

CURRICULUM VITAE

**GERARD ANTHONY MALANGA, MD**

**New Jersey Sports Medicine, LLC  
197 Ridgedale Avenue  
Cedar Knolls, New Jersey 07927**

**e-mail: gmalangamd@hotmail.com**

***Board Certifications:***

Physical Medicine and Rehabilitation (Certified 5/92; re-certified 1/02; re-certified 6/2013);  
Pain Medicine (certified 11/02; re-certified 11/2011)  
Sports Medicine (certified 7/09)

***WORK EXPERIENCE:***

**PRESENT POSITIONS**

Founder/Partner  
New Jersey Sports Medicine, LLC  
Cedar Knolls, New Jersey 07927  
2009- Present

Founder/Partner  
New Jersey Regenerative Institute, LLC  
Cedar Knolls, New Jersey 07927  
2011- Present

Clinical Professor, Physical Medicine and Rehabilitation  
Rutgers School of Medicine  
New Jersey Medical School  
Newark, New Jersey 07103

Medical Director, Horizon Casualty Services  
March, 2013- Present

Consultant, Horizon Casualty Services,  
Blue Cross & Blue Shield Worker's Compensation  
December, 1997 – Present

Chair, American Academy of Physical Medicine and Rehabilitation  
Task force on Regenerative Medicine  
January, 2014- Present

President-Elect, Interventional Orthopedic Foundation  
2018  
Board member

## **PREVIOUS POSITIONS**

Director, Pain Management  
Overlook Hospital  
Summit, New Jersey 07901  
January 2005- March, 2013

Clinical Chief, Rehabilitation Medicine and Electrodiagnosis  
St. Michael's Medical Center  
Newark, NJ 07109  
1997- 2012

Chair, Research Committee  
Atlantic Sports Health  
Morristown, NJ  
2010- 2012

Director, PM&R Sports and Spine Fellowship  
Atlantic Healthcare  
2007- 2010

Chair, New Jersey PIP Pain Management Care Path Development Committee  
2010- Present

Founder and Director,  
New Jersey Sports Medicine Institute  
799 Bloomfield Ave., Suite 304  
Verona, New Jersey 07044  
2005-2007

Director, Sports Medicine  
Mountainside Hospital  
Montclair, New Jersey  
2005-2007

Mountainside Hospital Sports Medicine Fellowship Director  
2005-2007

Director, Sports, Spine and Orthopedic Rehabilitation  
Kessler Institute of Rehabilitation

West Orange, New Jersey 07052  
1999-2004

Sports Medicine Fellowship Director  
Kessler Institute  
1999-2004

Staff Physician  
Kessler Institute of Rehabilitation  
West Orange, New Jersey 07052  
1996-1999

Senior Associate Consultant  
Department of Physical Medicine and Rehabilitation  
Mayo Clinic, Sports Medicine Center, Spine Center  
Assistant Professor of Physical Medicine and Rehabilitation, Mayo Medical School  
Rochester, Minnesota 55905  
1993-1996

#### **POST GRADUATE TRAINING**

**1992-1993** Fellowship in Sports Medicine,  
Department of Physical Medicine and Rehabilitation  
Mayo Clinic  
Rochester, Minnesota 55905

**1989-1992** Resident in Physical Medicine and Rehabilitation  
University of Medicine and Dentistry  
New Jersey Medical School  
Newark, New Jersey 07103  
Academic Chief Resident, 1991-1992  
Clinical Instructor II appointment  
Senior Sports Medicine Coordinator, 1991-1992

**1987-1988** Internship in Internal Medicine  
Morristown Memorial Hospital, Columbia University affiliate  
Morristown, New Jersey 07960

**1988-1989** General Practitioner  
Forest Hill Family Practice Center  
Newark, New Jersey 07103

Staff Physician  
Doctors on Duty, Ambulatory Care Center  
Union, New Jersey 07083

## **MEDICAL EDUCATION**

**1983-1987** University of Medicine and Dentistry  
New Jersey Medical School  
Newark, New Jersey 07103  
Degree: Doctor of Medicine, May 1987  
Honors: Joseph Lanza Alumni Scholarship, 1986  
Dean Charles Brown Award, 1987  
Outstanding Young Men of America, 1987

## **UNDERGRADUATE EDUCATION**

**1979-1983** Villanova University  
Villanova, Pennsylvania 19085  
Degree: Bachelor of Science in Biology, May 1983  
Honors: Alpha Epsilon Delta Honor Society  
Graduated cum laude

