



Spokane Pain Conference 2025

October 24 & 25

Speaker Biographies



NORTHWEST
SPINE & PAIN MEDICINE

Idaho Pain Clinic



A DIVISION OF NORTHWEST SPECIALTY HOSPITAL
PROUDLY OWNED AND OPERATED BY PHYSICIANS

Jamie Lewis, MD

Board Cert.- Physical Medicine, Rehabilitation with a subspecialty in Pain Medicine

Northwest Spine & Pain Medicine

Spokane, WA

Title: Overview of Newer Treatment Options for Pain Management

1. Discuss emerging medication classes for pain.
2. Discuss newer interventional pain procedures.
3. Discuss newer Regenerative techniques

As a board-certified physician in Physical Medicine and Rehabilitation with a subspecialty in Pain Medicine, Dr. Jamie Lewis brings cutting-edge care to patients across Eastern Washington and Northern Idaho. After earning his Bachelor of Science in Biology from the University of California, Riverside, he pursued his Doctor of Medicine at Loma Linda University School of Medicine. His journey continued with an internship in Internal Medicine, a residency in Physical Medicine and Rehabilitation, and a fellowship in Pain Management at Loma Linda University and its affiliated hospitals.

Dr. Lewis is at the helm of both Northwest Spine and Pain Medicine and Northwest Center for Regenerative Medicine, where he serves as medical director. Additionally, he imparts his vast knowledge as an assistant clinical professor in pain medicine at WSU School of Medicine and as an attending physician for the Providence St. Luke's Physical Medicine and Rehabilitation Residency program. Since 2022, his exceptional skills and dedication have earned him a spot among the top three best pain doctors in Spokane.

Beyond his clinical expertise, Dr. Lewis is a passionate researcher with numerous scientific publications in pain medicine. His groundbreaking work and innovative approaches make him a sought-after medical education lecturer, captivating audiences with his insights and advancements in the field.

David Greeley, MD

Board Cert.- Neurology

Northwest Neurological

Spokane, WA

Title: Chronic Daily Headache – Why It’s Probably Not a Migraine

1. To understand why a migraine is rarely a cause for daily headache and to look for something else.
2. To understand why it’s important to ask about all medications used – including OTC and supplements.
3. To understand the “just because it’s near the brain, that doesn’t mean it’s neurological.

Dr. Greeley was born and raised in Seattle, Washington, and graduated from the University of Washington in 1985 with a bachelor’s degree in music theory and history. He then went to the University of Washington School of Medicine, graduating in 1989. After medical school he spent the next four years completing his internship and residency in Neurology at the University of Wisconsin Hospital and Clinic system in Madison, Wisconsin. He then completed a post-residency position as Honorary Assistant House Physician at the National Hospital for Neurology and Neurosurgery in London, England.

Directly after training Dr. Greeley moved to Spokane, Washington, to join a multi-specialty clinic where he worked as a neurologist and as the first director of their clinical research department. He moved into private practice in Spokane in 1999 when he founded Northwest Neurological, PLLC. As one of only a few private practice neurologists in the region, he is committed to treating all patients with attention and respect and is proud to offer the latest treatments in the field of neurology.

Gabriel Martinez, MD

Board Cert.- Physical Medicine, Rehabilitation, Board Eligible – Pain Medicine

MultiCare Clinic

Spokane, WA

Title: Advances in Spinal Cord Stimulation

1. Explain how traditional and newer spinal cord stimulation systems, including high frequency and closed-loop technologies, relieve chronic pain
2. Identify suitable patients for spinal cord stimulation based on chronic pain conditions and clinical criteria
3. Review how AI enhances spinal cord stimulation therapy, including real-times adjustments to improve outcomes for complex pain management.

Dr. Gabriel Martinez Alvarez completed his residency in Physical Medicine and Rehabilitation at the Mayo Clinic in Rochester, Minnesota, followed by a fellowship in Pain Medicine at the University of Utah in Salt Lake City. He currently practices at the Physiatry Clinic with MultiCare in Spokane, Washington, where his clinical focus is the evaluation and treatment of chronic musculoskeletal and neurogenic pain. Dr. Martinez has been involved in research exploring neuromodulation and regenerative medicine for both cancer-related and non-cancer chronic pain. He is dedicated to integrating evidence-based medicine with a patient-centered approach. Dr. Martinez is originally from Arecibo, Puerto Rico and is looking forward to exploring the Pacific Northwest, as he is new to the area.

