

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

16601 North 40<sup>th</sup> Street, Suite 204  
Phoenix, Arizona 85032-3356  
602-923-8500 (phone), 602-923-8502 (fax)  
steingart@steingartorthopedics.com  
[www.steingartorthopedics.com](http://www.steingartorthopedics.com)

**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

## **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; 1<sup>st</sup> World Congress of Minimally Invasive Spinal Medicine, December 2000

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

Splinting and Casting indications: Midwestern University, November 2000

Kirkville 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**

1<sup>st</sup> 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  
Phoenix College, Phoenix, AZ, Dean’s List, 1974 – 1976  
Librarian Assistant, North Texas State University, Fort Worth, TX 1980 – 1982  
Physical Therapy Aide/Assistant, Bell Road Medical Center, Phoenix, AZ, 1975 – 1978

## **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

R2/2011