

# RICARDO A. NIEVES, M.D.

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## WORK EXPERIENCE

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2012- Tristate Medico-Legal and Diagnostic Solutions

Colorado (Fort Collins, Greeley), Wyoming (Cheyenne, Gillette, Rocksprings, Casper) and New Mexico (Carlsbad)

*President*

- Medico-legal work (Independent Medical Evaluations, Impairment Ratings, Depositions, Peer Reviews, Chart Reviews and Expert Witness)
- Electrodiagnostic Studies (Emg/ Nerve Conduction Studies)

2008- Present, Colorado Spine, Pain and Sports Medicine, P.C. Fort Collins, CO (Satellite offices in Greeley, Colorado and Cheyenne, Wyoming)

*President*

- Outpatient Interventional Pain Practice and Non Surgical Spine Center
- EMG / Nerve Conduction Studies
- Musculoskeletal and Sports Medicine
- Medical Acupuncture
- Mechanical Evaluation and Treatment of the Spine (McKenzie Method)
- Rehabilitation Medicine Evaluations

2000–2008 Carlsbad Spine, Pain and Sports Medicine, P.C. Carlsbad, NM

*President and Medical Director*

- Outpatient Interventional Pain Practice and Non- Surgical Spine Center
- EMG / Nerve Conduction Studies
- Musculoskeletal and Sports Medicine
- Medico-legal Work (IME's, Impairment Ratings, Depositions)
- Satellite office in Roswell, NM 2004-2007
- Rehab. Unit Medical Director – Carlsbad Medical Center 2001-2002

1996–1999 North-Eastern Rehabilitation Associates (NERA) Scranton, PA

*Group Practice*

- Outpatient Practice Musculoskeletal, Spine and Pain Management
- EMG / Nerve Conduction Studies
- Medico-legal Work (IME's, Impairment Ratings, Depositions)
- Sports Medicine
- Inpatient Rehab. Unit – Geissinger Medical Center (Wilkes Barre-PA)
- Sub-Acute Rehab. Nursing Facility –Mountain View (Scranton-PA)

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1995–1996 New Jersey Physical Medicine Associates, P.A. Voorhees, NJ  
*Group Practice*

- Outpatient Practice Musculoskeletal, Spine and Pain Management
- Work Related Injuries, Personal Injuries
- EMG / Nerve Conduction Studies
- Sports Medicine
- Medplex Rehabilitation Hospital – Part Time Rehab Coverage
- Rehab. Medicine Consults – Albert Einstein Medical Center (PA)

## EDUCATION AND TRAINING

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1999–2000 Georgia Pain Physicians, P.C. (Emory-Georgia Pain Physicians)

- Interventional Spine, Musculoskeletal and Pain Medicine Fellowship (ACGME, PASSOR accredited). Program Director-Robert Windsor, MD
- Proficiency at performing Caudal and Epidural injections, Selective Nerve Root Blocks, Facet Joint Injections, Radiofrequency Ablation procedures, Sacroileac Joint Injections, Discography, Intradiscal procedures, Sympathetic blockade

1992-1995 Temple University Hospital/ Moss Rehabilitation Hospital

- Residency Physical Medicine and Rehabilitation

1991-1992 Mayo Clinic (Rochester, MN)

- Preliminary Internal Medicine

1987-1991 Medical School (LCME Accredited)

- Universidad Central del Caribe (Clinical Sciences)  
(Bayamon, Puerto Rico)
- Ponce School of Medicine (Basic Sciences)  
(Ponce, Puerto Rico)

1983-1987 Universidad Del Turabo (Puerto Rico)

- Bachelor of Science (Magna Cum Laude)

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## Additional Training:

