

Dr. Terence K. Gray: Pioneering Patient-Centered Pain Management in Greater Portland, Maine

Innovative Anesthesiologist and Pain Management Specialist Combines Expertise with Compassionate Care



New York City, New York Aug 27, 2025 ([Issuewire.com](http://www.Issuewire.com)) - Dr. Terence K. Gray, DO, DACOA,

DNBPAS, a Harvard-trained anesthesiologist and pain management specialist, is redefining the landscape of pain management in Greater Portland. As the Founder and President of Maine Comprehensive Pain Management, Dr. Gray is committed to delivering patient-centered, non-opioid solutions that address the unique needs of each individual. With a profound dedication to empowering patients, Dr. Gray aims to enhance their quality of life through innovative and comprehensive care.

Dr. Gray's journey into medicine began after a successful career in the pharmaceutical industry, where he realized his desire to make a significant impact on people's lives. He graduated from the University of Connecticut School of Business Administration before pursuing his medical degree at the University of New England College of Osteopathic Medicine. During his time in medical school, Dr. Gray conducted pivotal pain research and authored several publications, laying the groundwork for his future endeavors in pain management.

Following his medical training, Dr. Gray completed his anesthesia residency and pain management fellowship at Harvard Medical School's Brigham and Women's Hospital in Boston, Massachusetts. His elite clinical expertise is complemented by a strong commitment to innovation, as he continually integrates cutting-edge treatments, including non-invasive and minimally invasive regenerative therapies, into his practice.

Dr. Gray is not only a healthcare provider but also a proven business leader. With advanced training in physician leadership from Harvard Business School and the Heller School at Brandeis University, he brings a unique perspective to healthcare management. As a co-founder of SichRay, LLC, Dr. Gray is focused on transforming technological concepts into patented medical products, demonstrating his passion for advancing medical technologies.

In addition to his clinical work, Dr. Gray serves as an Adjunct Professor of Clinical Research at the University of New England College of Osteopathic Medicine, where he shares his expertise with the next generation of healthcare professionals. He also contributes his knowledge to medical chart reviews and expert witness cases, further solidifying his role as a leader in the field.

Outside of his professional commitments, Dr. Gray enjoys inventing, hunting, lobstering, fishing, and spending quality time with his family. His multifaceted interests reflect his dynamic personality and unwavering dedication to both his patients and personal life.

Learn More about Dr. Terence K. Gray:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3510968-Terence-Gray-Anesthesiologist> or through Maine Comprehensive Pain Management, <https://www.painmanagementmaine.com/#terence-gray-do>

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 towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

*****@yourhealthcontact.com

Source : Dr. Terence K. Gray

[See on IssueWire](#)