

Esther S. Barnes, DPM, FACFAS, FAPWCA

Board-Certified Foot & Ankle Surgeon

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(406) 755-2818

WORK EXPERIENCE

Private Practice, Step Ahead Foot & Ankle Clinic

01/2012 – present

Kalispell, MT

- Treat all foot & ankle ailments, from bunions & hammertoes, to metatarsal & ankle fractures, to heel pain, ankle & foot sprains, Achilles tendon ruptures, other tendon pathologies, recurrent calluses, metatarsalgia, warts, and ingrown toenails.
- Provide evidence-based, standard-of-care treatment of diabetic and other neuropathic foot ulcerations including: total contact casting, routine debridement, collagen and other advanced dressings / skin substitutes, *when* indicated.
- Fit & dispense Custom-molded orthotics, diabetic shoes, and a wide range of more affordable customized & modified prefabricated orthotics, in turn successfully non-operatively treating a number of foot ailments.
- Conduct Gait Analysis / In-shoe Pressure Measurement Analysis to assist in giving shoe recommendations, making orthotic modifications, and offloading diabetic neuropathic ulcerations.
- 01/2012- 9/2015, Podiatric Physician at Kalispell Regional Medical Center's Wound, Hyperbaric, and Ostomy Center

Northwest Orthopedics & Sports Medicine

08/2010 – 12/2011

Kalispell, MT

- Treated all foot & ankle ailments, from bunions & hammertoes, to metatarsal & ankle fractures, to heel pain, ankle & foot sprains, achilles tendon ruptures, other tendon pathologies, recurrent calluses and diabetic foot wounds.
- Initiated Foot Care Clinic through the Wound Healing Center at Kalispell Regional Medical Center.
- **Primary Training in Hyperbaric Medicine:** The Hyperbaric Medicine Program of National Baromedical Services, Inc, September 2010.

RESIDENCY TRAINING

Highlands – Presbyterian / St. Luke's Medical Center

07/2007 – 06/2010

Denver, CO

- Three-year surgical residency program, foot and ankle surgery (2000+ surgical cases).
- **Elective and Non-elective Forefoot Surgery:** bunionectomies, hammertoe correction, fracture management, neuroma excisions, infection management, amputations.

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RESIDENCY TRAINING (Cont.)

- **Elective and Non-elective Rearfoot & Ankle Surgery:** ankle and rearfoot fracture management, tendon repairs, tendon balance procedures, rearfoot and ankle arthrodesis, ankle arthroplasty, diagnostic and therapeutic ankle arthroscopy, pediatric and adult flatfoot reconstruction, diabetic foot / charcot foot reconstruction with internal and external fixation, infection management.
- **Clinical Training:** Private Practice, Denver Wound Healing Center, Commerce City Salud Family Clinic.
- **Non-podiatric rotations:** Radiology, Anesthesia, Pathology, Internal Medicine, Infectious Diseases, General Surgery, Vascular Surgery, Emergency Medicine, Orthopedic Surgery, Plastic Surgery.
- **Arthroscopy Surgical Skills Course:** American College of Foot and Ankle Surgeons, December 2008.

EDUCATION

D.P.M, Temple University School of Podiatric Medicine 08/2003 – 06/2007
Philadelphia, PA

- Cumulative GPA: **95.05**; Rank: **1/65**.
- **Awards / Honors:** Stirling Harford DiPrimio Honorary Anatomical Society, The Alumni Overall Achievement Award, The Professor G. Elmer Harford Memorial Award in Anatomy, The Professor Vincent A. Jablon Memorial Award in Foot Roentgenology, The Dr. Marjorie C. Sitkoff Memorial Award, Who's Who Among Students in American Universities and Colleges.
- Instructor – Lower Extremity Anatomy Summer Program, 2004.

B.S, Biomedical Engineering, Northwestern University 09/1998 – 06/2002
Evanston, IL

- Cumulative GPA: **3.7 / 4.0** - Deans List.
- Specialization in Biomechanics.
- Minor in Spanish / Latin American Studies; Study Abroad Program to Bolivia, Fall 2000.
- **Relevant Coursework:** Control of Human Limbs and their Artificial Replacements, Biomechanics of Movement, Mechanics of Biological Tissue, Biological Performance of Materials, Biostatistics, Stress Analysis, Mechanics of Materials, Materials Properties, Biomedical Engineering Lab and Design.
- **Awards / Honors:** 1st Prize, School of Engineering Senior Design Project, Golden Key National Honor Society; National Society of Collegiate Scholars, Alpha Lambda Delta Freshmen Academic Honor Society.

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EDUCATION (Cont.)

The Clarkson School Certificate, Clarkson University 09/1997 – 05/1998
Potsdam, NY

- Cumulative GPA: **3.96** / 4.0 - Deans List and Presidential Scholar.
- “Bridging Year Program” (senior year of high school = first year of college).
- *Awards / Honors*: Clarkson School Award – 1 of 2 students nominated by classmates for Academic Excellence & Integrity; I Dare You Leadership Award; Second Place, Clarkson University Freshman Physics Team Design Competition.

