

JOSEPH CHEN, MD
REHAB MEDICINE & PAIN COACHING, LLC

West Glen Town Center
Regus Office Suites, 4th Floor
5550 Wild Rose Lane
West Des Moines, Iowa 50266

JosephChenMD@IowaRehabMedicine.com
(319) 360-0262

Updated June 23, 2025

I. EDUCATIONAL HISTORY

A. Institutions Attended

- 1988-1992 **Brown University**, Providence, Rhode Island, (Sc.B. Engineering, Concentration in Biomedical Engineering)
- 1992-1996 **Brown University School of Medicine**, (MD) Providence, Rhode Island.
- 1996-1997 Preliminary Internal Medicine Internship, **Mayo Clinic College of Medicine**, Rochester, Minnesota.
- 1997-2000 Physical Medicine and Rehabilitation Residency, **Mayo Clinic College of Medicine**, Rochester, Minnesota.

Responsibilities: Residency experience included the medical management and patient care for adults in an inpatient setting including patients requiring rehabilitation services and outpatient consultations for patients requiring physical, occupational, and/or speech therapy.

PROFESSIONAL HISTORY

- Present Joseph Chen, MD Rehab Medicine & Pain Coaching, LLC
Micropractice in Physical Medicine and Rehabilitation
Offices located at:
- 5550 Wild Rose Lane, Regus Offices, 4th Floor, West Des Moines, Iowa 50266
 - 1120 Depot Lane SE, Office Evolution Suite #100, Cedar Rapids, Iowa 52401

CURRICULUM VITAE

Joseph J. Chen, MD

page 2

- 4620 East 53rd Street, Regus Offices, 2nd Floor, Davenport, Iowa 52807

Certificate of Insurance from Professionals Solutions Insurance
Company Policy #: PMD0001040348

Staff Physiatrist, MercyOne Clive Rehabilitation Hospital
1401 Campus Drive, Clive, Iowa 50325
NPI: 1023000494

June 2024 -2018 Medical Director, MercyONE Clive Rehabilitation Hospital
1401 Campus Drive, Clive, Iowa 50325
NPI: 1023000494

Post Acute Physicians of Iowa, a subsidiary of US Physiatry
NPI 1093228108

2006-2018 Clinical Associate Professor, Department of Orthopedics &
Rehabilitation (primary appointment)
Clinical Associate Professor, Program in Physical Therapy and
Rehabilitation Sciences (secondary appointment)
University of Iowa Carver College of Medicine
University of Iowa Hospitals & Clinics
200 Hawkins Drive, Iowa City, Iowa 52242

2000-2015 Iowa City Veterans Administration Health Care System
Medical Director, Extended Care & Rehabilitation, 2006-2015
Medical Director, Polytrauma/TBI Clinic, 2009-2015
Medical Director, Spinal Cord Injury/Disorders Clinic, 2004-2008
Medical Director, Amputee Clinic, 2000-2003

2000-2006 Clinical Assistant Professor, Department of Orthopedics &
Rehabilitation (primary appointment)
Clinical Assistant Professor, Department of Orthopedics &
Rehabilitation (secondary appointment)

Developed Iowa's first academic physical medicine and
rehabilitation practice at the University of Iowa Carver College of
Medicine. Expanded service to include 5 full time faculty members
under the Department of Orthopaedics & Rehabilitation.

Medical Director, UI Spine Center from 2000-2018. Provided
medical direction of Iowa's only interdisciplinary pain rehabilitation
program utilizing psychological and physical therapies for treatment

CURRICULUM VITAE

Joseph J. Chen, MD
page 3

and education of individuals with chronic spine pain

Previously served as consulting physician for patients in the inpatient and outpatient settings at the University of Iowa Hospitals and Clinics overseeing medical management and provision of care for patients with neuromuscular diseases, injuries, and chronic pain. Served as Medical Director for Department of Rehabilitation Therapies to provide medical oversight of rehabilitation care required to maintain American College of Surgeons Level I Trauma Center status.

Mentored dozens of Iowa medical students, residents, and fellows with several becoming faculty members academic medical centers across the nation.

