

Garret L. Strand, DPM

1255 Liberty Street, Redding, CA, 96001

530-246-2467

shastaortho.com

Education

Northern California Reconstruction Foot and Ankle Fellowship **August 2020 – July 2021**
Shasta Orthopedics and Sports Medicine – Redding, California

Wheaton Franciscan St. Joseph – Ascension, Milwaukee WI **Jul 2017 – Jun 2020**
PMSR/RRA 36 Month Residency Program
Foot and RRA Surgery Board Qualified

Orthopedic Trauma Rotation **Feb 2019**
University of Missouri – Columbia, Missouri

Rosalind Franklin University of Medicine and Science, North Chicago, IL **Aug 2013 – May 2017**
Dr. William M. Scholl College of Podiatric Medicine
Cumulative RFUMS GPA – 3.917/4.00
Successfully Passed APMLE Part I, II, III, Clinical Skills Exam

Rosalind Franklin University of Medicine and Science, North Chicago, IL **Aug 2013 – May 2017**
Certificate of Nutritional Education – RFUMS, North Chicago, IL

B.A. – Health Sciences **Aug 2009 – May 2013**
The University of Iowa, Iowa City, IA
Minor in English

Decorah High School, Decorah, IA **Aug 2005 – May 2009**

Research/Publications

ACFAS Poster Submission 2020:
Open Treatment of Ankle Joint Synovial Chondromatosis: A Report of 2 Cases. Brian Schenavar, DPM, Garret Strand, DPM, Thomas Paulick, DPM, FACFAS

ACFAS Poster Submission 2019:

Custom Total Talus Replacement as a Salvage Option for Failed Total Ankle Arthroplasty – A Prospective Case Report. Garret Strand, DPM, Christopher Juels, DPM, AACFAS, Jason Nowak, DPM, FACFAS

ACFAS Poster Submission 2019:

Successful Treatment of Ballooning Osteolysis After Total Ankle Replacement. Annie Stroze, DPM, Brian Schenavar, DPM, Garret Strand, DPM, Daniel W. Guehlstorf, MD.

ACFAS Poster Submission 2018:

Peroneus Brevis Musculocutaneous Rotational Flap for Treatment in a Diabetic Charcot Neuroarthropathic Patient: A Case Study. Brian Schenavar DPM, Garret Strand DPM, Jeffrey Hall DPM, Brian Fischer DPM.

ACFAS Scientific Literature Review June 2018:

Ellenbogen A, Rice A, Vyas P. Retrospective comparison of the Low Risk Ankle Rules and the Ottawa Ankle Rules in a pediatric population. American Journal of Emergency Medicine. 2017 Sept 01; 35(9), 1262-1265

ACFAS Scientific Literature Review January 2018:

Brorsson A, Willy R, Tranberg R, Grävare Silbernagel K. Heel-Rise Height Deficit 1 Year After Achilles Tendon Rupture Relates to Changes in Ankle Biomechanics 6 Years After Injury. American Journal Of Sports Medicine. November 2017;45(13):3060-3068.

On Going Research Opportunities:

Custom Total Talus Replacement as a Salvage Option for Failed Total Ankle Arthroplasty – A Prospective Case Report. Garret Strand, DPM, Christopher Juels, DPM, FACFAS, Jason Nowak, DPM, FACFAS

Direct Correlation Between Pedal Vessel Calcification and Risk for Coronary Heart Disease as Based Upon the Coronary Artery Calcium Score. Garret Strand, DPM, Nick Williams, DPM, Steven Tocci, DPM, David Sved, DPM, Eoin Gorman, DPM.

Awards

Iowa Podiatric Medical Association Scholarship	Sept 2016
Seward P. Nyman, DPM, Memorial Scholarship	Sept 2016
David A. Stone, DPM, Memorial/Region Nine Scholarship	Sept 2015
Emerald Volunteer Service Award	Sept 2015
Dr. Scholl Foundation Scholarship Award	July 2015
Scholl Distinguished Scholarship Award	July 2014
Interprofessional Community Clinic Student of the Month	July 2014
Pi Delta Honors Fraternity	Aug 2014 - 2017

Continuing Medical Education

ACFAS Scientific Conference – San Antonio, TX	Feb 2020
Medline Unite Fellows and Young Physicians Course – Chicago, IL	Sep 2019
ACFAS Foot and Ankle Arthroscopy Skills Course – Chicago, IL	Jul 2019
AAFAO Advanced Course – Dallas, TX	Apr 2019
Wright Medical Prophecy TAR Cadaver Lab – Milwaukee, WI	Feb 2019
AAFAO Comprehensive Course – Dallas, TX	Apr 2018
GAP Medical Forefoot and Rearfoot Cadaver Lab – Milwaukee, WI	Apr 2018

