

LUGA PODESTA, MD

Non-Surgical Sports Medicine • Regenerative Orthopedics • Spine

Bluetail Medical Group | Podesta Orthopedic & Sports Medicine Institute

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PROFESSIONAL SUMMARY

Dual board-certified physiatrist (Physical Medicine & Rehabilitation; Sports Medicine) with more than 35 years of practice in non-surgical orthopedic sports medicine. Nationally and internationally recognized authority on interventional orthopedics, orthobiologics, and cell-based therapies for musculoskeletal and sports-related injury.

Career-long team physician and consultant to professional, collegiate, and high school athletic organizations — including Major League Baseball, the National Football League, the National Basketball Association, the National Hockey League, Major League Lacrosse, the Arena Football League, XFL and the ECHL — as well as to the music, performing arts, and entertainment industries.

Frequently invited keynote and faculty speaker worldwide on regenerative orthopedics, orthobiologics and cell-based therapy, throwing injuries and injury prevention. Author or co-author of 25 peer-reviewed journal articles and 25 textbook chapters; co-editor of Orthobiologics (Physical Medicine and Rehabilitation Clinics of North America, 2023).

BOARD CERTIFICATION & LICENSURE

BOARD CERTIFICATION

2018	Recertification, Sports Medicine — American Board of Physical Medicine and Rehabilitation
2008	Diplomate, Sports Medicine — American Board of Physical Medicine and Rehabilitation
1991	Diplomate, Physical Medicine & Rehabilitation — American Board of Physical Medicine and Rehabilitation
1985	Federation Licensing Examination (F.L.E.X.)
2021, 2025	Good Clinical Practice — NIDA Clinical Trials Network

MEDICAL LICENSURE

2012 – Present	State of Florida — Medical License
1989 – Present	State of California — Medical License
1996 – Present	State of California — Radiation and Fluoroscopy Supervisor and Operator
2015 – Present	Fluoroscopy Safety Training for Non-Radiologists, CHSLI New York — Certificate ID 1001127
1985 – 2017	State of New York — Medical License (inactive)

CURRENT APPOINTMENTS

2017 – Present	Non-Operative Sports Medicine / Physiatrist Bluetail Medical Group, Naples, Florida
2017 – Present	Medical Director, Sports Medicine / Physiatrist Podesta Orthopedic & Sports Medicine Institute / LP Sports & Regenerative Orthopedics, Naples, Florida

ACADEMIC APPOINTMENTS

2025 – Present	Assistant Clinical Professor of Physical Medicine and Rehabilitation
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NOORDA College of Osteopathic Medicine, Orlando, Provo, Utah

2022 – Present	Assistant Clinical Professor of Physical Medicine and Rehabilitation Orlando College of Osteopathic Medicine, Orlando, Florida
2007 – 2019	Assistant Clinical Professor of Physical Medicine and Rehabilitation Western University of Health Sciences, Pomona, California
2007 – 2010	Clinical Instructor of Sports Medicine Ventura County Medical Center Family Practice Residency Program, Ventura, California

PREVIOUS CLINICAL APPOINTMENTS

2017	Director of Sports Medicine St. Charles Hospital, Port Jefferson, New York
2015 – 2017	Non-Operative Sports Medicine / Physiatrist St. Charles Orthopedics, East Setauket, New York
2008 – 2015	Medical Director, Sports Medicine / Physiatrist Podesta Orthopedic & Sports Medicine Institute, Thousand Oaks, California
1997 – 2015	Sports Medicine / Physiatrist Kerlan-Jobe Orthopaedic Clinic, Los Angeles, California
1994 – 2008	Sports Medicine / Physiatrist Ventura Orthopedic and Sports Medical Group, Thousand Oaks, California
1992 – 1994	Sports Medicine / Physiatrist Orthopedic, Hand and Sports Medicine Specialists of Ventura County, Camarillo, California
1990 – 1992	Sports Medicine / Physiatrist Staten Island Orthopedics and Sports Medicine, Staten Island, New York

LEADERSHIP, BOARDS & CONSULTING

2004 – 2015	Board of Directors Amateur Baseball Development Group, Thousand Oaks, California
2000 – 2015	Board of Directors The American Board of Exercise Sciences
2000 – 2006	President, Medical Staff HEALTHSOUTH Channel Islands Surgery Center, Oxnard, California
1998 – 2006	Executive Committee Ventura Orthopedic and Sports Medical Group, Thousand Oaks, California
1998 – 2004	Medical Director HEALTHSOUTH Sports Medicine and Rehabilitation — Oxnard, Camarillo & Simi Valley, California
1999 – 2001	Medical Director West Coast Baseball Schools, Agoura, California
1998 – 2002	Medical Advisory Board Baseball Central, Culver City, California
1995 – 2004	Rehabilitation Director Sports Performance and Rehabilitation Center, Diamond Bar, California
2004	Sports Medicine Consultant / Production Physician The Longest Yard, Paramount Pictures, Los Angeles, California

EDUCATION

1980 – 1984	Doctor of Medicine Autonomous University of Guadalajara, Guadalajara, Mexico
1984 – 1985	Fifth Pathway Program New York Medical College / St. Vincent's Medical Center of Richmond, Staten Island, New York
1977 – 1980	Master of Science candidate, Exercise Science State University of New York at Stony Brook, and Long Island University – C.W. Post College, Greenvale, New York
1973 – 1977	Bachelor of Science Wagner College, Staten Island, New York — Dean's List

POSTDOCTORAL TRAINING

1990	Fellowship, Sports Medicine Kerlan-Jobe Orthopaedic Clinic, Inglewood, California Orthopedic care of professional teams (Los Angeles Dodgers, Rams, Lakers, Kings), collegiate and high school athletes; basic science, biomechanical, and clinical research.
1989	Fellowship, Sports Medicine Staten Island Orthopedics and Sports Medicine, Staten Island, New York Orthopedic care of high school and collegiate athletes; clinical research.
1988 – 1989	Chief Resident, Physical Medicine & Rehabilitation St. Vincent's Hospital and Medical Center of New York, New York, New York
1986 – 1988	Residency, Physical Medicine & Rehabilitation St. Vincent's Hospital and Medical Center of New York, New York, New York
1985 – 1986	Internship, Internal Medicine Brookdale Hospital and Medical Center, Brooklyn, New York

AWARDS & HONORS

2017 – Present	Castle Connolly Top Doctor
2000 – Present	Who's Who in Medicine — Life Member
2015	"Best Musculoskeletal Medicine Research Poster Presentation" — Annual Assembly of the American Academy of Physical Medicine and Rehabilitation
1973 – 1977	Dean's List — Wagner College

HOSPITAL & SURGERY CENTER AFFILIATIONS

Former:

- Seaside Surgical Center, Naples, Florida
- St. Charles Hospital, Port Jefferson, New York
- St. Catherine of Siena Hospital, Smithtown, New York
- Good Samaritan Hospital, Babylon, New York

EDITORIAL & PEER REVIEW

JOURNAL EDITORIAL BOARD

- The Biologic Orthopedics Journal — Editorial Board

JOURNAL PEER REVIEWER

- The Physician and Sportsmedicine
- PM&R (The Journal of Injury, Function and Rehabilitation)
- The Journal of Musculoskeletal Medicine
- The Journal of Knee Surgery

PROFESSIONAL SOCIETY MEMBERSHIPS

CURRENT

- American Academy of Physical Medicine and Rehabilitation (AAPM&R)
- American Orthopaedic Society for Sports Medicine (AOSSM)
- Interventional Orthobiologics Federation (IOF)
- International Cartilage Regeneration & Joint Preservation Society (ICRS)
- Biologic Association (BA)
- American Association of Orthopaedic Medicine (AAOM)
- Collier County Medical Society (CCMS)

FORMER

- American Medical Society for Sports Medicine (AMSSM) — Charter Member
- Major League Baseball Team Physician Association
- Arena Football League Physicians and Trainers Society
- Arthroscopy Association of North America (AANA)
- Spine Intervention Society
- Physiatric Association of Spine, Sports and Occupational Rehabilitation
- American College of Sports Medicine — and Greater New York Chapter
- American Congress of Rehabilitation Medicine
- California Society of Physical Medicine and Rehabilitation
- California Orthopaedic Association
- California Medical Association
- Ventura County Medical Society
- Suffolk County Medical Society
- Richmond County Medical Society
- American Medical Association
- Phi Delta Epsilon Medical Fraternity

