

Education

Georgetown University School of Medicine Doctor of Medicine	08/2014-05/2018
Iowa State University Bachelor of Science in Kinesiology and Health with Honors, <i>magna cum laude</i> , NCAA Student Athlete (Division 1 Football)	08/2010-05/2014

Training

University of Pennsylvania Pain Medicine ACGME Accredited Fellowship Training, Philadelphia, Pennsylvania, USA	07/2022-06/2023
Stanford University Physical Medicine and Rehabilitation ACGME Accredited Residency Training, Palo Alto, California, USA Chief Resident 2021-2022	07/2019-06/2022
MedStar Georgetown University Hospital/Washington Hospital Center Internal Medicine ACGME Accredited Preliminary Medicine Training, Washington, D.C., USA	06/2018-06/2019

Board Certification

American Board of Physical Medicine and Rehabilitation	2023-present
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Licensure/Registration

Medical License, Florida Board of Medicine	2023-present
Medical and Surgeon License, Pennsylvania State Board of Medicine	2022-present
Physician and Surgeon License, Medical Board of California	2019-present
Drug Enforcement Agency Diversion Control Registration	2019-present
Basic Life Support (BLS)/Advanced Cardiovascular Life Support (ACLS)	2017-present

Staff/Faculty Appointments

Physical Medicine and Rehabilitation/Pain Medicine Physician Southeast Orthopedic Specialists, Inc. Jacksonville, FL	08/2023-present
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Professional Memberships

Spine Intervention Society	2019-present
American Academy of Physical Medicine and Rehabilitation	2018-present

Leadership Experience

Stanford PM&R Chief Resident	2021-2022
Stanford PM&R Residency Quality and Research Committee	2019-2022
Stanford Medicine Arbor Free Musculoskeletal Specialty Clinic Chair	2020-2021
Stanford PM&R Residency Junior Resident Liaison	2020-2021
Georgetown Big Hoya Little Saxa Mentorship Program Co-Director	2015-2016

Work Experience

Loras All-Sports Camp Counselor	2014
Iowa State University Academic Success Center Biomechanics Tutor	2013-2014
Certified Nurse Assistant (CNA)	2012-2014

Honors, Recognitions and Awards

University of Pennsylvania Pain Medicine Dell Burkey Award for Excellence in Pain Medicine/Fellow of the Year	2023
American Society of Regional Anesthesia Best of Meeting Abstract Award	2022
Spine Intervention Society Best Resident Abstract Award	2022
AAPM&R's Annual Assembly Top Abstract Selection	2021
Spine Intervention Society Annual Assembly Top Research Abstract Selection	2021
Stanford Arbor Free Clinic Resident Award (for outstanding service to support Stanford's acute care clinic for patients who lack insurance)	2021
Big 12 Commissioner's Honor Roll	2010-2012

Peer Reviewed Manuscript Publications

- **Gall N.,** Popescu A., Doshi A. (2023) The Effect of Unmatched Cannula and Probe on Radiofrequency Ablation Lesion Size. Study being conducted.
- **Gall N.,** Ghaffari C., Koduri J., Dove C., Levin J. (2022) Systemic Steroids for Cervical Radicular Pain: A Systematic Review. *Interventional Pain Medicine Journal*. <https://doi.org/10.1016/j.inpm.2023.100280>
- **Gall N.,** Sun R., Smuck M. (2022) A Comparison of Wrist-Worn versus Hip-Worn Actigraph Sensors for Assessing Physical Activity in Adults: A Systematic Review. *Journal for the Measurement of Physical Behaviour*. <https://doi.org/10.1123/jmpb.2021-0045>
- Levin J., Li W., **Gall N.,** Chan J., Caragea, M., Huynh L., Kennedy D., Koltsov J., Smuck M. (2022) Results of Lumbar Epidural Steroid Injections Stratified by the Specialty of the Referring Provider. *Interventional Pain Medicine*. <https://doi.org/10.1016/j.inpm.2022.100114>
- Levin J., Chan J., **Gall N.,** Koltsov J., Huynh L., Smuck M. (2022) Retrospective Analysis of Cervical Transforaminal Versus Interlaminar Epidural Steroid Injections. *Interventional Pain Medicine*. <https://doi.org/10.1016/j.inpm.2022.100102>

