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PROFESSIONAL PRACTICE

2008-Present	<i>Physiatry Attending</i> Interventional-Spine Specialist Pain Partners, MD Lafayette, Colorado
2003-2008	<i>Physiatry Attending</i> Interventional-Spine Specialist Boulder Neurosurgical Associates Boulder, Colorado
2000-2003	<i>Physiatry Attending</i> Interventional-Spine Specialist Chicago Institute of Neurosurgery and Neuroresearch Chicago, Illinois
2004-Present	<i>Team Physician</i> Federal Bureau of Investigation SWAT Team, Denver Division Denver, CO
2000-2005	<i>Team Physician</i> Field Traumatology and Musculoskeletal Medicine Deployment Medicine Group Federal Bureau of Investigation-Hostage Rescue Team (HRT) Quantico, Virginia

SPECIALTY TRAINING

1999-2000	<i>Fellowship</i> Interventional Spine, Occupational, and Pain Medicine Georgia Pain Physicians Atlanta, Georgia
1996-1999	<i>Residency</i> Physical Medicine and Rehabilitation Rehabilitation Institute of Chicago Northwestern University Chicago, Illinois
1995-1996	<i>Internship</i> Internal Medicine Northwestern Memorial Hospital and the Rehabilitation Institute of Chicago Northwestern University/Feinberg School of Medicine Chicago, Illinois

EDUCATION

1991-1995 *Medical School*
Wayne State University School of Medicine
Doctor of Medicine (finished in top third of class)
Detroit, Michigan

1987-1991 *Undergraduate*
University of Michigan
Bachelor of Arts in English Language and Literature
Ann Arbor, Michigan

LICENSURE / PRIVILEGES

2006-Present Exempla Good Samaritan Medical Center, Staff Privileges, Lafayette, CO
2004-Present Longmont United Hospital, Staff Privileges, Longmont, CO
2003-Present Boulder Community Hospital, Staff Privileges, Boulder, CO
2003-Present Medical License, State of Colorado
2003-2004 Neurologic and Orthopedic Institute of Chicago, Staff Privileges, Chicago, IL
2002-2008 Board Certified-American Board of Independent Medical Examiners
2002-2008 Advanced Trauma Life Support Certified
2000-Present Board Certified-American Board of PM&R (Examination Rank: ninety-eighth percentile)
2000-2005 Medical License, State of Illinois
2000-2005 State of Illinois Controlled Substance License
2000-2003 St. Joseph/Columbus Hospitals, Staff Privileges, Chicago, IL
1999-Present Drug Enforcement Administration Controlled Substance Federal License
1999-2001 Medical License, State of Georgia
1995-1999 Medical License, State of Illinois (Intern/Resident)
1994-2008 Advanced Cardiac Life Support Certified
1993-Present Diplomate of United States Medical Licensing Examination (USMLE Step I-III)

ACADEMIC APPOINTMENTS / POSITIONS

2004-Present Clinical Instructor
University of Colorado School of Medicine
Department of Rehabilitation Medicine
University of Colorado Health Sciences Center, Denver, CO

2001-2004 Visiting Assistant Professor
Rush Medical College
Department of Neurological Surgery
Rush-Presbyterian-St. Luke's Medical Center, Chicago, IL

2001-2003 Interventional Physiatry Fellowship Instructor
Chicago Institute of Neurosurgery and Neuroresearch, Chicago, IL

1998 Resident Coordinator and Supervising Prosector, Resident Anatomy Course
Rehabilitation Institute of Chicago, Chicago, IL

1996-1998 Anatomy Prosector, Resident Anatomy Course
Rehabilitation Institute of Chicago, Chicago, IL

HONORS / SCHOLARSHIPS

2000 Medical Education and Research Institute Interventional Fellow's Scholarship
Dannemiller Memorial Education Foundation
Memphis, Tennessee

