

Michael A. Steingart, D. O.
Board Certified Orthopedic Surgeon

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CURRICULUM VITAE

EDUCATION

- Fellowship: Awarded Fellowship from the American Academy of Disability Evaluating Physicians.
- Fellowship: Awarded Fellowship from the American Academy of Minimally Invasive Spinal Medicine and Surgery.
- Fellowship: University of Arizona, Tucson, Arizona
Orthopedic Sports Medicine Fellowship
Director: Edward Percy, M.D.
- Residency: Garden City Hospital, Garden City, Michigan
Orthopedic Surgery, August 1983 to August 1987
Director: Norville Schock, Ph.D.
- Internship: Garden City Hospital, Garden City, Michigan
Internal Medicine, Rheumatology, General Surgery, OB/GYN & Pediatrics
August 1982 to August 1983
- Medical School: North Texas State University, Texas College of Osteopathic Medicine
Forth Worth, Texas, Doctor of Osteopathy, 1982
- University: Arizona State University, Tempe, Arizona
Bachelor of Science, Microbiology Major, 1978

BOARD CERTIFICATION

Orthopedic Surgery: American Osteopathic Board of Orthopedic Surgery
Effective: 9/26/91

MEDICAL LEGAL EXPERIENCE

Independent Medical Exams
Case Reviews
Depositions
Expert Witness
Performs Medical Legal work for Plaintiff and Defense

HOSPITAL AFFILIATIONS

Paradise Valley Hospital
Scottsdale Memorial North Hospital
John C. Lincoln Hospital

PROFESSIONAL ASSOCIATIONS

American Academy of Minimally Invasive Spinal Medicine and Surgery
American Osteopathic Academy of Orthopedics
Arizona Osteopathic Association
Maricopa County Orthopedic Surgeons Society
American Medical Association
American Osteopathic Association
American Academy of Disability Evaluating Physicians
American College of Sports Medicine
North American Spinal Society

SPORTS AFFILIATIONS

Phoenix Roadrunners, professional hockey team, 1992 – 1993
Trainer's Assistant, Phoenix Suns, National Basketball Association, 1969 – 1974

TEACHING APPOINTMENTS

Midwestern University as Associate Professor, Clinical off site, 1997 - present
A.T. Still University School of Osteopathic Medicine Arizona, Adjunct Professor, 2009 - present
Kirksville College of Osteopathic Medicine, 1997 - present
Clinical Professor Orthopedic Surgery Midwestern University
Community Hospital, Phoenix, Arizona

Podiatry Resident Teaching Program, 1992 -1999
Baptist Hospital Family Practice Program, Phoenix Arizona
Orthopedic trainer, 1995 - 2001
Western College of Osteopathic Medicine, Pomona, California
Clinical Assistant Professor of Orthopedic Surgery
Good Samaritan Hospital Family Practice Orthopedic trainer, 1995 - 1996
Israel Spinal Meeting: Endoscopic Lumbar Discectomy Indications, Israel, 2006

ADDITIONAL TRAINING

Training American Academy of Disability Examiners (AADEP)
Certification – Endoscopic Laser Spine Surgery
Board Certification, Orthopedic Surgery, 1991
Certification, Basic Course in A-O, Phoenix, Arizona, 1989
FLEX (Federal Licensing Examination and Medical Jurisprudence)
National Boards – Parts I, II, III

PUBLISHED BOOKS

HOW TO SURVIVE YOUR CLINICAL ROTATIONS, 1997

PUBLICATIONS

My First 100 Cases of Endoscopic Lumbar Discectomy: *Journal of Minimally Invasive Spinal Technique*.
“Osteopathic Principles in Spinal Medicine” in *The Practice of Minimally Invasive Spinal Technique*. First Edition, CSS, 85-97.
“Finding a Good Rotation,” *Student Doctor*, Summer 1999/Vol.20 No.3
“Anterior Approach To The Shoulder From The Lateral Position,” *Journal of Orthopedics*, 1996
“The Ball and Socket Ankle,” *Foot and Ankle Journal International*, April 1995
“Compartment Syndrome In The Thigh,” *Sports Medicine*, Vol. 21, #3, March 1993
“Adolescent Knee Injuries: A Long Term Follow-Up,” *Journal of the American Osteopathic Association Journal*, December 1987
“CT Scanning and Myelography In The Low Back Patient,” *Journal of the American Osteopathic Orthopedics Journal*, Vol. IV, #1, 1986
“Anterior Hip Pain Diagnosis and Treatment,” *Journal of American Osteopathic Association*, January 1997
“Letters to the Editor”, *Physician and Sports Medicine*, January 1978
“Letter to the Editor, In Defense of Osteopathic Treatment” *Journal of the American Osteopathic Association*, August 1997
“Anterior Cruciate Ligament Reconstruction – Tips of The Trade”, *North American Academy of Arthroscopic Surgery*, 1997
“Low Back Pain: What are the Patients’ Choices”, *Abrazo Health Forum*, Summer 2007