Daniel Blizzard, MD

Board Cert.- Orthopedic Surgery

Northwest Neurological

Spokane, WA

Title: Clinical Diagnosis and Surgical Managements of Cervical Myelopathy

1. Surveilling for symptoms in spine patients in general
2. Differential diagnosis
3. Surgical management

Dr. Daniel J. Blizzard is a fellowship-trained Spine Surgeon specializing in comprehensive spinal surgical care ranging from minimally invasive and motion-sparing techniques, robotic-assisted and navigated surgery, scoliosis and deformity surgery, and revision surgical treatment.

Dr. Blizzard was raised in Liberty Lake, WA and graduated valedictorian of his class from Central Valley High School. He then attended the University of Washington on academic scholarships from the Gates Foundation and the Washington NASA Space Grant, graduating magna cum laude with a degree in Bioengineering. Dr. Blizzard attended medical school at Yale University where he was selected as a Doris Duke Research Fellow for his work investigating osteobiologics and 3D-MRI in spine surgery.

After medical school, Dr. Blizzard completed his general surgery internship and orthopaedic surgery residency at Duke University in Durham, NC. He then graduated from the combined Orthopaedic and Neurosurgical Spine Surgery Fellowship at Emory University in Atlanta, GA performing complex surgical care at the Emory University Hospitals, Grady Memorial Hospital (the busiest Level 1 trauma center in the country), and the Atlanta Veterans Administration Hospital.

Alyna Ohanian, PhD

Pain Psychologist

Northwest Spine and Pain Medicine

Spokane, WA

Title: Wounded Voices and Open Ears: Approaching the Help-Rejecting Patient

1. Features and signs of a help-rejecting patient.
2. Understand the impact and frustrations for providers
3. Learn recommendations, techniques, and approaches
4. Review case studies for examples

Dr. Alyna Ohanian received her doctoral degree in Combined-Integrated Clinical and Counseling Psychology from The University of South Alabama and completed her post-doctoral fellowship at Southern Methodist University's Student Health Center. Dr. Ohanian enjoys working in integrated health settings and completed her training at the Mitchell Cancer Institute, Alabama Deaf and Blind Center, and has worked as a team member in several integrated university health centers across the nation.

Dr. Ohanian believes in an open, collaborative approach to therapy that views the patient as the expert in their own lives. She strives to understand how barriers such as stressful life experiences, trauma, and incongruent support may get in the way of living a fulfilling life. Dr. Ohanian hopes to work together with the patient to overcome these obstacles and improve their overall quality of life.

Dr. Ohanian is a Florida native who enjoys cooking, hiking, antique shopping, rock music, and playing beginner drums. She also enjoys eating at new restaurants and is always open to restaurant suggestions!

Howard Grattan, MD

Board Cert.- Pain Management, Physical Medicine and
Rehabilitation

Northwest Spine and Pain Medicine

Spokane, WA

Title: Overview of Newer Treatment Options

1. Discuss how emerging medication classes for pain
2. Discuss newer interventional pain procedures
3. Discuss newer Regenerative techniques

Dr. Howard Grattan was born and raised in the farmlands of Iowa. He completed a BS degree in Biology with minors in Chemistry and Psychology. Following this, he attended medical school at Loma Linda University, where he completed a residency in physical medicine and rehabilitation, as well as a fellowship in pain management. Dr. Grattan is board certified in both fields and has been in private practice for the past 15 years.

In 2022, Dr. Grattan transitioned to regenerative medicine after a personal health challenge—a herniated C6-7 disc with severe nerve root compression causing significant pain, numbness, and weakness. Initially considering surgery, he was persuaded by Dr. Jamie Lewis to try a Regenexx treatment while waiting. The platelet lysate injection series alleviated his pain and restored function in his arm, eliminating the need for surgery. This experience opened his eyes to the remarkable effectiveness of PRP treatments, even for severe conditions like his.

Since then, Dr. Grattan has dedicated himself to studying, training, and performing regenerative treatments. His commitment to this field is driven by both personal experience and a professional desire to provide innovative, effective care to his patients.

