

BENJAMIN T. BJERKE, MD, MS

Fellowship-Trained & Board-Certified Spine Surgeon

EDUCATION

- 2015-16 **Mayo Clinic**, Rochester, MN
Combined Neurosurgery and Orthopedic Surgery Spine Fellowship
- 2010-15 **Hospital for Special Surgery**, New York, NY
Resident Physician, Orthopedic Surgery
- 2009-10 **New York Medical College**, New York, NY
Intern, Orthopedic Surgery
- 2005-09 **Columbia Univ. College of Physicians & Surgeons**, New York, NY
Doctor of Medicine
- 2002-04 **UCLA Department of Chemistry & Biochemistry**, Los Angeles, CA
Master of Science, Organic Chemistry
- 1998-2002 **University of Wisconsin**, Madison, WI
Bachelor of Science, Chemistry

NPI: 1639496292

CAQH ID: 13802491

DEA: Issued 6/3/13, Active through 7/31/28

MPIN: H400221728

USMLE: 51944171

Board Certified, ABOS, Orthopedic Surgery
Issued 7/27/2018. Expires 12/31/28

AREAS OF INTEREST

- Evidence based medicine
- Minimally invasive spinal surgery
- Motion preservation in spinal surgery
- Navigation in spinal surgery
- Standard of care, appropriateness of surgical intervention

PUBLICATIONS

1. **Bjerke B**, Zarrabian M, Aleem I, Fogelson F, Currier B, Freedman B, Bydon M, Nassr A. *Incidence of Osteoporosis-Related Complications Following Posterior Lumbar Fusion*. *Global Spine Journal* 2018 Sep;8(6): 563-569. PMID 30202709.
2. Sheha ED, Meredith DS, Shifflett GD, **Bjerke BT**, Iyer S, Shue J, Nguyen J, Huang RC. *Postoperative pain following posterior iliac crest bone graft harvesting in spine surgery: a prospective, randomized trial*. *Spine Journal* 2017 Nov; S1529-9430(17)31062-8, PMID 29155001.
3. **Bjerke BT**, Zuchelli DM, Nemani VM, Emerson RG, Kim HJ, Boachie-Adjei O. *Prognosis of Significant Intraoperative Neurophysiologic Monitoring Events in Severe Spinal Deformity Surgery*. *Spine Deformity* 2017 Mar;5(2):117-123. PMID 28259263.
4. **Bjerke B**, Saiyed R, Cheung B, Uppstrom T, Shifflett G, Cunningham M. *Does Adolescent Obesity Affect Surgical Presentation and Radiographic Outcome for Patients with AIS?* *Journal of Pediatric Orthopedics B*. 2017 Jan;26(1):53-58, PMID 27336711.
5. Shifflett GD, **Bjerke-Kroll B**, Nwachukwu BU, Kueper J, Burket J, Sama AA, Girardi FP, Cammisa FP, Hughes AP. *Microbiologic Profile of Infections in Presumed Aseptic Spine Surgery*. *Mar 2016 European Spine Journal* 2016 Dec;25(12):3902-3907. PMID 27026016.
6. **Bjerke-Kroll B**, Cheung ZB, Shifflett DG, Iyer S, Fabricant PD, Kim HJ. *Maintenance of De-rotation in Adolescent Idiopathic Scoliosis: Measuring Post-Operative Axial Rotation by Pedicle Screw Position*. *HSS Journal*, 2015. *HSS J*. 2016 Feb;12(1):18-25. PMID 26855623.
7. **Bjerke BT**, Cheung ZB, Shifflett GD, Iyer S, Derman PB, Cunningham ME. *Do Current Recommendations for Upper Instrumented Vertebra Predict Shoulder Imbalance? An Attempted Validation of Level Selection for Adolescent Idiopathic Scoliosis*. *HSS J*. 2015 Oct;11(3):216-22. PMID 26981056.
8. Shifflett GD, **Bjerke-Kroll B**, Nwachukwu B, Girardi FP, Sama AA, Cammisa FP, Hughes AP. *The Value of Intra-operative Gram Stain in Revision Spine Surgery*. *The Spine Journal*, 2015 Jun: S1529-9430(15)00574-4. PMID 26070285.
9. Swarup I, **Bjerke-Kroll B**, Cunningham M. *Paraspinous Hemolymphangioma Associated with Adolescent Scoliosis*. *World Journal of Clinical Cases*, 2015 Jun 16;3(6):514-8. PMID 26090372.
10. McLawhorn A, **Bjerke-Kroll B**, Blevins J, Sculco P, Lee L, Jerabek S. *Patient-Reported Allergies Are Associated with Poorer Patient Satisfaction and Outcomes After*