“Pearls” *Arthroscopy Association of North America*. Fall 2008

LECTURES

Laser Spine Surgery and Back Pain, Paradise Valley Hospital, 2010

Back Problems and the General Public, Westin Hotel, 2010

Lumbar Spine and your Job: Paradise Valley School District, 2009

Endoscopic Laser Back Surgery Minimally Invasive Surgery, Orthopedic Spine
Osteopathic Association, 2009

Paradise Valley Hospital, Common Post-Op Complications”, 2009

American Academy of Orthopedic Surgery: Endoscopic Lumbar Discectomy Five Year Outcomes,
April 2008

American Academy of Orthopedic Surgery: Endoscopic Lumbar Discectomy Case Presentations,
April 2008

Johns Hopkins Spring Orthopedic Spinal Meeting: Endoscopic Lumbar Discectomy Indications,
May 2008

Low Back Pain and Surgical Treatment. To Osteopathic Orthopedic general session, 2007

Things You Should Know About Back Pain. Arizona Osteopathic Association. April 2003

Presentation: Pain Control pre-post-operative for Scottsdale Health System Sponsored
Pfizer. December 2003

Osteoporosis – Internet and other outcomes. Ask The Expert. September, 2003

You Can Take Control of your Arthritis, Ask The Expert, Scottsdale Memorial
Hospital, January 2003.

Low Back Pain, Ask The Expert. March 2002

Review of my First 50 Cases of Minimally Invasive Spinal Surgery; 1st World Congress of
Minimally Invasive Spinal Medicine, December 2000

Osteopathic Principles with Spinal Surgery: 1st World Congress Minimally Invasive Spinal Med.
December 2000

Splinting and Casting indications: Midwestern University, November 2000

Kirksville College of Osteopathic Medicine- Young Doctors and Training, September 2000

Lincoln Hospital: Minimally Invasive Spinal Surgery-The Wave of the Future, September 2000

X-Ray Conference and Splinting Seminar for Midwestern University, November 1999

Low Back Problems – Midwestern University Consortium, August 1999

Midwestern Casting and Splinting Seminar, Sponsored by Johnson & Johnson, December 1998

Mesa General, Midwestern Student Lecture on Fractures & How To Read X-Rays, December 1998

Midwestern University, Approach To The Patient With Low Back Pain & Radicular Pain

Midwestern University, Management of Elderly Patients with Hip Fractures, 1998

Midwestern University, Dealing With Medical Futility, 1998

Sports Physical Therapy Section, APTA, Surgery Treatment of the ACL, Anterior Cruciate
Ligament, March 1998

Phoenix Baptist Hospital: Fracture Care and Treatment To Residents, June 1997

Midwestern University Medical School: Splinting and Casting to Emergency Room Club, 1997

Phoenix Baptist Hospital Consortium Lectures To Family Practice Residents, Orthopedic
Students, and the Family Practitioner, February 1997

Mesa General Hospital: Splinting and Casting with Residents, J/J Sponsor, February 1997

Midwestern University Medical School: Functional Anatomy Guest Speaker for the Anatomy

Department, February 1997

Mesa General Hospital, Phoenix Memorial, Community Hospital, St. Luke's Hospital and Phoenix General Hospital: Consortium for Hospital Residency Programs, March 1997

Arizona Chapter of Orthopedic Surgeons, Diagnostic Imaging of Knees and Shoulders with Sonography, October 1996

American Osteopathic Association Rheumatology Division: Splinting and Casting seminar, 1998

John C. Lincoln Hospital and Lincoln's Medical Staff: Management of Low Back Disorders Surgical and Surgical Treatments, February 1996

Arizona Interscholastic Association, Enhancing Girls' High School Athletic Programs, March 1996

California Osteopathic Association, Orthopedics for the Family Practitioner, 1995

Arizona Osteopathic Association, Orthopedics for the Family Practitioner, April 1995

Arizona Chapter of Orthopedic surgeons, The Shoulder Abduction Immobilizer, Operative and Non Operative Use, October 1994

First Annual Coaches Seminar, Orthopedic Injuries in Female Athlete, October 1994

American Osteopathic Association, Rheumatology Division, Casting and Splinting, October 1994

Ask The Healthcare Expert, Bone Health 2003

California Osteopathic Association, Casting and Splinting, October 1994

Maricopa County Sports Authority, Sports Injuries to the Athlete, June 1994

Arizona Academy of Family Physicians, Casting and Splinting, February 1994

American Academy of Orthopedic Surgeons, Overuse Injuries to the Lower Extremity

Community Hospital: Weekly Friday Lectures, Phoenix, Arizona Interns, Residents, Physician Assistants, and Therapists at Steingard Orthopedics and Sports Medicine, Phoenix Arizona 1994 – 1996

Arizona Heart Institute, A Birds Eye View of Arthroscopy, December 1993

American Osteopathic Association, Rheumatology Division, Splinting and Casting Seminar October 1993

Community Hospital: Foot and Ankle Series Lectures, 1994

Arizona Industrial Safety Conference, Common Injuries in the Workplace, 1992 and 1993