## **Team Coverage/Physician**

Newark Academy H.S. football: 1990,1991

Montclair High School football: 1991

John Marshall HS football: 1992

Mayo High School hockey: 1993

Rochester Renegade professional basketball team: 1992, 1993

Seton Hall University, women's basketball: 1996-1997

St Peter's College; 1996-1999; assistant

New Jersey City University, head team physician; 1999- present

Delaware Valley HS, 2001-2006

West Orange HS, 2001-present

Passaic HS, 2003-2006

Summit HS, 2006

OTHER POSITIONS:

Steering Committee on Collaboration Among Providers Involved in Musculoskeletal Care  
Organizational Meeting November 26, 1996, Chicago IL

Consortium on Treatment of Hip Fracture, appointed member from the American Academy of  
Physical Medicine and Rehabilitation, July, 2000

Commissioner's Advisory Committee on PIP, Invited member: June, 2002

New Jersey Pain Coalition, Invited member: February, 2002

Maintenance of Certification Committee Invited Participant  
Standard Setting Study  
Chicago, IL  
March 18, 2005

**National Hockey League Player's Association East Coast Physician Consultant  
2009- present**

**Editorial Board Membership**

*SpineUniverse*: [www.spineuniverse.com](http://www.spineuniverse.com)

A website dedicated to patient education on spinal problems,  
July 2002- present.

*The Spine Journal*

Advisory Editorial Board, 2003-present

*Pain Physician*

2003-2008

*BMC Musculoskeletal Disorders*

Editorial Advisor, 2005- Present

**Medical Journal Reviewer:**

Archives of Physical Medicine and Rehabilitation

Pain Medicine

Spine Journal

Orthopedics

*BMC Musculoskeletal Disorders*

**PRESENTATIONS:**

"Functional Electrical Stimulation Use in Exercising Spinal Cord Injured Patients"  
NJ Medical School Department of PM&R Resident Graduation Day  
June 13, 1990

"Coma-like States"  
Grand Rounds; New Jersey Medical School,  
Department of PM&R  
April 5, 1991

"Diet and Exercise Fitness"  
Kessler Institute Community Education lecture  
Sparta Kiwana's Club;  
Sparta, New Jersey  
May 16, 1991

"The Use of Sacral Latencies in Evaluating Erectile Dysfunction"  
NJ Medical School Department of PM&R Resident Graduation Day  
June 19, 1991

"The Bulbocavernosus Reflex in Evaluating Erectile  
Dysfunction in Diabetic and Non-diabetic Patients"  
Annual Meeting of the American Academy of PM&R;  
Washington, D.C.  
October 30, 1991

"AIDS Policy in Sports"  
Mayo Clinic Sports Symposium  
Rochester, MN  
November 5, 1992

"Correlation of Energy Costs of Upper Extremity Stress Testing  
and Crutch Walk Ambulation"  
Annual Meeting of American Academy of PM&R  
San Francisco, CA  
November 13, 1992

"Clarification of the 'Pronator Reflex'"  
Annual Meeting of American Academy of PM&R  
San Francisco, CA  
November 14, 1992

"Common Sports Injuries and Treatment"  
Zumbrota Father/Son Dinner community lecture  
April 25, 1993

"Clinical Application of Therapeutic Exercise and Rehabilitation Principles"  
Annual Meeting of American College of Sports Medicine  
Seattle, WA  
June 3, 1993

"High School Football Coverage: Its Role in Physical Medicine and Rehabilitation Residency Training"; Poster presentation, Annual Meeting of American Academy of PM&R  
Miami FL  
November 3, 1993

"The Biomechanics of Throwing"  
Mayo Clinic Sports Symposium  
Rochester, MN  
November 6, 1993

"An EMG Analysis of Shoulder Positioning in Testing and Strengthening the Supraspinatus"  
Annual Meeting of Association of Academic Physiatrist  
Naples, FL  
January 21, 1994

"Biomechanics in Shoulder Rehabilitation"  
Minneapolis Sports Institute  
Minneapolis, MN  
March 16, 1994

"Bilateral Knee Injuries: In-Line Skating"  
Annual Meeting of American College of Sports Medicine  
Indianapolis, IN  
June 1, 1994

"Shoulder" Case Report Panel  
Annual Meeting of American College of Sports Medicine  
Indianapolis, IN  
June 2, 1994

"Cycling Injuries"  
Midwest Tandem Rally  
Rochester, MN  
September 3, 1994

"Injuries of the Forearm and Elbow"

Kessler Institute Sports Medicine Conference;  
West Orange, NJ  
April 21-22, 1995

"Case Reports - Shoulder, Football Injuries"  
American College of Sports Medicine Annual meeting  
Minneapolis, Minnesota  
June 2, 1995.

