

# Helen Powell-Stoddart, MD, MS, FAAPMR

## Board-Certified Physician



103 Spenryn Dr. Madison, AL 35758

301-512-6695

drpstoddart@me.com

Dr. Helen

PMR/Interventional Pain/Integrative Pain,  
Lifestyle Medicine

## EDUCATION

### Pre Doctoral Education

1991-1995 **MD Medicine**, Howard University, Washington, DC

1988-1990 **MS Anatomy**, Howard University, Washington, DC, Master's  
Thesis: "A Histological View of Surgical vs Nonsurgical Repair of an  
Achilles Tendon Rupture"

1983-1987 **BS Biology**, Oakwood College, Huntsville, AL, Cum Laude

1979-1983. **Diploma** Lew Wallace High School, Gary, IN- Class rank 7/723

### Post Doctoral Education

2000-2001 **Fellowship**, Primary Care Orthopedics/Sports Medicine, Sinai  
Hospital. Baltimore, MD

1995-2000 **Internship/Residency**, Internal Medicine/Physical Medicine  
and Rehabilitation, The Johns Hopkins/Sinai Hospital Program,  
Baltimore, MD

1998 **Prosthetics and Orthotics**, Northwestern University, Chicago, IL

1989-1991 **Laboratory Consultant**. Hematology/Microbiology  
Laboratories, National Institutes of Health, Bethesda, MD

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## CLINICAL EXPERIENCE

- 2016 - present     **Interventional Pain/Integrative Medicine/Bioidentical Hormone Physician** Pain 2 Wellness Healthcare, Madison, AL
- 2012-present     **Medicolegal & Expert Services.** Pain 2 Wellness Healthcare – Huntsville/Madison, AL  
Serve as medical expert for personal injury, workers' compensation, and disability cases, conduct independent medical examinations (IME) and functional capacity evaluations (FCE interpretation), provide expert witness testimony in depositions and trials (in-person and video), perform record reviews, impairment ratings, and fitness-for-duty/disability evaluations, prepare medical-legal reports for case development and litigation support, maintain high professional standards of objectivity, clarity, and timely reporting
- 2008 - 2015     **Interventional Pain Physician.** Private Practice. SportsMed, Huntsville, AL
- 2003 - 2007     **Independent Contractor,** Pre-employment physicals and disability evaluations for the Department of Transportation
- 2005 - 2006     **Physician,** Centers for Rehabilitative, Pain Management and Wellness, Urban Medical Institute, Baltimore, MD
- 2002 - 2003     **Primary Care Orthopedics/Sports Medicine,** Harbor Hospital, Orthopedic Institute, Baltimore, MD
- 2001 - 2002     **Primary Care Orthopedics.** Calvert County Urgent Care Center, Prince Frederick, MD
- 2000 - 2002     **Cardiac Rehabilitation/Orthopedic Rehabilitation.** Union Memorial, Baltimore, MD

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### Professional Appointments

2025 - present **Board of Directors**, Power is Giving, Charlotte, NC

2024 - present **Founder**, Reverse it Now, Inc , Huntsville, AL

2024 - present **Medical Director**, Advanced Medical Clinic, Huntsville, AL

2024-present **Member, Board of Directors**, Plantrician Project, Boynton Beach, FL

2015-2019 **Member, Board of Directors**, Madison Surgery Center, Madison, AL

2007-2008 **Medical Director**. Home Health Agency of Southern Maryland Hospital, Clinton, MD

2006-2008 **Medical Director**. Outpatient Rehabilitation Services, Southern Maryland Hospital Center, Clinton, MD

2005-2008 **Member, Board of Directors**. Home Health Agency of Southern Maryland Hospital Center, Clinton, MD

2005-2008 **Medical Director**. Inpatient Rehabilitation Services, Southern Maryland Hospital Center, Clinton, MD

2002-2003 **Fellowship Director**. Harbor Hospital Orthopedic Institute, Baltimore, MD

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## ABSTRACTS AND PRESENTATIONS

Ronda R. Davis, Easton A. Reid, A. Leah Scott, Claire, Helen Powell-Stoddart, Hyo-Jeong Hwang, Kyoung-Sik Han. Faith-based Lifestyle Intervention Program that Reduces Metabolic Syndrome in a High-risk Population: Fit 4 You Retreat Department of Health and Bio-Convergence, Sahmyook University, Korea. Department of Food and Nutrition, Sahmyook University, Korea.

