

# *Allan Vrable, D.O., P.T., FAAPMR*

Updated: 2013

## I. Personal Information

Current Practices: *Global Neuro & Spine Institute, Clinic To You*

Work Phone: (800) 735-1178

Work Email: drv@globalneuroandspine.com  
drv@clinctoyou.com

Licensure: Florida Medical License – OS10016 (Active)  
New York Medical License – 270220 (Active)  
Michigan Medical License – 5315048020 (Active)  
Delaware Medical License – C20008714 (Active)  
Arizona Physical Therapy License – 7958 (Active)  
American Board of Medical Acupuncture License – (Active)

Board Certifications: Physical Medicine & Rehabilitation – Diplomate, 2009  
Pain Medicine – Diplomate, 2009  
Sports Medicine – Diplomate, 2013  
Neuromuscular & Electrodiagnostic Medicine (Eligible)

## II. Higher Education

Medical School: Arizona College of Osteopathic Medicine  
Midwestern University, Glendale, AZ  
Doctor of Osteopathic Medicine  
2000-2004

Masters Program: Daemen College, Buffalo, NY  
Master of Physical Therapy  
1997-2000

Undergraduate: Ohio University, Athens, OH  
Bachelor of Science in Exercise Physiology  
1993-1997

### **III. Medical Training**

Fellowship: Pain Management and Spine Intervention (ACGME)  
 Temple University, Philadelphia, PA  
 Mid Atlantic Spine, Frank Falco, MD, Wilmington, DE  
 2008-2009

Residency: Physical Medicine and Rehabilitation  
 University of Miami/Jackson Memorial Hospital, Miami, FL  
 2005-2008

Internship: Medicine and Surgery Rotating Internship  
 St. Vincent's Catholic Medical Center, New York, NY  
 2004-2005

### **IV. Related Work Experience**

Interventional Pain: *Global Neuro & Spine Institute*  
 Co-owner, Partner, and Practicing Physician  
 Multiple locations throughout FL - April, 2010 - present

*Clinic To You*  
 Co-owner, Partner, and Practicing Physician  
 Multiple locations throughout FL - July, 2009 - present

Medicine: Veterans Affairs Hospital, Miami, FL - 2005-2008  
 Orthopedic Assessments for Disability and Pension

Physical Therapy: American Retirement Corporation, Phoenix, AZ - 2000-2002  
 Comprehensive Rehabilitation Sub-acute Hospital

Exercise Physiology: Arlington Court Nursing & Rehabilitation Center - 1992-2000  
 Activities Coordinator

### **V. Honors and Achievements**

- Invited to be a member of the Cambridge Who's Who Society - 2009
- Ranked 98<sup>th</sup> percentile on ABPMR specialty board exam – 2008
- Recipient of the American Academy of Pain Medicine Scholarship – 2008
- Ranked 99<sup>th</sup> percentile (3/255) nationally on board exam as PGY4 – 2008
- Ranked 97<sup>th</sup> percentile (7/244) nationally on board exam as PGY3 – 2007
- Ranked 96<sup>th</sup> percentile (9/245) nationally on board exam as PGY2 – 2006
- Chosen to be Chief Resident as PGY4 – 2006-8
- Recipient of Scholarship for “Advanced Botulinum Toxin Treatment” – 2006
- Graduated Medical School Summa Cum Laude, GPA = 4.0, Top 10% of Class – 2004
- Sigma Sigma Phi - Osteopathic equivalent of Alpha Omega Alpha - 2000-2004
- Graduated PT School Summa Cum Laude, GPA = 3.8, Ranked 3<sup>rd</sup> in class – 2000
- Graduated College Magna Cum Laude, GPA = 3.5 – 1997
- Sigma Chi Academic Achievement Award and Scholarship - 1995/1996

## **VI. Research and Publications**

*Surgical Implantation and Revision Techniques for Peripheral Nerve Stimulation*

Falco, Frank, M.D., Vrable, Allan, D.O., P.T., Berger, Jeff, D.O.

Submission for Publication Pending

*Cross-Talk: A New Method for Peripheral Nerve Stimulation. An Observational Report with Cadaveric Verification*

Falco, Frank, M.D., Berger, Jeff, D.O., Vrable, Allan, D.O., P.T.

Publication: *The Pain Physician*. 2009; 12:965-983

*Occipital Nerve Stimulation for Chronic Intractable Headache Syndromes*

Allan Vrable, D.O., P.T.

