

# **BENJAMIN T. BJERKE, MD, MS**

Fellowship-Trained & Board-Certified Spine Surgeon  
expertspinesurgeon.com

## **EDUCATION**

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- 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     **Saint Vincent's Catholic Medical Center**, 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
- 1998-02     **University of Wisconsin**, Madison, WI  
Bachelor of Science, Chemistry
- 1994-98     **Onalaska High School**, Onalaska, WI

**NPI:** 1639496292

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

## AREAS OF INTEREST

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Minimally invasive spinal surgery  
Motion-preserving spinal surgery  
Scoliosis and deformity correction  
Stereotactic computer-aided navigation in spinal surgery

## PUBLICATIONS

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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

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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, Papaddpoulos 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**

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1. NASS Evidence and Technology Spine Summit. February 19-22, 2020. Park City, UT.
2. NuVasive CPD Surgical Skills Course. February 10, 2020. San Diego, CA.
3. NASS Annual Meeting. September 25-28. Las Vegas, NV.
4. AAOS Annual Meeting. March 12-16, 2019. Las Vegas, NV.
5. Nevada Orthopedic Society Annual Meeting. November 7, 2017. Reno, NV.
6. Nevada Orthopedic Society Annual Meeting. November 14, 2016. Reno, NV.
7. DePuy Synthes Future Leaders: Cervical Spine. June 4, 2016. Chicago, IL.
8. AOSpine Minimally Invasive Spinal Surgery and Navigation. May 13-14, 2016. Tampa, FL.
9. AOSpine North America Banff Fellows Forum, Mar 31-Apr 3, 2016, Banff, Alberta, Canada.
10. AAOS Annual meeting, Orlando, FL, Mar 1-5, 2016.
11. NASS Evidence and Technology Spine Summit, Feb 24-27, 2016. Snowbird, UT.
12. Spine IEP Fellows & Young Surgeons Course, San Diego, CA, Nov 20-22, 2015.
13. DePuy Synthes Spine Future Leaders Workshop: Surgical Management of Cervical Spine Trauma, Minneapolis, MN, Nov 13-14, 2015.
14. NASS Annual Meeting, Chicago, IL, Oct 14-18, 2015.
15. SRS Annual Meeting, Minneapolis, MN, Sept 30 – Oct 3, 2015.
16. AOSpine Controversies in Complex Spine Surgery: A Comprehensive Hands-on Bioskills Course for Fellows, Tampa, FL, Sept 10-12, 2015.
17. DePuy Synthes Spine Pre-Fellowship Bioskills Workshop, Boston, MA, July 23-25, 2015.
18. Medtronic Course for Residents and Fellows, May 15-16, 2015. Denver, CO.
19. Cervical Spine Motion Preservation Symposium, HSS, New York, NY May 7-8, 2015
20. International Turkish Spine Congress, April 19 – May 3, 2015.
21. K2M Residents and Fellows Bioskills Course, Apr 25, 2015. Denver, CO.
22. Memorial Sloan Kettering Multidisciplinary Spine Oncology Symposium, Apr 17-18, 2015. New York, NY.
23. ORS Annual Meeting, Mar 28-31, 2015. Las Vegas, NV.
24. AAOS Annual Meeting, Mar 24-28, 2015. Las Vegas, NV.
25. NASS Evidence and Technology Spine Summit, Feb 26-28, 2015. Snowbird, UT.
26. Current Techniques in Pediatric Spinal Deformity Surgery, Dec 12-13, 2014. Columbia University, New York, NY.
27. NASS Annual Meeting, Nov 12-15, 2014. San Francisco, CA.
28. SRS Annual Meeting, Sept 10-13, 2014. Anchorage, AK.
29. IMAST Annual Meeting, July 16-19, 2014. Valencia, Spain.
30. Current Techniques in Pediatric Spinal Deformity Surgery, April 11-12, 2014. Columbia University, New York, NY.
31. AAOS Annual Meeting, March 11-15, 2014. New Orleans, LA.
32. NuVasive XLIF® Visiting Surgeon Program, March 8, 2014. Paramus, NJ.