- Intra Articular Joint Injection Workshop Outpatient Orthopedic Sports Medicine Rotation at Mayo Clinic (One Month) 1991
- Post Graduate Electrodiagnosis courses including Annual Course at Jefferson Medical College of Thomas Jefferson University, Super EMG course (Ohio State University Medical Center), Rehabilitation Institute of Chicago (Northwestern University Medical School) High Intensity Review and AAEM Scientific Meetings
- Clinical Rotation with McKenzie Institute, USA Instructors (2 weeks) and completed Part A, B, C, D and E of McKenzie Courses and Certification Exam
- Preceptorship on Spine Intervention procedures with Charles April, M.D. and attended PASSOR, ISIS, North American Spine Society, ASIPP and The Society for Pain Practice Management courses. Disc Puncture workshop (Stanford University – J.A. Saal, M.D.), Percutaneous Cement Delivery (Vertebroplasty) hands on course, Radionics, Oratec and Medtronic cadaver courses and World Institute of Pain cadaver courses. Also completed The American Society of Interventional Pain Physicians Comprehensive Imaging Review course and pass the Competency Certification exam in Fluoroscopic Interpretation and Radiation Safety.
- Complementary and Alternative Pain Management training in Medical Acupuncture through UCLA School of Medicine Program under the direction of Joseph Helms, M.D. (300 AMA category 1 CME credits).
- Prolotherapy training program through The University of Wisconsin Medical School ( Hands on program-23 AMA category 1 CME credits)
- Musculoskeletal and Sports Medicine post graduate training courses including all Team Physician courses by The American College of Sports Medicine, American Academy of Physical Medicine and Rehabilitation, St. Luke's Episcopal Hospital (Houston) Annual Orthopedic Symposiums and Regional Caribbean Sports Medicine Program.

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- Multiple Medico-legal and practice management courses including all courses provided by the American Academy of Disability Evaluating Physicians, American Board of Independent Medical Examiners, SEAK Inc. Medico-legal courses, American Board of Quality Assurance and Utilization Review Core Body of Knowledge course, Compliance and Practice management courses by ASIPP and The Society for Pain Practice Management. Also Coding and Billing workshops by AAPMR, ASIPP and The Society for Pain Practice Management. Colorado Division of Workers Compensation Division Physicians Program and Level 2 Certification.
- Multiple Rehabilitation Medicine Courses offered by The American Academy of Physical Medicine and Rehabilitation. Also completed all courses and obtain certification by The American Medical Directors Association (AMDA) as a Certified Medical Director.

## **BOARD CERTIFICATIONS (ABMS)**

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- American Board of Physical Medicine and Rehabilitation
- Subspecialty Board Certification in Pain Medicine (CAQ-ABMS/ABA)
- Subspecialty Board Certification in Sports Medicine (CAQ-ABMS/ABFM)

### **Other Board Certifications, Competency Certifications:**

- American Board of Electrodiagnostic Medicine (ABEM)
- American Board of Interventional Pain Physicians (American Society of Interventional Pain Physicians)
- Fellow of The Interventional Pain Practice (World Institute of Pain)
- Certified, Mechanical Diagnosis and Therapy of The Spine (McKenzie Institute, USA)
- American Board of Independent Medical Examiners (ABIME)
- Fellow, American Academy of Disability Evaluating Physicians
- Certified Impairment Rater – AMA Guides to the Evaluation of Permanent Impairment, Sixth Edition – Impairment Resources, Christopher R. Brigham, M.D.

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- Certification in Evaluation of Disability and Impairment Rating (CEDIR) – American Academy of Disability Evaluating Physicians
- Level 2 Provider Certification Colorado Division of Workers' Compensation (Select Net Provider)
- Competency Certificate in Fluoroscopic Interpretation and Radiation Safety (ABIPP)
- Competency Certification in Controlled Substance Management (ABIPP)
- Competency Certification in Coding, Compliance and Practice Management (ABIPP)
- Certificate of Added Qualification in Functional Capacity Evaluation- American Academy of Disability Evaluating Physicians
- Certified Strength and Conditioning Specialist – National Strength and Conditioning Association

