

# Steven E. Sampson, D.O.

310-453-5404

[www.orthohealing.com](http://www.orthohealing.com)

[www.prpseminar.com](http://www.prpseminar.com)

[www.orthohealingmethod.com](http://www.orthohealingmethod.com)

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## **Professional**

Excel Surgical Center. *Founding member*

120 S Spalding, Suite #200

Beverly Hills, CA 90212

Jan 2020 to present

Orthobiologic Treatment Group (*Co-Founder and Board of Director*)

Oct 2019 to present

Orthohealing Management Company LLC, *President & Co-Founder*

10780 Santa Monica Blvd, Suite #210

Los Angeles, CA 90025. June 2018 to present

Surgical Treatment & Regeneration (STAR), *Founding member*

120 S Spalding, Suite #200

Beverly Hills, CA 90212

Dec 2014 to Dec 2019

The Orthohealing Center, *President & Founder*

10780 Santa Monica Blvd, Suite #210

Los Angeles, CA 90025

July 2008 to present

The Orthobiologic Institute (TOBI), *President & Founder*

10780 Santa Monica Blvd, Suite #210

Los Angeles, CA 90025

July 2008 to present

Santa Monica Orthopaedic and Sports Medicine Group

2020 Santa Monica Blvd, 4<sup>th</sup> Floor, Santa Monica CA 90404

Sept. 2006 to June 2008

## **Education**

Chicago College of Osteopathic Medicine

Downers Grove, IL

D.O. June 2002

Michigan State University

East Lansing, MI

B.S. Sociology May 1997

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St Catharine's College. University of Cambridge  
Cambridge, United Kingdom  
July 1996

## **Post-Doctoral Training**

- Saint Vincent Medical Center of Manhattan, New York, NY  
Dept. of Physical Medicine & Rehabilitation Chief Resident, June 2006
- University of California, Los Angeles (UCLA)/Helms Medical Institute, Los Angeles, CA. Medical Acupuncture Certificate for Physicians, 300 CME hours, Dec 2005
- Saint Clare's Hospital/Saint Vincent Medical Center- Midtown, New York, NY  
Transitional Internship, June 2003

## **Consulting/Ongoing Research Studies**

- Bioventus. Advisory board for orthobiologic product development. Apr 2020.
- Principal Investigator. FDA approved clinical trial. Personalized Adipose Derived Stem Cell therapy for knee osteoarthritis. Sept 2019.
- Platelet Rich Plasma and Bone Marrow Aspirate for Lumbar Intradiscal Injections: A Multicenter Prospective Randomized Controlled Trial in Patients with Internal Disc Disruption. Sept 2019.
- Cesca Therapeutics. Research development and commercialization of cell-based therapies. Jan 2017-Apr 2018.
- Los Angeles Clippers, NBA Professional Basketball Team. Regenerative orthopaedic consultant. Jan 2012-current.

## **Board Memberships/Nonprofit Organizations**

- American College of Regenerative Medicine (ACRM). Co-Founder. May 2019.
- Orthobiologic Treatment Group. Board of Directors  
Oct 2019 to present
- Biologic Orthopedic Journal Association (BOJA). Editorial board member: Clinical Science. June 2018.
- Regenerative Orthobiologics Registry. Co-Founder and board member. June 2017-Mar 2019.
- Arthritis Foundation. Advocacy Committee Chair. June 2016 to present.
- Strategic Partner. Warrior2Warrior. Providing regenerative treatments to veteran special forces/Navy Seals. June 2016 to present.
- One for All Charity to mentor at risk youth in Inglewood, CA. Former Board Member. 2009.

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-Advisory Board Member. Data Biologics. Orthobiologic Patient registry. June 2019 to present.

### **University Affiliations**

-Clinical preceptor. University of Florida. Public Health Master's Program. Jan 2019-Apr 2019.

-Clinical Preceptor. Emperor's College, School of Traditional Oriental Medicine. Doctor of Acupuncture and Oriental Medicine (DAOM) Program. 2019.

- Assistant Clinical Professor of Medicine, David Geffen School of Medicine at UCLA, July 2013

- Assistant Professor of Physical Medicine & Rehabilitation. Touro College of Osteopathic Medicine. New York. Sept 2013.

- Adjunct Assistant Professor of Physical Medicine & Rehabilitation. Touro University California College of Osteopathic Medicine. July 2012.

- Assistant Clinical Professor of Physical Medicine & Rehabilitation. Western University of Health Sciences. Pomona, CA July 2011

- Clinical Preceptor of MSK Ultrasound. PCI College. Cerritos, CA.

### **Awards**

- Los Angeles Magazine. Top Doctors 2020.

-Los Angeles Magazine. Top Doctors 2019.

- Los Angeles Magazine. Top Doctors 2018.

- Arthritis Foundation. 2015 Ron Cey Orthopaedic Honoree Award.

- Los Angeles Magazine Super Doctors, California's Rising Stars. Aug 2015

- Patient's Choice Winner. Opencare, 2015.

- Certificate of Appreciation. Recognition of dedication to enrich resident education. VA/ UCLA Dept. of PM&R. June 17, 2014.

### **Hospital Affiliations**

- Staff privileges at Saint John's Health Center, Santa Monica, CA Sept 2006-current.

- Kern Medical. Bakersfield, CA. Voluntary musculoskeletal medicine outpatient clinic affiliated with the University of California Schools of Medicine at Los Angeles and Irvine. November 2010 - March 2012

### **Certifications**

- Good Clinical Practice (GCP) Research Certification Sept 17, 2019.