Arizona Heart Institute, Orthopedic Perspective to Injuries, 1992, 1993

Arizona Osteopathic Association, Overuse Injuries, Common In Office Rehabilitation, 1992

Arizona Podiatry Association, Ankle Arthroscopy-Indication and Technique, 1992

Sporty Seminar, Heat Injuries – How to Prevent Heat Stroke in Arizona Athletes, 1991

American Academy of Osteopathic Orthopedic Surgeons – Annual (Arthroscopic) Meeting, Intraoperative Muscle Stimulation for Maltracking, 1990

Rehab Specialists, Knee Injury and Treatment for the Industrial Athlete, 1990

Community Hospital, Podiatry Residency, The Biomechanics of Fractured Ankles, 1988

University of Arizona, Ball and Socket Ankle, 1988

American Academy of Orthopedic Surgery, Adolescent Knee Injuries: A Long term Follow-Up, 1987

Garden City Hospital: Orthopedic Surgery Staff, Slide presentations:
 Controversial Case Presentation, April 1987
 Controversial Case Presentation, March 1987
 Galiazzi Fractures, February 1987

Garden City Hospital: Intern Lecture Series, Garden City, Michigan: Lectures given on

Grand Rounds every Wednesday
How to Read an X-Ray, August 1 to October 31, 1984
Radiology of Fractures, December 1, 1984 to February 28, 1985
Grand Rounds – Orthopedic Surgery, November 1986 to July 1987
American Academy of Orthopedic Surgery, Las Vegas, NV, CAT Scanning Compared to Myelography, 1986
Michigan Osteopathic Orthopedic Surgeons Association, Detroit, MA, CAT Scanning Compared Myelography, 1986
Michael Reese Hospital, Orthopedic Staff and Surgeons Conference, Chicago, IL, Interesting Cases at Garden City Hospital, 1986
American Academy of Osteopathic Orthopedics, Annual Convention, Dearborn, MA, open Tibial Fractures, Diagnosis and Treatment, 1985
Venoy Convalescent Nursing Home, Staff Meeting, Westland, MA, Hip Fractures, Pre-Treatment And Post-Treatment, 1985
Garden City Hospital: Monthly Staff Meetings; Michigan, Slide Presentations:
Deep Venous Thrombosis, 1985, Osteoporosis, Pathological Fractures, 1985,
Pelvic Fractures, Treatment & Emergency Room Protocol for Trauma, 1984
Adenocarcinoma, Metastasis to the Tibia, Case Review, 1983
Michigan Osteopathic Orthopedics Conference, Detroit, Ma, Supracondylar Fractures, Open Fixation, 1984
Polytechnical High School, Ft. Worth, TX: Slide Presentation to students:
The Detection & Cure for Venereal Disease, March 1982

OTHER ACCOMPLISHMENTS

1st World Congress Minimally Invasive Spinal Surgeons, Faculty/Teacher: Dec. 2000
Senior Resident, Orthopedic Surgery, 1986 – 1987
Director, Orthopedic Educational Program, 1986 – 1987
Mead-Johnson Grant for study on “A Five to Fifteen Year Follow-Up on Adolescent Knee Injuries”
Wayne State University, anatomy course, completed January to May 1984
Fellowship, Institute of Human Fitness; Fort Worth, TX, 1980 – 1982

PRODUCT DEVELOPMENT

Shoulder/Arm Abductor Splint Immobilizer, patent 1994
Crutch Pack, patent 1994
Foot Roller (Medical Advisor), Sunbelt Products, 1993

CONSULTANT

JOSPT – The Journal of Orthopedic & Sports Physical Therapy (Reviewer of articles)
Arizona Osteopathic Association, Board of Examiners (Orthopedic Consultant)

COMMUNITY SERVICE

Shriner's Hospital for Pediatrics
Phoenix Union High School District Orthopedic Surgeon, 1992 – 1996
American Academy of Pediatrics, Arizona Chapter
McDonald's Gymnastic International Competition, 1988
Team physician, Garden City High School (West) Garden City, Michigan, 1982 – 1983
Team physician, Independence High School, 1988 to 1996
Rock n Docs – 1997 – 1998 Band to assist sick children to heal
Ronald McDonald house volunteer

ELECTRONIC MEDIA INTERVIEWS

National Public Radio – Children in medicine
KPNX TV 12, (NBC) Women's Sports Injuries in High School
KTVK TV3, KSAZ TV 10, (FOX), TV for children's charities, 1997 – 1998
KTVK TV3, News program, "Women's Sports Injuries", 1998
Dr. Bob Arnet Radio Show, interviewed re" The safety of the new protein diets, 1998
Republic & Gazette health article, "High protein diet fashionable again" 1998
Republic Newspaper – Physical therapy for preventive medicine, Aug 1999
The Phoenix Jewish News, re: book, "HOW TO SURVIVE YOUR CLINICAL ROATIONS
Your Second 50 Years Radio Show 2002

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