



# SETH H. LARSEN

**DO, ABFM, CSCS**

US Navy Lieutenant Commander

## CONTACT

WEBSITE:

[www.healththroughstrength.com](http://www.healththroughstrength.com)  
[www.steadymd.com/larsen](http://www.steadymd.com/larsen)  
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EMAIL:

[Dr\\_meathead@healththroughstrength.com](mailto:Dr_meathead@healththroughstrength.com)

## CLINICAL SKILLS

Full-scope Primary Care  
Telehealth  
Urgent Care  
Chronic Disease Management  
Musculoskeletal Medicine  
Psychiatric Medication Management  
Lifestyle Medicine  
Strength & Conditioning  
Mind-body Medicine  
Nutritional Counseling  
Corrective Exercise  
Military Medicine  
Women's Health  
LGBTQIA+ Care

## PROCEDURAL SKILLS

Advanced Battlefield Acupuncture  
Arthrocentesis  
Corticosteroid Joint Injections  
Viscosupplementation Injections  
Dry Needling  
Botulinum Toxin Injections  
Osteopathic Manipulative Therapy  
Alpha-Stim Therapy  
Punch, Excisional, and Shave Biopsies  
Incision and Drainage  
Trigger Point Injections  
Soft Tissue Corticosteroid Injections  
Scar Injections  
IUD Placement and Removal  
Subdermal Contraceptives  
Extremity Splinting  
Ear Lavage  
Wound Closure

## EDUCATION

**Naval Hospital Camp Pendleton Family Medicine Residency:** 2015-2018  
Diplomate, Family Medicine. Iron Resident Summer 2017

**Arizona College of Osteopathic Medicine:** 2011-2015  
Doctor of Osteopathic Medicine (DO), TOUCH Silver Service Award 2011-2012

**Dickinson College:** 2006-2010  
BS, Neuroscience and Biology (Philosophy Minor). Cum Laude

**Orange Coast College:** 2005-2006  
General education courses. Dean's List, Academic Honor Roll 2005-2006

## WORK EXPERIENCE

**Banner Health:** 2022-Present  
Staff Urgent Care Physician, Clinical Supervisor

**SteadyMD:** 2019-Present  
Primary Care Telemedicine Staff Physician

**Unicorn Strength Training:** 2019-Present  
Strength & Conditioning Coach

**Naval Medical Readiness & Training Unit, Fort Worth:** 2018-2021  
Senior Medical Officer, Lead Clinical Supervisor, Primary Care Pain Champion, Independent Duty Corpsman Program Director, PI Physician Supervisor, Urinalysis Medical Review Officer, Public Health Emergency Officer, F&ES Medical Director

**Dr. Meathead/Health Through Strength, PLLC:** 2017-Present  
Founder, President, Chief Medical Officer

**Naval Hospital Camp Pendleton:** 2015-2018  
Family Medicine Resident, Low Back Pain QCT Member, LGBTQIA+ Action Committee Member

**United States Navy Medical Corps:** 2012-2015 (reserve), 2015-2022 (active duty)  
Medical Officer, Human Performance Specialist

## PROFESSIONAL MEMBERSHIPS

**National Strength and Conditioning Association:** 2018-Present  
**American Medical Society of Sports Medicine:** 2017-Present  
**Uniformed Services Academy of Family Physicians:** 2015-Present  
**American Academy of Family Physicians:** 2015-Present  
**American College of Osteopathic Family Physicians:** 2012-2015  
**American Osteopathic Academy of Sports Medicine:** 2011-2015, chapter president  
**Association of Military Osteopathic Physicians and Surgeons:** 2011-Present  
**American Medical Association/Medical Student Society:** 2011-2015  
**American Osteopathic Association:** 2011-2015  
**Student American Osteopathic Academy of Orthopedics:** 2011-2015



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### EMAIL:

[Dr\\_meathead@healththroughstrength.com](mailto:Dr_meathead@healththroughstrength.com)

## MILITARY AWARDS

[Navy and Marine Corps Commendation Medal](#), 12/2021 (2<sup>nd</sup> award)  
[Navy and Marine Corps Commendation Medal](#), 3/2021 (1<sup>st</sup> award)  
[Armed Forces Service Medal](#), 2021  
[Global War on Terrorism Service Medal](#), 2015  
[National Defense Service Medal](#), 2012

## ACTIVITIES/INTERESTS

Strength Sports  
Meditation/Mindfulness  
Reading/Writing  
Hiking  
Watersports  
Indoor Cycling

## RESEARCH/PUBLICATIONS

### Poster Presenter, AMSSM Annual Meeting: 2019

Designed and presented poster on patient case involving multiple deep-vein thromboses found during workup and treatment for Achilles' tendon rupture.

### Founder, "Dr. Meathead"/HealthThroughStrength.com: 2017-Present

Designed and created all content for website that provides educational articles and videos regarding sports medicine, health and wellness, fitness, and strength & conditioning.

### Contributing Author, NHCP Sports Medicine Fellowship: 2017

Contributed to paper submitted to the British Journal of Sports Medicine on travel nutrition for athletes.

### Sports Medicine Writer, LiftBigEatBig.com: 2014-2018

Wrote evidence-based articles regarding strength & conditioning and sports medicine on a popular weightlifting website/blog.

### Senior Researcher, Dickinson College Neuroscience Dept: 2010

Performed independent laboratory research examining the effects of gabapentin on reward learning in day-old leghorn-derived chicks and presented at school-wide research fair.

### Research Assistant, University of Queensland Biology Dept: 2009

Caught, classified, and catalogued multiple species of fish at local fishery. Statistically analyzed differences in species diversity over time and performed dissections as part of research team.

## VOLUNTEER WORK

### Staff Physician, Arnold Sports Festival Medical Team: 2019

### Confidential Peer Supporter, NHCP Peer Support Team: 2018

### Resident Physical Fitness Coordinator, NHCP Family Medicine: 2016-2018

### Resident Physician Sports Coverage, LCCHS Football: 2016-2017

### Member, NHCP LGBTQIA+ Action Committee: 2015-2018

### Member, NHCP Low Back Pain Quality Care Team: 2015-2018

### Event Volunteer, AZCOM Chapter ACOFP: 2012-2015

### Fundraiser/Charity Rider, ADA Tour de Cure: 2012

### Medical Tent Volunteer, Rock n Roll Marathon (Phoenix): 2012-2013

### President/Volunteer, AZCOM Sports Medicine Club: 2011-2015

### Free Clinic Volunteer, H.O.M.E./UMOM: 2011-2015

### Event Volunteer, AZCOM Chapter AMOPS: 2011-2015