

GURPAL [PAUL] SANDHU, M.D., Q.M.E., F.A.B.P.M & R., F.A.B.P.M.

MEDICAL DIRECTOR
PAIN SOLVERS, INC.

UPDATED 08/24/2010

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EDUCATION

Residency:

1997-2000 **Harvard University/ Massachusetts General Hospital/ Spaulding Rehabilitation Hospital**
7/1997 - 6/2000
Specialty: Physical Medicine and Rehabilitation

Internship:

1996-1997 **Riverside Methodist Hospital** (OSU affiliate)
7/96- 7/97
Honors: PM&R, Cardiology, Radiology, Musculoskeletal radiology, Neurology
Letter of Commendation: ICU, Clinical Medicine

Medical School/

Undergraduate:

1991-1996 **The Ohio State University College of Medicine**, Columbus, Ohio: **M.D.**
September 1991 to June 1996

1987-1991 **The Ohio State University**, Columbus, Ohio: **B.S.**
September 1987 to June 1991
Major: Zoology
Minor: Arabic
Cum Laude, Full Academic Scholarship

LICENSURE/CERTIFICATION

Massachusetts: January 1998 to May 2006
Hawaii and California: *Full Medical Licensure*
American College of Sports Medicine: *Team Physician*
Fellow, American Board of Disability Analysts
Fellow, American Academy of Physical Medicine and Rehabilitation
Fluoroscopy and Radiography supervisor and operator: 2003-2006, *State of California*
Qualified Medical Evaluator: 2001-2007, 2009-Present, *State of California*
Board Certified: American Board of Physical Medicine and Rehabilitation
Board Certified: American Board of Physical Medicine and Rehabilitation – pain subspecialty
Board Certified: American Board of Pain Medicine
Board Certified: American Board of Anti-Aging Medicine
Member, American Academy of Pain Medicine
Member, The American College of Legal Medicine

ACADEMIC APPOINTMENTS

Clinical Fellow, Harvard Dept. of Physical Medicine and Rehabilitation (1997-2000)
Clinical Fellow (rotating resident): Neurology, Massachusetts General Hospital - Partners Healthcare (1997-2000)

Clinical Fellow (rotating resident): Neurology, Brigham and Womens' Hospital - Partners Healthcar
(1997-2000)

HOSPITAL/PROFESSIONAL APPOINTMENTS

Medical Director, Painsolvers, Inc., Oakland, California & Honolulu, Hawaii
2001 - Present

Director, Dept. of Physical Medicine and Rehabilitation, Kaiser Permanente, Bakersfield, California
2000 - 2001

Resident Physiatrist, Harvard Dept. of PM&R; Spaulding Rehabilitation Hospital
1997-2000

John Muir Medical Center , Walnut Creek, California– *Staff Physiatrist*
2001 - 2007

Mount Diablo Medical Center – *Staff Physiatrist*
2002 - 2003

Saint Francis Liliha Hospital; Honolulu Hawaii
2000 – 2003

Laser Surgery Center; Walnut Creek, California
2001 – 2003
Pain management privileges

Medical Director, Pleasanton Surgery Center; Pleasanton, California
2003 – 2005

Pleasanton Surgery Center; Pleasanton, California
2003 – 2006
Pain management privileges

Kuakini Medical Center; Honolulu, Hawaii
2008– 2010
Pain management privileges

AWARDS AND HONORS

Undergraduate

Full academic scholarship
Cum Laude
Dean's List

Medical School

Honors:

Pediatric Pharmacology
Orthopedic Surgery
Physical Medicine and Rehabilitation
Neurology [Cleveland Clinic Foundation]
Research: Physical Medicine and Rehabilitation

Letter of Commendation:

Emergency Medicine
Medical Therapeutics

Internship

Honors:

PM&R
Cardiology
Radiology
Musculoskeletal Radiology
Neurology

Letter of Commendation:

Clinical Medicine
General Medicine
Emergency Medicine

Award:

Intern Procedure Award: Highest number of procedures performed by a medicine/transitional intern (1997)

MAJOR COMMITTEE APPOINTMENTS (Postgraduate)

