

RYAN STEPHENSON, D.O.

1700 North Wheeling St., Aurora, CO 80045
stephenson.pmr@gmail.com • Office: (720)723-3045

Current Positions

ROCKY MOUNTAIN REGIONAL VETERANS AFFAIRS MEDICAL CENTER, Aurora, Colorado
Department of Physical Medicine & Rehabilitation, 2009 to present
Physiatrist
 Medical Director of Polytrauma and Brain Injury (Polytrauma Network Site) - 2012 to present
 Medical Director of Amputee Program - 2012 to 2014
 Medical Director of PM&R Inpatient Rehabilitation Consultation Service- 2009 to 2013

Academic Positions

UNIVERSITY OF COLORADO HEALTH SCIENCE CENTER, Aurora, Colorado
Department of Physical Medicine & Rehabilitation, 2009 to present
Associate Professor of Clinical Practice- Physical Medicine and Rehabilitation; 2015-present
Assistant Professor- Physical Medicine and Rehabilitation; 2009 to 2015

Non-Academic Positions

MEDSCAPE (MEDSCAPE.COM)
Chief Editor, Physical Medicine and Rehabilitation Section; 2017 to present

Education

BAYLOR COLLEGE OF MEDICINE, Houston, Texas
Physical Medicine & Rehabilitation, resident, 2007-2009

TUFTS – NEW ENGLAND MEDICAL CENTER, Boston, Massachusetts
Physical Medicine & Rehabilitation, resident, 2006-2007

ST. VINCENT HOSPITAL / WORCESTER MEDICAL CENTER, Worcester, Massachusetts
Internal Medicine, intern, 2005-2006

UNIVERSITY OF NEW ENGLAND COLLEGE OF OSTEOPATHIC MEDICINE, Biddeford, Maine
Doctor of Osteopathic Medicine, 2001-2005

GORDON COLLEGE, Wenham, Massachusetts
Bachelor of Science in Biology, Cum Laude, 1994-1998

Licensure and Board Certifications

- Medical Licensure, Colorado State Board of Medical Examiners; 2009-present.
- Diplomate of the American Board of Physical Medicine and Rehabilitation; 7/2010-12/2020
 - Scored 93rd percentile Part I, 88th percentile Part II ABPM&R board testing
- Diplomate of the American Board of Electrodiagnostic Medicine; 5/2012-12/2022
 - Scored top 10 percent on board examination testing

Honors, Special Recognitions and Awards

- President's Research Initiative Award, principal investigator- Poster Presentation, AANEM; 2015
- Golden Goniometer Teaching Award, selected by residents for "*Excellence in Teaching*"; University of Colorado, Department of PM&R; 2013-2014
- Best Clinical Practice Award; New Horizons in Rehabilitation conference; 2012
- Critical Review of the Literature- Audience Award (selected by audience vote as best presentation); Baylor/UT PM&R Alliance; 2008
- Critical Review of the Literature- Research Award (selected by faculty panel as best research presentation); Baylor/UT PM&R Alliance; 2008
- American Academy of Pain Medicine- *Essentials Scholarship*; selected based on application and recommendations demonstrating interest in pain medicine; 2008
- Sigma Sigma Phi, Kappa Chapter- Medical School Honors Society; 2002-2005
- New England College Consortium Science Scholarship recipient.

Professional Memberships

- American Academy of Physical Medicine and Rehabilitation- Fellow
- American Association of Neuromuscular and Electrodiagnostic Medicine- Fellow

Major Committee and Service Responsibilities

- Polytrauma and TBI Medical Director, VISN 19; 2012-2020.
- Regional Amputation Center Medical and Programmatic Director; 2012-2014.
- Co-Chair, Performance Metrics Committee; Amputation System of Care; Department of Veterans Affairs; 2013-2014.
- Dysphagia Team Medical Director; 2011-2019.

