



**California Medical Evaluators**  
11620 Wilshire Blvd. Suite 340  
Los Angeles, CA 90025  
**Phone:** 888.853.7944  
**Fax:** 213.478.0550  
info@calmedeval.com



## **Dr. Elaine Date, MD**

*Board Certified in Physical Medicine and Rehabilitation*

*Articulate, Board certified Physical Medicine and Rehabilitation Physician with more than 35 years of clinical expertise and 20 years of medical-legal expertise. Highly specialized in Physical Medicine and Rehabilitation and Electro-Diagnostic Medicine.*

### **EDUCATION**

---

- **Stanford University School of Medicine, Stanford, CA (1978)**  
Bachelor of Science, Biology
- **Medical College of Pennsylvania, Philadelphia, PA (1982)**  
Doctor of Medicine, MD
- **Stanford University/Santa Clara Valley Medical Center, Stanford, CA (1982)**  
Combined Internship/Residency – Flexible/Physical Medicine & Rehabilitation
- **Stanford University School of Medicine, Stanford, CA (1985)**  
Residency - Physical Medicine & Rehabilitation, Chief Resident

### **PROFESSIONAL EXPERIENCE**

---

- **Palo Alto VA Health Care System, Director of Outpatient Rehab Medicine Services/ Electrodiagnostic Clinic, Staff Physician (1985 to 1986)**
- **Stanford University School of Medicine & Affiliated Hospitals, Residency Training Director, Pain Medicine & Rehabilitation (1985 to 1988)**
- **Palo Alto VA Health Care System, Rehab Medicine Services, Acting Chief (1986 to 1988)**
- **Compensated Work Therapy Program for Disabled Veterans, Medical Director (1986 to 1992)**
- **Palo Alto VA Health Care System, Pain Medicine & Rehabilitation Service, Chief (1988 to 2007)**

- **Stanford University, PM&R Residency Program, Residency Program Director (1988 to 2007)**
- **Palo Alto VA Health Care System, Comprehensive Rehab Center, Director (1988 to 1994)**
- **Stanford University, Dept. of Surgery, Section Chief, Rehabilitative Medicine (1989 to 1990)**
- **Stanford University, Division Head, Physical Medicine & Rehabilitation (1990 to 2007)**
- **Palo Alto Veterans Affairs Health Care System, Traumatic Brain Injury Unit, Dir. (1993 to 1994)**
- **Stanford University School of Medicine, PM&R Spine Fellowship, Director (1998 to 2000)**
- **VA Palo Alto Health Care System, Polytrauma Rehab Center, Medical Director (2005 to 2007)**
- **VA Palo Alto Health Care System, Polytrauma Transitional Rehabilitation Program, Physiatrist/ Medical Coordinator (2006 to 2008)**
- **Adelberg and Associates, Qualified Medical Examiner (2014 to 2017)**
- **EK Health, Utilization Physician Reviewer (2006 to 2018)**
- **ReMeDy Medical Group, Associate, Partner, Physician (2008 to present)**
- **San Mateo Medical Center, Chronic Pain Management Physician (2008 to present)**

## ACADEMIC APPOINTMENTS

---

- **Stanford University, Dept. of Surgery, Acting Assistant Professor (1988)**
- **Stanford University, Dept. of Surgery, Assistant Professor (1989 to 1995)**
- **Stanford University, Dept. of Functional Restoration, Assistant Professor (1991 to 1995)**
- **Stanford University, Dept. of Functional Restoration, Associate Professor (1995 to 2002)**
- **Stanford University School of Medicine, Associate Professor (2002 to 2011)**

## LICENSURE AND CERTIFICATION

---

- **American Board of Physical Medicine & Rehabilitation**
- **American Board of Electrodiagnostic Medicine**
- **National Board of Medical Examiners**
- **California Board Certified Medical License**
- **Qualified Medical Evaluator (QME)**

## PROFESSIONAL MEMBERSHIPS

---

- American Association of Neuromuscular and Electrodiagnostic Medicine
- International Society of Injection Specialists

## HONORS AND AWARDS

---

- American Heart Association Research Fellow, Stanford University (1976)
- Graduation with Departmental Honors (Biology), Stanford University (1978)