High School Diploma, Susquehanna Community High School 1998
Susquehanna

- Ranked 1st in Class.

BOARD CERTIFICATION

ABFAS (American Board of Foot & Ankle Surgery), Board Certified in:

Foot Surgery (09/2013 – expires 09/2023)

Reconstructive Rearfoot & Ankle Surgery (09/2014 - expires 09/2024)

ABWH (American Board of Wound Healing):

Physician Wound Care Certification Examination, 10/2014

Part III (PMLexis) National Board of Podiatric Medical Examiners, 12/2008

Part II (Clinical Science) National Board of Podiatric Medical Examiners, 03/2007

Part I (Basic Science) National Board of Podiatric Medical Examiners, 07/2005

LICENSES

State of Montana, #173, effective 12/2009 – expires 10/2018

State of Montana Ankle License, #173, effective 12/2009 – expires 10/2018

MEMBERSHIPS

President (2017-2018), Montana Podiatric Medical Association

Fellow, American Board of Foot & Ankle Surgeons

Fellow, American Professional Wound Care Association

Diplomat, American Board of Foot & Ankle Surgery

Member, American Podiatric Medical Association

Member, American Diabetic Association

Member, American Academy of Podiatric Practice Management

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PUBLICATIONS

Late Hematogenous Infection of 1st Metatarsophalangeal Joint Replacement: A Case Presentation. *J Foot Ankle Surgery*. 2010;49(5): 489e1-4.

The Management of Complications of Open Reduction and Internal Fixation of Ankle Fractures. *Clin Podiatry Med Surg*. 2009;26(1):105-25.

POSTER ABSTRACTS

A Kinematic Evaluation of 1st MPJ Motion as it relates to Rearfoot Motion in Gait, ACFAS
03/2009

Total Contact Casting for the Treatment of Plantar Neuropathic Ulcerations, APMA
07/2008

ADVANCED TRAINING / CONFERENCES

Podiatry Institute / MPMA: Current Concepts in Podiatric Medicine & Surgery	07/2017
MPMA Annual Conference	01/2017
Highlands Foot & Ankle Institute Educational Seminar	01/2016
American Academy of Podiatric Practice Management (AAPP)	11/2015
Podiatry Institute / MPMA Annual Conference	07/2015
Clinical Symposium on Advances in Skin & Wound Care	10/2014
International Medicine & Public Health Hybrid Intensive Course, INMED (51 CMEs)	
• Academic Qualification in International Medicine & Public Health	02-03/2014
• Academic Qualification in Ultrasound for Low-Resource Healthcare	
National Conference on Wilderness and Travel Medicine	02/2014
Hyperbaric Medicine, Undersea & Hyperbaric Medical Society (20 CMEs)	08/2013
ACFAS Annual Scientific Meeting	02/2013
MPMA Annual Conference	01/2013
ACFAS Practice Management / Coding Workshop	10/2011
TekScan, Inc: Gait & Function Analysis Seminar	10/2011
MPMA Annual Conference	01/2011
Primary Training in Hyperbaric Medicine (40 CMEs)	10/2010
Highlands Foot & Ankle Institute Educational Seminar	02/2010
Orthofix External Fixation Course	09/2009
ACFAS Foot & Ankle Arthroscopy Surgical Skills	12/2008
APMA (American Podiatric Medical Association) Annual Scientific Meeting	07/2008
ACFAS (American College of Foot & Ankle Surgeons) Annual Scientific Meeting	03/2007

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LECTURES

Diabetic Foot Osteomyelitis: Review of Current Recommendations for Management (Surgery vs. Abx.), KRM CME Noon Conference	2017
Total Contact Casting for the Treatment of Diabetic Foot Ulcerations, MPMA Annual Scientific Meeting	2017
Chronic Leg Pain in Athletes, MPMA Annual Scientific Meeting	2017
Walking a Mile with Happy & Healthy Feet: Tips from the Podiatrist, Kalispell Health and Wellness Expo	2014
The Diabetic Foot: From Calluses to Ulcerations to Infections, KRM CME Noon Conference	2014
Barefoot Running: Is it for Everyone? The Podiatrist's Perspective, KRM CME Noon Conference	2012
Common Foot & Ankle Complaints, KRM C Diabetic Education Meeting	2012
The Management of Diabetic Foot Infections, KRM CME Noon Conference	2011
The Biomechanics of Cycling & the Role of the Shoe/Pedal Interface, Podiatric Lecture Series, Highlands PSL Residency Program	2010
The Management of Chronic Achilles Tendon Ruptures, Podiatric Lecture Series, Highlands PSL Residency Program	2010
Plantarflexory-decompression osteotomies for the treatment of hallux limitus: Derner vs. Youngswick, Highlands Foot & Ankle Institute Seminar	2010
The Biomechanics of Functional Hallux Limitus: A Historical Perspective, Podiatric Lecture Series, Highlands PSL Residency Program	2010
Chronic Leg Pain in Athletes, Podiatric Lecture Series, Highlands PSL Residency Program	2009
Hardware: Screws, Staples, and Plates!, Podiatric Lecture Series, Highlands PSL Residency Program	2009
LisFranc Fracture/Dislocations: ORIF vs. Primary Arthrodesis, Podiatric Lecture Series, Highlands PSL Residency Program	2008
Complications of ORIF of Ankle Fractures, Podiatric Lecture Series, Highlands PSL Residency Program	2008
Tarsal Tunnel Syndrome, Podiatric Lecture Series, Podiatric Lecture Series, Highlands PSL Residency Program	2008
Puncture Wounds in the Foot, ID rotation, Highlands PSL Residency Program	2008
Total Contact Casting for the Treatment of Plantar Neuropathic Ulcerations, CPMA Annual Scientific Meeting	2008
The Use of Tendon Transfers in Flexible Cavus Deformities, Highlands Residency Program	2007
The Surgical Management of Neuropathic Osteoarthropathy, Podiatric Lecture Series, Highlands PSL Residency Program	2007
LisFranc Fracture/Dislocations: ORIF vs. Primary Arthrodesis, Presbyterian Residency Program	2006