- Levin J., **Gall N.**, Chan J., Huynh L., Kennedy D., Koltsov J., Smuck M. (2022) Results of Cervical Epidural Steroid Injections Stratified by the Specialty of the Referring Physician. *Interventional Pain Medicine*. <https://doi.org/10.1016/j.inpm.2021.100001>
- Levin J., Levi D., **Gall N.**, Horn S., Smuck M. (2021) Contrast Flow Patterns Based on Needle Tip Position During Cervical Transforaminal Epidural Injections. *PM&R*. doi: <https://doi.org/10.1002/pmrj.12597>
- Gruner M., Mansfield J. T., **Gall N.**, Murtaugh B., & Maxwell M. (2020). Aligning Graduate Medical Education Improvement Projects with Merit Incentive-Based Payment System Requirements via Functional Outcome Measures. *American Journal of Medical Quality*. <https://doi.org/10.1177/1062860620918295>
- Power K., Martone P., Khanna A., Hluchan C. M., **Gall N.** and Wisotzky E. (2019). The Role of Physiatry Practice in a Multi-Disciplinary Breast Tumor Board: A Descriptive Study. *PM&R*. [https://doi:10.1002/pmrj.12254](https://doi.org/10.1002/pmrj.12254)

Peer Reviewed Abstract Publications

- **Gall N.**, Ghaffari C., Koduri J., Dove C., Levin J. (2022) Systemic Steroids for Cervical Radicular Pain: A Systematic Review. *American Society of Regional Anesthesia*. https://www.asra.com/docs/default-source/events-education-documents/pm22/abstract-3357.pdf?sfvrsn=9f600014_4
- **Gall N.**, Chan J., Huynh L., Kennedy D., Koltsov J., Smuck M., Levin J. (2022) Results of Cervical Epidural Steroid Injections Stratified by the Specialty of the Referring Physician. *Interventional Pain Medicine*. Abstract. <https://www.sciencedirect.com/journal/interventional-pain-medicine/vol/1/suppl/S1>
- **Gall N.**, Meshkin D., Karandikar N. (2022) Veteran Information Retention and Expectations of a Platelet Rich Plasma Periprocedural Protocol. *PM&R*. Abstract. <https://doi.org/10.1002/pmrj.12735>
- **Gall N.**, Sun R., Smuck M. (2021) A Comparison of Wrist-Worn Versus Hip-Worn Actigraph Sensors for Assessing Physical Activity in Adults: A Systematic Review. *AJPM&R*. Abstract. doi: 10.1097/PHM.0000000000001696
- **Gall N.**, Sherman T. (2020) Medical Student Knowledge of the Federal Physical Activity Guidelines. *Medicine & Science in Sports & Exercise*. Abstract. 52(7S):320, July 2020.
- Gruner M., Mansfield J., **Gall N.**, Maxwell M. (2019). Level of Disability Measured by Modified-Oswestry Disability Index (m-ODI) and Total Costs of Care at 3 months and 6 Months of Patients Seen in a Physiatry Clinic. *PM&R*. Abstract. doi: 10.1002/pmrj.12271
- Mansfield J., Gruner M., **Gall N.**, Maxwell M., Murtaugh, B. (2019). Presenting Modified Oswestry Disability Indices: Assessing Degree of Low Back Pain Disability at the Initial Visit to a Physical Medicine & Rehabilitation Clinic. *PM&R*. Abstract. doi: 10.1002/pmrj.12271
- Gruner M., Mansfield J., **Gall N.**, Maxwell M. (2019). A Resident-Managed Quality Improvement Project Tracking Spine Conditions Using Functional Outcome Measures to Track Episodes of Cares for Merit Incentive Payment System Requirements. *PM&R*. Abstract. doi: 10.1002/pmrj.12271
- Mansfield J., Gruner M., **Gall N.**, Murtaugh B., Maxwell M. (2019). Association Between the Average Level of Spine-related Disability Index Determined by the Oswestry Disability Index and Body Mass Index in a Physical Medicine & Rehabilitation Clinic. *PM&R*. Abstract. doi: 10.1002/pmrj.12271
- **Gall N.**, Wisotzky E., Khanna A., Hluchan C., Power K. (2018). Poster 14: Examining the Role of Physiatry in a Multidisciplinary Tumor Board. *PM&R*. Abstract. doi: 10.1016/j.pmrj.2018.08.053