- 1) *Chairman:* Harvard Dept. of PM&R's publication Rehab. In Review (1997 to 1999)
- 2) *Resident Representative:* Spaulding Rehabilitation Hospital: Continuing Medical Education Committee (1998-1999)
- 3) *International Task Force Chair:*
Resident Physician Council, American Association of Physical Medicine and Rehabilitation (1998-1999)
- 4) *Resident Education Committee* (1998-1999)

EDITORIAL BOARDS

Chairman (Resident): Harvard Dept. of PM&R's Rehab. In Review (1997 to 1999)

PROFESSIONAL ORGANIZATIONS

Medical School

- 1) American Medical Student Association (1991-1996)
OSU-COM liaison for AMSA's Humanistic Medicine Association (1994-1995)
- 2) Asian American Medical Student Association (1991-1996)
- 3) American Medical Association Student Chapter (1991-1996)

Postgraduate

- 1) American Association of Physical Medicine and Rehabilitation (1997 - Present)
- 2) American Association of Academic Physiatrists (1997 - 2007)
- 3) Massachusetts Medical Society (1997 - 2000)
- 4) American College of Sports Medicine (1997 - present) *Team Physician certification*
- 5) North American Spine Society (2000 - 2006)
- 6) Resident Physician Council, AAPM&R (1997 - 1999)
- 7) American Academy of Pain Medicine (2001 - 2007)

Human Rights Organizations

- 1] Physicians for Human Rights (1997 - 2000)
- 2] Physicians against Land Mines (1998 - 2000)
- 3] International Committee to Ban Land Mines (1998 - 2000)

MAJOR RESEARCH INTERESTS

Industrial injuries
Sports Medicine
Interventional Pain Management
Orthopedics
Orthopedic Rehabilitation
Osteoporosis
Spinal Cord Injury
Assistive Devices / Ergonomics
Electrodiagnostics

PRINCIPAL CLINICAL & HOSPITAL SERVICE RESPONSIBILITIES DURING RESIDENCY

Teaching medical students and junior residents
Patient care
Research
Academic Training
Establishing Therapy Protocols

MAJOR ADMINISTRATIVE RESPONSIBILITIES

Director, Painsolvers, Inc. (2001 - Present)
Private practice

Director of Pain Medicine and Rehabilitation, Kaiser Permanente, Bakersfield, CA (2000-2001)

During Residency:

Resident Representative, Continuing Medical Education Committee
Reviewing and participating in the refinement of the PM&R educational curriculum

RPC international task force chair
Passing anti-land mine legislation
Produced an anti-land mine statement for the AAPM&R Resident Physician Council meeting (1998)
This statement was officially accepted by RPC President and Board (1998)
(Pending acceptance from the AAPM&R).

Physiatric Association of Spine Sports and Occupational Rehabilitation [PASSOR] liaison
Coordinated lecture series for PM&R residency programs nationwide

RESEARCH EXPERIENCE

Undergraduate/Medical School

- 1) "Evaluation and Optimization of the Neoprobe Gamma Detector in Radio-Immuno-Guided Surgery"
The Ohio State University; Dr. Edward Martin (1989 to 1991)
- 2) "Case Study: Myositis Ossificans Progressiva"
The Ohio State University (1996)
- 3) "The cost effectiveness of Observation Medicine Units in the Emergent Care Setting"
Riverside Methodist Hospitals [Ohio Health Corporation], Dr. Anthony Joseph (1993)

