

Neal M. Blitz, DPM, FACFAS

Reconstructive Foot & Ankle Surgery

NEW YORK

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PROFESSIONAL EMPLOYMENT

Blitz Footcare | New York City, NY. 9/2012 – Present. Beverly Hills, CA. 9/2016 – Present
Principal

Bronx-Lebanon Hospital Center | Bronx, NY. 9/2008 – 12/2013
Chief of Foot Surgery & Associate Chairman of Orthopedics
Department of Orthopaedic Surgery

Kaiser Permanente Medical Group | Santa Rosa, CA. 7/2002 – 8/2008
Attending Staff & Research Director of Kaiser North Bay Consortium Residency
Department Foot & Ankle Surgery and Orthopaedics

MEDICAL EDUCATION

New York College of Podiatric Medicine | New York, NY. 7/1995 – 6/1999
Doctor of Podiatric Medicine, Graduated Cum Laude

RESIDENCY TRAINING

Swedish Medical Center | Seattle, WA. 7/1999 – 6/2002
Northwest Podiatric Surgical Residency
Affiliated with Harborview Medical Center

FELLOWSHIP

Technische Universitat Dresden | Dresden, Germany. 3/2002
AO International (AO/ASIF Awarded Fellowship)

BOARD CERTIFICATION

Foot Surgery, American Board of Foot & Ankle Surgery
Certified, 8/1/2004 – 8/31/2024
Certificate No. 7005

Reconstructive Rearfoot & Ankle Surgery, American Board of Foot & Ankle Surgery
Certified, 7/30/2005 – 8/31/2025

PATENTS

Blitz et al. Fixation Plate for use of in the Lapidus Approach
Pub. No. US 8828063 B2
Issue Date: Sep 9, 2014

Blitz et al. Intramedullary Compression Nail and Related Method for Jones Fractures
Patent Application No. 20110160728

EDITORIALS

“Embracing New Technology & Techniques in Foot & Ankle Surgery”

The Clinics in Podiatric Medicine and Surgery

Clin Podiatr Med Surg – 29(3):xviii, 2012

“The Surgical Playbook”

The Clinics in Podiatric Medicine and Surgery

Clin Podiatr Med Surg 27(1):xvii-xviii, 2010

“The Surgical Playbook”

The Clinics in Podiatric Medicine and Surgery

Clin Podiatr Med Surg 27(1):xvii-xviii, 2010

“The Bee Thrive”

The Journal of Foot Ankle Surgery

J Foot Ankle Surg 47(3): 180-90, 2008

AWARDS & HONORS

Second Place, ACFAS Manuscript Presentation, 3/2009

Kernbach K, **Blitz NM**, A Critical Evaluation of Subtalar Joint Arthrosis Associated With Middle Facet Talocalcaneal Coalition in 21 Surgically Managed Patients: A Retrospective CT Review. Investigations Involving Middle Facet Coalitions - Part III.

65th Annual Conference – American College of Foot & Ankle Surgeons, Washington D.C.

Honorable Mention, ACFAS Manuscript Presentation, 3/2008

The Presence of Calcaneal Fibular Remodeling Associated With Middle Facet Talocalcaneal Coalition: A Retrospective CT Review of 35 feet. Investigations Involving Middle Facet Coalitions - Part II.

64th Annual Conference – American College of Foot & Ankle Surgeons, Long Beach, CA

Honorable Mention, ACFAS Manuscript Presentation, 3/2006

Anatomical Aspects of the Gastrocnemius Aponeurosis and its Insertion. A Cadaveric Study.

63rd Annual Conference – American College of Foot & Ankle Surgeons, Las Vegas NV

PUBLICATIONS – PEER REVIEWED MANUSCRIPTS

Blitz NM. Early Weightbearing of the Lapidus Bunionectomy. Is It Feasible? *Clin Podiatr Med Surg* 29(3):367-81, 2012

Spinner RJ, Amrami KK, **Blitz NM.** Sural intraneural cyst. *Arch Plast Surg J.* 2012; 39:77-79

Blitz NM, Lee T, Williams K, Barkan H, DiDimenico LA. Early weight bearing after modified lapidus arthodesis: a multicenter review of 80 cases. *J Foot Ankle Surg* 49(4):357-62, 2010