Mackel AM, Powell-Stoddart HJ, APR Hip Hydroxyapatite/Grit-Blasted Femoral Stem Mid-Term Follow-up. Presented at National Medical Association 2001 Annual Convention and Scientific Assembly.

Wood JE, Powell-Stoddart HJ, Natural Knee 3-5 year Follow-up. Presented at National Medical Association 2001 Annual Convention and Scientific Assembly.

DeLateur B, Powell-Stoddart, H. Adipose Tissue Loss or Retention in Premenopausal Females Thirty Percent or Greater Than Ideal Body Weight Swimming in Cold or Warm Water.

Powell HJ, Trovato M, Reinstein L, Ferrence T, Evans T. Rehabilitation Management of a Lung Transplantation Patient with Postoperative Hemiparesis and Bilateral Below-Knee Amputations. Presented at Annual Meeting of Physical Medicine and Rehabilitation, Atlanta, GA, 1998.

Baker JH, Powell HJ, and IY Hackett. A Comparison of the Morphological Changes in Extrafusal Muscle Fibers of Soleus and Gastrocnemius Which Occurs During the Two Widely Used Methods of Achilles Tendon Repair Following Rupture. Anatomical Record, Volume 223, No.4, 11A, 1989.

Gwebu E, Powell HJ, Brooms L. The Effects of Aspirin on Platelet Aggregation. Presented at Oakwood College, Huntsville, AL. 1986.

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## BOOKS AND BOOK CREDITS

Reverse it! How to Reverse Type 2 Diabetes

Reverse it! How to Reverse Type 2 Diabetes, The Success Journal

Why Marry a Man You Don't Need: A Candid Conversation About  
Marriage, Money, Success and the Black Woman

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## PROFESSIONAL MEMBERSHIPS

Plantrician Project

Healthy Heart Nation

American College of Lifestyle Medicine

ASIPP

American Academy of Physical Medicine and Rehabilitation American

Academy of Orthopedic Medicine

## ADDITIONAL LANGUAGES

Sign Language

Italian

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## HONORS AND DISTINCTIONS

Top Rehabilitation Physician, 2024  
Nationwide Registries, Women of Distinction, 2023  
Top Rehabilitation Physician, 2021  
Who's Who Among America's Top Physicians  
Professional Profile. "Meet 5 Great Women. Women Setting the Standard" - PG Suite Magazine, Winter 2006/Spring 2007  
First Fellow. Primary Care Orthopedics/Sports Medicine, Sinai Hospital, Baltimore, MD  
President. House staff Association of Sinai Hospital  
Founder/Editor. House staff Association of Sinai Hospital Newsletter  
Vice President. House staff Association of Sinai Hospital  
Achievement Award. Johns Hopkins/Sinai Hospital  
Graduate Student Fellowship. Anatomy Department, Howard University, Washington, DC  
Teaching Assistant. Anatomy, Howard University, Washington, DC  
Anatomy Tutor. Howard University, Washington, DC  
Research Fellow. Department of Anatomy, Howard University, Washington, DC  
Pharmacy Assistant. American Pharmaceutical Association, Washington, DC  
Dean's List. Who's Who Among American College Students  
Freshman Cash Award.  
Vice President. Student Council  
President. Junior Class  
First Place. Oratorical Contest (four times)  
National Honor Society.  
Who's Who Among American High School Students