



Mobile: (800)966-7392 Email: contact@specialtyexperts.com

Vishal Thakral, DO, MS

PROFESSIONAL

Nov 2017 – Present

Dr. Vishal Thakral, Inc

696 Hampshire Road #180
Westlake Village, CA 91361

July 2017 – Present

2nd MD

Online Physician Consulting Services

Feb 2018 – Jan 2019

Beverly Hills Orthopedic Institute

8501 Wilshire Blvd Suite 316
Beverly Hills, CA 90211

Aug 2017 – Nov 2018

Chiro-Medical Group

Lobby Level, Three Embarcadero Center
San Francisco, CA 94111

Locums Sports Medicine Physician, outpatient clinic 2 days/week

Responsibilities/Skills: Diagnostic Ultrasound MSK Exams,
ultrasound-guided regenerative procedures (platelet rich plasma,
prolotherapy, bone marrow concentrate) for peripheral
joints/tendons/ligaments/muscles, neural-prolotherapy, trigger
points/biopuncture

Oct 2014 – July 2017

Health Link Medical Center/Regenexx

1125 South Beverly Drive Suite 720

Los Angeles, CA 90035

Regenerative Sports Medicine/Interventional Orthopedics

Responsibilities/Skills: fluoroscopic and/or ultrasound guided
regenerative (platelet rich plasma, prolotherapy, bone marrow
concentrate) injections of peripheral joints/tendons/ligaments/muscles
for chronic MSK conditions

2014 – 2018

Comprehensive Industrial Disability Management

Utilization Management Reviewer for PM&R, pain management,
orthopedic surgery

POST-GRADUATE EDUCATION

Fellowship

The Orthohealing Center

Orthobiologic Fellow

Los Angeles, California

August 2013-August 2014

Program Director: Steve Sampson, DO

Skills: EMG/NCS, diagnostic musculoskeletal ultrasound exams, ultrasound guided injections, trigger points, prolozone, platelet rich plasma, bone marrow concentrate, prolotherapy, neural-prolotherapy

Fellowship

San Diego Sports Medicine and Family Health Center Sports Medicine

San Diego, California

August 2012-July 2013

Program Director: Richard Parker, DO

Skills: acute sports medicine with game coverage, fracture management, primary care, ultrasound guided injections/diagnostics

Residency

Johns Hopkins Hospital

Department of Physical Medicine & Rehabilitation

July 2009-June 2012

Baltimore, Maryland

Program Director: R. Sam Mayer, MD

Internship

Henry Ford Hospital

Transitional/Rotating Internship

Detroit, MI

June 2008-June 2009

Program Director: Ana Lukowski, MD

EDUCATION

Medical School

West Virginia School of Osteopathic Medicine

Doctor of Osteopathy, 2008

Lewisburg, West Virginia

Graduate

Virginia Commonwealth University

Master of Science, 2004

Anatomy and Neuroscience

Richmond, Virginia

Undergraduate

Virginia Polytechnic and State University

Bachelor of Science, 2002

Biology

Blacksburg, Virginia

LICENSURE AND CERTIFICATIONS

Licensure: State of California: Physician License Number 20A12362

Diplomate, American Board of Physical Medicine and Rehabilitation

Diplomate, American Osteopathic Board of Physical Medicine and Rehabilitation

Certificate of Added Qualifications in Sports Medicine

Registered in Musculoskeletal Sonography (RMSK)

UNIVERSITY AFFILIATIONS

Clinical Assistant Professor of Physical Medicine and Rehabilitation, Western University of Health Sciences, Pomona, CA

PUBLICATIONS

Peer-reviewer: "Platelet-rich Plasma compared to corticosteroid injection in long-term patient outcomes of lateral epicondylitis" *Journal of Sport Rehabilitation* 2014

Peer-reviewer: "Multiple Platelet Rich Plasma Injections for the treatment of refractory Achilles Tendinopathy." *Blood Transfusion* 2014

Peer-reviewer: "Effect of activated autologous platelet-rich plasma on chondrogenic differentiation of rabbit bone marrow-derived mesenchymal stem cells in vitro." *Cell Proliferation* 2014

Author, Book Chapter: Image-Guided Spinal Procedures: Iliac Crest Bone Marrow Aspiration: Ultrasound Guidance: Shounuck Patel, **Vishal Thakral**

Abstracts/Posters

Thakral, V. Bone Marrow Concentrate with and without Arthroscopic Repair for Rotator Cuff Tear: A Case Report. The Orthobiologic Institute, Las Vegas Nevada 2014. (Accepted for poster presentation)