Educational Resource Publications

- Kuwabara A., Giacomazzi C., Su S., **Gall N.**, Lowe A., Dyrek P., Bakal B., Miller Olsen E. MERLOT. "Musculoskeletal Ultrasound Curriculum." *MERLOT*, <https://www.merlot.org/merlot/addMaterialFromCB.htm>. Published April 16, 2021.

Non-Peer Reviewed Publications

- **Gall N.**, Ekkekakis P." Public Knowledge of the Federal Physical Activity Guidelines." Presentation at the Symposium on Undergraduate Research & Creative Expression. Ames, IA, April 2014. https://lib.dr.iastate.edu/undergradresearch_symposium/2014/presentations/73/

Oral Presentations

International Presentations

- Results of Lumbar Transforaminal Epidural Steroid Injections Based on the Referral Source. 2022 Spine Intervention Society Annual Meeting, Vancouver, Canada. Best Resident Research.

National Presentations

- Veteran Information Retention and Expectations of a Platelet Rich Plasma Periprocedural Protocol. 2021 AAPM&R Annual Meeting, Best of Musculoskeletal and Sports Medicine Original Research Presentations.
- Stanford University PM&R: Residency Overview. 2020 PMR Scholars National Virtual Residency Fair
- Bioimpedance Spectroscopy: A Reliable, Quick and Simple Tool for Early Detection of Lymphedema. 2017 AAPM&R Annual Meeting, Cancer Rehabilitation Workshop

Institutional Presentations

- Cervical Radicular Pain Management. Sindh Institute of Urology and Transplantation. 2023.
- Utility of CATPRO Power BI Software Assessing Clinical Functional Outcomes Following a Lumbosacral Radiofrequency Ablation Procedure: A Feasibility Study. University of Pennsylvania Pain Medicine Conference, 2023.
- Pain Keywords, University of Pennsylvania Pain Medicine Conference, 2023.
- Utility of Electrodiagnostic Studies in Spine Care, University of Pennsylvania Spine Conference, 2023.
- Non-Steroidal Anti-Inflammatory Drugs (NSAIDS). University of Pennsylvania Pain Medicine Didactics. 2022.
- Pain Physical Exam. University of Pennsylvania Pain Medicine Didactics. 2022.
- Oral Steroids for Cervical Radicular Pain: A Systematic Review. Stanford University PM&R Research Day. 2022.
- Comparative Effectiveness of Parasagittal Interlaminar and Transforaminal Cervical Epidural Steroid Injections in Patients with Cervical Radicular Pain. Stanford University PM&R Resident Spine Medicine Conference. 2021
- Neuromodulation for Neurogenic Bladder in Multiple Sclerosis. Stanford University PM&R Resident SCI Conference. 2021.
- Chemotherapy Induced Peripheral Neuropathy. Stanford University PM&R Resident Conference at Santa Clara Valley Medical Center. 2021.
- Veteran Information Retention and Expectations of a Platelet Rich Plasma Periprocedural Protocol. Stanford University PM&R Research Day. 2021.