Lower Extremity Arthroplasty: A Retrospective Cohort Study. Journal of Arthroplasty, 2015 Jul;30(7):1132-6. PMID 25702595.

11. Nemani V, Kim H, **Bjerke-Kroll B**, Yagi M, Sacramento-Dominguez C, Akoto H, Papadopoulos E, Perez-Grueso F, Pellise F, Nguyen J, Wulff I, Ayamga J, Mahmud R, Boachie-Adjei O, FOCOS Spine Study Group. *Pre-Operative Halo-Gravity Traction for Severe Spinal Deformities at an SRS-GOP Site in West Africa: Protocols, Complications and Results.* Spine, 2015, 40(3):153-161. PMID 25668334.

12. **Bjerke-Kroll B**, Christ A, McLawhorn A, Sculco P, Jules-Elysée K, Sculco T. *Periprosthetic Joint Infections Treated with Two-Stage Revision over 14 years: An Evolving Microbiology Profile.* Journal of Arthroplasty, 2014, 29(5), 877-82. PMID 24199997.

13. **Bjerke-Kroll B**, Sculco P, McLawhorn A, Christ A, Gladnick B, Mayman D. *The Increased Total Cost Associated with Post-operative Drains in Total Hip and Knee Replacement.* Journal of Arthroplasty, 2014, 29(5), 895-899. PMID 24360337.

14. Gladnick BP, Schreiber JJ, Ishmael CR, **Bjerke-Kroll B**, Cunningham ME. *Assessment of Vertebral Curves Using the Manual Post-It® Technique.* Journal of Spinal Disorders and Techniques, 2013. PMID 24326239.

15. **Bjerke-Kroll B**, Widmann R. *Limb Lengthening for the Congenital Short Femur.* Grand Rounds from HSS, 2013, 4(1): 2-5.

16. Greiwe R, **Bjerke-Kroll B**, Ahmad C. *Medial Collateral Ligament Reconstruction.* Operative Techniques in Orthopaedics, 2009, 19(4):243-250.

17. Simon J, **Bjerke-Kroll B**, Fischbach RL. *Doctor, will you turn off my LVAD?* Hastings Center Report 2008, 38(1):14-15.

18. Thasana N, **Bjerke-Kroll B**, Ruchirawat S. *A facile synthesis of telisatin A via microwave-promoted annulation and Reformatsky reaction.* Synlett, 2008, 4:505-508.

19. Touloukhonova I, **Bjerke-Kroll B**, West R. *Synthesis and photophysical properties of novel fluorescent silicones.* Journal of Organometallic Chemistry, 2003, 686:101.

MEETING PRESENTATIONS

1. Shifflett G, Sheha E, **Bjerke B**, Iyer S, Nguyen J, Huang R. *Postoperative Pain Following Posterior Iliac Crest Bone Graft Harvesting in Spine Surgery: A Randomized Trial.* **Podium** Presentation: Eastern Orthopedic Association 2016 Annual Meeting, New Orleans, LA. *Best Clinical Paper Award.*