TEAM PHYSICIAN & SPORTS MEDICINE CONSULTANT

PROFESSIONAL SPORTS

2017 – 2022	Florida Everblades Professional Hockey Team (ECHL) <i>Team Physician</i>
2016	U.S. Open Tennis Championships <i>Sports Medicine Physician</i>
2014 – 2016	Los Angeles KISS Professional Football Team (Arena Football League) <i>Medical Director / Head Team Physician</i>
2013 – 2017	World Baseball Classic — International Umpires <i>Sports Medicine Consultant</i>
2000 – 2017	Major League Baseball Umpires <i>Sports Medicine Consultant</i>
2011 – 2014	Cirque du Soleil — IRIS, Los Angeles <i>Sports Medicine Consultant</i>

2011 – 2013	Los Angeles Angels Professional Baseball Team (MLB) <i>Team Physician</i>
2011	Major League Baseball Taiwan All-Star Series <i>Team Physician</i>
2011	New Orleans Saints (NFL) <i>Training Camp Physician</i>
2001 – 2015	Dallas Cowboys (NFL) <i>Training Camp Physician</i>
2002 – 2004; 2014 – 2015	Los Angeles Lakers Professional Basketball Team (NBA) <i>Sports Medicine Consultant</i>
2006 – 2008	Los Angeles Riptide Professional Lacrosse Team (Major League Lacrosse) <i>Head Team Physician</i>
2002 – 2008	Los Angeles Avengers Professional Football Team (Arena Football League) <i>Medical Director / Head Team Physician</i>
2000 – 2001	Los Angeles Xtreme Professional Football Team (XFL) <i>Head Team Physician</i>
2000	Los Angeles Women's Championship, LPGA Tour <i>Sports Medicine Consultant</i>
1998 – 1999	Pacific Suns Professional Minor League Baseball <i>Head Team Physician</i>
1995 – 1997	Valley Golden Eagles Professional Soccer Team <i>Head Team Physician</i>
1994 – 1995	Anaheim Splash Professional Indoor Soccer Team <i>Team Physician</i>
1992 – 1993	Moorpark Express Semi-Professional Soccer Team <i>Head Team Physician</i>
1990 – 2006	Los Angeles Dodgers Professional Baseball Team (MLB) <i>Team Physician</i>
1990 – 1992	New York City Police Department "Finest" Football Team <i>Head Team Physician</i>
1986 – 1988	Staten Island Stallions Professional Basketball Team <i>Team Physician</i>
COLLEGIATE SPORTS	
2016 – 2017	Suffolk Community College <i>Head Team Physician</i>
2015	Pacific Coast Shootout — University of Maryland vs. University of North Carolina (NCAA) <i>Sports Medicine Consultant</i>
2014	Pacific Coast Shootout — University of Notre Dame vs. Denver University (NCAA) <i>Sports Medicine Consultant</i>
2012 – 2015	Loyola Marymount University Athletics (NCAA) <i>Team Physician</i>
2008 – 2012	St. Mary's College Lacrosse Team (MCLA / Western Collegiate Lacrosse Association) <i>Sports Medicine Consultant</i>
2004 – 2007	Loyola Marymount University Lacrosse Team (MCLA) <i>Sports Medicine Consultant</i>
2004	MCLA Final Four Lacrosse Championships

Sports Medicine Consultant

2002 – 2015 **California Lutheran University Baseball Team**
Sports Medicine Consultant

1995 – 1999 **Moorpark College**
Team Physician

1991 – 2015 **Oxnard College**
Head Team Physician

1990 – 1992 **College of Staten Island Athletics**
Team Physician

HIGH SCHOOL SPORTS

2016 – 2017 **Sachem North High School**
Head Team Physician

2015 – 2017 **Connetquot High School**
Head Team Physician

2010 – 2016 **Southern California Titans Ice Hockey (NAPHL)**
Head Team Physician

2006 – 2015 **Camarillo High School**
Head Team Physician

1992 – 2001 **Moorpark High School**
Head Team Physician

1992 – 1995 **Rio Mesa High School**
Team Physician

1990 – 1992 **Port Richmond High School Baseball Team**
Team Physician

1986 **New York City Public High School Metro Bowl All-Star Football Team**
Team Physician

1985 – 1992 **Susan E. Wagner High School**
Head Team Physician

EVENT & ORGANIZATIONAL CONSULTING

2015 – 2017 P.A.L. Suffolk County High School Football All-Star Game — Game Physician

2003 – 2004 Oaks Christian High School Lacrosse Team

1998 USA Hockey Junior B National Championships

1996 – 2001 Moorpark Packers Youth Football Organization

1995 – 2000 Ventura Open Tae Kwon Do Championships

1995 12th Annual Camarillo Mayor's Cup Tae Kwon Do Championships

1995 22nd Annual East-West Ventura County All-Star Football Game

1995 Inaugural Disneyland Marathon

1994 21st Annual East-West Ventura County All-Star Football Game

1992 – 2000 Camarillo Road Runners Youth Football Organization

1987 – 1990 Fugazzi Outstanding Senior Football Classic

1986, 1988 – 1990 New York City Public School Athletic League Class A Football Championship

1985 – 1992 New York City Public Schools Athletic League

PEER-REVIEWED JOURNAL PUBLICATIONS

Listed most recent first. Titles link to the publisher record, DOI, or PubMed entry.

