

JESSICA WEST MS, MD

PROFILE

I graduated in 2025 from a Pain Fellow at Loma Linda University Health. I am passionate about addressing patients' pain through interventional techniques, enabling patients' relief to result in greater physical and mental function, and following their progress through the pathway of physical medicine and rehabilitation. During my residency program, I focused on restoring patients' functional status by applying my expertise in physical examinations while collecting a detailed history to create a broad differential. This allowed me to direct goals of care related to a patient's chief complaint.

At Loma Linda University, I gained additional expertise in routine interventional pain procedures completing more than 850 fluoroscopic and US guided procedures and more than 30 OR procedures/ surgeries. I am certified in PainTeq Aurora Silo TFx posterior sacroiliac joint fusion, Aurora Zip Interlaminar Fusion, and Intracept basivertebral nerve ablation. I am trained in DRG trials/implants, kyphoplasty, neuromodulation IPG exchanges, percutaneous SCS trials/ implants, and PNS. In my current role, I have completed more than 30 BVNA procedures and am center of excellence physician through Boston Scientific – Intracept. I am integral in managing complex pain patients with neuromodulation, basic interventional procedures, and medication management.

HOBBIES

Adventures with Family – my husband and two beautiful girls!
Travel
Cooking

TRAINING

Loma Linda University Health
07/01/24 – 06/30/25
Pain Fellow

Nassau University Medical Center
07/01/21 – 06/30/24
Physical Medicine and Rehabilitation Resident

Hemet Global Medical Center
07/01/20 – 06/30/21
Transitional Year Resident

EDUCATION

American University of the Caribbean Medical School
M.D.
05/2016–12/2019
During medical school, I participated in leadership and volunteering opportunities including anatomy lab teaching assistant, American Medical Women's Association VP/President, Ultrasound teaching assistant, student government class representative, and several community engagement events.

California State University, Northridge
Master's Degree - Kinesiology
08/2011– 5/2013
While completing my MS, I worked as a teaching assistant, was a clinical coordinator, and examined the cognitive effects of physical activity in individuals with Parkinson's Disease for my thesis.

California State University, Northridge
Bachelor's Degree - Kinesiology
05/2011

WORK EXPERIENCE

The Physical Medicine and Pain Management Institue
09/01/2025–09/30/2026
Pain Medicine and Proceduralists, PM&R Physician. Interventional procedures, advanced procedures, medication management. Average patient load 22-30 patients per day.

RESEARCH

Peer Reviewed Journal Articles/Abstracts

- Cascio, M., Spector, C., David, E., West, J.. (2022, Oct). A Chance to Walk Again: A Case of Chance Fracture Following Motor Vehicle Collision in a Pediatric Patient.. PM&R 14 , (S1), 175.
- Cascio, M., Spector, C., Sarwan, G., West, J.. (2022, Oct). An Opportunity for Change: A Case of Occupational Therapy in the Management of Minimal Change Disease. PM&R 14. (S1), 23.
- Cascio, M., Spector, C., West, J., David, E.. (2022, Oct). More Than Just a Cold: A Case of Critical Illness Polyneuropathy with Mononeuritis Multiplex Following COVID-19 Infection. PM&R 14. (S1), 169.
- West, J., Saab, H., & Cobos, E.. (2019, Sep). Two Cases of Locus Minoris Resistentiae in Cancer Metastasis. Journal of Investigative Medicine.

Peer Reviewed Journal Articles/Abstracts (Other than Published)

- West (McCamish), Jessica. (2013, May). Effects of cardiovascular exercise on cognitive function in individuals with Parkinson's disease. CSUN ScholarWorks Pub Status: In-Press .
- Cascio, M., Spector, C., West, J., David, E .. (2022 Nov) New Knee New Problems: Tibial Nerve Injury Following Total Knee Arthroplasty. Presented at AAPM Conference 2023
- West, J., Cascio, M., David, E., Spector, C.Quraishi, S.. (2022, Nov). A Case of Subdural Hematoma Requiring Craniotomy and Evacuation After a Routine Lumbar Epidural Steroid Injection for Chronic Radicular Lower Extremity Pain. Presented at AAPM Conference 2023

Poster Presentation

- Allday, S., Bhaika, J., Jariwal, R., Gupta, R., West, J., & Anderson, C.. (2012, October 01). A case of acute pancreatitis with refractory [Poster presented]. American College of Physicians Southern California Chapters I, II, and III Poster electrolyte imbalance Competition/Carlsbad, CA, USA.
- West, J., Bhaika, J., Jariwal, R., Gupta, R., Bhandohal, J., Allday, S., & Anderson, C.. (2019, October 01). A case of ocular syphilis as [Poster presented]. American College of Physicians Southern California Chapters the initial presenting symptom in a patient with HIV I, II, and III Poster Competition/Carlsbad, CA, USA.

Conference/Research Presentations

- West, Jessica MD, MS (2025, February) Optimizing Spinal Cord Stimulation: Merging Advantages of Paddle and Percutaneous Lead Implant with Novel Approach Utilizing METRx Tubular Retractors. The Society for Brain Mapping and Therapeutics 22nd Annual Conference. Los Angeles Convention Center, CA, USA.
- Nicole Yim, MD, Jessica West, MS, MD, John Kim, MD, Nikoli Brown, MD, Duc Tran MD, PhD, Scott Strum, MD. (2025, June) Factors Affecting Outcomes in Patients Receiving High Frequency Spinal Cord Stimulators: A Retrospective Study. Loma Linda Research Day Presentation. PENDING ACCEPTANCE/PUBLICATION SUBMISSION

Lectures/Journal Club Presentations

- West, Jessica MD, MS. (October 30, 2024) Facial Pain Syndrome Lecture
- West, Jessica MD, MS (February 19, 2025) Calcium and Sodium Channel Blockers for Pain Management Lecture
- West, Jessica MD, MS (Novemver 12, 2024) Journal Club: Effectiveness of Lumbosacral Bracing - Azadinia F, Ebrahimi Takamjani I, Kamyab M, Kalbassi G, Sarrafzadeh J, Parnianpour M. The Effect of Lumbosacral Orthosis on the Thickness of Deep Trunk Muscles Using Ultrasound Imaging: A Randomized Controlled Trial in Patients With Chronic Low Back Pain. Am J Phys Med Rehabil. 2019 Jul;98(7):536-544. doi:
- West, Jessica MD, MS (June12, 2025) Journal Club – DRG vs SCS Efficacy, Patient Selection, and Habituation - Yu-Fei Han, Xi Cong, Comparison of the efficacy of spinal cord stimulation and dorsal root ganglion stimulation in the treatment of painful diabetic peripheral neuropathy: a prospective, cohort-controlled study. Frontiers in Neurology. 20204. Vol. 15. DOI:10.3389/fneur.2024.1366796/ Therapy Habituation at 12 Months: Spinal Cord Stimulation Versus Dorsal Root Ganglion Stimulation for Complex Regional Pain Syndrome Type I and II. Levy, Robert M. et al. The Journal of Pain, Volume 21, Issue 3, 399 - 408
- West, Jessica MD, MS. M&M (January 21, 2025) Opioid Induced Constipation and Risk for Small Bowel Obstruction in the Opioid Naïve Patient