

CURRICULUM VITAE

Paul David Tortland, D.O.

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EDUCATION

Doctor of Osteopathy (D.O.), 5/91

University of New England College of Osteopathic Medicine (UNECOM), Biddeford, ME

Master of Arts, 5/84, Magna Cum Laude

University of Connecticut, Storrs, CT
Major: Marriage and Family Therapy

Bachelor of Science, 5/81

University of Connecticut, Storrs, CT
Major: Human Development and Family Studies; Minor: Biology

POSTGRADUATE CLINICAL TRAINING

Fellowship: Primary Care Sports Medicine, 7/94-6/95

Sports Care, The Toledo Hospital, Toledo, OH

Residency: Osteopathic Manipulative Medicine, 7/92-6/94

UNECOM, Biddeford, ME

Internship: 7/91-6/92

UNECOM, Warren Hospital Division, Phillipsburg, NJ

Fellowship (predoctoral): Osteopathic Principles and Practice/Human Anatomy, 7/89-6/90

UNECOM, Biddeford, ME

One-year predoctoral fellowship consisting of advanced training in Osteopathic Principles and Practice and Human Anatomy. Also involved teaching medical students in same disciplines.

Internship: Marriage and Family Therapy, 6/83-5/84

University of Connecticut School of Medicine, Dept. of Family Medicine, Farmington, CT

CLINICAL SKILLS TRAINING

Lumbar Spine Injection course. Training in fluoroscopic guided lumbar spine injections. North American Spine Society, June 24-25, 2022

Advanced Hip & Knee Injection Course. Training in advanced PRP and stem cell injections for hip and knee osteoarthritis, including intraosseous injections. Interventional Orthobiologics Foundation. Broomfield, CO. 5/19/18

Advanced Spine Injection Course. Training in advanced PRP and stem cell injections for the lumbar spine. Interventional Orthobiologics Foundation. Broomfield, CO. 4/14/18

Lumbar Spine Injection course. Training in fluoroscopic guided lumbar spine injections. American Society of Interventional Pain Physicians, 2/28-15-3/1/15

Ozone Certification, Prolozone I, Prolozone II training courses. Frank Shallenberger, MD. Reno, NV. 10/23/14-10/27/14.

Musculoskeletal Ultrasound Cadaver Injection Course, 5/16/14-5/17/14, Norfolk, VA.
Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course, 11/15/13-11/16/13, Ft. Worth, TX.
Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course, 10/25/13-10/26/13, Norfolk, VA.
Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Diagnostic Course, 9/18/13, Avon, CT.
Musculoskeletal Ultrasound / Tom Clark, DC. 8 AMA Category I hours

Musculoskeletal Ultrasound Diagnostic Course, 6/21/13-6/22/13, Avon, CT.
Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Diagnostic and Injection Course, 6/19/13-6/20/13, Avon, CT.
Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course, 2/15/13-2/16/13, Ft. Worth, TX.
Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Diagnostic Course, 1/25/13-1/26/13, San Diego, CA.
Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course, 11/9/12-11/11/12, Ft. Worth, TX.
Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course, 10/26/12-10/27/12, Norfolk, VA.
Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course, 5/18/12-5/19/12, Norfolk, VA.
Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Diagnostic Course, 1/20/12-1/21/12, San Diego, CA.
Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Diagnostics and Needle Guidance Course (in-office training), 12/2/11-12/3/11, Avon, CT. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course, 11/11/11-11/12/11, Ft. Worth, TX. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course, 10/21/11-10/22/11, Norfolk, VA. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course, 8/26/11-8/27/11, San Antonio, TX. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Diagnostic Course, 6/17/11-6/18/11, Hartford, CT. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course, 1/7/11-1/8/11, Norfolk, VA. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course. 10/22/10 – 10/24/10, Baltimore, MD. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course. 9/15/10-9/17/10, San Antonio, TX. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course. 7/23/10-7/24/10, Baltimore, MD. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course. 6/25/10-6/26/10, San Diego, CA. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Level II Diagnostics Course. 5/21/10-5/22/10, Glastonbury, CT. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course. 3/20/10-3/21/10, Baltimore, MD. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course. 1/15/10-1/16/10, San Antonio, TX. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Advanced Cadaver Course. 11/13/09-11/15/09, Baltimore, MD. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound On-site (in-office) training. 7/1/09-7/2/09. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Cadaver Injection Course. 6/5/09-6/6/09, San Antonio, TX. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound Advanced Cadaver Course. 3/20/09-3/22/09, Baltimore, MD.
Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Musculoskeletal Ultrasound “Boot Camp” Interventional Cadaver Course. 1/9/09-1/10/09,
Madison, WI. Musculoskeletal Ultrasound / Tom Clark, DC. 16 AMA Category I hours

Hands-on Musculoskeletal Ultrasound: Diagnostic and Interventional Techniques.
7/10/08 – 7/12/08, Mayo Clinic, Rochester, MN. American Institute of Ultrasound in Medicine.
19.5 hours