1. Everts P, Podesta L, Fitzpatrick J, Sanchez M, Lana J, van Zundert A, Oliveira L, Delgado D, Mahoney C, Flanagan G, Alexander R, Harrison P. Are platelet volume, density, and the homeostatic blueprint the missing link in platelet-rich plasma therapies? An evidence-based narrative review. *Platelets*. Submitted, 2026.
2. Lavigne A, Draper S, Everts PA, Hollman-Gage K, Khadavi J, Podesta L, Shull S, Khadavi M. Ultrasound-guided platelet-rich plasma injection for a medial collateral ligament partial tear of the first metatarsophalangeal joint. *Foot & Ankle Specialist*. 2025 Oct 26 [Epub ahead of print]. doi.org/10.1177/19386400251374916
3. Podesta L, Lack K, Everts P. Treatment of muscle tears with a protein-rich platelet-rich plasma matrix: a case study. *Journal of Muscle Health*. 2025;7(1):1016. jscimedcentral.com — [full text](#)
4. Everts PA, Podesta L, Lana JF, Shapiro G, Domingues RB, van Zundert A, Alexander RW. The regenerative marriage between high-density platelet-rich plasma and adipose tissue. *Int J Mol Sci*. 2025;26(5):2154. doi.org/10.3390/ijms26052154
5. Everts PA, Lana JF, Alexander RW, Dallo I, Kon E, Ambach MA, van Zundert A, Podesta L. Profound properties of protein-rich, platelet-rich plasma matrices as novel, multi-purpose biological platforms in tissue repair, regeneration, and wound healing. *Int J Mol Sci*. 2024;25(14):7914. doi.org/10.3390/ijms25147914
6. Everts P, Podesta L. A single, same-day procedure using multiple PRP formulations to treat complex knee pathologies: a case report. *Orthopedic Research Online Journal*. 2023;10(4):OPROJ.000744. doi.org/10.31031/OPROJ.2023.10.000744
7. Everts PA, Lana JF, Onishi K, Buford D, Peng J, Mahmood A, Fonseca LF, van Zundert A, Podesta L. Angiogenesis and tissue repair depend on platelet dosing and bioformulation strategies following orthobiological platelet-rich plasma procedures: a narrative review. *Biomedicines*. 2023;11(7):1922. doi.org/10.3390/biomedicines11071922
8. Everts PA, Mazzola T, Mautner K, Randelli PS, Podesta L. Modifying orthobiological PRP therapies are imperative for the advancement of treatment outcomes in musculoskeletal pathologies. *Biomedicines*. 2022;10(11):2933. doi.org/10.3390/biomedicines10112933
9. Matuska AM, Klimovich ML, Anz AW, Podesta L, Chapman JR. Autologous thrombin preparations: biocompatibility and growth factor release. *Wound Repair Regen*. 2021;29(1):144–152. doi.org/10.1111/wrr.12873
10. Podesta L, Ghatan A, LaFrance RM. Assessing a novel method of providing valgus stress during ultrasound examination of the ulnar collateral ligament. *PM&R*. 2015;7(9S):S88. — “Best Musculoskeletal Medicine Research Poster Presentation” doi.org/10.1016/j.pmrj.2015.06.032
11. Podesta L, Crow SA, Volkmer D, Bert T, Yocum LA. Treatment of partial ulnar collateral ligament tears in the elbow with platelet-rich plasma. *Am J Sports Med*. 2013;41(7):1689–1694. doi.org/10.1177/0363546513487979
12. Wei AS, Khana S, Limpisvasti O, Crues J, Podesta L, Yocum LA. Clinical and magnetic resonance imaging findings associated with Little League elbow. *J Pediatr Orthop*. 2010;30(7):715–719. doi.org/10.1097/BPO.0b013e3181edba46
13. Marchant MH Jr, Gambardella RA, Podesta L. Superficial radial nerve injury after avulsion fracture of the brachioradialis muscle origin in a professional lacrosse player: a case report. *J Shoulder Elbow Surg*. 2009;18(6):e19–e21. pubmed.ncbi.nlm.nih.gov/19464931
14. Herbenick MA, King JS, Altobelli G, Nguyen B, Podesta L. Injury patterns in professional arena football. *Am J Sports Med*. 2008;36(1):91–98. Epub 2007 Nov 16. doi.org/10.1177/0363546507308933
15. Roberts B, Podesta L. Competitive edge: baseball, a game of inches. *Training and Conditioning Magazine*. 1995;5(6):39–40.
16. Podesta L. Epidural steroid injections as a treatment for herniated discs. *Health Watch, Camarillo Daily News*. October 1994.
17. Podesta L, Sherman MF, Bonamo JR. Distal humeral epiphyseal separation in a young throwing athlete: a case report. *Arch Phys Med Rehabil*. 1993;74(11):1216–1218. pubmed.ncbi.nlm.nih.gov/8239966
18. Podesta L, Podesta GJ. Rehabilitation of the anterior cruciate ligament. *J Musculoskel Med*. 1993;11(1):54–64.
19. Podesta L, Sherman MF, Bonamo JR. Bilateral simultaneous rupture of the infrapatellar tendon in a recreational athlete. *Sports Medicine Digest*. 1992;1:17–18.
20. Podesta L, Sherman MF, Bonamo JR, Reiter I. The long-term follow-up of the modified MacIntosh anterior cruciate ligament reconstruction. *Orthopaedic Transactions*. 1992.
21. Podesta L. Back pain — what are the symptoms that indicate serious back problems? *Camarillo Daily News*. September 27, 1992.
22. Sherman MF, Lieber L, Bonamo JR, Podesta L, Reiter I. The long-term followup of primary anterior cruciate ligament repair: defining a rationale for augmentation. *Am J Sports Med*. 1991;19(3):243–255. doi.org/10.1177/036354659101900307
23. Podesta L, Sherman MF, Bonamo JR. Bilateral simultaneous rupture of the infrapatellar tendon in a recreational athlete: a case report. *Am J Sports Med*. 1991;19(3):325–327. doi.org/10.1177/036354659101900320

24. Podesta L, Sherman MF, Bonamo JR, Reiter I. Rationale and protocol for postoperative anterior cruciate ligament rehabilitation. Clin Orthop Relat Res. 1990;(257):262–273. pubmed.ncbi.nlm.nih.gov/2199122

EDITED TEXTBOOKS

1. Khadavi M, Podesta L, editors. Orthobiologics. Physical Medicine and Rehabilitation Clinics of North America, Volume 34, Issue 1. Philadelphia: Elsevier; February 2023. ISBN 978-0-323-91989-0. [sciencedirect.com — full issue](https://www.sciencedirect.com/book/9780323919890)

TEXTBOOK & BOOK CHAPTER PUBLICATIONS

Listed most recent first. Titles link to the publisher record or DOI.

1. Everts PA, Podesta L, van Zundert A, Lana JF. Understanding the hard science of PRP. In: Rothenberg J, Engelen R, Espinoza D, Ramirez del Toro J, editors. PRP for Shoulder Pain: A Patient's Guide to Platelet-Rich Plasma Therapy & Recovery. Black Bear Solutions; 2026.
2. Everts PA, Lana JF, Acosta M, Pires L, van Domselaar A, Gobbi A, Podesta L. Essential considerations in platelet-rich plasma preparations with emphasis on platelet dosing and bioformulations: there is no one-size-fits-all method. In: Gobbi A, Nakamura N, Lane J, Dallo I, editors. Regenerative Medicine in Sports and Orthopaedics: A New Approach (ISAKOS). Cham: Springer Nature; 2025. doi.org/10.1007/978-3-031-84693-9_22
3. Everts PA, Podesta L, Alexander RW. A comprehensive guide of cellular, blood-derived and mesenchymal stem cell-based autologous biological preparations for tissue repair, regeneration, and wound healing. In: Everts PA, Alexander RW, editors. Pearls in Biological and Molecular Tissue Repair Pathways. London: IntechOpen; 2024. doi.org/10.5772/intechopen.1006741
4. Podesta L, Mattfeld R, Khadavi M, Honbo ES. Rationale and clinical guidelines for post-orthobiologic rehabilitation. In: Manchikanti L, Navani A, Atluri S, Sanapati M, editors. Essentials of Regenerative Medicine in Interventional Pain Management. 2nd ed. Cham: Springer; 2024:571–582. doi.org/10.1007/978-3-031-50357-3_32
5. Hiett A, Lavigne A, Podesta L, Doan KC, Khadavi M. Regenerative medicine for the elbow. In: Manchikanti L, Navani A, Atluri S, Sanapati M, editors. Essentials of Regenerative Medicine in Interventional Pain Management. 2nd ed. Cham: Springer; 2024:255–266. doi.org/10.1007/978-3-031-50357-3_18
6. Khadavi M, Rehor D, Roney A, Podesta L, Smith DR. Nerve blocks for regional anesthesia for regenerative interventional treatment. In: Manchikanti L, Navani A, Atluri S, Sanapati M, editors. Essentials of Regenerative Medicine in Interventional Pain Management. 2nd ed. Cham: Springer; 2024:557–569. doi.org/10.1007/978-3-031-50357-3_31
7. Everts PA, Lana JF, Dallo I, Podesta L. Bone marrow concentrate for knee osteoarthritis. In: Kocaoglu B, Laver L, editors. Musculoskeletal Injections Manual: Basics, Techniques and Injectable Agents (ESSKA / ORBIT). Cham: Springer Nature; 2024. doi.org/10.1007/978-3-031-52603-9_18
8. Everts PA, Barnabé R, Podesta L, Paul R. Fat-derived products for knee osteoarthritis. In: Kocaoglu B, Laver L, editors. Musculoskeletal Injections Manual: Basics, Techniques and Injectable Agents (ESSKA / ORBIT). Cham: Springer Nature; 2024. doi.org/10.1007/978-3-031-52603-9_19
9. Everts PA, Podesta L, Lana JF, Poovendran G, Silva Santos G, Cares Huber S. Alpha-2 macroglobulin concentrate as orthobiologic in osteoarthritis. In: Kocaoglu B, Laver L, editors. Musculoskeletal Injections Manual: Basics, Techniques and Injectable Agents (ESSKA / ORBIT). Cham: Springer Nature; 2024. doi.org/10.1007/978-3-031-52603-9_21
10. Podesta L, Khadavi M, Mattfeld R, Honbo ES. Orthobiologic treatment of ligament injuries. In: Khadavi M, Podesta L, editors. Orthobiologics. Phys Med Rehabil Clin N Am. 2023;34(1):135–163. doi.org/10.1016/j.pmr.2022.08.010
11. Honbo ES, Mattfeld R, Khadavi M, Podesta L. Clinical rationale and rehabilitation guidelines for post-biologic therapy. In: Khadavi M, Podesta L, editors. Orthobiologics. Phys Med Rehabil Clin N Am. 2023;34(1):239–263. doi.org/10.1016/j.pmr.2022.08.014
12. Khadavi M, Pourcho A, Podesta L. Protocols and techniques for orthobiologic procedures. In: Khadavi M, Podesta L, editors. Orthobiologics. Phys Med Rehabil Clin N Am. 2023;34(1):105–115. doi.org/10.1016/j.pmr.2022.08.008
13. Khadavi M, Smith D, Podesta L. Regional anesthesia for orthobiologic procedures. In: Khadavi M, Podesta L, editors. Orthobiologics. Phys Med Rehabil Clin N Am. 2023;34(1):291–309. doi.org/10.1016/j.pmr.2022.08.018
14. Khadavi M, Podesta L. Preface: expanding our knowledge of orthobiologic therapies. Phys Med Rehabil Clin N Am. 2023;34(1):xv–xvi. doi.org/10.1016/j.pmr.2022.09.001
15. Everts PA, Flanagan G, Podesta L. Autologous orthobiologics. In: Mostoufi SA, George TK, Tria AJ Jr, editors. Clinical Guide to Musculoskeletal Medicine. Cham: Springer; 2022. doi.org/10.1007/978-3-030-92042-5_62
16. Panero AJ, Hirahara AM, Podesta L, et al. Allograft tissues. In: Williams C, Sussman W, Pitts J, editors. Atlas of Interventional Orthopedics Procedures: Essential Guide for Fluoroscopy and Ultrasound Guided Procedures. Philadelphia: Elsevier; 2022. [sciencedirect.com — book](https://www.sciencedirect.com/book/9780323919890)

