

Jonathann Kuo, MD

Expert in Regenerative Medicine, Peptide Therapy & Longevity Optimization | Double Board-Certified

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New York, New York

SUMMARY

Dr. Jonathan Kuo is a leader in regenerative and longevity medicine and peptide therapy, dedicated to optimizing healthspan, cellular regeneration, and peak performance.

As Founder & CEO of Extension Health, he integrates advanced diagnostics, biologics, and precision therapeutics to redefine aging and human resilience. With 2,000+ regenerative procedures, he has helped thousands achieve long-term vitality through next-generation treatments.

A double board-certified physician in anesthesiology and pain management, Dr. Kuo built his reputation over 15 years as one of NYC's leading interventional specialists, his practice treating 50,000+ patients and pioneering innovative pain management solutions. His expertise in interventional orthopedics and integrative medicine led him to transition from traditional pain management to proactive, precision-based longevity care.

A published researcher, keynote speaker, and media expert, he collaborates with leading regenerative medicine specialists and biotech innovators worldwide to advance cutting-edge longevity protocols. His mission is to redefine the future of medicine, shifting the focus from pain management to proactive health augmentation and peak human performance.

EXPERIENCE

Founder, CEO & Chief Medical Officer

07/2021 - Present

Extension Health

New York, United States

- Founded Extension Health, a state-of-the-art longevity and regenerative medicine center, offering the nation's most advanced diagnostics and therapeutics—all under one roof.
- Assembled a world-class team of longevity experts, regenerative researchers, and health optimization specialists, establishing Extension Health as a premier destination for those prioritizing proactive health and performance.
- Advancing high-performance medicine with cutting-edge therapies, including peptide therapy, therapeutic plasma exchange, NAD+ therapy, mitochondrial optimization, hormone balancing, EBOO ozone therapy, and hyperbaric oxygen therapy.
- Pioneering the Neuro Reset protocol, a treatment designed to restore autonomic nervous system balance, reduce chronic stress, and enhance cognitive resilience.
- Develop precision health protocols, integrating multi-omic diagnostics and cellular rejuvenation therapies to cultivate long-term wellness.
- Expanding access to elite longevity care through personalized membership tiers, making precision medicine and regenerative therapies more attainable for a broader audience.

Founder, CEO & Chief Medical Officer

07/2023 - Present

Hudson Mind

New York, United States

- Founded Hudson Mind, an innovative mental health and neuromodulation center, bridging the gap between psychiatry, neurobiology, and precision-based therapeutics.
- Spearheading the clinical adoption of Dual Sympathetic Blocks (DSBs) for PTSD, trauma-related anxiety, and autonomic nervous system regulation, progressing a novel, intervention-based approach to mental health care.
- Integrating regenerative therapies into psychiatric treatment, utilizing ketamine infusions, DSBs, Spravato, and transcranial magnetic stimulation (TMS) to support brain function, emotional resilience, and nervous system recalibration.
- Championing the evolution of interventional psychiatry, merging traditional psychiatric care with advanced neurotherapeutics to address treatment-resistant mental health conditions with unprecedented precision.



SKILLS

Regenerative Medicine · Longevity Medicine ·

Peptide Therapy ·

Interventional Pain Management ·

Anti-Aging Medicine ·

Medical Publishing & Research ·

Keynote Speaking · Thought Leadership ·

Clinical Strategy · Patient-Centric Care

CERTIFICATIONS

Board Certified in Anesthesiology

American Board of Anesthesiology (ABA) |

Certification #43988 | **Issued:** April 24, 2009

| **Expires:** December 31, 2029

Board Certified in Pain Medicine

(Subspecialty Certification)

American Board of Anesthesiology (ABA) |

Certification #43988 | **Issued:** September

12, 2009 | **Expires:** 12/31/2029

Connecticut State Medical License

License #82034 | **Expires:** 01/31/2026

Florida State Medical License

License #173117 | **Expires:** 12/31/2027

New York State Medical License

License #241732 | **Expires:** 12/31/2025

National Provider Identifier (NPI)