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## PUBLICATIONS

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- Nieves RA: Facet Mediated Pain, Knowledge Now content development, American Academy of Physical Medicine and Rehabilitation, November, 2011
- Nieves RA: Sacroiliac Joint Pain, Knowledge Now Content Development, American Academy of Physical Medicine and Rehabilitation, December, 2011
- Nieves RA: The Sports Team Physician Role and Function. Arco de Movimiento. Asociacion Puertorriquena de Medicina Fisica y Rehabilitacion, Inc. Vol. 5#3, September 2006
- Windsor RE, Furman M, Sugar R, Nieves R, Roman S: Chapter 13 The Martial Arts: Biomechanical Principles, Injury Prevention and Rehabilitation. In Lennard T. (ed). Spine in Sports., Hanley & Belfus, Inc, Philadelphia, 2005, pp 195-220
- Nieves RA, Sanz R: Interventions for The Management of Cervical and Lumbar Pain. Arco de Movimiento”Seccion de Fisiatria” Puerto Rico Medical Association, March 2004
- Windsor RE, Nieves RA, Sullivan K: Cervical Discogenic Pain Syndrome, Sports Medicine, eMedicine World Medical Library, [www.emedicine.com](http://www.emedicine.com), Oct 2000
- Windsor RE, White D, Nieves RA: Cervical Disc Injuries, Sports Medicine, eMedicine World Medical Library, [www.emedicine.com](http://www.emedicine.com), Oct 2000
- Windsor RE, Nieves RA: Drew’s story of successful management of severe chronic low back pain with Morphine pump. Case study for Medtronic. 2000
- Fortin JD, Seghal N, Nieves RA: Lumbar and Thoracic Discography with CT and MRI correlations. In Lennard T.(ed). Pain Procedures in Clinical Practice, 2<sup>nd</sup> edition, Hanley and Belfus, Inc, Philadelphia, 2000, pp 241-264
- Nieves RA: A New Procedure for Low Back Pain, Are you a candidate for IDET?. STAR news, Volume 1, number 3, Fall 1999 PP 2-3
- Low Back Pain Guideline for Primary Care Physicians. Comprehensive guidelines prepare in conjunction with other Physicans from Northeastern Rehabilitation Associates, P.C. to assist the Primary Care Physicians as they assess their patients with Acute Low Back Pain. 1998
- Izzo KL, Aravabhumi S, Nieves RA: An Algorithmic Approach to the Diagnosis and Management of Acute and Subacute Painful Neuropathic Disorders Involving the Lower Extremities. The Lower Extremity, Volume 3, Number 1, 1996
- Izzo KL, Aravabhumi S, Nieves RA: An Algorithmic Approach to the Diagnosis and Treatment of Chronic Benign Lower Extremity Pain. Part I. The Lower Extremity, Volume 3, Number 2, 1996
- Izzo KL, Aravabhumi S, Nieves RA: An Algorithmic Approach to the Diagnosis and Treatment of Chronic Benign Lower Extremity Pain. Part II. The Lower Extremity, Volume 3, Number 3, 1996

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## PRESENTATIONS

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- Sacroiliac Joint Mediated Pain  
Poudre Valley Hospital / Medical Center of The Rockies Grand Rounds Presentation  
August 16/2011
- Facet Joint Mediated Pain  
Poudre Valley Hospital / Medical Center of The Rockies Grand Rounds Presentation  
May 3/2011
- Spine, Pain and Work Injuries “A Functional Approach”  
Wyoming Workers Compensation  
August 20, 2010
- Clinical Use of Electro-diagnostic Studies  
Poudre Valley Hospital / Medical Center of The Rockies Grand Rounds Presentation  
August 10/2010
- Evidence Based Management of Lower Back Pain  
Poudre Valley Hospital / Medical Center of The Rockies Grand Rounds Presentation  
May 4/2010
- Non Surgical Diagnostic and Management of Lower Back Pain  
McKee Medical Center (Banner) Grand Rounds Presentation  
March 2010
- Functional Training  
Northern Colorado High School Athletic Directors  
April, 2009
- Geriatric Spine Care of Tomorrow “Today”  
Poudre Valley Hospital Family Medicine Residency Program  
February, 2009
- Acute Disc Impingement  
Poudre Valley Hospital Family Medicine Residency Program  
November, 2008
- Concussion and Post-Concussion Syndrome  
Poudre Valley Hospital Family Medicine Residency Program  
November, 2008
- Spine, Pain and Work Injuries “A Functional Approach”  
Pinnacol Colorado Workers’ Compensation  
12/2008
- Spine, Pain and Sports Medicine “A Functional Approach”  
Poudre Valley Hospital / Medical Center of The Rockies Grand Rounds Presentation  
October, 2008
- Physiatrist Functional Approach for Pain Management  
Poudre Valley Hospital / Medical Center of The Rockies Grand Rounds Presentation  
September, 2008
- Mixed Martial Arts Injuries and Treatment  
2007 American Association of Professional Ringside Physicians Medical Conference  
San Juan, Puerto Rico. November, 2007
- Examination of The Spine: The McKenzie Approach ( Workshop)  
20<sup>TH</sup> Annual Conference on Exercise Science & Sports Medicine  
“Traveling with the Team: Team Physician Course”. Regional Caribbean Sports Medicine  
Course. San Juan, Puerto Rico. March 31-April 1, 2006