Steven Sampson DO, Hunter Vincent MS III, Danielle Aufiero MD, **Vishal Thakral DO**, Angie Botto-van Bemden PhD Autologous Bone Marrow Concentrate: *Healthy Aging Research* Oct. 2014. TOBI meeting abstracts A29

Review and Application of a Novel Intra-Articular Orthobiologic for Cartilage Disease

Thakral, V. Ultrasound Guided Aspiration and Lavage of Calcific Tendinosis. *American Osteopathic Association of Sports Medicine*. Colorado Springs, Colorado 2013. (Accepted for poster presentation)

Kieu P., **Thakral V.**, Arene N., Martin Z. Recovery of an Infected Baclofen Pump. American Academy of Physical Medicine and Rehabilitation. *Association of Academic Physiatrists*. Phoenix, Arizona 2011. (Accepted for Poster Presentation)

INVITED PRESENTATIONS

2018 March Interventional Orthopedics Foundation. Ultrasound Instructor: Hip, Knee, Level 1

2017 July Interventional Orthopedics Foundation. Ultrasound Instructor: Hip, Shoulder, Knee Level 1 injections

2015 May "Bone Marrow Concentrate: The Next Generation of Biologic Injectables for Osteoarthritis" Western University COMP Annual CME Day

2014 June "5th Annual PRP and Regenerative Medicine Symposium and Cadaver Lab" Faculty for Bone Marrow Aspiration in Cadaver Lab.

2014 May "Bone Marrow Concentrate for Upper Extremity Injuries" American Osteopathic Academy of Orthopedics Post Graduate Seminar. Dallas, TX

2014 April "Stem Cells and Sports Medicine" American Association of Orthopedic Medicine 31st Annual Conference. Clearwater, FL

2013 Dec "Emerging biologic cell based therapies" Athletes Performance Center Los Angeles, CA

2013 Nov "MSK Ultrasound and PRP in Sports Medicine" Southern California University of Health Sciences

2013 June "Head Injury in Sports Medicine" Western University, Pomona, CA

2012 June "Proliferative Therapies" Grand Rounds Department of Physical Medicine and Rehabilitation at Johns Hopkins Hospital, Baltimore, MD.

2011 July "Prevention of Venous Thromboembolism in Spinal Cord Injury" Morbidity and Mortality Conference. Johns Hopkins Hospital, Baltimore, MD.

ENRICHMENT COURSES COMPLETED

2017 “Annual Conference” Interventional Orthopedics Foundation Broomfield CO
2016 American Osteopathic Association OMID Anaheim, CA
2015 “32nd Annual Conference” American Association of Orthopedic Medicine New Orleans, LA
2014 “5th Annual PRP and Regenerative Medicine Symposium and Cadaver Lab” The Orthobiologic Institute. Las Vegas, NV
2014 “Post Graduate Seminar” American Osteopathic Academy of Orthopedics. Dallas, TX
2014 “31st Annual Conference” American Association of Orthopedic Medicine. Clearwater, FL
2013 “PRP and Regenerative Therapies” The Orthobiologic Institute. Los Angeles, CA
2013 “Annual Clinical Conference” American Osteopathic Association of Sports Medicine, Colorado Springs, CO
2012 “MedStar NRH Ultrasound Symposium: Applications in Acute and Chronic Pain” Washington, DC
2012 “Spinal Disorders Conference” The Johns Hopkins University School of Medicine, Baltimore, MD.
2011 “Imaging and Managing Athletic Injuries” Harvard University, Boston MA
2011 “Annual Assembly” American Academy of Physical Medicine and Rehabilitation, Orlando, FL
2011 “Primary Care Approach to treating the Injured Athlete” Towson Sports Medicine Towson, MD
2010 “Assistive Technology in Musculoskeletal Practice” Baltimore, MD
2010 “Advanced Team Physician Course” American College of Sports Medicine Washington, DC
2010 “Annual Meeting” American College of Sports Medicine, Baltimore, MD
2010 “1st Annual World Congress on Exercise is Medicine” Baltimore MD

INTERNATIONAL EXPERIENCE

2011 **Vietnam Assistance for the Handicapped**
Danang, Vietnam
R. Sam Mayer, MD
Workshops on Fundamentals of Rehabilitation

MEMBERSHIP AND PROFESSIONAL SOCIETIES

American Osteopathic Association of Sports Medicine
American Academy of Physical Medicine & Rehabilitation
American Osteopathic Association
American Association of Orthopaedic Medicine