

Adam Jason Locketz, MD, DABPMR, XDEA, PLCP

Curriculum Vitae and Research Bibliography

DEA DATA 2000 Waiver: XL7940895

Veteran's Administration Disability and Pension Ratings

Certified Life Care Planner, ICHCC

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PERSONAL INFORMATION

Place of Birth: Chicago, IL

Citizenship: United States

Dr. Adam J. Locketz earned a Bachelor of Science from the University of Wisconsin (1995). He was both a music major and achieved the pre-requisites needed to apply for medical school. He finished those prerequisites baccalaureate at the University of Minnesota-Twin Cities where his GPA was a 4.0.

While at Madison he mentored with many like-minded individuals who helped shape his early interests in music, healing, nutrition, energy flow, creativity, and consciousness.

Dr. Adam J. Locketz achieved a Doctor of Medicine (MD) from the University of Minnesota Medical School (2001).

On his 1st attempt he passed all United States Medical Licensing Examination: USMLE Step I, II, III.

Dr. Adam J. Locketz completed a 4-year combined 1-year Internal Medicine Preliminary Year Internship (2002) and 3-year Residency at Mayo Clinic College of Medicine in Physical Medicine & Rehabilitation (2005).

Dr. Locketz was awarded the title of Instructor (i.e., professor) of Physical Medicine & Rehabilitation in 2006 and was asked to stay on as staff at The Mayo Clinic in PM&R. He had other plans.

He then achieved and competed a coveted subspecialty Fellowship in Anesthesia-Pain Medicine at Mayo Clinic's Campuses in Rochester, MN, Scottsdale, AZ, and Jacksonville, FL (2006). For this fellowship year, only 2 rather than the usual 3 positions were given out for over 100 qualified applicant doctors from the top candidates in the fields of PM&R, Neurology, Anesthesia, and Psychiatry for this position. Dr. Locketz was awarded one of the only two positions.

On his 1st attempt he achieved passing all United States Medical Board Certificate Examinations: ABPMR Part 1 Written PM&R Specialty Boards Examination, ABPMR Part 2 Oral PM&R Specialty Boards Examination, and the PM&R/Anesthesia Pain Sub-Specialty Examination.

While at Mayo in Rochester, MN, Jacksonville, FL, and Scottsdale, AZ, as a resident and fellow Dr. Locketz mentored with many like-minded individuals who helped shaped his developing interests in healing, nutrition, energy flow, Joseph Helms Medical Acupuncture, Shiatsu, Reflexology, Reiki, Medical Qigong, Feldenkrais, and Craniosacral therapy,

Dr. Locketz has practiced medicine without restrictions since completing fellowship in 2006. Dr. Locketz continues to see the need to expand his unique practice and as such is also a licensed unrestricted physician in the States of Minnesota, Wisconsin, Florida, North Dakota, South Dakota, and Texas. He is credentialed by those six respective State Medical Boards and the American Board of Physical Medicine & Rehabilitation.

Dr. Locketz is also a Certified Life Care Planner as designated by the International Commission on Health Care Certification (ICHCC). His interest in Medical Valuation reporting for Life Care Planning began after being asked early on in practice to approve other non-physician Life Care Planners formulated reports. This sparked his interest in training for the additional 180 hours and certifying with the international commission every 5 years starting in 2018. His position is that Psychiatrists are uniquely suited through their residency training in having the foundation with which to formulate Life Care Plans independently. He has sought additional training and mentoring with The Academy of Physician Life Care Planners and subscribes to their published Tenets, Methods, and Best Practices when formulating his Life Care Plans.

Dr. Locketz's focus has been on reducing chronic symptoms and restoring function for Combat injured Veterans and Impaired Civilians. His professional career includes numerous medical directorships, committee memberships and affiliations. Dr. Locketz's current professional associations include American Academy of Physical Medicine and Rehabilitation, The American Academy of Physician Life Care Planners, The National Medical Qigong Association, and The National Sound Healers Association.

While in Fellowship and private practice Dr. Locketz has continued to hone his skills in the benefits of integrating Energy Medicine School techniques such as those taught by The Monroe Institute, One Light Healing Touch Institute, Healing Light Center Church, Theta Healing, Vortex Healing, Esoteric Colorpuncture, Holographic Resonance Repatterning, and Quantum Healing, to name a few.

In addition, Dr. Locketz has received honorary professional and academic awards, including *Minnesota Monthly's Top Doctors 2017*. Dr. Locketz is also publisher and presenter on topics of Physical Medicine & Rehabilitation and Pain Medicine.

