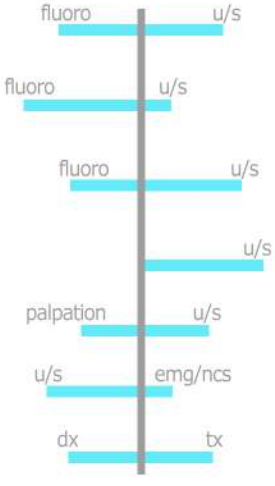
Shounuck I. Patel, DO

HEALTH LINK
MEDICAL CENTER
Regenexx®
doctorpatel.do@gmail.com

Education & Training

10/2017	Interventional Orthopedics Foundation Level I-III Orthobiologics training
1/2015	Regenexx Centeno-Schultz Clinic Advanced Regenerative Orthopedics Training
1-12/2014	OSS Health / Sinai Hospital of Baltimore Sports Medicine & Interventional Spine Fellowship ABPMR sports-medicine CAQ, 2015
2010 - 2013	UMDNJ-NJMS (now Rutgers University) Kessler Institute for Rehabilitation Physical Medicine & Rehabilitation Residency ABPMR board-certified, 2014
2009 - 2010	North Shore-LIJ / Plainview Hospital Osteopathic Internship
2005 - 2009	Midwestern University Chicago College of Osteopathic Medicine Doctor of Osteopathy
2003 - 2005	Drexel University College of Medicine Master in Medical Science
1999 - 2003	The George Washington University Bachelor of Business Administration Concentration: Finance Secondary Study: Psychology

Skills



BMAC, PRP, platelet lysate, prolotherapy, orthobiologics

Cervical, thoracic, lumbosacral epidural, intraarticular, extraarticular, and intradiscal injections

Peripheral joint intra-/extra-articular & intraosseous injections

Nerve blocks & hydrodissection, tenotomy & barbotage

Trigger points & myofascial hydrodissection

Diagnostic ultrasound & electrodiagnostics

Osteopathic Manipulative Medicine

About Me

Health Link Regenexx:
Staff Physician (2015-current)

Western University & Touro University Colleges of Osteopathic Medicine:
Clinical Assistant Professor (2016-current)

Interventional Orthopedics Foundation:
Instructor (2017-current) & Curriculum Committee Chair (2019-current)

2nd.MD telemedicine second opinions:
Consultant (2017-current)

Musculoskeletal Ultrasound Cross-Sectional Anatomy: Illustrator (2017)

Clinical Interests

-Regenerative Orthopedic Medicine focusing on Autologous Stem Cells, PRP & other Biologic therapies
-Osteopathic Approach to Sports Medicine & Functional Pain Management
-Ultrasound & Fluoroscopy Guided Procedures

Licensure

California 20A13788
Pennsylvania OS016374

Membership

Fellow, Interventional Orthopedics Foundation (IOF)
Fellow, American Academy of Physical Medicine & Rehabilitation (FAAPMR)
American Osteopathic College of Physical Medicine & Rehabilitation (AOCPMR)
Spine Intervention Society (SIS)
American Osteopathic Association (AOA)