2. Shifflett G, Sheha E, **Bjerke B**, Iyer S, Nguyen J, Huang R. *Postoperative Pain Following Posterior Iliac Crest Bone Graft Harvesting in Spine Surgery: A Randomized Trial*. **Podium** Presentation: 2016 AAOS Annual Meeting, Orlando, FL.
3. Long W, Lampe L, Kueper J, **Bjerke-Kroll B**, Nguyen J, Girardi P, Sama A, Cammisa F, Hughes A. *Are Preoperative MRI Findings Predictors for Revision Surgery?* **Podium** Presentation: 2016 LSRS Annual Meeting, Chicago, IL.
4. **Bjerke-Kroll B**, Saiyed R, Cheung Z, Shifflett G, Sheha E, Cunningham M. *Post-surgical Predictors of Proximal Junctional Kyphosis in Adolescent Idiopathic Scoliosis*. **Podium** Presentation: 2015 Annual NASS Meeting, Chicago, IL.
5. **Bjerke-Kroll B**, Saiyed R, Cheung Z, Shifflett G, Uppstrom T, Cunningham M. *Does Adolescent Obesity Affect Surgical Presentation and Radiographic Outcome for Patients with AIS?* **Poster** Presentation: 2015 Annual NASS Meeting, Chicago, IL.
6. Nemani V, **Bjerke-Kroll B**, Kim H, Akoto H, Wulff I, Mahmud R, Ayamga J, Yirerong T, Boachie-Adjei O, FOCOS Spine Research Group. *Pre-operative Halo Gravity Traction, Posterior Column Osteotomies, and Rib Resections – Are Three-Column Osteotomies Always Needed for Severe Rigid Deformities? A Prospective Analysis*. **Poster** Presentation: 2015 Annual NASS Meeting, Chicago, IL.
7. **Bjerke B**, Saiyed R, Cheung Z, Shifflett G, Sheha E, Cunningham M. *Post-surgical Predictors of Proximal Junctional Kyphosis in Adolescent Idiopathic Scoliosis*. **Podium** Presentation: 2015 SRS Annual Meeting, Minneapolis, MN.
8. **Bjerke B**, Saiyed R, Cheung Z, Shifflett G, Stepan J, Cunningham M. *Increased Lumbar Lordosis is Associated with Less Spontaneous Lumbar Correction after Selective Thoracic Fusion of Lenke 1C and 2C Curves*. **Poster** Presentation: 2015 International Turkish Spine Congress Meeting, Izmir, Turkey.
9. **Bjerke B**, Saiyed R, Cheung Z, Shifflett G, Sheha E, Cunningham M. *Post-surgical Predictors of PJK Following Arthrodesis for AIS*. **Poster** Presentation: 2015 International Turkish Spine Congress Meeting, Izmir, Turkey.
10. **Bjerke B**, Saiyed R, Cheung Z, Cunningham M. *Does Adolescent Obesity Affect Surgical Presentation and Radiographic Outcome for Patients with AIS?* **Poster** Presentation: 2015 International Turkish Spine Congress Meeting, Izmir, Turkey.
11. Shifflett G, **Bjerke B**, Nwachukwu B, Kueper J, Sama A, Girardi F, Cammisa F, Hughes A. *Who is Being Cultured in Revision Spinal Surgery?* **Poster** Presentation: 2015 International Turkish Spine Congress Meeting, Izmir, Turkey.