SPECIALTIES

- Physical Medicine & Rehabilitation (Board Certified ABPMR: Part I, Part II, Current)
- Pain Medicine (Mayo Anesthesia Subspecialty Fellowship 2005-2006, Board Certified ABPMR 2006-2016)
- Veteran's Administration Disability and Pension Ratings
- Certified Life Care Planner (ICHCC 2018)

EDUCATIONAL BACKGROUND

Mayo Clinic College of Medicine 2005 - 2006
Fellowship, Anesthesia Pain Medicine

Mayo Clinic College of Medicine 2002 - 2005
Residency, Physical Medicine and Rehabilitation

Mayo Clinic College of Medicine 2001 - 2002
Internship, Internal Medicine

University of Minnesota Medical School
MD

Hospital
Cardiac Technician

University of Minnesota
Post-Baccalaureate Program

University of Wisconsin, Madison
BS

MENTORS IN ENERGY MEDICINE

- David Ephross, Bassist Musician
– Music Therapy, Biaural
Entrainment
- Dan Zemelman - Pianist
Musician, Sound Bowl Energy
Healing
- Geoff Keezer, Pianist Musician –
Homeopathy, Sound Bowl
Energy Healing
- Vincent Davis, Percussionist
Musician – Herbal
Medicine/Sound Healing
- Richard Davis, Bassist Musician
– Microorganics, Organic Food,
Crystal Harmonized Water, 4th
phase of water
- Robert Yang, MD, Prof Mayo
Clinic PM&R -
Acupuncture/Acupressure/Josep
h Helms/Energy Medicine
- Carl Chang, MD, Prof Mayo
Clinic PM&R –
Acupuncture/Acupressure/Cuppi
ng
- David Icke – Author, holographic
nature of reality, Mystery
Schools, Robert Monroe

BOARD CERTIFICATION (S):	1997 - 2001
USMLE	1996-1997
	1995
	1989 - 1995
Step I	June 2, 1999
Step II	December 1, 2000
Step III	March 27, 2002

ABPMR (American Board of Physical Medicine and Rehabilitation)

Part I	August 22, 2005
Part II	May 20, 2006
Pain Medicine Subspecialty Boards	September 9, 2006

ACCREDITATIONS

LICENSURE

Minnesota (44760)	Unrestricted/Active	Approved 7/13/2002
Florida (ME151222)	Unrestricted/Active	Approved 6/8/2021

Wisconsin (46755-20)	Unrestricted/Active	Approved 4/20/2004
North Dakota (16300)	Unrestricted/Active	Approved 3/27/2020
Texas (U2924)	Unrestricted/Active	Approved 3/22/2023
South Dakota (13674)	Unrestricted/Active	Approved 8/29/2022

ENERGY MEDICINE TRAINING

Conscious Coherence: The Monroe Institute
 Instructors: Bob Holobrook, Jason King
 October 19-25, 2024
 Monroe Mountain, Faber, Virginia

Gateway Voyage: The Monroe Institute
 Instructors: Patty Avalon, Arkaitz Eskarmendi
 January 11-17, 2025
 Nancy Penn Center, Faber, Virginia

PROFESSIONAL APPOINTMENTS

Physician Life Care Planning Associate Physician
 San Antonio, Texas
 2016 - Present
 TimeWise™ Medical – Current Practice
 8530 Eagle Point Blvd. Suite 100
 Lake Elmo, MN 55042
 Owner/Operator
 November 4, 2014 – Present

Pain Relief & Wellness of MN – Closed to Start TimeWise Medical
 4721 Clark Ave
 White Bear Lake, MN 55110-3221
 Owner/Operator
 March 15, 2010 – November 3, 2014

North Memorial Neuro Rehabilitation – Stopped to Start Independent practice
 January 1, 2010- January 1, 2012
 3300 Oakdale Ave N,
 Minneapolis, MN 55422

Medical Director Spine Care – Stopped to start independent practice
 January 1, 2011 – August 28, 2012
 HealthEast Care System
 1700 University Ave St. Paul 55104

Physicians Group, LLC (Locums) - Stopped to start independent practice
 January 1, 2009 – November 1, 2011
 735 Kasota Ave SE
 Minneapolis, MN 55414

Midwest Spine Institute/-n Stopped to become Medical Director at HealthEast
 May 1, 2008 – December 31, 2010

1950 Curve Crest Blvd W, #100
Stillwater MN 55082

HealthPartners Specialty Center/PM&R – Stopped to join Midwest Spine Institute
July 15, 2006 – April 30, 2008
401 Phalen Boulevard
St. Paul, MN 55130