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LECTURES (Cont.)

Diabetic Foot Infections: An Evidence-based Approach?, Temple University Residency Program	2006
Bioabsorbable Fixation in Foot & Ankle Surgery, Cambridge Residency Program	2006
Tendon Transfers, Temple University Stirling-Hartford Honor Society	2006
The Biomechanics of Human Skeletal Muscle, BS Engineering, Northwestern	2001
The Biomechanics of Running, BS Engineering, Northwestern	2000

OTHER RELEVANT EXPERIENCE

Operation STEP (Stroke Therapy Evaluation Project)

Evanston, IL

Northwestern Biomedical Engineering Senior Design Project

2002

- Designed a pedometer that accurately monitors and measures improvements in post-stroke patients' gaits (walking speed and cadence, step and stride length, gait symmetry) along with the degree of compliance of these patients to assigned physical rehabilitation regimens.

Ithaca College Movement Analysis Laboratory

Rochester, NY

U of Rochester Research Program for Undergraduates in Biomechanics and Imaging

2001

- Quantified, using the OptoTrak Infrared tracking system, differences in kinematic coupling between hallux-first MTP joint dorsiflexion, calcaneal eversion, and first metatarsal translation in normal and excessively pronated foot structures (35 subjects).

Hospital for Joint Diseases Orthopedic Institute

New York, NY

Musculoskeletal Research Center Summer Fellow

2000

- Assessed the gait of 47 patients with treated unilateral Slipped Capital Femoral Epiphysis (SCFE) using the Computerized Foot-Scan (F-Scan) In-shoe Pressure Measurement System and the GaitRite Carpet System.

Reebok International, Ltd.

Randolph, MA

Performance Engineering Summer Intern

1999

- Tested DMX Running shoes to determine effectiveness of various material and design methods.
- Designed, organized, and conducted my own Fit Consistency study involving threshold testing of length differences in DMX running shoes to determine how much of a difference in length people can perceive.

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OTHER RELEVANT EXPERIENCE (Cont.)

Rehabilitation Institute of Chicago

Research Assistant

Chicago, IL

1998 - 1999

- Refined three-dimensional computerized model of the human trunk by collecting and analyzing experimental cadaver data describing muscle architecture (fiber lengths and volumes), and computing the moment generating capacity of the trunk muscles.

Creative Orthotics & Prosthetics

Summer Intern

Elmira, NY

1998

- Assisted certified technicians in fabrication of custom-made orthoses and prostheses.

VOLUNTEER EXPERIENCE

Special Olympics

1998-present

- Cross Country Skiing Competition Coordinator – Western Montana Winter Games
- Head Coach (Certified) – Special Olympics Basketball, Philadelphia PA (Winter, Spring)
- Head Coach – Special Olympics Long Distance Run / Walk, Philadelphia PA (Spring, Summer)
- Coaches Coordinator / Coach of Track & Field, Basketball, Bowling, Illinois Area 5 Special Olympics

OTHER WORK EXPERIENCE

Private Tutor (SAT prep, math, and sciences; 15+ lessons / week in Spring & Fall, 1998-2007

Therapeutic Aid, City of Evanston (IL) Department of Special Recreation, 2001-2003

Medical Copy Writer, Abelson-Taylor Medical Advertising Firm (Chicago, IL), 2002-2003

Clinical Research Associate, Abelson-Taylor Medical Advertising Firm (Chicago, IL), 2002

Laboratory Assistant, Northwestern Department of Neuroscience (Evanston, IL), 1998-2002

PERSONAL INTERESTS

Cycling (Mountain and Road), Skiing (Skate, Classic Cross Country, & Downhill), Skijoring with 2 Huskies, Beekeeping, Backpacking, Camping, Carpentry, Building Birdhouses, Travelling, Reading, Community Involvement