Blitz NM. Pediatric & adolescent flatfoot reconstruction in combination with middle facet talocalcaneal coalition resection. *Clin Podiatr Med Surg* 27(1):119-33, 2010

Blitz NM, Stabile RJ, Giorgini RJ, DiDomenico LA. Flexible pediatric and adolescent pes planovalgus: conservative and surgical treatment options. *Clin Podiatr Med Surg* 27(1):59-77, 2010

Kernbach KJ, Barkan H, **Blitz NM.** A critical evaluation of subtalar joint arthrosis associated with middle facet talocalcaneal coalition in 21 surgically managed patients: a retrospective computed tomography review. Investigations involving middle facet coalitions-part III. *Clin Podiatr Med Surg* 2010 27(1):135-43

Blitz NM. The versatility of the Lapidus arthrodesis. *Clin Podiatr Med Surg* 26(3):427-41, 2009

Blitz NM, Amrami KK, Spinner R. Magnetic Resonance Imaging of a Deep Peroneal Intraneural Ganglion Cyst Originating from the Second Metatarsophalangeal Joint: A Pattern of Propagation Supporting the Unified Articular (Synovial) Theory for the Formation of Intraneural Ganglia. *J Foot Ankle Surg* 48(1):80-4, 2009

Blitz NM, Eliot DJ. Anatomical Aspects of the Gastrocnemius Aponeurosis and its Muscular-Bound Portion. A Cadaveric Study. Part II. *J Foot Ankle Surg* 47(6):533-40, 2008

Lee T, **Blitz NM,** Rush SM. Percutaneous Locking Plate Fixation of the Pilon Fracture. Surgical Technique. *J Foot Ankle Surg* 47(6):598-602, 2008

Rodriguez N, **Blitz NM.** Hemorrhagic Ganglion of the Tibialis Anterior Tendon. An Unusual Variant, A Single Case Report. *J Foot Ankle Surg* 47(6):571-5, 2008

Spencer R, **Blitz NM.** Giant Extra-skeletal Osteochondroma of the Plantar Midfoot Arch. A Case Report. *J Foot Ankle Surg* 47(4):362-7, 2008

Kernbach K, **Blitz NM.** The Presence of Calcaneal Fibular Remodeling Associated With Middle Facet Talocalcaneal Coalition: A Retrospective CT Review of 35 feet. Investigations Involving Middle Facet Coalitions - Part II. *J Foot Ankle Surg* 47(4):288-94, 2008

Blitz NM, Prestridge J, Amrami KK, Spinner R. A Post-Traumatic, Joint Connected Sural Intraneural Ganglion Cyst – With a New Mechanism of Recurrence. *J Foot Ankle Surg* 47(3):199-205, 2008

Kernbach K, **Blitz NM,** Rush SM. Bilateral Single Stage Middle Facet Coalition Resection Combined with Flatfoot Reconstruction. A Report of 6 Cases. Investigations Involving Middle Facet Coalitions, Part I. *J Foot Ankle Surg* 47(3):180-90, 2008

PUBLICATIONS – PEER REVIEWED MANUSCRIPTS (CONT)

Blitz NM, Hoyal R, Lee T. Interposition of the Flexor Hallucis Longus Tendon through the Subtalar Joint as a Late Complication of Clubfoot Repair. A Case Report. *J Foot Ankle Surg* 47(4):321-5, 2008

Blitz NM, Lopez KT. Giant Osteochondroma of the Inferior Plantar Medial Calcaneal Tubercle. A Case Report. *J Foot Ankle Surg* 47(3):206-12, 2008

Blitz NM, Nemes KK. Bilateral Peroneus Longus Rupture Through Bipartite Os Peroneum. A Case Report. *J Foot Ankle Surg* 46(4):270-7, 2007

Blitz NM, Rush SM. The Gastrocnemius Intramuscular Aponeurotic Recession. A Simplified Method of Gastrocnemius Recession. *J Foot Ankle Surg* 46(2):133-8, 2007

Blitz NM, Eliot DJ. Anatomical Aspects of the Gastrocnemius Aponeurosis and its Insertion. A Cadaveric Study. *J Foot Ankle Surg* 46(2):101-8, 2007

Blitz NM. Use of the First Ray Splay Test to Assess Transverse Plane Instability Before First Metatarsocuneiform Fusion. Letters to the Editor. *J Foot Ankle Surg* 45(6): 441-3, 2006.

