

## CURRICULUM VITAE

### Luga Podesta, MD

*Sports Medicine, Regenerative Orthopedics, Non-Surgical Orthopedics & Spine*

#### PERSONAL INFORMATION

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Business Address **Bluetail Medical Group**  
1201 Piper Blvd, Suite 24  
Naples, Florida 34110

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[www.LugaPodestaMD.com](http://www.LugaPodestaMD.com)  
[www.Bluetailmedicalgroup.com](http://www.Bluetailmedicalgroup.com)  
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#### EDUCATION

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**1973 –1977** **Wagner College,**  
Staten Island, New York  
**Bachelor of Science**

**1977 – 1980** **State University of New York-Stony Brook**  
Stony Brook, New York  
**Candidate for Master of Science,**

**Long Island University-CW. Post College,**  
Greenvale, New York

**June 1980 – 1984** **Autonomous University of Guadalajara,**  
Guadalajara, Mexico  
**Medical Doctor**

**July 1984 – June1985** **New York Medical College/**  
**St. Vincent's Medical Center of Richmond,**  
Staten Island, New York  
**Fifth Pathway**

**POST-DOCTORAL TRAINING  
INTERNSHIP:**

**July 1985 – June 1986**

**Brookdale Hospital and Medical Center,  
Brooklyn, New York**  
*Department of Internal Medicine*

**RESIDENCY IN PHYSICAL MEDICINE AND REHABILITATION:**

**July 1986 – June 1988**

**St. Vincent's Hospital and Medical Center of New  
York**  
New York, New York  
*Department of Physical Medicine and  
Rehabilitation;*

**July 1988 – June 1989**

**Chief Resident**

**FELLOWSHIPS IN SPORTS MEDICINE:**

**July 1989 – Dec. 1989**

**Staten Island Orthopedics and Sports Medicine,  
Staten Island, New York**

*A fellowship encompassing the orthopedic care of high school and collegiate  
level athletes and clinical research.*

**January 1990 – July 1990 Kerlan-Jobe Orthopedic Clinic**

Inglewood, California

*A sports medicine fellowship encompassing the orthopedic care of professional teams (Los Angeles  
Dodgers, Rams, Lakers, Kings), collegiate and high school athletes; basic science, biomechanical  
and clinical research.*

**PROFESSIONAL BACKGROUND**

**August 2017 – Present**

**Non-Operative Sports Medicine / Physiatrist**  
Bluetail Medical Group  
Naples, Florida

**August 2017 - Present**

**Sports Medicine / Physiatrist, Medical Director**  
Podesta Orthopedic & Sports Medicine Institute  
Naples, Florida

**August 2000 – Present**

**Board of Directors,**  
The American Board of Exercise Sciences

**2004 - Present**

**Board of Directors,**  
Amateur Baseball Development Group

**Formerly:**

August 2008 - Present

*Sports Medicine / Physiatrist, Medical Director*

	Podesta Orthopedic & Sports Medicine Institute Naples, Florida
August 2015 – July 2017	<i>Non-Operative Sports Medicine/Physiatrist</i> St. Charles Orthopedics; East Setauket, New York
January 2017- July 2017	<i>Director of Sports Medicine</i> St. Charles Hospital; Port Jefferson, New York
August 1997 – July 2015	<i>Sports Medicine / Physiatrist</i> Kerlan-Jobe Orthopedic Clinic; Los Angeles, California
June 1994 - July 2008	<i>Sports Medicine / Physiatrist,</i> Ventura Orthopedic and Sports Medical Group; Thousand Oaks, California
1998- 2006	<i>Executive Committee,</i> Ventura Orthopedic and Sports Medical Group, Thousand Oaks, California
July 2000 - August 2006	<i>President Medical Staff,</i> HEALTHSOUTH Channel Island Surgery Center, Oxnard, California
August 2004	<i>Sports Medicine Consultant/Production Physician,</i> The Longest Yard, Paramount Pictures, Los Angeles, California
July 1995 – 2004	<i>Rehabilitation Director,</i> Sports Performance and Rehabilitation Center, Diamond Bar, California
January 1998 – 2002	<i>Medical Advisory Board,</i> Baseball Central, Culver City, California
April 1998 - 2004	<i>Medical Director,</i> HEALTHSOUTH Sports Medicine and Rehabilitation Oxnard, Camarillo & Simi Valley, California
May 1999 – 2001	<i>Medical Director,</i> West Coast Baseball Schools, Agoura, California

May 1992 - May 1994

*Sports Medicine/Physiatrist,*  
Orthopedic, Hand and Sports Medicine  
Specialists of Ventura County,  
Camarillo, California

July 1990 - May 1992

*Sports Medicine/Physiatrist,*  
Staten Island Orthopedics and Sports Medicine,  
Staten Island, New York

## **APPOINTMENTS AND POSITIONS**

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May 2016 – July 2015

**Director of Sports Medicine**  
St. Charles Hospital  
Port Jefferson, New York

## **HOSPITAL & SURGERY CENTER AFFILIATIONS**

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**St. Charles Hospital, Port Jefferson, New York**  
**St. Catherine of Sienna Hospital, Smithtown, New York**  
**Good Samaritan Hospital, Babylon, New York**

## **AWARDS AND HONORS**

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1973 – 1977

**Dean's List**  
Wagner College

2000 – Present

**Who's Who in Medicine**  
Life Member

2017 – Present

**Castle Connolly**  
Top Doctor

## **MEDICAL LICENSURES**

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2012 – Present

**State of Florida**

1989 - Present

**State of California**

1985 – 8/2017

**State of New York**

1996 - Present

**Radiation and Fluoroscopy State of California**

2015 – Present

**Fluoroscopy Safety Training for Non-  
Radiologists CHSLI New York**  
Certificate ID: 1001127

## BOARD CERTIFICATIONS

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<b>September 1, 2008</b>	<b>Sports Medicine,</b> American Board of Physical Medicine and Rehabilitation
<b>September 1, 2018</b>	<b>Recertification Sports Medicine,</b> American Board of Physical Medicine and Rehabilitation
<b>May 1991</b>	<b>Diplomat Physical Medicine &amp; Rehabilitation,</b> American Board of Physical Medicine and Rehabilitation
<b>June 1985</b>	<b>F.L.E.X.</b>

## ACADEMIC APPOINTMENTS

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<b>June 22, 2007 – Present</b>	<b>Clinical Assistant Professor of Physical Medicine and Rehabilitation</b> Western University of Health Sciences
<b>July 2007 – 2010</b>	<b>Clinical Instructor of Sports Medicine</b> Ventura County Medical Center Family Practice Residency Program

## SOCIETY MEMBERSHIPS

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**American Academy of Physical Medicine and Rehabilitation (AAPMR)**  
**American Orthopedic Society for Sports Medicine (AOSSM)**  
**American Medical Society for Sports Medicine, (Charter Member) (AMSSM)**  
**International Cartilage Regeneration and Joint Preservation Society (ICRS)**  
**Arthroscopy Association of North America (AANA)**  
**Biologic Association**  
**Collier County Medical Society**  
**California Society of Physical Medicine and Rehabilitation**  
**Ventura County Medical Society**  
**California Medical Association**  
**California Orthopedic Association**  
**Suffolk County Medical Society**

