

E. Lyle Gross, MD, FRCPC, FRACP Physical Medicine and Rehabilitation Specialist

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Dr. Gross is native to Edmonton, Alberta and is a Specialist in Physical Medicine and Rehabilitation. Prior to Medical School; which was completed at the University of Calgary, Canada in 1976, Dr. Gross completed his B.Sc. in Honors Physiology and graduate work (M.Sc.) on the effect of relaxation techniques in the reduction of stress related conditions. Both degrees were completed at the University of Alberta in Edmonton.

Following medical school in 1981, he started specialist training in Physical Medicine and Rehabilitation (PM&R) at the University of Washington in Seattle and completed at the University of British Columbia in Vancouver in 1983. He completed additional Fellowship training in the Orthopaedics surgery and medical management of spine pain under Dr. Lyle Davis in the Division of Orthopaedic Surgery at University of Alberta.



Dr. Gross was on staff at the Mayo Clinic (Physical Medicine and Rehabilitation) from 1984 to 1986 where he developed the Impairment Assessment Unit and the Physical Medicine and Rehabilitation Arthritis Consultation Service. He has published works on impairment, disability, chronic pain, complex illness and work-related issues and on the methodology behind assessment of damages and rehabilitation needs of those individuals suffering loss.

Following his tenure at Mayo, Dr. Gross returned to Edmonton, at the end of 1986 where he began a MedicoLegal practice. He also consulted to and eventually became Medical Director of the Alberta Workers' Compensation Board in 1986 to 1990.

From 1990 to 2000, Dr. Gross participated in the development of a comprehensive community-based rehabilitation program for chronic pain patients with medication management issues and work disability. This incorporated new funding formats and over a 10-year period eventually became a basic service for Albertans; funded (\$1.6 million per year provincial program funding) in part by Alberta Health combined with third party insurance funding. The cornerstone of the clinic addressed the many problems arising out of acquired disability and disabling pain originating from injury or illness. The interdisciplinary center employed professionals from all disciplines including medical specialists, nursing, physical therapists, occupational therapists, recreational therapists, psychologists, pharmacists, vocational counselors and job search experts, healers from all domains including aboriginal health, spiritual healing, and eastern philosophies; incorporated within western medicine. In 10 years, 450 patients were admitted per year with over 2000 assessments per year. The average length of stay in the community-based rehabilitation center (CBR) was 8.25 weeks

and the average age was 46 years. While musculoskeletal injury made up about 60% of diagnostic conditions, those with gastrointestinal pain, headaches, cancer, neurological pain and many other debilitating conditions were assessed and treated. The medication management program was aimed at controlling prescription medications typically prescribed for pain management that evolved into an ineffective dependence. Over 400 patients participated in this program, which was integrated into the overall rehabilitation program.

Dr. Gross 2001 rejoined the Mayo Clinic as Medical Director of the Work Injury Consultation Unit. While at the Mayo Clinic, Dr. Gross was acknowledged with the 2003 "Recognition for Excellence in Teaching Mayo Medical School", and prior to this in 1986 he received special teaching recognition from the Physical Medicine and Rehabilitation Residents. In 1997, Dr. Gross was a Royal College of Physician and Surgeons Speaker, sponsored to address psychiatrists and family physician on the management of complex pain and disability.

Dr. Gross is versed in the determination of impairment, disability and chronic pain conditions that follow injury or illness. He has completed more than 18,000 independent medical examinations in a career spanning most Provinces in Canada, the State of Minnesota and Washington, the Netherlands, Germany, and Russia. In Canada, he is a qualified medical expert in the Provinces of British Columbia, Alberta, Saskatchewan, Ontario, and Nova Scotia. He worked closely with the Métis Nations of Canada and a number of the First Nations Bands in Canada on the establishment of rehabilitation services.

He was Associate Clinical Professor, Physical Medicine and Rehabilitation, University of Alberta, Edmonton and Adjunct Professor Community and Public Health, University of Alberta. He is currently Adjunct Professor, Physical Medicine and Rehabilitation at the University of British Columbia.

At Monash University Prato Center in Prato, Italy of August 2008, Dr. Gross presented a paper entitled "The Collapse of the Welfare State" the 2008 Common Ground Conference. The paper examined the effects of worker disability, the aging workforce, health and education barriers and positive and negative government policy on maximizing a workforce.

Dr. Gross returned to Canada in 2009 where he served as Consultant to WorkSafeBC, Special Care Services; then a newly created unit, charged with addressing workers with complex medical and claims management issues. He continues to consult and teach internationally on complex rehabilitation issues and rehabilitation service provision in urban and rural communities capitalizing on local strengths, while accessing TeleHealth and other global resource tools.

Dr. Gross developed TeleHealth services for Worker Compensation in British Columbia (WorkSafeBC); and was under contract to the Nune Health Board Society, to develop TeleHealth services in Northern Alberta. He continues to refine virtual care services for interdisciplinary pain management in BC, Alberta and Saskatchewan for youth and those in urgent need of interventional services. In 2014, Dr. Gross was contracted by the Manitoba Health Authority to assess and make recommendations regarding the comprehensive management of Bariatric Patients.

Dr. Gross continues to focus his practice on assessment and treatment strategies for disabling chronic pain conditions, complex issues related to prolonged disability and those with prescription drug management issues. He continues to have an active third-party MedicoLegal practice. After more than 20 years serving the Canadian Association of Physical Medicine and Rehabilitation Dr. Gross stepped aside as Chair of the MedicoLegal Section. He remains an active member of the World Association of Medicine and Law. He has assembled a team of consultants to conduct assessments (GRCime.ca). GRC Network was created for the virtual service.



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