## RESEARCH & PUBLICATIONS

---

1. **Date ES**. (1979). "The Role of Sterols in the Mechanism of Circadian Rhythms in *Neurospora Crassa*", Senior Honors Paper, Stanford University School of Medicine Archives.
2. **Date ES**, Ortega HR, Hall K, Rappaport M. (1988). "Somatosensory Evoked Responses to Dermatomal Stimulation in Cervical Spinal Cord Injured and Normal Subjects", *Clinical EEG*, 19(3):144-54
3. Cope DN, **Date ES**, Mar EY. (1988). "Serial Computerized Tomography Evaluations in Traumatic Head Injury", *Arch Phys Med Rehabil*, 69(7):483-86.
4. Bliwise DL, Ingham RH, **Date ES**, Dement WC. (1989). "Nerve Conduction in Aged Subjects with Periodic Leg Movements in Sleep", *J of Gerontology*, 44(5):M164-67.
5. **Date ES**, Rappaport M, Ortega HR. (1991). "Dermatomal Somatosensory Evoked Potentials in Brachial Plexus Injuries", *Clinical EEG*, 22(4):236-249.
6. Kingery WS, **Date ES**, Bocobo C. (1993). "The Absence of Brachial Plexus Injury in Stroke", *Am J PMR*, 72:127-43.
7. Seibel MO, **Date ES**, Zeiner H, Schwartz M: (1993). "Rehabilitation of Hallervorden-Spatz Disease", *Arch Phys Med Rehabil*, 74:328-29.
8. Wu PB, Baig M, Huang S, Kingery WS, **Date ES**. (1993). "Temperature Correction Factors Derived from Normal Subjects May Be Invalid in Demyelinating Neuropathies", *Am J PMR*, 74:369-71.
9. Sine RD, Merrill D, **Date ES**. (1994). "Epidural Recording of Nerve Conduction Studies and Surgical Findings in Radiculopathy", *Arch Phys Med Rehabil*, 75(1):17-24.

10. Kingery WS, Seibel M, **Date ES**, Marks MP. (1994). "The Natural Resolution of a Lumbar Spontaneous Epidural Hematoma and Associated Radiculopathy", *Spine*, 19(1):67-69.
11. Wu PB, Kingery WS, **Date ES**. (1995). "An EMG Case Report of Lead Neuropathy 19 Years After a Shotgun Injury", *Muscle and Nerve*, 18:326-29.
12. Kingery WS, Park KS, Wu PB, **Date ES**. (1995). "Electromyographic Motor Tinel's Sign in Ulnar Mononeuropathies at the Elbow", *Am J PMR*, 74:419-26.
13. **Date ES**, Mar EY, Bugola M, Teraoka JK. (1996). "The Prevalence of Lumbar Paraspinal Spontaneous Activity in Asymptomatic Subjects", *Muscle and Nerve*, 19:350-54.
14. Kingery WS, Wu PB, **Date ES**. (1996). "An Unusual Presentation of a Traumatic Ulnar Mononeuropathy with a Martin-Gruber Anastomosis", *Muscle and Nerve*, 19:920-22.
15. **Date ES**, Gray LA. (1996). "Electrodiagnostic Evidence for Cervical Radiculopathy and Suprascapular Neuropathy in Shoulder Pain", *EMG Clin Neurophysiol*, 36:333-39.
16. Galicia AR, Klima RR, **Date ES**. (1997). "Mentorship in Physical Medicine and Rehabilitation Residencies", *Am J PMR*, 76:268-75.
17. Wu PB, Kingery WS, Frazier ML, **Date ES**. (1997). "An Electrophysiological Demonstration of Polysegmental Innervation in the Lumbar Medial Paraspinal Muscles", *Muscle and Nerve*, 20: 113-15.
18. Wu PB, Robinson T, Kingery WS, **Date ES**. (1998). "Thoracodorsal Nerve Conduction Study", *Am J PMR*, 77:296-98.
19. Wu PB, Neff J, Kingery WS, **Date ES**. (1999). "Sensory Nerve Conduction Velocity is Inversely Related to Axonal Length", *EMG Clin Neurophysiol*, 39:61-63.
20. Carragee EJ, Tanner CM, Khurana S, Hayward C, Welsh J, **Date ES**, Truong T, Rossi M, Hagle C. (2000). "The Rates of False-Positive Lumbar Discography in Select Patients Without Low Back Symptoms", *Spine* 25:1373-80.
21. Amhed S, Bierley R, Sheikh JL, **Date ES**. "Post-Traumatic Amnesia After Closed Head Injury: A Review of the Literature and Some Suggestions for Further Research", *Brain Inj*, 14:765-80.
22. Wu PB, **Date ES**, Kingery WS. (2000). "The Lumbar Multifidus Muscle in Polysegmentally Innervated", *Electromyogr Clin Neurophysiol*, 40:483-5.
23. Bierley RA, Drake AL, Ahmed S, **Date ES**, Rosner M, Warden D, Salazar AM. (2001). "Biased Responding: A Case Series Demonstrating a Relationship Between Somatic Symptoms and Impaired Recognition Memory Performance for Traumatic Brain Injured Individuals", *Brain Inj*, 15:697-714.