Ultrasound Diagnostics and Needle Guidance. 5/7/08 – 5/9/08
Institute for Medical Studies / Thomas Clark, DC. 16 AMA Category I hours

Ultrasound of the Hip & Spine. 4/3/08
Gulf Coast Ultrasound Institute (online course). 1.0 hours

Fundamentals of Musculoskeletal Ultrasound. 3/31/08 – 4/4/08
University of Michigan School of Medicine, Dept. of Radiology
27.5 AMA Category I hours

Introduction to Musculoskeletal Ultrasound. 2/22/08 – 2/23/08
Thomas Jefferson University, Philadelphia, PA. 13.0 Category I hours

CLINICAL EXPERIENCE

Founder and Medical Director, 11/19 – 9/2023
New England Stem Cell Institute of the Palm Beaches, Jupiter, FL.
Specializing in orthobiologic and regenerative medicine.

Founder and Medical Director, 4/18 - present
New England Stem Cell Institute, Glastonbury, CT.
Specializing in orthobiologic and regenerative medicine.

Founder and Medical Director, 7/95 - present
Valley Sports Physicians, Glastonbury, CT.
Private practice, sports medicine and non-surgical orthopedics.

Staff Physician, 1/96 - 12/98 (part-time)
Hartford Medical Group, Hartford, CT
Provided primary care and urgent care services in urgent care center.

Staff Physician, 8/95 - 8/96 (part-time)
South Windsor Ambulatory Care Center, So. Windsor, CT
Provide primary care and urgent care services in urgent care center.

Staff Physician, 7/94 - 6/95 (part-time)
Franklin Park Physician Services, Toledo, OH

Provided primary and specialty (osteopathic manipulative medicine) care in ambulatory care setting.

Staff Physician, 6/93 - 12/93 (part-time)

Kennebunk Walk-In Clinic, Kennebunk, ME

Provided primary care services on a semi-urgent basis in busy ambulatory walk-in clinic.

Marriage and Family Therapist

9/86-12/87, Private practice, Biddeford, ME

9/84-8/86, Private practice, South Windsor, CT

Provided individual, couple, and family therapy services in private practice setting.

SPORTS MEDICINE EXPERIENCE

Team Physician, 9/03 – 2009

United States Figure Skating Association, Colorado Springs, CO

Provide on-site sports medicine coverage at international competitions:

- Junior Grand Prix, Dresden, Germany, 2009
- Junior Grand Prix, Courchevel, France, August 2008
- Junior Grand Prix, Sheffield, England, October 2007
- Junior Grand Prix, Budapest, Hungary, August 2006
- Junior Grand Prix, Okayama City, Japan, October 2005
- Golden Spin of Zagreb, Zagreb, Croatia, November 2003

Team Physician, 9/95 – 9/16

University of Hartford, West Hartford, CT (NCAA Division I-A)

Serve as team physician, covering all sports teams, for Division I college.

Team Physician, 9/06 – 7/14

Avon High School, Avon, CT

Team Physician, 9/05 – 2010

The Master's School, West Simsbury, CT

Team Physician, 8/99 – 2006

Bloomfield High School, Bloomfield, CT

Event Physician, 1999 – 2006

World Wrestling Entertainment, Stamford, CT.

Volunteer Team Physician, 7/1/03 – 7/15/03

U.S. Olympic Training Center, Colorado Springs, CO

Served as team physician for entire USOTC, caring for all athletes from all resident sports, including primary care and sports medicine needs.

Head Team Physician, 9/96 - 12/98

New England Blizzard (Hartford franchise of the women's professional American Basketball League)

Team Physician, 9/95 – 9/99

Windsor High School football program, Windsor, CT

Associate Team Physician, 7/94 - 6/95

University of Toledo, Toledo, OH

Coverage for Division I-A varsity sports, including football and basketball.

Team Coverage, 9/94 - 6/95

St. Francis DeSales High School, Toledo, OH

Varsity football and training room coverage for all-male high school.

TEACHING EXPERIENCE

Associate Professor, Department of Family Practice, Division of Sports Medicine, 1/23 - present

Edward Via College of Osteopathic Medicine, Blacksburg, VA

Faculty Member, 4/09 – 1/25.

Musculoskeletal Ultrasound, Inc., Vista, CA (www.mskus.com)

Assist in teaching diagnostic and interventional musculoskeletal ultrasound courses throughout the country.

Associate Clinical Professor, 1996 - 2014

Department of Medicine, University of Connecticut Health Center, Farmington, CT

Responsible for overseeing and implementing osteopathic portion of curriculum for osteopathic residents enrolled in program, and for precepting family practice residents.

Faculty Member, 7/92-6/94

UNECOM, Dept. of Osteopathic Manipulative Medicine, Biddeford, ME

Involved in helping to design and implement Osteopathic Manipulative Medicine curriculum for first, second, and third-year medical students.

