



Alexander Guy WATSON, MD

Board Certified Physical Medicine & Rehabilitation

Alexander@goclinicmd.com

EDUCATION

- **University of Pittsburgh Medical Center (UPMC)** • [Class of 2023](#) • Pittsburgh, PA
Internship in the Department of Internal Medicine - UPMC Mercy, Residency in the Department of Physical Medicine and Rehabilitation
 - Completed Administrative Leadership Track
 - Board Certified in Physical Medicine & Rehabilitation, and board eligible for American Board of Obesity Medicine certification
- **Rutgers, The State University of New Jersey** • [Doctor of Medicine, 2019](#) • New Brunswick, NJ
Robert Wood Johnson Medical School
 - Distinction in Research
 - President, Biomedical Entrepreneurship Network (BEN)
- **Rutgers, The State University of New Jersey** • [Master of Business Administration, 2016](#) • Newark, NJ
Rutgers Business School, Specialization in Healthcare Management
 - Member, Beta Gamma Sigma Business Honor Society
- **University of Pennsylvania** • [Post-Bac Pre-Health Program, Core Studies track, May 2013](#) • Philadelphia, PA
- **Ramapo College of New Jersey** • [BS in Business Administration: Marketing, May 2009](#) • Mahwah, NJ
 - Cum Laude; Dean's List Fall 2005, Spring 2006, Fall 2008, Spring 2009
 - Member, Delta Mu Delta Business and Omicron Delta Epsilon Honor Societies

EXPERIENCE

- **Go Clinic MD** • [January 2025 - Now](#) • National
 - Medical Director at Go Clinic Medical Group - Musculoskeletal
- **Admire Medical, LLC** • [July 2023 - Now](#) • Middletown, DE
 - Founder/Medical Director at Admire Medical, medical weight loss and prehabilitation-focused private practice for medically complex individuals
 - Per diem Inpatient Physiatrist at Encompass Health
- **Carrier Clinic** • Belle Mead, NJ
 - Mental Health Technician- Level IV** • [2013 - 2014](#)
 - Educated and trained newly hired technicians
 - Member of Crisis Intervention Specialist team
 - Mental Health Technician- Level II, III** • [2010 - 2012](#)
 - Assisted nursing staff in personalizing, implementing, and evaluating treatment plan
 - Wrote daily schedule for technician duties

PAST PUBLICATIONS AND PRESENTATIONS

- Watson, A G, and Romer B. Orada. "Cancer Pre-Habilitation." Rehab Grand Rounds, UPMC, 9 Oct. 2020, www.upmcphysicianresources.com/cme-courses/rehab-grand-rounds-fall-2020-cancer-prehabilitation.
- Watson, Alexander G. "Medical Weight Loss and Bariatric Prehabilitation: The Logical Role for Physiatry." Physiatry in Motion, Association of Academic Physiatrists, 17 July 2020, <https://spark.adobe.com/page/Ke5wrSsrM5p8m/>
- Watson AG, Saggar V, MacDowell C, McCoy JV. Self-reported modifying effects of resilience factors on perceptions of workload, patient outcomes, and burnout in physician-attendees of an international emergency medicine conference. Psychol Health Med. 2019;24(10):1220-1234. doi:10.1080/13548506.2019.1619785
- Watson AG, McCoy JV, Mathew J, Gundersen DA, Eisenstein RM. Impact of physician workload on burnout in the emergency department. Psychol Health Med. 2019;24(4):414-428. doi:10.1080/13548506.2018.1539236

BOOKS, CHAPTERS, AND REVIEWS

- Watson, A., & Standaert, C. J. (2024). "I just had surgery, but I hurt again." Back and leg pain 4 months after back surgery. In C. J. Standaert & J. Friedly (Eds.), *Low back pain (What Do I Do Now Pain Medicine)*. Oxford University Press. Chapter 21.
- Watson, A., & Standaert, C. J. (2024). "I need to exercise to lose weight but my back hurts." Low back pain with a BMI of 47. In C. J. Standaert & J. Friedly (Eds.), *Low back pain (What Do I Do Now Pain Medicine)*. Oxford University Press. Chapter 33.
- Watson, Alexander G, and Romer B Orada. "An Overview of the Epidemiology, Types of Lung Cancer, Staging, and Rehabilitation Continuum of Care." *Lung Cancer Rehabilitation*, 1st ed., Elsevier, Inc., St. Louis, MO, 2023, pp. 1–21.

PENDING PUBLICATIONS

- Watson, A. G., & Barr, K.P. (Eds.). (Estimated Completion Dec. 2024). *A Prehabilitation Guide for All Providers: Pre-operative optimization for major orthopedic, bariatric, cancer, transplant, vascular, and gynecologic interventions*. Springer Publishing Status: Undergoing proofreading by Publisher
- Watson, Alexander G, and Romer B Orada. "An Overview of the Epidemiology, Types of Lung Cancer, Staging, and Rehabilitation Continuum of Care." *Lung Cancer Rehabilitation*, 1st ed., Elsevier, Inc., St. Louis, MO, 2023, pp. 1–21.

INVITED LECTURES

- A Physiatry Spin on Obesity Medicine, Medical Grand Rounds, UPMC Department of Physical Medicine & Rehabilitation, Pittsburgh, PA. April 2022
- A Physiatry Spin on Obesity Medicine, Primary Spine Practitioner Grand Rounds, University of Pittsburgh Department of Physical Therapy, Pittsburgh, PA. December 2022

PROFESSIONAL INTERESTS

- Bariatric/Obesity Medicine, Prehabilitation, Non-opioid Pain Management, Musculoskeletal Medicine



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