

# RYAN STEPHENSON, D.O.

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Medical Expert- Physical Medicine and Rehabilitation

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## Current Positions

CV revision date: 10/16/2025

ROCKY MOUNTAIN REGIONAL VETERANS AFFAIRS MEDICAL CENTER, Aurora, Colorado

*Department of Physical Medicine & Rehabilitation*, 2009 to present

Physiatrist

Medical Director of Orthobiologics - 2021 to present

Medical Director of Polytrauma and Brain Injury (Polytrauma Network Site) - 2012 to 2020

Medical Director of Amputee Rehabilitation Program - 2012 to 2014 and 2022 to 2023

Medical Director of PM&R Inpatient Rehabilitation Consultation Service- 2009 to 2013

## Academic Positions

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UNIVERSITY OF COLORADO HEALTH SCIENCE CENTER, Aurora, Colorado

*Department of Physical Medicine & Rehabilitation*, 2009 to present

Associate Professor of Clinical Practice- Physical Medicine and Rehabilitation; 2015-present

Assistant Professor- Physical Medicine and Rehabilitation; 2009 to 2015

## Non-Academic Positions

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MEDSCAPE (MEDSCAPE.COM)

Chief Editor, Physical Medicine and Rehabilitation Section; 2017 to present

## Education

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BAYLOR COLLEGE OF MEDICINE, Houston, Texas

*Physical Medicine & Rehabilitation, resident*, 2007-2009

TUFTS – NEW ENGLAND MEDICAL CENTER, Boston, Massachusetts

*Physical Medicine & Rehabilitation, resident*, 2006-2007

ST. VINCENT HOSPITAL / WORCESTER MEDICAL CENTER, Worcester, Massachusetts

*Internal Medicine, intern*, 2005-2006

UNIVERSITY OF NEW ENGLAND COLLEGE OF OSTEOPATHIC MEDICINE, Biddeford, Maine

*Doctor of Osteopathic Medicine*, 2001-2005

GORDON COLLEGE, Wenham, Massachusetts

*Bachelor of Science in Biology, Cum Laude*, 1994-1998

## Licensure and Board Certifications

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- Medical Licensure, Colorado State Board of Medical Examiners; 2009-present.
- Board Certification, Physical Medicine and Rehabilitation; 2010-present
- Board Certification, Electrodiagnostic Medicine; 2012-present
- Board Certification, Brain Injury Medicine; 2022-present
- Board Certification, Pain Medicine; 2025-present
- Certified Life Care Planner; 2024-present

## Honors, Special Recognitions and Awards

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- President's Research Initiative Award, principal investigator- Poster Presentation, AANEM; 2015
- Golden Goniometer Teaching Award, selected by residents for "*Excellence in Teaching*"; University of Colorado, Department of PM&R; 2013-2014 and 2024-2025
- Best Clinical Practice Award; New Horizons in Rehabilitation conference; 2012
- Critical Review of the Literature- Audience Award (selected by audience vote as best presentation); Baylor/UT PM&R Alliance; 2008
- Critical Review of the Literature- Research Award (selected by faculty panel as best research presentation); Baylor/UT PM&R Alliance; 2008
- American Academy of Pain Medicine- *Essentials Scholarship*; selected based on application and recommendations demonstrating interest in pain medicine; 2008
- Sigma Sigma Phi, Kappa Chapter- Medical School Honors Society; 2002-2005
- New England College Consortium Science Scholarship recipient.

## Major Committee and Service Responsibilities

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- Polytrauma and TBI Medical Director, VISN 19; 2012-2020.
- Regional Amputation Center Medical and Programmatic Director; 2012-2014 and 2022-2023.
- Co-Chair, Performance Metrics Committee; Amputation System of Care; Department of Veterans Affairs; 2013-2014.
- Dysphagia Team Medical Director; 2011-2019.