PUBLICATIONS / PRESENTATIONS / PROJECTS

Undergraduate/Medical School

- 1) "Monoclonal antibody with the Neoprobe Gamma Detector in a nude mouse model" - *Marianne K. Lange, Anahat K. Sandhu, James Sampsel, M.D., George Hinckle, R.Ph., M.S., J. Ignazewski, Paul Sandhu, Edward Martin, III, Edward Martin, Jr. M.D.*, Journal of Surgical Research, 55, pp. 205-213 (1993)
- 2) "In Vivo and Ex-Vivo Demonstration of Immu-4 Fab fragment uptake by CX-I using the Neoprobe Gamma Detector in the Nude Mouse" - *Lange, MK, Sandhu, AK, Sampsel, J, Lavalle, G, Hinckle, G, Sandhu, GS, Martin, EW Jr., M.D.*, American Association for Cancer Research (1990)
- 3) "Comparison of CC49 and NR-LU-10 monoclonal antibodies in a nude mouse model using the Neoprobe gamma detector" - *Lange, MK, M.D., Nieroda, CA, M.D., Sampsel, J, M.D., Hinckle, G, M.D., Sandhu, A, Ignazewski, J, Sandhu, GS, Martin, EW, Jr., M.D.*, The Society of University Surgeons, 51st annual meeting, Los Angeles, CA (1990)

Postgraduate

- 4) "Colostomy Satisfaction Level among Myelopathy Patients: A Survey" - *Sandhu, P, M.D., Lee, L, M.D., Ahmed, N, M.D., Frisbie, J, M.D.*
Poster Presentation at AAPM&R national conference (1998)
- 5) "Colostomy Satisfaction Level among Myelopathy Patients: A Survey" - *Sandhu, P, M.D., Lee, L, M.D., Ahmed, N, M.D., Frisbie, J, M.D.*
Paper Presentation at AAPM&R national conference (1998)
- 6) "Osteoporosis among SCI patients' Grand Rounds Presentation" - *Sandhu, P, M.D. West Roxbury VAMC* (1998)
- 7) "Rotator Cuff Tendonitis - Rehabilitation Considerations" - *Sandhu, P, M.D. Medical Grand Rounds, Salem Hospital* (1998)
- 8) "Land Mines: A Deadly Legacy" - *Sandhu, P, M.D. American Association of Physical Medicine and Rehabilitation Residents' Speech; Physician Council Interim Meeting* (1998, Chicago Illinois)
Ratified and accepted by the RPC for submission to the AAPM&R Board of Governors
- 9) "The International Effort to Ban Land Mines" - *Sandhu, P, M.D. American Association of Physical Medicine and Rehabilitation Residents' Physician Council Newsletter* (1998)
- 10) "Pulsed Dose Ultrasound for Osteoporosis" *Sandhu, P, M.D.*
Prepared prototype ultrasound unit with M.I.T. Mechanical Engineering Department (1999-2000)
- 11) "A critical review of the Jobe's Supraspinatus Test and a Proposed Superior Alternative Testing Method" - *Sandhu, P, M.D.* (1999-2000)
- 12) "Injury rates in Martial Arts Tournaments: A review" - *Burke, D, M.D., Sandhu, P, M.D.*
- Publication pending (1999-2000)
- 13) "Acute Demyelinating Encephalomyelitis: a case study" - *Agranoff, A, M.D., Sandhu, P, M.D., Stein, J., M.D.*
- Presented at AAPM&R Conference (1999)

EXTRACURRICULAR INTERESTS

Mounted (Horseback) Archery

Hungarian Course, North Horde 2006, Mounted Archery Competition, 3rd Place (2006)

Auto Mechanics

Automotive Technician Level 1 (2004-2005) – graduated top 5% of class, Wyotech Fremont

Martial Arts

1st Degree Black Belt: Tae Kwon Do (1997)

Master: Joon P. Choi (1988 Olympic Coach)

Assistant Instructor: Ohio State University Tae Kwon Do Club (1994-1996)

Treasurer: OSU Tae Kwon Do team (1994-1995)

Mounted [Horseback] Archery

Languages

Academic Minor: Arabic

Fluency: Punjabi, Hindi, and English

Interests: Japanese (intermediate level), German, Spanish

Sports Medicine

Medical Advisor to Boston Sports Boxing Club (1997 - 1998)

American College of Sports Medicine: *ACSM team physician certification*

Alternative Medicine

Indian (Ayurvedic) medicine; completed two part ayurvedic medicine course at OSU-COM (1993-94)

Medical Student Representative, AMSA Humanistic Medicine Club (1993-1994)

Cabinetmaking

Completed one year training at the Eliot School of Fine and Applied Arts (1999-2000)

Focused on design and construction of ergonomic furniture