

Michael Lersten, MD

EDUCATION

Bodor Clinic - Napa, CA 3 Month Fellowship; Sports, Spine, and Regenerative Medicine	October 2019 - December 2019
Stanford University School of Medicine - Redwood City, CA Fellowship; Interventional Spine	September 2018 - August 2019
University of Colorado School of Medicine - Denver, CO Residency; Physical Medicine and Rehabilitation	July 2015 - July 2018
Harbor-UCLA Medical Center - Los Angeles, CA Preliminary Internship; Surgery	June 2014- June 2015
University of Iowa Carver College of Medicine - Iowa City, IA Doctor of Medicine	August 2010 - May 2014
University of Iowa - Iowa City, IA Bachelor of Science Major: Integrative Physiology with Honors	August 2004 - May 2008

CERTIFICATION AND LICENSURE

ABPMR Certification	July 2019 - Present
California State Fluoroscopy License	September 2019 - Present
California State Medical License	June 2018 - Present
Colorado State Medical License	May 2017 - Present

RESEARCH ACTIVITIES

- Stanford University School of Medicine- Redwood City, CA** March 2019 - Present
- *Development and validation of a medical-app for use during the progression from medial branch blocks to radiofrequency ablation*
 - Built a medical-app that tracks outcomes using a meaningful patient-calibrated rating scale in order to facilitate efficient progression through treatment, lowering the amount of false positive medial branch blocks and non-indicated radiofrequency ablations
 - Status: Beta-testing
 - Advisor: Josh Levin, MD - Stanford University
- Stanford University School of Medicine - Redwood City, CA** February 2019 - Present
- *“Diagnostic Medial Branch Blocks Leading to Radiofrequency Ablation: A Retrospective Analysis of Practice Patterns and Patient Characteristics”*
 - First author on a research project investigating the variability in practice patterns over a 3 year history of delivering diagnostic medial branch blocks to patients and recording their responses in order to proceed to a second diagnostic block and ultimately a radiofrequency ablation if indicated. This will allow an analysis to identify barriers to an efficient and standardized treatment protocol.
 - Status: Data analysis
 - Advisor: Josh Levin, MD – Stanford University
- University of Colorado School of Medicine - Denver, CO** May 2016 - June 2018
- *“The Effect of Mindfulness-Based Interventions on the Structure and Function of Default Mode Network-Related Brain Regions: A Systematic Review and Meta-Analysis”*
 - Primary resident research project investigating neurophysiologic changes induced by mindfulness-based interventions on the default-mode network, which is of particular interest in subacute and chronic pain populations.
 - Status: Data analysis, Prospero registration number: CRD42017056702
 - Advisor: Jason Friedrich, MD – University of Colorado

University of Colorado School of Medicine - Denver, CO June 2017 - January 2018

- *“UCH-Inpatient Resident Orientation”*
 - Quality improvement project: streamlined the new-resident orientation and compiled best-practices for efficient implementation with new residents
 - Status: Implemented
 - Advisor: Bill Niehaus, MD - University of Colorado

University of Colorado School of Medicine - Denver, CO November 2016 - June 2018

- *“Serum Morning Cortisol As A Way To Mitigate The Risk Of Adrenal Suppression With Corticosteroid Injections”*
 - Quality improvement project: retrospective chart-review of patients receiving multiple interventional spine steroid injections from 2015-2016 working toward a standardized pre-injection protocol.
 - Status: Data analysis, IRB approved
 - Advisor: Venu Akuthota, MD - University of Colorado

VA Eastern Colorado Health Care System - Denver, CO March 2016 - February 2018

- *“Implementation of a Code Status Protocol in a Rehabilitation Unit”*
 - Quality improvement project: integrated educational survey into the admission process to gather data on code status and facilitate further conversations on patient request.
 - Status: Implemented
 - Advisor: David Coons, MD – VA Eastern Colorado Health Care System

University of Iowa Department of Anesthesia - Iowa City, IA January 2013 - May 2014

- *Research Assistant*
 - Performed a variety of roles in medical school beginning MS-3 including a dedicated research block during MS-4. Conducted background research for project proposals, performed literature reviews, and both composed and edited portions of active research proposals and case reports.
 - Advisor: Foad Elahi, MD – University of Iowa