## Appointments and Community Outreach

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- RSVP Colorado, free clinic for uninsured individuals with disability; Volunteer Physician 2022- present
- National Veterans Summer Sports Clinic, San Diego, CA; Volunteer Event Physician 2012-present
- Center for Personalized Education for Physicians; Ad hoc Physician Reviewer 2014-2019
- National Veterans Wheelchair Games, Denver, CO; Volunteer Event Physician July 2010
- Denver Street School (High School)- Sciences and Life Skills Class; Volunteer Educator 2014

## Invited Lectures and Presentations

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- "Platelet Rich Plasma in Musculoskeletal Medicine" July, 2025
  - Rocky Mountain Regional VA Medical Center- Grand Rounds
- "Musculoskeletal Procedures and Chronic Pain" January, 2020
  - University of Colorado Internal Medicine Residency Program
- "Pain" September, 2019
  - Rocky Mountain Regional VA Medical Center, Polytrauma Program
- "Common Medical Issues in the Amputee" November, 2013
  - VISN 19 presentation to primary care providers
- "Amputee Pain Management" November, 2011
  - Regional presentation to amputee specialty providers
- "Mild Traumatic Brain Injury" April, 2010
  - Presentation to primary care providers in Colorado Springs and Pueblo, CO
- "Amputee Pain Management for Patients" January, 2012
  - Presentation to amputees and family members at the VA Peer Support Group, Aurora, CO
- "Introduction to Musculoskeletal Ultrasound" September, 2010
  - Presentation to Denver VA Physical Therapists about the utility of diagnostic ultrasound

## Teaching Record

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UNIVERSITY OF COLORADO SCHOOL OF MEDICINE, Aurora, Colorado

### ***Instructor/Lecturer, University of Colorado PM&R residency***

- "Understanding Low Back Pain in Traumatic Lower Limb Amputees" October, 2024
- "Prosthesis Use in Adult Acquired Major Upper Limb Amputees" April, 2024
- "The Physiatrist's Role in Life Care Planning and Litigation Support" June, 2023
- "Musculoskeletal Ultrasound Workshop" May, 2022
- "An Approach to Advanced Electrodiagnostics" April, 2016
- "Common Entrapment Neuropathies" March, 2014
- "Facial Nerve Conduction Studies" September, 2013
- "Advanced Topics in Electrodiagnostic Medicine" August, 2012
- "Introduction to Exercise Physiology" September 2011
- "Autonomic Dysreflexia in Spinal Cord Injury" September 2010
- "Transtibial Amputee Gait Deviations" December 2010
- "Common Lower Extremity Entrapment Neuropathies" February, 2010

### ***Lecturer- Recurring Topics, University of Colorado PM&R residency***

- "Live Electrodiagnostic Waveform Analysis" (annual lecture) 2009-present
- "EMG Practice Workshops" (bi-annual workshop) 2009-present
- "Intermediate EMG Practical Examination" 2011-2015
- "Repetitive Nerve Stimulation Techniques in Electrodiagnostic Medicine" 2009-2017

### ***Ward/Clinic Attending Responsibilities, University of Colorado PM&R residency***

- Musculoskeletal Clinic- supervision and clinic teaching; 2009-present
- Electrodiagnostic Medicine Clinic- supervision and clinic teaching; 2009-present
- Amputee Clinic- supervision and clinic teaching; 2009-present
- Brain Injury Clinic- supervision and clinic teaching; 2012-2020
- Inpatient Rehabilitation Consultation Service- supervision and bedside teaching; 2009-2013

### ***Course Director - PM&R resident didactic curriculum***

- Exercise Physiology, residency didactic series 2010 – 2015
- Cardiac and Pulmonary Rehabilitation, residency didactic series 2014 – 2015

BAYLOR COLLEGE OF MEDICINE, Houston, Texas

### ***Presenter/Lecturer***

- "Combination Pharmacotherapy for the Treatment of Neuropathic Pain" August, 2008
- "Evaluation of Function, Performance, and Preference as Transfemoral Amputees Transition From Mechanical to Microprocessor Control of the Prosthetic Knee" Journal Club December, 2007
- "Musculoskeletal Changes in Rheumatoid Arthritis" November, 2007

TUFTS – NEW ENGLAND MEDICAL CENTER, Boston, Massachusetts

### ***Presenter/Lecturer***

- "Autonomic Dysreflexia - Understanding the Pathophysiology" January, 2007
- "Stroke and Neurodegenerative Disorders" December, 2006
- "Traumatic Brain Injury - Imaging Diffuse Axonal Injury" November, 2006
- "High-Dose Atorvastatin after Stroke or Transient Ischemic Attack" October, 2006