Clinical Preceptor, 9/92-6/94

UNECOM, Dept. of Community Medicine, Biddeford, ME

Served as preceptor for first and second-year medical students, teaching and supervising history-taking and physical exam skills.

Tutor, Human Anatomy, 9/87-12/88

UNECOM, Biddeford, ME

Served as volunteer tutor for first-year medical students.

Tutor, Neuroanatomy, 9/88-11/88

UNECOM, Biddeford, ME

Volunteer tutor for second-year medical students.

Faculty Member, 9/85-5/86

University of Connecticut, Dept. of Human Development and Family Studies, Groton, CT

Taught undergraduate courses in human development, marriage and sexuality, and advanced child

development.

Graduate Teaching Assistant, 9/82-5/83

University of Connecticut, Dept. of Human Development and Family Studies, Storrs, CT

Helped teach undergraduate courses in human development and family studies.

LECTURES/PRESENTATIONS/WORKSHOPS GIVEN

Bone Marrow Aspirate vs Bone Marrow Aspirate Concentrate. Debate participant. Annual Meeting of The Interventional Orthobiologics Foundation. Scottsdale, February 2025.

The Proximal Rectus Femoris. Lecture given at the annual Regenerative Medicine Orthopedic Society meeting. Miami, December 2024.

Augmented Intraosseous Bone Marrow Injections. Lecture given at the “Orthobiologics in Knee OA: Are They the Real Standard of Care?” conference. San Giovanni Rotondo, Italy, September 2024

Clinical Pearls for Identifying and Treating Neurogenic Entrapments. Lecture given at the annual The Orthobiologics Institute conference. Las Vegas, June 2024.

Intraosseous Injections. Lecture given at The Orthobiologics Institute annual conference. Las Vegas, June 2024.

Bone Marrow Aspiration: Basic Science, Harvest Technique, Literature Review. Lecture given at the annual The Orthobiologics Institute conference. Las Vegas, June 2024.

Neuralgias That Mimic Knee Osteoarthritis. Lecture given at the annual AAOM meeting, Pensacola Beach, March 2024

Adipose and Regenerative Medicine: A Research Update. Lecture given at the annual AAOM meeting, March 2024

Ultrasound Scanning of the Brachial Plexus. Lecture and table trainer at the AOAASM advanced MSK ultrasound preconference course. Orlando, FL. March 22, 2022.

Ultrasound Scanning of the Anterior Elbow. Table trainer at AOASM preconference beginner MSK ultrasound course. Orlando, FL. March 21, 2022.

PRP for Sports Injuries. Lecture given at the annual AAOM conference, Nov. 2020.

Clinical Decision Making in Orthobiologics Practice: What, When, Why. Lecture given at Boston BioLife clinical conference, Boston, MA, 6/29/19.

Foundations of PRP: Who, What, When, How. Lecture given at Regenerative Medicine Training Institute (RMTI) clinical skills course, Jupiter, FL, 6/22/19

Intra-osseous Injection Techniques for Knee OA. Workshop instructor. The 10th annual

Orthobiologic Institute (TOBI) symposium, Chicago, IL, June 6-8, 2019.

Hands-On Orthobiologics Training: Techniques and Procedures for Bone Marrow and Adipose Aspiration. Core faculty teaching at hands-on clinical training course. Regenerative Medicine Training Institute, Jupiter, FL. 11/3/18.

Bone Marrow Aspiration Techniques for Regenerative Medicine. Lecture given at 9th annual Orthobiologic Institute (TOBI) Symposium, Las Vegas, NV, June 7-9, 2018.

Moderator, Panel Discussion on the Use of Biologics in the Elite Athlete. 9th annual Orthobiologic Institute (TOBI) Symposium, Las Vegas, NV, June 7-9, 2018.

Bone Marrow Aspiration Techniques for Regenerative Medicine. Lecture given at 8th annual Orthobiologic Institute (TOBI) Symposium, Las Vegas, NV, June 8-10, 2017.

Ultrasound Guided Obturator Nerve Blocks. Pre-conference workshop lecture given at the American Osteopathic Academy of Sports Medicine annual meeting and clinical conference, Las Vegas, NV, May 3-6, 2017.

Ultrasound Scanning of the Anterior Ankle. Pre-conference workshop lecture given at the American Osteopathic Academy of Sports Medicine annual meeting and clinical conference, Las Vegas, NV, May 3-6, 2017.

Allen Jacobs Memorial Lecture, “Through the Looking Glass: The Hip Anatomy You See . . . But *Don't*.” American Osteopathic Academy of Sports Medicine annual meeting and clinical conference, Las Vegas, NV, May 3-6, 2017.

Table Trainer / Faculty, MSK US Workshop. Faculty/table trainer for musculoskeletal ultrasound guided bone marrow aspiration techniques workshop at the 6th annual Orthobiologic Institute (TOBI) Symposium, Las Vegas, NV, June 13-14, 2015.

