
James Aroet Whitaker, DO, FAAPMR

9510 W Fairview Ave.
Boise, Id 83704

(208) 322-5922
jameswhitaker@idahojointandspine.com

Professional Experience

- 2014 – present Idaho Joint and Spine, PC
Physical Medicine and Rehabilitation Solo Practice – Boise, ID and Kuna, ID
President and Physician
- 2014 – 2016 CenseoHealth
Contracted Clinician
Perform Medicare Advantage Home Health Assessments

Education and Training

- 2011 – 2014 University of Missouri – Columbia, MO
Physical Medicine and Rehabilitation Residency
- 2010 – 2011 University of New England College of Osteopathic Medicine, Berkshire
Medical Center – Pittsfield, MA
Traditional Rotating Internship
- 2005 – 2010 Andrew Taylor Still University, Kirksville College of Osteopathic Medicine –
Kirksville, MO
Doctor of Osteopathy
- 2008 – 2009 Andrew Taylor Still University, Kirksville College of Osteopathic Medicine –
Kirksville, MO
Osteopathic Manipulative Medicine Undergraduate Fellow
- 1998 – 2004 Boise State University – Boise, ID
Bachelor of Science – Health Science Studies
Magna Cum Laude
- 2002 – 2003 Idaho School of Massage Therapy – Boise, ID
Certified Massage Therapist
4.0 GPA

Administrative Appointments

- 2017 – present Ada County Medical Society Board Member
- 2015 – present Pacific Northwest University of Health Sciences
Adjunct Clinical Faculty
- 2015 – 2016 Three Oaks Academy, Idaho School of Massage
Pathology Instructor
- 2013 – 2014 Chief Resident of Research, University of Missouri

2013 – 2014	Medical Director, Medzou Musculoskeletal Clinic <i>An academic musculoskeletal and sports medicine clinic for the uninsured population of mid-Missouri</i>
2012	Assistant Medical Director, Medzou Musculoskeletal Clinic
2012 – 2013	Coordinator, University of Missouri Musculoskeletal Ultrasound Course, Department of Physical Medicine and Rehabilitation
2011 – 2014	Director and Founder, Osteopathic Manipulative Medicine Monthly Training Course, University of Missouri – Columbia, Department of Physical Medicine and Rehabilitation
2006 – 2010	Student Ambassador, Andrew Taylor Still University – Kirksville College of Osteopathic Medicine
2005 – 2006	Undergraduate Academy of Osteopathy Class Representative , Andrew Taylor Still University – Kirksville College of Osteopathic Medicine

Licensures, Certifications, and Exams

2015 May	American Board of Physical Medicine and Rehabilitation Specialty Board Exam Part 2 - Pass
2014 Aug	American Board of Physical Medicine and Rehabilitation Specialty Board Exam Part 1 – Pass in the top 90 th percentile
2014 – present	Idaho State Board of Medicine License as an Osteopathic Physician
2014 – present	DEA and Idaho State Board of Pharmacy Controlled Substance Licenses
2014 – present	Advanced Cardiac Life Support/Basic Life Support
2012	American Spinal Injury Association, InStep: International Standards for the Classification of Spinal Cord Injury Certified
2011	COMLEX Step 3 – Pass
2008	COMLEX Step 2 – Pass
2008	COMLEX PE – Pass
2007	COMLEX Step 1 – Pass
2006	Basic Disaster Life Support
2004 – 2008	National Certification Board for Therapeutic Massage and Bodywork Certificate # 409710-00

Publications

2012 Oct	Whitaker, J., Gibler, M., Murdock, F. <i>Poster 322: Underutilization of Inpatient Rehabilitation Facilities for ThinkFirst Traumatic Injury Prevention Programs.</i> PM&R Vol. 4, Issue 10, Supplement, Pages S299-S300
2008 Sept	Whitaker, James. <i>Hereditary Nonpolyposis Colorectal Cancer (HNPCC) or Lynch Syndrome: A Case Presentation.</i> Cape County Medical Journal. September 2008; Vol. 58, Number 9:9-10.