Blitz NM, Yu J. Freiberg's Infraction in Identical Twins. A Case Report. *J Foot Ankle Surg* 44(3):218-221, 2005

Blitz NM, Christensen JC, Ford LA. Plantar Plate Ruptures of the Second Metatarsophalangeal Joint. Letters to the Editor. *J Foot Ankle Surg* 43(6): 442, 2004

Schuberth JM, Cheung C, Rush SM, **Blitz NM**, Roling B. The Medial Malleolar Approach for Arthrodesis of the Ankle. A Report of 13 Cases. *J Foot Ankle Surg* 44(2):125-32, 2004

Blitz NM, Ford LA, Christensen JC. Arthrography of the Second Metatarsophalangeal Joint. A Cadaveric Correlation Study. *J Foot Ankle Surg* 43(4):231-40, 2004

Blitz NM, Ford LA, Christensen JC. Plantar Plate Repair. Technique and Tips. *J Foot Ankle Surg* 43(4):265-9, 2004

Blitz NM, Hutchinson B, Grabowski MV. Pedal Plexiform Neurofibroma. Case Report and Review. *J Foot Ankle Surg* 41(2):117-24, 2002

Blitz NM, Christensen JC, Ford LA. Plantar Plate Ruptures of the Second Metatarsophalangeal Joint. Letters to the Editor. *J Foot Ankle Surg* 41(2): 138-9, 2002

Blitz NM, Rudikoff D. Pyoderma Gangrenosum. *Mt Sinai J Med* 86(4-5):287-97, 2001

TEXTBOOK CHAPTER CONTRIBUTIONS

Blitz NM, Steinberg JS. Negative Pressure Wound Therapy in Foot & Ankle Reconstruction, In Lower Extremity Soft Tissue & Cutaneous Plastic Surgery, 2nd Ed., Edited by Dockery GL & Crawford ME, Elsevier Science LTD, 2012

Blitz NM. Surgical Reconstruction of the Failed Diabetic Tendo Achilles Lengthening, In Surgical Reconstruction of the Diabetic Lower Extremity, Edited by Zgonis T, Lippincott Williams & Wilkins, 2009

Blitz NM. Vacuum Assisted Closure in Lower Extremity Reconstruction, In Lower Extremity Soft Tissue & Cutaneous Plastic Surgery, Edited by Dockery GL & Crawford ME, Elsevier Science LTD, 2006

POSTER PRESENTATIONS

Blitz NM, Amrami KK, Spinner R. Magnetic Resonance Imaging of a Deep Peroneal Intraneural Ganglion Cyst Originating from the Second Metatarsophalangeal Joint: A Pattern of Propagation Supporting the Unified Articular (Synovial) Theory for the Formation of Intraneural Ganglia. ACFAS Annual Meeting, Washington D.C., 2009

Blitz NM, Eliot D. Anatomical Aspects of the Gastrocnemius Aponeurosis and its Muscular-Bound Portion. A Cadaveric Study. American Association of Clinical Anatomists Annual Meeting, Toronto, ON, 2008

Culp CH, **Blitz NM**. Incidence and Repair of Hallux Varus After Modified Lapidus Bunionectomy. A review of 155 Consecutive Lapidus Bunionectomies. ASC, Long Beach, CA, 2007

Kernbach K, **Blitz NM**. The Presence of Calcaneal Fibular Remodeling Associated With Middle Facet Talocalcaneal Coalition: A Retrospective CT Review of 35 feet. ACFAS ASC, Long Beach, CA, 2007

Kernbach K, Williams G, **Blitz NM**. Talar Body Extrusion with Concomitant Talar Neck Fracture. A Case Report. ACFAS ASC, Long Beach, CA, 2007

Spencer R, **Blitz NM**. Giant Extra-skeletal Osteochondroma of the Foot. A Case Report. ACFAS ASC, Long Beach, CA, 2007