Major League Baseball Team Physician Association  
Arena Football League Physicians and Trainers Society  
Spinal Intervention Society

Physiatric Association of Spine, Sports and Occupational Rehabilitation  
American College of Sports Medicine  
Phi Delta Epsilon Medical Fraternity  
American Congress of Rehabilitation Medicine  
Richmond County Medical Society  
American Medical Association  
Greater New York Chapter - American College of Sports Medicine

## **JOURNAL EDITORIAL BOARD**

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The Biologic Orthopedics Journal

## **JOURNAL REVIEWER**

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The Physician and Sportsmedicine  
The Journal of PM&R  
The Journal of Musculoskeletal Medicine

## **TEAM PHYSICIAN**

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<b>2017 – Present</b>	<b>Florida Everblades</b> (ECHL) Team Physician
<b>Formerly:</b>	
2016 – 2017	Suffolk Community College Head Team Physician
2016 – 2017	Sachem North High School Head Team Physician
2015 – 2017	Connetquot High School Head Team Physician
2010 – 2016	Southern California Titans Ice Hockey (NAPHL) Head Team Physician
2014- 2016	Los Angeles Kiss Professional Football Team Arena Football League Medical Director / Head Team Physician

2011 –2013	Los Angeles Angels Professional Baseball Team Major League Baseball
2011	Major League Baseball Taiwan All-Star Series Team Physician
2002 – 2008	Los Angeles Avengers Professional Football Team Arena Football League Medical Director / Head Team Physician
2006 – 2008	Los Angeles Riptide Professional Lacrosse Team Major League Lacrosse Head Team Physician
1990 – 2006	Los Angeles Dodgers Professional Baseball Team, Major League Baseball Team Physician
2000 – 2001	Los Angeles Xtreme Professional Football Team (XFL) Head Team Physician
2006 – 2015	Camarillo High School Head Team Physician
1991 – 2015	Oxnard College Head Team Physician
1995 – 1999	Moorpark College Team Physician
1992 – 2001	Moorpark High School Team Physician
1992 – 1995	Rio Mesa High School Team Physician
1998 – 1999	Pacific Suns Professional Minor League Baseball Head Team Physician
1994 – 1995	Anaheim Splash Professional Indoor Soccer Team Team Physician
1995 – 1997	Valley Golden Eagles Professional Soccer Team Head Team Physician
1992 – 1993	Moorpark Express Semi Professional Soccer Team

	Head Team Physician
1986 – 1988	Staten Island Stallions Professional Basketball Team Team Physician
1990 – 1992	College of Staten Island Athletics Team Physician
1990 – 1992	New York City Police Department "Finest" Football Team Head Team Physician
1985 – 1992	Susan E. Wagner High School Head Team Physician
1990 – 1992	Port Richmond High School Baseball Team Team Physician
1986	New York City Public High School Metro Bowl All star Football Team Team Physician

## **SPORTS MEDICINE CONSULTANT**

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<b>2016 – Present</b>	<b>U.S. Open Tennis Championships</b> Tournament Sports Medicine Physician
<b>2013 - Present</b>	<b>World Baseball Classic-International Umpires</b> Sports Medicine Consultant
<b>2000 - Present</b>	<b>Major League Baseball Umpires</b> Sports Medicine Consultant
Formerly:	
2015 – 2017	P.A.L. Suffolk County High School Football All-Star Game Game Physician
2001- 2015	Dallas Cowboys Training Camp Training Camp Physician
2011- 2015	New Orleans Saints Training Camp Training Camp Physician
2014-2015	Los Angeles Laker Professional Basketball Team Sports Medicine Consultant



2011 - 2014	Cirque Du Soleil – Iris (Los Angeles) Sports Medicine Consultant
March 5, 2015	Pacific Coast Shootout (Maryland vs North Carolina) Sports Medicine Consultant
March 8, 2014	Pacific Coast Shootout (Notre Dame vs Denver) Sports Medicine Consultant
2012–2015	Loyola Marymount University Athletics Sports Medicine Consultant
2002–2015	California Lutheran University Baseball Team Sports Medicine Consultant
2008-20012	St. Mary’s College Lacrosse Team (MCLA) Sports Medicine Consultant
	Western Collegiate Lacrosse Association Sports Medicine Consultant
May 1-2, 2004	Final Four Lacrosse Championships (MCLA) Sports Medicine Consultant
2004-2007	Loyola Marymount University Lacrosse Team (MCLA) Sports Medicine Consultant
2002-2004	Los Angeles Lakers Professional Basketball Team Sports Medicine Consultant
2003-2004	Oaks Christian High School Lacrosse Team Sports Medicine Consultant
2000	Los Angeles Women's Championship, L.P.G.A. Tour Sports Medicine Consultant
1998	USA Hockey Junior B National Championships Sports Medicine Consultant
1995	12 <sup>th</sup> Annual Camarillo Mayor's Cup Tae Kwon Do Championships Sports Medicine Consultant

1995	22 <sup>nd</sup> Annual East-West Ventura County All-Star Football Game Sports Medicine Consultant
1995-2000	Ventura Open Tae Kwon Do Championships Sports Medicine Consultant
1994	21 <sup>st</sup> Annual East-West Ventura County All-Star Football Game Sports Medicine Consultant
1992-2000	Camarillo Road Runners Youth Football Organization Sports Medicine Consultant
1996-2001	Moorpark Packers Youth Football Organization Sports Medicine Consultant
1995	Inaugural Disneyland Marathon Sports Medicine Consultant
1985-1992	New York City Public Schools Athletic League Sports Medicine Consultant
1986, 1988 – 1990	New York City Public School Athletic League Class A Football Championship Sports Medicine Consultant
1987-1990	Fugazzi Outstanding Senior Football Classic Sports Medicine Consultant

## POSTER PRESENTATIONS AND SCIENTIFIC EXIBITS

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1. **Podesta L:** Rational and Protocol for Postoperative Anterior Cruciate Ligament Rehabilitation, Annual Meetings of the American Academy of Physical Medicine and Rehabilitation and the American Congress of Rehabilitation Medicine, Poster Presentation, Orlando, Florida, October 1987.
2. **Podesta L:** Rational and Protocol for Postoperative Anterior Cruciate Ligament Rehabilitation, 55<sup>th</sup> Annual Meeting of the American Academy of Orthopaedic Surgeons, Scientific Exhibit, Atlanta, Georgia, February 1988.
3. LaFrance RM, Ghatan A and **Podesta L**, Assessing A Novel Method of Providing Valgus Stress During Ultrasound Exam of the Ulnar Collateral Ligament. Top 5

Poster Presentation, Annual Assembly of the American Academy of Physical Medicine and Rehabilitation, Boston, MA, October 1 and 2, 2015.