12. **Bjerke-Kroll B**, Zuchelli D, Nemani V, Emerson R, Boachie-Adjei O. *Prognosis of Significant Intraoperative Neurophysiologic Monitoring Events in Severe Spinal Deformity Surgery*. **Podium** Presentation: 2015 Annual AAOS Meeting, Las Vegas, NV.
13. **Bjerke-Kroll B**, Cheung Z, Shifflett G, Iyer S, Derman P, Liu J, Cunningham M. *Do Upper Instrumented Vertebra Selection Recommendations Predict Shoulder Imbalance?* **Poster** and **Podium** Presentations: 2015 Annual AAOS Meeting, Las Vegas, NV. *Highest rated accepted poster in the Spine classification.*
14. **Bjerke-Kroll B**, Cheung Z, Shifflett G, Iyer S, Derman P, Liu J, Cunningham M. *Do Upper Instrumented Vertebra Selection Recommendations Predict Shoulder Imbalance?* **Poster** Presentation: 2015 Annual ORS Meeting, Las Vegas, NV.
15. **Shifflett G**, **Bjerke-Kroll B**, Nwachukwu B, Kueper J, Sama A, Girardi F, Cammisa F, Hughes A. *Microbiologic Profile of Infections in Presumed Aseptic Revision Spine Surgery*. **Podium** Presentation: 2015 Annual AAOS Meeting, Las Vegas, NV.
16. **Shifflett G**, Nwachukwu B, **Bjerke-Kroll B**, Burket J, Sama A, Girardi F, Cammisa F, Hughes A. *The Utility of Intra-operative Gram Stain in Revision Spine Surgery*. **Podium** Presentation: 2015 Annual AAOS Meeting, Las Vegas, NV.
17. **Nemani V**, Kim H, Mina C, **Bjerke-Kroll B**, Derman P, Ross T, Cunningham M, Rawlins B, Boachie-Adjei O. *Post-operative Blood Salvage and Autotransfusion for Adult Spinal Deformity: A Randomized Control Trial*. **Podium** Presentation: 2015 Annual AAOS Meeting, Las Vegas, NV.
18. **Bjerke-Kroll B**, Cheung Z, Shifflett G, Iyer S, Derman P, Kim H. A Novel Measurement of Postoperative Rotation in AIS: Technique Description and Series of 178 patients at Minimum One-Year Followup. **Poster** Presentation: 2015 NASS Evidence and Technology Spine Summit, Snowbird, UT.
19. **Bjerke-Kroll B**, Gladnick B, Shifflett G, Iyer S, Gausden E, Cunningham M. Manual Vertebral Curve Assessment Using a Novel Post-It® Technique. **Poster** Presentation: 2015 NASS Evidence and Technology Spine Summit, Snowbird, UT.
20. **Bjerke-Kroll B**, Zuchelli D, Nemani V, Emerson R, Ayamga A, Kim H, Wulff I, Boachie-Adjei O. Prognosis for Intraoperative Spinal Cord Injury in Severe Spinal Deformity Surgery. **Poster** Presentation: 2015 NASS Evidence and Technology Spine Summit, Snowbird, UT.
21. **Shifflett G**, **Bjerke-Kroll B**, Nemani V, Nguyen J, Huang R. *Postoperative Pain Following Posterior Iliac Crest Bone Graft Harvesting in Spine Surgery: A Randomized Trial*. **Poster** Presentation: 2015 NASS Evidence and Technology Spine Summit, Snowbird, UT.