1998 The Scholl Recognition Award for Rehabilitation Research
Dr. Scholl Foundation
Chicago, Illinois

RESEARCH / PUBLICATIONS

- 2006 Arends GN, Windsor RE, "Percutaneous Dorsal Column Spinal Stimulation", Atlas of Neurosurgical Techniques, Chapter 113, Ed. Fessler, Sekhar, 2006.
- 2001 Arends GN, "Intradiscal Electrothermal Annuloplasty for the Management of Chronic Discogenic Pain: A Review of Current Concepts and the Literature", American Pain Society Bulletin, Volume 11, Number 4, July/August 2001, pp. 1-14.
- 1998 Arends GN, Kelly JP, McCrea M, Randolph C, White S, "Test-Retest Outcomes of the Standardized Assessment of Concussion in High School Football Players", inclusion in compilation SAC Study; McCrea M, Kelly JP, et al: Standardized Assessment of Concussion: on-site mental status evaluation of the athlete. J Head Trauma Rehabilitation 1998; 13(2): 27-35.

PRESENTATIONS / LECTURES / TEACHING

- 2008 "Current Concepts of Lumbar Discography", Current Techniques in the Treatment of Cranial and Spinal Disorders Annual Symposium
Omni Interlochen Resort, Broomfield, CO
- 2008 "The Physiatric Approach to Lumbago and Sciatica", Boulder Community Hospital Pain Awareness Month
Boulder Community Hospital, Boulder, CO
- 2007 "Percutaneous Disc Decompression", Current Techniques in the Treatment of Cranial and Spinal Disorders Annual Symposium
Westin Hotel, Westminster, CO
- 2006 "Conditions that can Mimic Spinal Pain Syndromes", Current Techniques in the Treatment of Cranial and Spinal Disorders Annual Symposium
Westin Hotel, Westminster, CO
- 2005 "Suboccipital Cephalalgia" University of Colorado PM&R Residency Program Grand Rounds
University of Colorado Health Sciences Center, Denver, CO
- 2005 "Lumbago and Sciatica", Current Techniques in the Treatment of Cranial and Spinal Disorders Annual Symposium
Omni Interlochen Resort, Broomfield, CO
- 2004 "Contemporary Spine Care", CAHAV Convention
Colorado Healthcare Auxiliaries, Vail, CO
- 2004 "Spinal Interventions", Spinal Disorders Symposium
The Boulderado, Boulder, CO
- 2004 "Spinal Electrodiagnostics", Spinal Disorders Symposium
The Boulderado, Boulder, CO
- 2002 "Interventional Spine Care", CME Grand Rounds
Lakeshore Medical Group, Chicago, IL
- 2002 "Spinal Injections and Interventions", McKenzie Lecture Series
Advocate Ravenswood Medical Center, Chicago, IL
- 2001 "Spinal Interventions", Symposium for Case Managers
Chicago Institute of Neurosurgery and Neuroresearch, Chicago, IL
- 2001 "Interventional Physiatry: Intradiscal Interventions", Grand Rounds
Schwab Rehabilitation Hospital, Chicago, IL
- 2001 "Discogenic and Radicular Pain: Percutaneous Intradiscal Interventions", Grand Rounds
The Rehabilitation Institute of Chicago, Chicago, IL
- 2001 "Percutaneous Intradiscal Interventions", Midwest Clinical Conference

- 2001 "Discography and Disc Annuloplasty Cadaver Course", Principal Instructor
The Glenbrook Spine Center, Glenbrook, IL
- 1999 "Test-Retest Outcomes of the Standardized Assessment of Concussion in High School Football
Players", Resident Research Colloquium
The Rehabilitation Institute of Chicago, Chicago, IL
- 1998 "The Extensor Forearm and Wrist", Resident Physician Anatomy Course
The Rehabilitation Institute of Chicago, Chicago, IL
- 1997 "The Shoulder", Resident Physician Anatomy Course
The Rehabilitation Institute of Chicago, Chicago, IL