## **INSTRUCTIONAL COURSES AND PRESENTATIONS**

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1. "Rational and Protocol for Anterior Cruciate Ligament Rehabilitation", New York Academy of Medicine": New York Society of Physical Medicine and Rehabilitation, Resident's Night Oral Presentations, New York, New York, May 6, 1987.
2. "Knee Bracing; Instructional Workshop": 2<sup>nd</sup> Annual Meeting of the Greater Metropolitan Sports Medicine Society, New York Academy of Medicine, New York, New York, April 9, 1988.
3. "Postoperative ACL Rehabilitation: School of Medicine": State University of New York at Buffalo, Erie County Medical Center, Department of Physical Medicine and Rehabilitation, Buffalo, New York, August 7, 1988.
4. "Knee Bracing": New York University, Department of Physical Medicine and Rehabilitation, Goldwater Hospital, New York, New York, October 14, 1988.
5. "Rehabilitation of the ACL Deficient Knee": New York University, Rusk Institute of Rehabilitative Medicine, Department of Physical Medicine and Rehabilitation, New York, New York, February 1, 1989.
6. "The Long Term Follow-up of Primary Anterior Cruciate Ligament Repair": Defining a Rational for Augmentation; 56<sup>th</sup> Annual Meeting of the American Academy of Orthopaedic Surgeons, Las Vegas, Nevada, February 1989.
7. "The Long Term Follow-up of the Modified MacIntosh Anterior Cruciate Ligament Reconstruction": ACL Study Group, Switzerland, March 1990
8. "Physical Examination of the Shoulder": Diagnosis and Management of Shoulder Injuries: Centinela Hospital, Inglewood California, April 26, 1990.
9. "Prophylactic Knee Bracing in Sports": Greater Metropolitan Sports Medicine Society Annual Meeting, New York Academy of Medicine, New York, New York, March 5, 1990.
10. "Postoperative ACL Rehabilitation": Greater Metropolitan Sports Medicine Society Annual Meeting, New York Academy of Medicine, New York, New York, May 5, 1990.
11. "Knee Bracing-An Update": Prosthetics and Orthotics Symposium, Park Avenue Townhouse, New York, New York, May 17, 1991.

12. "Anterior Cruciate Ligament Rehabilitation-State of the Art 1991": St. Vincent's Hospital and Medical Center of New York, Department of Physical Therapy, New York, New York, August 9, 1991.
13. "Injury Patterns and Associations in Acute Anterior Cruciate Ligament Injuries": 5<sup>th</sup> Annual Kerlan-Jobe Orthopaedic Fellowship Alumni Meeting, Inglewood, California July 12, 1991.
14. "Shoulder Injuries in Overhand Athletes": DeVita/Becker Physical Therapy Associates, Staten Island, New York, October 17, 1991.
15. "Patterns and Associations in Acute Anterior Cruciate Ligament Injury", ACL Study Group, Vail, Colorado, January 1992.
16. "The Long Term Follow-up of the Modified MacIntosh Anterior Cruciate Ligament Reconstruction": 59<sup>th</sup> Annual Meeting of the American Academy of Orthopedic Surgeons, Washington DC, February 21, 1992.
17. "Current Concepts in Postoperative Anterior Cruciate Ligament Rehabilitation": Comprehensive Health and Active Rehabilitation Training, CHART Workshops, San Jose, California, April 15, 1993.
18. "Injuries in Baseball and Racquet Sports": The Physiatrist as Team Physician": 55<sup>th</sup> Annual Meeting of the American Academy of Physical Medicine and Rehabilitation, Miami Beach, Florida, October 31, 1993.
19. "Current Concepts in Anterior Cruciate Ligament Rehabilitation": 55<sup>th</sup> Annual Meeting of the American Academy of Physical Medicine and Rehabilitation, Miami Beach, Florida, November 2, 1993.
20. "Shoulder and Elbow Injuries in Overhand Athletes": 55<sup>th</sup> Annual Meeting of the American Academy of Physical Medicine and Rehabilitation, Course Director and Moderator, Miami Beach, Florida, November 4, 1993.
21. "Shoulder Instability and Impingement in Throwing Athletes": Shoulder and Elbow Injuries in Overhead Athletes": 55<sup>th</sup> Annual Meeting of the American Academy of Physical Medicine and Rehabilitation, Miami Beach, Florida, November 4, 1993.
22. "Elbow Injuries in Athletes": Shoulder and Elbow Injuries in Overhead Athletes": 55<sup>th</sup> Annual Meeting of the American Academy of Physical Medicine and Rehabilitation, Miami Beach, Florida, November 4, 1993.
23. "Current Concepts in Anterior Cruciate Ligament Rehabilitation": Department of Rehabilitation Medicine, St. Vincent's Hospital and Medical Center of New York, New York, New York, November 11, 1993.

24. "Common Elbow Injuries in Athletes": Ventura County Orthopaedic Study Group, Camarillo, California, January 27, 1994.
25. "Shoulder Instability and Rotator Cuff Injuries in the Athlete and Injured Worker": Comprehensive Health and Active Rehabilitation Training, CHART Workshops, San Jose, California, April 19, 1994.
26. "Medical Management of On-Field Emergencies": Moorpark High School Coaches Certification Symposium, Moorpark, California, September 1994.
27. "Sports Bracing": Ventura County Orthopedic Study Group, Oxnard, California, November 17, 1994.
28. "Injuries in Baseball-Keeping the Young Arm Throwing": Moorpark High School, Moorpark, California, February 13, 1995.
29. "Advanced Rehabilitation of the Post-Surgical Shoulder": Sports Performance and Rehabilitation Center, Diamond Bar, California, April 10, 1995.
30. "Inaugural Ventura County Football Injury Symposium": Course Director, Moorpark, California, June 10, 1995.
31. "Spinal Injuries in Football": Inaugural Ventura County Football Injury Symposium, Moorpark, California, June 10, 1995.
32. "Management of On-Field Emergencies": Inaugural Ventura County Football Injury Symposium, Moorpark, California, June 10, 1995.
33. "First Aid and Emergency Management of Sports Related Injuries": Moorpark High School Coaches Certification Symposium, Moorpark, California, August 12, 1995.
34. "Shoulder Instability and Rehabilitation in the Athlete": Ventura County Orthopaedic Study Group, Oxnard, California, September 29, 1995.
35. "Current Concepts in ACL Rehabilitation": Western States Conference Athletic Trainers Association Meeting, Oxnard College, Oxnard, California, December 5, 1995.
36. "Shoulder Instability in the Overhand Throwing Athlete": Western States Conference Athletic Trainers Association Meeting, Oxnard College, Oxnard, California, December 5, 1995.
37. "Keeping the Young Arm Throwing": 2<sup>nd</sup> Annual Injuries in Baseball, Moorpark, California, January 10, 1996.
38. "Lower Extremity Physical Examination Workshops": Physiatric Association of Spine, Sports and Occupational Rehabilitation Annual Meeting and the 58<sup>th</sup>

