Stanford

Alpana Gowda

Clinical Assistant Professor, Anesthesiology, Perioperative and Pain Medicine

CLINICAL OFFICE (PRIMARY)

- **Pain Management Clinic**
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Bio

BIO

Dr. Alpana Gowda is a clinical assistant professor in the Division of Pain Medicine at Stanford, where she has cared for patients since 2007. Her clinical practice focuses on the diagnosis and treatment of complex pain conditions, with particular expertise in musculoskeletal pain and electrodiagnostic (EMG) testing.

Dr. Gowda is passionate about helping patients understand the source of their pain—especially when the diagnosis feels unclear or elusive. She emphasizes that chronic pain is a multifaceted condition that can arise from the bones, muscles, ligaments, nerves, or brain, and works with each patient to develop a plan that addresses their unique experience of pain.

In addition to her clinical work, Dr. Gowda teaches Stanford pain medicine fellows and lectures on topics including pain mechanisms, musculoskeletal medicine, and the challenges of diagnosing chronic pain.

CLINICAL FOCUS

- Pain Management
- Pain Medicine

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Anesthesiology, Perioperative and Pain Medicine

PROFESSIONAL EDUCATION

- Board Certification: Pain Medicine, American Board of Physical Medicine and Rehabilitation (2009)
- Board Certification: Physical Medicine and Rehab, American Board of Physical Medicine and Rehabilitation (2007)
- Fellowship: Stanford University Medical Center (2006) CA
- Residency: Ohio State University (2005) OH
- Internship: Mount Carmel Medical Center (2002) OH
- Medical Education: Wright State University (2000) OH