22. **Bjerke-Kroll B**, Zuchelli D, Nemani V, Ayamga J, Emerson R, Boachie-Adjei O. *Characterization of Significant Neurophysiologic Intraoperative Monitoring Events in Severe Spinal Deformity Surgery*. **Poster** Presentation: 2014 Annual NASS Meeting, San Francisco, CA.
23. **Bjerke-Kroll B**, Zuchelli D, Nemani V, Emerson R, Ayamga J, Boachie-Adjei O, FOCOS Research Associates. *A Prospective Study of a Decision-making Algorithm for Significant Neurophysiologic Intraoperative Monitoring Events in Severe Spinal Deformity Surgery*. **Podium** Presentation: 2014 Annual SRS Meeting, Anchorage, AK.
24. Nemani V, Kim H, **Bjerke-Kroll B**, Yagi M, Sacramento-Dominguez, M, Akoto H, Gupta M, Hess W, Papadopoulos E, Pérez-Grueso F, Pellise F, Wright B, Wulff I, Ayamga J, Mahmud R, Boachie-Adjei B. *Pre-Operative Halo-Gravity Traction for Severe Spinal Deformities at an SRS-GOP Site in West Africa: Protocols, Complications and Results*. 2014 Scoliosis Research Society Annual Meeting. **Podium** Presentation: 2014 Annual SRS Meeting, Anchorage, AK.
25. Boachie-Adjei O, **Bjerke-Kroll B**, Zuchelli D, Nemani V, Ayamga J, Emerson R, FOCOS Research associates. *Prognosis for Intraoperative Spinal Cord Injury in Severe Spinal Deformity Surgery in the Developing World*. **Podium** Presentation: 2014 IMAST International Meeting, Valencia, Spain.
26. Zuchelli D, **Bjerke-Kroll B**, Nemani V, Emerson R, Ayamga J, Boachie-Adjei O, FOCOS Research Associates. *Characterization of Significant Neurophysiologic Intraoperative Monitoring Events in Severe Spinal Deformity Surgery*. **Podium** Presentation: 2014 IMAST International Meeting, Valencia, Spain.
27. **Bjerke-Kroll B**; Shifflett G; Iyer S; Fabricant P; Cheung Z; Derman P; Kim H. *A Novel Measurement of Post-operative Axial Plane Rotation in Adolescent Idiopathic Scoliosis Using Plain Radiographs*. **Podium** Presentation: 2014 IMAST International Meeting, Valencia, Spain.
28. **Bjerke-Kroll B**, Cheung Z, Shifflett S, Iyer S, Derman P, Cunningham C. *Shoulder Imbalance at Minimum One-Year Follow-up in 172 Patients with Adolescent Idiopathic Scoliosis: Attempted Validation of Prior Recommendations for Upper Instrumented Vertebra Selection*. **Poster** Presentation: 2014 IMAST International Meeting, Valencia, Spain.
29. **Bjerke-Kroll B**, Zuchelli D, Nemani V, Ayamga J, Boachie Adjei O, Emerson R. *Characterization of Significant Neurophysiologic Intraoperative Monitoring Events in Severe Spinal Deformity Surgery*. **Poster** Presentation. 2014 NASS Annual Meeting, San Francisco, CA.
30. Nemani V, **Bjerke-Kroll B**, Yagi M, Sacramento-Dominguez C, Akoto H, Gupta M, Hess F, Papadopoulos E, Perez rueso F, Pel F, Boachie O. *Pre-Operative Halo-Gravity*

Traction for Severe Spinal Deformities at an SRS-GOP Site in West Africa: Protocols, Complications, and Results. Poster Presentation. 2014 NASS Annual Meeting, San Francisco, CA.

31. **Bjerke-Kroll B**, Cheung Z, Shifflett G, Iyer S, Fabricant P, Kim HJ. *A Novel Measurement of Post-operative Axial Plane Rotation in Adolescent Idiopathic Scoliosis Using Plain Radiographs.* **Poster** Presentation: 2014 NASS Summer Meeting, Amelia Island, FL.

32. Gladnick BP, Schreiber JJ, Ishmael CR, **Bjerke-Kroll B**, Cunningham ME. *Assessment of Vertebral Curves Using the Manual Post-It® Technique.* **Poster** Presentation: 2014 NASS Summer Meeting, Amelia Island, FL.

33. **Bjerke-Kroll B**, Christ A, McLawhorn A, Sculco P, Marcello D, Brause B, Jules-Elysée K, Sculco T. *Periprosthetic Joint Infections Treated with Two-Stage Revision over 14 years: An Evolving Microbiology Profile.* **Podium** Presentation: 2014 AAOS Annual Meeting, New Orleans, LA.

34. **Bjerke-Kroll B**, Christ A, McLawhorn A, Sculco P, Marcello D, Brause B, Jules-Elysée K, Sculco T. *Periprosthetic Joint Infections Treated with Two-Stage Revision over 14 years: An Evolving Microbiology Profile.* **Poster** Presentation: 2013 AAHKS Annual Meeting, Dallas, TX.

35. Gardner T, **Bjerke-Kroll B**, Bigliani L, Ahmad C, Levine W. *The Simian Shoulder as an Animal Model of the Human Shoulder.* **Poster** Presentation: Orthopaedic Research Society 2008 Annual Meeting, San Francisco, CA.