ACADEMIC RANKS, BOARD MEMBERSHIPS, AND EXECUTIVE APPOINTMENTS HELD

Medical Director of Spine Care Program
January 1, 2011 – September 2012
HealthEast Care System

Board Member HealthEast
January 1, 2011 – September 2012
Spine Care Clinical Quality Council

Instructor of Physical Medicine & Rehabilitation
January 1, 2006 – June 30, 2006
Mayo Clinic College of Medicine

HOSPITAL/HOPD/ASC AFFILIATIONS (*=indicates current affiliation)

HealthPartners Health System	St. Paul, MN	Approved July 15, 2006
Fairview Health System	Minneapolis, MN	Approved May 1, 2008
HealthEast Care System	St. Paul, MN	Approved August 18, 2008
Allina Care System	St. Paul, MN	Approved August 25, 2008
Centennial Lakes ASC	Edina, MN	Approved November 2012

HONORS/AWARDS

2017 Top Doctors Minnesota Monthly

2004 Beth Israel/Long Island Jewish Scholarship for the
Resident Pain Management Course - 2nd
Joint Scientific meeting of the American Pain
Society and Canadian Pain Society

1998 Nathan Bronstein/Irving Lifson Scholarship for
Academic Achievement –
University of Minnesota Medicine School

1995 Candidate for Scholastic Distinction (Upper
Quartile), Sophomore honors (one half of honors
degree completed in one year)
University of Wisconsin - Madison

BIBLIOGRAPHY

Peer-reviewed articles

Locketz AJ. Physiatrist's role in primary prevention with exercise. PM&R Resident. 2003 Apr.

Thompson MA, Harker-Murray A, Locketz AJ, Chareonthaitawee P. Myocardial lymphoma presenting as atrial flutter. *Journal of Clinical Oncology* 2004 Feb 1; 22(3):558-60.

Locketz AJ, Rohe DE, Bergquist TF, Neurocognitive Recovery from Hypothyroid Dementia After Thyroid Replacement Therapy. *American Journal of Physical Medicine and Rehabilitation* 2006 M

Rivera JM, Locketz AJ, et. al. Broken Heart Syndrome After Separation (From OxyContin). *Mayo Clinic Proceedings* 2006 June 81(6):825-828

Smith, J, Hurdle, MF, Locketz, AJ, Wisniewski, SJ, Ultrasound-Guided Piriformis Injection: Technique Description and Verification. *Arch Phys Med Rehabil.* 2006 Dec;87(12):1664-7.

Hurdle, MF, Locketz, AJ, Smith, J, A technique for ultrasound-guided intrathecal drug-delivery system refills. *Am J Phys Med Rehabil.* 2007 Mar;86(3):250-1.

Weingarten TN, Watson JC, Hooten WM, Wollan PC, Melton LJ 3rd, Locketz AJ, Wong GY, Yawn BP. Validation of the S-LANSS in the community setting. *Pain.* 2007 Nov 132(1-2):189-94. Epub 2007 Sep 14.

Editorials

Locketz AJ, Newcomer K. Mission Possible. *Minnesota Medicine.* 2003 May; 86(5):18-20.

Locketz AJ, The Importance of Rehabilitation after Spinal Surgery. *MD News* September 2008

Locketz AJ, New Hope for Managing Painful Diabetic Peripheral Neuropathy. *MD News* January 2009

Book Chapters, Abstracts and Letters

Locketz AJ, Dahm DL, McIntosh A. Shoulder injury: Volleyball. *Medicine & Science in Sports & Exercise* 2003; 35(5 Suppl): S113.

Locketz AJ, Sinaki M. Randomized Controlled Trial of Strengthening Exercise on the Clinical Course of Amyotrophic Lateral Sclerosis. *Am J Phys Med Rehab* 2003; 81:551.

Locketz AJ, Yang R. Persistent Symptoms of Rotator Cuff Arthropathy: A Case Report and Review of the Literature. *Am J Phys Med Rehab* 2003 Mar; 82(3):249-50.

Locketz AJ. Saphenous Nerve Conduction Studies in Suspected L4 Radiculopathies: Friend or foe? *C Arch Phys Med Rehab* 2005 Sept; 85(9): e2.