Table Trainer / Faculty, MSK US Course. Faculty/table trainer for both the diagnostic musculoskeletal ultrasound pre-conference course and the musculoskeletal ultrasound injection techniques pre-conference course at the annual meeting of the American Osteopathic Academy of Sports Medicine, Philadelphia, PA, April 20-21, 2015.

PRP For Tendinopathy. Lecture given at annual clinical meeting of the American Association of Orthopedic Medicine, 4/12/14, Clearwater Beach, FL.

Overview of Hormone Replacement Therapy. Lecture given at the annual Vermont State Association of Physicians & Surgeons, Stowe, VT, 9/27/13.

Diagnosis and Treatment of Tendinopathy. Lecture given at the annual Vermont State Association of Physicians & Surgeons, Stowe, VT, 9/27/13.

Testosterone Supplementation and Regenerative Medicine. Lecture given at The Orthobiologic Institute 4th annual PRP and Stem Cell symposium, Los Angeles, CA, June 1, 2013.

Testosterone Supplementation. Lecture given at general session of the American Association of

Orthopedic Medicine annual clinical conference, Phoenix, AZ, April 26, 2013.

Testosterone Supplementation. Lecture given at general session of the American Osteopathic Academy of Sports Medicine annual clinical conference, Colorado Springs, CO, 3/7/13.

Ultrasound Guided Injection Techniques for the Foot & Ankle. Hands-on workshop at advanced Musculoskeletal Ultrasound Course, American Osteopathic Academy of Sports Medicine annual clinical conference, Colorado Springs, CO, 3/5/13.

Diagnostic Ultrasound of the Elbow. Lecture and hands-on training at pre-conference beginner's Musculoskeletal Ultrasound Course, American Osteopathic Academy of Sports Medicine annual clinical conference, Colorado Springs, CO, 3/4/13.

Adiposity 101. Lecture given on the topic of obesity at the annual Vermont State Association of Physicians & Surgeons, Stowe, VT, 9/21/12.

Sugar: The Bitter Truth. Lecture given on the topic of obesity at the annual Vermont State Association of Physicians & Surgeons, Stowe, VT, 9/21/12.

Testosterone Replacement: Preventive & Anti-Aging Medicine Uses. Lecture given at New England Regional Osteopathic Medical Education ("ROME") conference, Newport, RI, 8/17/12.

Dietary Cholesterol and Heart Disease: Fact & Fiction. Lecture given at New England Regional Osteopathic Medical Education ("ROME") conference, Newport, RI, 8/16/12.

Platelet-Rich Plasma Therapy. Lecture given at the annual American Osteopathic Association meeting, Orlando, FL, 10/31/11.

Testosterone Replacement: Preventive & Anti-Aging Medicine Uses. Lecture given at annual Meeting of the Vermont State Association of Osteopathic Physicians & Surgeons, Stowe, VT 9/23/11.

Musculoskeletal Ultrasound. Faculty/presenter at course offered by American Medical Society for Sports Medicine, Toledo, OH, 7/29-30/11.

Introduction to Musculoskeletal Ultrasound. Table trainer at pre-conference course at American Medical Society for Sports Medicine annual meeting, Salt Lake City, UT, 4/30/11.

Obesity and Weight Loss: Myths and Misconceptions. Lecture given at Vermont State Association of Osteopathic Physicians and Surgeons annual clinical conference, Stowe, VT, 10/1/10.

Vitamin D Deficiency. Lecture given at CT Osteopathic Medical Society annual clinical conference, Mystic, CT, 5/16/10.

Shoulder Injuries & Pain – History & Physical Exam. Lecture given at AAOM annual clinical conference, Amelia Island, FL, 5/1/10.

Patellofemoral Pain / Anterior Knee Pain Syndromes. Lecture given at AAOM annual clinical conference, Amelia Island, FL, 4/29/10.

Introduction to Musculoskeletal Ultrasound. Pre-conference course given at AAOM annual meeting, Amelia Island, FL, 4/28/10.

Ultrasound Evaluation of Hand & Wrist Injuries. Lecture and table trainer at Advanced Musculoskeletal Ultrasound. Lecturer and table trainer at pre-conference course given at AMSSM annual meeting, Cancun, Mexico, 4/17/10.

Introduction to Ultrasound-Guided Injections. Hands-on course given at AOASM annual meeting, Anaheim, CA, April 14-15, 2010.

Introduction to Musculoskeletal Ultrasound. Pre-conference course given at AOASM annual meeting, Anaheim, CA, 4/13/10.

Bio-Identical Hormones and Anti-Aging. Lecture given at Rhode Island Society of Osteopathic Physicians and Surgeons annual clinical conference, Newport, RI, 8/15/09.

Ultrasound-Guided Injection Workshop. Hands-on workshop given at AOASM annual meeting, Snowbird, UT, 4/1/09.

Prolotherapy for Common for Sports Injuries. Lecture given at AOASM annual conference, Snowbird, UT, 4/1/09.

