

Garret L. Strand, DPM, FACFAS

Work History

Foot and Ankle Surgeon **Oct 2021 - Present**
Shasta Orthopaedics and Sports Medicine – Redding, California
Fellowship Trained, Board Certified

Fellowship Director **August 2025- Present**
Northern California Reconstructive Foot and Ankle Fellowship – Redding, California

Assistant Fellowship Director **Oct 2021 – July 2025**
Northern California Reconstructive Foot and Ankle Fellowship – Redding, California

Foot and Ankle Surgical Consultant **May 2022 - Present**
DJO/Enovis Medical
Ossio Integrative Orthopedics

Member-at-Large **May 2024 - Present**
Medial Executive Committee
Patients' Hospital of Redding – Redding, California

Co-founder of Foot and Ankle Institute **Apr 2021**
Shasta Orthopaedics and Sports Medicine – Redding, California

Peer Student Tutor **Sep 2014 – Sept 2015**
Rosalind Franklin University of Medicine and Science – North Chicago, Illinois

Education

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

Wheaton Franciscan St. Joseph – Ascension, Milwaukee Wisconsin **Jul 2017 – Jun 2020**
PMSR/RRA 36 Month Residency Program
Foot, Reconstructive Rearfoot, and Ankle 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

Foot and Ankle Orthopedics 2025:

Approaches to Minimally Invasive Surgery for Treatment of Metatarsus Adductus with Hallux Valgus Correction with Modified Lapdisu: A Novel Technique Guide. Garrett Wireman, DPM, Jason Nowak, DPM, FACFAS, Garret Strand, DPM, FACFAS

Foot and Ankle Orthopedics 2025:

A Minimally Invasive Surgery Technique for Closing Base Wedge Osteotomy with Fixation for Correction of Bunionette. Garrett Wireman, DPM, Garret Strand, DPM, FACFAS, Jason Nowak, DPM, FACFAS

Foot and Ankle Surgery 2023:

Addressing Varus and Valgus Deformity of the Ankle: Algorithmic Approach to Total Ankle Arthroplasty and Case Series. Collin Messerly, DPM, AACFAS, Helene Cook, DPM, **Garret L. Strand, DPM, AACFAS**, Jason Nowak, DPM, FACFAS.

ACFAS FASTERAC 2022:

Revision Total Ankle Arthroplasty with Tibial Stem Component Using Antegrade Tibial Reaming: Technique Guide and Case Study. Helene Cook, DPM, AACFAS, Garret Strand, DPM, AACFAS, Collin Messerly, DPM, AACFAS, Matthew Herring, MD, Troy Miles, MD, Jason Nowak, DPM, FACFAS.

ACFAS FASTERAC 2022:

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

ACFAS Poster Submission 2022:

Incidence and Location of Heterotrophic Ossification Following Total Ankle Arthroplasty and its Effects on Functional Outcomes. Collin Messerly, DPM; Helene R. Cook, DPM; **Garret Strand, DPM, AACFAS**; Jason Nowak, DPM, FACFAS

ACFAS Poster Submission 2022:

Total Ankle Replacement Algorithm for the Treatment of Varus and Valgus Deformities. Collin Messerly, DPM; Helene R. Cook, DPM; **Garret Strand, DPM, AACFAS**; Jason Nowak, DPM, FACFAS

ACFAS Poster Submission 2021:

Radiographic Outcomes After Custom Total Talus with Total Ankle Arthroplasty – A Retrospective Review of 2 Cases. Steve Tocci, DPM, **Garret Strand, DPM, AACFAS**, Chris Juels, DPM, AACFAS, Jason Nowak, DPM, FACFAS

ACFAS Poster Submission 2021:

Revision of Total Ankle Using Antegrade Tibial Reaming – A Retrospective Case Review. Collin Messerly, DPM, **Garret Strand, DPM, AACFAS**, Jason Nowak, DPM, FACFAS

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:

Bronsson 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.

Book Publications:

Custom Constrained 3D Total Talus/Navicular Replacement. **Garret Strand, DPM, AACFAS**, Jason Nowak, DPM, FACFAS. Clinical Application of 3D Printing in Foot and Ankle Surgery. 2021

On Going Research Opportunities:

Evaluation of Postoperative Protocol Following Total Ankle Arthroplasty: A Retrospective Review. **Garret Strand, DPM, AACFAS**, 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

Attending, Ascension Wisconsin Radiology Case Review	Monthly
Western Podiatry Conference – Los Angeles, CA	June 2025
Wisconsin Podiatric Medical Society Conference – Brookfield, WI	May 2025
ACFAS Scientific Conference – Phoenix, AZ	Feb 2025
ACFAS Scientific Conference – Tampa Bay, FL	Feb 2024
ACFAS Scientific Conference – Los Angeles, CA	Feb 2023
DJO/Enovis Case Controversies – Milwaukee, WI; Chicago, IL	Apr 2022
Paragon 28 Apex 3D Total Ankle Replacement Certified	May 2021
Wright Medical Total Ankle Replacement Certified	Nov 2020
Exactech Vantage Total Ankle Replacement Certified by Dr. James Nunley, M.D.	Oct 2020
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 Tightrope, 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

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 Forefoot, Rearfoot, and Ankle Dual Certified
 American Board of Foot and Ankle Surgery Case Review – Passed Rearfoot and Ankle Certification
 American Board of Foot and Ankle Surgery CBPS & Didactic – Passed
 National Board of Podiatric Medical Examiners – Parts: I, II, and III
 BLS/ACLS Certificate – Current
 Exactach Vantage Total Ankle Replacement Certified
 Wright Medical Inbone and Infinity Total Ankle Replacement Certified
 Paragon 28 Apex 3D Total Ankle Replacement Certified

Extracurricular Activities

Speaker Wisconsin Podiatric Medical Association	May 2025
Speaker Ossio Advanced Course, Scottsdale	Feb 2025
Faculty DJO Case Presentation, Tampa, FL	March 2024
Speaker Steaks and Bones Enovis Case Presentation, Milwaukee and San Diego	June 2022
Faculty Ascension of Wisconsin Residency Monthly Radiology Review	Jul 2020 – Present
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

Redding Marathon – Redding, CA	Jan 2024
Redding Marathon – Redding, CA	Jan 2023
Redding Marathon – Redding, CA	Jan 2022
Xterra Dolomiti di Brenta Trail 64 Km Ultra Marathon – Italy	Sept 2021
Madrisa 24 Km Mountain Trail Race – Switzerland	Aug 2021
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