Martinez M.W., Locketz, A.J., Ebbert J.O., Section IV: Therapy: Procedures, In: Olivera H.M., Nesbit G.C., Murphy J.G., eds, *Mayo Clinic Medical Manual*, 1st ed. Rochester, MN: Mayo Clinic Scientific Press; 2006:875-894

Locketz A.J., Rivera J.M., Kinney M.A., Broken Heart Syndrome Following Acute Withdrawal of Opioid Therapy in the Perioperative Setting. *The Journal of Pain* 2006 April; 7(4 Suppl 2); S59

Professional Memberships & Services History

American Academy of Physical Medicine and Rehabilitation (AAPMR), Associate	2001 – Present
Resident Physician Council Executive Committee Treasurer	2002 – 2003
American Academy of Physician Life Care Planners	2016-Present
American Society of Interventional Pain Physicians (ASIPP), Associate	2005 - 2010
American Society of Regional Anesthesia and Pain Medicine (ASRA), Associate	2004 – 2012
International Association for the Study of Pain, Associate (IASP)	2005 – 2007
Spine Intervention Society (SIS), Associate	2003 – 2012
Mayo Fellows' Association-Rochester, Governing Council	2002 – 2003
Minnesota Medical Association, Resident Fellows Section, Chair	2003 – 2004
North American Neuromodulation Society, Associate	2006 – 2012
The National Medical Qigong Association, Practitioner Member. (Certificate attached)	2024 - Present
The National Sound Healers Association. send certificate separately)	2024 - present (Will

Journal Review & Editorial Activities

2004 American Journal of Physical Medicine and Rehabilitation,
Reviewer

ACADEMIC APPOINTMENTS INSTRUCTIONAL/TEACHING ENGAGEMENTS

A. Teaching

Ruptured Abdominal Aortic Aneurysm Bordering Chronic Myeloid Leukemia Morbidity and Mortality Conference, Mayo Clinic Rochester, Minnesota	09/2001
Occlusion of the Posterior Circumflex Humeral Artery in an Elite Female Athlete: Case Presentation Internal Medicine Department Conference, Mayo Clinic Rochester, Minnesota	03/2002
Subacute Bacterial Endocarditis in a patient with Systemic Lupus: Case Presentation Morbidity and Mortality Conference, Mayo Clinic Rochester, Minnesota	04/2002
PM&R Approach to Low Back Pain Internal Medicine Morning Report, Mayo Clinic Rochester, Minnesota	05/2002
Vascular Injuries in Overhead Athletes Sports Medicine Department Clinical Conference, Mayo Clinic Rochester, Minnesota	10/2002
Non-operative management of Lumbar and Cervical Radiculopathies Physical Medicine and Rehabilitation Clinical Conference, Mayo Clinic	01/2003

Rochester, Minnesota

Degenerative Intervertebral Disc Disease 04/2003
Physical Medicine and Rehabilitation
Department, Mayo Clinic
Scottsdale, Arizona

Vascular Thoracic Outlet Syndrome 07/2003
Vascular Medicine Department Clinical
Conference, Mayo Clinic
Rochester, Minnesota

Use of the Saphenous Nerve Conduction Study 01/2004
in Assessing L4 Radiculopathies Neurology
Department Clinical Conference,
Mayo Clinic
Rochester, Minnesota

Electrodiagnostic Findings in Sciatic 04/2004
Neuropathies
Neurology Department Clinical Conference,
Mayo Clinic
Rochester, Minnesota

Botulinum Toxin Use for Pain Problems 06/2004
Pain Medicine Clinical Conference, Mayo Clinic
Rochester, Minnesota

B. Memberships

Association of American Medical Colleges

*2000 Order of Merit

Organization of Resident Representatives

AAP Appointed Representative

*Member 2003 - 2005

C. Honors and Awards for Education

Excellence in Teaching Recognition- Mayo 2004
Medical School (From Medical Students who
Identify Outstanding Teachers)

D. Career Development

Teaching Skills for Musculoskeletal 02/2002
Education, Association of Academic
Physiatrists, Annual Meeting:
Henderson, Nevada

Spine Care Through the Eyes of Evidence Based Medicine Association of Academic Physiatrists Annual Meeting: Ft. Lauderdale, Florida	03/2003
Association of American Medical Colleges (AAMC-ORR) Annual Meeting: Washington, District of Columbia	11/2003
Association of American Medical Colleges (AAMC-ORR) Professional Development Conference: Santa Monica, California	03/2004
Association of American Medical Colleges (AAMC-ORR) Annual Meeting: Boston, Massachusetts	11/2004
Mechanisms of Neuropathic Pain Sponsor: Rochester School of Medicine and Dentistry: San Francisco, CA	11/2005
International Spine Intervention Society Discography Procedures Bio-Skills Lab: Henderson, Nevada	10/2008
International Spine Intervention Society Radiofrequency Procedures Bio-Skills Lab: Orlando, Florida	3/2009