Appointments and Community Outreach

- Center for Personalized Education for Physicians; Ad hoc Physician Reviewer 2014-present
- National Veterans Summer Sports Clinic, San Diego, CA; Volunteer Event Physician. 2012-2017
- National Veterans Wheelchair Games, Denver, CO; Volunteer Event Physician. July 2010
- Denver Street School (High School)- Sciences and Life Skills Class; Volunteer Educator 2014

Invited Lectures and Presentations

- "Musculoskeletal Procedures and Chronic Pain" January, 2020
 - University of Colorado Internal Medicine Residency Program
- "Pain" September, 2019
 - Rocky Mountain Regional VA Medical Center, Polytrauma Program
- "Common Medical Issues in the Amputee" November, 2013
 - VISN 19 presentation to primary care providers
- "Amputee Pain Management" November, 2011
 - Regional presentation to amputee specialty providers
- "Mild Traumatic Brain Injury" April, 2010
 - Presentation to primary care providers in Colorado Springs and Pueblo, CO
- "Amputee Pain Management for Patients" January, 2012
 - Presentation to amputees and family members at the VA Peer Support Group, Aurora, CO
- "Introduction to Musculoskeletal Ultrasound" September, 2010
 - Presentation to Denver VA Physical Therapists about the utility of diagnostic ultrasound

Teaching Record

UNIVERSITY OF COLORADO SCHOOL OF MEDICINE, Aurora, Colorado

Course Director - PM&R resident didactic curriculum

- Exercise Physiology, residency didactic series 2010 – 2015
- Cardiac and Pulmonary Rehabilitation, residency didactic series 2014 – 2015

Instructor/Lecturer, University of Colorado PM&R residency

- “An Approach to Advanced Electrodiagnostics” April, 2016
- “Common Entrapment Neuropathies” March, 2014
- “Facial Nerve Conduction Studies” September, 2013
- “Advanced Topics in Electrodiagnostic Medicine” August, 2012
- “Introduction to Exercise Physiology” September 2011
- “Autonomic Dysreflexia in Spinal Cord Injury” September 2010
- “Transtibial Amputee Gait Deviations” December 2010
- “Common Lower Extremity Entrapment Neuropathies” February, 2010

Lecturer- Recurring Topics, University of Colorado PM&R residency

- “Intermediate EMG Practical Examination” 2011-2015
- “Repetitive Nerve Stimulation Techniques in Electrodiagnostic Medicine” 2009-2017
- “Live Electrodiagnostic Waveform Analysis” 2009-present
- “EMG Practice Workshops” 2009-present

Ward/Clinic Attending Responsibilities, University of Colorado PM&R residency

- Musculoskeletal Clinic- supervision and clinic teaching of residents and medical students; 8-12 hours per week; 2009-present
- Electrodiagnostic Medicine Clinic- supervision and clinic teaching of residents and medical students; 6 hours per week; 2009-present
- Amputee Clinic- supervision and clinic teaching of residents and medical students; 4 hours per week; 2009-2014
- Brain Injury Clinic- supervision and clinic teaching of residents and medical students; 5 hours per week; 2012-present
- Inpatient Rehabilitation Consultation Service- supervision and bedside teaching of residents and medical students; 4-6 hours per week; 2009-2013

BAYLOR COLLEGE OF MEDICINE, Houston, Texas

Presenter/Lecturer

- “Combination Pharmacotherapy for the Treatment of Neuropathic Pain” August, 2008
- “Evaluation of Function, Performance, and Preference as Transfemoral Amputees Transition From Mechanical to Microprocessor Control of the Prosthetic Knee” Journal Club December, 2007
- “Musculoskeletal Changes in Rheumatoid Arthritis” November, 2007

TUFTS – NEW ENGLAND MEDICAL CENTER, Boston, Massachusetts

Presenter/Lecturer

- “Autonomic Dysreflexia - Understanding the Pathophysiology” January, 2007
- “Stroke and Neurodegenerative Disorders” December, 2006
- “Traumatic Brain Injury - Imaging Diffuse Axonal Injury” November, 2006
- “High-Dose Atorvastatin after Stroke or Transient Ischemic Attack” October, 2006

HARVARD MEDICAL SCHOOL – SPAULDING REHABILITATION HOSPITAL, Boston,
Massachusetts