Prolotherapy Injections for the Knee. Hands-on workshop given at AAOM Prolotherapy Course—Lumbosacral Spine and Lower Extremities, Denver, CO, 12/6/08.

Functional Anatomy of the Knee. Lecture given at AAOM Prolotherapy Course—Lumbosacral Spine and Lower Extremities, Denver, CO, 12/5/08.

Non-Surgical Management of Knee Osteoarthritis. Lecture given at Vermont State Association of Osteopathic Physicians & Surgeons annual clinical conference, Stowe, VT, 9/13/08.

Soft Tissue Overuse Injuries: Tendinitis vs. Tendinosis. Lecture given at Rhode Island Society of Osteopathic Physicians & Surgeons annual conference, Newport, RI, 8/16/08.

Functional Anatomy of the Hip, Lecture and injection workshop given at the Connecticut Osteopathic medical Society annual clinical conference, Mystic, CT 5/17/08

Sacroiliac Anatomy & Dysfunction. Lecture given to Physical Therapy class at University of Hartford. West Hartford, CT, 12/10/07.

Healing With Hormones. Lecture presentation, Vermont State Association of Osteopathic Physicians & Surgeons annual fall clinical conference. Stowe, VT, 9/15/06.

Soft Tissue Overuse Injuries. Lecture given at Rhode Island Society of Osteopathic Physicians & Surgeons annual clinical conference, Newport, RI, 8/20/06.

Facilitated Positional Release Technique. Workshop given at Connecticut Osteopathic Medical Society annual clinical conference, Mystic, CT, 5/20/06.

Soft Tissue Overuse Injuries. Lecture given at Connecticut Osteopathic Medical Society annual clinical conference, Mystic, CT, 5/19/06.

Prolotherapy for Lower Extremity Sports Injuries. Lecture and two workshops given, American Association of Orthopedic Medicine annual meeting, Washing, D.C., 4/28/06.

Sports Medicine Update: 5 Common Current Issues. Lecture given, Connecticut Academy of Family Practice annual conference, Southington, CT, 10/26/05.

Low Back Pain: What to Treat, When to Refer. Lecture given, Connecticut Academy of Family Practice annual conference, Southington, CT, 10/26/05.

Reducing the Risk of Substance Abuse in Chronic Pain Patients. Lecture to the meeting of the Connecticut Academy of Physical Medicine and Rehabilitation, New Haven, CT, 9/15/05.

Managing the Patient in Chronic Pain. Lecture presentation, Rhode Island Society of Osteopathic Physicians & Surgeons annual conference, Newport, RI, 8/21/05.

Healing With Hormones. Lecture presentation, Rhode Island Society of Osteopathic Physicians & Surgeons annual conference, Newport, RI, 8/21/05.

Sports Medicine Pearls and Pitfalls. Lecture presentation, Connecticut Osteopathic Medical Society annual clinical conference, Mystic, CT, 6/5/05.

Medical Care for Professional Wrestling. Lecture presentation, American Osteopathic Academy of Sports Medicine annual clinical conference, St. Louis, MO, 4/27/05.

Knee Exam – Clinical Exam Workshop. Workshop presentation, American Osteopathic Academy of Sports Medicine annual clinical conference, St. Louis, MO, 4/27/05.

The Olympic Athlete and Orthopedic Medicine. Lecture presentation, American Association of Orthopedic Medicine annual meeting, Chicago, IL, 4/15/05.

Exercise Prescription. Workshop presentation, American Association of Orthopedic Medicine annual meeting, Chicago, IL, 4/15/05.

Improving Functionality in Chronic Pain. Lecture to community physicians, Good News Café, Woodbury, CT, 10/13/04.

Rationale Pain Management. Lecture, Vermont State Association of Osteopathic Physicians & Surgeons annual clinical conference, Stowe, VT, 9/18/04.

Rationale Pain Management. Lecture, Rhode Island Society of Osteopathic Physicians & Surgeons annual clinical conference, Newport, RI, 8/21/04.

Osteopathic Manipulative Treatment for the Lumbar Spine. Lecture/workshop, OMT & Sports

Medicine, Edward Via Virginia College of Osteopathic Medicine, Blacksburg, VA, 7/24/04.

Rationale Pain Management. Lecture, Massachusetts Osteopathic Society annual clinical conference, Boston, MA, 7/9/04.

Sacroiliac Dysfunction in Athletes. Lecture, Connecticut Athletic Trainers Association annual clinical conference, Trinity College, Hartford. CT, 5/18/04.

Common Shoulder Problems. Lecture and workshop, Connecticut Osteopathic Medical Society annual clinical conference, Mystic Hilton, Mystic, CT, 5/15/04

Low Back Pain and Chronic Pain Management. Lecture, Bradley Memorial Hospital Medicine Grand Rounds, Southington, CT, 5/27/03.

