

Spokane Pain Conference

October 16 & 17, 2026

Speaker Biographies

Jamie Lewis, MD

Board Cert: Physical Medicine and Rehabilitation

Northwest Spine and Pain Institute

Spokane, WA

Updates in Regenerative Medicine

1. Understand latest advances in stem cell use
2. Understand latest evidence for PRp
3. Current regulatory status and evidence for peptides

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.

Matthew Layton, MD

Board Cert: American Board of Psychiatry and Neurology

Washington State University

Spokane, WA

Opioid Use Disorder

1. Review recent trends in the incidence and prevalence of OUD and drug overdose deaths
2. Current research efforts and the impact of interventions on clinical outcomes by demographic region
3. Evidence-based medication and psychosocial interventions used to treat OUD, including Medication-Assisted Treatment

Matt Layton, PhD, is involved in training rural primary care doctors, physician assistants and nurses to work with patients who have psychiatric disorders and drug addictions.

Dr. Layton is the physician of record and co-investigator in the WSU Sleep and Performance Research Center. His current research interests include Addictions, Opioids, Pain, Hyperbaric Oxygen Treatment, Natural Products and Drug Interactions, and using Sleep Technology to study the impact of substances of abuse.

Nathan Sneddon, MD

Board Cert: Anesthesia & Pain Medicine

Dynamic Spine & Pain Institute

Spokane, WA

Lumbar Spinal Stenosis in 2026

1. Review the diagnosis and pathology of lumbar spinal stenosis and degenerative lumbar instability.
2. Compare the indications, benefits, and limitations of minimally invasive treatments for lumbar spinal stenosis.
3. Recognize patients who may benefit from referral

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.

Daniel Blizzard, MD

Board Elligible: Orthopaedic Surgery

Axis Spine Center

Post Falls, ID

Cervical Myelopathy

1. Clinical presentation and common causes
2. Key diagnostic findings on physical examination/imaging
3. Surgical and non-surgical management strategies

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.

Dr. Blizzard has a specific interest in the development and utilization of new diagnostic and surgical techniques with the goal of reducing the pain, recovery time, and long term morbidity associated with traditional spine surgery. Throughout his training Dr. Blizzard pursued these interests, leading dozens of studies assessing the clinical efficacy of new minimally-invasive fusion techniques, robotic-assisted spine surgery, 3D-real time intraoperative navigation, motion-sparing techniques for cervical spine pathology, and the identification and prevention of complications in spine surgery.

Dr. Blizzard has published over 30 peer-reviewed articles in journals including Spine, The Spine Journal, The Journal of Neurosurgery, and the European Spine Journal His work has been presented over 50 times at the podiums of national and international spine meetings.

Christopher Meadows, MD

Board Cert: Physical Medicine & Rehabilitation, Electrodiagnostic Medicine

Clinic 5C

Spokane, WA

The Science Behind Stem Cell Therapy

1. Differentiate the major sources of therapeutic stem and stromal cells used in regenerative medicine.
2. Describe the biologic mechanisms through which cell-based therapies influence tissue healing and repair.
3. Evaluate the current evidence supporting stem cell therapies for common musculoskeletal conditions.

Dr. Christopher Meadows is a dual board-certified physician in Physical Medicine and Rehabilitation (PM&R) and Electrodiagnostic Medicine, specializing in regenerative medicine in Coeur d'Alene, Idaho.

With expertise in musculoskeletal medicine, neurological rehabilitation, diagnostic ultrasound, and performance recovery, he helps patients optimize health, recover from injury, and pursue age-defying vitality. A former UCLA athlete, Dr. Meadows integrates exercise science, nutrition, and advanced recovery therapies into his holistic approach at 5C.

John F. Long, DO

Board Cert: Physical Medicine & Rehabilitation, Electrodiagnostic Medicine

Spokane Spine Center

Spokane, WA

Demystifying CRPS: Early Detection and Multidisciplinary Management in Primary Care

1. Identify clinical signs of Complex Regional Pain Syndrome
2. Differentiate between CRPS Type 1 and Type 2 based on nerve injury verification
3. Formulate a multimodal treatment plan combining physical therapy pharmacotherapy, and psychological support.

John F. Long, D.O., FAAPMR, is a board certified Physical Medicine and Rehabilitation (PM&R) specialist. He completed his bachelors of science degree in Zoology at Iowa State University. He then earned a masters degree in Exercise Science at The University of Denver.

After working as an exercise physiologist, he attended medical school at Kansas City University of Medicine and Biosciences, where he received his Doctor of Osteopathy (D.O.) degree. This was followed by a traditional osteopathic rotating internship at Parklane Medical Center in Kansas City, Missouri.