- Annual Meeting of American Academy of Physical Medicine and Rehabilitation, Chicago, Illinois, October 13, 1996.
39. "Sports Medicine": Moorpark Rotary Club, Moorpark, California, February 23, 1996.
  40. "Shoulder Injuries in Athletics": Athletic Training and Injury Course-PE 2, Oxnard College, Oxnard, California, March 18, 1996.
  41. "Shoulder Injuries in Overhand Athletes": Scientific Conference, St. John's Regional Medical Center, Oxnard, California, April 2, 1996.
  42. "Shoulder and Elbow Injuries in Throwing Athletes": A.O.T.C.'s Summer Seminar, Ventura, California, July 27, 1996.
  43. "Shoulder Instability in Throwing Athletes": HEALTHSOUTH, Van Nuys, California, October 1, 1996.
  44. "Sports Medicine as a Profession": Moorpark High School, Moorpark, California, October 4, 1996.
  45. "Sports Medicine as a Career": Channel Islands High School Career Day, Channel Islands, California, November 21, 1996.
  46. "Injuries in Girls Softball": Moorpark Girls Softball Association, Moorpark, California, January 21, 1997.
  47. "Keeping the Young Arm Throwing": 3<sup>rd</sup> Annual Injuries in Baseball and Softball, Moorpark, California, February 5, 1997.
  48. "Injuries in Youth Baseball": Conejo Valley Little League Coaches Clinic, Thousand Oaks, California, January 24, 1998.
  49. "Keeping the Young Arm Throwing": 4<sup>th</sup> Annual Injuries In Baseball, Thousand Oaks, California, January 31, 1998.
  50. "Sports Medicine-Taking Care of the Pros": Oxnard Lions Club, Oxnard, California, May 22, 1998.
  51. "Shoulder Pain in the Workplace": Springtime Industrial Symposia, St. John's Regional Medical Center, Oxnard California, April 23, 1999.
  52. "Current Concepts in Anterior Cruciate Ligament Rehabilitation": 8<sup>th</sup> Curso International Avanzado de Medicina de Rehabilitacion, Manzanillo, Mexico, June 3, 1999.
  53. "Shoulder Instability in the Throwing Athlete": 8<sup>th</sup> Curso International Avanzado de Medicina de Rehabilitacion, Manzanillo, Mexico, June 4, 1999.

54. "Elbow Injuries in Throwing Athletes": 8<sup>th</sup> Curso International Avanzado de Medicina de Rehabilitacion, Manzanillo, Mexico, June 5, 1999.
55. "Transitioning the Throwing Athlete Back to the Field": 8<sup>th</sup> Curso International Avanzado de Medicina de Rehabilitacion, Manzanillo, Mexico, June 5, 1999.
56. "Sports Medicine as a Profession": Moorpark High School Career Day, Moorpark, California, 1999.
57. "Shoulder Injuries in the Throwing Athlete": St. Vincent's Medical Center of New York City, New York, New York, April 6, 2000.
58. "Office Management of Common Sports Injuries": St. Johns Regional Medical Center, Oxnard, California, May 16, 2000.
59. "Sports Injuries": Point Magu Navel Medical Center, Port Hueneme, California, August 22, 2000.
60. "Physiatry-The Non-Surgical Approach to Industrial Injury": 2<sup>nd</sup> Annual Kerlan-Jobe/Healthsouth Workers' Compensation Symposium, Beverly Hills Country Club, Los Angeles, California, November 9, 2000.
61. "Shoulder Instability, Shoulder Lesions: Current Advances in Evaluation & Treatment Interventions": Annual Meeting of the American Physical Therapy Association, Anaheim, California, June 19, 2001.
62. "The Non-surgical Diagnosis and Treatment of Common Industrial Injuries": 3<sup>rd</sup> Annual Kerlan-Jobe/Healthsouth Workers' Compensation Symposium, Radisson Hotel, Los Angeles, California, November 15, 2001.
63. "Examination of the Shoulder": Seminars in Sports Medicine, California Lutheran University Department of Athletic Training, Thousand Oaks, California, March 7, 2002.
64. "Transitioning the Throwing Athlete Back to the Field": 16<sup>th</sup> Annual Kerlan-Jobe Fellowship Alumni Meeting, Manhattan Beach, California, June 7, 2002.
65. "The Initial Recognition and Management of On-Field Emergencies": Channel Coast Football Officials Association, Ventura, California, September 3, 2002.
66. "Cervical Spine Injury-Initial on-field assessment, management and return to play": Concussion Symposium-Tools for assessing and managing concussions. Harbor House, Marina del Rey, California, October 15, 2002.
67. "The Initial On-Field Assessment and Management of Cervical Spine Injuries": VII National Congress of the Mexican Orthopedic and Traumatology Association, Leon, Guanajuato, Mexico, November 2, 2002.

68. "Cervical Spine Injury-Initial On-field Assessment, Management and Return to Play": VII National Congress of the Mexican Orthopedic and Traumatology Association, Leon, Guanajuato, Mexico, November 2, 2002.
69. "Low Back Pain, When is it Serious?": VII National Congress of the Mexican Orthopedic and Traumatology Association, Leon, Guanajuato, Mexico, November 2, 2002.
70. "Non-surgical Diagnosis and Treatment of Industrial Back Pain": VII National Congress of the Mexican Orthopedic and Traumatology Association, Leon, Guanajuato, Mexico, November 2, 2002.
71. "Spine Injury-Return to Play Guidelines": VII National Congress of the Mexican Orthopedic and Traumatology Association, Leon, Guanajuato, Mexico, November 2, 2002.
72. "Physical Medicine & Rehabilitation-A Sports Medicine Approach": Western University of Health Sciences, Pomona, California May 2003.
73. "Cervical Spine Injury Initial On Field Management": Arena Football Physicians and Trainers Association, Las Vegas, Nevada, December 10, 2005.
74. "Concussion In Sports": Ventura County Medical Center, Ventura, California, January 2, 2006.
75. "Injury Patterns in Professional Arena Football": Arena Football Physicians and Trainers Association, Las Vegas, Nevada, January 13, 2006.
76. "Transitioning the Throwing Athlete Back to the Field": Kerlan-Jobe Orthopaedic Clinic, Los Angeles, California, January 25, 2006.
77. "Cervical Spine Injuries, Initial On Field Management": Kerlan-Jobe Orthopaedic Clinic, Los Angeles, California, October 5, 2006.
78. "Concussion In Sports": Kerlan-Jobe Orthopaedic Clinic, Los Angeles, California, October 12, 2006.
79. "Initial On Field Management of Cervical Spine Injuries": Kerlan-Jobe Orthopaedic Clinic, Los Angeles, California, September 27, 2007.
80. "Initial On Field Management of Cervical Spine Injuries": American Osteopathic Association Annual Convention and Scientific Seminar, San Diego, California, October 2, 2007.
81. "Lumbar Spine Injuries in Athletes": Kerlan-Jobe Orthopedic Clinic, Los Angeles, California, December 20, 2007.
82. "Transitioning the Throwing Athlete Back to the Field": Kerlan-Jobe Orthopaedic Clinic, Los Angeles, California, January 24, 2008.