- Diplomate, American Board of Physical Medicine & Rehabilitation. June 2007

- Recertification. American Board of Physical Medicine & Rehabilitation Dec 2017.

- CITI Program Human Subject Research, Basic Biomedical. Aug 29, 2017.

- COMLEX Boards step I, II, III

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## **Publications**

### **Peer Reviewed Journals**

- Efficacy of Platelet-Rich Plasma for the Treatment of Interstitial Supraspinatus Tears: Letter to the Editor. *The American Journal of Sports Medicine*. Vol 48, Issue 1, 2020.
- The Orthobiologic Institute 9<sup>th</sup> Annual PRP & Regenerative Medicine Symposium: Compendium of Abstracts. *Biologic Orthopedic Journal*. Vol 1 (1): e16 May 27, 2019.
- Current Concepts in Intraosseous Platelet Rich Plasma Injections for Knee Osteoarthritis. *Journal of Clinical Orthopaedics and Trauma*. Sept 2018. (2018), DOI: <https://doi.org/10.1016/j.jcot.2018.09.017>.
- Bone Marrow Concentrate for Treatment of Knee Osteoarthritis: A Mini Review. *Journal of Orthopedic and Sports Physical Therapy*: JORT-191. DOI: 10.29011/2575-8241.000091. April 26, 2018
- Orthobiologics: Where Are We Now? Novel Techniques in Arthritis and Bone Research. Sept 14, 2017. 001-003
- Intra-articular bone marrow concentrate injection protocol: short-term efficacy in osteoarthritis. *Regenerative Medicine*. 2016 Sep;11(6):511-20. doi: 10.2217/rme-2016-008.
- Randomized controlled trial comparing hyaluronic acid, platelet-rich plasma and the combination of both in the treatment of mild and moderate osteoarthritis of the knee. *Journal of Stem Cells and Regenerative Medicine*. JSRM/Vol.12 No.2, 2016; P1
- Dept. of Defense Military Issue Brief. How Arthritis Is Threatening Veterans and the U.S. Military. May 31, 2016.
- Treatment of Medial and Lateral Elbow Tendinosis with an Injectable Amniotic Membrane Allograft – A Retrospective Case Series. *Journal of Pain and Relief*. April 2016, 5:3
- Innovative Platelet Rich Plasma (PRP) & Bone Marrow Concentrate (BMC) Protocols with New Data for Knee Osteoarthritis. *Healthy Aging Research*. Dec 21, 2015.
- Regenerative Injection Treatment in the Spine: Review and Case Series with Platelet Rich Plasma. *Journal of Stem Cells Research, Reviews & Reports*. J Stem Cells Res, Rev & Rep - Volume 2 Issue 1 - 2015
- Stem cell therapies for treatment of cartilage and bone disorders: osteoarthritis, avascular necrosis and non-union fractures. *Physiatric Applications of Stem Cell Therapies in Regenerative Treatments of Musculoskeletal Conditions*. Volume 7, Issue 4, PMR. April 7, 2015.S26-32.
- A Call for Using a Standard Biologic Classification System for Future Research: The Rationale for a New Proposed PRP Nomenclature. *Physiatric Applications of Stem Cell Therapies in Regenerative Treatments of Musculoskeletal Conditions*. Volume 7, Issue 4, PMR. April 7, 2015. S53-9.

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- Early Results with Bone Marrow Concentrate & Emerging Trends in Biologics. *Healthy Aging Research* 2014, 3 (Suppl 1):A20 6 October 2014.
- Orthobiologics: A New Frontier for Musculoskeletal Disease. *Journal of Stem Cell Research and Transplantation*. 2014;1(1): 3.
- Orthobiologics: A New Frontier of Orthopaedics. *Orthopreneur*. Apr 2014.
- Autologous Bone Marrow Concentrate: Review and Application of a Novel Intra-Articular Orthobiologic for Cartilage Disease. *Physician and Sportsmedicine*. September 2013. 41(3); 7-18.
- Platelet-Rich Plasma Significantly Improves Clinical Outcomes in Patients With Chronic Tennis Elbow. A Double-Blind, Prospective, Multicenter, Controlled Trial of 230 Patients. *American Journal of Sports Medicine*. Am J Sports Med. 2014 Feb;42(2):463-71. doi: 10.1177/0363546513494359. Epub 2013 Jul 3.
- Use of Platelet Rich Plasma for the Treatment of Bicipital Tendinopathy in Spinal Cord Injury: A Pilot Study. *British Journal of Sports Medicine*. Br J Sports Med 2013;47:e2 doi:10.1136/bjsports-2013-092459.39
- Game Changer. Ultrasound Guided Needle Procedures Offer Accurate, Cost-Effective, and often Less Painful Treatment of Musculoskeletal Disorders. *Imaging Economics*. Sept 2011. 24-27.
- Treatment of Dupuytren's contracture by osteopathic manual manipulation following ultrasound-guided lidocaine injection and needle aponeurotomy: a case report. *The Journal of the American Osteopathic Association*. Feb 2011;111(2)113-116.
- Platelet Rich Plasma Therapy as a First-Line Treatment for Severe Achilles Tendon tear: A Case Report. *International Journal of Therapy & Rehabilitation*. February 2011, Vol 18, No 2
- Injection of Platelet-Rich Plasma in Patients with Primary and Secondary Knee Osteoarthritis: A Pilot Study. *American Journal of Physical Medicine & Rehabilitation*. Nov 20, 2010 online, Dec 2010 Vol 89, Issue 12 pp 961-969.
- Principal Investigator for an NIH proposed study on Autologous Platelet Concentrate injections with a collagen matrix for knee osteoarthritis. Arteriocyte Medical Systems. Dec 08.
- Platelet Rich Plasma Injection Grafts for Musculoskeletal Injuries- a Review. *Current Reviews in Musculoskeletal Medicine*. July 16, 2008. 1935-973X (Print) Volume 1, Issue 3 (2008), Page 165. 1935-9748 (Online)
- "Trying to Help: A Medical Student's Account of Living in NYC During the World Trade Center Attack." *Vital Signs* Vol. 6, #2; Nov/Dec 2001 & *The D.O.* Vol. 43, #1; Jan. 2002

