



Michael K. Turner, M.D., FAAPMR

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MISSION

Creating an experience of God's love through exceptional healthcare.

EDUCATION

The Mayo Clinic Residency, Department of Physical Medicine and Rehabilitation	Rochester, MN
The Mayo Clinic Internship, Department of Internal Medicine	Rochester, MN
Harvard Medical School M.D., Class of 2005	Boston, MA
Stanford University B.A., Human Biology, Class of 1997	Stanford, CA

BOARD CERTIFICATIONS

American Board of Physical Medicine and Rehabilitation, 95% percentile oral examination score.
United States Medical Licensing Examination: Parts 1, 2, and 3

MEDICAL LICENSURE

Washington (2009-)
Washington Department of Labor and Industries Approved Provider
Minnesota (2005-2009)
Florida (2008-2009)
Arizona (2008-2009)

PROFESSIONAL SOCIETIES

American Academy of Physical Medicine and Rehabilitation
American Association of Orthopaedic Medicine
American Academy of Anti-Aging Medicine
Washington State Medical Association
Benton-Franklin County Medical Society
Mayo Clinic Alumni Association
Harvard Alumni Association
Stanford Alumni Association
Christian Medical and Dental Association

PROFESSIONAL APPOINTMENTS

Staff Physician, Kadlec Neuroscience Center, 2009-2020

HONORS/AWARDS

Mayo Department of Physical Medicine and Rehabilitation, Outstanding Senior Resident Research Award
Winner of the G. Keith Stillwell memorial award for excellence in research.

Mayo International Health Program Scholarship

Competitive scholarship providing funding for one month of international work.
Worked in an outpatient rehabilitation center in the Dominican Republic.

Harvard Medical School, \$9,000 Research Grant, Office of Enrichment Programs,
Competitive grant used to conduct a year-long medical education research project.

Stanford University, \$2,000 Research Grant, Office of Undergraduate Research Opportunities
Competitive grant used to conduct a project relating to street children in the Dominican Republic.

Stanford University, President's Award for Academic Excellence

One of only 50 students selected from a class of 1600 to be recognized for outstanding academic achievement during the freshman year of college.

PUBLICATIONS

Prevalence and Clinical Correlates of Vitamin D Inadequacy Among Patients with Chronic Pain

Turner M.K., Hooten W. M., Schmidt J.E., Kerkvliet J.L., Townsend C.O., Bruce B.K.
Pain Medicine, 8:979-984, 2008

Web-Based Learning Versus Standardized Patients For Teaching Clinical Diagnosis: A Randomized, Controlled, Crossover Trial

Turner, M.K., Simon, S., Facemyer, K.C., Newhall, L.M., & Veach, T.L.
Teaching and Learning in Medicine, 18:208-214, 2006

Brainchip for Biochemistry: a USMLE step 1 review

Turner M.K., Lee S. ISBN 0-632-04636-8, 2002 Blackwell Science

PRESENTED PAPERS, PRESENTATIONS, WORKSHOPS, CONFERENCES, AND SYMPOSIA

Corporate Wellness Initiative

11 week program for faculty and staff, Educational Service District Pasco WA, 2017

Achieving Optimal Wellness

Oasis Physical Therapy, community education event, 2014

Living with Chronic Pain

Kadlec Neurologic Resource Center, community education event, 2013

Mayo Clinic Hand Seminar

National Meeting of the American Academy of Physical Medicine and Rehabilitation, 2012

Mayo Clinic Hand Seminar

National Meeting of the American Academy of Physical Medicine and Rehabilitation, 2011

Problem-Focused Physical Examination of the Neck and Low Back

Kadlec Neuroscience Center, regional CME presentation for primary care providers, May 2010

Understanding Low Back Pain and Sciatica

Oasis Physical Therapy, educational presentation for therapists and the general public, Pasco WA, January 26, 2010

Vitamin D: Physiology and Implications for Clinical and Laboratory Medicine

Grand Rounds, The Mayo Clinic Department of Laboratory Medicine and Pathology, May 20, 2009

Strategies to Reliably Achieve Partial Weight-Bearing

Grand Rounds, The Mayo Clinic Department of PM&R, July 20, 2007

The Relevance of Vitamin D Status for Clinical PM&R Practice

Grand Rounds, The Mayo Clinic Department of PM&R, May 11, 2007

Vitamin D Deficiency and Opioid Usage Among Chronic Pain Patients

Turner M.K., Hooten W. M., Schmidt J.E., Kerkvliet J.L., Townsend C.O., Bruce B.K.

The Association of Academic Physiatrists Annual Conference, San Juan, Puerto Rico, April 14, 2007

Comparison of Two Formats for Teaching Clinical Diagnosis to Medical Students: Standardized Patient Versus Computer Case Presentations

Turner, M. K., Newhall, L., Dudding, B., Veach T. L., & Facemyer, K. C.

The Annual AAMC Generalist in Medical Education Conference, Washington DC, November 9, 2003

Evaluation of Standardized Patients and the Diagnostic Reasoning (DxR) Case Simulator in Teaching Diagnostic Reasoning Skills to Second Year Medical Students

Turner, M. K., Facemyer, K. C., & Veach T.L.