83. "Transitioning the Throwing Athlete Back to the Field": Team Heal, Los Angeles, California, January 25, 2008.
84. "Lumbar Spine Injuries in Athletes": Ventura County Medical Center, Ventura, California, February 19, 2008.
85. "Starting a New Medical Practice, Out Performing Expectations": GO Partners Annual Corporate Meeting, Branson, MO, September 12-15, 2008.
86. On Field Management of Cervical Spine Injuries, Current Concepts in the Management of the Competitive Athlete, Los Angeles, California, 2009.
87. "On Field Management of Cervical Spine Injuries in Baseball": 2010 Professional Baseball Athletic Trainers Society Baseball Team Medicine Conference, San Francisco, California, January 7, 2010.
88. "Transitioning the Throwing Athlete Back to the Game": 2010 Professional Baseball Athletic Trainers Society Baseball Team Medicine Conference, San Francisco, California, January 9, 2010.
89. "Valgus Laxity of the Ulnar Collateral Ligament in Professional Baseball Catchers-A Bilateral Dynamic Ultrasound Comparison": Kerlan-Jobe Orthopedic Clinic Annual Research Meeting, Providence, Rhode Island, 2010.
90. "On Field Management of Cervical Spine, Current Concepts in the Management of the Competitive Athlete": Los Angeles, California, October 2, 2010.
91. "The Role of Platelet Rich Plasma (PRP) Injections in Sports Injury Management, Current Concepts in the Management of the Competitive Athlete": Los Angeles, California, October 2, 2010.
92. "On Field Management of Cervical Spine Injuries, The National Summit on Sports Concussion and Other Athletic Injuries": Los Angeles, California, 2011.
93. "On Field Management of Athletic Spine Injuries": Current Concepts in Sports Medicine, Long Beach, CA, March 6, 2012.
94. "Diagnostic Ultrasound in Sports Medicine": 2<sup>nd</sup> Annual Current Topics in Sports Medicine Symposium, Scottsdale, Arizona, March 17, 2012.
95. "Evaluation and Management of Suspected On-Field Head/Cervical Injuries, The National Summit on Sports Concussion and Other Athletic Injuries: Established and Emerging Science for Return-To-Play Decisions": Los Angeles, California, June 22, 2012.
96. "Orthobiologic Applications in Sports Medicine": Team Heal, Los Angeles, California, September 10, 2012.

97. "Platelet Rich Plasma in Sports Medicine-Non Surgical Applications": Annual Assembly of the American Academy of Physical Medicine and Rehabilitation, Atlanta, Georgia, November 16, 2012.
98. "Platelet Rich Plasma Applications in Sports Medicine": Annual Meeting of the New York Society of Physical Medicine and Rehabilitation, Montefiore Medical Center, New York, New York, May 11, 2013.
99. "Treatment of Elbow Partial Ulnar Collateral Ligament Tears with Platelet Rich Plasma": 4<sup>th</sup> Annual PRP and Regenerative Medicine Symposium, Los Angeles, CA, 2013.
100. "So My Athlete Had PRP, Now What?": Annual Meeting of the National Athletic Trainers Association, Las Vegas, Nevada June 25, 2013.
101. "Treatment of Elbow Partial Ulnar Collateral Ligament Tears with Platelet Rich Plasma": Major League Baseball 2013 Winter Meetings, Orlando, Florida, December 7, 2013.
102. "Cryoneurolysis for the Reduction of Knee Pain Secondary to Osteoarthritis": 5<sup>th</sup> Annual PRP and Regenerative Medicine Symposium, Las Vega, NV, June 6-7, 2014.
103. "Bone Marrow Concentrate", TOBI 2017, 6<sup>th</sup> Annual PRP & Regenerative Medicine Symposium, Las Vegas, NV June 13-14, 2015.
104. "Stem Cell Treatments in Osteoarthritis: Office-Based Application": Annual Assembly of the American Academy of Physical Medicine and Rehabilitation, San Diego, CA, November 11, 12, 13 and 14, 2014.
105. "Clinical Applications of Orthobiologics and Musculoskeletal Ultrasound": The 15<sup>th</sup> International Sports Fellows Conference, Carlsbad, California, January 23-25, 2015
106. "Regenerative medicine – Stem cell treatments in osteoarthritis: office-based applications": Annual Assembly of the American Academy of Physical Medicine and Rehabilitation, Boston, MA, October 1 and 2, 2015.
107. "Clinical Applications of Orthobiologics in Sports Medicine": DMC Detroit Sports Fellowship Grand Rounds, DMC Surgery Hospital, Detroit, MI, December 9, 2015.
108. "Throwing a Baseball, The good, the bad and the ugly", DMC Detroit Sports Fellowship Grand Rounds, DMC Surgery Hospital, Detroit, MI,

December 9, 2015.

109. "Guided Procedures in Musculoskeletal Ultrasound": 16<sup>th</sup> International Sports Medicine Fellows Conference, Carlsbad, CA January 22-23, 2017.
110. "Throwing a Baseball, The good, the bad and the ugly": Keeping Young Arms Throwing & Dispelling the Myths, East Setauket, NY, January 6, 2016.
111. "Clinical Applications of Orthobiologics in Sports Medicine": 2<sup>nd</sup> Annual Section Eight Athletic Trainers Society (SEATS) Sports Medicine Symposium, Nassau University Medical Center, March 5, 2016.
112. "Biologic Cell Therapies-PRP and BMAC": Arthrex Advancement in Orthobiologics, Naples, FL March 31, 2016.
113. "Bone Marrow Concentrate and Lipoaspirate", TOBI 2017, 7<sup>th</sup> Annual PRP & Regenerative Medicine Symposium, Las Vegas, NV June 10-12, 2017.
114. "Anatomy and Landmarks for Iliac Crest Bone Marrow Aspiration": Arthrex Advancement in Orthobiologics, Naples, FL July 29, 2016.
115. "Regenerative Orthopedics and Patient Selection": Arthrex Advancement in Orthobiologics, Naples, FL July 29, 2016.
116. "Successful Approach in Creating an ACP and Angel BMAC Clinic": Arthrex Biolluminations VI, Dallas, TX August 5, 2016.
117. "Overcoming Obstacles When Creating a BMAC Practice": Arthrex Biolluminations VI, Dallas, TX August 5, 2016.
118. "Anatomy and Landmarks for Iliac Crest Bone Marrow Aspiration": Arthrex Advancement in Orthobiologics, Naples, FL October 29, 2016.
119. "Anatomy and Landmarks for Iliac Crest Bone Marrow Aspiration": Arthrex Advancement in Orthobiologics, New York, NY November 12, 2016.
120. "Regenerative Orthopedics and Patient Selection": Arthrex Advancement in Orthobiologics,": New York, NY November 12, 2016.
121. "The Basic Science of PRP and BMAC": Arthrex Advancement in Orthobiologics, New York, NY January 7, 2017.
122. "Anatomy and Landmarks for Iliac Crest Bone Marrow Aspiration": Arthrex Advancement in Orthobiologics": New York, NY January 7, 2017.
123. "Regenerative Orthopedics and Patient Selection": Arthrex Advancement in Orthobiologics": New York, NY January 7, 2017.