MEETINGS, CONFERENCES, AND COURSES

1. NASS Annual Meeting, November 14-16, 2025, Denver, CO.
2. Medtronic Regional Spinal Solutions Lab, August 2, 2025, Nashville, TN.
3. Medical Emergencies in Skiing & Snowboarding, January 12-13, 2024, Park City, UT.
4. NASS Evidence & Technology Spine Summit, February 2-5, 2023, Park City, UT.
5. NASS Evidence & Technology Spine Summit, February 9-12, 2022, Park City, UT.
6. DePuy Synthes Complex Spine Summer Series, August 28, 2021, Chicago, IL.
7. NASS Evidence & Technology Spine Summit, February 19-22, 2020, Park City, UT.
8. NuVasive CPD Surgical Skills Course, February 10, 2020, San Diego, CA.
9. NASS Annual Meeting, September 25-28, 2019, Las Vegas, NV.
10. AAOS Annual Meeting, March 12-16, 2019, Las Vegas, NV.
11. Nevada Orthopedic Society Annual Meeting, November 7, 2017, Reno, NV.
12. Medical Emergencies in Skiing & Snowboarding, December 9-11, Beaver Creek, CO.
13. Nevada Orthopedic Society Annual Meeting, November 14, 2016, Reno, NV.

14. DePuy Synthes Future Leaders: Cervical Spine, June 4, 2016, Chicago, IL.
15. AOSpine Minimally Invasive Spinal Surgery and Navigation, May 13-14, 2016, Tampa, FL.
16. AOSpine North America Banff Fellows Forum, Mar 31-Apr 3, 2016, Banff, Alberta, Canada.
17. AAOS Annual meeting, Orlando, FL, Mar 1-5, 2016.
18. NASS Evidence and Technology Spine Summit, Feb 24-27, 2016. Park City, UT.
19. Spine IEP Fellows & Young Surgeons Course, San Diego, CA, Nov 20-22, 2015.
20. DePuy Synthes Spine Future Leaders Workshop: Surgical Management of Cervical Spine Trauma, Minneapolis, MN, Nov 13-14, 2015.
21. NASS Annual Meeting, Chicago, IL, Oct 14-18, 2015.
22. SRS Annual Meeting, Minneapolis, MN, Sept 30 – Oct 3, 2015.
23. AOSpine Controversies in Complex Spine Surgery: A Comprehensive Hands-on Bioskills Course for Fellows, Tampa, FL, Sept 10-12, 2015.
24. DePuy Synthes Spine Pre-Fellowship Bioskills Workshop, Boston, MA, July 23-25, 2015.
25. Medtronic Course for Residents and Fellows, May 15-16, 2015. Denver, CO.
26. Cervical Spine Motion Preservation Symposium, HSS, New York, NY May 7-8, 2015
27. International Turkish Spine Congress, April 19 – May 3, 2015.
28. K2M Residents and Fellows Bioskills Course, Apr 25, 2015, Denver, CO.
29. Memorial Sloan Kettering Multidisciplinary Spine Oncology Symposium, Apr 17-18, 2015. New York, NY.
30. ORS Annual Meeting, Mar 28-31, 2015, Las Vegas, NV.
31. AAOS Annual Meeting, Mar 24-28, 2015, Las Vegas, NV.
32. NASS Evidence and Technology Spine Summit, Feb 26-28, 2015. Snowbird, UT.
33. Current Techniques in Pediatric Spinal Deformity Surgery, Dec 12-13, 2014. Columbia University, New York, NY.
34. NASS Annual Meeting, Nov 12-15, 2014, San Francisco, CA.
35. SRS Annual Meeting, Sept 10-13, 2014, Anchorage, AK.
36. IMAST Annual Meeting, July 16-19, 2014, Valencia, Spain.
37. Current Techniques in Pediatric Spinal Deformity Surgery, April 11-12, 2014. Columbia University, New York, NY.
38. AAOS Annual Meeting, March 11-15, 2014, New Orleans, LA.
39. NuVasive XLIF® Visiting Surgeon Program, March 8, 2014, Paramus, NJ.