24. **Date ES**, Teraoka JK, Chan J, Kingery WS. (2002) "Effects of Elbow Flexion on Radial Nerve Conduction Velocity", *Electromyograph Clin Neurophysiol*, 41:51-56.
25. Glassmire DM, Bierley RA, Wisniewski AM, Green RL, Kennedy JE, **Date ES**. (2003). "Using the WMS-III Faces Subtest to Detect Malingered Memory Impairment", *J Clin Exp Neuropsychol*, 25:465-82.
26. Kim BJ, **Date ES**, Lee SH, Lau EW, Park MK. (2004). "Unilateral All Ulnar Hand Including Sensory Without Forearm Communication", *Am J Phys Med Rehabil*, 83(7):569-73.
27. Fredericson M, Kim BJ, **Date ES**. (2004). "Disabling Foot Cramping in a Runner Secondary to Paramyotonia Congenita: A Case Report", *Foot Ankle Int*, 25(7):510-2.
28. Lew HL, **Date ES**, Pan SS, Wu P, Ware PF, Kingery WS. (2005). "Sensitivity, Specificity, and Variability of Nerve Conduction Velocity Measurements in Carpal Tunnel Syndrome", *Arch Phys Med Rehabil*, 86(1):12-6.
29. Kim, BJ, **Date ES**, Lee SH, Yoon JS, Hur SY, Kim SJ. (2005). "Distance Measure Error Induced by Displacement of the Ulnar Nerve When the Elbow is Flexed", *Arch Phys Med Rehabil*. 86(4):809-12.
30. Kim, BJ, **Date ES**, Park BK, Choi BY, Lee SH. (2005). "Physiologic Changes of Compound Muscle Action Potentials Related to Voluntary Contraction and Muscle Length in Carpal Tunnel Syndrome", *J Electromyogr Kinesiol*, 15(3):275-81
31. Kim BJ, **Date ES**, Derby R, Lee SH, Seo KS, Oh KJ, Kim MJ. (2005) "Electromyographic Technique for Lumbar Multifidus Examination of Previous Techniques Used to Localize the Multifidus". *Arch Phys Med Rehabil* 86(7): 1325-9.
32. Miyoshi Y, Teraoka JK, **Date ES**, Kim MJ, Nguyen RT, Miyoshi. (2005). "Change in Stroke Rehabilitation Outcomes After the Implementation of Long-Term Care Insurance System: A Hospital-Based Study". *Am J Phys Med Rehabil* 84 (8): 613-9.
33. Vanderploeg RD, Collins RC, Sigford B, **Date E**, Schwab K, Warden D; Defense and Veterans Brain Injury Center Veterans Health Administration study planning group. Practical and theoretical considerations in designing rehabilitation trials: the DVBIC cognitive-didactic versus functional-experiential treatment study experience. *J Head Trauma Rehabil*. 2006 Mar-Apr;21(2):179-93.
34. **Date ES**, Kim BJ, Yoon JS, Park BK. Cervical paraspinal spontaneous activity in asymptomatic subjects. *Muscle Nerve*. 2006 Sep;34(3):361-4.
35. Fredericson M, Kim BJ, **Date ES**, McAdams TR. Injury to the deep motor branch of the ulnar nerve during hook of hamate excision. *Orthopedics*. 2006 May;29(5):456-8.

36. Seo KS, Derby R, **Date ES**, Lee SH, Kim BJ, Lee CH. In vitro measurement of pressure differences using manometry at various injection speeds during discography. *Spine J.* 2007 Jan-Feb;7(1):68-73.
37. Lew HL, Lee EH, Castaneda A, Klima R, **Date E**. Therapeutic use of botulinum toxin type A in treating neck and upper-back pain of myofascial origin: a pilot study. *Arch Phys Med Rehabil.* 2008 Jan;89(1):75-80.
38. Derby R, Lee SH, **Date ES**, Lee JH, Lee CH. Size and aggregation of corticosteroids used for epidural injections. *Pain Med.* 2008 Mar;9(2):227-34.
39. Vanderploeg RD, Schwab K, Walker WC, Fraser JA, Sigford BJ, **Date ES**, Scott SG, Curtiss G, Salazar AM, Warden DL; Defense and Veterans Brain Injury Center Study Group. Rehabilitation of traumatic brain injury in active duty military personnel and veterans: Defense and Veterans Brain Injury Center randomized controlled trial of two rehabilitation approaches. *Arch Phys Med Rehabil.* 2008 Dec;89(12):2227-38.
40. Schulz-Heik RJ, Poole JH, Dahdah MN, Sullivan C, **Date ES**, Salerno RM, Schwab K, Harris O. Long-term outcomes after moderate-to-severe traumatic brain injury among military veterans. Successes and challenges. *Brain Inj* 2016; 30 (3): 271-9.
41. Schulz-Heik RJ, Poole JH, Dahdah MN, Sullivan C, Adamson MM, **Date ES**, Salerno R, Schwab K, Harris O. Service needs and barriers to care five or more years after moderate to severe TBI among Veterans. *Brain Inj.* 2017 Jun 6:1-7.