CURRENT MEDICAL PRIVILEGES

2018 to Present

MercyONE Clive Rehabilitation Hospital, 1401 Campus Drive, Clive, Iowa 50325. A Joint Venture between Lifepoint and Mercy Medical Center – Des Moines, a part of Trinity Health Systems. Served as medical director of Iowa's first free-standing 50 bed rehabilitation hospital overseeing medical management and provision of care for patients requiring rehabilitation services including physical, occupational, and/or speech therapy throughout the course of their treatment.

MercyONE Des Moines Hospital, 2019 - 2025

Licensure

State of Iowa Medical Board, License #33509, Active

State of Minnesota, License # 39947, Inactive

State of Arizona, License # 27295, Inactive

State of Florida, License # ME0077847, Inactive

Board Certification

Diplomate, American Board of Physical Medicine and Rehabilitation, Board Certification # 6566 in Physical Medicine & Rehabilitation, Initial Certification July 1, 2001; Recertification July 2011; December 2021; Completed requirements for recertification until 2031

Spinal Cord Injury Medicine, American Board of Medical Specialties, Certificate #359, December 2003; Passed

CURRICULUM VITAE

Joseph J. Chen, MD
page 4

Recertification examination 2013; Certificate voluntarily not renewed in December 2023.

Pediatric Rehabilitation Medicine, American Board of Medical Specialties, Certificate #52, December 2004, Certificate voluntarily not renewed in December 2014.

II. TEACHING

A. Teaching Assignments:

University of Iowa Carver College of Medicine:

- Invited Lecturer, Clinical and Professional Skills III, Chief Complaint, Low Back Pain, October 12, 2015; October 13, 2016; September 5, 2017; September 4, 2018; September 10, 2019; October 5, 2020; October 4, 2021; October 3, 2022; October 3, 2023; September 23, 2024; **September 22, 2025 (pending)**
- Invited Lecturer, Mechanisms of Health & Disease IV: Spine Disorders, October 12, 2015; October 11, 2016; October 11, 2017; October 10, 2018; October 16, 2019; October 14, 2020; October 13, 2021; October 12, 2022, October 11, 2023, October 14, 2024; **October 13, 2025 (pending)**
- Multiple other lectures in prior medical school curriculum from 2002-2014.
- Office of Student Affairs and Curriculum:
 - Disability Accommodation Committee, July 1, 2006 – 2018
 - Medical Student Admissions Committee, 2011 - 2018

B. Medical Students Supervised and Matched into PM&R Residency Programs

Thomas McNalley, MD 2004: PM&R University of Washington
Benjamin Lacey, MD 2005: PM&R, University of Washington
Jonathan Myers, MD 2005: PM&R, Rehabilitation Institute of Chicago
Colby Hansen, MD 2005: PM&R, University of Utah
Joseph Tu, MD 2005: PM&R, Ohio State University
Jacob Clearfield, MD 2010: PM&R, University of Wisconsin, Milwaukee
Alexandra Nielsen, MD 2010: PM&R, The Ohio State University
Philip Chen, MD 2010: PM&R, University of Michigan
Eunice Abrams, MD 2010: PM&R, University of Michigan
Leslie Cavazos, MD 2010: PM&R, University of Kansas
Devon Smith, MD 2010: PM&R, University of Texas Southwestern
Tim McKenna, MD 2013: PM&R, Mayo Clinic
William Humphrey, MD 2013: PM&R, Stanford University Hospitals
Mark Fisher, MD 2013: PM&R University of Pittsburgh
Solomon Yilma, MD, 2013: PM&R University of Minnesota
Mark Fox, MD 2014: PM&R University of Texas Southwestern

CURRICULUM VITAE

Joseph J. Chen, MD
page 5

M. Habib Fanny, MD 2014: PM&R University of Michigan
Michael Lersten, MD, 2014: PM&R University of Colorado
Kathleen Vonderhaar, MD, 2014: PM&R University of Minnesota
Audrey Leung, MD, 2015: PM&R Rehab Institute of Chicago
Dean Elhag, MD, 2018, PM&R University of Utah
Ike Hasley, MD, 2018, PM&R Mayo Clinic
Mitch O'Neill, MD, 2018, PM&R Schwab Rehabilitation Hospital, Chicago
Brett Rosauer, MD, 2018, PM&R University of Nebraska
Sarah Wineman, MD, 2018, PM&R Medical College of Wisconsin
Evelyn Qin, MD, 2019, PM&R, University of Washington
PhD Dissertation Committee Member for Betsy Rippentropp, 2003
Nicole Hochhausen, 2008