### Textbook Chapters

- Essentials of Regenerative Medicine in Interventional Pain Management. Biologics in Clinical Setting: Standardization and Collaboration. ASIPP Publishing. pp 55-66. June 2019.

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- Education and Standardization of Orthobiologics: Past, Present & Future. Sampson S., Vincent H., Ambach M. Edited by Dr. Eduardo Anitua et al. *Platelet Rich Plasma in Orthopaedics and Sports Medicine*. Springer. pp 277-287. doi: 10.1007/978-3-319-63730-3\_16. March 29, 2018
- Bio-Orthopaedics: A New Approach. Edited by Alberto Gobbi et al. *Education and Understanding Orthobiologics: Then and Now*. Springer. pp 41-46. June 2017.
- PRP: Tips for Application in the Musculoskeletal System. *Platelet Rich Plasma in Musculoskeletal Practice*. Springer. pp.63-91. Sept 2016.
- Clinical Aspects of Regenerative Medicine. *Translational Regenerative Medicine*, edited by Drs. Anthony Atala and Julie Allickson of Wake Forest School of Medicine, Institute of Regenerative Medicine. Elsevier, Dec 2nd, 2014. Print Book ISBN : 9780124103962, eBook ISBN : 9780124104570.
- Ultrasound-guided Injection of the Femoral nerve. *Atlas of Ultrasound-guided Musculoskeletal Injections*. New York: McGraw-Hill.
- Platelet Rich Plasma Practical use in Non-Surgical Musculoskeletal Pathology. *Platelet Rich Plasma: Innovative Aspects on Preparation and Applications in Sports Medicine, Orthopedic, and Recovery of Musculoskeletal Injuries*. Springer. November 30, 2013 | ISBN-10: 3642401163 | ISBN-13: 978-3642401169 | Edition: 2014.
- Preface Author. *Platelet Rich Plasma: Innovative Aspects on Preparation and Applications in Sports Medicine, Orthopedic, and Recovery of Musculoskeletal Injuries*. Springer. November 30, 2013 | ISBN-10: 3642401163 | ISBN-13: 978-3642401169 | Edition: 2014.
- Foreword author. "Beyond the Knife." Alan Lazar MD. Nov 2011.
- Piriformis Syndrome. *Therapeutic Uses of Botulinum Toxin*. Springer. 2007 XIV 238p. Humana Press Inc.

### Peer Reviewer

- "Outcomes after pure bone marrow aspirate injection for severe knee osteoarthritis: a case series" *Regenerative Medicine*. Feb 2020.
- Intramuscular Quadriceps Tear Treated with Platelet-Rich Plasma in a 21-Year-Old Football Player. *Journal of Clinical Orthopaedics and Trauma*. Nov 2019.
- Treatment of Knee Osteoarthritis with Multiple Bone Marrow Concentrate Injections. *Clinical Medicine Insights: Arthritis and Musculoskeletal Disorders*. March 2018.
- Intra-Articular Injection of Two Different Doses of Autologous Bone Marrow Mesenchymal Stem Cells versus Hyaluronic Acid in the Treatment of Knee Osteoarthritis: Multicenter Randomized Controlled Clinical Trial (Phase I/II). *Journal of Translational Medicine*. July 2016.
- Enhancement of Atrophic Non-Union Fracture Healing Using Autologous Progenitor Cell-Rich Bone Marrow. *The Journal of Stem Cells Research, Development & Therapy*. March 2016.

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- Evolution of a Therapeutic Innovation for Osteoarthritis Knee: a pilot study in 6 patients. *Indian Journal of Medical Research*. Feb 2016.
- Therapeutic Efficacy of Platelet-Rich Plasma Injections in Treating Chronic High Hamstring Tendinopathy. *Clinical Medical Reviews and Case Reports*. Dec 2015.
- In vitro study of the role of thrombin in platelet rich plasma (PRP) preparation: utility for gel formation and impact in growth factors release. *Journal of Stem Cells and Regenerative Medicine*. Oct 2015.
- Can intraarticular injections of autologous mesenchymal stem cells (MSCs) promote cartilage regeneration in knee osteoarthritis? *Progress in Orthopedic Science*. March 2015.
- Ongoing studies of cell-based therapies for articular cartilage defects in Japan. *Orthopedic Research and Reviews*. Sept 2014.
- Platelet-rich Plasma compared to corticosteroid injection in long-term patient outcomes of lateral epicondylitis. *The Journal of Sport Rehabilitation*. May 2014.
- "Effect of activated autologous platelet-rich plasma on chondrogenic differentiation of rabbit bone marrow-derived mesenchymal stem cells in vitro." *Cell Proliferation*. April 2014.
- Multiple platelet-rich plasma injections for the treatment of refractory Achilles tendinopathy: results at 4 years. *Blood Transfusion*. Jan 2014.
- Effect of Platelet-Rich Plasma With or Without Leukocytes on Synoviocytes: An In Vitro Comparative Study. *Knee Surgery Sports Traumatology Arthroscopy (KSST)*. Jan 13, 2014.
- Effectiveness of Platelet-Rich Plasma Injection for Rotator Cuff Tendinopathy: A Prospective Open Label Study. *American Journal of Physical Medicine & Rehabilitation*. October 2011.
- Platelet Rich Fibrin Matrix Effects on Skeletal Muscle Lesions: An Experimental Study. *Cells & Materials*, August 2011.
- Prospective Treatment of Knee Joint Osteoarthritis with Autologous Platelet-Rich Plasma. *American Journal of Physical Medicine & Rehabilitation*. March & July 2011.
- Effect of Platelet-Released Growth Factors on Muscle Strain: A Case Control Report. *American Journal of Physical Medicine & Rehabilitation*. August 2010.
- Platelet-Derived Growth Factors in Muscle Healing. *American Journal of Physical Medicine & Rehabilitation*. March 2010.
- Platelet-derived growth factors and mesenchymal stem cells in Regeneration Medicine. Piero Borzini, MD May 2009.