HARVARD MEDICAL SCHOOL – SPAULDING REHABILITATION HOSPITAL, Boston, Massachusetts

**Table Trainer**

- Introduction to Osteopathic Manipulative Treatment September, 2006

ST. VINCENT HOSPITAL / WORCESTER MEDICAL CENTER, Worcester, Massachusetts

**Presenter**

- “Metastatic Paraganglioma” January, 2006
- “Hypercalcemia of Malignancy” December, 2005
- “Pain Management in CREST Syndrome” September, 2005

**Review and Referee Work**

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- Ad hoc Reviewer; *BioMed Research International* 2013- 2019
- Ad hoc Reviewer; *The Journal of Head Trauma Rehabilitation* 2014- 2019

**Conferences/Continuing Education (past 5 yrs)**

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- Academy of Physician Life Care Planners Conference April, 2025
- American Academy of Physical Medicine and Rehabilitation Conference November, 2024
- Expert Witness Training, SEAK December, 2023
- Advanced Regenerative Medicine Institute Conference February, 2023
- International Association of Life Care Planners 2022 Summit May, 2022
- Independent Medical Examinations, SEAK April, 2022
- Advanced Regenerative Medicine Institute Conference September 2021

**Research**

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UNIVERSITY OF COLORADO/DENVER VA MEDICAL CENTER, Aurora/Denver, Colorado

***Spirituality and Mild Traumatic Brain Injury***

- In collaboration with the Mental Illness Research, Education, & Clinical Center. COMIRB# 13-2983
- Principal Investigator

***Physical Function during Prosthetic Training and Long-Term Follow-up after Lower Limb Amputation***

- In collaboration with University of Colorado Dept of PM&R. COMIRB# 12-0238
- VA Principal Investigator
- Funded through K-12 Comprehensive Opportunities for Rehabilitation Research Training (CORRT)

***Development of a Novel Biomechanical Model to Reduce Low Back Pain Among Lower Limb Amputees.***

- In collaboration with Colorado School of Mines and the University of Colorado Movement Science Laboratory. COMIRB# 11-0973
- VA Principal Investigator

***Characterizing Ankle Function during Sloped Locomotion for Prosthesis Development***

- Mentor for Career Development Award (PI Alena Grabowski, Ph.D.)
- COMIRB# 12-0553
- Funded by Department of Veteran’s Affairs Office of Research & Development

## What is the Optimal Stiffness and Height of a Running-Specific Leg Prosthesis?

- Collaborator
- COMIRB 13-2315
- Funded by Bridging Advanced Developments for Exceptional Rehabilitation (BADER) Consortium grant

## Publications/Presentations

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### Peer Reviewed Publications:

