

Curriculum Vitae
Nicole Chitnis, M.D., Q.M.E.
Pain Management, PM&R

Dr. Chitnis started her training in pain management in the 70s at University of Washington, home to the world's first multidisciplinary pain clinic, which opened in 1961 and became a world model for the diagnosis, study and treatment of chronic and acute pain. This ignited her passion for pain management.

During the next several years, while in private practice, she continued training in interventional pain procedures with various spine specialists around the country and also worked as the Co-Director of a Spine Clinic in Pacific Northwest.

After seeing the limitations of traditional medical approaches, in the 90's, she moved on to study numerous alternative/integrative medical modalities including acupuncture, manual medicine, cranio-sacral therapy, nutritional medicine etc. and incorporating them into her practice and this resulted in significantly improved outcomes. Instead of using strong medications such as opioids and steroids, she was able to provide long-lasting pain relief using natural and safe modalities such as acupuncture.

Then, gradually, her focus shifted from treating the injury to treating "the whole patient".

She moved on to helping patients with wellness, prevention and peak performance. She worked with many professional as well as amateur athletes helping them with not just prevention and treatment of injuries but also to help them achieve peak performance. This included guidance regarding nutrition and stress management and other mind-body medicine techniques.

In 2001, she brought her unique approach to California and since 2005, she has been also working as a Qualified Medical Evaluator for the Division of Workers Compensation in the State of California.

Licensure CA Medical License: C51081

Education

1966-1970	M.D. B.J. Medical College, Pune, India.
1970-1971	Rotating Internship Sassoon Hospital, Pune, India.
1973-1976	Residency Physical Medicine and Rehabilitation University of Washington, Seattle, WA
1980-1990	Extensive training in chronic pain management and interventional pain management at various spine and pain clinics across the country.
1990-2000	Extensive training in numerous alternative/integrative medical modalities focusing on wellness, prevention and chronic pain management.

Experience

1978-1981	Instructor, Dept. of Physical Medicine and Rehabilitation Research and pain management University of Washington, Seattle, WA
1982-1992	Pain Management, Spine care and Sports Medicine Co-Director of a Multi-disciplinary spine clinic Seattle, WA
1992-2002	Integrative Pain Management, Sports Medicine Peak Performance Enhancement Clinic for athletes Bellevue, WA
2003-2005	Sports Medicine, Pain Management, Prevention and Wellness Medicine. Tiburon, CA
2004-2006	Medical Legal Evaluations, Electromyography. Feinberg Medical Group Palo Alto, CA
2006- 2008	Medical Legal Evaluations, Electromyography. Newton Medical Group Oakland, CA
2008-2013	Medical Legal Evaluations, Electromyography Feinberg Medical Group Palo Alto, CA
2009-2013	Medical Legal Evaluations, Pain Management, Electromyography. Orthopedic Evaluation Center San Francisco, CA
2009-present	Medico-legal evaluations Orthopedic Evaluation Center San Francisco, CA