### **Conference Faculty/Contributing Expert**

- Faculty Ultrasound and Orthobiologics Skills Workshop. (ISMF) International Sports Medicine Fellows Conference/Biologic Association. Carlsbad, CA Feb 7<sup>th</sup>, 2020.

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- Hands-on Cadaver lab and live military clinic instruction. Uniformed Services University and Walter Reed National Military Medical Center, Bethesda MA June 25-26, 2018.
- Conference Chairman and Welcome Address. (TOBI) The Orthobiologic Institute 9th Annual PRP and Regenerative Medicine Symposium with Cadaver Lab. Las Vegas, NV. June 7-9, 2018.
- Conference Chairman and Welcome Address. 8th Annual PRP and Regenerative Medicine Symposium with Cadaver Lab. Las Vegas, NV, June 8-10, 2017.
- Conference Chairman and Expert Panelist for PRP Ask the Experts. TOBI The Orthobiologic Institute 7<sup>th</sup> Annual PRP and Regenerative Medicine Symposium with Cadaver Lab. Las Vegas, NV, June 10-12, 2016.
- Faculty. AAPM&R Annual Assembly: Regenerative Medicine Breakout Workshop. MSK Ultrasound with Bone Marrow Aspiration and “Ask the Experts.” Nov 12, 2014. San Diego, CA.
- Chairman and Moderator. 5th Annual Platelet Rich Plasma/Regenerative Medicine Symposium. TOBI The Orthobiologic Institute. Las Vegas, NV June 6-7, 2014.
- Faculty. Bone Marrow Aspirate and Ultrasound Cadaver Lab. Oquendo Bioskills Lab. TOBI The Orthobiologic Institute. Las Vegas, NV June 7, 2014.
- Contributing expert. Current Knowledge on Platelet Rich Plasma in Sports Medicine. 1st European Symposium on Comparative Equine and Human Sports Medicine & Rehabilitation. Apr 18-19, 2014. Lyon, France.
- Chairman, Moderator & Ultrasound and Cadaver Bone Marrow workstation faculty. TOBI 4th Annual Platelet Rich Plasma/Regenerative Medicine Symposium. Los Angeles, CA. The Orthobiologic Institute. June 7-8, 2013
- Contributing expert. Platelet Rich Plasma Significantly Improves Clinical Outcomes In Patients With Chronic Tennis Elbow. Principle Investigator. Paper Presentation, American Academy of Orthopaedic Surgeons (AAOS) Annual Meeting, Thursday March 21, 2013 Chicago, IL.
- Contributing expert with Christopher Garcia DPT of the Sports Medicine Division, US Olympic Committee. Rehabilitation and bone marrow aspirate concentrate in the management of recalcitrant anterior ankle pain in an elite athlete. American physical therapy association Combined Sections Meeting San Diego 2013.
- Expert Panelist/Lecturer. CAP-MPT Malpractice Quality Control Committee Workshop. CAM Therapy and Regenerative Biologic Injections. July 18, 2012.
- Moderator. 3rd Annual Platelet Rich Plasma/Regenerative Medicine Symposium. Los Angeles, CA. The Orthobiologic Institute. July 13-15, 2012.
- Chairman, Moderator & Participant. Neural Prolotherapy. Workshop with Dr John Lyftgoft. Los Angeles, CA. The Orthobiologic Institute. Jan 4-5, 2012.
- Chairman, Moderator. Platelet Rich Plasma/Regenerative Medicine Intensive. Los Angeles, CA. The Orthobiologic Institute. Jan 6-7, 2012.



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- Chairman and moderator, 2nd Annual The Orthobiologic Institute (TOBI), Platelet Rich Plasma Therapy & Musculoskeletal Ultrasound Training Seminar. Los Angeles, CA. May 13-14, 2011.
- Sonosite Instructor for iPhone app, MSK Ultrasound of the shoulder & knee with guided injections. July 10, 2009.

