

Curriculum Vitae: **James R. Ellis, M.D.**

TEACHING AFFILIATIONS:

Michigan State University College of Human Medicine
– Clinical Assistant Professor

PRIVATE PRACTICE:

Orthopaedic Associates of Michigan July, 1995 – Present

Consulting Team Physician:

Grand Rapids Griffins - IHL Hockey, 1996

Grand Rapids Hoops - CBA Basketball, 1995

West Michigan White Caps - Midwest A Baseball, 1995

Grand Rapids Community College Men's and Women's Intercollegiate Athletics, 1995



EDUCATION:

Undergraduate:

Michigan State University, East Lansing, MI
Nutritional Science, 1987

Honors:

Alpha Epsilon Delta - National Pre-Medicine Honor Society

Omicron Nu - National Human Ecology Honor Society

Michigan Competitive Scholarship

Awards for Excellence in Latin

Dean's List

Medical:

Michigan State University College of Human Medicine, East Lansing, MI
M.D., September 1987 – June, 1991

RESIDENCY TRAINING:

Chief Resident:

William Beaumont Hospital, Royal Oak, MI

Department of Physical Medicine & Rehabilitation

July 1, 1994 - June 30, 1995

Residency:

William Beaumont Hospital, Royal Oak, MI

Physical Medicine & Rehabilitation

Director: Myron M. LaBan, M.D. F.A.C.P.

July 1, 1992 - June 30, 1995

Internship:

William Beaumont Hospital, Royal Oak, MI

Preliminary Medicine

July 1, 1991 – June 30, 1992

Beaumont Preventative and Nutritional Medicine – Staff Physician 1992 - 1995

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- Corewell Health – Grand Rapids, MI – Courtesy Staff
- UM Health-West – Wyoming, MI – Courtesy Staff

BOARD CERTIFICATIONS:

- American Board of Physical Medicine & Rehabilitation - Recertification, 2017-2027
- American Board of Physical Medicine & Rehabilitation - Recertification, 2007-2017
- American Board of Physical Medicine & Rehabilitation - Certified 1997-2007
- American Board of Electrodiagnostic Medicine - Recertification, 2019-2028
- American Board of Electrodiagnostic Medicine - Recertification, 2009-2019
- American Board of Electrodiagnostic Medicine, Certified 1998-2008
- National Board of Medical Examiners: Parts I, II, III
- Subspecialty Certification in Pain Management, Certified 2000-2010

LICENSURE:

- State of Michigan – Licensed until 7/17/2026

TEACHING/RESEARCH:

- Teaching: Rotation with student from UC, 12/2023
- Teaching: Rotation with Physician Assistant Student from WSU, 5/2021
- Lecture: Spectrum Health MSU CHM: EMG for the Hand Specialist, 3/2021
- Teaching: Rotation with Medical Student from MSU College of Medicine, 2/2021
- Lecture: Center for Physical Rehabilitation Worker's Comp Conference Managing LBP, 2/2017
- Lecture: OAM Spine Conference – Neuromuscular & Musculoskeletal Mimics of Radiculopathy, 3/2016
- Lecture: Calvin College Lecture Series – Neuromuscular & Musculoskeletal Problems in Elderly Adults, 10/2010
- Lecture: Spectrum Health Hand Surgery Conference – EMG/NCV, 9/2002
- Lecture: Spectrum Health Sports Care Retreat – LBP in Athletes, 8/1999
- Lecture: Spectrum Health Ob/Gyn Grand Rounds – LBP, 6/1999
- Panelist: *This Old Back* – West Michigan Public TV, 4/1999
- Lecture: *Entrapment Neuropathies* – 3rd Annual Sports medicine Conference, 3/1999
- Lecture: *The Spine* – Butterworth Department of Occupational Medicine, 11/1997
- Lecture: *EMG* – Orthopedics Grand Rounds Butterworth Hospital, 9/1997

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- Lecture: *Rehabilitation of Lower Back Pain* – NovaCare, 10/1996
- Poster Presentation: *AAP Myotonic Dystrophy*, 3/1995
- Poster Presentation: American College of Physicians –*Syringomyelia: Demographics & Disability*, 1994
- Poster Presentation: AAPMR National Meeting –*Syringomyelia: Demographics & Disability*, 10/1994
- Presentation: *The Effect of a Fish Diet on Serum Lipid Profiles*, MSU Student Research Conference, 9/1988

PUBLICATIONS:

- Grand Rapids Press – interviewed and quoted in "The Sunshine Vitamin", July 2006
- Quest Magazine – Low Back Pain, November 1999
- Quest Magazine – Golf Injuries, July 1999
- American Journal of Physical Medicine and Rehabilitation – *Syringomyelia: Demographics & Disability*, September 1995
- Abstract in Archives of Physical Medicine and Rehabilitation – *Syringomyelia: Demographics & Disability*, September 1994

LEADERSHIP POSITIONS:

- Physician Lead, Physical Medicine & Rehab – Orthopaedic Associates of Michigan 2015-present
- Orthopaedic Associates of Michigan Executive Committee, 2008, 2011, 2013, 2015, 2017, 2022, 2024
- Physician Lead, Orthopaedic Associates of Michigan – CEO Search Subcommittee, 2019
- Mercy Health Joint Centers of Excellence Pilot Program, 2019
- Orthopaedic Associates of Michigan Operations Committee 2010-present
- Orthopaedic Associates of Michigan – Finance Committee – 2017 to present
- Medical Director Priority Health Spine Center of Excellence at Orthopaedic Associates of Michigan
- Orthopaedic Associates of Michigan Customer Service Advisory Group Founding Member, 2009
- Osteoporosis Advisory Group at Orthopaedic Associates of Michigan
- Appointed to Orthopaedic Associates of Michigan Merger Committee, 2008
- Elected to Orthopaedic Associates of Grand Rapids Executive Committee, 2005-2007
- Appointed to Orthopaedic Associates of Grand Rapids Merger Committee, 2005
- Founding Member Orthopaedic Associates of Grand Rapids Physical Therapy Committee, 2001-2009
- Medical Staff coordinator for Berkley and Troy Public School Football Program, 1994
- Field Physician, Berkley and Troy Public School Football Program, 1993–1994

Curriculum Vitae: James R. Ellis, M.D.

- Staff Physician, Beaumont Preventive Medicine Clinic, 1992–1994
- American Syringomyelia Alliance Project, 1992–1993

CONTINUING MEDICAL EDUCATION (CME):

- AAPM&R National Grand Rounds: Transforming Health and Wellbeing: A lifestyle Medicine Approach in PM&R- 1/2024
- OrthoForum 2020 Annual Meeting- Phoenix, AZ, 2/2020
- American Academy of Physical Medicine & Rehabilitation Annual Meeting- Orlando, FL, 10/2018
- Mayo Clinic Rehabilitation Medicine Update- Orlando, FL, 2/2017
- Mayo Clinic Electromyography and Neurophysiology in Clinical Practice- Amelie Island, FL, 1/2017
- EMG Maintenance of Certification Exam, 1/2017
- American Academy of Physical Medicine & Rehabilitation Self-Assessment Exam: Electrodiagnostics and Neuromuscular Medicine, 12/2015
- American Academy of Physical Medicine & Rehabilitation Self-Assessment Exam: Current Concepts in Physiatric Pain Management, 12/2015
- 10th Annual NASS Evidence & Technology Spine Summit- Park City, UT, 2/2014
- 8th Annual NASS Evidence & Technology Spine Summit- Park City, UT, 2/2012
- OAM Spine Conference – Ongoing monthly participant, 2011 to present
- Lippincott's Bone and Joint, 2004, 2005, 2010 2011, 2013
- American Association of Neuromuscular & Electrodiagnostic Medicine Annual Meeting- Québec City, QC 10/2010
- Northwestern University Medical School – 33rd Annual Electrodiagnosis and Clinical Neurophysiology: A High Intensity Review- Chicago, IL, 3/2010
- Mayo - Pain Conference- Marco Island, FL, 3/2008
- American Association of Neuromuscular & Electrodiagnostic Medicine Annual Meeting- Phoenix, AZ, 10/2007
- American Association of Neuromuscular & Electrodiagnostic Medicine Annual Meeting- Washington, DC, 10/2006
- American Academy of Physical Medicine & Rehabilitation Self-Assessment Exam – Sports and Performing Arts Medicine, 2004
- American Association of Neuromuscular & Electrodiagnostic Medicine Annual Meeting- Savannah, GA, 11/2004
- American Association of Neuromuscular & Electrodiagnostic Medicine – Costoclavicular Mass Syndrome, 2/2003

Curriculum Vitae: James R. Ellis, M.D.

- Annual Scientific Assembly of the American Academy of Physical Medicine & Rehabilitation- Chicago, IL, 10/2003
- Annual Scientific Assembly of the American Academy of Physical Medicine & Rehabilitation- Orlando, FL, 11/2002

CONTINUING MEDICAL EDUCATION (CME): (Continued)

- American Association of Neuromuscular & Electrodiagnostic Medicine Annual Meeting- Albuquerque, NM, 10/2001
- Annual Scientific Assembly of the American Academy of Physical Medicine & Rehabilitation- San Francisco, CA, 11/2000
- Northwestern University Medical School – 21st Annual Electromyography & Clinical Neurophysiology: A High Intensity Review, 3/1998
- American College of Sports Medicine Team Physician Course- San Diego, CA, 2/1998
- Mayo - Electromyography in Clinical Practice, 3/1996

MEMBERSHIPS, HONORS & AWARDS

- Grand Rapids Magazine's Top Docs, 2019, 2020, 2021, 2022, 2023
- North American Spine Society
- Fellow, American Association of Neuromuscular & Electrodiagnostic Medicine
- Fellow, American Academy of Physical Medicine and Rehabilitation
- Active Member of the following Academy Special Interest Groups: Sports Medicine, Industrial Rehabilitation, Pain Rehabilitation
- Physiatric Association of Sports, Spine, and Occupational Rehabilitation
- American Medical Association

RECENT BOOKS READ AND RECOMMENDED

- *Outlive the Science & Art of Longevity* by Peter Attia, MD
- *Play On: The New Science of Elite Performance at Any Age* by Jeff Bercovici
- *How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease* by Michael Greger, MD, FACLM
- *Young Forever* by Mark Hyman, MD
- *The Lucky Years: How to Thrive in the Brave New World of Health* by David B. Angus, MD

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- *Extra Life: A Short History of Living Longer by Steven Johnson*
- *Life Force: How New Breakthroughs in Precision Medicine can Transform the Quality of Your Life & Those You Love by Tony Robbins*
- *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones by James Clear*
- *The TB 12 Method: How to Do What You Love, Better and Longer by Tom Brady*