Posters and Abstracts

- 2014 Feb Whitaker, J., Alm, J., Burris, J. Decreasing Resident Fatigue And Improving Patient Care Through Effective Communication. Poster Grand Rounds at the Association of Academic Physiatrists Annual Meeting.
- 2014 Feb Waller, R., Christiansen, A., Whitaker, J., Conway, R. Analysis of Patient Demographics, Diagnoses, Diagnostic Resources, and Therapeutic Interventions at a Student-Run Free Musculoskeletal Clinic. Society of Student-Run Free Clinics National Convention. Nashville, TN.
- 2013 Nov Waller, R., Christiansen, A., Whitaker, J., Conway, R. Analysis of Patient Demographics, Diagnoses, Diagnostic Resources, and Therapeutic Interventions at a Student-Run Free Musculoskeletal Clinic. Health Sciences Research Day. Columbia, MO.
- 2013 Apr Whitaker, J., Gibler, M., Murdock, F. Underutilization of Inpatient Rehabilitation Facilities for ThinkFirst Traumatic Injury Prevention Programs. American Association of Neurological Surgeons ThinkFirst National Injury Prevention Conference. New Orleans, LA.
- 2012 Nov Whitaker, J., Gibler, M., Murdock, F. Underutilization of Inpatient Rehabilitation Facilities for ThinkFirst Traumatic Injury Prevention Programs. American Academy of Physical Medicine and Rehabilitation Annual Assembly and Technical Exhibition.

Awards and Honors

- 2013 National Research Award , ThinkFirst – National Injury Prevention Foundation
- 2007 Thomas M. Funk, D.O. Award, A.T. Still University

Research

- 2012 – 2014 Whitaker, J., Burris, J. On-Call Communication Improvement and Physician Satisfaction (IRB No: 1204331).
- 2012 – 2013 Whitaker, J., Alm, J. Pain Satisfaction Quality Improvement (IRB No: 1202673).
- 2012 – 2014 Co-Investigator, A Multicenter, Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Study to Evaluate the Efficacy, Safety, and Pharmacokinetics of SUN13837 Injection in Adult Subjects with Acute Spinal Cord Injury (Protocol No: ASBI 603).
- 2012 Whitaker, J., Tilghman, J., Acuff, M. Food for Thought: The Impact of Hospital Menus on Perceived Quality of Healthcare Delivery (IRB No: 1202045).
- 2008 – present Snider, K., Whitaker, J. Establishing Standard Value Ranges on Student Postural X-Rays. *Study in Progress*

Professional Memberships

- 2014 – present Independent Doctors of Idaho
- 2014 – present Idaho Medical Society
- 2014 – present Ada County Medical Society
- 2014 – present American Headache Society
- 2014 – present American Osteopathic Association
- 2011 – present American Academy of Physical Medicine and Rehabilitation

Committee Service

- 2013 – 2014 University of Missouri, Department of PM&R Research Committee
- 2013 115th Missouri Osteopathic Annual Convention Alternate Delegate
- 2012 – present Council on Pain and Neuromuscular Medicine, American Academy of Physical Medicine and Rehabilitation
- 2012 – present Council on Musculoskeletal Medicine, American Academy of Physical Medicine and Rehabilitation
- 2012 – 2014 Graduate Medical Education Committee, University of Missouri – Department of Physical Medicine and Rehabilitation
- 2012 – 2014 Pain Control and Patient Improvement Committee, Howard A. Rusk Rehabilitation Center
- 2012 – 2013 House Staff Officer Executive Committee, University of Missouri Health
- 2011 – 2014 Infection Control Committee, Howard A. Rusk Rehabilitation Center

Educational Presentations Given

- 2017 Oct An Osteopathic Physiatrist's Approach to Tension Headaches
Idaho Osteopathic Physician Association Fall 2017 Conference
- 2015 Oct Osteopathic Principles and Practice Presenter
Pacific Northwest University – Boise, Idaho Region
- 2015 Sept An Osteopathic Physiatrist's Approach to Headaches
Boise Schools Community Education Course through PT180
- 2014 Dec An Osteopathic Physiatrist's Approach to Headaches
Association of Billers and Coders, Boise, ID Chapter
- 2014 Feb Manipulation, Massage, Traction
Resident Dialogue, University of Missouri PM&R Residency Program
- 2013 Sept Peroneal Neuropathy NCS
Resident Dialogue, University of Missouri PM&R Residency Program
- 2013 Sept EMG/NCS Waveforms
Resident Dialogue, University of Missouri PM&R Residency Program