Dr. Long then completed his specialty training in PM&R at Northwestern University in Chicago. While there he was chief resident and was on the faculty of the Feinberg School of Medicine/Northwestern University. He participated in research and trained in all aspects of rehabilitation and spine medicine, including interventional techniques as well as electromyography/nerve conduction study (EMG/NCS).

Dr. Long began practicing in Spokane in 2002.

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Vivian Moise, MD

Board Cert: Physical Medicine & Rehabilitation, Sub-specialty of Spinal Cord Injury Medicine

St. Luke's Physiatry and Neuromuscular Clinic at the Providence St. Luke's

Rehabilitation Medical Center

Spokane, WA

Medical Marijuana

1. Describe major pharmacological effects of cannabinoids on the endocannabinoid system
2. Know how to register a patient for medicinal cannabis use
3. Risks/benefits of cannabis use for medicinal purposes

Dr. Vivian M. Moise is a physiatrist in Spokane, Washington and is affiliated with multiple hospitals in the area, including MultiCare Deaconess Hospital and Providence Holy Family Hospital. She received her medical degree from University of California (San Francisco) School of Medicine and has been in practice for more than 20 years. She has expertise in treating chronic pain & fibromyalgia, spinal stenosis and spondylosis, joint pain, among other conditions - see all areas of expertise. Dr. Vivian M. Moise accepts Medicare, Aetna, Kaiser, United Healthcare - see other insurance plans accepted. Dr. Vivian M. Moise is highly recommended by patients.

Jessica Jameson, MD

Interventional Pain Physician

Axis Spine Center

Post Falls, ID

When Pain Won't Quit: Is Peripheral Nerve Stimulation the Missing Piece?

1. Review the current evidence supporting peripheral nerve stimulation for select chronic pain conditions.
2. Identify patients who are most likely to benefit from referral for peripheral nerve stimulation.
3. Incorporate peripheral nerve stimulation into evidence-based, multimodal chronic pain management.

Dr. Jessica B. Jameson is a fellowship trained Interventional Pain Physician. She specializes in minimally invasive treatments of chronic pain.

Dr. Jameson received her medical degree from Michigan State University. Upon graduation, she went on to complete her internship at David Grant USAF Medical Center at Travis Air Force Base in California. She then spent four years as a United States Air Force Flight Surgeon.

Dr. Jameson completed her residency in Anesthesia at the University of Iowa College of Medicine in Iowa City. She then furthered her training by graduating from a Harvard fellowship in Pain Medicine at Beth Israel Deaconess Medical Center in Boston, MA. She 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 Jameson is also the only physician in North Idaho who is board certified in obesity medicine. She is on numerous international committees in the field of pain management and has published articles and developed national curriculum related to interventional pain management. She serves on the board of the American Society for Interventional Pain Physician, Women in Neuromodulation, Idaho Society of Interventional Pain Physicians and is a founder of The Society for Women Innovators in Pain Management. She is actively involved in clinical research serving as the principal investigator for multiple randomized controlled trials.

Dr. Jameson has been a valuable asset and member of the community since 2013 and is proud to be the co-founder of Axis Spine Center.

David Glassman, MD

Board Cert: Orthopaedic Surgery

Axis Spine Center

Post Falls, ID

Interventional Management of Back Pain

1. Review the process of ESI's, SCS, and spinal fusion
2. Patient criteria and expected outcomes
3. Evidence based management of patients nerve stimulation into evidence-based, multimodal chronic pain management.

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.

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Howard Grattan, MD

Board Cert: Pain Management, Physical Medicine & Rehabilitation

Northwest Spine & Pain Medicine

Spokane, WA

Hydrodissection

1. Review current evidence
2. Discuss most common locations
3. Define common injection formulas

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.

Johanna Golke, PA-C

Waves of Health Wellness

Coeur d'Alene, ID

When the Body Remembers: Trauma, the Nervous System, Chronic Pain, and Integrative Treatment Strategies

1. Differentiate trauma as a physiological and neurobiological process and recognize its role in chronic pain
2. Describe the neurobiology of trauma and its contribution to persistent pain
3. Evaluate evidence-based treatment strategies for chronic pain

Johanna Golke is a Physician Assistant and Integrative Health Practitioner with a deep passion for wellness, holistic health, and empowering others to take control of their well-being. Her medical career began at an interventional spine and pain clinic, where she treated hundreds of patients struggling with chronic pain and health conditions that were not improving with conventional medicine, epidural steroid injections, or pharmaceuticals. This experience sparked her curiosity about the root causes of illness and led her to explore the world of functional medicine.

