

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

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 (Inactive)
Arizona Physical Therapy License – 7958 (Inactive)
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:	<i>Global Neuro & Spine Institute</i> Co-owner, Partner, and Practicing Physician Multiple locations throughout FL - April, 2010 - present <i>Clinic To You</i> 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 98th percentile on ABPMR specialty board exam – 2008
- Recipient of the American Academy of Pain Medicine Scholarship – 2008
- Ranked 99th percentile (3/255) nationally on board exam as PGY4 – 2008
- Ranked 97th percentile (7/244) nationally on board exam as PGY3 – 2007
- Ranked 96th 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 3rd 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

Florida Osteopathic Medical Association Annual Meeting – Attendee
 Westin, FL – 2014

Global Neuro & Spine Institute Webinar Series – Host/Moderator/Presenter
 “Got Back Pain?”
 Ft. Lauderdale – 2013

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

1st 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)