### **Lecture Presentations**

- Advanced Treatments for Osteoarthritis Targeting Subchondral Bone. (IOF) International Orthopedic Foundation,. Broomfield, CO Feb 13, 2020.
- Arthritis Foundation event. Latest Concepts and Treatments in Osteoarthritis. Los Angeles CA. Oct 23, 2019.
- Debate: Stem cells should be available to all vs Stem Cells should only be used in clinical trials. International Cartilage Regeneration Society (ICRS)/ Vancouver, BC Oct 6, 2019.
- Clinical Evidence for Use of Bone Marrow Concentrate (BMC): A Literature Review. Uniformed Services University and Walter Reed National Military Medical Center, Bethesda MA June 25-26, 2018.
- Intraosseous Infiltration for Advanced Osteoarthritis. Uniformed Services University and Walter Reed National Military Medical Center, Bethesda MA June 25-26, 2018.
- Introduction to Orthobiologics. Uniformed Services University and Walter Reed National Military Medical Center, Bethesda MA June 25-26, 2018.
- RBC Rich Bone Marrow Concentrate for osteoarthritis, friend or foe? (TOBI) The Orthobiologic Institute 9th Annual PRP and Regenerative Medicine Symposium with Cadaver Lab. Las Vegas, NV. June 7-9, 2018.
- Briefed United States Congress on Capitol Hill. Arthritis in the Military: The Silent Enemy. Requested \$20 million Dept. of Defense Appropriations for research including cell-based therapies. Supported by Arthritis Foundation and American Osteopathic Association. Washington, DC. Feb 10, 2016.
- Biologic Treatments for Cartilage and Sports Injuries. World Stem Cell Summit/ Genetics Policy Institute. Atlanta, GA. Dec 10, 2015.
- Innovative Treatments for Cartilage and Osteoarthritis. Walter Reed National Military Medical Center, Dept of Defense. Bethesda MD. Sept 10, 2015.
- Innovative Treatment Options for Knee Osteoarthritis. 6th Annual Orthobiologic Institute (TOBI) Platelet Rich Plasma/Regenerative Medicine. Symposium. Las Vegas, NV June 13, 2015.
- Bone Marrow Concentrate and Platelet Rich Plasma for Osteoarthritis. American Academy of Orthopaedic Medicine (AAOM). New Orleans, LA May 1, 2015.
- Regenerative Medicine for Musculoskeletal Disease. American Board of -Chiropractic Sports Physicians ACBSP Chiropractic Sports Science Symposium, Anaheim CA. Apr 24, 2015.

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- Innovative Biologics in the Athlete. FA Medical Society, English Premier League Football. London England Apr 13, 2015.
- Regenerative Medicine: The USA Experience. Isokinetic FIFA Football Medicine Strategies Conference, London England Apr 12, 2015.
- AAP Association of Academic Physiatrists: Regenerative Medicine for Musculoskeletal disease. San Antonio, TX March 14, 2015.
- AAPM&R Annual Assembly: Regenerative Medicine Pre-Conference Workshop. Basic Science of Stem Cells in Orthopedic Conditions. Nov 12, 2014. San Diego, CA.
- 21<sup>st</sup> Annual VA/UCLA PM&R Research Day. Regenerative Medicine. Aug 26, 2014. UCLA Faculty Center, Los Angeles CA.
- Early Results with Bone Marrow Concentrate & Emerging Trends in Biologics. Platelet Rich Plasma/Regenerative Medicine Symposium. TOBI The Orthobiologic Institute. Las Vegas, NV June 7, 2014.
- American Journal of Orthopedics. Integrating New Pain Management Options into Your Practice. Webinar. Jan 13, 2014.
- Cutting Edge Non-Surgical Orthopedic Treatments. Athletes Performance, Los Angeles, CA. Dec 18, 2013.
- International Cartilage Repair Society (ICRS) Rizzoli Orthopaedic Institute, Bologna, Italy. Dec 5-6, 2013. Orthohealing Center USA Experience- Early Results with Intra-Articular Bone Marrow Concentrate.
- Biologic Injection Cocktails for Osteoarthritis. Biobridge Generation Regeneration International Symposium. Sept 23, 2013. Venice, Italy.
- Bone Marrow Concentrate (BMC) the Next Generation of Biologic Injectables: Pearls, Protocols and Adjuncts. TOBI The Orthobiologic Institute. June 7-8, 2013.
- Regenerative Cocktails for Advanced Osteoarthritis. 3rd Annual Platelet Rich Plasma/Regenerative Medicine Symposium. Los Angeles, CA. The Orthobiologic Institute. July 13, 2012.
- Bedside Ultrasound in MSK Medicine. SonoSite Worldwide Managers Meeting. Palos Verdes, CA. Jan 11, 2012.
- Use of Platelet Rich Plasma for the Treatment of Bicipital Tendinopathy in Spinal Cord Injury: A Pilot Study. International Scientific Tendinopathy Symposium (ISTS). Vancouver, Canada. Sept 30, 2012
- Keeping Healthy: Prevention and Cutting-Edge Non-Surgical Treatment of Osteoarthritis. Stephen Wise Temple, Los Angeles, CA. Nov 7, 2011.
- Platelet Rich Plasma Therapy for Knee Osteoarthritis. North American Platelet Rich Plasma Symposium. Toronto, ON, CA. Sept 9, 2011.
- Kaiser Permanente. Platelet Rich Plasma Therapy for Musculoskeletal Injuries. 2011 Combined Physical Medicine-Rehabilitation, Pain Management & Occupational Medicine Symposium. Aug 6th, 2011.
- Platelet Rich Plasma Therapy for Knee Osteoarthritis. Southern California Rheumatology Society. July 27, 2011.