Teaching topics for Neurology, Occupational Medicine, Internal/Family Residents, and Pain Medicine Fellows:

EMG of the Upper Extremities, Osteoporosis, Vertebroplasty,
Introduction to Spinal Cord Injury
Normal and Abnormal Gait
Injured Worker Lecture Series
Rehabilitation of the Trauma Patient.
Stroke Rehabilitation
Chronic Back Pain and Radiculopathy
Back pain and Lumbosacral Radiculopathy
Lumbar Spinal Stenosis
Issues in Documentation and Malpractice,
Normal and Abnormal Gait
Rehabilitation of the Neuroscience Patient
Essentials of Low Back Pain
Geriatrics Noon Lecture Series
Osteoporosis in Males
Rehabilitation of Traumatic Brain Injury Patients
Use and Misuse of Rehabilitation Consults

University of Iowa Hospitals and Clinics

Course Director, 1st Annual Physical Medicine & Rehabilitation
Conference: Treatment of the Difficult Chronic Low Back Pain Patient,
Department of Orthopaedics, Iowa City, IA, April 5, 2003.

Course Director, Iowa Spine Symposium and 2nd Annual Physical
Medicine & Rehabilitation Conference: Update in Spine Care, Department
of Orthopaedics & Rehabilitation, University of Iowa Hospitals and Clinics,
Iowa City, IA, April 23-24, 2004.

CURRICULUM VITAE

Joseph J. Chen, MD
page 6

Course Director, 3rd Annual Physical Medicine & Rehabilitation Conference: Spine Injury, Pain, and Rehabilitation, Department of Orthopaedics & Rehabilitation, University of Iowa Hospitals and Clinics, Iowa City, IA April 22, 2005.

Course Director, 4th Annual Physical Medicine & Rehabilitation Conference: Spine Function, Pain, and Rehabilitation, Department of Orthopaedics & Rehabilitation, University of Iowa Hospitals and Clinics, Iowa City, IA April 28, 2006

Course Director, 5th Annual Physical Medicine & Rehabilitation Symposium, Department of Orthopaedics & Rehabilitation, University of Iowa Hospitals and Clinics, Iowa City, IA, June 22, 2007.

Course Director, 9th Annual Physical Medicine & Rehabilitation Symposium, Department of Orthopaedics & Rehabilitation, University of Iowa Hospitals and Clinics, Iowa City, IA, April 1, 2011.

III. SCHOLARSHIP

A. Publications or creative works

1. Fibromyalgia, **Chen JJ**, Parziale JR, *Rhode Island Medicine*, 1996; 79(5):188-192;
2. Clinical and Electromyographic Course of Obturator Neuropathies: A Retrospective Cohort Study, **Chen JJ**, Sorenson EJ, Daube JR. Poster presented at Association of Academic Physiatrists meeting 3/2000.
3. Spinal Injuries and Restraint Technologies in Automobile Collisions: A Case Report and Discussion. **Chen JJ**, Hanson TJ. Presented at AAPM&R meeting, Washington D.C. 11/99, Abstract published in *Archives of Physical Medicine & Rehabilitation*, September 1999; 80(9):1192.
4. Obturator Neuropathy: Causes and Outcome. Sorenson EJ, **Chen JJ**, Daube JR. *Muscle & Nerve*, Vol 25, April 2002, 605-607.
5. A Future of Musculoskeletal Rehabilitation at the University of Iowa Hospitals and Clinics: Spanning the Continuum of Care, **Chen JJ**, *Iowa Orthopaedic Journal*, 2005; 25: 180-6.
6. Gluteus Medius Tendon Rupture as a source for back, buttock and leg

CURRICULUM VITAE

Joseph J. Chen, MD
page 7

pain: A Case Report, Bewyer D, **Chen JJ**, Iowa Orthopaedic Journal, 2005; 25: 187-9.