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- Mechanical Evaluation of The Spine, Importance of Identifying a Direction of Preference and Clinical applications. Presented at the 66<sup>th</sup> Annual Assembly of The American Academy of Physical Medicine and Rehabilitation. Philadelphia, PA Oct. 29, 2005
- Diagnostic and Therapeutic Pain Management Interventions. Grand Rounds, Continual Medical Education, Carlsbad Medical Center, Carlsbad, NM January 17, 2005
- Sideline Management of Acute Sports Injuries Utilizing The McKenzie Method. McKenzie Conference of The Americas. Cleveland, Ohio August 22, 2004
- Spine Intervention Procedures and McKenzie Spine Therapy. University of Puerto Rico Physical Medicine and Rehabilitation Residency Program, San Juan Puerto Rico. Dec. 21, 2002
- Spine Intervention Procedures. North American McKenzie Spine Conference, Tucson Arizona. August 9-11, 2002
- Pain Management and other Therapeutic Pain Management Interventions. Continuing Medical Education in Artesia, Hobbs and Carlsbad, NM May 28, May 30 AND June 11, 2002
- Physical Medicine and Rehabilitation Introduction. Grand Rounds, Continuing Medical Education. Carlsbad Medical Center, Carlsbad NM. June 18, 2001
- AMA Guides for Permanent Impairment. Presentation to CNA Insurance. Reading PA 1998
- “Prevention of Injuries in Weekend Warrior Athletes”. Grand rounds Continuing Medical Education Allied Services. Scranton, PA. Jan 23 1998
- Reflex Sympathetic Dystrophy. Susquehanna Valley of Pennsylvania Occupational Health Nurses. Scranton, PA. April 22, 1997
- Physiatrist Management of Temporomandibular Joint Dysfunction. Northeastern Dental Association Annual Meeting. Scranton, PA. January 21, 1997
- Physiatrist Therapeutic Injections. Northeastern Pennsylvania Claims Association Meeting. Scranton, PA. November 15, 1996
- Back School, Back and Spine Injury Prevention. Lecture for Patients. Philadelphia, PA. 1996
- Physiology of Sports Medicine. In –service at Moss Rehabilitation Hospital. Philadelphia, PA May 1995
- Patellofemoral Pain Syndrome. Grand Rounds presentation at Temple University Hospital Philadelphia, PA. November 2, 1994
- Heterotopic Ossification. Grand Rounds presentation at Moss Rehabilitation Hospital. Philadelphia, PA. February 23, 1994
- Insufficiency Fracture of The Sacrum. In-service at Mayo Clinic Rheumatology Department. Rochester, MN. February 1992
- Clinical Complications of Acute Pancreatitis. Grand Rounds presentation, Internal Medicine Department at Mayo Clinic, Rochester, MN. August, 1991
- Aseptic Meningitis in Systemic Lupus Erythematosus. In-service at Mayo Clinic Internal Medicine Department. Rochester, MN. 1991