Extracurricular

Family, photography, medical illustration, snowboarding, teaching

Presentations, Workshops & Courses

1/2018-current	Orthosono Ultrasound Courses Instructor
6/2017-current	Interventional Orthopedics Foundation Level I-III Cadaver Courses Instructor
2/7/19	Surgical vs Interventional Orthobiologics. IOF Annual Conference Speaker
6/8/2018	Epidural Platelet Lysate/Spine Workshop. TOBI The OrthoBiologics Institute Conference Speaker/Instructor
4/14/18	Interventional Regenerative Orthopedics. AOCPMR Mid-Year Meeting Speaker
1/18-21/2018	AOCPMR Hip Proficiency Musculoskeletal Ultrasound Course Participant
10/12-14/2017	Basics of Manual Manipulation for the Physiatrist. AAPM&R Annual Assembly workshop Instructor
3/31/17	PRP & Stem Cells for Sports Injuries. AOAPRM Prolotherapy & Cadaver Conference Speaker
1/19-22/2017	AOCPMR Knee Proficiency Musculoskeletal Ultrasound Course Participant
9/18/16	Updates in Interventional Management of Low Back Pain. OMED Annual Conference Speaker
9/17-18/2016	AOCPMR Specialty Track. OMED Annual Conference Program Chair
5/14/2016	Ultrasound-guided Prolotherapy. AOAPRM Prolotherapy & Cadaver Conference Instructor
10/2/2015	Structural Examination for Lower Back Pain. AAPM&R Annual Assembly workshop Instructor
10/2/2015	Manipulation for Post-Concussive and Whiplash Syndrome: Headache and Neck Pain, Anxiety, and TMJ Dysfunction. AAPM&R Annual Assembly workshop Instructor
10/1/2015	Basics of Manual Manipulation in Physiatry. AAPM&R Annual Assembly workshop Instructor
10/1/2015	Manual Manipulation in the Inpatient Setting. AAPM&R Annual Assembly workshop Instructor
10/1/2015	Manual Manipulation and Home Exercises to Compliment Common Injection Procedures. AAPM&R Annual Assembly workshop Course Director
4/10/2015	The Regenerative Spine Lecture; Regenerative Mediciine Panel. AOCPMR Mid-Year Meeting Speaker
4/8/2015	Regenerative Medicine & Applications in Pain Management. UC Irvine / Long Beach VA PM&R Residency Program lecture Speaker
11/15/2014	Manual Manipulation for Exercise Injuries & the Muscle Energy Exercise Prescription. AAPM&R Annual Assembly workshop Course Director
11/14/2014	Manual Manipulation for the Adaptive Sports Athlete. AAPM&R Annual Assembly workshop Course Director
1/26/2014	Intercostal Nerve Blocks and Ultrasound Guidance. OSS Health Conference in Puerto Rico Speaker
10/21/2013	Robertwood Johnson Medical School Ultrasound Anatomy workshop Instructor
10/5/2013	Sports & Musculoskeletal Ultrasound Intensive. AAPM&R Annual Assembly workshop Volunteer
10/4/2013	Platelet-Rich Plasma in Injection Therapy. AAPM&R Annual Assembly workshop Volunteer
8/28/2013	Osteopathic Principles in Physiatry. Rutgers University lecture & workshop Speaker/Instructor

Publications

Journals

Scholten PM, Patel SI, Christos PJ, Singh JR. Short-Term Efficacy of Sacroiliac Joint Corticosteroid Injection Based on Arthrographic Contrast Patterns. PM R. 2015; 7(4):385-391. [contributing author & illustrator]

Foye P, Abdelshahed D, Patel S. Musculoskeletal Pareidolia in Medical Education. Clin Teach. 2014; 11: 251-253 [illustrator]

Patel S, Joshi M. Neurostimulation with Ultrasound Guidance for Intercostal Nerve Block. PM R. 2013; 5(10): 903-905. [1st author & illustrator; poster presented at the 2013 AAP Annual Meeting]

Patel SI, Jayaram P, Portugal S, Stitik TP. Iliocostal Friction Syndrome Causing Flank Pain in a Stroke Patient with Scoliosis and Compensated Trendelenburg Gait. AJPMR. 2013. [1st author & illustrator]

Patel SI, Foye PM, Stitik TP. Dynamic Ultrasound with Varus Stress used to Diagnose a Previously Concealed Medial Meniscus Extrusion. PM R. 2012; 4(6): 459-461. [1st author & illustrator]

Foye PM, Patel SI. Paracoccygeal Corkscrew Approach to Ganglion Impar Injections for Tailbone Pain. Pain Practice. 2009; 4(9): 317-21. [contributing author & illustrator]