1. Shehin, S.S., **R.O. Stephenson**, and W.F. Greenlee. *Transcriptional Regulation of the Human CYP1B1 Gene: Evidence for Involvement of an Aryl Hydrocarbon Receptor Response Element in Constitutive Expression*. Journal of Biological Chemistry. 2000 Mar 10;275(10):6770-6.
2. De la Serna, I.L., K.A. Carlson, D.A. Hill., C.J. Guidi, **R.O. Stephenson**, S. Sif, R.E. Kingston, and A.N. Imbalzano. *Mammalian SWI/SNF Complexes Contribute to Activation of the hsp70 Gene*. Molecular and Cellular Biology. 2000 Apr;20(8):2839-51.
3. Butler MM, Skow DJ, **Stephenson RO**, Lyden PT, LaMarr WA, Foster KA. *Low frequencies of resistance among Staphylococcus and Enterococcus species to the bactericidal DNA polymerase inhibitor N(3)-hydroxybutyl 6-(3'-ethyl-4'-methylanilino) uracil*. Antimicrobial Agents and Chemotherapy. 2002 Dec;46(12):3770-5.
4. Foster KA, Barnes MH, **Stephenson RO**, Butler MM, Skow DJ, LaMarr WA, Brown NC. *DNA polymerase III of Enterococcus faecalis: expression and characterization of recombinant enzymes encoded by the polC and dnaE genes*. Protein Expression and Purification. 2003 Jan;27(1):90-7.
5. Christiansen CL, Fields T, Lev G, **Stephenson RO**, Stevens-Lapsley JE. *Functional Outcomes After the Prosthetic Training Phase of Rehabilitation After Dysvascular Lower Extremity Amputation*. PM&R. 2015 May 12. pii: S1934-1482(15)00234-8.
6. Loyd BJ, Fields T, **Stephenson RO**, Stevens-Lapsley JE, Christiansen CL. *Explaining Modified 2-Minute Walk Test Outcomes in Veterans with Traumatic or Non-Traumatic Lower Limb Amputation*. Journal of Rehabilitation Research and Development. 2016 Nov; 53(6):1035-1044.
7. Christiansen CL, Miller MJ, Murray AM, **Stephenson RO**, Stevens-Lapsley JE, Hiatt WR, Schenkman ML. *Behavior-Change Intervention Targeting Physical Function, Walking, and Disability After Dysvascular Amputation: A Randomized Controlled Pilot Trial*. Archives of Physical Medicine and Rehabilitation. 2018 May 7; (18)30284-3.
8. Kinney, AR, **Stephenson, RO**, Cogan, A, Forster, JE, Gerber, HR., & Brenner, LA. *Participation mediates the relationship between post-concussive symptoms and suicidal ideation among Veterans*. Am J Occup Ther. 2022 May 1;76(3):7603205020. doi: 10.5014/ajot.2022.048561. PMID: 35486717.
9. Kinney AR, Gerber HR, Forster JE, Hostetter TA, Brenner LA, **Stephenson RO**. *Morally Injurious Combat Events as an Indirect Risk Factor for Postconcussive Symptoms among Veterans: The Mediating Role of Posttraumatic Stress*. Psychological Trauma: Theory, Research, Practice, and Policy. 2023; Jan 15. PMID: 35084915.

### Electronic Peer Reviewed Publications:

1. Mark L. Miedema, MD and **Ryan O Stephenson, DO**. *Femoral Acetabular Syndrome*. PM&R Knowledge Now. 2011. Created 12/28/12, update by others 7/31/2017; accessed 4/12/22. Now updated by others. Available at: <https://now.aapmr.org/femoral-acetabular-syndrome/>
2. **Ryan O Stephenson, DO**. *Radiation-Induced Brachial Plexopathy*. Medscape Reference. 2013. Updated Apr 4, 2019, accessed 4/12/22. Available at: <http://emedicine.medscape.com/article/316497-overview>
3. **Ryan O Stephenson, DO** and Jeffrey Berliner, DO. *Autonomic Dysreflexia in Spinal Cord Injury*. Medscape Reference. 2013. Updated Jan 29, 2018, accessed 4/12/22. Available at: <http://emedicine.medscape.com/article/322809-overview>
4. **Ryan O Stephenson, DO**. *Modified Hoehn and Yahr Scale*. Medscape Reference. 2020. Accessed 4/12/22. Available at: <https://emedicine.medscape.com/article/2172546-overview>

### Peer Reviewed Abstracts (Poster Presentations):

1. Adam Abou-Elias, MD, **Ryan O. Stephenson, DO**, Smita Padala, MD, Dimitrios Angelis MD, Omer El-Amin, MD; Gordon Saperia, MD. *Hyperkalemia-Induced Cardiac Arrest with Presumptive Brain Death: Call the Code (or Not)!* Presented at the American College of Physicians 2005 Regional Annual Meeting.
2. **Ryan O. Stephenson, DO**, Adam Abou-Elias, MD, Smita Padala, MD, Dimitrios Angelis MD, Robert Bessette, MD, Stephen Pezzella, MD. *Permanent Cardiac Pacing in Lyme Carditis- When does a temporary condition require permanent intervention?* Presented at the American College of Physicians 2005 Regional Annual Meeting.
3. Joel B. See, MD, **Ryan Stephenson, DO**, Matthew Johnson, DO, Ryan Stephenson, DO. *Impaired Renal Function on Admission to Acute Rehabilitation*. Presented at the American Academy of Physical Medicine and Rehabilitation 2007 National Conference.
4. **Ryan O. Stephenson, DO**, Joel See, MD, Matthew Johnson, DO. *Atraumatic Knee Dislocation Precipitated by Sciatic Nerve Injury*. Presented at the Association of Academic Physiatrists 2007 National Conference.
5. Eric Shoemaker, DO and **Ryan O. Stephenson, DO**. *Rehabilitation in an Adult Male with Food-Borne Botulism*. Presented at the Association of Academic Physiatrists 2011 National Conference.
6. **Ryan Stephenson, DO** and Allison Franklin, DO. *Standardization of Medical Necessity Determination for Customized Wheelchair Mobility*. Presented at New Horizons In Rehabilitation Conference, June 2012. Received award for Best Clinical Practice.
7. **Ryan Stephenson, DO**. *Differentiation of Motor Neuron Disease and Chronic Inclusion Body Myositis in Clinical Practice*. Presented at Association of Neuromuscular and Electrodiagnostic Medicine National Conference, October 2012.
8. Cory Christiansen, Guy Lev, Thomas Fields, **Ryan Stephenson**. *Physical Rehabilitation Factors and Functional Mobility Changes after Dysvascular Amputation*. Presented at APTA Combined Sections Meeting, February 2015.