Table Trainer

- Introduction to Osteopathic Manipulative Treatment September, 2006

ST. VINCENT HOSPITAL / WORCESTER MEDICAL CENTER, Worcester, Massachusetts

Presenter

- “Metastatic Paraganglioma” January, 2006
- “Hypercalcemia of Malignancy” December, 2005
- “Pain Management in CREST Syndrome” September, 2005

Review and Referee Work

- Ad hoc Reviewer; *BioMed Research International* 2013- 2019
- Ad hoc Reviewer; *The Journal of Head Trauma Rehabilitation* 2014- 2019

Conferences/Continuing Education

- Physician Life Care Planning, SEAK- Clearwater Beach, FL February 2020
- Association of Academic Physiatrists Annual Conference- San Juan, PR February 2019
- Association of Academic Physiatrists Annual Conference- Las Vegas, NV February 2017
- American Association of Neuromuscular & Electrodiagnostic Medicine, Honolulu, HI October 2015
- AAPM&R National Conference, Boston, MA October 2015
- Polytrauma System of Care Conference, Charlottesville, VA May 2015
- AAPM&R National Conference, San Diego, CA November 2014
- Amputation System of Care Leadership Conference, Washington D.C. August 2013
- First Annual Professional Lacrosse Sports Medicine Symposium, Denver, CO January 2013
- American Association of Neuromuscular & Electrodiagnostic Medicine, Orlando, FL September 2012
- Rehabilitation and Care for the Person with Upper Limb Amputation, San Antonio, TX July 2012
- New Horizons in Rehabilitation, Atlanta, GA June 2012
- AAPM&R National Conference, Orlando, FL November 2011
- 5th Annual DVBIC Traumatic Brain Injury Summit, National Harbor, MD August 2011
- National Veteran’s Affairs Amputee Systems of Care Conference, Indianapolis, IN July 2011
- Regional Veteran’s Affairs Amputee Systems of Care Conference, Parker, CO November 2010
- 4th Annual DVBIC Traumatic Brain Injury Summit, Washington D.C. August 2010
- Fundamentals of Musculoskeletal Ultrasound, University of Michigan April 2010
- American Academy of Physical Medicine and Rehabilitation- Austin, Texas October 2009
- American Academy of Physical Medicine and Rehabilitation- San Diego, California November 2008
- Second Annual Sports Medicine Symposium of the Americas- Houston, Texas May 2008
- American Academy of Pain Medicine 24th Annual Meeting- Orlando, Florida February 2008
- Association of Academic Physiatrists Annual Conference- San Juan, Puerto Rico April 2007
- American College of Physicians Regional Annual Meeting- Waltham, Massachusetts November 2005

Research

UNIVERSITY OF COLORADO/DENVER VA MEDICAL CENTER, Aurora/Denver, Colorado

Spirituality and Mild Traumatic Brain Injury

- In collaboration with the Mental Illness Research, Education, & Clinical Center. COMIRB# 13-2983
- Principal Investigator

Physical Function during Prosthetic Training and Long-Term Follow-up after Lower Limb Amputation

- In collaboration with University of Colorado Dept of PM&R. COMIRB# 12-0238
- VA Principal Investigator
- Funded through K-12 Comprehensive Opportunities for Rehabilitation Research Training (CORRT)

Development of a Novel Biomechanical Model to Reduce Low Back Pain Among Lower Limb Amputees.

- In collaboration with Colorado School of Mines and the University of Colorado Movement Science Laboratory. COMIRB# 11-0973
- VA Principal Investigator

Characterizing Ankle Function during Sloped Locomotion for Prosthesis Development

- Mentor for Career Development Award (PI Alena Grabowski, Ph.D.)
- COMIRB# 12-0553
- Funded by Department of Veteran's Affairs Office of Research & Development

What is the Optimal Stiffness and Height of a Running-Specific Leg Prosthesis?