Prestridge J, **Blitz NM**. Intra-neural Sural Ganglion of the Ankle Originating From an Articular Branch of the Sural Nerve. ACFAS ASC, Long Beach, CA, 2007

Kernbach K, **Blitz NM**. Bilateral Single Stage Middle Facet Coalition Resection Combined with Flatfoot Reconstruction. A Report of 2 Cases. ACFAS ASC, Orlando, 2007

Lee T, **Blitz NM**. Percutaneous Locking Plate Fixation of a Pilon Fracture. A Case Report. ACFAS ASC, Orlando, FL, 2007

LECTURE EXPERIENCE

American College of Foot & Ankle Surgeons, Annual Scientific Conference Washington, D.C. – 3/2009

Perioperative Management – Nutrition
Limited vs. Traditional Approach – Ankle/Pilon
HAV Controversies – Lateral Release
Pediatric Deformities – Tarsal Coalition
Research Presentation – Early Weightbearing of Lapidus

The New York Clinical Conference & Exhibition

New York, NY – 1/2009

Surgical Repair of Acute Ankle Fractures
Achilles Tendon Repair
Surgical Management of Talar Dome Lesions
Gastrocnemius Recession – Strayer and GIAR

4th Annual Internal External Fixation Symposium

San Antonio, TX – 12/2008

Hallux Abductovalgus, Juvenile & Adult
Pediatric Flatfoot Deformities/ Tarsal Coalitions
Negative Pressure Wound Care Therapy, Orthobiologics & Bioengineered Tissues
The Failed Tendoachilles Lengthening & Recurrence of Diabetic Foot Ulceration

American College of Foot & Ankle Surgeons, Annual Scientific Conference

Long Beach, CA – 2/2008

Trauma Workshop – Ankle
Limited Incision Ankle Fractures
What the ED Sent – Tendon Lacerations
Surgical Management of Adult Flatfoot – Medial Column Fusions

Synthes Bay Area Foot & Ankle Course

San Francisco, CA – 1/2008

Lapidus Bunionectomy

AO Basic Podiatric Course

Boston MA – 11/2007

Surgical Management of Medial Malleolar Ankle Fractures

American College of Foot & Ankle Surgeons, Annual Scientific Conference

Orlando, FL – 2007

Management of Failed Peroneal Tendon Surgery
Surgical Techniques Caught on Video. Lapidus Arthrodesis

LECTURE EXPERIENCE (CONT)

Northwest Podiatric Foundation Seminar

Costa Rica – 2007

How to Success with the Lapidus: Tips & Technique

Nonunion Repair using PEMF & mTOR signaling

Surgical Management of Acute & Chronic Lisfranc's Injuries

EBI Podiatric Forum

Parsippany, NJ – 2006

Current Concepts in 2nd MTPJ Pathology

Pilon Fracture & Ex-Fix Complications

American College of Foot & Ankle Surgeons, Annual Scientific Conference

Las Vegas, NV – 2006

2nd MTPJ Instability: Soft Tissue Stabilization

Management of Failed Peroneal Tendon Surgery

Clinical Case Controversies. Lapidus Complications

Optimizing Outcomes in Hallux Valgus Surgery: Lapidus Arthrodesis

Essentials of Practice Seminar, California College of Podiatric Medicine

Oakland, CA – 2004

Hallux Limitus. 1st MTPJ Fusion?

Lapidus With & Without Bone Graft

Persevering the Fibular Sesamoid in Bunion Surgery

Northwest Podiatric Foundation Seminar

Tahoe, NV – 2003

Lapidus Complications

Achilles Tendinosis and the Flexor Hallucis Longus Transfer

Plantar Plate Repair of the Second Metatarsophalangeal Joint

Mount Sinai Medical Center

New York, NY – 2003

Plantar Plate Repair of the Second Metatarsophalangeal Joint

Technische Universitat Dresden.