9. **Ryan O. Stephenson DO**, Holly R. Gerber BA, and Lisa A. Brenner PhD. *Rates of Moral Injury, Spirituality, and PTSD among OEF/OIF Veterans with Mild TBI*. Presented at New Perspectives in TBI Rehabilitation Conference, May 2015.
10. Holly Gerber, BA, **Ryan Stephenson, DO**, Lisa Brenner, PhD. *An Initial Examination of Moral Injury and Spirituality among OEF/OIF Veterans with Mild TBI*. Presented at Eastern Colorado Health Care System VA Research Days, May 2015.
11. **Ryan Stephenson, DO**, Brian James Loyd, PT, DPT, Cory L. Christiansen, PT, PhD. *Modifiable Gait Parameters Associated with Functional Mobility in Lower Limb Amputees*. Presented at the American Academy of Physical Medicine and Rehabilitation 2015 National Conference.
12. **Ryan Stephenson, DO**, Holly R. Gerber BA, and Lisa A. Brenner PhD. *Moral Injury, Spiritual Health, and PTSD in OEF/OIF Veterans with Mild TBI*. Presented at the American Academy of Physical Medicine and Rehabilitation 2015 National Conference.
13. Christopher McMullen, **Ryan Stephenson**, Jessica Prunte, Aliea Herbert. *The Influence Of A Working Diagnosis on Electrodiagnostic Outcomes: A Retrospective Review*. Presented at Association of Neuromuscular and Electrodiagnostic Medicine National Conference, October 2015. President's Research Initiative Award Recipient.
14. Jessica Prunte, **Ryan Stephenson**, Christopher McMullen, Aliea Herbert. *The Influence Of The Referring Provider's Specialty on The Diagnostic Yield Of Electrophysiological Studies*. Presented at Association of Neuromuscular and Electrodiagnostic Medicine National Conference, October 2015.
15. **Ryan Stephenson**. *Needle Electromyography Changes Associated With Exertional Sickling*. Presented at Association of Neuromuscular and Electrodiagnostic Medicine National Conference, October 2015.
16. **Ryan O. Stephenson DO**, Holly R. Gerber BA, Trisha A. Hostetter, MS, Jeri Forster, Ph.D, and Lisa A. Brenner PhD. *The relationship between moral injury and persistent mental and physical health symptoms among Veterans with mild traumatic brain injury*. International Brain Injury Association's 12th World Congress on Brain Injury, March 2017. Oral Presentation.
17. Kinney A, **Stephenson R**, Gerber H, Forster J, Hostetter T, Brenner L. *Participation Mediates the Relationship Between Post-Concussive Symptoms and Suicidal Ideation among Veterans*. 2021 OT Summit of Scholars. June 2021
18. Kinney A, **Stephenson R**, Gerber H, Forster J, Hostetter T, Brenner L. *Postconcussive Symptoms, Participation, and Suicidal Ideation*. American Occupational Therapy Association Inspire 2022 Conference. April 2022
19. Akay RB, Gaffney BMM, **Stephenson R**, Juarez-Colunga E, Cook P, Christiansen CL. *Walking Exercise Sustainability through Telehealth for Veterans with Lower-Limb Amputation (WEST)*. [online presentation] Medical Rehabilitation Research Resource (MR3) Network's 4th Annual Scientific Retreat. Online Conference; September 2024.