

Dr. Hogaboom advances care for disabling injuries through regenerative rehabilitation research - Ep 2

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JOAN BANKS-SMITH:
00:09

This is Joan Banks-Smith, host for Kessler Foundation's newest podcast series, Life at Kessler Foundation. I had the opportunity to speak with employees from all of our centers who have diverse roles and passions that help change the lives of people with disabilities. Our research assistants and coordinators, engineers, scientists, technicians, fellows, physical therapists, and support staff all play a vital role in our research at the foundation. Today, I spoke with Dr. Nathan Hogaboom, a research scientist in our Center for Spinal Cord Injury Research and co-director of our Derfner-Lieberman Laboratory for Regenerative Rehabilitation Research. Welcome to the show, Nathan. It's great to have you.

NATHAN HOGABOOM:
00:53

Thank you, Joan.

BANKS-SMITH: 00:54

Before you came to Kessler Foundation, how did you choose this field of study?

HOGABOOM: 00:59

My doctoral work was in shoulder pain and overuse in wheelchair users with spinal cord injury. I was studying more the effects of wheelchair use on the shoulder, which is fascinating. I'm very interested in tendons and overuse and musculoskeletal conditions and injuries. However, I became kind of interested in not only looking at the impacts of wheelchair use on the shoulder, but specifically ways to treat it. There are really not a whole lot of treatment options for these particular individuals outside of, ultimately, surgery and rotator cuff repair, which can have significant negative impacts on quality of life and independence. So really, I came to desire really looking at treatments for these issues.

BANKS-SMITH: 01:53

What's your typical day look like for you at Kessler Foundation?

HOGABOOM: 01:56

Being a researcher, we kind of do quite a few different things. Our priority is, of course, to do research and research centered around recruiting and testing participants for our studies. When I am not doing subject testing or working with participants, I am typically analyzing data. I am writing manuscripts that will be, hopefully, ultimately published in peer-reviewed journals or writing grants and a whole lot of reading.

BANKS-SMITH: 02:26

And when you say you're working with participants, what is it that you're trying to study?

HOGABOOM: 02:31

I work in the regenerative rehab laboratory. My research currently is focused on studying different types of regenerative rehabilitation treatments for various musculoskeletal conditions. We currently have one study where we're looking at individuals with spinal cord injury who have shoulder pain caused by rotator cuff tears. These individuals typically generate shoulder pain and rotator cuff injuries from near-constant wheelchair use and overuse of their upper extremity. We also have

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another study where we are looking at the impact of the same treatment, micro-fragmented adipose tissue, as a potential treatment for meniscus tears.

BANKS-SMITH: 03:14

You're very interested and passionate about it. What motivates you to want to come to work each day?

HOGABOOM: 03:20

Difficult question. Really, I just enjoy what I do, is what it comes down to. I like asking questions and I like answering those questions using the scientific method. And if my research impacts people and improves quality of life, then that's even better. But really, it comes down to just really enjoying what I do.

BANKS-SMITH: 03:41

Thank you so much for taking the time with us today to talk about what you do here at Kessler Foundation.

HOGABOOM: 03:46

Absolutely. Thank you, Joan.

BANKS-SMITH: 03:50

Learn more about Dr. Hogaboom, the Center for Spinal Cord Injury Research, and if you're interested in a career at Kessler Foundation, be sure and check out the links in the program notes. Tuned into our podcast series lately? Join our listeners in 90 countries who enjoy learning about the work of Kessler Foundation. Follow us on Facebook, Twitter, and Instagram. Listen to us on Apple Podcasts, Spotify, SoundCloud, or wherever you get your podcasts. This podcast was recorded on Wednesday, March 18th, 2021 remotely, and was edited and produced by Joan Banks-Smith, creative producer for Kessler Foundation.