- Collaborator
- COMIRB 13-2315
- Funded by Bridging Advanced Developments for Exceptional Rehabilitation (BADER) Consortium grant

Publications/Presentations

Peer Reviewed Publications:

1. Shehin, S.S., **R.O. Stephenson**, and W.F. Greenlee. *Transcriptional Regulation of the Human CYP1B1 Gene: Evidence for Involvement of an Aryl Hydrocarbon Receptor Response Element in Constitutive Expression.* Journal of Biological Chemistry. 2000 Mar 10;275(10):6770-6.
2. De la Serna, I.L., K.A. Carlson, D.A. Hill., C.J. Guidi, **R.O. Stephenson**, S. Sif, R.E. Kingston, and A.N. Imbalzano. *Mammalian SWI/SNF Complexes Contribute to Activation of the hsp70 Gene.* Molecular and Cellular Biology. 2000 Apr;20(8):2839-51.
3. Butler MM, Skow DJ, **Stephenson RO**, Lyden PT, LaMarr WA, Foster KA. *Low frequencies of resistance among Staphylococcus and Enterococcus species to the bactericidal DNA polymerase inhibitor N(3)-hydroxybutyl 6-(3'-ethyl-4'-methylanylino) uracil.* Antimicrobial Agents and Chemotherapy. 2002 Dec;46(12):3770-5.
4. Foster KA, Barnes MH, **Stephenson RO**, Butler MM, Skow DJ, LaMarr WA, Brown NC. *DNA polymerase III of Enterococcus faecalis: expression and characterization of recombinant enzymes encoded by the polC and dnaE genes.* Protein Expression and Purification. 2003 Jan;27(1):90-7.

5. Christiansen CL, Fields T, Lev G, **Stephenson RO**, Stevens-Lapsley JE. *Functional Outcomes After the Prosthetic Training Phase of Rehabilitation After Dysvascular Lower Extremity Amputation*. PM&R. 2015 May 12. pii: S1934-1482(15)00234-8.
6. Loyd BJ, Fields T, **Stephenson RO**, Stevens-Lapsley JE, Christiansen CL. *Explaining Modified 2-Minute Walk Test Outcomes in Veterans with Traumatic or Non-Traumatic Lower Limb Amputation*. Journal of Rehabilitation Research and Development. 2016 Nov; 53(6):1035-1044.
7. Christiansen CL, Miller MJ, Murray AM, **Stephenson RO**, Stevens-Lapsley JE, Hiatt WR, Schenkman ML. *Behavior-Change Intervention Targeting Physical Function, Walking, and Disability After Dysvascular Amputation: A Randomized Controlled Pilot Trial*. Archives of Physical Medicine and Rehabilitation. 2018 May 7; (18)30284-3.

Electronic Peer Reviewed Publications:

1. Mark L. Miedema, MD and **Ryan O Stephenson, DO**. *Femoral Acetabular Syndrome*. PM&R Knowledge Now. 2011. Created 12/28/12, update by others 7/31/2017; accessed 2/26/20. Available at: <https://now.aapmr.org/femoral-acetabular-syndrome/>
2. **Ryan O Stephenson, DO**. *Radiation-Induced Brachial Plexopathy*. Medscape Reference. 2013. Updated Apr 4, 2019, accessed 2/26/20. Available at: <http://emedicine.medscape.com/article/316497-overview>
3. **Ryan O Stephenson, DO** and Jeffrey Berliner, DO. *Autonomic Dysreflexia in Spinal Cord Injury*. Medscape Reference. 2013. Updated Jan 29, 2018, accessed 2/26/20. Available at: <http://emedicine.medscape.com/article/322809-overview>

Peer Reviewed Abstracts (Poster Presentations):

1. Adam Abou-Elias, MD, **Ryan O. Stephenson, DO**, Smita Padala, MD, Dimitrios Angelis MD, Omer El-Amin, MD; Gordon Saperia, MD. *Hyperkalemia-Induced Cardiac Arrest with Presumptive Brain Death: Call the Code (or Not)!* Presented at the American College of Physicians 2005 Regional Annual Meeting.
2. **Ryan O. Stephenson, DO**, Adam Abou-Elias, MD, Smita Padala, MD, Dimitrios Angelis MD, Robert Bessette, MD, Stephen Pezzella, MD. *Permanent Cardiac Pacing in Lyme Carditis- When does a temporary condition require permanent intervention?* Presented at the American College of Physicians 2005 Regional Annual Meeting.
3. Joel B. See, MD, **Ryan Stephenson, DO**, Matthew Johnson, DO, Khyber Zaffarkhan, DO. *Impaired Renal Function on Admission to Acute Rehabilitation*. Presented at the American Academy of Physical Medicine and Rehabilitation 2007 National Conference.
4. **Ryan O. Stephenson, DO**, Joel See, MD, Matthew Johnson, DO. *Atraumatic Knee Dislocation Precipitated by Sciatic Nerve Injury*. Presented at the Association of Academic Physiatrists 2007 National Conference.
5. Eric Shoemaker, DO and **Ryan O. Stephenson, DO**. *Rehabilitation in an Adult Male with Food-Borne Botulism*. Presented at the Association of Academic Physiatrists 2011 National Conference.

