

CURRICULUM VITAE

Michael Leins, D.O.

1030 Centre Ave., Suite B, Fort Collins, CO 80526
[\(970\) 480-0111](tel:(970)480-0111) - dr.leins@parakletos.info

Personal Information

Place of Birth - Kansas City, MO

Work Experience

Clinical Faculty - Community Health Network 7/2011 - 6/2013
Family Medicine Residency

Medical director - Parakletos Osteopathic Clinic 11/2014 - present

Residency Training

University of New England
College of Osteopathic Medicine NMM/OMM Plus-one Residency 7/2013 - 7/2014
Biddeford, ME

Community Health Network Family Medicine Residency 6/2008 - 7/2011
Indianapolis, IN

Education

Arizona College of Osteopathic Medicine of the 8/2004 - 6/2008
Midwestern University - D.O.
Glendale, AZ

Rockhurst University - B.S., Biology 9/1998 - 5/2002
Kansas City, MO

National Board Certifications

American Board of Family Medicine Certified 7/2011

American Osteopathic Board of Neuromusculoskeletal Medicine Certified 12/2014

Licensure

Doctor of Osteopathic Medicine Training License, Indiana 6/2008 - 7/2010
Doctor of Osteopathic Medicine Permanent License, Indiana 7/2010 - 7/2013
Doctor of Osteopathic Medicine Permanent License, Maine 7/2013 - 6/2014
Doctor of Osteopathic Medicine Permanent License, Colorado 7/2014 - present

Professional Memberships & Societies

Christian Medical and Dental Association (CMDA)	6/2008 - present
CMDA National Resident Representative	5/2010 - 5/2011
American Academy of Family Physicians	6/2008 - 7/2013
American Academy of Osteopathy	6/2008 - present
American Osteopathic Association	6/2006 - present
Society of Teachers of Family Medicine	7/2011 - 7/2013

Educational Activities

Chief Resident, Family Medicine - Community Health Network
Family Medicine Residency 6/2010 - 7/2011

Clinical faculty for the Community Health Network Family
Medicine Residency. Involved in teaching interns through third
year residents the knowledge and skills of Family Medicine
in both the outpatient and inpatient setting. 7/2011 - 6/2013

Clinical faculty for the OMM clinic 7/2011 - 6/2013
Community Health Network Family Medicine Center.
Involved in hands-on, one-on-one teaching
of Osteopathic principles and practices to family medicine
residents and exposure to Osteopathic Medicine for our
population through direct patient care.

Curriculum development 7/2011 - 6/2013
Collaborated with fellow clinical faculty to restructure the entire
family medicine curriculum for our residency. Personally
spearheaded the restructuring of our preventive care education
with coordination of a 200 hour musculoskeletal curriculum
including OMM, Sports Medicine (including HS football coverage,
sports physicals), Rheumatology, Pediatric and Adult Orthopedics,
PM&R, Podiatry, and associated procedures. Our work was
presented nationally at the AHME Educational Institute
2012 annual meeting

Adjunct Faculty - Indiana University School of Medicine 7/2011 - 6/2013
Involved in teaching the "Introduction to Clinical Medicine"
course to 1st year medical students from IUSOM. Lectured and
evaluated 3rd year medical students on musculoskeletal skills
including ankle, knee, back, and shoulder exams. Preceptor for
3rd and 4th year medical students on their family medicine
rotations.

Adjunct Faculty - University of New England 7/2013-6/2014
College of Osteopathic Medicine
As part of the NMM/OMM residency training I taught first and

second year medical students hands on skills in the OMM lab, osteopathic principles through large group presentations, and clinical skills through teaching small group sessions and proctoring exams with simulated patient encounters. I also was a preceptor for 3rd and 4th year medical students on their OMM rotations in my resident clinic.

Anatomy Instructor - Prolotherapy Weekend

10/10-12/2013

This CME was held at the University of New England's anatomy lab. I led a comprehensive review of regional anatomy for physicians in practice from all over the United States. The participants would use the information to assist with prolotherapy injection techniques for the lumbar spine, SI joints, hip capsule, knee, ankle, foot, shoulder, elbow, wrist, and hand. I was also able to take this course, performing all of the injections after my teaching commitments were completed.

Volunteer Activities

Family physician - Christ Clinic

12/2014 - present

The Christ Clinic's mission is to follow Jesus by providing spiritual and medical care to members of the Northern Colorado Community who experience hardship in the face of illness due to a lack of access to health care. I provide family medicine care for those that are uninsured or otherwise do not have access to medical services.

Osteopathic physician - 9Health Fair

4/24-25/2015

The Fort Collins 9Health Fair is one of the largest in Colorado serving over 2,000 participants annually. I provided osteopathic structural exam screenings at this two day event, along with teaching osteopathic medical student volunteers also present.