University of Iowa Department of Integrative Physiology - Iowa City, IA January 2006 - May 2008

- *Research Assistant*
 - Initial exposure to research primarily working on projects involving functional electrical stimulation in incomplete spinal cord injuries. Presented capstone project to the integrative physiology department involving FES and gait.
 - Advisor: Michel Ladouceur, MD - University of Iowa

PRESENTATIONS

“Diagnostic Medial Branch Blocks Leading to Radiofrequency Ablation: A Retrospective Analysis of Practice Patterns” August 2019

Poster Presentation - SIS Annual Meeting, New York

“The Body Ecologic: Our Health and the Microbiome” September 2016

PGY-3 Resident Seminar - University of Colorado, PM&R

“Wider than the Sky: A Look At Pain, Medicine, and the Mind” April 2016

PGY-2 Resident Seminar - University of Colorado, PM&R

PUBLICATIONS

Lersten M, Duhon B, Laker SR. “Diastematomyelia as an Incidental Finding Lumbar on Magnetic Resonance Imaging.” PMR. 2017 Jan;9(1):95-97. doi: 10.1016/j.pmrj.2016.09.005. Epub 2016 Sep 17.

WORK EXPERIENCE

Neuroutine - Salt Lake City, UT August 2019 - Present

- *Special Advisor*
 - Provide a physician perspective on pain management in helping the development of a health technology platform working to help patients better manage chronic conditions.

- PainTheory** - Denver, CO June 2015 - Present
- *Special Advisor*
 - Advising an innovative healthcare-technology company focused on initial intake and efficient routing of pain patients to an appropriate level of care.
- Diagnostic Evaluation Services** - Denver, CO February 2015 - Present
- *Physician Team Member*
 - Performed government disability exams throughout residency and fellowship.
- University of Iowa Department of Anesthesia** - Iowa City, IA January 2013 - June 2014
- *Anesthesia Extern*
 - Assisted on-call team with peri-operative patient care, gaining significant experience with basic procedures including peripheral and arterial IV insertions, intubations, LMA insertions, and masking techniques.
- Teach for America** - Los Angeles, CA June 2008 - August 2010
- *9th Grade Biology Teacher*
 - Taught for two years at College Ready Academy #7 High School, an Alliance charter school located in the Nickerson Gardens housing projects in Watts, California. Was a critical formative experience that was both supremely challenging and tremendously rewarding.

SERVICE & LEADERSHIP

- IOF Ethics Board, Sub-Committee on Regenerative Provider Reporting** February 2019 - Present
- Working to build a streamlined tool for reporting substandard regenerative medical practices
- Free Rehabilitation Clinic Volunteer Physician** May 2017- May 2018
- Provided community healthcare for an underserved population.
- Physician Sports Coverage** January 2015 - May 2018
- Provided coverage for Denver University women's volleyball and lacrosse.
- Iowa Medical Innovation Group** June 2013 - June 2014
- Developed a novel buccal delivery system for midazolam in the treatment of acute seizures, then conducted market analysis and conceptual viability evaluation for the project.
- Medical Student Ambassador Program** July 2011 - June 2014
- Lead medical student interviewees on tours of the medical campus while sharing details of my personal experience at Carver College of Medicine.

PROFESSIONAL SOCIETIES

- Interventional Orthopedics Foundation January 2018 - Present
- Spine Intervention Society October 2015 - Present
- North American Spine Society October 2015 - Present
- American Academy of Physical Medicine and Rehabilitation September 2014 - Present
- Association of Academic Physiatrists September 2014 - Present

HONORS & AWARDS

- Honors Program - University of Iowa June 2004 - May 2008
- Iowa Merit-Based Academic Scholarship - University of Iowa June 2004

PERSONAL INTERESTS

Film: Was almost a film major, and have loved movies for as long as I can remember. My favorite film is "Ikiru" by Akira Kurosawa.

Music: Bob Dylan is my favorite musician, and inspired me to teach myself guitar in high school.

Literature: Current favorite is William Faulkner's "The Sound and the Fury", though it changes often.

Sports: Played football and basketball in high school. Die-hard and long-suffering Iowa Hawkeye fan.

Healthcare Innovation: Inspired by Clayton Christensen's "The Innovator's Prescription", which prompted my involvement in health-technology companies that I plan to continue throughout my career.