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- 2012 Aug Sauter C, Pezzin L, Dillingham T. “Functional Outcomes of Persons Who Underwent Dysvascular Lower Extremity Amputations”. *AJPMR* Vol. 92, No. 4: 287–296, 4/2013.
Journal Club, University of Missouri PM&R Residency Program
- 2013 Aug Respiratory Management in Spinal Cord Injury
Resident Dialogue, University of Missouri PM&R Residency Program
- 2013 June Abnormal Gait
Resident Dialogue, University of Missouri PM&R Residency Program
- 2013 Apr Cervical and Thoracic Spine Pathology
Resident Dialogue, University of Missouri PM&R Residency Program
- 2013 Jan Hip and Pelvis Pathology
Resident Teaching, University of Missouri PM&R Residency Program
- 2013 Jan Hip and Pelvis Anatomy
Resident Teaching, University of Missouri PM&R Residency Program
- 2012 Nov Forearm and Elbow Anatomy
Resident Teaching, University of Missouri PM&R Residency Program
- 2012 Nov Merlini L, Gennari M, Malaspina E, Cecconi I, Armaroli A, Gnudi S, Talim B, Ferlini Cicognani A, Franzoni E. “Duchenne Muscular Dystrophy Patients: 14-Year Follow-Up”. *Muscle Nerve* 45: 796–802, 2012.
Journal Club, University of Missouri PM&R Residency Program
- 2012 Oct Trigger Point Inhibition for the Treatment of Tension Headaches
Resident Teaching, University of Missouri PM&R Residency Program
- 2012 Oct Crespo-Ruiz B, del-Ama AJ, Jiménez-Díaz FJ, Morgan J, Peña-González A, Gil-Agudo AM. “Physical activity and transcutaneous oxygen pressure in men with spinal cord injury.” *JRRD* Volume 49, Number 6, 2012, 913–924.
Journal Club, University of Missouri PM&R Residency Program
- 2012 Aug Complications of Stroke and Their Treatment
Resident Teaching, University of Missouri PM&R Residency Program
- 2012 May Hyman GS, Patel AT. 2011 Hands-On Diagnostic Musculoskeletal Ultrasound: In-Depth Introduction to Uses and Techniques SAE-P (Q26-50).
Core Journal Club, University of Missouri PM&R Residency Program
- 2012 May Fortuna R, Aurelio Vaz M, Rehan Youssef A, Longino D & Herzog W. “Changes in contractile properties of muscles receiving repeat injections of botulinum toxin (Botox).” *J Biomech.* 2011 Jan 4;44(1):39-44.
Journal Club, University of Missouri PM&R Residency Program
- 2012 May Rosenblum DS. Multiple Sclerosis. In: Cuccurullo SJ, ed. *Physical Medicine and Rehabilitation Board Review*. 2nd ed. New York, NY: Demos Medical Publishing Co; 2010:849-858.
Resident Teaching, University of Missouri PM&R Residency Program