MEDIA APPEARANCES AND ARTICLES ONLINE

1. **Minimally Invasive Spine Surgery**, *SpineUniverse*, December 4, 2020, <http://bit.ly/spineuniversemis>.
2. **Sacroiliac Joint Anatomy**, *Spine-Health*, November 25, 2020, <https://bit.ly/sianatomy>.

3. **How is Cervical Disc Replacement Performed**, *SpineNation*, November 20, 2020, <http://bit.ly/cervicaldischowto>. Article reviewer.
4. **Back Pain? Could Be Your Hips**, September 19, 2020, <http://bit.ly/backpainhips>. Article reviewer.
5. **Surgery for Sciatica**, *SpineUniverse*, June 19, 2020, <http://bit.ly/sciaticasurgery>. Article reviewer.
6. **Return to Exercise After Microdiscectomy Surgery**, *Spine-Health*, June 11, 2020, <https://bit.ly/microdisceexercise>.
7. **Lumbar Spinal Stenosis**, *Spine-Health*, June 8, 2020, <https://bit.ly/lumbarspinenstenosis>.
8. **Postoperative Care for Lumbar Microdiscectomy Surgery**, *Spine-Health*, May 19, 2020, <https://bit.ly/postopmicrodiscectomy>.
9. **Smart Ways to Ease Your Pregnancy Back Pain at Home**, *SpineUniverse*, May 15, 2020, <https://bit.ly/pregnancyback>. Article reviewer.
10. **Why Does My Lower Back and Hip Hurt?** *Spine-Health*, May 11, 2020, <https://bit.ly/backandhip>.
11. **What Causes Sharp Lower Back Pain?** *Spine-Health*, May 11, 2020, <https://bit.ly/sharpbackpain>.
12. **Cold Weather Comfort Tips for Osteoarthritis Spine Pain**, *BackerNation*, February 25, 2020, <https://bit.ly/coldweatherspine>. Article reviewer.
13. **What You Need to Know About Neck Arthritis**, *Spine-Health*, January 21, 2020, <http://bit.ly/neckarthritis>.
14. **Minimally Invasive Spine Surgery**, *SpineUniverse*, December 24, 2019, <http://bit.ly/misspine>.
15. **Cervical Disc Replacement for Neck or Arm Pain**, *SpineUniverse*, December 9, 2019, <http://bit.ly/discreplacement>.
16. **What is Spinal Stenosis?** *Spine-Health*, November 25, 2019 <http://bit.ly/whatisspinalstenosis>.
17. **Degenerative Scoliosis: Symptoms, Treatment, Outlook**, *BackerNation*, October 4, 2019, <http://bit.ly/degenerativescoliosis>. Article reviewer.
18. **What Causes Upper Left Back Pain?** *Spine-Health*, September 10, 2019, <http://bit.ly/upperleftbackpain>.
19. **Preventing Glucocorticoid-Induced Vertebral Fractures**, *SpineUniverse*, September 3, 2019, <http://bit.ly/compressionfractures>. Article reviewer.
20. **I have Osteoporosis and Need Spine Surgery, What's Next?** *SpineUniverse*, July 26, 2019, <http://bit.ly/spineuniverse2>.
21. **Scoliosis Prevention: Can You Prevent Scoliosis or Keep It from Worsening?** *BackerNation*, July 26, 2019, <http://bit.ly/scoliosisprevention>.
22. **Scoliosis Symptoms in Adults and Kids**, *BackerNation*, July 19, 2019, <http://bit.ly/scoliosissymptoms>. Article reviewer.
23. **Strong Spine, Healthy Mobility**, *SpineUniverse*, July 1, 2019, <http://bit.ly/spineuniverse>.
24. **Degenerative Disc Disease: Symptoms, Treatment, Outlook**, *BackerNation*, May 24, 2019, <https://bit.ly/degenerativediscdisease>. Article reviewer.