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- Emerging Non-Surgical Therapies for Tendon and Cartilage Injuries. Palais Des Nations UNOG (United Nations Office Geneva), Switzerland. “Generation Regeneration” Biobridge Regenerative Medicine Conference, Oct 11, 2010.
- Lecturer. PRP and advancements in treating Osteoarthritis. 20th Annual Practical Applications in Sports Medicine. Palm Springs, CA June 6, 2010.
- New Treatments in Sports Medicine. Yoga Day, Malibu CA. May 31, 2009
- Advancement of Stem Cell Applications in Orthopedics and Sports Medicine. St John’s Health Center. March 5th, 2009.
- Emerging Treatments in Sports Medicine. Complete PT. Oct 23, 2008
- Sports Injuries, Healing Tendons with Platelet Rich Plasma. St John’s Health Center Santa Monica, CA Nov 28, 2007.
- Physiatry & Platelet Rich Plasma Therapy, Akasha Integrative Center. Oct 25, 2007.
- Understanding Physiatry. St Johns Health Center Santa Monica, CA Nov 2, 2006
- Case Presentation and Discussion of Transverse Myelitis. New York Society of PM&R, June 2004

### **Poster Presentation**

- Case Study: Clinical Outcome of Percutaneous Interosseous Bone marrow concentrate (BMC) with Arthroscopy (PIBA) and Platelet-Rich Plasma (PRP) booster in Severe Osteoarthritis of the Left Hip. TOBI The Orthobiologic Institute. Las Vegas, NV. June 8-10, 2017.
- Treatment of Medial and Lateral Elbow Tendinosis with an Injectable Amniotic Membrane Allograft – A Retrospective Case Series. TOBI The Orthobiologic Institute. Las Vegas, NV. June 10-12, 2016.
- Autologous Bone Marrow Concentrate: Review and Application of a Novel Intra-Articular Orthobiologic for Cartilage Disease. Annual Orthopaedic Manufacturing & Technology Exposition and Conference (OMTEC). Chicago, IL. June 11-12, 2014.
- Pulsed Electromagnetic Field Therapy. Potential Clinical Applications and Cellular Mechanisms. TOBI The Orthobiologic Institute. Las Vegas, NV June 6-7, 2014.
- Autologous Bone Marrow Concentrate: Review and Application of a Novel Intra-Articular Orthobiologic for Cartilage Disease. TOBI The Orthobiologic Institute. Las Vegas, NV June 6-7, 2014.
- Subchondroplasty (SCP)® With Bone Marrow Concentrate (BMC) and Platelet-Rich Plasma (PRP) Injection In the Treatment of Knee Osteoarthritis: A Case Report. TOBI The Orthobiologic Institute. Las Vegas, NV June 6-7, 2014.
- Biomarkers in Osteoarthritis. TOBI The Orthobiologic Institute. Las Vegas, NV June 6-7, 2014. Platelet Rich Plasma/Regenerative Medicine Symposium. Los Angeles, CA.
- Bone Marrow Concentrate With and Without Arthroscopic Repair For Rotator Cuff Tera: A Case Report. TOBI The Orthobiologic Institute. Las Vegas, NV June 6-7, 2014.

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### **Visiting Physician**

- Walter Reed National Military Medical Center, Dept of PM&R US Army and Dept of Sports Medicine US Air Force. Bethesda MA. June 25-26, 2018.
- Vasper. NASA Ames Research Park. July 29<sup>th</sup>, 2016.
- Walter Reed National Military Medical Center, Dept of PM&R and Dept of Defense. Sept 9-10, 2015.
- Isokinetic Medical Group, FIFA Medical Center of Excellence, Bologna Italy. Dec 5, 2013.
- The Steadman Clinic, Vail CO. Clinical observation and collaboration on Bone Marrow Concentrate and Platelet Rich Plasma injections. Feb 13, 2013.
- Athletes Performance, Los Angeles, CA. Dec 18, 2013.
- The Monaco Institute of Sports Medicine and Surgery (IM2S). Monaco. Musculoskeletal Ultrasound instructor. October 14, 2010.
- UKA United Kingdom Athletics, Lee Valley Olympic Track & Field Training Center. London, England. Oct 12, 2010.

### **Volunteer**

- Arthritis Foundation's Annual Los Angeles Walk to Cure Arthritis. May 14, 2016.
- Arthritis Foundation 2015 Los Angeles Walk to Cure Arthritis. May 30, 2015
- Covering Physician, Adidas Track & Field Classic. Home Depot Center, Carson CA May 18, 2008.
- Covering Physician, US National Soccer Vs Denmark, Home Depot Center, Carson CA. Jan 20, 2008.
- Medical Volunteer, ING NYC Marathon, Nov 2004

### **Workshops/ Conferences**

- (IOF) International Orthopedic Foundation. Broomfield, CO Feb 13, 2020.
- Biologic Association Summit. Carlsbad, CA Feb 5-7<sup>th</sup>, 2020.
- International Cartilage Regeneration Society (ICRS)/ Vancouver, BC Oct 5-6, 2019.
- AAPM&R Annual Assembly Skills Lab. "Ask the Expert." Regenerative Injections for Osteoarthritis: A Practical Office Based Approach. San Antonio, TX Nov 16, 2019.
- Arthritis Foundation & Food and Drug Administration (FDA) Accelerating OA Clinical Trials Workshop. Virtual Participant with 200 invited thought leaders representing the Foundation for the National Institutes of Health (FNIH), OA Biomarker Consortium, and the American Academy of Orthopedic Surgeons (AAOS), and Osteoarthritis Research Society International (OARSI). Atlanta GA. Feb 23-25, 2016.
- AAP Association of Academic Physiologists Annual Meeting. San Antonio, TX March 14, 2015.