7. The relationship between religion/spirituality and physical health, mental health, and pain in a chronic pain population, Rippentrop AE, Altmaier EM, **Chen JJ**, Found EM, Keffala VJ, Pain 116(2005):311-321.
8. The State of Physical Medicine & Rehabilitation in Iowa, **Chen JJ**, Iowa Orthopaedic Journal, 2006.
9. Outpatient Pain Rehabilitation Programs, **Chen JJ**, Iowa Orthopaedic Journal, 2006.
10. Functional Capacity Evaluation and Disability, **Chen JJ**, Iowa Orthopaedic Journal, 2007, 121-127.
11. A Look Inside the Spine Center at an Academic Medical Center, **Chen JJ**, Yang RK, Iowa Orthopaedic Journal, 2008.
12. Rehabilitation with Neuromuscular Electrical Stimulation Leads to Functional Gains in the Setting of Progressive Multiple Sclerosis: A Case Report, **Chen JJ**, Bingham HL, Wahls TL, Darling W, Kaplan, Shivapour T., Poster at AAPM&R Annual Assembly Seattle November 4-7, 2010.
13. Working with Medical Students who have Mobility Impairments, Kaitz E, **Chen JJ**. Chapter in Medical Students with Disabilities: Resources to Enhance Accessibility, Association of American Medical Colleges 2010, Edited JA Hosterman, PhD et al, p 66-80.
14. Mitsunaga MM, Cifu DX, Akau CK, Okamoto GA, Withy K, **Chen JJ**, Lew HL, Demographics, Clinical Practice Patterns, and Concerns of Physiatrists in the State of Hawaii: 2011, Hawaii Journal of Medicine & Public Health, April 2012, Vol 71, No. 4 Supplement 1.
15. **Chen JJ**, Segal N, Physical Medicine and Rehabilitation at Iowa, Chapter in 100 Years of Excellence Iowa Orthopaedics 1913-2013, Edited by JA Buckwalter, October 2013, pp 49-59.
16. Keedy NH, Keffala VJ, Altmaier EM, **Chen JJ**, Health Locus of Control and Self-Efficacy Predict Back Pain Rehabilitation Outcomes, Iowa Orthopaedic Journal, 2014

CURRICULUM VITAE

Joseph J. Chen, MD
page 8

17. Jerath NU, **Chen JJ**, Miller BJ, Reddy CG, Teaching Neuro-Images: Intraneural ganglion cyst of the tibial nerve, Neurology 82, May 20, 2014.
18. Chronic Back Pain Booklet: A Guide for Patients and Families, 1st edition 2006, 2nd edition 2015, 3rd edition 2018.
19. Chen J, Keffala V, Cooper N, Improvement in Outcomes following Outpatient Interdisciplinary Pain Rehabilitation Treatment, Poster at the 16th World Congress on Pain, International Association for the Study of Pain, Yokohama, Japan, October 2016.
20. Qin E, Feng A, **Chen J**, Bingham H, Main in a Barrel Syndrome: An Atypical variant of Amyotrophic Lateral Sclerosis, Poster at American Congress of Rehabilitation Medicine, Atlanta, GA, October 26, 2017.

B. Areas of Research Interest and Current Projects

Chronic Pain Rehabilitation Outcomes: Retrospective study of interdisciplinary pain rehabilitation program for patients with chronic back pain 1986-2018.

C. Invited Lectures

UI Back Care: A Multidisciplinary Pain Rehabilitation Program Presented to Principal Life Insurance Company, Des Moines, IA, October, 2000.

Intradiscal Electrothermal Annuloplasty: A Cure for Low Back Pain? Iowa Medical Society Annual Meeting, Des Moines, IA, April 21, 2001.

Management of Chronic Back Pain, Trinity Hospital CME Conference, Moline, IL, March 21, 2002.

Orthopaedics: The Spine Throughout the Life Span, Treatment of Chronic Back Pain: A Panel Discussion, Orthopaedic Nursing Conference, Iowa City, IA, April 5, 2002.

Non-Surgical Management of Back Pain, Lee County Medical Society Meeting, Keokuk, IA, June 19, 2002.

Non-Surgical Management of Back Pain, Pfizer Educational Conference, Amana Colonies, IA, June 29, 2002.

Management of Acute and Chronic Back Pain, Illini Hospital CME Program, Silvis, IL, September 12, 2002.

CURRICULUM VITAE

Joseph J. Chen, MD
page 9

Management of Acute and Chronic Back Pain, Iowa Physician Assistant Fall Conference, Cedar Rapids, IA, October 24, 2002.

Co-Course Director for: Couples in Medicine, Society of General Internal Medicine Regional Meeting, Chicago, IL, September 20, 2003.