Driven to find better solutions for her patients, Johanna began researching anti-inflammatory and autoimmune protocol diets, supplements, and other holistic modalities. Her growing interest in integrative approaches inspired her to expand her knowledge and ultimately transition into neurosurgery, where she gained valuable experience caring for patients in the operating room, hospital, and clinic settings.

Her personal health journey further deepened her commitment to functional medicine. After facing her own chronic health challenges, she sought to uncover the underlying causes rather than rely on temporary fixes. Through this process, she addressed multiple toxicities, including mold and mycotoxins, glyphosate, parasites, Lyme disease, and other tick-borne co-infections such as Bartonella. Her firsthand experience with these challenges allows her to connect with patients on a personal level, understanding the frustration of feeling unwell despite "normal" lab results or conventional treatments.

She believes in treating the body as an interconnected system and guiding patients toward lasting wellness through lifestyle changes, root-cause healing, and individualized care. Her approach is compassionate, evidence-informed, and focused on helping each person feel like themselves again.

Outside of her practice, Johanna enjoys exploring the outdoors with her two dogs, spending time at the lake, and being with her family. She cherishes time with her 11 nieces and nephews and loves returning to her home state of Michigan to relax on the beach and enjoy the peaceful beauty of the lake.

Alan Greenwald, MD

Board Cert: Orthopedic Surgery

Great Falls Clinic

Great Falls, MT

Recognition and Treatment of Osteoporosis with a Strategy for Bone Health Optimization

1. Define Osteoporosis and how to diagnose
2. Review best treatments for Osteoporosis
3. Discuss ways to better preoperative surgical decisions to avoid complications.

Dr. Alan G. Greenwald is an orthopedist in Great Falls, Montana and is affiliated with Astria Sunnyside Hospital. He received his medical degree from University of Pittsburgh School of Medicine and has been in practice for more than 20 years. He has expertise in treating ankle/foot injury, rotator cuff injury, arthritis, among other conditions - see all areas of expertise. Dr. Alan G. Greenwald accepts Humana, Cigna - see other insurance plans accepted.

Jacob Pearson, DO

Orthopedic Sports Institute

Coeur d'Alene, ID

MRI Lies or Does It? Correlating Spinal Imaging with the Patient in Front of You

Dr. Jacob Pearson is a fellowship-trained spine surgeon at Orthopedic Sports Institute in Coeur d'Alene, Idaho. He specializes in treating conditions of the cervical, thoracic, and lumbar spine, including degenerative disorders and spinal deformity.

Dr. Pearson believes exceptional spine care begins with understanding the person, not just their MRI. He works closely with each patient to develop an individualized treatment plan that reflects their symptoms, lifestyle, and goals—whether that means nonsurgical care or a carefully tailored surgical approach.

He completed his medical degree at Rocky Vista University College of Osteopathic Medicine, residency at Samaritan Health Services, and spine fellowship at the University of Washington's Harborview Medical Center.

Outside of medicine, he enjoys cooking, fly fishing, golfing, weightlifting, ice hockey, and exploring the Rocky Mountains with his family.

Tyler Bates, DO

Board Cert: Physical Medicine & Rehabilitation

Providence St. Luke's Rehabilitation Medical Center

Spokane, WA

Post Stroke Pain

1. Identify and initiate treatment for common causes of post-stroke pain including complex regional pain syndrome, spasticity, and central pain syndrome
2. Recognize when to refer to stroke rehabilitation vs pain management for post stroke pain syndromes

Dr. Tyler Bates, D.O., is specialized in Physical Medicine and Rehabilitation with a special interest in neurorehabilitation including spasticity management and post-stroke rehabilitation along with using EMG and ultrasound for diagnosis. Dr. Bates graduated from Boise State University with a bachelor's in biology prior to completing osteopathic medical school at Rocky Vista University in Colorado. During medical school he participated in the military medicine track and did his clinical rotations in rural Colorado. Following medical school, he completed a transitional year internship in Altoona, PA prior to serving as a flight surgeon in the Air Force. As a flight surgeon, he was responsible for the health and safety of pilots, air traffic controllers, and firefighters at one of the busiest airfields in the Air Force. He was recognized as Company Grade Officer Physician of the Year for Air Education Training Command. After his military service, Dr. Bates completed residency in Physical Medicine and Rehabilitation at St. Luke’s Rehabilitation Medical Center in Spokane, WA. He is excited to be staying in Spokane and with St. Luke’s.