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- AAPM&R Annual Assembly: Regenerative Medicine Pre-Conference Workshop. Nov 12, 2014. San Diego, CA.
- Hormone Replacement Therapy and Preventative Medicine with Dr. Neal Rouzier. Salt Lake City, UT. Jan 25-27, 2013. 22.5CME.
- AAPM&R in Partnership with Mayo Clinic: Diagnostic and Interventional Musculoskeletal Ultrasound of the Upper Extremity. Las Vegas, NV June 10-12, 2011.
- Musculoskeletal Ultrasound Application Summit of Experts. Sonosite Headquarters, Kirkland Washington, April 1-2, 2011.
- Director of Musculoskeletal Ultrasound. The Orthobiologic Institute (TOBI), Platelet Rich Plasma Therapy & Musculoskeletal Ultrasound Training Seminar. Los Angeles, CA. Aug 13-14, 2010.
- UKA United Kingdom Athletics, remote participation as advisor in Therapeutic use of Growth Factors in Elite Sports Medicine Symposium. London, England. Nov 25, 2009.
- 4th Annual Stem Cell Summit, New York, NY Feb 17, 2009.
- Los Angeles Shoulder Ultrasound Course, Los Angeles, CA. Jan10, 2009
- AAPM&R Annual Assembly, San Diego, CA. Nov18-20, 2008.
- Introduction to Diagnostic Musculoskeletal Ultrasound, La Jolla, CA Aug 9, 2008
- University of Michigan Fundamentals of Musculoskeletal Ultrasound Course. La Jolla, CA March 31-April 4th, 2008.
- Platelet Rich Plasma, Bone Marrow Aspirate, & Ultrasound Course. OH, Nov 2-3, 2007.
- AOA Osteopathic Manipulation Workshop, San Diego, CA Sept 29, 2007
- Introduction to Diagnostic Musculoskeletal Ultrasound, Irvine, CA Sept 9, 2007
- North American Spine Society, Lumbar Epidural Course. Maywood Il, Mar 2-3, 2007
- Int. Spine Intervention Society, Lumbar Workshop, Burlingame Ca, Jan 6-7, 2007
- AAPM&R Annual Assembly, Honolulu, HI, Nov 9-12, 2006
- PASSOR Spinal Procedures Workshop Phase I, Memphis, TN Sept16-17, 2006
- Guest Faculty Loyola Marymount University, Therapeutic Yoga
- Acupuncture Integration Observation Committee, St Vincent Hospital, NY, 2006
- UCLA/HMI, Intermediate Acupuncture Course, Tempe AZ May 27-28, 2006
- Musculoskeletal Ultrasound Workshop, Elmhurst Hospital, NY May 21, 2006
- Sports & Musculoskeletal Injuries Workshop, NYU/RUSK, NY May 11, 2006
- Chinese Scalp Acupuncture Course, Pittsburgh, PA April 29-30, 2006
- Kessler PM&R Board Review Course, Livingston, NJ April 20-28, 2006
- AAPM&R Annual Assembly, Philadelphia, Oct 25-26, 2005
- Osteopathic Manipulative Treatment, Harvard Medical School, Aug 5-7, 2005
- Electrodiagnosis Seminar, AOCPMR, Arizona, April 7-10, 2005
- BOTOX Treatment in Cranio-Cervicothoracic Pain, NY, March 13, 2005
- AAPM&R Annual Assembly, Arizona, Oct 7-10, 2004

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## **Organizations**

- Delphi expert panel member. Consensus guidelines for the use of bone marrow stem cell treatments for orthopedic injuries. Sept 2019.
- Founding Member, Orthobiologic Ethics Consortium. Multidisciplinary group promoting ethical research, marketing and use of orthobiologics. June 2017.
- Founding Member. Orthobiologic Consortium. Collaborative effort by key opinion leaders to promote advancement of regenerative medicine.
- Member. International Cartilage Repair Society. Oct 2013.
- Biobridge Foundation Supporting Member. Supporting Regenerative Medicine research and professional education worldwide.
- Women's Health Team Member, Saint John's Health Center, Santa Monica, CA
- Scleroderma Foundation, Gala Committee Member, New York Oct 24, 2005
- Former American Association of Physical Medicine & Rehabilitation, Student Mentor
- Former member. American Osteopathic College of Physical Medicine and Rehabilitation
- Former member. American Academy of Medical Acupuncture

## **Media**

- Fox News. TV Interview. Coronavirus ripple effect: Medical Personnel lose work amid outbreak. April 13, 2020.
- ABC 7. TV Interview. Biohacking and PEMF: How to use technology to manipulate your body, improve health. Jan 13, 2020.
- Orthoworld. Knee and Spine Osteoarthritis Ripe Areas for New Orthobiologic Products. Dec 2, 2019.
- ABC 7. TV Interview. FDA clinical trial injects your own belly fat into knee joint in lieu of knee replacement surgery for pain relief. Nov 13<sup>th</sup>, 2019.
- 600 KOGO News iHeart Radio. Your Belly Fat May Help Treat Orthopedic Issues-How Lipogems Works. March 2019.
- ABC 7. TV Interview. "LA doctor helps veterans relieve pain after combat." October 3, 2018.
- ABC 7. TV Interview. "Bio-hacking claims to strengthen bones in minutes with high-tech machines." September 13, 2018.
- *Voyage LA*. Interview. "Meet Dr. Steven Sampson of The Orthohealing Center." May 29, 2018.
- ABC 7. TV Interview. "New advances in 'PRP' and stem cell therapy help ease pain of aching joints." May 24<sup>th</sup>, 2018.
- *The Los Angeles Times*. "The insanity of covering a \$50,000 knee operation but not a relatively cheap injection." April 20<sup>th</sup>, 2018.
- *Prevention Magazine*. Gentle Moves: 15 Rejuvenating Stretches to Ease Everyday Aches and Pain. November 2017.