Neurotrauma and Rehabilitation Needs at University of Iowa Health Care, 2003 James C. Hardy Lecture Panel Discussion, Iowa City, IA, October 17, 2003.

Physical Medicine & Rehabilitation at the University of Iowa: Past, Present, and Future, Department of Orthopaedics & Rehabilitation Alumni Meeting, Iowa City, IA October 18, 2003.

New Techniques to Treat Back Pain, Broadlawns Family Practice Residency Program College of Medicine Visiting Professor Program, Des Moines, IA, October 28, 2003.

Management of Acute and Chronic Back Pain, Iowa Nurse Practitioner Society 5th annual conference, Des Moines, IA, November 4, 2003.

Pain Medicine Journal Club, Review surgical and nonsurgical management of chronic low back pain, Department of Anesthesia, November 24, 2003.

Chronic Back Pain and Spine Rehabilitation Programs, 6th Annual Occupational Health Symposium, Iowa City, IA, March 11, 2004.

A New Way of Managing Chronic Back Pain, Topics in Family Medicine Conference, Broadlawns Medical Center Alumni Program, Des Moines, IA May 1, 2004.

Radio Interview: KXIC 800 AM, Ice & Back Injuries, Friday January 14, 2005.

Pediatric Rehabilitation Services at UIHC, Pediatric Hematology-Oncology Noon conference, January 31, 2005.

Rehabilitation of Neuroscience Patients, *Comprehensive Neurosciences Update: Life Altering Challenges, Life Changing Care*, Department of Nursing, University of Iowa Hospitals and Clinics, Iowa City, IA, September 9, 2005.

CURRICULUM VITAE

Joseph J. Chen, MD
page 10

Functional Capacity Evaluations, Invited Lecturer, American Society for Regional Anesthesia and Pain Medicine Fall Meeting, Miami, Florida, November 19, 2005.

Outpatient Multidisciplinary Pain Rehabilitation Programs, Invited Lecturer, American Society for Regional Anesthesia and Pain Medicine Fall Meeting 2005, Miami, Florida, November 19, 2005.

Chronic Low Back Pain, University of Iowa Interdisciplinary Geriatric Grand Rounds lecture series, Wednesday April 26, 2006, Iowa City VA Medical Center.

Keeping Older Adults Moving, Keynote Address for the 29th Annual Midwestern Conference on Health Care in the Elderly, Iowa City Sheraton Hotel, January 26, 2007.

How to Write Good Physical Therapy Orders, 2007 University of Iowa College of Medicine Refresher Course for the Family Physician, Iowa Memorial Union, April 10, 2007.

Invited International Guest Speaker for Hong Kong College of Orthopaedic Surgery 4th Annual Symposium on Orthopaedic Rehabilitation, Lectures on: Overview of Rehabilitation for Injured Workers, Assessment and Early Management, Occupational Injury and Rehabilitation, Rehabilitation of Difficult Cases, Pros of Work Hardening, AMA Guides to the Evaluation of Permanent Impairment, Spine Rehabilitation at UIHC, Hong Kong SAR, China, October 5-8, 2007.

Invited Lecturer for ACI 4th National Conference on Spine Centers of Excellence, Lecture on: Measuring Productivity in a Spine Center, Chicago, Illinois, September 11, 2008.

Invited Lecturer for AAMC Annual Meeting Section for Group on Student Affairs, Presentation on Medical Students with Disabilities: Resources to Enhance Accessibility, Austin, Texas, April 19, 2010.

Invited Lecturer, 2011 Refresher Course for the Family Physician, Coralville, Iowa, March 31, 2011.

Invited Lecturer, BME Graduate Seminar, Biomedical Engineering and Health Careers, 101 BCSB, February 2, 2012, invited by Dr. Ragahvan and Dr. Reinhardt, Department of Biomedical Engineering.

CURRICULUM VITAE

Joseph J. Chen, MD
page 11

Invited Lecturer, Physical Medicine and Rehabilitation for the Low Back Pain Patient, First Interdisciplinary Chronic Low Back Pain Symposium, Iowa City, Iowa, April 14, 2012.

Invited Lecturer, Rare Causes of Back Pain, GENEX Work Comp Conference, West Des Moines, Iowa, July 19, 2012.