17. Podesta L. Lacrosse injury questions. In: O'Connor FG, et al., editors. ACSM's Sports Medicine: A Comprehensive Review. Philadelphia: Lippincott Williams & Wilkins; 2013. [worldcat.org — record](#)
18. Podesta L, et al. Clinical applications of platelet-rich plasma therapy. In: Maxey L, Magnusson J, editors. Rehabilitation for the Postsurgical Orthopedic Patient. 3rd ed. St. Louis: Mosby; 2012. [worldcat.org — record](#)
19. Podesta L, et al. Anterior cruciate ligament reconstruction. In: Maxey L, Magnusson J, editors. Rehabilitation for the Postsurgical Orthopedic Patient. 3rd ed. St. Louis: Mosby; 2012. [worldcat.org — record](#)
20. Podesta L. Transitioning the throwing athlete back to the field. In: Maxey L, Magnusson J, editors. Rehabilitation for the Postsurgical Orthopedic Patient. 3rd ed. St. Louis: Mosby; 2012. [worldcat.org — record](#)
21. Podesta L, et al. Anterior cruciate ligament reconstruction. In: Maxey L, Magnusson J, editors. Rehabilitation for the Postsurgical Orthopedic Patient. 2nd ed. St. Louis: Mosby; 2006. [worldcat.org — record](#)
22. Podesta L. Transitioning the throwing athlete back to the field. In: Maxey L, Magnusson J, editors. Rehabilitation for the Postsurgical Orthopedic Patient. 2nd ed. St. Louis: Mosby; 2006. [worldcat.org — record](#)
23. Podesta L, et al. Anterior cruciate ligament reconstruction. In: Maxey L, Magnusson J, editors. Rehabilitation for the Postsurgical Orthopedic Patient. St. Louis: Mosby; 2001. [worldcat.org — record](#)
24. Podesta L. Transitioning the throwing athlete back to the field. In: Maxey L, Magnusson J, editors. Rehabilitation for the Postsurgical Orthopedic Patient. St. Louis: Mosby; 2001. [worldcat.org — record](#)
25. Mellman MF, Podesta L. Common medical problems in sports. Clin Sports Med. 1997;16(4):635–662. [doi.org/10.1016/S0278-5919\(05\)70046-6](#)
26. Podesta L, Sherman MF. Knee bracing. Orthop Clin North Am. 1988;19(4):737–745. [pubmed.ncbi.nlm.nih.gov/3174083](#)

POSTER PRESENTATIONS & SCIENTIFIC EXHIBITS

1. Podesta L, Everts P: A Single, Same-day Treatment of Complex Pathologies Using Multiple PRP Formulations. 7th ICRS Summit From Molecule to Implant: How to get it right, Catania, Sicily, Italy September 25-27, 2024
2. Podesta L, Everts P: Ten-Year Follow-up of Ulnar Collateral Ligament Treatment with Platelet-Rich Plasma in the Throwing Athlete. A rationale for success. 21st ESSKA Congress, Milan, Italy May 8-10, 2024.
3. Podesta L, Ghatan A and LaFrance RM: Assessing A Novel Method of Providing Valgus Stress During Ultrasound Exam of the Ulnar Collateral Ligament. Top 5 Poster Presentation, "Best Musculoskeletal Medicine Research Poster Presentation" Annual Assembly of the American Academy of Physical Medicine and Rehabilitation, Boston, MA, October 1 and 2, 2015.
4. Podesta L: Rational and Protocol for Postoperative Anterior Cruciate Ligament Rehabilitation, 55th Annual Meeting of the American Academy of Orthopaedic Surgeons, Scientific Exhibit, Atlanta, Georgia, February 1988.
5. Podesta L: Rational and Protocol for Postoperative Anterior Cruciate Ligament Rehabilitation, Annual Meetings of the American Academy of Physical Medicine and Rehabilitation and the American Congress of Rehabilitation Medicine, Poster Presentation, Orlando, Florida, October 1987.

INVITED LECTURES, INSTRUCTIONAL COURSES & PRESENTATIONS

190 invited presentations listed most recent first.

1. "Soft Tissue Biologic Update, Advancements in Orthobiologics, Naples, Florida, July 24, 2026.
2. "Orthobiologics for Meniscal Tears, what should we use?, 2025 Biologic Association Summit, Phoenix, Arizona May 17, 2026.
3. "Evidence for Interosseous Biologics", 2025 Biologic Association Summit, Phoenix, Arizona May 17, 2026.
4. "Optimizing Orthobiologic Treatment Outcomes-lessons learned from the UCL", Johns Hopkins University Orthopedic Performance and Sports Medicine Grand Rounds, (Virtual) March 10, 2026.
5. "Cell-based Treatment of the UCL in Throwing Athletes - Our Long-Term Follow up and Recommendations for Success", 2025 MLB Winter Academic Meeting, Orlando, Florida, December 13, 2025.
6. "25 years' Experience in Orthobiologic Treatment of Soft Tissue Injuries" Keynote Speaker, 1st enorm International Conference on Orthobiological Medicine, Leuven, Belgium, October 24-24, 2025.
7. "Update on Protocols and Techniques for Intra-articular Orthobiologic Procedures" International Symposium Intra-Articular Treatment (ISIAT)" Bucharest, Romania, October 2-4, 2025
8. "Bone Marrow Concentrate in Elbow UCL Injury Treatment: a new pitch for elbow repair", TOBI 2025, Las Vegas, NV, August 22-23, 2025.

