

Michael A. Steingart, D. O.

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CURRICULUM VITAE

EDUCATION

- Fellowship: Fellowship from the American Academy of Disability Evaluating Physicians
- Fellowship: Fellowship from the American Academy of Minimally Invasive Spinal Medicine and Surgery
- Fellowship: Fellowship in Orthopedic Sports Medicine
University of Arizona Medical School
- Residency: Garden City Hospital, Garden City, Michigan
Orthopedic Surgery, August 1983 to August 1987
- Internship: Garden City Hospital, Garden City, Michigan
Internal Medicine, Rheumatology, General Surgery, OB/GYN & Pediatrics
August 1982 to August 1983
- Medical School: University of North Texas
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

MEDICAL LEGAL EXPERIENCE

Case Reviews
Depositions
Expert Witness, Medical Legal Work for Plaintiff and Defense
Independent Medical Exams

HOSPITAL AFFILIATIONS

Honor Health Hospitals, Sunnyslope and Scottsdale
Abrazo Heath Hospital, Scottsdale

PROFESSIONAL ASSOCIATIONS

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

SPORTS AFFILIATIONS

Phoenix Roadrunners, Professional Hockey Team, 1992 – 1993
Phoenix Suns, Trainer's Assistant, National Basketball Association, 1969 – 1974

TEACHING APPOINTMENTS

Midwestern University- Arizona College of Osteopathic Medicine,
Clinical Professor of Orthopedic Surgery, Glendale, Arizona, 1997 – present
A.T. Still University- School of Osteopathic Medicine,
Clinical Professor of Orthopedic Surgery, Mesa, Arizona, 1997-present
Israel Spinal Meeting: Laser Spine Surgery, Chief
Instructor, Tel Aviv, Israel, 2007
Baptist Hospital Family Practice Program,
Orthopedic Trainer, Phoenix, Arizona, 1995 – 2001
Community Hospital,
Podiatry Resident Teaching Program, Phoenix, Arizona, 1992 – 1999
Good Samaritan Hospital,
Family Practice Orthopedic Trainer, Phoenix, Arizona, 1995 – 1996

ADDITIONAL TRAINING AND CERTIFICATIONS

American Academy of Disability and Examining Physicians (AADEP)
Board Certification, Orthopedic Surgery
Certification, Basic Course in A-O, Phoenix, Arizona
FLEX (Federal Licensing Examination and Medical Jurisprudence)
National Boards, Passed – Parts I, II, III
State of Washington, Department of Labor and Industries, Credentialing for Disability and
Independent Medical Exams
Certified in Ultrasound Diagnosis of the Musculoskeletal Systems

PUBLISHED BOOKS

HOW TO SURVIVE YOUR CLINICAL ROTATIONS, 2007

PUBLICATIONS

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

“Low Back Pain: What are the Patients’ Choices”, *Abrazo Health Forum* Summer 2007

“Osteopathic Principles in Spinal Medicine” in *The Practice of Minimally Invasive Spinal Technique*. First Edition, CSS, 85-97., 2003

“Finding a Good Rotation,” *Student Doctor*, Summer 1999/Vol.20 No.3

“My First 100 Cases of Endoscopic Lumbar Discectomy” *Journal of Minimally Invasive Spinal Technique*, 1999

“Anterior Cruciate Ligament Reconstruction – Tips of The Trade”, *North American Academy of Arthroscopic Surgery*, 1997

“Anterior Hip Pain Diagnosis and Treatment,” *Journal of American Osteopathic Association*, January 1997

“Letter to the Editor, In Defense of Osteopathic Treatment” *Journal of the American Osteopathic Association*, August 1997

“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

“Letters to the Editor”, *Physician and Sports Medicine*, January 1978

LECTURES

Back Pain and You, Paradise Valley Hospital, June, 2014

Hip, Knees, Total Joints and You, Paradise Valley Hospital, April 2014

How to Evaluate a Patient for Disability, Zimmer lecture, January 2013

Spinal Health, Paradise Valley Unified School District, September 2009

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

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

PV Hospital, Phx, AZ. 1-19-2006. Class “Common Post-Op Complications”

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

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

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

You Can Take Control of your Arthritis, Ask The Expert. Scottsdale Memorial Hospital.
 January 9, 2003.