25. **Questions to Ask When Your Surgeon Recommends Cervical Fusion**, *Spine-Health*, April 18, 2019, <http://bit.ly/cervicalfusionquestions>.
26. **5 Questions to Ask Your Spine Surgeon Who Has Recommended Surgery**, *BackerNation*, February 19, 2019, <http://bit.ly/askyoursurgeon>.
27. **Why Medical Clearance Before Spine Surgery?** *SpineUniverse*, January 10, 2019 <http://bit.ly/medicalclearance>.
28. **2 Neck Pain Symptoms That Require Immediate Medical Attention**, *Spine-Health*, February 28, 2019, <http://bit.ly/necksymptoms>.
29. **Can Cracking My Neck Cause Arthritis?** *Spine-Health*, January 22, 2019, <http://bit.ly/crackingneck>.
30. **Dr. Benjamin Bjerke Discusses Artificial Disc Replacement**, *Denver Channel 7*, October 23, 2018, <http://bit.ly/cervicaldiscreplacement>.
31. **Ask the Doctor: Neck and Arm Pain**, *KTVN Channel 2 News*, June 19, 2017, <http://bit.ly/ktvnaskthedoctor>.
32. **Ask the Doctor: Osteoporosis**, *KTVN Channel 2 News*, February 2, 2017, <http://bit.ly/ktvnosteoporosis>.
33. **Scoliosis Screening for Kids**, *Reno Gazette Journal*, August 9, 2017, <http://bit.ly/scoliosis>.
34. **Back and Neck Pain Plague Large Portions of the Population**, *Reno Gazette Journal*, June 27, 2017, <http://bit.ly/BjerkeRGJ>.
35. **Osteoporosis and Spine Health**, *Senior Spectrum Newspaper*, May 17, 2017, <http://bit.ly/BjerkeSeniorSpectrum>.
36. **Cervical Stenosis with Myelopathy**, *Spine-Health*, July 10, 2017 <http://bit.ly/cervicalstenosis>.
37. **2 Little Known Treatments to Relieve Sacroiliac Joint Pain**, *Spine-Health*, June 26, 2017, <http://bit.ly/sijoint>.

ADDITIONAL EXPERIENCE

- 2016-current **Team Physician**, US Ski Team
 February 2026 (anticipated) Para Alpine Ski Team, Tignes, France
 January 2025 US Freestyle Team, Stoneham, QC, Canada
 January 2024 Medical Emergencies in Skiing & Snowboarding, Utah
 December 2023 Para Alpine Ski Team, Bergeralm, Austria
 January 2019 XGames, Aspen, CO
 January 2018 XGames, Aspen, CO
 December 2017 Dew Tour, Breckenridge, CO
 February 2017 Freestyle World Championships, Sierra Nevada, Spain
 December 2016 Skiing/Snowboarding Emergencies, Beaver Creek, CO
- 2013-18 **Foundation of Orthopedics and Complex Spine**, Ghana, Africa
 Volunteer Surgeon; November 2013, May 2014, July 2018
- 2016-current **Member**, Mayo Alumni Association

- 2015-current **Member**, HSS Alumni Association
- 2021-current **Reviewer**, PLOS One
- 2013-current **Reviewer**, Bone and Joint Journal
- 2015-current **Reviewer**, Clinical Orthopedics and Related Research (CORR)
- 2010-15 **Member**, HSS Journal Editorial Board
- 2013-14 **Instructor**, Weill Cornell Medical College Physical Diagnosis Course
- 2007-09 **Chief Editor**, Columbia Medical Review
- 2006-07 **Tutor**, Columbia University Student and Peer Support Network
- 2006 **Microsurgery Training Course**, Columbia University Medical Center
- 2005-09 **Spanish Interpreter**, Columbia Presbyterian Hospital
- 2003-04 **EMT Certification**, UCLA

PROFESSIONAL REFERENCES

Available on request.

LANGUAGES SPOKEN

Spanish.