Publication: *The Pain Journal*. July/August 2009: vol 6, issue 2

*Non-Surgical Treatment of Disc Disorders*

Allan Vrable, D.O., P.T.

Publication: *The Pain Journal*. January/February 2009: vol 5, issue 1

*An Observational Evaluation of the Relationship of Varying Intrathecal Pump Medication Concentrations and Rates with Granuloma Formation at the Intrathecal Catheter Tip*

Mid Atlantic Spine, Wilmington, DE

Allan Vrable, D.O., P.T. and Frank Falco, M.D.

*Functional Outcome and Pain Relief Measures After Undergoing Thermal Ablation of the Sinuvertebral Nerve of the Intervertebral Disc in Patients with Internal Disc Disruption*

Mid Atlantic Spine, Wilmington, DE

Allan Vrable, D.O., P.T. and Frank Falco, M.D.

“Ask the Doctor” Monthly Newsletter Column

F.I.T. Newsletter Monthly Circulation

Distributed to community residents throughout the tri-state area (PA, DE, NJ)

2008 - 2009

*A Randomized, Double-Blinded, Placebo-Controlled, Prospective Study of Patients Treated with BOTOX® (Botulinum Toxin Type A) vs Saline Injection on Pain Level and Functional Gain in Persons with Back Pain after Lumbar Surgery*

University of Miami/Jackson Memorial Hospital, Miami, FL

Allan Vrable, D.O., P.T. and Andrew L. Sherman, M.D., M.S.

Approved by the IRB, March, 2007 and Sponsored by Allergan, September, 2007

*Elite Male Adolescent Gymnast Who Achieved Union of a Persistent Bilateral Pars Defect. A Case Report.*

University of Miami/Jackson Memorial Hospital, Miami, FL

Allan Vrable, D.O., P.T., Andrew L. Sherman, M.D., M.S.

Poster Presentation at AAPM&R Annual Assembly, September, 2007  
 Publication: *Am. J. Phys. Med. Rehabil.* Feb 2009: Vol. 88, No. 2, pp156-160

*Is Frozen Section Pathology a Reliable Predictor of Total Joint Infections?*  
 New York University Hospital for Joint Diseases  
 Paul E. DiCesare, M.D.  
 2003-2004

*A Prospective Study of Pain in Persons with Spinal Cord Injury*  
 Mount Sinai Medical Center  
 Marcel P.J.M. Dijkers, Ph.D.  
 2003

*Case Study on a Patient with Compartment Syndrome of the Forearm and a Subsequent  
 Volar and Dorsal Fasciotomy*  
 University of Southern California  
 Allan Vrable, P.T.  
 2003

*Subtalar Eversion During the Dynamic Motion of a Golf Swing*  
 Daemen College School of Physical Therapy  
 Allan Vrable, Ozvaldo Mazzuli  
 1999-2000

## **VII. Professional Meetings/Courses/Symposiums**

*Global Neuro & Spine Institute Webinar Series – Host/Moderator/Presenter*  
*“Diagnosing Diagnostics”*  
 Ft. Lauderdale – 2013

*Global Neuro & Spine Institute Education Expo – Host/Moderator*  
 Ft. Lauderdale - 2012

*American Academy of PM&R Annual Meeting – Attendee*  
 Atlanta, GA – 2012

*Workers’ Compensation Annual Meeting – Attendee*  
 Orlando, FL – 2010

*Florida Osteopathic Medical Association Annual Meeting – Attendee*  
 Westin, FL – 2010

*Global Neuro & Spine Institute Electrodiagnostic Workshop – Host/Director/Moderator*  
 Plantation, FL - 2011

*American Academy of PM&R Annual Meeting – Attendee*  
 Orlando, FL – 2011

*Advanced Topics in Spinal Cord Stimulation – Moderator*

*“Ask the Expert”*

Fort Lauderdale, FL – 2011

*Workers’ Compensation Annual Meeting – Attendee*

Orlando, FL – 2010

*American Academy of PM&R Annual Meeting – Moderator/Guest Lecturer*

*“Advances in Spinal Cord and Peripheral Nerve Stimulation: Advanced”*

Austin, TX – 2009

*American Society of Interventional Pain Physicians – Attendee*

Washington D.C. – 2009

*1<sup>st</sup> Annual Pain Symposium: Low Back Pain – Moderator/Guest Lecturer*

*“Intrathecal Pump Trial and Implantation”*

Philadelphia, PA – 2009

*Vertos Minimally Invasive Lumbar Decompression (MILD) Training Course – Trainee*