Van Heest A, Ma H, Glisson C, Patel SI. Musculocutaneous Nerve Entrapment: An Unusual Complication After Biceps Tenodesis. Am J Sports Med. 2009; 37(12): 2467-9. [illustrator]

Books

Cianca JC, Patel SI. Musculoskeletal Ultrasound Cross-Sectional Anatomy. New York, NY: Demos; 2017. [illustrator]

Wendel I, Patel SI et al. Home Exercise Programs for Musculoskeletal and Sports Injuries. New York, NY: Demos. [photographer, illustrator & editor – in production]

Chapters

Patel S, et al. Iliac Crest Bone Marrow Aspiration: Ultrasound Guidance. Intercostal injection: Ultrasound Guidance. Intraarticular Hip Injection - Anterior Approach: Ultrasound Guidance. In Furman MB (Editor), Atlas of Image-Guided Spinal Procedures 2nd Edition. Philadelphia, PA: Elsevier; 2018. [contributing author]

Foye PM, Kirschner JS. Ganglion Impar Injection. In Furman MB (Editor), Atlas of Image-Guided Spinal Procedures 2nd Edition. Philadelphia, PA: Elsevier; 2018. [illustrator for Figure 8A.10 paracoccygeal approach]

Stitik TP, Chang A, Georgy J, Patel SI. Percutaneous Needle Tenotomy (PNT). In Valera-Garrido F and Minaya-Munoz F (Editors), Minimally Invasive Procedures in Physical Therapy. London, England: Elsevier; 2016. [illustrator]

Abbasi A, Patel SI, Malhotra G. Thoracic Disc Herniation. In Simon J, Freedman M, Mehnert M and Vaccaro A (Editors), Interventional Spine Procedures – A Case-Based Approach. Philadelphia, PA: Jaypee; 2014. [contributing author & illustrator]

Stitik TS, Patel S, et al. Fifth Dorsal Compartment of the Wrist Injection and Sixth Dorsal Compartment of the Wrist Injection. In Malanga G and Mautner K (Editors), Atlas of Ultrasound-guided Musculoskeletal Injections. New York, NY: McGraw Hill; 2014. [contributing author]

Malhotra G, Ryan LA, Patel S. Carpal Tunnel Syndrome. In Wyss JF and Patel AD (Editors) Comprehensive Therapeutic Programs for Musculoskeletal Disorders. New York, NY: Demos; 2013. [contributing author & photographer]

Online

Furman M, Liu J, Patel S. Lumbar spondylolisthesis. PM&R Knowledge NOW/AAPM&R. http://now.aapmr.org/lumbar-spondylolisthesis/. Published 2013, updated 2018. [contributing author]

Chimes G, Patel S, Gaimer L, John J. Endocrine abnormalities affecting the musculoskeletal system. PM&R Knowledge NOW/AAPM&R. http://now.aapmr.org/msk/sports-medicine/Pages/Endocrine-abnormalities-affecting-the-musculoskeletal-system.aspx. Published 9/20/2013. [contributing author]

Posters

Nakamura R, Patel S, John J, Bartlett A, Yonclas P. Ultrasound-guided Caudal Epidural Injetion in Lateral-Decubitus Position with an Anterior Pelvic Tilt for Patients Unable to Lay Prone. Presented at the 2015 AOCPMR Mid-Year Meeting. [contributing author and illustrator]

Jayaram P, Patel S, Bowen J. Ozone Prolotherapy as an Adjunct to Botulinum Toxin for Cervical Dystonia & Vertigo in Post-Concussion Syndrome. Presented at the 2014 AAP Annual Meeting. [contributing author]

Jani J, Patel S, Malanga G. Ultrasound-Guided Ventral Hydrorelease of Achilles Tendon for Achilles Tendinopathy (Smiley Face Technique). Presented at the 2012 AAPM&R Annual Assembly. [illustrator]