
Into A Medical Practice
Annual Update in Internal Medicine
Lahey Health
2019

Strength Training In The Young Athlete
NHMI Fall Symposium
2011

"The Argument Against PRP"
New England ACSM Fall Meeting
2010

Hyperthermia and Hypothermia
Division of Sports Medicine
The Children's Hospital Boston
2006 & 2005

Incorporating Social Media
Into An Orthopedic Practice
New England Orthopedic Society
2017

Common Adult Sports Injuries
Annual Update in Internal Medicine
Lahey Clinic
Annually Since 2010

Management of Common Pediatric Sports Injuries
Lahey Clinic Department of Orthopedic Surgery
Grand Rounds
2009

A Case of Tarsal Osteoid Osteoma Case Presentation
Regional ACSM Annual Meeting
2005

REFERENCES

References furnished upon request.