PROFESSIONAL ORGANIZATIONS

- 2004-Present Colorado Medical Society
2004-Present Boulder Medical Society
2002-Present American Board of Independent Medical Examiners
2000-Present North American Spine Society
2000-Present International Spinal Intervention Society
1998-Present Physiatric Association of Spine, Sports, and Occupational Rehabilitation
1996-Present American Academy of Physical Medicine and Rehabilitation (Fellow)

PROFESSIONAL COURSES

- 2004 Biological Nuclear Incendiary Chemical Explosive Weapons of Mass Destruction
Clinical Care Course
Denver Training Center, Denver, CO
- 2002 Advanced Trauma Life Support for Doctors
American College of Surgeons, Chicago Committee on Trauma
Rush-Presbyterian St. Luke's Medical Center, Chicago, IL
- 2002 American Board of Independent Medical Examiners
ABIME Certification Review Course
Chicago, IL
- 2002 11th Annual John J. Bonica Pain Conference
Las Vegas, NV
- 2001 Nucleoplasty™ Symposium
Presented by ArthroCare Spine
Chicago, IL
- 2001 Electrodiagnosis and Clinical Neurophysiology, 24th Annual Course
"A High Intensity Review"
The Rehabilitation Institute of Chicago, Chicago, IL
- 2000 Operational Emergency Medical Skills Course
Operational and Emergency Medical Support Group, Aquia, VA
- 2000 PASSOR Interventional Hands-On Cadaver Course "Advanced Track"
Scottsdale, AZ
- 2000 Interventional Therapies Workshop
"Neurostimulation and Intrathecal Infusion Systems"
Medical Education and Research Institute, Memphis, TN
- 2000 Oratec Intradiscal Electrothermal Therapy Course
"Techniques for Percutaneous Electrothermal Treatment for Discogenic Pain"
Glancy Outpatient Center, Atlanta, GA

- 1999 Robert G. Addison Pain Symposium
"Phantom Limbs...Gateway to the Brain"
The Rehabilitation Institute of Chicago, Chicago, IL
- 1999 Annual Multidisciplinary Brain Injury Course
"Concussion in Sports: Prevention, Evaluation, and Management"
The Rehabilitation Institute of Chicago, Chicago, IL
- 1999 Electromyography and Clinical Neurophysiology, 22nd Annual Course
"A High Intensity Review"
The Rehabilitation Institute of Chicago, Chicago, IL
- 1998 Rehabilitation Sports Medicine Conference XI
"Case Studies in Sports Medicine"
The Rehabilitation Institute of Chicago, Chicago, IL
- 1998 Oratec Intradiscal Electrothermal Therapy Course
"Techniques for Percutaneous Electrothermal Treatment for Discogenic Pain"
Rush-Presbyterian St. Luke's Medical Center, Chicago, IL
- 1997 Rehabilitation Sports Medicine Conference X
"Sports-Specific Injuries"
The Rehabilitation Institute of Chicago, Chicago, IL
- 1997 "Lower and Upper-Limb Prosthetics and Orthotics for Physicians"
Northwestern University, Chicago, IL

COMMUNITY ACTIVITIES

- 2003 Topoff 2 Anti-Terrorism Exercise, Chicago, IL
Training medical coverage
- 1999 Wheeling High School, Wheeling, IL
Base-line concussion assessments for all high school athletes
- 1998 Bastille Day Five-Kilometer Race, Chicago, IL
Event medical coverage for all athletic participants
- 1997-1998 Condell Medical Center, Libertyville, IL
Pre-participation physical combine for regional school-system high school athletes
- 1997 Chicago Marathon, Chicago, IL
Event medical coverage for all athletic participants
- 1996-1998 Ridgewood High School, Norridge, IL
On-field medical coverage for Varsity and JV football teams
Annual multi-sport pre-participation physicals for all high school athletes
- 1996-1998 Wirtz Sports Center, Rehabilitation Institute of Chicago
Volunteer Assistant, Disabled Weight-Lifting Program
- 1996-1997 Chase Corporate Challenge, Chicago, IL
Event medical coverage for all athletic participants
- 1996 Chicago Triathlon, Chicago, IL
Event medical coverage for all athletic participants