Conventions, Conferences, Workshops

AAO Convocation

2005, 2006, 2011, 2012
2013, 2014, 2015

IAO Winter Update Convention

12/5-7/2008

IAO Spring Convention

4/30-5/3/2009

The Cleveland Academy of Osteopathic Medicine &

2/5-6/2011

The University Hospitals Richmond Medical Center

"The Musculoskeletal Manipulation Course: Approaching Musculoskeletal Problems Using Osteopathic Manipulation"

Lecture and workshop with Paul Evans, D.O., FAAFP, FACOFF and Michael Rowane, D.O., M.S., FAAFP, FAAO	
AAO Convocation Faculty Development Workshop “Integrating Osteopathic Concepts in the Assessment, Feedback, and Evaluation of Learners.” Polly Leonard, D.O., Clint W Snyder, PhD Michael Rowane, D.O., M.S., FAAFP, FAAO Evelyn A. Schwalenberg, D.O., MMEL, FACP, FACOI	3/19/2011
AAPM&R 40 hour MSK US course “Hands-On Diagnostic Musculoskeletal Ultrasound: In-Depth Introduction to Uses and Techniques” John Cianca, M.D., Nelson Hager, M.D., M.S.	11/15-16/2011
AAO 20 hour NMM/OMM course at MWU AZCOM “Still/Littlejohn techniques” Lecture and workshop with Christian Fossum, D.O. Richard Van Buskirk, D.O., PhD, FAAO	1/13-15/2012
MSU NMM/OMM Educational Conference “Ligamentous Articular Strain” Dr. Wm. Thomas Crow, D.O., FAAO	5/18-19/2012
IAO and IOA 20 hour Cranial Suture Course “Indiana Academy of Osteopathy and the Indiana Osteopathic Association: A Sutural Approach to Osteopathy in the Cranial Field.” Ed Stiles, D.O. FAAO, Charlie Beck, D.O. FAAO	8/17-19/2012
AAO 40 hour cranial course at Fort Worth, Texas “Introduction to Osteopathy in the Cranial Field” Paul Dart, M.D. FCA	2/16-20/2013
15.5 hour MSK US course through Maine Medical Center “Musculoskeletal Ultrasound: Beginners/Intermediate Level Course” William W. Dexter, MD, FACSM	9/27-29/2013
20 hour Prolotherapy course through University of New England “Prolotherapy Weekend” Mark S. Cantiere, D.O. FAAO, George J. Pasquarello, D.O. FAAO	10/10-12/2013
New Hampshire Osteopathic Association 21 hour Biodynamic course “An Exploration of the Foundations and Principles	6/6-9/2014

of the Biodynamic Model of Osteopathy in the Cranial Field”
Eric Cohen D.O., Evan Rubin, D.O.

Osteopathic Cranial Academy 2015 Annual Conference 6/18-21/2015
“Traumatic Brain Injury, Neuroscience and Osteopathy”
Simeon Hain D.O., Ali Carine D.O.

Presentations

Pneumonia in the Inpatient Setting: Osteopathic Adjuncts to Treatment. 9/2009
Presented at residency Tuesday conference.

Osteopathic Structural Exam 5/2010, 8/2011
Presented at residency Tuesday conference.

Podiatry Concerns in Family Medicine: 1/2011, 4/2013
Overview of Musculoskeletal Pathology and Treatments
Presented at residency Tuesday conference.

The Difficult Patient 3/27/12
Multidisciplinary Care Coordination for Challenging Patients
Presented at residency Tuesday conference.

Poster presentation for the Association for Hospital Medical Education: 5/2012
The C4 Project: Transforming the Family Medicine Residency into a Patient-Centered Medical Home.
Presented at the AHME Educational Institute National Conference

Poster presentation for the Association for Hospital Medical Education: 5/2012
Novel Residency Education in the Patient-Centered Medical Home.
Presented at the AHME Educational Institute National Conference

Curriculum development implementation 4/2013
Presented at the AAFP Program Director’s Workshop National Conference

Myofascial Release and Soft Tissue Techniques 8/2013
Presented at the University of New England College of Osteopathic Medicine. OMS I lecture.

Presentations for resident didactics at the University of New England and Maine Medical Center:

Wallenberg syndrome	9/31/2013
Constipation	10/14/2013
Elbow OMT	10/17/2013
Diagnosis and Management of the Acute Red Eye	12/23/2013
TMD	1/17/2014
Scoliosis	4/24/2014

Resident Original Research: “Assessing the Role for 3-D Anatomy in the Instruction of Counterstrain Technique in Osteopathic Medical School” Presented at the Northeast Osteopathic Medical Education Network’s 13th Annual Research and Scholarship Forum	5/2014
--	--------

Common Shoulder Injuries and the role for Osteopathic Manipulative Medicine Presented at the Christ Clinic’s annual intraining conference	3/2015
---	--------

Honors & Awards

Midwestern University College of Osteopathic Medicine Chairman’s Award for Outstanding Clinical Skills in Osteopathic Manipulative Medicine.	6/2008
--	--------

MWU-AZCOM & Arizona Academy of Osteopathy Award of Appreciation and Excellence.	6/2008
--	--------

John & Marna Black Award for exceptional understanding and compassion in patient, peer, and collegial interactions.	6/2011
---	--------

Chief Resident Award for outstanding performance as chief resident.	6/2011
--	--------

1st Place Award in Resident Original Research at the Northeast Osteopathic Medical Education Network’s 13th Annual Research and Scholarship Forum.	5/2014
--	--------