9. "Platelet Dosing", Arthrex Bioilluminations XV, Naples, Florida July 25, 2025.
10. "The Next Big Thing? A2M", Arthrex Bioilluminations XV, Naples, Florida July 24, 2025.
11. "Next Level Orthobiologics, 25 years and counting", Sapienza Universita di Roma, Rome, Italy, June 2, 2025.
12. "Treating the Whole Joint, Truly is the way to go", 2025 Biologic Association Summit, Washington D.C., May 7, 2025.
13. "Why Are Platelets Important-PRP Overview" Advancements in Orthobiologics, Naples, Florida, February 28, 2025.
14. "Orthobiologics in the Management of Ligament Injuries-My Clinical Experience and Literature Review" IV Curso International OrthoBioMsk, Sevilla, Spain, February 6, 2025.
15. "Alpha 2 Macroglobulin and Conditioned Autologous Serum (SAC) in the treatment of Osteoarthritis" IV Curso International OrthoBioMsk, Sevilla, Spain, February 5, 2025.
16. "Leukocyte Rich-PRP vs Leukocyte Poor-PRP", 4TH Regenerative Medicine Orthopaedic Summit (RMOS), Miami Beach, FL, December 13, 2024.
17. "Orthobiologics in Professional Athletes" Atlantic Sports Health & New Jersey Orthopedic Institute - New Jersey Sports Medicine Seminar, Morristown Medical Center, Morristown, NJ, November 22, 2024.
18. "Next Level PRP Applied-Athletes & Chronic Tendinopathies", ENORM Academy Educational Program, November 7, 2024.
19. "Bone Marrow Processing in the US", Arthrex Global Exchange, Naples, Florida, November 10, 2024.
20. "The Role of Orthobiologics in the Shoulder-part, present and future", Teach-the-Teachers Annual Meeting, Andrews Clinic, Gulf Breeze, FL October 19, 2024.
21. "Orthobiologics in Orthopaedic Surgery: A Comprehensive 2024 Update on Cutting-Edge Treatments" 112th Annual Clinical Orthopedic Society Meeting, Tampa, FL. September 9, 2024.
22. "Optimizing Orthobiologic Treatment Efficacy", Regenerative Medicine, Foundational Skills, Practice and Evidence Based Protocols, Sunrise, Florida, August 17, 2024
23. "Iliac Crest Bone Marrow Aspiration", San Diego Academy of Regenerative Therapies, San Diego, CA, August 9, 2024.
24. "Post Orthobiologic Rehabilitation Guidelines", Arthrex Advancements in Orthobiologics, Naples, FL, March 1, 2024.
25. "Post Orthobiologic Rehabilitation Guidelines", Arthrex Advancements in Orthobiologics, Naples, FL, December 1, 2023.
26. "Intraosseous Injections and Subchondral Pain Management-my technique" Bio-Illuminate IV International Conference, Fort Myers, FL, November 11, 2023.
27. "Ten Year Follow-up-After UCL Injection with Neutrophil Rich PRP in Athletes" Bio-Illuminate IV International Conference, Fort Myers, FL, November 11, 2023.
28. "Post Orthobiologic Rehabilitation Guidelines": Arthrex Advancements in Orthobiologics, Long Beach, CA, August 26, 2023.
29. "Orthobiologics for the Treatment of Knee Osteoarthritis: Current Concepts": 37th Annual Kerlan-Jobe Alumni Research Conference. Washington DC, July 12, 2023.
30. "Post Orthobiologic Rehabilitation Guidelines": Arthrex Advancements in Orthobiologics, Naples, FL, May 8, 2023.
31. "Intraosseous Injections and Subchondral Pain Management-my technique" Bio-Illuminate III International Conference, Fort Myers, FL, June 25, 2022.
32. "Treating Elbow Injuries in Professional Athletes" Bio-Illuminate III International Conference, Fort Myers, FL, June 24, 2022.
33. "Ulnar Collateral Ligament Injury and use of Orthobiologics: a case series": Allegheny Health Network Orthopaedic Update 2022, Farmington, PA, April 8, 2022.
34. "Throwers Elbow Injury Prevention Strategies": AAPMR Sports Medicine Community Conference, Annual Assembly of the American Academy of Physical Medicine and Rehabilitation 2021, Nashville, Tn, October 21, 2021.
35. "How to Enhance Healing": Arthrex Level III Advancements in Orthobiologics, Naples, FL October 11, 2021.
36. "Anatomic Landmarks for Iliac Crest Bone Marrow Aspiration": Arthrex Level III Advancements in Orthobiologics, Naples, FL October 11, 2021.
37. "PRP, it's all in the mix": Arthrex Level III Advancements in Orthobiologics, Naples, FL October 11, 2021
38. "Intra-osseous Injections and Subchondral Pain Management Technique": Bio-Illuminate II International Conference, Fort Myers, FL, September 12, 2021.
39. "Treating Elbow Ligament Injuries in Professional Athletes": Bio-Illuminate II International Conference, Fort Myers, FL, September 11, 2021.
40. "Anatomic Landmarks for Iliac Crest Bone Marrow Aspiration": Gulf Coast Biologics Training & Educational Center, Fort Myers, FL, August 11, 2021

41. "Resident Stem Cells, Autologous Thrombin and Autologous Conditioned Serum: Clinical applications" Teach the Teachers 2020 Conference, October 24, 2020.
42. "Anatomic Landmarks for Iliac Crest Bone Marrow Aspiration": Arthrex Level III Advancements in Orthobiologics, Naples, FL October 19, 2020.
43. "PRP, it's all in the mix"; Arthrex Level III Advancements in Orthobiologics, Naples, FL October 19, 2020.
44. "Orthobiologics and the UCL: Treatment or delaying surgical intervention?" 34th Annual Kerlan-Jobe Alumni Research Conference, July 8, 2020.
45. "Ulnar Collateral Ligament (UCL) Treatment with PRP & BMC in the Throwing Athlete" TOBI Virtual, 11th Annual Orthobiologics Symposium, June 13, 2020.
46. "Ultrasound and Orthobiologics Skills Workshop": Combined 1st Biologic Association Summit and 20th International Sports Medicine Fellows Conference, Carlsbad, CA February 7, 2020.
47. "The Business of Clinic Orthobiologics-Integrating regenerative orthopedics into your practice": Beacon Orthopedics and sports Medicine Orthobiologics Symposium, Naples, FL January 30, 2020
48. "Integrating Orthobiologics into your Practice": Arthrex Level III Advancements in Orthobiologics, Naples, FL December 13, 2019.
49. "Regenerative Medicine -- Regenerative Injections for Osteoarthritis: A practical office-based approach": Annual Assembly of the American Academy of Physical Medicine and Rehabilitation 2019, San Antonio, Tx, November 14, 2019.
50. "Orthobiologics and the UCL: Treatment or delaying surgical treatment": The Overhead Athlete, Annual Assembly of the American Academy of Physical Medicine and Rehabilitation 2019, San Antonio, Tx, November 14, 2019.
51. "Continuum of Care": Arthrex Level III Advancements in Orthobiologics, Naples, FL December 13, 2019.
52. "Anatomic Landmarks for Iliac Crest Bone Marrow Aspiration": Arthrex Level III Advancements in Orthobiologics, Naples, FL December 13, 2019.
53. "Bone Marrow Concentrate (BMC), A comprehensive review": Arthrex Level III Advancements in Orthobiologics, Naples, FL December 13, 2019.
54. "Comprehensive Overview Regenerative Orthobiologics" Pinnacle Orthopedics, Naples, FL June 22, 2019.
55. "Post Orthobiologic Treatment Rehabilitation Guidelines": Arthrex Level III Advancements in Orthobiologics, Naples, FL January 18, 2019
56. "Guided Procedures in Musculoskeletal Ultrasound": 18th International Sports Medicine Fellows Conference, Carlsbad, CA January 6, 2019.
57. "Bone Marrow Concentrate Workshop", TOBI X 2019, 10th Annual PRP & Regenerative Medicine Symposium, Chicago, IL June 6, 2019.
58. "Orthobiologics-Patient Selection, Integrating orthobiologics into your practice": Ortho Indy, Indianapolis, IND May 18, 2019.
59. "Regenerative Medicine -- Regenerative Injections for Osteoarthritis: A practical office-based approach": Annual Assembly of the American Academy of Physical Medicine and Rehabilitation 2018, Orlando, FL, October 27, 2018.
60. "Bone Marrow Concentrate Workshop", TOBI IX 2019, 9th Annual PRP & Regenerative Medicine Symposium, Las Vegas, NV June 7, 2018.
61. "Translating Pathology to Injury: Ultrasonographic findings in overuse UCL injuries" American College of Sports Medicine 67th Annual Meeting, Minneapolis, MN May 31, 2018
62. "Orthobiologic Treatment of Elbow Ulnar Collateral Ligament Tears": 1st Annual Bluetail Medical Affiliates Conference, Bonita Beach, FL November 4, 2017.
63. "Bone Marrow Concentrate and Lipoaspirate", TOBI 2017, 8th Annual PRP & Regenerative Medicine Symposium, Las Vegas, NV June 8-10, 2017.
64. "Regenerative Cell-Based Therapies, PRP and BMAC, Clinical applications & rehabilitation guidelines": Doctoral Physical Therapy Sports Medicine Course, Touro College of Health Science, Bay Shore, NY March 12, 2017.
65. "On Field Management of Spine Injuries": 3rd Annual Long Island Sports Medicine Symposium, Nassau University Medical Center, East Meadow, NY March 4, 2017.
66. "Guided Procedures in Musculoskeletal Ultrasound": 17th International Sports Medicine Fellows Conference, Carlsbad, CA January 20-22, 2017.
67. "The UCL Epidemic-injury, prevention and treatments": 2017 Injuries in Baseball Symposium, East Setauket, NY January 14, 2017.
68. "Regenerative Orthopedics and Patient Selection": Arthrex Advancement in Orthobiologics": New York, NY January 7, 2017.
69. "Anatomy and Landmarks for Iliac Crest Bone Marrow Aspiration": Arthrex Advancement in Orthobiologics": New York, NY January 7, 2017.
70. "The Basic Science of PRP and BMAC": Arthrex Advancement in Orthobiologics, New York, NY January 7, 2017.
71. "Regenerative Orthopedics and Patient Selection": Arthrex Advancement in Orthobiologics,": New York, NY November 12, 2016.