Dresden, Germany – 2002

Plantar Plate Repair of the Second Metatarsophalangeal Joint

Northwest Podiatric Foundation Seminar

Vancouver, BC – 2000

Diagnosing Pyoderma Gangrenosum

Controversies Regarding Turf Toe Injury

American College of Foot and Ankle Surgery Zone 2 Annual Meeting

Seattle, WA – 1999

Understanding Subtalar Instability

PUBLICATIONS – NON-PEER REVIEWED PUBLICATIONS

Blitz NM. *Addressing Common Complications Of The Lapidus Bunionectomy.* Podiatry Today. Volume 29, Issue 2, Feb 2016

Blitz NM. *In the Dorsal Approach Better Than The Plantar Approach For Plantar Plate Repair?* Podiatry Today. Volume 28, Issue 10, Oct 2015

Blitz NM. *Mastering The Akin Osteotomy.* Podiatry Today. Volume 27, Issue 7, July 2014

Blitz NM. *Current Concepts With Revision Bunion Surgery.* Podiatry Today. Volume 27, Issue 2, Feb 2014

Blitz NM. *Emerging Concepts With Post-Lapidus Bunionectomy Weightbearing.* Podiatry Today. Volume 25, Issue 9, Sept 2012

Blitz NM. *Why The Lapidus Bunionectomy Is the Best Procedure for Severe Bunions.* Podiatry Today. Volume 24, Issue 12, Dec 2011

Blitz NM. *Evaluation & Management of Flexible Pes Planovalgus.* Lower Extremity Review. Aug 2010

Blitz NM. *Lateral Release in Hallux Valgus Surgery.* Podiatry Today. Volume 22, Issue 8, Aug 2009

Blitz NM. *Management of Failed Peroneal Tendon Surgery.* Podiatry Today. Volume 20, Issue 8, Aug 2007

Blitz NM. *Key Insights for Addressing Infected Hardware.* Podiatry Today. Volume 19, Issue 8, Aug 2006

Blitz NM. *Current Concepts in Medial Column Hypermobility.* Podiatry Today. Volume 18, Issue 6, June 2005

Blitz NM. *Early Weightbearing of the Lapidus: Is it Possible?* Podiatry Today. Volume 17, Issue 8, Sept 2004

Blitz NM. Ray RG. *How to Handle Lapidus Complications.* Podiatry Today. Volume 16, Issue 9, Sept 2003

ADVANCED COURSES

AO/ASIF Basic Course

Charlotte, NC – 10/1999

Microscopic Neurovascular Surgery Course

Microsurgery and Operative Endoscopy Training Institute, San Francisco, CA – 10/1999

Arthroscopic Surgery/Holmium-YAG Laser Course

Orthopedic Learning Center. Rosemont, IL – 7/2000

Essentials of Ilizarov. Smith & Nephew Instructional Course

Dana Point, CA – 4/2001

Distraction Osteogenesis Course. Synthes

Englewood, CO – 10/2007

HOSPITAL AFFILIATIONS

Mount Sinai Medical Center | New York City, NY

Clinical Instructor Orthopedics, Foot and Ankle Service

Lenox Hill Hospital, Northwell Health | New York City, NY

Volunteer Attending, Orthopedic Surgery

Cedars Sinai | Beverly Hills, CA

Surgery Department, Foot & Ankle Surgery

Bronx-Lebanon Hospital Center | Bronx, NY

Volunteer Attending, Orthopedic Surgery

Midtown Surgery Center | New York City, NY

PROFESSIONAL ACTIVITIES

Foot Health Blogger, Huffington Post (8/2011 – Present)

Expert, Foot Health About.com (8/2014 – 2/2016)

Medical Executive Committee, Bronx-Lebanon Hospital Center

Bronx-Lebanon Hospital Center (2011 - 2013)

OR Committee, Bronx-Lebanon Hospital Center

Bronx-Lebanon Hospital Center (2011 - 2013)

Committee Member, Annual Scientific Conference

American College of Foot and Ankle Surgery (2005 – 2009)

Poster Chairman, Annual Scientific Conference

American College of Foot and Ankle Surgery (2007 – 2008)

Manuscript Reviewer, Journal of Foot & Ankle Surgery (11/2006 – Present)

Manuscript Reviewer, Archives of Orthopaedics and Trauma Surgery (2/2007)

Editorial Board, Clinics in Podiatric Medicine and Surgery (8/2007 – Present)

Editorial Board, Podiatry Today (7/2005 – Present)

Regional Meeting Coordinator, Kaiser Permanente Podiatric Surgery (1/2004 – 3/2007)