124. "The UCL Epidemic-injury, prevention and treatments": 2017 Injuries in Baseball Symposium, East Setauket, NY January 14, 2017.
125. "Guided Procedures in Musculoskeletal Ultrasound": 17<sup>th</sup> International Sports Medicine Fellows Conference, Carlsbad, CA January 20-22, 2017.
126. "On Field Management of Spine Injuries": 3<sup>rd</sup> Annual Long Island Sports Medicine Symposium, Nassau University Medical Center, East Meadow, NY March 4, 2017.
127. "Regenerative Cell-Based Therapies, PRP and BMAC, Clinical applications & rehabilitation guidelines": Doctoral Physical Therapy Sports Medicine Course, Touro College of Health Science, Bay Shore, NY March 12, 2017.
128. "Bone Marrow Concentrate and Lipoaspirate", TOBI 2017, 8<sup>th</sup> Annual PRP & Regenerative Medicine Symposium, Las Vegas, NV June 8-10, 2017.
129. "Orthobiologic Treatment of Elbow Ulnar Collateral Ligament Tears": 1<sup>st</sup> Annual Bluetail Medical Affiliates Conference, Bonita Beach, FL November 4, 2017.
130. "Bone Marrow Concentrate and Lipoaspirate", TOBI 2017, 8<sup>th</sup> Annual PRP & Regenerative Medicine Symposium, Las Vegas, NV June 8-10, 2017.
131. "Orthobiologic Treatment of Elbow Ulnar Collateral Ligament Tears": 1<sup>st</sup> Annual Bluetail Medical Affiliates Conference, Bonita Beach, FL November 4, 2017.
132. "Translating Pathology to Injury: Ultrasonographic findings in overuse UCL injuries" American College of Sports Medicine 67<sup>th</sup> Annual Meeting, Minneapolis, MN May 31, 2018
133. "Bone Marrow Concentrate Workshop", TOBI IX 2019, 9<sup>th</sup> Annual PRP & Regenerative Medicine Symposium, Las Vegas, NV June 7, 2018.
134. "Regenerative Medicine – Regenerative Injections for Osteoarthritis: A practical office-based approach": Annual Assembly of the American Academy of Physical Medicine and Rehabilitation 2018, Orlando, FL, October 27, 2018.
135. "Orthobiologics-Patient Selection, Integrating orthobiologics into your practice": Ortho Indy, Indianapolis, IND May 18, 2019.
136. "Bone Marrow Concentrate Workshop", TOBI X 2019, 10<sup>th</sup> Annual PRP & Regenerative Medicine Symposium, Chicago, IL June 6, 2019.
137. "Guided Procedures in Musculoskeletal Ultrasound": 18<sup>th</sup> International Sports Medicine Fellows Conference, Carlsbad, CA January 6, 2019.

138. "Post Orthobiologic Treatment Rehabilitation Guidelines": Arthrex Level III Advancements in Orthobiologics, Naples, FL January 18, 2019
139. "Comprehensive Overview Regenerative Orthobiologics" Pinnacle Orthopedics, Naples, FL June 22, 2019.
140. "Bone Marrow Concentrate (BMC), A comprehensive review": Arthrex Level III Advancements in Orthobiologics, Naples, FL December 13, 2019.
141. "Anatomic Landmarks for Iliac Crest Bone Marrow Aspiration": Arthrex Level III Advancements in Orthobiologics, Naples, FL December 13, 2019.
142. "Continuum of Care": Arthrex Level III Advancements in Orthobiologics, Naples, FL December 13, 2019.
143. "Orthobiologics and the UCL: Treatment or delaying surgical treatment": The Overhead Athlete, Annual Assembly of the American Academy of Physical Medicine and Rehabilitation 2019, San Antonio, Tx, November 14, 2019.
144. "Regenerative Medicine – Regenerative Injections for Osteoarthritis: A practical office-based approach": Annual Assembly of the American Academy of Physical Medicine and Rehabilitation 2019, San Antonio, Tx, November 14, 2019.
145. "Integrating Orthobiologics into your Practice": Arthrex Level III Advancements in Orthobiologics, Naples, FL December 13, 2019.
146. "The Business of Clinic Orthobiologics-Integrating regenerative orthopedics into your practice": Beacon Orthopedics and sports Medicine Orthobiologics Symposium, Naples, FL January 30, 2020
147. "Ultrasound and Orthobiologics Skills Workshop": Combined 1<sup>st</sup> Biologic Association Summit and 20<sup>th</sup> International Sports Medicine Fellows Conference, Carlsbad, CA February 7, 2020.
148. "Ulnar Collateral Ligament (UCL) Treatment with PRP & BMC in the Throwing Athlete" TOBI Virtual, 11<sup>th</sup> Annual Orthobiologics Symposium, June 13, 2020.
149. "Orthobiologics and the UCL: Treatment or delaying surgical intervention?" 34<sup>th</sup> Annual Kerlan-Jobe Alumni Research Conference, July 8, 2020.
150. "PRP, it's all in the mix"; Arthrex Level III Advancements in Orthobiologics, Naples, FL October 19, 2020.
151. "Anatomic Landmarks for Iliac Crest Bone Marrow Aspiration": Arthrex Level III Advancements in Orthobiologics, Naples, FL October 19, 2020.

152. "Resident Stem Cells, Autologous Thrombin and Autologous Conditioned Serum: Clinical applications" Teach the Teachers 2020 Conference, October 24, 2020.

## WEBINARS

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1. "Clinic Based Interosseous Therapy" Orthobiologic Webinar, Arthrex Inc., May 7, 2020.
2. "Regenerative Orthopedics: What it is and how we can safely provide it" The Ageing Lifecare Association Meeting Webinar, July 23, 2020.
3. "Clinic Based Orthobiologics: What's new and how I am applying it." Regional Sales Manager Meeting Webinar, Arthrex Inc., September 14, 2020.

## JOURNAL PUBLICATIONS

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1. **Podesta L**, Sherman MF, Bonamo JR, Reiter I: Rational and Protocol for Postoperative Anterior Cruciate Ligament Rehabilitation. *Clinical Orthopaedics and Related Research*. Vol. 257, August 1990.
2. **Podesta L**, Sherman MF, Bonamo JR: Bilateral Simultaneous Rupture of the Infrapatellar Tendon in a Recreational Athlete: A Case Report. *American Journal of Sports Medicine*, May-June 1991.
3. Sherman MF, Leiber LD, Bonamo JR, **Podesta L**, Reiter I: The Long-Term Follow-Up of the Primary Anterior Cruciate Ligament Repair: Defining a Rational for Augmentation. *American Journal of Sports Medicine*, May-June 1991.
4. **Podesta L**, Sherman MF, Bonamo JR: Bilateral Simultaneous Rupture of the Infrapatellar Tendon in a Recreational Athlete. *Sports Medicine Digest*, 1:17-18, 1992
5. **Podesta L**: Back Pain-What are the symptoms that indicate serious back problems? *Camarillo Daily News*, September 27, 1992.
6. **Podesta L**, Sherman MF, Bonamo JR, Reiter I: The Long Term Follow-Up of the Modified MacIntosh Anterior Cruciate Ligament Reconstruction. *Orthopaedic Transactions*, 1992.