72. "Anatomy and Landmarks for Iliac Crest Bone Marrow Aspiration": Arthrex Advancement in Orthobiologics, New York, NY November 12, 2016.
73. "Anatomy and Landmarks for Iliac Crest Bone Marrow Aspiration": Arthrex Advancement in Orthobiologics, Naples, FL October 29, 2016.
74. "Overcoming Obstacles When Creating a BMAC Practice": Arthrex Bioilluminations VI, Dallas, TX August 5, 2016.
75. "Successful Approach in Creating an ACP and Angel BMAC Clinic": Arthrex Bioilluminations VI, Dallas, TX August 5, 2016.
76. "Regenerative Orthopedics and Patient Selection": Arthrex Advancement in Orthobiologics, Naples, FL July 29, 2016.
77. "Anatomy and Landmarks for Iliac Crest Bone Marrow Aspiration": Arthrex Advancement in Orthobiologics, Naples, FL July 29, 2016.
78. "Bone Marrow Concentrate and Lipoaspirate", TOBI 2017, 7th Annual PRP & Regenerative Medicine Symposium, Las Vegas, NV June 10-12, 2017.
79. "Biologic Cell Therapies-PRP and BMAC": Arthrex Advancement in Orthobiologics, Naples, FL March 31, 2016.
80. "Clinical Applications of Orthobiologics in Sports Medicine": 2nd Annual Section Eight Athletic Trainers Society (SEATS) Sports Medicine Symposium, Nassau University Medical Center, March 5, 2016.
81. "Throwing a Baseball, The good, the bad and the ugly": Keeping Young Arms Throwing & Dispelling the Myths, East Setauket, NY, January 6, 2016.
82. "Guided Procedures in Musculoskeletal Ultrasound": 16th International Sports Medicine Fellows Conference, Carlsbad, CA January 22-23, 2017.
83. "Throwing a Baseball, The good, the bad and the ugly", DMC Detroit Sports Fellowship Grand Rounds, DMC Surgery Hospital, Detroit, MI, December 9, 2015.
84. "Clinical Applications of Orthobiologics in Sports Medicine": DMC Detroit Sports Fellowship Grand Rounds, DMC Surgery Hospital, Detroit, MI, December 9, 2015.
85. "Regenerative medicine -- Stem cell treatments in osteoarthritis: office-based applications": Annual Assembly of the American Academy of Physical Medicine and Rehabilitation, Boston, MA, October 1 and 2, 2015.
86. "Clinical Applications of Orthobiologics and Musculoskeletal Ultrasound": The 15th International Sports Fellows Conference, Carlsbad, California, January 23-25, 2015
87. "Stem Cell Treatments in Osteoarthritis: Office-Based Application": Annual Assembly of the American Academy of Physical Medicine and Rehabilitation, San Diego, CA, November 11, 12, 13 and 14, 2014.
88. "Bone Marrow Concentrate", TOBI 2017, 6th Annual PRP & Regenerative Medicine Symposium, Las Vegas, NV June 13-14, 2015.
89. "Cryoneurolysis for the Reduction of Knee Pain Secondary to Osteoarthritis": 5th Annual PRP and Regenerative Medicine Symposium, Las Vegas, NV, June 6-7, 2014.
90. "Treatment of Elbow Partial Ulnar Collateral Ligament Tears with Platelet Rich Plasma": Major League Baseball 2013 Winter Meetings, Orlando, Florida, December 7, 2013.
91. "So My Athlete Had PRP, Now What?": Annual Meeting of the National Athletic Trainers Association, Las Vegas, Nevada June 25, 2013.
92. "Treatment of Elbow Partial Ulnar Collateral Ligament Tears with Platelet Rich Plasma": 4th Annual PRP and Regenerative Medicine Symposium, Los Angeles, CA, 2013.
93. "Platelet Rich Plasma Applications in Sports Medicine": Annual Meeting of the New York Society of Physical Medicine and Rehabilitation, Montefiore Medical Center, New York, New York, May 11, 2013.
94. "Platelet Rich Plasma in Sports Medicine-Non Surgical Applications": Annual Assembly of the American Academy of Physical Medicine and Rehabilitation, Atlanta, Georgia, November 16, 2012.
95. "Orthobiologic Applications in Sports Medicine": Team Heal, Los Angeles, California, September 10, 2012.
96. "Evaluation and Management of Suspected On-Field Head/Cervical Injuries, The National Summit on Sports Concussion and Other Athletic Injuries: Established and Emerging Science for Return-To-Play Decisions": Los Angeles, California, June 22, 2012.
97. "Diagnostic Ultrasound in Sports Medicine": 2nd Annual Current Topics in Sports Medicine Symposium, Scottsdale, Arizona, March 17, 2012.
98. "On Field Management of Athletic Spine Injuries": Current Concepts in Sports Medicine, Long Beach, CA, March 6, 2012.
99. "On Field Management of Cervical Spine Injuries, The National Summit on Sports Concussion and Other Athletic Injuries": Los Angeles, California, 2011.
100. "The Role of Platelet Rich Plasma (PRP) Injections in Sports Injury Management, Current Concepts in the Management of the Competitive Athlete": Los Angeles, California, October 2, 2010.
101. "On Field Management of Cervical Spine, Current Concepts in the Management of the Competitive Athlete": Los Angeles, California, October 2, 2010.

