

GARM's

Affiliate Physician

Dr. Michael John Meighen, MD.

Physiatrist and Musculoskeletal Specialist

CURRICULUM VITAE

MISSION STATEMENT:

My professional goals center on finding a like minded group of outstanding humans with a passion for revolutionizing and transforming healthcare by focusing on the patient as their own individual entity (n=1). These goals are met by using a precision medicine approach employing cutting edge technologies and out of the box thinking to create something truly unique and powerful. A company that empowers and optimizes the individual providers and team members first; thus allowing them to use their gifts and special talents to heal and restore the patient to full function.

HIGHER EDUCATION:

1. University of Toledo

Toledo, Ohio September/1986 to June/1990

- Bachelor of Arts-Biology
- Magna Cum Laude
- University Honors

2. University of Akron

Akron, Ohio August/1990 to 5/1991

- Masters Studies in Athletic Training/Sports Medicine

- Athletic Trainer-Dance Department
3. University of Cincinnati College of Medicine
Cincinnati, Ohio August/1991 to June/1995
 - Medical Doctor

MEDICAL LICENSURE

1. Nevada #16816 (Current)
2. North Carolina #97-00333 (Current)
3. South Carolina #51692 (Current)
4. Minnesota #65319 (Current)
5. Florida #ME 143928 (Current)
6. Missouri #2020010878 (Current)
7. Tennessee #62108 (Current)
8. Kentucky#55090 (Current)
9. Ohio #35.143989 (Current)

SPECIALTY BOARDS

1. American Board of Physical Medicine and Rehabilitation

- Board Certified-June/2000
- Recertified-2010-2020
- Recertified-2020-2025

2. American Board of Physical Medicine and Rehabilitation Pain Medicine

Subspecialty

- Board Certified-September, 2005
- Recertified-September, 2015-2025

INTERNSHIP

7/1995-6/1996

Carolinas Medical Center

Charlotte, North Carolina

RESIDENCY

7/1996-6/1999

Physical Medicine and Rehabilitation

Charlotte Institute of Rehabilitation

Charlotte, North Carolina

FELLOWSHIP

8/1999-6/2000

Sports, Spine, and Occupational Medicine and Rehabilitation

University of Florida College of Medicine

Department of Orthopedics and Rehabilitation

Program Director-James Atchison, DO

EMPLOYMENT HISTORY

1. 7/2000 - 4/2011

NorthEast Orthopedics

Concord, North Carolina

2. 5/2011 - 12/2016

OrthoCarolina

Concord/Charlotte, North Carolina

3. 1/2017 - 8/2017

SpineNevada

Reno, Nevada

4. 3/2018 - 7/2018

Post Acute Care Specialists

Huntersville, NC

5. 7/2018 - 7/2019

OnSiteCare/Eventus Total Health

Concord, NC

6. 7/2019-7/2020

Rejuv Medical

Waite Park, MN

7. 8/2020-11/2021

Ortho Sport and Spine Physicians

Nashville, TN

8. 5/2021-Present

LivHealth

Lexington, Kentucky

9. 4/2022-Present

The Osteopathic Center

Miami, FL/Knoxville, FL

Medical Director

Optimal Health and Wellness, LLC

Shelby, NC

2020-Present

Medical Adviser and Content Provider

Blokes, LLC

Denver, CO

2021-Present

Chief Medical Officer

MinuteMD, LLC

Courtland, OH

2021-Present

#1 BEST SELLING AUTHOR

1. A New You

Using the Body's Regenerative and Restorative Healing Powers to Optimize Orthopedic, Hormonal, and Sexual Health Function

2. Codes of Longevity

Pain Resolution, Body Rejuvenation

VOLUNTEER ACTIVITY

1. Volunteer Physician, Charlotte Marathon

2. Volunteer Team Physician-Reno 1868 Soccer Team

3. Veterans in Pain Provider (VIP) - Regenerative Interventions Including PRP and BMAC for Wounded Warriors and Veterans;

Founder and CEO: Micaela Bensko

COMMITTEES

1. Pharmacy and Therapeutics Committee; Charlotte Institute of Rehabilitation, 1996-1999
2. Quality Assurance Committee; Charlotte Institute of Rehabilitation, 1997-1999
3. Program Planning Committee; American Academy of PM&R, 2005-2007
4. Operations Committee; OrthoCarolina, 2012-2013
5. Finance Committee; OrthoCarolina, 2014-2015
6. Wellness Committee-Medical Liaison; SpineNevada, 2017

