

Samuel Oltman, ND, RMSK, a Naturopathic Physician with Cascade Regenerative Medicine and Northwest Foot & Ankle

Get to know Naturopathic Physician Dr. Samuel Oltman, who serves patients in Portland, Oregon.



New York City, New York Aug 18, 2023 ([Issuewire.com](https://www.issuewire.com)) - A practised naturopathic physician, Dr. Oltman is the Owner of Cascade Regenerative Medicine in Portland, Oregon, helping patients of all

kinds reduce their pain and live a more active lifestyle.

His specialty and focus at Cascade Regenerative Medicine are non-surgical orthopedics, regenerative injection therapy (RIT), and musculoskeletal ultrasound. RIT includes prolotherapy, platelet-rich plasma (PRP), and autologous MFAT therapy. Dr. Oltman also utilizes ultrasound-guided perineural injections, neural therapy, and trigger point injections.

He has seen and treated just about every type of pain, ache, and stiffness. His approach relies on personal attention, detailed investigation, individualized plans, and the highest level of technical skill possible.

With a subspecialty in foot & ankle health, Dr. Oltman has also been practicing alongside world-renowned podiatrist, Ray McClanahan, since 2017. He uniquely combines a natural foot health approach with regenerative injection therapies to help any cause of foot pain.

His RMSK certification signifies expert-level skill in ultrasound diagnostics and ultrasound-guided procedures that only a handful of physicians in the state of Oregon have earned.

Raised in Oregon, Dr. Oltman is most at home in the rivers, forests, and mountains of the Cascades. He was an All-State football and track star in high school before moving on to play football for the Oregon State Beavers as a walk-on wide receiver. In his second year at OSU, he was awarded the team award of "Scout Team Player of the Year", voted on by teammates, to the top player on the practice squad.

He left the football team at the end of his sophomore year as his passion shifted to pursuing medicine. After graduating from OSU with a Bachelor of Science Degree in Exercise and Sport Science, Dr. Oltman spent 3 months on a medical internship in Ecuador and Bolivia, staying with homestay families, shadowing local doctors, learning Spanish, and helping underserved communities of the Andes and Amazon.

Through this and many other experiences, his desire to practice medicine in a way that addressed the root cause of disease and utilized innate self-healing ability led him to naturopathic medicine.

While in school, Dr. Oltman was top of his class academically, led study groups, tutored, and taught community cooking classes. He also did another stint in Latin America, interning for Natural Doctors International in Nicaragua for 9 weeks while staying with a homestay family and becoming fluent in Spanish.

In 2015, Dr. Oltman graduated from NUNM with a Naturopathic Doctorate (ND). He then went on to complete a 2-year CNME-Accredited family medicine residency at Grain Integrative Health where he saw patients of all ages for any health concern, about half of which were medicaid patients. These formative years narrowed his focus on effective treatments for pain. He saw pain as a primary barrier for many people with broader health goals by reducing the ability to be physically active.

Remaining continually engaged in the most up-to-date scientific research in the field and trained in the latest techniques, Dr. Oltman is always looking for ways to improve his patient outcomes. He instructs other physicians in orthopedics and injection therapy as President of the Naturopathic Orthopedic Medicine Academy. He is also an active member of the American Association of Naturopathic Physicians and the Oregon Association of Naturopathic Physicians.

The practice of naturopathic medicine includes modern and traditional, scientific, and empirical

methods. Naturopathic medicine is a distinct primary healthcare profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals' inherent self-healing process. Naturopathic physicians diagnose, prevent, and treat acute and chronic illnesses to restore and establish optimal health.

A firm believer in “walking the talk” and doing the things he recommends for patients, Dr. Oltman remains physically active with both a varied fitness routine and a mix of outdoor sports including fly fishing and skiing. He has successfully utilized RIT for himself, as well as surgery when there were no other options, to get him moving and living a high-quality life.

In order to be both a better doctor and a better person, Dr. Oltman has long held a commitment to exploring self-knowledge which, over the years, has taken the form of meditation, prayer, study of ancient texts, plant medicine, yoga, cognitive psychology, pain science, and the integration of them all.

Outside of the office, he loves spending time with family and friends while maintaining an active lifestyle with fishing, biking, skiing, yoga, slacklining, hiking barefoot, ping pong, and swimming in the lakes and rivers of the Cascades. His favorite place to vacation is in Mexico.

Learn More about Dr. Samuel Oltman:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3382270-Samuel-Oltman-Naturopath>, through Cascade Regenerative Medicine, <https://www.cascaderegenmed.com/dr-oltman> or through Northwest Foot & Ankle, <https://www.nwfootankle.com/our-team/>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey toward optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Samuel Oltman, ND, RMSK

[See on IssueWire](#)