102. "Valgus Laxity of the Ulnar Collateral Ligament in Professional Baseball Catchers-A Bilateral Dynamic Ultrasound Comparison": Kerlan-Jobe Orthopedic Clinic Annual Research Meeting, Providence, Rhode Island, 2010.
103. "Transitioning the Throwing Athlete Back to the Game": 2010 Professional Baseball Athletic Trainers Society Baseball Team Medicine Conference, San Francisco, California, January 9, 2010.
104. "On Field Management of Cervical Spine Injuries in Baseball": 2010 Professional Baseball Athletic Trainers Society Baseball Team Medicine Conference, San Francisco, California, January 7, 2010.
105. On Field Management of Cervical Spine Injuries, Current Concepts in the Management of the Competitive Athlete, Los Angeles, California, 2009.
106. "Starting a New Medical Practice, Out Performing Expectations": GO Partners Annual Corporate Meeting, Branson, MO, September 12-15, 2008.
107. "Lumbar Spine Injuries in Athletes": Ventura County Medical Center, Ventura, California, February 19, 2008.
108. "Transitioning the Throwing Athlete Back to the Field": Team Heal, Los Angeles, California, January 25, 2008.
109. "Transitioning the Throwing Athlete Back to the Field": Kerlan-Jobe Orthopaedic Clinic, Los Angeles, California, January 24, 2008.
110. "Lumbar Spine Injuries in Athletes": Kerlan-Jobe Orthopedic Clinic, Los Angeles, California, December 20, 2007.
111. "Initial On Field Management of Cervical Spine Injuries": American Osteopathic Association Annual Convention and Scientific Seminar, San Diego, California, October 2, 2007.
112. "Initial On Field Management of Cervical Spine Injuries": Kerlan-Jobe Orthopaedic Clinic, Los Angeles, California, September 27, 2007.
113. "Concussion In Sports": Kerlan-Jobe Orthopaedic Clinic, Los Angeles, California, October 12, 2006.
114. "Cervical Spine Injuries, Initial On Field Management": Kerlan-Jobe Orthopaedic Clinic, Los Angeles, California, October 5, 2006.
115. "Transitioning the Throwing Athlete Back to the Field": Kerlan-Jobe Orthopaedic Clinic, Los Angeles, California, January 25, 2006.
116. "Injury Patterns in Professional Arena Football": Arena Football Physicians and Trainers Association, Las Vegas, Nevada, January 13, 2006.
117. "Concussion In Sports": Ventura County Medical Center, Ventura, California, January 2, 2006.
118. "Cervical Spine Injury Initial On Field Management": Arena Football Physicians and Trainers Association, Las Vegas, Nevada, December 10, 2005.
119. "Physical Medicine & Rehabilitation-A Sports Medicine Approach": Western University of Health Sciences, Pomona, California May 2003.
120. "Spine Injury-Return to Play Guidelines": VII National Congress of the Mexican Orthopedic and Traumatology Association, Leon, Guanajuato, Mexico, November 2, 2002.
121. "Non-surgical Diagnosis and Treatment of Industrial Back Pain": VII National Congress of the Mexican Orthopedic and Traumatology Association, Leon, Guanajuato, Mexico, November 2, 2002.
122. "Low Back Pain, when is it serious?": VII National Congress of the Mexican Orthopedic and Traumatology Association, Leon, Guanajuato, Mexico, November 2, 2002.
123. "Cervical Spine Injury-Initial On-field Assessment, Management and Return to Play": VII National Congress of the Mexican Orthopedic and Traumatology Association, Leon, Guanajuato, Mexico, November 2, 2002.
124. "The Initial On-Field Assessment and Management of Cervical Spine Injuries": VII National Congress of the Mexican Orthopedic and Traumatology Association, Leon, Guanajuato, Mexico, November 2, 2002.
125. "Cervical Spine Injury-Initial on-field assessment, management and return to play": Concussion Symposium-Tools for assessing and managing concussions. Harbor House, Marina del Rey, California, October 15, 2002.
126. "The Initial Recognition and Management of On-Field Emergencies": Channel Coast Football Officials Association, Ventura, California, September 3, 2002.
127. "Transitioning the Throwing Athlete Back to the Field": 16th Annual Kerlan-Jobe Fellowship Alumni Meeting, Manhattan Beach, California, June 7, 2002.
128. "Examination of the Shoulder": Seminars in Sports Medicine, California Lutheran University Department of Athletic Training, Thousand Oaks, California, March 7, 2002.
129. "The Non-surgical Diagnosis and Treatment of Common Industrial Injuries": 3rd Annual Kerlan-Jobe/Healthsouth Workers' Compensation Symposium, Radisson Hotel, Los Angeles, California, November 15, 2001.
130. "Shoulder Instability, Shoulder Lesions: Current Advances in Evaluation & Treatment Interventions": Annual Meeting of the American Physical Therapy Association, Anaheim, California, June 19, 2001.
131. "Physiatry-The Non-Surgical Approach to Industrial Injury": 2nd Annual Kerlan-Jobe/Healthsouth Workers' Compensation Symposium, Beverly Hills Country Club, Los Angeles, California, November 9, 2000.

132. "Sports Injuries": Point Magu Navel Medical Center, Port Hueneme, California, August 22, 2000.
133. "Office Management of Common Sports Injuries": St. Johns Regional Medical Center, Oxnard, California, May 16, 2000.
134. "Shoulder Injuries in the Throwing Athlete": St. Vincent's Medical Center of New York City, New York, New York, April 6, 2000.
135. "Sports Medicine as a Profession": Moorpark High School Career Day, Moorpark, California, 1999.
136. "Transitioning the Throwing Athlete Back to the Field": 8th Curso International Avanzado de Medicina de Rehabilitacion, Manzanillo, Mexico, June 5, 1999.
137. "Elbow Injuries in Throwing Athletes": 8th Curso International Avanzado de Medicina de Rehabilitacion, Manzanillo, Mexico, June 5, 1999.
138. "Shoulder Instability in the Throwing Athlete": 8th Curso International Avanzado de Medicina de Rehabilitacion, Manzanillo, Mexico, June 4, 1999.
139. "Current Concepts in Anterior Cruciate Ligament Rehabilitation": 8th Curso International Avanzado de Medicina de Rehabilitacion, Manzanillo, Mexico, June 3, 1999.
140. "Shoulder Pain in the Workplace": Springtime Industrial Symposia, St. John's Regional Medical Center, Oxnard California, April 23, 1999.
141. "Sports Medicine-Taking Care of the Pros": Oxnard Lions Club, Oxnard, California, May 22, 1998.
142. "Keeping the Young Arm Throwing": 4th Annual Injuries In Baseball, Thousand Oaks, California, January 31, 1998.
143. "Injuries in Youth Baseball": Conejo Valley Little League Coaches Clinic, Thousand Oaks, California, January 24, 1998.
144. "Keeping the Young Arm Throwing": 3rd Annual Injuries in Baseball and Softball, Moorpark, California, February 5, 1997.
145. "Injuries in Girls Softball": Moorpark Girls Softball Association, Moorpark, California, January 21, 1997.
146. "Sports Medicine as a Career": Channel Islands High School Career Day, Channel Islands, California, November 21, 1996.
147. "Sports Medicine as a Profession": Moorpark High School, Moorpark, California, October 4, 1996.
148. "Shoulder Instability in Throwing Athletes": HEALTHSOUTH, Van Nuys, California, October 1, 1996.
149. "Shoulder and Elbow Injuries in Throwing Athletes": A.O.T.C.'s Summer Seminar, Ventura, California, July 27, 1996.
150. "Shoulder Injuries in Overhand Athletes": Scientific Conference, St. John's Regional Medical Center, Oxnard, California, April 2, 1996.
151. "Shoulder Injuries in Athletics": Athletic Training and Injury Course-PE 2, Oxnard College, Oxnard, California, March 18, 1996.
152. "Sports Medicine": Moorpark Rotary Club, Moorpark, California, February 23, 1996.
153. "Lower Extremity Physical Examination Workshops": Physiatrix Association of Spine, Sports and Occupational Rehabilitation Annual Meeting and the 58th Annual Meeting of American Academy of Physical Medicine and Rehabilitation, Chicago, Illinois, October 13, 1996.
154. "Keeping the Young Arm Throwing": 2nd Annual Injuries in Baseball, Moorpark, California, January 10, 1996.
155. "Shoulder Instability in the Overhand Throwing Athlete": Western States Conference Athletic Trainers Association Meeting, Oxnard College, Oxnard, California, December 5, 1995.
156. "Current Concepts in ACL Rehabilitation": Western States Conference Athletic Trainers Association Meeting, Oxnard College, Oxnard, California, December 5, 1995.
157. "Shoulder Instability and Rehabilitation in the Athlete": Ventura County Orthopaedic Study Group, Oxnard, California, September 29, 1995.
158. "First Aid and Emergency Management of Sports Related Injuries": Moorpark High School Coaches Certification Symposium, Moorpark, California, August 12, 1995.
159. "Management of On-Field Emergencies": Inaugural Ventura County Football Injury Symposium, Moorpark, California, June 10, 1995.
160. "Spinal Injuries in Football": Inaugural Ventura County Football Injury Symposium, Moorpark, California, June 10, 1995.
161. "Inaugural Ventura County Football Injury Symposium": Course Director, Moorpark, California, June 10, 1995.
162. "Advanced Rehabilitation of the Post-Surgical Shoulder": Sports Performance and Rehabilitation Center, Diamond Bar, California, April 10, 1995.
163. "Injuries in Baseball-Keeping the Young Arm Throwing": Moorpark High School, Moorpark, California, February 13, 1995.
164. "Sports Bracing": Ventura County Orthopedic Study Group, Oxnard, California, November 17, 1994.
165. "Medical Management of On-Field Emergencies": Moorpark High School Coaches Certification Symposium, Moorpark, California, September 1994.
166. "Shoulder Instability and Rotator Cuff Injuries in the Athlete and Injured Worker": Comprehensive Health and Active Rehabilitation Training, CHART Workshops, San Jose, California, April 19, 1994.
167. "Common Elbow Injuries in Athletes": Ventura County Orthopaedic Study Group, Camarillo, California, January 27, 1994.

