**L. Brian Barnett, D.O.**

Post-Graduate Training

**Fellowship in Interventional Spine, Sports & Regenerative Medicine** **2019-2020**

One-year fellowship encompassing a broad range of patients, from diagnosing the source

of pain in an elderly person with a complex spine to finding the torn ends of a hand tendon

in a vineyard worker to using platelet rich plasma to heal patellar tendinopathy in a young

athlete. Training emphasized sonoelectromyography (EDX examinations with ultrasound

correlation), sonography and fluoroscopy to localize and treat a wide variety of disorders,

including joint, intervertebral disc, tendon, ligament, and nerve disorders, with extensive

use of restorative orthobiologics, including platelet rich plasma (PRP) and bone marrow

derived mesenchymal cells (BMAC).

*Bodor Clinic, Napa Valley, CA*

**4-year Residency in Physical Medicine & Rehabilitation (PM&R)**  **2015-2019**

Included a 1-year rotating surgical internship.

*University of Kentucky, Lexington, KY*

**1-year Internal Medicine Rotating Internship** **2014-2015**

*Danville Regional Medical Center, Danville, VA*

Education

**Doctorate of Osteopathy 2008-2014**

*University of New England College of Osteopathic Medicine (UNECOM), Biddeford, ME*

**Post-Baccalaureate Pre-Medical Science Program 2006-2008**

*University of Southern Maine, Portland, ME*

**Bachelor of Arts, Cum Laude: African History and European Colonialism** **1996-2001**

*San Francisco State University (SFSU), San Francisco, CA*

**1-year International Academic Exchange Program through San Francisco State University 1999-2000**

*University of Zimbabwe, Harare, Zimbabwe*

Honors and Awards

**Interventional Orthopedic Foundation (IOF) Scholarship Stipend**  **2020**

Awarded for a literature review on intradiscal platelet rich plasma (PRP) injections.

**Touch Award** **2010-2011**

Awarded for over 80 hours of community service, UNECOM

**San Francisco State University Cum Laude Honors**, Bachelor of Arts **1996-2001**

**United States Navy Meritorious Advancement Award**  **1995 & 1992**

Selected for meritorious advancement twice in 4 years for outstanding military service.

*USS Carl Vinson, Alameda, CA*

Professional Experiences

**Staff Physician, Summit Health 2022-Present** Comprehensive interventional spine and sports medicine practice, including diagnostic

and interventional musculoskeletal ultrasound, fluoroscopically-guided spine procedures,

targeted electrodiagnostic studies, and orthobiologic interventions using platelet-rich

plasma (PRP) and bone marrow aspirate concentration (BMAC).

*Bend, Oregon*

**Staff Physician, Central Oregon Spine & Sports 2020-2022**

In just over a year, Dr. Barnett successfully developed a busy and comprehensive

musculoskeletal and interventional spine clinic, encompassing a broad range of patients.

Case examples from his clinic include diagnosing and guiding a rehab program in a

12-year-old with Sinding-Larsen-Johansson Syndrome to successfully treating a mid-30s

female athlete with debilitating discogenic back pain using intradiscal platelet-rich plasma

(PRP) to diagnosing and localizing a compressive ulnar neuropathy in a 70-year-old

gentleman with a new complaint of hand weakness sustained intraoperatively during

cardiac surgery. As a testament to the high level of care provided by Dr. Barnett’s, he

earned 4.93/5 (14 reviews) on his company website. Please visit his practice website at:

https://www.cospinensports.com/testimonials.

*Bend, OR*

**Disability Medical Examiner 2016-2019**

Performed disability evaluations and assessments, seeing on average 25 patients daily.

*Liberty Medical Assessment****,*** *Louisville, KY*

**Youth Development Volunteer, Peace Corps Morocco**  **2003-2005**

Served the community of Ait Ourir teaching English, writing grants, and starting youth

development projects. Assignment required proficiency in Darija (Moroccan dialect of Arabic).

*Peace Corps, Ait Ourir, Morocco*

**Rafting Guide 1996-2003**

Senior guide and trip leader responsible for logistics, staffing, and safety. Designed and led

youth river programs for Outward Bound and Upward Bound.