Demystifying Fibromyalgia. Lecture, Rhode island Academy of Family Practice, Mystic, CT, 5/17/03

Lower Extremity Splinting Workshop. Rhode island Academy of Family Practice, Mystic, CT, 5/17/03

Demystifying Fibromyalgia. Lecture. Connecticut Osteopathic Medical Society annual conference, Mystic, CT 5/16/03.

Exercise Prescription. Lecture. Connecticut Osteopathic Medical Society annual conference, Mystic, CT 5/16/03.

Case Presentation. “Quadratus lumborum tear in a collegiate basketball player.” American Osteopathic Academy of Sports Medicine annual clinical conference, San Diego, CA, 5/1/03.

Case Presentation. “Sacral stress fracture in a collegiate cross country runner.” American Osteopathic Academy of Sports Medicine annual clinical conference, San Diego, CA, 5/3/03.

Prolotherapy for the Lower Extremity. Workshop. American Osteopathic Academy of Sports Medicine annual clinical conference, San Diego, CA, 5/1/03.

Introduction to Osteopathy. Internal medicine residency in-service lecture. Hartford Hospital, Hartford, CT, 3/28/03.

Introduction to Regenerative Injection Therapy. Orthopedic Grand Rounds Lecture. Hartford Hospital. Hartford, CT, 12/12/02.

Common Pediatric Sports Injuries. Family Practice Grand Rounds Lecture. Saint Francis Hospital, Hartford, CT, 11/20/02.

Low Back Pain Revisited. Lecture, Primary Care Internal Medicine Residency, New Britain General Hospital, New Britain, CT, 11/13/02.

Demystifying Fibromyalgia. Lecture, Vermont State Association of Osteopathic Physicians & Surgeons annual clinical conference, Stowe, VT 9/20/02.

Demystifying Fibromyalgia. Lecture, Rhode Island Society of Osteopathic Physicians & Surgeons annual clinical conference, Newport, RI, 8/23/02.

Demystifying Fibromyalgia. Lecture, Massachusetts Osteopathic Medical Society annual clinical conference, Brewster, MA, 7/26/02.

Demystifying Fibromyalgia. Lecture, Connecticut Osteopathic Medical Society annual clinical conference, Old Saybrook, CT, 5/3/02.

Introduction to Prolotherapy. Lecture, American Osteopathic Academy of Sports Medicine annual clinical conference, Washington, DC, 4/13/02

Soft Tissue Overuse Injuries; When is Tendinitis Not Tendinitis? Lecture, family practice residency, Middlesex Hospital, Middletown, CT, 3/20/02.

Sideline Evaluation and Management of Solid Viscus Trauma. Lecture, American College of Osteopathic Family Practitioners, Annual Convention, Lake Buena Vista, FL, 3/9/02.

Prolotherapy Below the Diaphragm. Assistant course instructor, University of New England, Biddeford, ME, 11/9/01-11/11/01.

Common Pediatric Sports Injuries. Lecture, Vermont State Association of Osteopathic Physicians, Stowe, VT, 10/12/01.

Evaluation and Management of Heel Pain. Lecture, Vermont State Association of Osteopathic Physicians, Stowe, VT, 10/12/01.

Understanding and Treating Whiplash Injuries. Lecture, Rhode Island Society of Osteopathic Physicians and Surgeons Summer Primary Care Conference, Newport, RI, 8/24//01.

Understanding and Treating Whiplash Injuries. Lecture, Massachusetts Osteopathic Society Annual Summer Primary Care Conference, Gloucester, MA, 7/20/01.

Common Pediatric Sports Injuries. Lecture, University of New England College of Osteopathic Medicine Annual Alumni Primary Care Update Conference, University of New England College of Osteopathic Medicine, Biddeford, ME, 6/23/01.

Common Sports Injuries. Full-day lecture/workshop. New England Osteopathic Family Practice Consortium, Eastern Maine Medical Center, Bangor, ME, 5/7/01.

Understanding and Treating Whiplash Injuries. Lecture, Connecticut Osteopathic Medical Society annual clinical conference, Old Saybrook, CT, 5/4/01.

Demystifying Fibromyalgia. Lecture, Connecticut Osteopathic Medical Society annual clinical conference, Old Saybrook, CT, 5/5/01.

Introduction to Electronic Medical Records. Lecture, Connecticut Osteopathic Medical Society annual clinical conference, Old Saybrook, CT, 5/6/01.

Common Urological Problems in Cycling. Lecture, American Osteopathic Academy of Sports Medicine/American Medical Society for Sports Medicine Joint Annual Conference, San Antonio, TX, 4/8/01.

Principles of Bike Fit. Lecture, American Osteopathic Academy of Sports Medicine/ American Medical Society for Sports Medicine Joint Annual Conference, San Antonio, TX, 4/8/01.

Femur Stress Fracture in Female Runner. Case presentation, American Osteopathic Academy of Sports Medicine/American Medical Society for Sports Medicine Annual Conference, San Antonio, TX, 4/10/01.