7. **Podesta L**, Podesta GJ: Rehabilitation of the Anterior Cruciate Ligament. *J Musculoskel Med*, 11(1):54-64, January 1993.
8. **Podesta L**, Sherman MF, Bonamo JR: Distal Humeral Epiphyseal Separation in a Young Throwing Athlete: A Case Report. *Archives of Physical Medicine and Rehabilitation*, Vol. 74, November 1993.
9. **Podesta L**: Epidural Steroid Injections as a Treatment for Herniated Discs, Health Watch. *Camarillo Daily News*, October 1994.
10. Roberts B, **Podesta L**: Competitive Edge: Baseball a Game of Inches. *Training and Conditioning Magazine*, 5(6): 39-40, December 1995.
11. **Podesta L**, Sherman MF, Bonamo JR, Reiter I: Management of Range of Motion Deficits in the Postoperative Knee. (Submitted for publication).
12. **Podesta L**, Rosenberg L, Sherman MF, Bonamo JR: Injury Patterns and Associations in Acute Anterior Cruciate Ligament Injuries. (Submitted for publication).
13. Sherman MF, Bonamo JR, **Podesta L**: A Comparison of Open Versus Arthroscopic Assisted Modified MacIntosh Anterior Cruciate Ligament Reconstructions. (Submitted for publication).
14. **Podesta L**, Nicholl J, Gambardella RA, Jobe FW: Functional Strengthening of the Shoulder in a Professional Baseball Player After Anterior Glenohumeral Reconstruction and Rotator Cuff Repair. (Submitted for publication)
15. Herbenick MA, King JS, Altobelli G, Nguyen B, and **Podesta L**: Injury Patterns in Professional Arena Football. *American Journal of Sports Medicine*, January 2008. Epub 2007 Nov 16.
16. Marchant MH Jr., Gambardella RA, **Podesta L**. Superficial Radial Nerve Injury after Avulsion Fracture of the Brachioradialis Origin in a Professional Lacrosse Player: A Case Report. *J Shoulder Elbow Surg*. 2009 May 21. Epub 2009 May 22.
17. Wei AS, Khana S, Limpisvasti O, Crues J, **Podesta L**, Yocum LA. Clinical and magnetic resonance imaging findings associated with Little League elbow. *J Pediatr Orthop*. 2010 Oct-Nov; 30(7): 715-9.
18. **Podesta L**, Crow S, Volkner D, Bert T, Yocum L. Treatment of Elbow Partial Ulnar Collateral Ligament Tears with Platelet Rich Plasma. *American Journal of Sports Medicine*, June 2013.
19. Matuska AM, Klimovich ML, Anz AW, **Podesta L**, and Chapman JR, Autologous Thrombin Preparations: Biocompatibility and Growth Factor Release. *Wound Rep Reg*. 2020;1-9 <https://doi.org/10.1111.wrr.12873>

20. King J, **Podesta L**, Yocum L. Valgus Laxity of the Ulnar Collateral Ligament in Professional Baseball Catchers-A Bilateral Dynamic Ultrasound Comparison. Pending Publication.
21. Crow S, **Podesta L**, Yocum L. Ulnar Collateral Ligament Laxity in Professional Baseball Position Players: An Ultrasound Comparison of Throwing and Non-throwing Arms. Pending Publication.
22. Weisbein J, Grigsby E, Radnovich R and **Podesta L**, Cryoneurolysis for the Reduction of Knee Pain Secondary to Osteoarthritis. Submitted for publication.
23. LaFrance RM, Ghatan A and **Podesta L**, Assessing A Novel Method of Providing Valgus Stress During Ultrasound Exam of the Ulnar Collateral Ligament. Submitted for publication.

## TEXTBOOK PUBLICATIONS

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1. **Podesta L**, Sherman MF: Knee Bracing. Orthopaedic Clinics of North America, 19(4), October 1988.
2. Mellman MF, **Podesta L**: Common Medical Problems in Sports Medicine. Clinics in Sports Medicine, 16(4), October 1997.
3. **Podesta L** et al: Anterior Cruciate Ligament Reconstruction. *In* Maxey L, Magnusson J (eds): Rehabilitation for the Postsurgical Orthopaedic Patient. Mosby, 2001.
4. **Podesta L**: Transitioning the Throwing Athlete Back to the Field. *In* Maxey L, Magnusson J (eds): Rehabilitation for the Postsurgical Orthopaedic Patient. Mosby, 2001.
5. **Podesta L** et al: Anterior Cruciate Ligament Reconstruction. *In* Maxey L, Magnusson J (eds) 2<sup>nd</sup> ed: Rehabilitation for the Postsurgical Orthopaedic Patient. Mosby, 2006.
6. **Podesta L**: Transitioning the Throwing Athlete Back to the Field. *In* Maxey L, Magnusson J (eds) 2<sup>nd</sup> ed: Rehabilitation for the Postsurgical Orthopaedic Patient. Mosby, 2006.
7. **Podesta L** et al: Anterior Cruciate Ligament Reconstruction. *In* Maxey L, Magnusson J (eds) 3<sup>rd</sup> ed: Rehabilitation for the Postsurgical Orthopaedic Patient. Mosby, 2012.
8. **Podesta L**: Transitioning the Throwing Athlete Back to the Field. *In* Maxey L, Magnusson J (eds) 3<sup>rd</sup> ed: Rehabilitation for the Postsurgical Orthopaedic Patient. Mosby, 2012.
9. **Podesta L** et al: Clinical Applications of Platelet Rich Plasma Therapy. *In* Maxey L, Magnusson J (eds) 3<sup>rd</sup> ed: Rehabilitation for the Postsurgical Orthopaedic Patient. Mosby, 2012.



10. **Podesta L**: Lacrosse Injury Questions. *In* Francis G. O'Connor et al (eds): ACSM's Sports Medicine: A Comprehensive Review. Lippincott Williams & Wilkins 2013.
11. Panero AJ, Hirahara AM, **Podesta L** et al: Allographic Tissues. *In* Williams C, Sussman W, and Pitts J (eds) Atlas of Interventional Orthopedic Procedures. Elsevier 2020

## VIDEO TAPES

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1. **Podesta L**, Sherman MF, Bonamo JR, Reiter I: Rational and Protocol for Postoperative Anterior Cruciate Ligament Rehabilitation. Videotape Demonstration. 56<sup>th</sup> Annual Meeting of the American Academy of Orthopaedic Surgeons, Audiovisual Program and Audiovisual Library, 1989.
2. **Podesta L**, Gambardella RA, Glousman RE, Shields CL: Reconstruction of the Anterior Cruciate Ligament-From Injury to Repair. 1990.

## TECHNIQUE GUIDES

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1. Bone Marrow Aspiration using the Arrow On Control Powered Bone Access System, Arthrex 2016
2. Clinical Applications of the Arthrex Thrombinator System, Arthrex 2020

## NATIONAL & INTERNATIONAL PUBLICATIONS

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### Contributing Writer: U.S. News & World Report

1. **Podesta L**, Teens and Sports Supplements: What's the Problem, U.S. News & World Report, February 8, 2017
2. **Podesta L**, Why Pitch Counts Might be High School Baseball's Ace "Reliever", U.S. News & World Report, March 6, 2017
3. **Podesta L**, The Sports Injury Conundrum: Heat or Ice?, U.S. News & World Report, April 3, 2017
4. **Podesta L**, Sore muscles, What to know, U.S. News & World Report, May 30, 2017
5. **Podesta L**, Understanding Injuries of the Patella Tendon, U.S. News & World Report, June 21, 2017
6. **Podesta L**, Stem Cell Therapy Success and Failure in Pro Athletes. What the public can actually learn from high-profile cases, U.S. News & World Report, February 5, 2018