*Rock Gardens Rafting, Glenwood Springs, CO and Highside Adventure Tours, Idaho Springs, CO*

**Youth Leadership and Conflict Resolution Counselor 2001-2002**

Facilitated youth leadership and conflict resolution training with high school peer leaders.

*Challenge Learning Center, San Francisco, CA*

**Campus Peace Corps Representative for San Francisco State University 2000-2001**

Working in close liaison with faculty members, responsibilities included organizing campus

alumni events, discussing career opportunities with students, and guiding prospective Peace

Corps volunteers through the application process.

*Peace Corps, San Francisco, CA*

**U.S. Navy Aviation Electronic Technician 1992-1996**

Aviation electronics technician 3rd Class, divisional physical fitness coordinator, and shop

safety and training officer earning two meritorious advancements in four years.

*US Navy, Alameda, CA*

Administrative Activities & University Service

**Research Committee 2017-2019**

Active member in quarterly meetings to assess research opportunities, review resident academic

projects, and vote on funding allocation for research proposals and conference presentations.

*University of Kentucky Department of Physical Medicine & Rehabilitation*

**Recruitment Committee**  **2017-2019**

Led question and answer sessions with applicants and participated in the department ranking process.

*University of Kentucky Department of Physical Medicine & Rehabilitation*

Teaching

**Musculoskeletal Ultrasound Trainer 2019**

Table trainer for hands-on diagnostic and therapeutic musculoskeletal ultrasound.

*Napa Pain Conference, Napa, CA*

**Osteopathic Principles and Practices Assistant Teacher** **2010-2011**

Assisted teaching musculoskeletal examinations and osteopathic manual therapy techniques

to for first-year medical students.

*UNECOM, Biddeford, ME*

**Physiology Tutor** **2010-2011**

Tutored first-year medical students in the principles of medical physiology.

*UNECOM, Biddeford, ME*

**Medical Counselor, Better Breathers Program** **2010-2011**

Assisted in developing the Better Breathers Program to optimize outcomes with COPD and

asthmatic patients through awareness of healthy lifestyle modifications and proper use of

medications.

*Biddeford Free Clinic, Biddeford, ME*

**English as a Second Language (ESL) Teacher** **2001-2002**

Volunteer ESL teacher for immigrant and refugee women in San Francisco.

*Refugee Transitions, San Francisco, CA*

Active Research Projects

*Barnett L, Worthing R. “An Assessment of Individuals with Disabilities and their Participation* **2019-Present**

*in Outdoor Pursuits.****”***

A quantitative and qualitative assessment of individuals with impairments who currently

participate in, or areinterested in participating in, wilderness and outdoor activities, and

their perceived barriers to participation.

*Barnett L, Worthing R. “Supporting Safe Participation of People with Impairments in* **2018-Present**

*Outdoor Pursuits.”*

Development of consensus guidelines to promote the safe participation of impaired

individuals in wilderness and outdoo**r** activities. The guidelines intend to increase

awareness of the unique medical considerations of four specific impairedpopulations:

traumatic brain injury, spinal cord injury, amputees, and multiple sclerosis.

QI Project: “Perioperative Protocols for Dysvascular and Traumatic Amputations” **2017-2018**

Assisted in the design and implementation of perioperative amputation protocols for the Lexington

VA Hospital in an effort to improve surgical and functional outcomes. The project required

collaboration between the departments of PM&R, vascular surgery, orthopedic surgery, and nursing.

*Veterans Affairs, Lexington, KY*

Service to Professional Publications

Reviewer for *Archives of Physical Medicine and Rehabilitation* (1 paper in 2020).

Barnett, et al. "Letter to the Editor,” PM&R Journal, Vol 10, Issue 9, September 2018.

Letter to the Editor addressed concerns with research by Kawazu et al, “Effects of Aerobic   
Exercise and Noninvasive Positive Pressure Ventilation in Serum Brain-Derived Neurotrophic

Factor,” published in PM&R Journal on May 18, 2016.

Selected Invited Presentations

**Adaptive Sports and the Unique Medical Considerations of People with Disabilities 2017**

Lectured on the unique medical considerations of impaired individuals participating in

outdoor sports.