6. **Ryan Stephenson, DO** and Allison Franklin, DO. *Standardization of Medical Necessity Determination for Customized Wheelchair Mobility*. Presented at New Horizons In Rehabilitation Conference, June 2012. Received award for Best Clinical Practice.
7. **Ryan Stephenson, DO**. *Differentiation of Motor Neuron Disease and Chronic Inclusion Body Myositis in Clinical Practice*. Presented at Association of Neuromuscular and Electrodiagnostic Medicine National Conference, October 2012.
8. Cory Christiansen, Guy Lev, Thomas Fields, **Ryan Stephenson**. *Physical Rehabilitation Factors and Functional Mobility Changes after Dysvascular Amputation*. Presented at APTA Combined Sections Meeting, February 2015.
9. **Ryan O. Stephenson, DO** and Vanessa G. Williams, PhD. *Treating Persistent Symptoms After Mild TBI: An Educational Model*. Presented at New Perspectives in TBI Rehabilitation Conference, May 2015.
10. **Ryan O. Stephenson DO**, Holly R. Gerber BA, and Lisa A. Brenner PhD. *Rates of Moral Injury, Spirituality, and PTSD among OEF/OIF Veterans with Mild TBI*. Presented at New Perspectives in TBI Rehabilitation Conference, May 2015.
11. Holly Gerber, BA, **Ryan Stephenson, DO**, Lisa Brenner, PhD. *An Initial Examination of Moral Injury and Spirituality among OEF/OIF Veterans with Mild TBI*. Presented at Eastern Colorado Health Care System VA Research Days, May 2015.
12. **Ryan Stephenson, DO**, Brian James Loyd, PT, DPT, Cory L. Christiansen, PT, PhD. *Modifiable Gait Parameters Associated with Functional Mobility in Lower Limb Amputees*. Presented at the American Academy of Physical Medicine and Rehabilitation 2015 National Conference.
13. **Ryan Stephenson, DO**, Holly R. Gerber BA, and Lisa A. Brenner PhD. *Moral Injury, Spiritual Health, and PTSD in OEF/OIF Veterans with Mild TBI*. Presented at the American Academy of Physical Medicine and Rehabilitation 2015 National Conference.
14. Christopher McMullen, **Ryan Stephenson**, Jessica Prunte, Aliea Herbert. *The Influence Of A Working Diagnosis on Electrodiagnostic Outcomes: A Retrospective Review*. Presented at Association of Neuromuscular and Electrodiagnostic Medicine National Conference, October 2015. President's Research Initiative Award Recipient.
15. Jessica Prunte, **Ryan Stephenson**, Christopher McMullen, Aliea Herbert. *The Influence Of The Referring Provider's Specialty on The Diagnostic Yield Of Electrophysiological Studies*. Presented at Association of Neuromuscular and Electrodiagnostic Medicine National Conference, October 2015.
16. **Ryan Stephenson**. *Needle Electromyography Changes Associated With Exertional Sickling*. Presented at Association of Neuromuscular and Electrodiagnostic Medicine National Conference, October 2015.
17. **Ryan O. Stephenson DO**, Holly R. Gerber BA, Trisha A. Hostetter, MS, Jeri Forster, Ph.D, and Lisa A. Brenner PhD. *The relationship between moral injury and persistent mental and physical health symptoms among Veterans with mild traumatic brain injury*. International Brain Injury Association's 12th World Congress on Brain Injury, March 2017. Oral Presentation.