Washington D.C. – 2009

*Interventional Spine Cadaveric Course/Workshop (Johns Hopkins) – Director/Moderator*

Baltimore, MD – 2009

*Interventional Spine Cadaveric Course/Workshop (Temple) – Director/Moderator*

Elkton, MD – 2009

*Musculoskeletal Ultrasound Guided Injections – Instructor/Guest Lecturer*

Elkton, MD – 2009

*National Multiple Sclerosis Society – Guest Lecturer*

*“Multiple Sclerosis and Pain Management”*

Middletown, DE – 2009

*Trufuse Percutaneous Facet Joint Fusion – Attendee/Trainee*

Elkton, MD – 2009

*Medtronic Curriculum for Life – Attendee*

*Implantable Pain Therapies*

Memphis, TN – 2009

*St. Jude Medical Neuromodulation Academy – Attendee*

Baltimore, MD – 2008

*Advances in Pain Management: Emerging Strategies and Clinical Innovations – Attendee*

Orlando, FL – 2008

*Cuccurullo Club Board Review Meeting – Moderator/Leader/Lecturer*  
Miami, FL – 2007-8

*American Academy of PM&R Annual Meeting – Poster Presentation*  
Boston, MA – 2007

*American Academy of Pain Medicine – Scholarship Attendee*  
Orlando, FL - 2007

*Florida Academy of Pain Medicine – Attendee*  
Daytona Beach, FL – 2006

*Advanced Botulinum Toxin Treatment – Scholarship Attendee*  
Augusta, GA - 2006

## **VIII. Presentations and Lectures**

### Residency and Fellowship

- *Epidemiology, Economic Impact & Sociology of Pain – 2009*
- *Multiple Sclerosis and Pain Management – 2009*
- *Evidence Based Medicine for Epidural Injections – 2008*
- *Electrodiagnostic Evaluation of Brachial Plexopathies – 2008*
- *Electrodiagnostic Evaluation of Radiculopathies – 2008*
- *Mild TBI in Iraq and Afghan Veterans – 2008*
- *Biomechanics and Kinematics of Human Gait – 2008*
- *Prosthetic Prescription for Amputees – 2008*
- *Orthotics for Lower Extremity Dysfunction – 2007*
- *Spina Bifida Medical Management – 2007*
- *Parkinsons Disease: Medications and Therapeutics – 2007*
- *Cardiac and Pulmonary Rehabilitation – 2006*
- *Non-operative Treatment of Low Back Pain – 2006*
- *Exercise in the Geriatric Population – 2005*
- *Bowel and Bladder Dysfunction in SCI – 2005*
- *Traumatic Brain Injury Rehabilitation – 2005*

### Community Lecture Series

- *Physical Wellness: An Overview*
- *Anatomy of your back 101*
- *No pain no gain vs. listen to your body*
- *Osteoarthritis: a disease or a normal progression of life?*
- *Weights vs. Cardio: Which is better?*
- *Radiology review – bring your X-rays and MRIs*

- *You are what you eat (definition of fresh, organic, natural, etc)*
- *Vitamin Bandwagon: Should you hop on?*
- *Non-prescription pain meds – what to be aware of*
- *Preventing Osteoporosis for men and women*
- *Weight lifting for the ~~elderly~~ young at heart*
- *Got back pain?*
- *Pain – prevention and treatment*
- *Energy expenditure and conservation*
- *Tailor your workout to fit your needs*
- *Biomechanics and your workout*

### **IX. Professional Organizations and Affiliations**

- American Medical Association (AMA)
- American Academy of Pain Medicine (AAPM)
- American Society of Interventional Pain Physicians (ASIPP)
- Emerging Solutions in Pain Society (ESP)
- Physiatric Association of Spine, Sports, and Occupational Rehabilitation (PASSOR)
- American Academy of Physical Medicine & Rehabilitation (AAPMR)
- Osteopathic Association of Physical Medicine & Rehabilitation (OAPMR)
- Association of Academic Physiatrists (AAP)
- Southern Medical Association (SMA)
- Medical Student Mentorship Program (MSMP)