Tariq I Hilal DO, MS

3771 Katella Ave. Suite 201, Los Alamitos, CA 90720 Cell: (714)553-4034 | thilal12@gmail.com

**Education Western University of Health Sciences**

**College of Osteopathic Medicine of the Pacific 08/01/2008- 05/16/2012**

Pomona, CA

**Doctor of Osteopathic Medicine**

**Drexel University College of Medicine 08/01/2006 - 05/30/2008**

Philadelphia, PA

**Masters in Medical Sciences**

**University of California 10/01/2003 - 07/01/2005**

Irvine, CA

**B.S in Biological Sciences**

Dean’s List Award

**Work Experience** **Concentra 07/01/2022 - Present
 *Specialist Physician*** Santa Ana, CA
 - Part time PM&R specialist for workers compensation clinic

 **Integrative Sports and Spine
 *Attending Physician* 11/1/2021 – Present** Huntington Beach, CA
 - Provide inpatient subacute rehab evaluations

 **South Coast Sports and Spine
 *President* 11/1/2021 – Present** Los Alamitos, CA
 - Solo outpatient PM&R Sports and Interventional Pain Management
 - Evaluate and treat various MSK and spine disorders
 **-** Perform epidurals, facet blocks, RFA at ambulatory surgery centers
 - In office EMG/NCT, US guided peripheral joint injections

 **Pain Management Associates
 *Attending Physician* 12/01/2018 – 10/29/2021** Long Beach, CA
 - Worked in outpatient pain management setting
 - Evaluated new and current patients at a high volume clinic
 - Performed 30-40 interventional spinal procedures weekly
 - Performed 20-30 ultrasound guided MSK procedures monthly

 **Southern California Permanente Group
 *Attending Physician* 02/26/2018 – 11/30/2018** Department of Occupational MedicineKaiser Permanente - Downey, CA
 - Managed and treated work related injuries at high volume clinic
 - Performed EMG studies on a weekly basis
 - Prepared permanent and stationary (P&S) reports

**Medical training The Orthopedic Clinic Association
 *Interventional Spine Fellow* 09/01/2016 - 08/31/2017** Fellowship training under Dr. Chris Huston

 **SUNY Downstate Medical Center - University Hospital of Brooklyn**

**Department of Orthopedic Surgery and Rehabilitation Medicine**

***Physical Medicine and Rehabilitation Resident*** **07/01/2013 - 06/30/2016**

**Long Beach Medical Center / South Nassau Communities Hospital**

***Osteopathic Transitional Year Intern*  06/01/2012 - 07/31/2013**

**Procedures** Electromyelography / nerve conduction studies
 Ultrasound guided peripheral nerve, joint, tendon, and bursa injections
 Ultrasound guided percutaneous tenotomies
 Lumbar, thoracic, and cervical transforaminal epidurals
 Fluoroscopically guided joint injections
 Lumbar, thoracic, and cervical medial branch blocks and facet injections
 Lumbar and cervical radiofrequency neurotomies
 Facet joint aspirations
 Provocative Discography

**Sports Coverage NY Daily News Golden Gloves Boxing Tournament 2016 Season
  *Assistant Ringside Physician***

 **New York City Marathon
  *Medical Station Volunteer*  2015 Season**

 **National Collegiate Athletic Association (NCAA)**
 ***Assistant Team Physician* 2015 - 2016 Season** SUNY Maritime Privateers 2015-2016 NCAA Football season

 **Team USA Women’s Soccer Heather O’Reilly Soccer Clinic Aug 29th, 2015
 *Field Physician***

 **Public Schools Athletic League** **(PSAL
 *Assistant Team Physician*  2013 - 2015 seasons** High school football teams in Brooklyn, NY

**esearch Experience*****“The Effects of Matrix Metalloprotease Inhibitors on Platelet
 Aggregation“*  2007 – 2008**

 PI: Dr. Gerald Soslau Ph.D.

 Senior Associate Dean for Professional Studies in Health Sciences

 Drexel University College of Medicine

**Peer-Reviewed** Cundari A. DO, **Hilal T. OMS IV**. Shingles in Immune-Competent Patients.  **Publications** *The Journal of Southern California Clinicians,* 5(1): 43-6, 2011 August.

 **Hilal T.** Rotator Cuff Injuries. *PM&R Knowledge Now.* 2017.

**Peer-Reviewed Hilal T. DO**, David J. DO, Garcia A. MD, Mensch J. MD, Agarwal S. MD **Posters** **”*Aortic Arch Aneurysm Presenting as Hoarseness During Acute
 Inpatient Rehabilitation: A Case Report.”***Poster presented at: The
 American Academy of Physical Medicine Annual Assembly; 2014
 November 12th - 16th; San Diego, CA.

David J. DO, **Hilal T. DO**., Agarwal S. MD ***“Rehabilitation Challenges in a Patient with Bilateral Medullary Infarction and Tetraplegia: A Case Report*.”** Poster presented at: The American Academy of Physical Medicine Annual Assembly; 2014 November 12th - 16th; SanDiego, CA.

**Hilal T. DO**, Arora S. DO., Lipsky W. MD ***“Lemier’s Disease in an Otherwise Healthy Male: A Case Report.”*** Poster Presented at: The New York Osteopathic Medical Society Annual Poster Competition; 2013 April 5th; New York, NY.

**Memberships** American Osteopathic Association **(AOA)**
 Spine Intervention Society **(SIS)** North American Spine Society **(NASS)**

**Licensure** Osteopathic Medical Board of California # 20A15622 **2017-Present**

 Drug Enforcement Agency Controlled Substance Prescription License

**Certifications** **The American Board of Pain Medicine 2021-2031**
 **The American Board of Physical Medicine and Rehabilitation 2017-2027**
 **Advanced Cardiac Life Support
 Basic Life Support**   **Languages** Fully bilingual in English and Arabic. Moderate fluency in Spanish.

**References** Available upon request