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- “A Silent Enemy: How Arthritis is Threatening the US Military.” Arthritis Foundation Executive Summary. Expert Quote. Feb 2016.
- Bauerfeind Patient Education Brochure. Elevate Your Therapy Enhance Patient Outcomes. Quoted along with James R Andrews MD. Integrating cutting edge compressive supports with biologics. Jan 2016.
- *DO Engage. American Osteopathic Association.* AOA Partners to Raise Awareness of Arthritis Impact on Veterans. Feb 22, 2016.
- *DO Engage. American Osteopathic Association.* Public Policy Update. Dr Sampson shares research at Walter Reed Medical Center. Sept 21<sup>st</sup>, 2015.
- *Life Magazine.* Innovative, Non-Surgical Orthopedic Treatments Accelerate Recovery. Spring 2014/1. Pg 18-19.
- *DIG Magazine.* Platelet Rich Plasma: Fighting the Biological Clock in Sports. March 1<sup>st</sup>, 2014.
- AAPM&R CORE MSK Council Quarterly Newsletter. Physiatrists Primed to Lead in the “Generation of Regeneration”— Outlook on Orthobiologics. Winter 2013 Vol 5, Issue I.
- *The Huffington Post*, Healthy Living and Health & Fitness. 7 Tips to beat tennis elbow. April 11, 2013.
- WellNews Spotlight Community Doctor. Westwood Physical Therapy. March 20, 2013.
- *The Huffington Post*, Healthy Living and Health & Fitness. 5 Tips to avoid knee-replacement surgery. Jan 16, 2013.
- *South China Morning Post.* “A Fresh Spin on Self-Preservation.” July 13, 2012.
- Grantland.com/ESPN.com. “Why Did Kobe Go To Germany? An aging star and the new procedure that could revolutionize sports medicine.” April 11, 2012.
- *The Doctors TV.* Featured with Los Angeles Lakers Athletic Trainer Gary Vitti on 3 ways to treat knee pain. Live Demonstration of Traumeel Homeopathic injection. March 13, 2012. CBS.
- *The Doctors TV.* Neural Prolotherapy and Musculoskeletal Ultrasound for Knee Pain. Feb 29, 2012. CBS.
- CBS Early Show. Assessing the Value of PRP Therapy. Dec 6, 2011.
- Kcal TV: Healing Muscle, Tendon, Joints. Dec 6, 2011.
- Radio Rounds. The Medical Response. Interviewed about experience as a medical student volunteer at Ground Zero during 9-11 WTC Attack. Sept 11, 2011. Wright State University. Boonshoft School of Medicine. Dayton, OH.
- ESPN 1000 AM Radio. Interviewed by NBA Chicago Bulls Team Physician & Orthopedist Dr. Brian Cole. PRP and the Use of Musculoskeletal Ultrasound in Professional Sports and with Non-Athletes in Pain. July 9, 2011.
- Band News FM, National Brazilian Radio. Platelet Rich Plasma Use on Elite Athletes and Weekend Warriors. July 7<sup>th</sup>, 2011.
- Contributing medical expert. Interviewed by *The Los Angeles Times.* Lakers’ Bryant Receives Rare Procedure on Knee. July 1<sup>st</sup>, 2011.
- *Denver Post.* Lakers’ Bryant Receives Rare Procedure on Knee. July 1<sup>st</sup>, 2011.

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- *Boston Herald*. Kobe Bryant Undergoes a Different Kind of Knee Procedure. July 1<sup>st</sup>, 2011.
- Cleveland Clinic Arthritis Advisor. Blood Spinning Therapy Triggers Knee Pain Relief. Vol 10 #3. March 2011.
- NBA TV, NBA All-Star Weekend. Interviewed utilizing musculoskeletal ultrasound for diagnosis and treatment of NBA athletes and weekend warriors. Feb 19, 2011.
- Staples Center Jumbotron at NBA All Start weekend, Los Angeles CA. Demonstrated use of musculoskeletal ultrasound on NBA athletes and weekend warriors. Feb 19, 2011.
- Proto Massachusetts General Hospital, PRP: The Power of Platelets. Spring 2010.
- *Orthopedics This Week*. Platelet Rich Plasma Therapy. April 26, 2010.
- Ivanhoe Medical Breakthroughs, Blood Therapy for Joint Injuries-April 19, 2010
- *Orlando Sentinel*. Questions Still Remain About Tiger Woods and Doctor Under Investigation. April 5, 2010.
- *LA Times* Panel of Experts. Orthopaedic Health. April 2010.
- *Fairfax Times*. Retired Fairfax Officer Benefits From Unique Procedure. March 23, 2010.
- *Advance Magazine*. The Natural Healing Power. Platelet Rich Plasma is all the Rage in Orthopaedics. March 18, 2010
- The Doctors. Platelet Rich Plasma Injections for knee arthritis. Dec 8, 2009.
- RX Muscle.com. Platelet Rich Plasma Therapy. Oct 27, 2009.
- *The Doctors* TV. Platelet Rich Plasma Injections for tendon injuries. Sept 4, 2009.
- ABC 7 Los Angeles, CA. New Therapy Heals Joints Without Surgery. July 17, 2009
- Contributing medical expert. Interviewed by *The New York Times*. A Promising Treatment for Athletes, In Blood. Feb 16, 2009.
- "Coffee Break" Public Access Television Show. Introduction to Physiatry & Platelet Rich Plasma Therapy. Los Angeles, CA Mar 21, 2007.