CERTIFICATIONS

1. Intradiscal Electrothermy-Certified; Orlando, FL; 2001
2. Percutaneous Lumbar Decompression/Nucleoplasty-Certified; Raleigh, NC; 2002
3. WorldLink Medical-The Academy of Preventive and Innovative Medicine, Bioidentical Hormone Replacement Treatment; Completed Parts I-IV
4. Cell Surgical Network, Adipose Stem Cell Harvesting and Treatment-Certified; Palm Springs, CA; 2016
5. Bone Marrow Stem Cell Harvesting Rejuv Medical St. Cloud, Minnesota; 2018
6. Cellular Medicine Association Certified for O-Shot, P-Shot, Vampire FaceLift, Vampire BreastLift, Vampire Facial, PRP Hair, and Botox. Dr. Charles Runels. Fairhope, AL. 2018.
7. KionU Certified Coach via Ben Greenfield Fitness. 2019

HONORS

1. Charlotte Business Journals Best Physicians, 2012-2014

INDEPENDENT COMPANIES and BUSINESSES

1. **Interventional Orthopedics and Restorative Medicine Specialists, LLC.**
2. **Live Limitless MD, LLC.**

PODCAST HOST

The BioFuncMD's Podcast

Dr. Michael J. Meighen and Dr. Gus Vickery

SKILLS/EXPERIENCE

1. Electromyography/Nerve Conduction Studies
2. Joint Aspiration/Injections-Image Guided
3. Tendon/Ligament/Soft Tissue Injections
4. Genicular Nerve Blocks/Radiofrequency Lesioning
5. Occupational Medicine/Workman's Compensation Management
6. Osteopathic Manipulation Techniques and Treatments
7. Interventional Procedures
 - Cervical: Transforaminals/Nerve Blocks, Facet Injections/Medial Branch Blocks, Radiofrequency Lesioning, Trigger Points, Occipital Nerve Blocks
 - Thoracic: Transforaminals/Nerve Blocks, Interlaminar Epidurals, Facet Injections/Medial Branch Blocks, Radiofrequency Lesioning, Discography.

- Lumbosacral: Transforaminals/Nerve Blocks, Interlaminar/Caudal Epidurals, Facet Injections Injections/Medial Branch Blocks, Radiofrequency Lesioning, Discography, Sacroiliac Joint Injections, Trigger Points, Piriformis/Iliolumbar Ligament Injections
- Stellate Ganglion/Lumbar Sympathetic Blocks

8. Arthrograms: Shoulder/Wrist/Hip/Ankle/Elbow

9. Pain Resolution Interventions: Acute/Subacute/Chronic

10. Acupuncture

11. Prolotherapy/Platelet Rich Plasma/Mesenchymal Stem Cells

12. Musculoskeletal Ultrasound-Diagnostic, Interventional, and Nerve Hydrodissection

13. Bio-Identical Hormone Replacement and Health Optimization

14. Independent Medical Evaluations and Comprehensive Second Opinions

15. Disability and Impairment Evaluations

16. Aesthetics Including Botox, Vampire Procedures, and Laser Treatments

17. Sexual Health Treatments Including P-Shot, O-Shot, and Vaginal Rejuvenation

18. Epigenetic Analysis and Health Interventions

19. Peptide Treatments for Health Transformation and Lifespan Maximization

PROFESSIONAL INTERESTS

1. Non-Operative Spine Care and Management
2. Sports Medicine and Injury Management
3. Electrodiagnostics and Neurophysiology
4. Interventional Spine and Joint Procedures
5. Regenerative Medicine and Biological Interventions
6. Bio-Identical Hormone Replacement and Wellness
7. Weight Management and Obesity
8. Osteoporosis Treatment and Management
9. Medical Acupuncture
10. Strength Training/Personal Training
11. Musculoskeletal Ultrasound
12. Helping Physicians Avoid Burnout
13. Aesthetics and Sexual Health
14. Peptides
15. Epigenetics, Health Span, and Longevity
16. Biohacks for Health Optimization
17. Healthcare Disruption and Transformation
18. Personal Development
19. Physician and Professional Burnout