Lynda Williamson, DO

Board Cert.- Family Medicine

Northwest Spine and Pain Medicine

Spokane, WA

Title: Opioid Pain Management: The Whole Story

1. Review Washington State Guidelines for opioid prescribing
2. Describe 3 tools for managing chronic pain patients
3. Describe the distinction between the opioid dependent patient vs the chronic pain patient

Dr. Lynda Williamson is an experienced family physician in Spokane, WA. She provides care for all ages from newborns to the elderly and has extensive experience working with adolescents and Veterans. Her areas of expertise include preventative medicine, family practice, occupational medicine, post-acute care, long-term care, chronic pain management, traditional osteopathic medicine and urgent care. She is bilingual with fluency in English and near-native fluency in Spanish. She has specific experience caring for individuals with developmental and intellectual disabilities. She has proven professional leadership through two decades of serving on boards and special task forces for professional associations. She has developed professional medical education seminars and has been a frequent speaker at medical education programs. Dr. Williamson received her medical degree from University of New England College of Osteopathic Medicine and completed Family Medicine Residency at the University of Massachusetts Medical Center.

Scott Magnuson, MD

Board Cert.- Anesthesiology, Pain Medicine; Sub-Specialty Pain Management

Pain Management of North Idaho

Coeur D'Alene, ID

Title: Lumbar Disc Herniation

1. Describe the epidemiology, pathophysiology, and risk factors associated with lumbar disc herniation.
2. Compare and contrast treatment modalities for lumbar disc herniation
3. Analyze the controversies and economic considerations surrounding the management of lumbar disc herniation

Dr. Magnuson is a graduate of Creighton University School of Medicine. After spending four years in the U.S. Navy as a flight surgeon, he completed an anesthesiology residency at St. Luke's Hospital, University of Missouri Kansas City. He then went on to complete a fellowship in Pain Management at the University of California San Diego, one of the foremost pain fellowships in the country. He is board certified in both anesthesiology and pain management by the American Board of Anesthesiology. This is the only recognized board certification for pain management through the American Board of Medical Specialties. Dr. Magnuson is the owner of Pain Management of North Idaho, PLLC and North Idaho Pain Center, an ambulatory surgical center, which is the only AAAASF accredited pain center in Coeur d'Alene. He is married with two children and enjoys water skiing, snow skiing, golfing, and wood working.

Jonathan Pasma, DO

Board Cert.- Physiatry

The Regenerative Institute

Spokane, WA

Title: Ultrasound-Guided Injections & Hydro Dissection

1. Increase understanding of fascia, interstitium and neurovascular bundle, and how these relate to pain and function.
2. Enhance the understanding and utility of ultrasound-guided injections and hydro dissection

Dr. Pasma is a Board-Certified Physiatrist, specializing in Interventional Sports/Spine/MSK procedures. Dr. Pasma earned his undergraduate degree from Whitworth University and received his medical degree from Pacific Northwest University. He completed his 4-year residency in Physical Medicine & Rehabilitation from Medical College of Wisconsin. As a PM&R physician, Dr. Pasma specializes in treating Neuromusculoskeletal, Orthopedic, and Sports injuries, and has extensive training using ultrasound guidance for procedure diagnosis and accuracy. Dr. Pasma enjoys running, traveling, and spending time with his wife and two daughters.

David Glassman, MD

Board Cert.- Orthopedic Surgery

Axis Spine Center

Northwest Specialty Hospital

Post Falls & Coeur D'Alene, ID

Title: Common Spine Conditions: Knife or Needle

1. Review cervical and lumbar degenerative conditions
2. Discuss the benefits of surgical and interventional treatment for these conditions
3. Develop a general idea of who should undergo surgery versus non-operative treatment.

Dr. David Glassman is a board-certified, fellowship trained orthopedic spine surgeon at Axis Spine Center. He is an international speaker, published author, professor, and thought leader. As a Fellow of the American Academy of Orthopaedic Surgeons, he has received the highest level of training attainable in spine surgery.

Dr. Glassman remains actively engaged in innovative research, embracing the latest innovations in surgical techniques and approaches including the use of augmented reality to provide remote integrated surgery. Over the course of his training and experience, he has developed a balanced approach to the use of surgical interventions and values the importance of non-operative care when customizing a comprehensive treatment plan with his patients, designed to improve the quality of their lives.

Ivanka Kuran, DPT

Board Cert.- Orthopedics, Manual Therapy

Axis Spine Center

Post Falls, ID

Title: Modalities: What Are they and Conditions Appropriate for Referral

1. Name 3 different modalities
2. Do modalities have “red flags”
3. Name a modality that requires specialty licensure to perform

Dr. Ivanka Kuran leads the PT team at Axis Spine Center located in Coeur d’Alene. She received her initial PT degree from the University of Alberta in Canada, then completed her doctorate at the College of St. Scholastica in Duluth, Minnesota.

