
Samuel G Oltman, ND, RMSK

Naturopathic Physician

Registered in Musculoskeletal Ultrasound

SKILLS

- Interventional Orthopedic Medicine
- Regenerative Injection Therapy
- Musculoskeletal Ultrasound
- Public Speaker, Lecturer, and Instructor
- Writer

PROFESSIONAL EXPERIENCE

Cascade Regenerative Medicine, Portland, OR - *Owner, Medical Director, and Physician, May 2023-Present*

- Specialist in interventional orthopedics and musculoskeletal ultrasound
- Expertise in Prolotherapy, Platelet Rich Plasma, MFAT Therapy and many other injection therapies for orthopedic conditions
- Providing holistic orthopedic care

Northwest Foot & Ankle, Portland, OR - *Physician, May 2017-Present*

- Provider of natural foot and ankle care emphasizing non-invasive podiatric treatments and patient education
- Utilizing expertise in footwear biomechanics and pain generation

Naturopathic Orthopedic Medicine Academy (NOMA) - *President and Founding Board Member, September 2020-present, nomacademy.org*

- Leader of a group of physicians who specialize in orthopedic and sports medicine
- Holding trainings and expert forums for continued development of expertise
- Website director and head of marketing

Oregon Regenerative Medicine, Lake Oswego, OR - *Physician, May 2017-April 2023*

- Specialist in regenerative orthopedics and naturopathic primary care
- Offered Prolotherapy, Platelet Rich Plasma, and Autologous Adipose Therapy regenerative injection therapies

Grain Integrative Health, Portland, OR - *Resident Physician, September 2015-
November 2017*

- Completed 2-year CNME-Accredited Family Practice Residency
- Provided primary care and urgent care for patients of all ages, genders and conditions
- Coordinated care for 24/7 on-call pager calls
- Managed the medicinary
- Wrote press releases and blog articles
- Created instructional YouTube videos

Food As Medicine Dyersville, Dyersville, IA - *Creator and Instructor*

- Created, marketed, and instructed nutrition and cooking classes to the community of Dyersville emphasizing a practical approach to whole foods cooking

Food As Medicine Institute, Portland, OR - *Instructor*

- Instructed nutrition and cooking classes to the public emphasizing a practical approach to whole foods cooking

The FIT Project, Portland, OR - *Family Advisor and Trainer*

- Encouraged and educated families in making healthy lifestyle choices through group classes and individual counseling

Natural Doctors International, Ometepe, Nicaragua - *Intern*

- Assisted in providing care to the community in free clinics
- Executed administrative duties related to fundraising, marketing and operations for the 501(c)3
- Lived with a host family and gained 9 weeks of Spanish language immersion

NCNM Functional Medicine Club, Portland, OR - *Founder and President*

- Created and led a group for learning in-depth concepts of functional medicine that were not addressed in the school curriculum

Tanner Springs Assisted Living, West Linn, OR - *Certified Nursing Assistant*

- Cared for residents in the memory care unit who suffered from Alzheimer's or other forms of dementia

Oregon State University Football, Corvallis, OR - *Wide Receiver*

- Balanced a rigorous workload of academics, practice, training, and team meetings
- Received the teammate-voted award of "Offensive Scout Team Player of the Year" in 2007

EDUCATION

Alliance for Physician Certification & Advancement - *Registered
Musculoskeletal Sonography, August 2022*

National University of Natural Medicine, Portland, OR - *Naturopathic Doctorate, June 2015*

Oregon State University, Corvallis, OR - *Bachelor's of Science, Exercise and Sport Science, June 2010*

SPEAKING

NOMA Lumbosacral Workshop, Portland, OR - *Lecturer*

- Lectured on Lumbosacral anatomy

NOMA Upper Extremity Workshop, Lake Oswego, OR - *Instructor*

- Instructed and taught injection techniques for the shoulder, elbow, and wrist

NOMA Webinar: Healing Heel Pain - *Speaker*

- Created and presented a lecture on the common causes of heel pain and the various treatment options

NOMA Lower Extremity Workshop, Lake Oswego, OR - *Lecturer and Instructor*

- Lectured on Foot & Ankle diagnostics, pathology, and treatments
- Instructed and taught injection techniques for the hip, knee, and ankle

Herbal Medicine for Fitness, Portland, OR - *Speaker*

- Created and delivered a presentation on how to use medicinal herbs for hormone optimization and inflammation reduction as it relates to physical fitness
- Presented at StrengthFarm, PDXFit, WholeSelf Wellness and 3 New Seasons Market locations