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## PROFESSIONAL ORGANIZATIONS

- American Medical Association
- American Association of Neuromuscular and Electrodiagnostic Medicine ( Fellow)
- American Academy of Physical Medicine and Rehabilitation (Fellow)
- American Academy of Disability Evaluating Physicians (Fellow)
- Association of Academic Physiatrist (Fellow)
- American Society of Interventional Pain Physicians (Diplomate)
- American College of Sports Medicine ( Active Member)
- International Spinal Injection Society ( Active Member)
- Mayo Alumni Association
- North American Spine Society (Fellow Member)
- Physiatric Association of Spine, Sports and Occupational Rehabilitation (PASSOR) (Fellow)
- Society for Pain Practice Management
- The McKenzie Institute, USA ( Certified MDT)
- World Institute of Pain (Fellow of The Interventional Pain Practice- FIPP)

## COMMITTEES, VOLUNTEER/LEADERSHIP PROFESSIONAL ACTIVITIES

- Colorado Medicare Carrier Advisory Committee for Physical Medicine and Rehabilitation and Interventional Pain Management. 2010-Present
- United States Olympic Committee Volunteer Physician – ARCO Training Center Chula Vista, California. July 23 to August 7, 2007.
- New Mexico Society of Interventional Pain Physicians (Past-President and Executive Director)-2003 to 2008
- Colorado Society of Interventional Pain Physicians- Board of Directors-At- Large- Present
- New Mexico Athletic Commission (Member Medical Review Board). 2005-2008
- New Mexico Medicare Carrier Advisory Committee for Interventional Pain Management 2006-2008
- The McKenzie Institute, USA (National Board of Directors) 12/2002- 12/2005
- Physiatric Association of Spine, Sports and Occupational Rehabilitation (PASSOR), (Medical Education Committee 12/2002/12/2005
- Mentor in the EMG (Educate Mentor Guide) Ambassador Program. AANEM 2002-Present
- Mentor Elective program for Residents through Physiatric Association of Spine, Sports and Occupational Rehabilitation (PASSOR), 2002-2008
- Mentor Elective Program – Family Medicine Residency Program- Fort Collins, Colorado 2010- Present
- Mentor Elective Program – Family Medicine Residency Program- Cheyenne, Wyoming- 2011- Present
- Clinical Instructor Outpatient Elective Rocky Vista University, College of Osteopathic Medicine, Parker, Colorado 2011- Present
- Clinical Outpatient Elective Physical Medicine and Rehabilitation, Universidad Central del Caribe School of Medicine, Bayamon, Puerto Rico 2011- Present
- Invited Oral Examiner - American Board of Interventional Pain Physicians- Orals and Practical. 2011
- Invited Oral Examiner and Instructor Cadaver Workshop- American Board of Interventional Pain Physicians. April, 2010

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- Oral Examiner- American Board of Interventional Pain Physicians Part 2 (Oral Boards). September, 2010
- Invited Oral Examiner- American Board of Physical Medicine and Rehabilitation Part 2 (Oral Boards). Mayo Clinic, Rochester, MN. May, 2010
- Invited Oral Examiner- American Board of Physical Medicine and Rehabilitation Part 2 (Oral Boards). Mayo Clinic, Rochester, MN. May, 2009
- Invited Examiner- American Board of Physical Medicine and Rehabilitation Part 2 (Oral Boards). Mayo Clinic, Rochester, MN. May, 22-23, 2004
- Invited Oral Examiner- American Board of Physical Medicine and Rehabilitation Part 2 (Oral Boards). Mayo Clinic, Rochester, MN. May, 17-19, 2002
- Clinical Instructor- Physical Medicine and Rehabilitation Department. Temple University Hospital. Philadelphia, PA. 1996.
- Honorary Chairman National Republican Congressional Committee Physician Advisory Board 2006-2008
- Eddy County Delegate-New Mexico Medical Society. May, 2001
- United States Judo, Inc (USJI) Sports Medicine Subcommittee 1995-Present
- USA National Judo Team Physician ( Nationals and International events coverage including US Open, Panamerican Judo Championships, Olympic Trials and International Olympic Judo Camps) 1995- Present
- Ring Side Physician in Charge. Professional Boxing NABA Heavyweight Title. Hobbs, NM March 11, 2005.
- Ring Side Physician in Charge. Mixed Martial Arts Cage Fighting. Hobbs, NM June 9, 2007.
- Fall Prevention Committee. Mountain View Care Center, Scranton, PA 1998-1999
- Back School Program -1995-1996
- Infectious Disease Committee. Moss Rehabilitation Hospital. Philadelphia, PA. 1993
- Physical Therapy Assistant and Personal Trainer. Sports Medicine Clinic. Condado, Puerto Rico. 1983-1984
- Assistant Instructor Russian Kettlebell Certification Program- Denmark – 5/2008
- Assistant Instructor HKC Certifications Denver and Fort Collins, CO, 2011
- Team Leader RKC (Russian Kettlebell Certification) San Diego, California, 08-2011