- 2012 Feb Kraft GH, Brown T. Comprehensive Management of Multiple Sclerosis. In: Braddom RL, ed. Physical Medicine & Rehabilitation. 3rd ed. Philadelphia, PA: Elsevier Inc: 2007:1223-1242.
Resident Dialogue, University of Missouri PM&R Residency Program
- 2012 Jan Murad MH, Elamin KB, Abu Elnour NO, Elamin MB, Alkatib AA, Fatourehchi MM, Almandoz JP, Mullan RJ, Lane MA, Liu H, Erwin PJ, Hensrud DD, Montori VM. "The Effect of Vitamin D on Falls: A Systematic Review and meta-Analysis." J Clin Endocrinol Metab. 2011 Oct;96(10):2997-3006. Epub 2011 Jul 27.
Journal Club, University of Missouri PM&R Residency Program
- 2012 Jan Kirshblum S, Gonzalez P, Nieves J, Cuccurullo SJ. Spinal Cord Injuries: Epidemiology, Spine Anatomy, Spinal Pathology, SCI Classification, Medical Complications of SCI. In: Cuccurullo SJ, ed. Physical Medicine and Rehabilitation Board Review. 2nd ed. New York, NY: Demos Medical Publishing Co; 2010:535-578.
Resident Teaching, University of Missouri PM&R Residency Program
- 2011 Dec McDonald Cm, Han JJ, Abresch RT. Carter TC. Myopathic Disorders. In: Braddom RL, ed. Physical Medicine & Rehabilitation. 3rd ed. Philadelphia, PA: Elsevier Inc: 2007: 1099-1132
Resident Dialogue, University of Missouri PM&R Residency Program
- 2011 Jan Trigger Point Inhibition for the Treatment of Tension Headaches
Manipulative Medicine Lecture, Berkshire Medical Center
- 2009 Instructor, Introductory Course to Osteopathy in the Cranial Field, A.T. Still University – Kirksville College of Osteopathic Medicine
- 2008 Table Trainer, Founder’s Day Manipulative Update, A.T. Still University – Kirksville College of Osteopathic Medicine
- 2008 Oct Trigger Point Inhibition for the Treatment of Tension Headaches
ATSU – Kirksville College of Osteopathic Medicine UAAO Club Workshops
- 2006 Oct Trigger Point Inhibition for the Treatment of Tension Headaches
ATSU – Kirksville College of Osteopathic Medicine UAAO Club Workshops
- 2005 Undergraduate Teaching Assistant, Head and Neck Anatomy, Boise State University

Osteopathic Manipulative Medicine Courses Attended

- 2017 Idaho Osteopathic Physician Association 2017 Fall Conference
- 2013 Founder’s Day Manipulative Update, A.T. Still University – Kirksville College of Osteopathic Medicine, Kirksville, MO
- 2012 Founder’s Day Manipulative Update, A.T. Still University – Kirksville College of Osteopathic Medicine, Kirksville, MO
- 2011 – 2014 Osteopathic Manipulative Medicine Training Course (Monthly), University of Missouri – Columbia, Department of Physical Medicine and Rehabilitation

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- 2011 Founder's Day Manipulative Update, A.T. Still University – Kirksville College of Osteopathic Medicine, Kirksville, MO
 - 2011 Alternative Setups to Traditional Manipulative Treatments, Northeast Osteopathic Medical Education Network Conference, Sturbridge, MA
 - 2010 Osteopathic Approach to Head Complaints, Northeast Osteopathic Medical Education Network Conference, Sturbridge, MA
 - 2009 American Academy of Osteopathy 2009 Annual Convocation, Little Rock, AR
 - 2009 Progressive Inhibition of Neuromusculoskeletal Structures, American Academy of Osteopathy, Little Rock, AR
 - 2008 Founder's Day Manipulative Update, A.T. Still University – Kirksville College of Osteopathic Medicine, Kirksville, MO
 - 2008 Ligamentous Articular Strain Techniques, Dallas Osteopathic Study Group, Fort Worth, TX
 - 2006 Introductory Course to Osteopathy in the Cranial Field, A.T. Still University – Kirksville College of Osteopathic Medicine, Kirksville, MO

Community Involvement

- 2017 – current Boy Scout Committee Chairman
- 2016 – current USA Boxing Physician
- 2015 - 2016 Wolf and Bear Den Leader, Boy Scouts of America
- 2013 Watch D.O.G.S. (Dads Of Great Students), Alpha Hart Lewis Elementary
- 2012 Volunteer Assistant Fight Doctor, Midwest Fight League
- 2011 – 2014 Physician Volunteer, Medzou Musculoskeletal Clinic
- 2008 Missouri Area Health Education Centers Career Enhancement Scholars Anatomy Workshop Teaching Assistant
- 2007 – 2008 Webelos Den Leader, Boy Scouts of America
- 2007 Presenter, Tar Wars
A tobacco-free education program for fourth and fifth grade students.
- 1999 – 2001 Proselyting Missionary with Community Service in Southern California, The Church of Jesus Christ of Latter-Day Saints

Activities and Interests:

- Husband and Father of Four
- Volunteer Positions at Church
- Sports Enthusiast, Boise State Football Fan