168. "Current Concepts in Anterior Cruciate Ligament Rehabilitation": Department of Rehabilitation Medicine, St. Vincent's Hospital and Medical Center of New York, New York, New York, November 11, 1993.
169. "Elbow Injuries in Athletes": Shoulder and Elbow Injuries in Overhead Athletes": 55th Annual Meeting of the American Academy of Physical Medicine and Rehabilitation, Miami Beach, Florida, November 4, 1993.
170. "Shoulder Instability and Impingement in Throwing Athletes": Shoulder and Elbow Injuries in Overhead Athletes": 55th Annual Meeting of the American Academy of Physical Medicine and Rehabilitation, Miami Beach, Florida, November 4, 1993.
171. "Shoulder and Elbow Injuries in Overhand Athletes": 55th Annual Meeting of the American Academy of Physical Medicine and Rehabilitation, Course Director and Moderator, Miami Beach, Florida, November 4, 1993.
172. "Current Concepts in Anterior Cruciate Ligament Rehabilitation": 55th Annual Meeting of the American Academy of Physical Medicine and Rehabilitation, Miami Beach, Florida, November 2, 1993.
173. "Injuries in Baseball and Racquet Sports": The Physiatrist as Team Physician": 55th Annual Meeting of the American Academy of Physical Medicine and Rehabilitation, Miami Beach, Florida, October 31, 1993.
174. "Current Concepts in Postoperative Anterior Cruciate Ligament Rehabilitation": Comprehensive Health and Active Rehabilitation Training, CHART Workshops, San Jose, California, April 15, 1993.
175. "The Long-Term Follow-up of the Modified MacIntosh Anterior Cruciate Ligament Reconstruction": 59th Annual Meeting of the American Academy of Orthopedic Surgeons, Washington DC, February 21, 1992.
176. "Patterns and Associations in Acute Anterior Cruciate Ligament Injury", ACL Study Group, Vail, Colorado, January 1992.
177. "Shoulder Injuries in Overhand Athletes": DeVita/Becker Physical Therapy Associates, Staten Island, New York, October 17, 1991.
178. "Injury Patterns and Associations in Acute Anterior Cruciate Ligament Injuries": 5th Annual Kerlan-Jobe Orthopedic Fellowship Alumni Meeting, Inglewood, California July 12, 1991.
179. "Anterior Cruciate Ligament Rehabilitation-State of the Art 1991": St. Vincent's Hospital and Medical Center of New York, Department of Physical Therapy, New York, New York, August 9, 1991.
180. "Knee Bracing-An Update:: Prosthetics and Orthotics Symposium, Park Avenue Townhouse, New York, New York, May 17, 1991.
181. "Postoperative ACL Rehabilitation": Greater Metropolitan Sports Medicine Society Annual Meeting, New York Academy of Medicine, New York, New York, May 5, 1990.
182. "Prophylactic Knee Bracing in Sports": Greater Metropolitan Sports Medicine Society Annual Meeting, New York Academy of Medicine, New York, New York, March 5, 1990.
183. "Physical Examination of the Shoulder": Diagnosis and Management of Shoulder Injuries: Centinela Hospital, Inglewood California, April 26, 1990.
184. "The Long-Term Follow-up of the Modified MacIntosh Anterior Cruciate Ligament Reconstruction": ACL Study Group, Switzerland, March 1990
185. "The Long-Term Follow-up of Primary Anterior Cruciate Ligament Repair": Defining a Rational for Augmentation; 56th Annual Meeting of the American Academy of Orthopaedic Surgeons, Las Vegas, Nevada, February 1989.
186. "Rehabilitation of the ACL Deficient Knee": New York University, Rusk Institute of Rehabilitative Medicine, Department of Physical Medicine and Rehabilitation, New York, New York, February 1, 1989.
187. "Knee Bracing": New York University, Department of Physical Medicine and Rehabilitation, Goldwater Hospital, New York, New York, October 14, 1988.
188. "Postoperative ACL Rehabilitation: School of Medicine": State University of New York at Buffalo, Erie County Medical Center, Department of Physical Medicine and Rehabilitation, Buffalo, New York, August 7, 1988.
189. "Knee Bracing; Instructional Workshop": 2nd Annual Meeting of the Greater Metropolitan Sports Medicine Society, New York Academy of Medicine, New York, New York, April 9, 1988.
190. "Rational and Protocol for Anterior Cruciate Ligament Rehabilitation", New York Academy of Medicine": New York Society of Physical Medicine and Rehabilitation, Resident's Night Oral Presentations, New York, New York, May 6, 1987.

WEBINARS

1. "Lessons Learned from the UCL - 20+ years treating soft tissue injuries in athletes" AAOM Hot Topics Series, December 9, 2025.
2. "Cell-based Treatment of UCL injuries in Throwing Athletes" IOF Now Webinar, March 28, 2023.
3. "Clinic Based Orthobiologics: What's new and how I am applying it." Regional Sales Manager Meeting Webinar, Arthrex Inc., September 14, 2020.

4. "Regenerative Orthopedics: What it is and how we can safely provide it" The Ageing Lifecare Association Meeting Webinar, July 23, 2020.
5. "Clinic Based Interosseous Therapy" Orthobiologic Webinar, Arthrex Inc., May 7, 2020.

INSTRUCTIONAL VIDEOS & TECHNIQUE GUIDES

TECHNIQUE GUIDES

1. Clinical Applications of the Arthrex Thrombinator System. Arthrex; 2020.
2. Bone Marrow Aspiration Using the Arrow OnControl Powered Bone Access System. Arthrex; 2016.

INSTRUCTIONAL VIDEOS

1. Podesta L, Gambardella RA, Glousman RE, Shields CL. Reconstruction of the Anterior Cruciate Ligament — From Injury to Repair. 1990.
2. Podesta L, Sherman MF, Bonamo JR, Reiter I. Rationale and Protocol for Postoperative Anterior Cruciate Ligament Rehabilitation — Videotape Demonstration. 56th Annual Meeting of the American Academy of Orthopaedic Surgeons, Audiovisual Program and Audiovisual Library; 1989.

NATIONAL & INTERNATIONAL PRINT PUBLICATIONS

CONTRIBUTING WRITER — U.S. NEWS & WORLD REPORT

1. Podesta L, Stem Cell Therapy Success and Failure in Pro Athletes. What the public can actually learn from high-profile cases, U.S. News & World Report, February 5, 2018
2. Podesta L, Understanding Injuries of the Patella Tendon, U.S. News & World Report, June 21, 2017
3. Podesta L, Sore muscles, What to know, U.S. News & World Report, May 30, 2017
4. Podesta L, The Sports Injury Conundrum: Heat or Ice? U.S. News & World Report, April 3, 2017
5. Podesta L, Why Pitch Counts Might be High School Baseball's Ace "Reliever", U.S. News & World Report, March 6, 2017
6. Podesta L, Teens and Sports Supplements: What's the Problem, U.S. News & World Report, February 8, 2017

CONTRIBUTING WRITER — DRUM! MAGAZINE

1. Podesta L: You May Have Osteoarthritis and Not Know It, Rhythmic Physician, DRUM! Magazine, November 2014.
2. Podesta L: Back in the Saddle! Rhythmic Physician, DRUM! Magazine, July 2014.
3. Podesta L: Practice What I Preach! Rhythmic Physician, DRUM! Magazine, April 2014.
4. Podesta L: Lower Back Blues, Rhythmic Physician, DRUM! Magazine, March 2014.
5. Podesta L: Don't Just Sit There, Rhythmic Physician, DRUM! Magazine, November 2013.
6. Podesta L: Funny Bone Is No Joke, Rhythmic Physician, DRUM! Magazine, April 2013.
7. Podesta L: The Glove Game, Rhythmic Physician, DRUM! Magazine, January 2013.
8. Podesta L: The Barefoot Contender, Rhythmic Physician, DRUM! Magazine, November 2012.
9. Podesta L: Knee Pain: What You Should Know, Rhythmic Physician, DRUM! Magazine, September 2012.
10. Podesta L: Why Can't I Grip A Stick? Rhythmic Physician, DRUM! Magazine, May 2012.
11. Podesta L: The C Word, Rhythmic Physician, DRUM! Magazine, February 2012.
12. Podesta L: Pain in the Neck, Rhythmic Physician, DRUM! Magazine, November 2011.
13. Podesta L: Unburden Your Shoulder, Rhythmic Physician, DRUM! Magazine, July 2011.
14. Podesta L: Pre and Post Performance Preparation, Rhythmic Physician, DRUM! Magazine, November 2010.
15. Podesta L: The Disease of Kings-Gout, Rhythmic Physician, DRUM! Magazine, September 2010.
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