## **SUBMITTED FOR PUBLICATION OR PRESENTATION**

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1. **Bjerke B**, Uppstrom T, Saiyed R, Cheung Z, Shifflett G, Cunningham M. *The Incidence of The Incidence of Hardware Removal for Modern AIS Arthrodesis is Much Lower than Previously Reported*. Manuscript to be submitted to *Spine*.
2. **Bjerke B**, Saiyed R, Cheung B, Uppstrom T, Shifflett G, Sheha E, Cunningham M. *Surgical Presentation and Radiographic Outcome for AIS Patients with Proximal Junctional Kyphosis*. Manuscript submitted to *Spine Deformity*.
3. **Bjerke B**, Saiyed R, Cheung B, Uppstrom T, Shifflett G, Stepan J, Cunningham M. *Increased Lumbar Lordosis Predicts Less Lumbar Correction after Selective Thoracic Fusion of Lenke 1C & 2C Curves*. Manuscript submitted to *Spine Deformity*.
4. **Bjerke B**, Zarrabian M, Aleem I, Freedman B, Bydon M, Currier B, Fogelson J, Nassr A. *Incidence of Osteoporosis-Related Complications Following Posterior Lumbar Fusion*.
5. **Bjerke-Kroll B**, Hughes A. *Predictive Factors for Revision Surgery after Single Level Lumbar PSF for Degenerative Disc Disease: Minimum 5-year Follow-up*.
6. Quinn J, **Bjerke-Kroll B**, Hughes A. *Predictive Factors for Revision Surgery after ACDF for Degenerative Disc Disease: Minimum 5-year Follow-up*.

## RESEARCH EXPERIENCE

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- 2015-16 **Mayo Clinic**, Department of Orthopedic Surgery
- Participated in outcomes research for osteoporosis
- 2010-15 **Hospital for Special Surgery**, Department of Orthopedic Surgery
- Authored and coordinated several projects with Orthopedic Surgery, Anesthesia, and Infectious Disease departments for multiple areas of orthopedic subspecialty
  - Coordinated several IRB approvals for research
- 2006-09 **Columbia University**, Center for Orthopedic Research
- Coordinated multicenter 200-patient total shoulder arthroplasty 5-year outcome study
  - Performed microscopic dissection of *C. macaque* shoulders for anatomic model
- 2002-04 **UCLA**, Department of Chemistry and Biochemistry
- Designed natural product synthesis with novel catalysis techniques
- 2002 **Chulabhorn Research Institute**, Department of Chemistry
- NSF Traveling REU Fellowship awarded, Bangkok, Thailand
  - Completed synthesis of natural products
- 1999-2002 **University of Wisconsin**, Department of Chemistry
- Synthesized novel fluorescent silicones

## MEDIA APPEARANCES AND ARTICLES ONLINE

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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/lumbarspinalstenosis>.
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/sjoint>.

## **AWARDS**

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2018	“Best of Reno” 1 <sup>st</sup> place, Back Surgery/Treatment, <i>Reno Gazette Journal</i>
11/2013	Andrew N. Swanson, MD Scholarship
3/2013	Mast Award – <i>Best Planning and Reduction Technique in Fracture Management</i> . AO Trauma Basic Principles of Fracture Management Course for Residents

## **ADDITIONAL EXPERIENCE**

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- 2016-current **Team Physician**, US Freestyle Ski Team  
January 2019, XGames, Aspen, Colorado  
January 2018, XGames, Aspen, Colorado  
December 2017, Dew Tour, Breckenridge, Colorado  
February 2017, Freestyle World Championships, Sierra Nevada, Spain
- 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
- 2013-current **Reviewer**, Bone and Joint Journal
- 2015-current **Reviewer**, Clinical Orthopedics and Related Research (CORR)
- 2016-18 **Member**, Nevada Orthopedic Society
- 2016-18 **Member**, Washoe County Orthopedic Society
- 2016-18 **Team Physician**, Reno Bighorns, Reno Aces, 1868 Football Club
- 2010-15 **Member**, HSS Journal Editorial Board
- 2010-15 **Member**, HSS Housing Committee
- 2013-14 **Team Physician**, Benjamin N. Cardozo HS Football Team
- 2013-14 **Instructor**, Weill Cornell Medical College Physical Diagnosis Course
- 2007-09 **Chief Editor**, Columbia Medical Review
- 2006-07 **Tutor**, Columbia University Student Success Network and Peer Support Network
- 2006 **Microsurgery Training Course**, Columbia University Medical Center
- 2005-09 **Spanish Interpreter**, Columbia Presbyterian Hospital

## **PROFESSIONAL REFERENCES**

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Available on request.

## **INTERESTS AND HOBBIES**

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Tennis, skiing, rock climbing, triathlon, rugby, cycling.

## **LANGUAGES SPOKEN**

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Spanish, fluent.