Understanding and Treating Whiplash Injuries. Family Practice Grand Rounds lecture, St. Francis Hospital, Hartford, CT, 11/15/00.

Understanding and Treating Whiplash Injuries. Lecture, Vermont Osteopathic Medical Society clinical conference, Stowe, VT, 10/21/00.

Common Pediatric Sports Injuries. Lecture, Rhode Island Society of Osteopathic Physicians and Surgeons annual summer conference, Newport, RI, 8/25/00.

Viscosupplementation for Knee Arthritis. Lecture, Massachusetts Osteopathic Medical Society summer conference, Hyannis, MA, 7/21/00.

Osteopathic Family Practice OMT Board Review Course, Doctors Hospital North, Columbus, OH, 3/1/00.

Low Back Pain Revisited, Medicine Grand Rounds Lecture, Hartford Hospital, Hartford, CT, 12/2/99.

Evaluation and Treatment of Knee Pain, Lecture, Vermont Osteopathic Medical Society clinical conference, Stowe, VT, 10/15/99.

Evaluation and Treatment of Knee Pain, Family Practice Grand Rounds Lecture, St. Francis Hospital, Hartford, CT, 10/13/99.

Evaluation and Treatment of Knee Pain, lecture, Rhode Island Society of Osteopathic Physicians, Newport, RI, 8/20/99.

Conference/Program Chairman, Connecticut Osteopathic Medical Society annual clinical conference, Old Saybrook, CT, 4/29/99-5/1/99.

Guest Host, Roundtable discussion: "The Family Doctor as Team Physician." Connecticut Academy of Family Practice annual conference, 10/21/98.

Conference/Program Chairman, Connecticut Osteopathic Medical Society annual clinical conference, Mystic, CT, 5/27-29/98

Prolotherapy for Spinal Instabilities, lecture, Connecticut Osteopathic Medical Society annual

clinical conference, Mystic, CT, 5/28/98

Low Back Pain Revisited, lecture, Connecticut Osteopathic Medical Society annual clinical conference, Mystic, CT, 5/27/98

The Preparticipation Physical Exam, grand rounds lecture, Anna Jaques Hospital, Newburyport, MA, 5/12/98

Prolotherapy for Spinal Instabilities, lecture, American Osteopathic Academy of Sports Medicine annual conference, Colorado Springs, CO, 4/24/98

Understanding Low Back Pain, community lecture, St. Francis Hospital, Hartford, CT, 3/13/98

Low Back Pain Revisited, family practice grand rounds lecture, St. Francis Hospital, Hartford, CT

Osteopathic Approach to Low Back Pain in Athletes, lecture, Sports Care, the Toledo Hospital, Toledo, OH, 9/13/97

Osteopathic Approach to Sacroiliac Dysfunction, lecture/workshop, Sports Medicine Symposium, University of Hartford, West Hartford, CT, 5/96

Carpal Tunnel Syndrome, lecture, family practice grand rounds, St. Francis Hospital, Hartford, CT, 10/96

Low Back Pain Revisited, lecture, New England Osteopathic Assembly clinical conference, Nashua, NH, 10/96

Back Pain in Athletes, lecture, Ohio Academy of Family Physicians, Columbus, OH, 4/95

Carpal Tunnel Syndrome, lecture, Maine Osteopathic Association midwinter conference, South Portland, ME, 1/94

Carpal Tunnel Syndrome, lecture, Connecticut Osteopathic Medical Society clinical conference, Mystic, CT, 5/94

RESEARCH/SCHOLARLY ACTIVITIES

Contributing Editor, Sports Medicine Alert, 1998 - 2002

Provide editorial review and content for primary care-oriented sports medicine journal

Sports Care, Toledo Hospital, Toledo, OH, 7/94-6/95.

“The Effectiveness of Osteopathic Manipulative Treatment in the Rehabilitation of Acute Ankle Sprains.” Prospective clinical study. Role: Project Director.

UNECOM, Biddeford, ME, 7/93-6/94

“The Use of Osteopathic Manipulation in Treating Carpal Tunnel Syndrome.” Prospective single-blind clinical study. Role: Project Director

GRANTS, AWARDS, HONORS

Winner of the inaugural **Caplan Award for Excellence in Education**. Presented at The Orthobiologics Institute annual meeting. Las Vegas, June 2024.

AOASM Fellow Award: Awarded the status of “Fellow” of the American Osteopathic Academy of Sports Medicine (FAOASM), April 1999.

Research Grant: “The Effectiveness of Osteopathic Manipulative Treatment in the Rehabilitation of Acute Ankle Sprains,” 7/94. Sponsor: The National Osteopathic Foundation.

Research Grant: “The Use of Osteopathic Manipulation in Treating Carpal Tunnel Syndrome,” 7/93. Sponsor: The National Osteopathic Foundation.