10th Annual Western Regional International Health Conference, OHSU, Portland, OR - *Speaker*

- Presented information and strategies for the role of whole foods nutrition in chronic malnutrition

WRITING

Naturopathic Doctor News and Review - *Contributor*

- “Regeneration and Osteoarthritis: Addressing Joint Health Over Time”
- “Association Spotlight: Naturopathic Orthopedic Medicine Academy”
- “PRP and Stem Cell Therapy: Naturopathic Regenerative Orthopedics Part 2”
- “Dextrose Prolotherapy: Naturopathic Regenerative Orthopedics Part 1”

Oregon Regenerative Medicine Newsletter - *Author*

- Wrote articles focused on health and wellness

Come Alive Blog - *Author*

- Created a blog that explores health and human nature

Grain Integrative Health Blog - Author

- Wrote educational and marketing material for patient reference and SEO

CONTINUING EDUCATION

Ketamine Therapeutic Application, Clinical Research, & Neural Effects

AANP 2022

OANP Annual Conference 2021

TOBI 2020

OANP Annual Conference 2020

AAOM 2019

OANP Annual Conference 2019

Ozone Therapy Training

- 6/7-6/8/18
- Dr. Frank Shallenberger, MD

IMPACT Training

- Concussion management and evaluation

Acute Concussion Management

- 6/16/18
- Oregon Chiropractic Association, Dr. Todd Turnbull

Advancing Pain Management in Oregon

- 10/30/17
- Webinar

What Naturopathic Doctors Should Know About Telemedicine

- 2/15/17
- Webinar

21st Annual OANP Conference

- 12/3/17-12/4/17
- Infectious Disease and Immunology

Cancun Prolotherapy Brigade

- 10/29/16 - 11/5/16
- Tyna Moore, ND, DC and The Prolotherapy Institute
- Lecture, demonstration and supervised prolotherapy training.
- I personally injected 8 knees, 4 hips, 3 shoulders, 2 lumbosacral joints, 1 heel and 1 thumb.

OANP Med Talk: Regenerative Medicine

- 10/25/16
- Noel Peterson, ND
- Lecture on the various methods and indications for prolotherapy, PRP and stem cell therapy.

OANP Med Talk: Geriatrics and End of Life Care

- 8/23/16
- Judy Neall Epstein, ND
- Overview of considerations when caring for patients who are terminally ill.

Metagenics: Healing the Aging Metabolism

- 7/9/16

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- Robert Silverman, DC
 - Lecture on the nutritional, biochemical, social and genetic factors that contribute to obesity and chronic disease and the best methods to treat and reverse these conditions.

Critical Updates on FDA Regulation of In-Office Use Compounded

Injectable Material

- 4/20/16
- Paul Anderson, ND
- Webinar

Food as Medicine Conference

- 2/13/16-2/14/16
- NCNM, Portland, OR

Resident Education 2015-2016

- Heather Zwickey, PhD: *Immunology Review*
- Margaret Walsh, ND: *Chart Coding and Pain Management*
- Catherine Moonshine, PhD, MSCP, MAC, CADC III: *Working with Patients Who Have Personality Disorders*
- Nat Bingham, ND: *Heart Murmurs*
- Pat Buckley, ND: *Wound Care Clinical Pearls*
- Jessica Black, ND: *Adrenal Fatigue Assessment and Treatment in Primary Care*
- Tammy Ashney, ND: *Women's Hormone Prescriptions: How and When to Rx*
- Kimberly Windstar, ND, MEd: *Practitioner Cultivation*
- Natalie Gustafson, RPh: *All Things Compounded*
- Kim Tippens, ND: *Controlled Trials: How to Navigate and Interpret Clinical Findings*
- Angela Sanders, ND: *Meta-Analysis: A Review of How to Review a Huge Review*

8th Annual Year in Review: Advances in the Treatment of Multiple Sclerosis

- 11/10/15
- PRIME Education

Boston Heart Diagnostics Master Class

- 11/6/15-11/7/15
- Boston Heart Diagnostics, Newport Beach, CA

Traditional Roots Conference

- 5/15/15-5/17/15
- NCNM, Portland, OR

Revitalization Retreat

- September 2013, 2014, 2015, 2016
- Eclectic Institute, Sandy, OR

18th OANP Conference

- 12/7/13-12/8/13
- Pharmacy and Ethics with Special Pain Track