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## **CERTIFICATIONS**

Board Certified in Sports Medicine	2013-
American Board of Independent Medical Examiner	2009-
Diplomate of the American Board of Physical Medicine and Rehabilitation	2005-
ACLS/BLS	2004-

## **TRAINING AND EDUCATION**

### **RESIDENCY**

Division of Physical Medicine and Rehabilitation University of Utah School of Medicine, Salt Lake City, Utah	2001-2004
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### **INTERNSHIP**

Transitional Internship LDS Hospital, Salt Lake City, Utah	2000-2001
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### **MEDICAL SCHOOL**

Mayo Medical School Mayo Clinic, Rochester, Minnesota	1995-2000
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### **UNDERGRADUATE**

Wesleyan University Middletown, Connecticut B.A. in English	1988-1992
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Tufts University Medford, Massachusetts Pre-medical science requirements	1993-1994
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School for International Training 1991  
Kathmandu, Nepal

### **PROFESSIONAL EXPERIENCE**

Eastern Idaho Regional Medical Center, Idaho Falls, ID 2008-  
Medical director, inpatient rehabilitation unit

Eastern Idaho Spine Center, Idaho Falls, ID 2008-  
Electrodiagnostics, epidural injections, outpatient musculoskeletal practice, inpatient  
rehabilitation, wound care

Linfield College, McMinnville OR 2006-2008  
Associate Team Physician  
Monthly clinic for athletes with injuries

Willamette Valley Medical Center, McMinnville OR 2004-2008  
Medical director, inpatient rehabilitation unit

Northwest Physical Medicine, McMinnville OR 2004-2008  
Solo practitioner for semi-rural area, electrodiagnostics, fluoroscopically-guided  
lumbar spinal injections, general physiatric outpatient practice. Founded and  
developed busy outpatient practice, added second provider in 2005.

University of Utah men's ice hockey team, 2002  
Substitute team physician  
Salt Lake City, UT

National Park Service, Denali National Park, Talkeetna, Alaska 2001  
Physician for search and rescue

### **ADMINISTRATIVE/TEACHING EXPERIENCE**

American College of Physician Executives: 2005  
Leadership for Program Directors: Rehabilitation Program

Administration for Physicians: A Medical Leadership Program 2003  
David Eccles School of Business/University of Utah School of Medicine

Chief Resident, Physical Medicine and Rehabilitation 2002-2003  
University of Utah School of Medicine

Managed administrative responsibilities for residency program, functioned as liaison between faculty and residents, tutored junior residents, facilitated monthly journal club

University of Utah Medical School, Neuroanatomy Course 2002  
Instructor for 2<sup>nd</sup> year medical students in clinical correlative to neuroanatomy course

### **HONORS AND AWARDS**

Outstanding Resident of the Year Award 2004  
University of Utah School of Medicine  
Division of Physical Medicine and Rehabilitation

Junior Member Recognition Award 2004  
American Association of Electrodiagnostic Medicine

Dean's Award Scholarship 1995-2000  
Mayo Medical School, Rochester, Minnesota  
Full-tuition, merit-based award

James A. Manning Pediatric Cardiology Fund Award 1998  
Strong Memorial Hospital, Rochester, New York

Samuel W. Clausen Fellowship 1998  
Strong Memorial Hospital, Rochester, New York

American Heart Association Student Scholar  
In Cardiovascular Diseases and Stroke 1998

Harry N. Hoffman II Humanitarian Scholarship 1997  
Mayo Medical School, Rochester, Minnesota  
Supported travel to Nepal to provide rural health care

### **LICENSURE**

Idaho State Licensure 2007-  
Oregon State Licensure 2004-2008  
Utah State Licensure 2001-2012  
USMLE Step III 2001  
USMLE Step II 2000  
USMLE Step I 1997

### **MEMBERSHIP IN PROFESSIONAL SOCIETIES**

American College of Sports Medicine	2013-
American Academy of Medical Acupuncture	2012-
American Academy of Pain Management	2012-
American Medical Association	2009-
International Spinal Intervention Society	2007-
Oregon Society of Physical Medicine and Rehabilitation	2005-2008
McMinnville Physicians Organization	2004-2008
American Association of Electrodiagnostic Medicine	2003-
American Academy of Physical Medicine and Rehabilitation	2001-
American Paraplegia Society	2001-2004
Utah Medical Association	2000-2004
Minnesota Medical Association	1995-2000

### **PRESENTATIONS AND LECTURES**

“Nutrition”. Inpatient rehabilitation unit. Eastern Idaho Regional Medical Center, 2013.

“Heal faster with less time off!”. Local running shop, Idaho Falls, Idaho, 2013.

“Hot topics in physical medicine and rehabilitation”. Medical Grand Rounds. Eastern Idaho Regional Medical Center, 2013.

“Emerging treatments for musculoskeletal disorders: Regenerative Injection Techniques”. Inpatient rehabilitation unit. 2011.

“Oh my achin’ back”. Medical Grand Rounds. Eastern Idaho Regional Medical Center. 2008.

“Work-related back pain”. Geriatric Forum. Eastern Idaho Regional Medical Center, 4/2008.

“Oh my achin’ back: non-surgical options for spinal stenosis”. Learning Lecture Series. Willamette Valley Medical Center, 6/2006.

“What in the world is physiatry?”. Volunteer’s Guild Annual Meeting. McMinnville, OR. 4/2006.

“Physiatry...not psychiatry!”. Community Lecture Series, Willamette Valley Medical Center, 3/2005.

“Epidural injections”. Therapy services staff. Willamette Valley Medical Center, 2/2005.

“Inpatient Rehabilitation”. Medical staff meeting, Willamette Valley Medical Center, 9/2004.

“Fluoroscopically-guided lumbar epidural injections”. Anesthesiology staff. Willamette Valley Medical Center, 9/2004.

“Pain perception in women using monopolar and concentric needle electrodes”. Grand Rounds, University of Utah Division of Physical Medicine and Rehabilitation, 06/2004.

“Pregnancy, labor and delivery in women with disabilities”. Grand Rounds, University of Utah Division of Physical Medicine and Rehabilitation, 12/2002.

“Special topics in women with spinal cord injury”. Grand Rounds, University of Utah Division of Physical Medicine and Rehabilitation, 5/2002.

“High altitude illnesses”. LDS Hospital, 5/2000.

“Steroid myopathy”. LDS Hospital, 10/2000.

## **BIBLIOGRAPHY**

Balbierz JM, Petajan JH, Alder SC, **Vlach SA**. Differences in pain perception in women using concentric and monopolar needles. *Archives of Physical Medicine and Rehabilitation* 2006: 87(10).

**Vlach SA**, Petajan J, Balbierz J. Pain perception in women using monopolar and concentric needle electrodes. Abstract presented at American Association of Electrodiagnostic Medicine Annual Scientific Meeting, November 2004.

Al-Attar I, Orav EJ, Exil V, **Vlach SA**, Lipshultz SE. Predictors of cardiac morbidity and related mortality in children with acquired immunodeficiency syndrome. *Journal of the American College of Cardiology* 2003: 41(9).

**Vlach SA**, Lipshultz SE, Lipsitz SR, Sallan SE, Colan SD. Cardiac effects of growth hormone therapy in children with left ventricular dysfunction [abstract]. *Pediatric Research* 1999: 45;32A