Osteopathic Principles & Practice/Gross Anatomy Fellowship Award, 5/91
UNECOM, Biddeford, ME

Robert C. McConaugh National Osteopathic Foundation Scholarship Award, 1987
UNECOM, Biddeford, ME

Balfour Award, 1980
Sigma Chi Fraternity, University of Connecticut, Storrs, CT

PUBLICATIONS

Hu YE, Ho GWK, Tortland PD. Deep Gluteal Syndrome: A Pain in the Buttock. Curr Sports Med Rep. 2021. Jun 1;20(6):279-285

Mulvaney SW, Tortland PD, Shiple B, Curtis K. Regenerative Medicine Options for Chronic Musculoskeletal Conditions: A Review of the Literature. Endurance and Sports Medicine, Fall/Winter 2018, 6-15.

Tortland PD. “Superficial Radial Nerve Injection.” In: Malanga and Mautner, Atlas of Ultrasound-Guided Musculoskeletal Injections. New York: McGraw Hill, 2014

Tortland PD. “Lateral Femoral Cutaneous Nerve Injection.” In: Malanga and Mautner, Atlas of Ultrasound-Guided Musculoskeletal Injections. New York: McGraw Hill, 2014

Tortland PD. Choosing ultrasound equipment. In: Daniels JM and Dexter WW, Basics of Musculoskeletal Ultrasound. New York: Springer, 2013.

“How To Make Your Own PRP.” Paul D. Tortland, DO. DVD. 2014.

“Fundamentals of Diagnostic Musculoskeletal Ultrasound: Upper & Lower Extremities, Pelvis, Abdomen & Groin.” Paul D. Tortland, DO and Albert J. Kozar, DO. DVD. 2013.

American Association of Orthopedic Medicine – author of monthly Sports Medicine column for newsletter. 2007 – 2011.

Tortland, PD. “Gait analysis.” In: Karageanes SJ, Principles of Manual Sports Medicine. Philadelphia: Lippincott Williams & Wilkins, 2005:442-450.

Tortland, PD. Nonsurgical management of carpal tunnel syndrome. Tech Orthop, 2003, 18(1):23-29

Columnist, Hartford Courant. Authored monthly “Fitness” column, 1/97-10/99.

Tortland, PD. A good diet is not enough to get all necessary nutrients. Sports Med Alert, 1998 4(12):100-102.

Tortland, PD. Prolotherapy for chronic sport injuries. Sports Med Prim Care, July 1998.

Tortland, PD. Manual muscle testing for the rotator cuff. Sports Med Prim Care, June 1998.

Tortland, PD. Low back pain in athletes. Journal Am Osteopathic Assn, supplement, Nov 1997.

Tortland, PD. Hydration status and exercise performance. Sports Med Prim Care, June 1995.

Kruse, RJ, Tortland PD. Stretch your way to a better game. Toledo Golf Weekly, May 25, 1995.

Tortland PD. Exercise and anxiety. Sports Med Prim Care, April 1995.

Tortland PD, Buser BR. Diagnosis and treatment of the thoracic inlet. Video Annals of Osteopathic Medicine, July 1993.

Tortland PD. Attitude or action: Which comes first? Discipleship Journal, 1985,5(6),12-14.

Tortland PD. Attitude or Action: Which Comes First? American Tract Society, Garland, TX, 1986.

CERTIFICATIONS

Board certified: Sports Medicine (Certificate of Added Qualification; American Osteopathic Board of Neuromusculoskeletal Medicine), June 2009; Certificate Number 230.

Board certified: Osteopathic Manipulative Medicine (American Osteopathic Board of Special Proficiency in Osteopathic Manipulative Medicine) 12/12/94; Certificate Number 230.

Board certified: Family Practice (American Osteopathic Board of Family Practice), April 2009; Certificate Number 10916

Board Certified: Regenerative Medicine; American Board of Regenerative Medicine, December 2015

Registered in Musculoskeletal Ultrasound: American Registry of Diagnostic Medical Sonography, December 2012.

PROFESSIONAL LICENSES

State of Connecticut
State of Florida

MEMBERSHIPS

American Osteopathic Association
American Osteopathic Academy of Sports Medicine
American Association of Orthopedic Medicine (Member, Board of Directors, 2008-2010)
American Academy of Osteopathy
Connecticut Osteopathic Medical Society (President, 2000-2009)

HOSPITAL AFFILIATIONS

St. Francis Hospital, Hartford, CT, Active Staff, Dept. of Family Practice
Hartford Hospital, Hartford, CT, Active staff, Dept. of Internal Medicine

ACADEMIC APPOINTMENTS

Associate Clinical Professor of Medicine, Department of Medicine University of Connecticut School of Medicine, Farmington, CT, 2002-present.

Clinical Preceptor, Family Practice Residency program, Manchester Memorial Hospital, Manchester, CT, 2010-present.

Clinical Preceptor, University of New England College of Osteopathic Medicine, Biddeford, ME, 2010-present.

Clinical Preceptor, Touro University College of Osteopathic medicine, Vallejo, CA, 2013-present.