The American Evaluation Association Annual Conference, Sparks, Nevada, November 5, 2003

RESEARCH EXPERIENCE

Vitamin D Deficiency and Opioid Usage Among Chronic Pain Patients, Mayo Clinic

Initiated a research project aimed at quantifying the prevalence of Vitamin D deficiency and its correlation with opioid usage and other relevant variables, among patients referred for multidisciplinary pain rehabilitation. Manuscript published in *Pain Medicine*.

Teaching Clinical Skills to Medical Students, University of Nevada School of Medicine

Designed and administered a year-long medical education research project comparing the efficacy of a computer-based program versus a standardized patient to teach diagnostic reasoning skills. Outcome measures were ability to influence final exam scores, cost, and student affinity. Supported by research grants from Harvard Medical School and the University of Nevada School of Medicine.

CAREER DEVELOPMENT

- 2019 *American Academy of Anti-Aging Medicine*, Las Vegas NV
- 2019 *Endocrine and Neurotransmitter Symposium*, Labrix, Portland OR
- 2018 *Functional Regenerative Medicine*, Boston Biolife, Scottsdale AZ
- 2016 *American Association of Orthopaedic Medicine Annual Conference*, Clearwater FL
- 2015 *American Association of Orthopaedic Medicine Annual Conference*, New Orleans LA
- 2015 *American Academy of Anti-Aging Medicine*, Fort Lauderdale FL
- 2014 *American Association of Orthopaedic Medicine Annual Conference*, Clearwater FL
- 2012 *American Academy of Physical Medicine and Rehabilitation Annual Conference*, Atlanta GA
- 2011 *American Academy of Physical Medicine and Rehabilitation Annual Conference*, Orlando FL
- 2010 *American Academy of Physical Medicine and Rehabilitation Annual Conference*, Seattle WA
- 2009 *North American Spine Society Annual Conference*, San Francisco CA
- 2008 *Hands-on Musculoskeletal Ultrasound: Diagnostic and Interventional Techniques*, 3 day CME, American Institute of Ultrasound in Medicine
- 2008 *Fundamentals of Musculoskeletal Ultrasound*, 7 day CME Course, University of Michigan
- 2007 *Botulinum Toxin*, CME Course, University of Michigan
- 2007 Teaching Assistant, Mayo Medical School, Year 1 Musculoskeletal Physical Exam Skills course
- 2007 Symposium: *ImPACT Concussion Management Program*
- 2006 Teaching Assistant, Mayo Medical School, Year 1 Musculoskeletal Physical Exam Skills course
- 2006 Pre-participation physical examinations for area high-school athletes
- 2006 *Spine Pain*: Mayo Health System Regional Rehabilitation Conference
- 2006 Team Physician, John Marshall High School football

LEADERSHIP

- 2020 Board Member, Grace Kitchen
- 2014 Founder and CEO, Aspire Enterprises Inc.

- 2013-14 Board Member, Kadlec Neurologic Resource Center
- 2012 Organized a continuing education conference for local physical therapists
- 2010 Organized the multidisciplinary Neuroscience Case Conference Series
- 2010 Physician Leader of the Planetree Committee, Kadlec Neuroscience Center
- 2009 Proposed and facilitated integration of the computer systems between Kadlec physical therapy and the Kadlec Neuroscience Center
- 2008 Project Leader for a yearly resident triathlon fundraiser to benefit a local charity. Raised over \$3,000
- 2008 Developed a patient education handout used by the Cardiovascular Health Clinic (“Guidelines for Healthy Eating”)
- 2008 Researched appropriate outcome measures for foot pain patients at the Sports Medicine Center. These have now been incorporated to quantify pre and post-injection pain and disability levels.
- 2007 Initiated the “Resident Appreciation Award”, a yearly mechanism to honor faculty and staff for support of residents
- 2007 Elected to be the class representative on the Mayo PM&R Residency Education Committee
- 2006 Developed the evidence-based protocol used for the assessment and repletion of Vitamin D levels of all patients entering the Mayo Pain Rehabilitation Program
- 2000-05 Elected medical school class representative to the Harvard University Health Services Advisory Committee

WORK EXPERIENCE

Emergency Room and Urgent Care Physician

Overnight and weekend shifts.

Albert Lea Medical Center, Winona Health, Apple Valley Medical Center, 2007-09

Southeast MN

SAT and MCAT Instructor

Instructor for weekly SAT and MCAT test preparation classes.

Kaplan Educational Services, 2001-2002

Boston, MA

Academic Tutor

Started a business during first and second year of medical school that provided personalized tutoring to local high school students. Areas of specialty were math, science, and Spanish.

Ivy League Tutorial Services, 2000-2002

Boston, MA

Middle School Math and Science Teacher

Responsible for teaching concepts from biology, chemistry and physics to seventh and eighth graders, and for teaching algebra to eighth graders. Responsible for over one hundred students.

St. Joseph's School, 1998-99

Atherton, CA

Fifth Grade Classroom Teacher

Full-time position as a fifth grade instructor for a class of 35 students.

Position also required the development and teaching of a General Science curriculum to all three fifth grade classes (total of 115 students).

Valley Oak Elementary School, 1997-98

Fresno, CA

SPECIAL SKILLS

Fluent in Spanish.

Lived and worked extensively in Latin America

PERSONAL

Married with eight children

Brown Belt in Judo

Enjoys basketball, weight training and yoga