Dr. Kuran has specialty certifications through the APTA (Orthopedics) as well as a Certified Orthopedic Manipulative Therapist (COMT) through the North American Institute of Orthopedic Manual therapy. She has also received licensure in Dry Needling. Prior to these certifications she obtained her ATC designation working with running and biking athletes.

She is an instructor at several local PT programs as well as serving on PT and PTA selection committees. Dr. Kuran has specialty interests in orthopedics and advanced conservative spine care while working in close collaboration with the surgeons and pain management specialists at Axis Spine Center. She also has helped develop post-op spine protocols to serve as a regional resource for patients traveling to and from our center, for their rehab.

Dr. Kuran enjoys keeping active with running, biking, swimming and kayaking and volunteers with race organization and youth sports.

Nathan Sneddon, MD

Board Cert.- Anesthesia, Pain Medicine

Spokane, WA

Title: Vertebral Augmentation (Kyphoplasty) for Vertebral Compression Fractures

1. Indications and contraindications
2. Does treatment increase risk of subsequent fracture?
3. Is vertebral augmentation effective for patients?
4. What is the latest technological advances for treatment of vertebral compression fractures?

Dr. Nathan E. Sneddon, MD is double board certified in anesthesiology and interventional spine and pain management and received his training at an ACGME accredited fellowship. He is passionate about helping those who come under his care and successfully managing their pain. His surgical background provides him a unique perspective when evaluating and treating his patients.

He completed his Doctor of Medicine at the University of Nebraska Medical Center in Omaha, Nebraska. His internship in general surgery was at the University of Texas Health Sciences Center in San Antonio, Texas, and his orthopedic surgery and anesthesiology residencies were at the University of Nebraska Medical Center. He then completed his fellowship in interventional spine and pain management at the Comprehensive Pain Center of Oregon Health & Sciences University in Portland, Oregon.

Dr. Sneddon is married with seven children who keep him extremely busy. In the summers, you will find him in the mountains running the trails or hiking with his family. In the winter, he enjoys skiing the slopes with his kids. He competes in ultra marathons and has completed 50k, 50 mile, and 100-mile races. He is a die-hard Nebraska Cornhusker football fan and is excited for the University of Washington's entrance into the Big Ten Conference.

Marian Wilson, PhD

Washington State University

Spokane, WA

Title: Problematic Substance Use in the Context of Chronic Pain

1. Recognize trends in substance use among adults with chronic pain
2. Understand how to access risk assessment and harm reduction resources
3. Apply harm reduction principles for a person using cannabis for pain management

Dr. Wilson completed her PhD in Nursing at the Washington State University College of Nursing in Spokane under the guidance of Dr. John Roll within the Program of Excellence in Rural Mental Health and Substance Abuse Treatment. She is faculty of WSU's Program of Excellence in Addictions Research and core faculty of the Sleep and Performance Research Center. She is board certified in Pain Management Nursing from the American Nurses Credentialing Center & American Society for Pain Management Nursing. She has experience as a nurse scientist leading clinical research in acute care settings and has a passion for empowering nurses through engagement with evidence-based practice and research projects. She has published research testing Internet-based self-management programs to assist patients with persistent (chronic) pain and depressive symptoms. Her current focus is on how opioid use and addiction can be addressed within persistent pain populations with a focus on adoption of non-pharmacologic strategies and improving sleep.

Christopher Meadows, MD

Board Cert.- Physical Medicine and Rehab, Electrodiagnostic
Medicine

Clinic 5C

Spokane, WA

Title: Regenerative Approaches to the Management of Low Back Pain

1. Understand the various pain generators associated with low back pain
2. Describe the role regenerative techniques can have in improving pain and function for lumbar disc herniation, lumbar radiculopathy and lumbar facet arthropathy

Dr. Meadows is a dual boarded physician holding certifications in both Physical Medicine and Rehabilitation as well as from the American Board of Electrodiagnostic Medicine. Dr. Meadows has expertise in neurological rehabilitation, musculoskeletal medicine, diagnostic and procedural ultrasound, and electrodiagnostic medicine.

Dr. Meadows carries what he's learned in his experiences to develop a unique and scientific approach to patient care where he incorporates principles of exercise, nutrition, supplementation, and recovery guiding patients to maximize their own performance either at the gym or in the workplace.