- Dystonia. UCSF Benioff Children's Hospital Oakland Pediatric PM&R Conference. 2021.
- Morbidity and Mortality: Inadvertent Intraprocedural Discography. Stanford University PM&R Spine Medicine Conference. 2020.
- Long-term Effect of Physical Inactivity on Thoracic and Lumbar Disc Degeneration—an MRI-based Analysis of 385 Individuals from the General Population. Stanford University PM&R Spine Medicine Conference. 2020.
- Review of Knee Joint Innervation: Implications for Diagnostic Blocks and Radiofrequency Ablation. Stanford University PM&R Sports Medicine Conference. 2020.
- Risk of Knee Osteoarthritis after different types of knee injuries in young adults: a population-based cohort study. Stanford University PM&R Resident Sports Medicine Conference. 2020.
- Autologous Protein Solution Injections for the Treatment of Knee Osteoarthritis: 3 Year Results. Stanford University PM&R Resident Sports Medicine Conference. 2020.
- Postmastectomy Pain Syndrome: Identifying Disease Specific Pain Generators and Physiatrist Treatment for Restoring Quality of Life. Stanford University PM&R Resident Conference at Palo Alto Veterans Administration Hospital. 2020.
- Home Call Pearls. Stanford University PM&R Didactics. 2020.
- The Essentials of Sports Medicine: Low Back and Hip Injuries. Stanford University Orthopedics 110. 2020.
- Modafinil in Debilitating Fatigue After Stroke. Stanford University PM&R Resident Brain Injury Conference. 2020.
- The DOWN Questionnaire: A Novel Screening Tool for Cervical Spondylotic Myelopathy. Stanford University PM&R Resident SCI Conference. 2020.
- Osteoporosis. Stanford University PM&R Resident Conference at Palo Alto Veterans Administration Hospital. 2019.
- Locked-in Syndrome: Expectations for Life After Rehabilitation. Stanford University PM&R Brain Injury Conference at Santa Clara Valley Medical Center. 2019.
- *The Essentials of Sports Medicine: Low Back and Hip Injuries*. Stanford University Orthopedics 110. 2019.
- Morbidity and Mortality: Falls. Stanford University PM&R Resident Conference at Palo Alto Veterans Administration Hospital. 2019.
- Heterotopic Ossification. Stanford University PM&R Resident Conference at Santa Clara Valley Medical Center. 2017.

Poster Presentations

National Presentations

- A Comparison of Wrist-worn versus Hip-worn Actigraph Sensors for Assessing Physical Activity in Adults: A Systematic Review. 2021 Association of Academic Physiatrists Annual Conference.

Institutional Presentations

- Development and Implementation of a Novel Musculoskeletal Ultrasound Curriculum for Physical Medicine and Rehabilitation Resident Physicians. 2021 Stanford Resident Quality Improvement/Patient Safety Symposium.
- Resident Implementation of a Functional Outcome Measurement into an Electronic Medical Record: A Feasibility Study. 2019 MedStar Health Research Institute Research Symposium.
- Public Knowledge of Federal Physical Activity Guidelines. 2014 Iowa State University Research at the Capital.

Quality Improvement Projects

Utility of CATPRO Power BI Software Assessing Clinical Functional Outcomes Following a Lumbosacral Radiofrequency Ablation Procedure: A Feasibility Study	2022-2023
Stanford PM&R Injection Competency Passport Curriculum	2020-2022
Creating a Platelet Rich Plasma Periprocedural Protocol Educational Resource Cartoon	2020-2021
Veteran Information Retention and Expectations of a Platelet Rich Plasma Periprocedural Protocol	2020-2021
Stanford PM&R Musculoskeletal Ultrasound Curriculum	2019-2021
Incorporation of a Functional Outcome Measurement Tool into an Electronic Medical Record	2018-2019

Volunteer Experience

- Stanford Medicine Arbor Free Musculoskeletal Clinic
- Stanford Ultrafest MSK Ultrasound Instructor
- Georgetown Hoya Clinic Student Clinician
- Georgetown Big Hoya Little Saxa