Bone Health, Ask The Healthcare Expert, 2003

Low Back Pain, Ask The Expert. March 7, 2002

Review of my First 50 Cases of Minimally Invasive Spinal Surgery; 1st World Congress of
 Minimally Invasive Spinal Medicine. Las Vegas, NV, 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: Laser 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, Dec 1998

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

Midwestern University, Approach To The Patient With Low Back Pain & Radicular Pain
 Tempe, AZ, 1998

Midwestern University, Management of Elderly Patients With Hip Fractures, Tempe, AZ, 1998

Midwestern University, Dealing With Medical Futility, Tempe, AZ, 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
 Dr. Craig Morgenstern, January 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, Chandler, AZ, October 1996

American Osteopathic Association Rheumatology Division: Splinting and Casting Seminar,
 Las Vegas, NV, October 1996

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

Arizona Interscholastic Association, Enhancing Girls' High School Athletic Programs,
 Arizona State University, Tempe, AZ, March 1996

California Osteopathic Association, Orthopedics for the Family Practitioner, Anaheim, CA, 1995

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

Arizona Chapter of Orthopedic surgeons, The Shoulder Abduction Immobilizer, Operative and

Non Operative Use, Sedona, October 1994
 First Annual Coaches Seminar, Orthopedic Injuries in Female Athlete, Phoenix, AZ, October 1994
 American Osteopathic Association, Rheumatology Division, Casting and Splinting, San Francisco, CA, October 1994
 California Osteopathic Association, Casting and Splinting, San Francisco, CA, October 1994
 Maricopa County Sports Authority, Sports Injuries to the Athlete, Tempe, AZ, June 1994
 Arizona Academy of Family Physicians, Casting and Splinting, Scottsdale, AZ, 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, Sun Lakes, AZ, December 1993
 American Osteopathic Association, Rheumatology Division, Splinting and Casting Seminar, Boston, MA, October 1993
 Community Hospital: Foot and Ankle Series Lectures, Phoenix, AZ, 1994
 Arizona Industrial Safety Conference, Common Injuries in the Workplace, 1992 and 1993
 Arizona Heart Institute, Orthopedic Perspective to Injuries, Sun Lakes, AZ, 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, Honolulu, Hawaii, Adolescent Knee Injuries – A Long term Follow-Up, 1987
 Garden City Hospital: Orthopedic Surgery Staff, Garden City, Michigan 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 – Orthopedic Surgery, November 1986 to July 1987
 Radiology of Fractures, December 1, 1984 to February 28, 1985 How to Read an X-Ray, August 1 to October 31, 1984
 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; Garden City, ma, 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

Mead-Johnson Grant for study on “A Five to Fifteen Year Follow-Up on Adolescent Knee Injuries” 1990

Director, Orthopedic Educational Program, 1986 – 1987

Senior Resident, Orthopedic Surgery, 1986 – 1987

Wayne State University, anatomy course, completed January to May 1984

PRODUCT DEVELOPMENT

Arm/Shoulder Abductor Splint Immobilizer, patent, 1994

Crutch Pack, patent, 1994

Foot Roller (Medical Advisor), Sunbelt Products, 1993

CONSULTANT

Arizona Osteopathic Association, Board of Examiners (Orthopedic Consultant)

Johnson and Johnson Orthopedic Consult

The Journal of Orthopedic & Sports Physical Therapy-JOSPT (Reviewer of articles)

COMMUNITY SERVICE

American Academy of Pediatrics, Arizona Chapter

Ronald McDonald house volunteer

Shriner’s Hospital for Sick Children – Consultant/Physician

Rock n Docs, Band to assist sick children to heal, 1997 – 1999

Phoenix Union High School District Orthopedic Surgeon, 1992 – 1996

Team physician, Independence High School, 1988 to 1996

McDonald’s Gymnastic International Competition, 1988

Team physician, Garden City High School (West) Garden City, Michigan, 1982 – 1983

ELECTRONIC MEDIA INTERVIEWS

The Phoenix Jewish News, re: book, “HOW TO SURVIVE YOUR CLINICAL ROTATIONS”

National Public Radio – Children in Medicine, 2003
Your Second 50 Years Radio Show 2002
KPNX TV 12, (NBC) Women’s Sports Injuries In High School, 2002
Republic Newspaper – Physical therapy for preventive medicine, Aug 1999
KTVK TV3, News program, “Women’s Sports Injuries”, 1998
Dr. Bob Arnet Radio Show, ” The safety of the new protein diets, 1998
Republic & Gazette health article, “High protein diet fashionable again” 1998
KTVK TV3, KSAZ TV 10, (FOX), TV for children’s charities, 1997 – 1998