

## Biography

### James Bales, M.D.

Dr. James Bales received his undergraduate degree in biochemistry from the United States Air Force Academy in Colorado Springs, Colorado in 2001. He received his medical degree from Georgetown University School of Medicine in Washington D.C. in 2005. He completed an orthopedic surgery residency at San Antonio Uniformed Services Health Education Consortium (SAUCHEC/Wilford Hall Medical Center) in San Antonio, Texas in 2010 as chief resident. He completed his MBA degree from the University of Colorado, Colorado Springs, Colorado in 2012.

Dr. Bales is board certified the American Board of Orthopedic Surgeons and maintains an active practice as an orthopedic surgeon. He served in the United States Air Force from 1997-2019 and served multiple overseas deployments including being deployed as a member of a Mobile Field Surgical Team (MFST). He was also deployed as an attached member of the first Ground Surgical Team (GST) to operate in Afghanistan. In the past, Dr. Bales was a fellow of the American Academy of Orthopedic Surgeons and was a member of the Society of Military Orthopedic Surgeons.

Dr. Bales has authored the book *Maximize the Minimum*. He has served on the editorial board for another book, *Tarascon Pocket Orthopedica* and has written a book chapter called "Thoracic Spine Injuries in Athletes" for *The 5-Minute Sports Medicine Consult* by Lippincott Williams & Wilkins. 2011. ed 2. He has also published numerous peer-reviewed journal articles and has given numerous presentations at national orthopedic conferences.

Dr. Bales has been a Designated Doctor since 2010. He currently provides services as a DD as well as an RME. He is a member of the Division of Workers' Compensation Medical Quality Review Panel (MQRP) and lecturer for DWC's Designated Doctor Education program.