*Wilderness Medical Society Student Elective, Roanoke, NC*

Lectures

**Table Trainer: Diagnostic Ultrasound Evaluation of the Hand and Wrist 2019**

Napa Pain Conference, Napa, CA

**Platelet Rich Plasma (PRP): A Regenerative Approach to Musculoskeletal Injuries** **2018**

*Formal Presentation, University of Kentucky PM&R, Lexington, KY*

**Dysphagia, a Clinical Enquiry 2017**

Presented on the pathophysiology of dysphagia, diagnostic considerations and current

treatment options.

*Didactic Conference, University of Kentucky PM&R, Lexington, KY*

**Ultrasound Diagnostics and Guided Techniques for the Shoulder**  **2016**

*Didactic Conference, University of Kentucky PM&R, Lexington, KY*

**Local Anesthetics and the Potential for Joint Space Destruction 2013, 2014**

Presented a literature review on the effects of anesthetic agents on chondrocytes, and

the potential for joint space destruction.

*Desert Sky Orthopedics, Bend, OR*

*Bodor Clinic, Napa, CA*

Public Service & Volunteerism

**Assistant Guide for Adaptive Fly Fishing 2017**

Assisted disabled individuals with adaptive fly fishing on the Elk Horn River, Kentucky.

**Medical Volunteer 2011**

Treated underserved patients in mountain villages of the Dominican Republic, providing

care for a wide range of medical disorders, including bacterial infections, diabetes

management, and musculoskeletal disorders.

*Partners for Rural Health in the Dominican Republic (PRHDR)*

**Outdoor Educator**  **2009**

Led educational sessions for refugee and immigrant parents about wintertime layering

techniques for their kids, and the benefits of participating in outdoor activities during

winter months.

*Winter Kids Program, Portland, ME*

**National Elections Volunteer**  **2008**

Assisted in a regional effort to mobilize voters for national elections.

*Portland, ME*

**State Caucus Representative** **2008**

*Portland, ME*

**Domestic Violence Counselor**  **2006-2007**

Counseled victims of domestic violence on a 24-hour emergency hotline.

*Family Crisis Services, Portland, ME*

Professional Development and CME

**Interventional Orthobiologics Foundation (IOF) 2022**

Denver, CO

**Spine Intervention Society (SIS) Comprehensive Bio-Skills Lab 2021**

*Aurora, CO*

**Golf Cost Biologics** “**BIO-ILLUMENANCE” MSK Course 2021**

*Fort Meyers, FL*

**Harvard Sports Medicine Conference 2021**

*Virtual Learning*

**The Orthobiologic Institute (TOBI) 2020**

*Virtual Learning*

**Interventional Orthobiologics Foundation (IOF) 2020**

Denver, CO

**Napa Pain Conference 2019**

*Napa, CA*

**COOLIEF Training Course 2019**

Weekend training course on the physics of cooled radiofrequency ablation and its

potential uses for shoulder, knee, and facet joint neurotomies. Course included hands-on

training using fluoroscopic guidance.

**The Orthobiologic Institue (TOBI) 2019**

*Annual Conference, Chicago, IL*

**American Academy of Physical Medicine & Rehabilitation (AAPM&R) 2018**

*Annual Conference, Orlando, Florida*

**Image-Guided Interventional Spine and Musculoskeletal Procedures: Hands-on Workshop 2018**

Three-day course on fluoroscopic axial injections and musculoskeletal diagnostic ultrasound

and injection techniques.

*OSS Health, York, PA*

**American Academy of Physiatrists (AAP)** **2018**

*Annual Conference, Atlanta, GA*

**Kentucky Appalachian Rural Rehabilitation Network** **2017**

*Annual Conference, Richmond, KY*

**Pediatric Rehabilitation Conference**  **2017**

*University of Cincinnati Children’s Hospital, Cincinnati, OH*

Licenses, Certifications

Board Certification, American Board of Physical Medicine & Rehabilitation **2019**

Oregon State Medical License (valid through 12/31/21) **2019**

California State Osteopathic Medical License (valid through 4/30/23) **2019**

DEA License **2022**

Advanced Cardiac Life Support **2022**

Basic Life Support **2022**

Professional Organizations

American Academy of Physical Medicine and Rehabilitation

American Medical Association

American Medical Society for Sports Medicine

Society for Interventional Spine

Interventional Orthobiologics Foundation

Wilderness Medical Society

Hobbies/Interests

Travel/Music/River Sports/Mountain Biking/Skiing/Backcountry Hiking