INSTITUTIONAL/DEPARTMENTAL ADMINISTRATIVE RESPONSIBILITIES, COMMITTEE MEMBERSHIPS AND OTHER ACTIVITIES (* indicates office held)

Department of Physical Medicine & Rehabilitation, Sports Medicine Center	2003-2006
Preparticipation Physical Exams Medical Staff Volunteer	
Institute for Clinical Systems Improvement (ICSI) Low Back Pain Guideline Committee	2008-2010
Blue Cross Blue Shield Minnesota Consultant for Claims Review Services	2008-2010
Institute for Clinical Systems Improvement (ICSI)	

PRESENTATIONS

National

03/2002

Randomized Controlled Trial of Strengthening
Exercise on the Clinical Course of Amyotrophic
Lateral Sclerosis
Association of Academic Physiatrists 38th
Annual Meeting
Las Vegas, Nevada

03/2003

Persistent Symptoms of Rotator Cuff
Arthropathy: A Case Report and Review of the Literature
Association of Academic Physiatrists 39th Annual
Meeting. Ft. Lauderdale, Florida

04/2004

Acupuncture in the Management of Failed Back
Syndrome 16th annual American Academy of Medical
Acupuncture Meeting
Chicago, Illinois: Poster Presentation

10/2004

Saphenous Nerve Conduction Studies in
Suspected L4 Radiculopathies, Friend or Foe?
Case Report and Literature Review.
65th annual American Academy of Physical
Medicine and Rehabilitation Meeting

10/2005

Neurocognitive Recovery From Hypothyroid
Dementia After Thyroid Replacement Therapy: Case
Report and Literature Review.
25th Annual Conference of the National
Academy of Neuropsychology
Tampa, Florida

5/2006

Broken Heart Syndrome Following Acute
Withdrawal of Opioid Therapy in the
Perioperative setting
25 Annual Scientific Meeting of the American
Pain Society
San Antonio, Texas

2/2007

Validation Study of the Self-Administered Leeds
Assessment of Neuropathic Symptoms and
Signs Scale by Telephone Interview in a

Community Setting
23 Annual Scientific Meeting of the American
Academy of Pain Medicine
New Orleans, Louisiana, Poster Presentation

2/2007
Validation Study of the Self-Administered Leeds
Assessment of Neuropathic Symptoms and
Signs by Mailed Survey in a Community Setting
23 Annual Scientific Meeting of the American
Academy of Pain Medicine
New Orleans, Louisiana, Poster Presentation

9/2007
Proctor for Physician Workshop: Spinal Cord
Stimulation
Boston Scientific – Advanced Bionics
Chicago, Illinois

Regional

11/2001
Right Atrial Mass Presenting as Cardiac Lymphoma
The Minnesota American College
of Physicians Meeting
Minneapolis, Minnesota
Thompson, M, Locketz, AJ, et. al.

11/2001
Abdominal Aortic Aneurysm Bordering a Chronic
Lymphocytic Leukemia
The Minnesota - American College of Physicians
Annual Meeting
Minneapolis, Minnesota
Locketz, AJ, Fonseca, R.
Finalist Presenter (Poster Competition Finalist)

02/2003
Botox-Past to Present
University of Utah 19th Annual PM&R Update
Park City, Utah

02/2003
Thoracic Outlet Syndrome in an Elite Female
Athlete
University of Utah 19th Annual PM&R Update
Park City, Utah

4/2007
Proctor for Physician Workshop Spinal Cord
Stimulator Cadaver Course

Boston Scientific – Advanced Bionics
Fridley, Minnesota

05/2007

Strategies for Decreasing Pain
HealthPartners Caring for People with Chronic
Pain Conference
Bloomington, Minnesota

5/2007

Strategies for Reducing Pain, Maximizing
Function, and Helping Difficult Patients
Westfield Community Hospital
New Richmond, WI

8/2007

Proctor for Physician Workshop Spinal Cord
Stimulator Cadaver Course
Boston Scientific – Advanced Bionics
Fridley, Minnesota

10/2007

Current Diagnosis and Treatment Options for
Complex Regional Pain Syndrome
Minnesota Rehabilitation Association Great
Plains Regional Conference
St. Cloud, Minnesota

9/2008

Introduction to Interventional Pain Management for
Spine Related Problems – Metro Rehab
Meeting, VA Minneapolis, MN

1/2009

Proctor for Physician Workshop Spinal Cord
Stimulator Cadaver Course
Rehabilitation Institute of Chicago, Chicago, IL

1/2017

Introduction to Traumatic Brain Injury Rehabilitation and
LifeCare Planning
Minnesota Association for Justice, Minneapolis, MN