## **ACADEMIC HONORS AND AWARDS**

- Distinguish Ex-alumni Award – Universidad del Turabo. May 13, 1999
- American Board of Physical Medicine and Rehabilitation (Part 1-written 1995 and Part 2-Oral 1996) Both parts passed in top 25 percentile
- Graduated Top 1/3 of Medical School Class 1991
- Searly & Co. Award for Most Outstanding Student in Science 1987
- Dean's List Universidad del Turabo 1984-1987

## **ATHLETIC AWARDS AND CERTIFICATIONS**

- TRX Sports Medicine Instructor Program- 2011
- Continental Level Judo Coach Certification- USA Judo-2011
- Russian Kettlebell Team Leader Colorado- 2010
- Certified Indian Club Specialist -2010
- Battling Ropes Certified Instructor 2010
- Trans Muay-Thai Association Level 1 Certified Instructor -2010

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- National Level Judo Coach Certification –USA Judo- 2010
- Russian Kettlebell Challenge (RKC) Certified Instructor Level I -5/2007 & Level II- 6/2007
- Third Degree Black Belt in Judo (SAN DAN) 2003
- First Place New Mexico Games Judo Championship Black Belt Division 2002
- Second Place Southwest Regional Judo Championship, Black Belt Division 2002
- First Place Annual Shiai Pennsylvania Judo Tournament 1994
- Second Degree Black Belt Judo (NIDAN) 1994
- Gold Medal USA National Sambo Championship. Norman, Oklahoma 1993
- Third Place USA Open Tae Kwon Do Championship. Beginners Division 1991
- First Place 15<sup>th</sup> Annual Midwest Tae Kwon Do Championship. Beginners Division 1991
- Outstanding Athlete of The Year, Universidad del Turabo, Puerto Rico 1985-1987
- Puerto Rico University National Judo Team Member and Competitor at The University Olympic Games. Kobe, Japan. 1985
- First Degree Black Belt Judo (SHODAN) 1982
- First Place USJA Junior Nationals 15 yrs old Light weight. Decatur, Illinois. 1981
- Member of The Puerto Rico National Judo Team 1976-1986

## **HOSPITAL AND SURGICAL CENTERS AFFILIATIONS**

- McKee Medical Center (Loveland, CO)
- Medical Center of The Rockies (Loveland, CO)
- Poudre Valley Hospital (Fort Collins, CO)
- Harmony Surgical Center (Fort Collins, CO)
- Fort Collins Surgical Center (Fort Collins, CO)
- Skyline Surgical Center (Loveland, CO)
- Mountain Vista Surgical Center (Greeley, CO)
- Yellowstone Surgical Center (Cheyenne, WY)
- Cheyenne Surgical Center (Cheyenne, WY)

## **LICENSURE**

- New Mexico Medical License # 200-325 (Active)
- Colorado Medical Board # 40977 (Active)
- Wyoming Board of Medicine #7900A (Active)

## **LANGUAGES**

- English and Spanish (Fluent written and spoken)