### **Contributing Writer: DRUM! Magazine**

7. **Podesta L**, Bissonette G: Stretches for Drummers, DRUM! Magazine, December 2005.
8. **Podesta L**: Overuse Injuries in Drummers, DRUM! Magazine, January 2006.
9. **Podesta L**: Carpal Tunnel Syndrome, DRUM! Magazine, February 2006.
10. **Podesta L**: Knee Pain, When is it Time to Seek Help, DRUM! Magazine, March 2006.
11. **Podesta L**: Knee Pain-Treatment and Prevention, DRUM! Magazine, April 2006.
12. **Podesta L**, Espinoza H: I Can't Hear You! DRUM! Magazine, May 2006.
13. **Podesta L**: Oh, My Aching Shoulder! DRUM! Magazine, June 2006.
14. **Podesta L**: My Achy Thumbs, DRUM! Magazine, July 2006.
15. **Podesta L**: Low Back Pain, DRUM! Magazine, August 2006.
16. **Podesta L**: Low Back Pain-Disc Bulges, Herniation's and Protrusions, DRUM! Magazine, September 2006.
17. **Podesta L**: Low Back Pain-Prevention and Treatment, DRUM! Magazine, October 2006.
18. **Podesta L**, Schwartz: We Are What We Eat-Simple Nutritional Tips To Keep Us At Our Peaks, DRUM! Magazine, November 2006.
19. **Podesta L**: Why Should We Exercise, DRUM! Magazine, December 2006.
20. **Podesta L**: Warm-up and Cool Down-Pre and Post Performance Recommendations, DRUM! Magazine, January 2007.
21. **Podesta L**: What Makes Our Feet Do What They Do, DRUM! Magazine, February 2007.
22. **Podesta L**: All Cramped Up, DRUM! Magazine, February 2007.
23. **Podesta L**: Achilles Tendon Pain in Drummers, DRUM! Magazine, March 2007.
24. **Podesta L**: Arm Pain-Biceps Tendonitis, DRUM! Magazine, April 2007.
25. **Podesta L**: Deep Vein Thrombosis (DVT), DRUM! Magazine, May 2007.

26. **Podesta L:** This is a Real Pain in the Butt, DRUM! Magazine, June 2007.
27. **Podesta L:** I Think I Have a Pinched Nerve, DRUM! Magazine, July 2007.
28. **Podesta L:** No Pain Yes Gain, DRUM! Magazine, January 2008.
29. **Podesta L:** If I Only Knew Then What I Know Now, DRUM! Magazine, Pending Publication.
30. **Podesta L:** Feeling the Vibe, DRUM! Magazine, April 2008.
31. **Podesta L:** Not Feeling so Much of that Vibe, DRUM! Magazine, May 2008.
32. **Podesta L:** Say “Ahhh”, Health Tips, DRUM! Magazine, June 2008.
33. **Podesta L:** My Aching Feet, The Doctors In, DRUM! Magazine, July 2008.
34. **Podesta L:** Big Toes Blues, Health Tips, DRUM! Magazine, August 2008.
35. **Podesta L:** Alignment of the Gods, Health Tips, DRUM! Magazine, September 2008.
36. **Podesta L:** Heeling Foot Pain, Rhythmic Physician, DRUM! Magazine, November 2008.
37. **Podesta L:** Don’t Cry CTS, Rhythmic Physician, DRUM! Magazine, February 2009.
38. **Podesta L:** Aching Fingers, Rhythmic Physician, DRUM! Magazine, April 2009.
39. **Podesta L:** Sticky Fingers, Rhythmic Physician, DRUM! Magazine, May 2009.
40. **Podesta L:** No Time Outs for Injuries, Rhythmic Physician, DRUM! Magazine, November 2009.
41. **Podesta L:** Don’t Wait Until its Too Late, Rhythmic Physician, DRUM! Magazine, March 2010.
42. **Podesta L:** Platelet-Rich Plasma, Rhythmic Physician, DRUM! Magazine, May 2010.
43. **Podesta L:** Bunion (‘ben-yen) n: A painful, ugly bump, Rhythmic Physician, DRUM! Magazine, June 2010.
44. **Podesta L:** Healing the Heel: Plantar Fasciitis, Rhythmic Physician, DRUM! Magazine, July 2010.
45. **Podesta L:** Ankle Pain-It’s Not Always a Sprain, Rhythmic Physician, DRUM! Magazine, August 2010.

46. **Podesta L:** The Disease of Kings-Gout, Rhythmic Physician, DRUM! Magazine, September 2010.
47. **Podesta L:** Pre and Post Performance Preparation, Rhythmic Physician, DRUM! Magazine, November 2010.
48. **Podesta L:** Unburden Your Shoulder, Rhythmic Physician, DRUM! Magazine, July 2011.
49. **Podesta L:** Pain in the Neck, Rhythmic Physician, DRUM! Magazine, November 2011.
50. **Podesta L:** The C Word, Rhythmic Physician, DRUM! Magazine, February 2012.
51. **Podesta L:** Why Can't I Grip A Stick? Rhythmic Physician, DRUM! Magazine, May 2012.
52. **Podesta L:** Knee Pain: What You Should Know, Rhythmic Physician, DRUM! Magazine, September 2012.
53. **Podesta L:** The Barefoot Contender, Rhythmic Physician, DRUM! Magazine, November 2012.
54. **Podesta L:** The Glove Game, Rhythmic Physician, DRUM! Magazine, January 2013.
55. **Podesta L:** Funny Bone Is No Joke, Rhythmic Physician, DRUM! Magazine, April 2013.
56. **Podesta L:** Don't Just Sit There, Rhythmic Physician, DRUM! Magazine, November 2013.
57. **Podesta L:** Lower Back Blues, Rhythmic Physician, DRUM! Magazine, March 2014.
58. **Podesta L:** Practice What I Preach! Rhythmic Physician, DRUM! Magazine, April 2014.
59. **Podesta L:** Back in the Saddle! Rhythmic Physician, DRUM! Magazine, July 2014.
60. **Podesta L:** You May Have Osteoarthritis and Not Know It, Rhythmic Physician, DRUM! Magazine, November 2014.

## INTERNET PUBLICATIONS

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### Contributing Writer-Sports Medicine & Orthopedics: The SportsCoach.com:

1. Keeping the Young Arm Throwing-Overuse Injuries, 1999
2. Warm up, Flexibility and Cool Down, July 2000
3. Coach My Elbow Hurts-Little Leaguers Elbow, November 2000
4. Knee Pain-When is it time to seek help? July 2001
5. My Ankle Hurts, I think it's only a sprain, October 2001

## TELEVISION AND RADIO APPEARANCES

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1. **Steve Sommers Show**, WFAN Sports Radio New York, August 6, 2016
2. **Robyn Flans Drummer Interviews**, Speaker.com/rfdi, August 17, 2016
3. **Drum Channel with Gregg Bissonette**, DW Drums, Oxnard, CA July 2016
4. **KFI-AM 640** Interview discussing the article: Stem cells may significantly improve tendon healing; reduce re-tear risk in rotator cuff repair. April 6, 2015.
5. **Fourth and Loud**, New Arena Football Docu-Series, AMC Network, August 12, 2014.
6. **Drum Channel**, DW Drums, Oxnard, California, September 2007.
7. **Gunnar Peterson's Core Secrets**, Guthy-Renker, 2005.
8. **In the Dugout with Chris Gwynn and Coach John Kantera**, XTRA Sports Radio, 690 AM, Culver City, California, July 26, 1998.
9. **Ventura Talk with John O'Brien**, KCLU Radio, Thousand Oaks, California, January 21, 1996.
12. **Sports Close Up with Joe Nugent**, Staten Island Cable Television, Staten Island, New York, October 3, 1990.