1992966469

PUBLICATIONS

Effectiveness of Dual Sympathetic

Blocks for Sympathetically Mediated

Symptoms in Post-acute Sequelae of

SARS-CoV-2 (PASC): An Open-Label,

Non-randomized Pilot Study

Cureus

Wang S, Salway RJ, Nicklay M, Kuo JC

03/2025

DOI: 10.7759/cureus.81530

Safety of Bone Marrow Derived

Mesenchymal Stem Cell Extracellular

Vesicle Injection for Lumbar Facet Joint

Pain

Regenerative Medicine

Wilson JE, Today BA, Salazar M, Kuo JC,

Ransom JT, Lightner AL, Chen G, Wong A

02/2024

DOI:10.2217/rme-2023-0110

EXPERIENCE

Founder, CEO & Chief Medical Officer	03/2010 - Present
Hudson Medical	New York, United States
<ul style="list-style-type: none">Founded Hudson Medical, an award-winning medical facility, as NYC's highest-rated pain management and regenerative medicine practice.Lead the Hudson Medical team, known for its evidence-based interventions and exceptional patient outcomes, in treating over 50,000 patients and performing 140,000+ procedures.Created and refined The Hudson Method, an innovative, proprietary algorithm to customize treatment plans and determine the most efficacious way to approach individual pain cases.Revolutionized pain treatment, integrating PRP therapy, stem cell injections, and exosome applications to accelerate tissue repair, joint recovery, and spinal health.Built a multidisciplinary team of board-certified pain specialists, sports medicine doctors, and regenerative medicine practitioners, delivering precision-based, patient-centric care.Trained dozens of interventional pain management fellows.	
Attending Physician	08/2008 - 04/2009
New York Presbyterian Lower Manhattan Hospital	New York, United States

ADDITIONAL EXPERIENCE

Featured Keynote Speaker & Medical Thought Leader

Highlighted keynote and featured medical speaking engagements

- Byran Johnson Don't Die events in SF, LA, NYC – 2024, 2025.
- Milken Institute Longevity Forum – 2025.
- Harvest Series in Kaplankaya, Turkey – 2025.
- The Orthobiologic Institute (TOBI) – 2025.

HOSPITAL AFFILIATIONS

<div><div></div><div>+</div></div>	Mount Sinai Beth Israel	11/2015 - Present
<div><div></div><div>+</div></div>	North Shore University Hospital	06/2014 - Present
<div><div></div><div>+</div></div>	Long Island Jewish Medical Center	06/2014 - Present

EDUCATION

Tri-Institutional Pain Management Fellowship	2008 - 2009
New York Presbyterian Hospital Weill Cornell Medical Center Memorial Sloan Kettering Cancer Center, Hospital for Special Surgery	New York, United States
Residency in Anesthesiology	2005 - 2008
New York Presbyterian Hospital Weill Cornell Medical Center Memorial Sloan Kettering Cancer Center, Department of Anesthesiology	New York, United States
Hospital Weill Cornell Medical Center Anesthesiology Internship in Transitional Medicine and Surgery	2004 - 2005
Memorial Sloan Kettering Cancer Center New York Presbyterian	New York, United States
Doctor of Medicine (MD)	2000 - 2004
Boston University School of Medicine	Boston, United States
Bachelor of Arts in Medical Sciences, Minor in Economics	1997 - 2020
Boston University	Boston, United States
<ul style="list-style-type: none">Graduated Cum Laude from the Accelerated Seven-Year Liberal Arts/Medical Education Program.	

LANGUAGES

English	Native	●●●●●	Chinese	Native	●●●●●
Cantonese	Native	●●●●●			

PUBLICATIONS

Interventional Mental Health: A Transdisciplinary Approach to Novel Psychiatric Care Delivery
Cureus
Kuo JC, Block T, Nicklay M, Lau B, Green M 08/2023 DOI:10.2217/rme-2023-0110
Pulsed Radiofrequency-Enhanced Dual Sympathetic Block for the Treatment of Post-Traumatic Stress Disorder
Cureus
Block T, Kuo JC, Green M 07/2023 DOI:10.7759/cureus.41309
Botox-Enhanced Stellate Ganglion Blockade for the Treatment of Post-traumatic Stress Disorder
Cureus
Kuo JC, Nicklay M 04/2023 DOI:10.7759/cureus.37573
Rationale for Nicotinamide Adenine Dinucleotide (NAD+) Metabolome Disruption as a Pathogenic Mechanism of Post-Acute COVID-19 Syndrome
Clinical Pathology
Block T, Kuo JC 06/2022 DOI:10.1177/2632010X221106986
One Month Safety Study of ExoFlo Injection for the Treatment of Lumbar or Cervical Radiculopathy in the Epidural Space
International Journal of Science and Research
Phillips A, Wong A, Chen G, LaSalle J, Kuo JC 12/2021 DOI:10.30574/ijrsra.2021.4.1.0178
Hierarchy of Evidence: Differences in Results Between Non-Randomized Studies and Randomized Trials in Patients with Femoral Neck Fractures
Orthopaedic and Trauma Surgery
Bhandari M, Tornetta P, Ellis T, Swiontkowski MF 02/2004 DOI:10.1007/s00402-003-0559-z
The Risk of False-Positive Results in Orthopaedic Surgical Trials
Clinical Orthopaedics and Related Research
Bhandari M, Whang W, Kuo JC, Devereaux PJ, Sprague S, Tornetta III P 08/2003 DOI:10.1097/01.blo.0000079320.41006.c9