MedShape DynaNail and Reconstruction Cadaver Lab - Milwaukee, WI	Mar 2018
ACFAS Scientific Conference - Nashville, TN	Mar 2018
Smith & Nephew Forefoot and Rearfoot Cadaver Lab - Milwaukee, WI	Feb 2017-2018
Stryker IM Nail and Trauma Cadaver Workshop - Milwaukee, WI	Jan 2017-2018
Stryker STAR Total Ankle Replacement Lab - Milwaukee, WI	Nov 2017
Arthrex Tigh trope, Modular Foot/ankle and Cadaver Lab - Milwaukee, WI	Nov 2017
Synthes Forefoot and Rearfoot Reconstruction Cadaver Lab - Milwaukee, WI	Sep 2017
CrossRoads Extremity System Cadaver Lab - Milwaukee, WI	Aug 2017
Cartiva Implant Cadaver Lab - Milwaukee, WI	Jul 2017

Work History

Peer Student Tutor , Rosalind Franklin University of Medicine and Science	Sep 2014 – Sept 2015
Student Intern , Professional Foot and Ankle Care, Iowa City, IA	Jun 2012 – Aug 2013
Swim Instructor , Kennedy Family Swim School, Iowa City, IA	Mar 2012 – Dec 2012

Volunteer Experience

Medical Mission Work at Home, Milwaukee, WI	Sep 2019
The Great Give Back	Apr 2015
Interprofessional Community Clinic	Dec 2013 – Dec 2014
Midwinter Podiatry Conference	Jan 2014 – Jan 2015
Midwest Podiatry Conference	Mar 2014 – Mar 2015
Pediatric Interest Group	Sept 2014 – May 2015
Outreach4Health	Oct 2013 – Oct 2014
Save a Limb Save a Life	Apr 2014 – May 2014
Iowa City Summer of the Arts Festival	Aug 2014
Big Brothers/Big Sisters Organization	Oct 2010 – Jul 2013
Mercy Hospital Emergency Room Volunteer	Sep 2010 – May 2012
Dance Marathon	Oct 2009 – Feb 2012

Certifications

American Board of Foot and Ankle Surgery Foot Surgery CBPS & Didactic – Passed
American Board of Foot and Ankle Surgery RRA Surgery CBPS & Didactic – Passed
National Board of Podiatric Medical Examiners – Parts: I, II, and III
BLS/ACLS Certificate – Current

Extracurricular Activities

Representative for Ascension of Wisconsin at Scholl Residency Fair	Aug 2018
Guest Lecturer for RFUMS Essential of Clinical Reasoning 2	Sept 2016

Illinois Podiatric Medical Student Association Student Body President	Apr 2014 – Jan 2015
Scholl College of Podiatric Medicine Student Dean	Apr 2014 – Jan 2015
Presenter at Roast and Toast of Dr. Daniel Bareither and Dr. Bruce Manion	Apr 2015
RFUMS Wellness Week Committee/Speaker	Dec 2014 – Feb 2015
Presented to RFUMS Alumni Association Committee	Oct 2014
President Elect of American Society of Podiatric Surgeons Scholl College of Podiatric Medicine	Dec 2013 – May 2014
Clinic Manager of Interprofessional Community Clinic Rosalind Franklin University of Medicine and Science	Dec 2013 – Dec 2014
Faculty Liaison Panel Leader of Interprofessional Community Clinic Rosalind Franklin University of Medicine and Science	Dec 2013 – Dec 2014
Student Representative of Pediatric Interest Group Rosalind Franklin University of Medicine and Science	Sep 2013 – May 2014
Podiatry Today online blog	Feb 2013

Races

Madison Big Swell 1.2 Mile Open Water Swim	July 2019
Devil's Lake Big Swell 1.2 Mile Open Water Swim	July 2019
Lysefjorden Inn 2019 62 Km Ultra Marathon – Norway	June 2019
First Thaw Sprint Duathlon	May 2019
Run from the Tax Man Trial Half Marathon	April 2019
Davenport Iowa YMCA Turkey Trot 5K	Nov 2018
Wolfpack 50 Mile Trail Run	Nov 2018
Milwaukee PNC Marathon	Oct 2017
Equalizer 100 Mile Ultra Marathon	Oct 2016
Madison Marathon	Nov 2015
Equalizer 75 Mile Ultra Marathon	Oct 2015
Prairie Valley Half Marathon	Sept 2015
Chicago Marathon	Oct 2014
Des Moines Marathon	Oct 2010 and Oct 2012
Tough Mudder Competition - Missouri	Aug 2012
World's Toughest Mudder Competition	Nov 2012