Invited Lecturer, Management of Common and Rare Causes of Back Pain, invited by Dr. John Sunderland, 25th Annual Jauch Symposium, Northeast Iowa Medical Education Foundation, Waterloo, Iowa, May 17, 2013.

Lecturer, First Interdisciplinary Painful Neuropathy Symposium, The Physiatrist's Role in Neuropathic Pain, Iowa City, IA April 14, 2014

Invited Lecturer, Management of Chronic Low Back Pain, Family Medicine Noon Conference Series, Iowa City, Iowa, September 15, 2014.

Invited Lecturer, Iowa Academy of Physical Medicine & Rehabilitation Conference, Spine Rehabilitation Program Outcomes: Is their improvement all in our heads?, Iowa City IA, October 9, 2015.

Invited Lecturer, Musculoskeletal Imaging Results: What do I do now? Correlating Radiographic and Physical Examination Findings, Mary Greeley Medical Center, June 15, 2016.

Invited Lecturer, Care of the Injured Worker: Risks and Rewards?, PM&R Grand Rounds, Kansas University Medical Center, Visiting Professor, August 17, 2017.

Invited Lecturer, Communication in Physical Medicine and Rehabilitation, Medical Student Interest Fair, University of Nebraska College of Medicine, August 19, 2018.

Farewell Lecture, Communicating and Motivating Individuals with Chronic Back Pain, University of Iowa Hospitals & Clinics, December 3, 2018.

Communication Strategies for Chronic Pain, 2020 Iowa Ortho Workers Compensation Conference, Prairie Meadows, February 27, 2020.

IV. SERVICE

A. Membership in Professional Organizations:

1997 American Academy of Physical Medicine and Rehabilitation

CURRICULUM VITAE

Joseph J. Chen, MD
page 12

- 1998 Association of Academic Physiatrists
- 2000 Iowa Academy of Physical Medicine & Rehabilitation (formerly Iowa Society of Rehabilitation Medicine)
- 2005 American College of Physician Executives, completed 36 of 150 hours of Certified Physician Executive (CPE) Program

B. Offices held in professional organizations

American Academy of Physical Medicine & Rehabilitation,
Information Systems Committee, 2003-2006

American Association of Neuromuscular and Electrodiagnostic Medicine
Professional Practice Subcommittee, 2007

Association of Academic Physiatrists,

- Information Systems Committee member 2002-2004
- Education Committee member 2003-2006
- Academic Leadership Development Program, 2002
- Board of Trustees, Newsletter Editor, 2005-2009

Iowa Academy of Physical Medicine & Rehabilitation

- Vice-President 2003-2005, 2015-2016
- President 2005-2009, 2017-2019

Iowa Medical Society

- Committee on Legislation member, 2003-2009
- House of Delegates, Reference Committee member, 2007

University of Iowa

Parking & Transportation Committee 2003-2009, 2011-2014

University of Iowa, Carver College of Medicine,

- UIP Board of Directors of Faculty Practice Plan, 2007-2010.
- Member of Marketing and New Initiatives Subcommittee.
- Student Disabilities Accommodation Committee, 2003-2010.
- Clinical Track Faculty Promotion and Evaluation Committee 2005.
- Graduate Program in Physical Therapy & Rehabilitation Science, Review Committee member, 2003.
- Continuing Medical Education Committee member, 2006-2008
- **Medical Student Admissions Committee member, 2011-2018**

University of Iowa Hospitals & Clinics

- Institutional Leadership Development Program, 2003
- Department of Rehabilitation Therapies, Review Committee, 2000
- Department of Orthopaedics & Rehabilitation,
 - Finance Committee Member 2013-2018
 - Reviewed actual RVU data for physiatry service to develop ways of enhancing physician productivity and collections
- 2007 UIHC Television Commercial, "Expertise Multiplied

CURRICULUM VITAE

Joseph J. Chen, MD
page 13

Exponentially, aired fall 2007.

- KCRG Invited Guest, televised noon call-in segment on back pain, June 25, 2007.
- Medical Minute televised presentation on UI Spine Rehabilitation Program, June 25, 2007, aired Summer 2007.
- Community CME presentation on Back Pain, UI Joint Office of Marketing and Communications, Coralville Holiday Inn Conference Center, December 2006, March 2007.

C. Deposition and Trial Testimony History available upon request