"The Use of Lasers in the Treatment of Plantar Fasciitis"  
Sports Medicine Conference,  
Mayo Clinic, Rochester, MN  
June 30, 1995

"Principles of Shoulder Rehabilitation  
Mayo Sports Symposium,  
Rochester, MN  
November 4, 1995

"Traumatic/Osseous Injuries of the Hip  
PASSOR/AAPMR Annual Meeting  
Orlando, FL  
November 17, 1995

"Knee Bracing"  
Orthopedics/PM&R. Prosthetics and Orthotics Course  
Mayo Clinic, Rochester, MN  
November 29, 1995

"The Use of Medications in Acute Low Back Pain"  
Association of Academic Physiatrists, Annual Meeting  
Las Vegas, NV  
February 20, 1996

"Sports Injuries in the Adolescent Athlete"  
Family Medicine Residents, Mountainside Hospital  
Montclair, New Jersey  
August 27, 1996

"Head Injuries in Sports"  
Kessler Sports Training and Rehabilitation Series  
West Orange, New Jersey  
August 7, 1996

"Management of Acute Low Back Pain"

Solving the Mystery of Low Back Pain:  
Contemporary Management Techniques for the Primary Care Physician  
West Orange, New Jersey  
October 11, 1996

"Evaluation of Low Back Pain"  
Mayo Sports Symposium  
Mayo Clinic  
Rochester, Minnesota  
November 2, 1996

"Management of Acute Low Back Pain"  
Internal Medicine Residents, United Hospital  
Newark, New Jersey  
January 24, 1997

"Exercise as a Way of Life"  
Sports Training and Rehabilitation Series  
Kessler Institute for Rehabilitation  
West Orange, NJ  
March 19, 1997

"Lower Extremity Injuries in Sports"  
Kessler Institute Annual Review Course  
March 15, 1997

"Controversies in the Evaluation and Treatment of "the Burner" Syndrome  
American College of Sports Medicine, Annual Meeting  
Denver, CO  
May 30, 1997

"Strength Training in the Elderly"  
Sports Training and Rehabilitation Series  
Kessler Institute  
West Orange, NJ  
June 4, 1997

"Lower Extremity Injuries in Sports"  
"Operative vs. Nonoperative Treatment of the Shoulder"  
"Proper Use of Modalities" (Grand Rounds)  
Invited lecturer, Department of Physical Medicine and Rehabilitation  
Charlotte, NC  
July 25, 1997

Physical Examination of the Hip and Lumbar Spine

Kessler Residents lecture series  
August 6, 1997

Rehabilitation of Shoulder Injuries  
Kessler Sports Conference  
West Orange, NJ  
September 12, 1997

Rehabilitation of Elbow Injuries  
Kessler Sports Conference  
West Orange, NJ  
September 12, 1997

“Treatment of Acute and Chronic Low Back Pain”  
Kessler Institute Course, “Rehab 101”  
Kessler Institute  
West Orange, NJ  
November 17, 1997

“Adolescent Musculoskeletal Injuries”  
Kessler Resident lecture series  
West Orange, NJ  
December 10, 1997

Lower Extremity Injuries in Sports”  
Kessler Review Course  
Livingston, NJ  
March 14, 1998

“Cycling Injuries”  
PASSOR Mid-Year Meeting  
Chicago, IL  
March 13, 1999

“Non-operative Treatment of Shoulder Problems  
Invited Speaker: Prince Lecture Series  
Rehabilitation Institute of Chicago  
Chicago, IL  
March 15, 1999

Lower Extremity Injuries in Sports”  
Kessler Review Course  
April, 1999

“Treatment of Acute and Chronic Low Back Pain”

CMA Annual Case Manager Meeting  
King of Prussia, PA  
May 12, 1999

“Rehabilitation of Common Lower Extremity Overuse Injuries”

UMDNJ- NJ Medical School Orthopedic Resident lecture program  
July 22, 1999

“Postoperative Pain Management”

Surgical resident lecture series  
St. Barnabas Medical Center  
November 18, 1999

“Principles of Pain Management”

Pharmacy Department  
St. Barnabas Medical Center  
December 17, 1999

“Principles of Pain Management”

Grand Rounds; Engelwood Hospital,  
Engelwood, NJ  
January 5, 2000

“Pain Management in the Elderly”

Medical resident lecture series  
St. Barnabas Medical Center  
January 12, 2000

“Titration and Conversion of Pain Medications”

Oncology nurses  
Morristown Medical Center  
February 15, 2000

“Pain Management in the Elderly”

Grand Rounds  
Clara Mass Hospital,  
Belleville, NJ  
March 8, 2000

“Postoperative Pain Management”

Orthopedic nurses  
St. Joseph’s Hospital  
Patterson, NJ

March 15, 2000

“Common Lower Extremity Injuries in Sports”  
Kessler Medical Research Education Corporation  
Annual Review Course  
March 18, 2000

“Managing Acute Pain: When to Use a Short-Acting Opioid”  
Oncology Nurse’s Morning Meeting  
Morristown Memorial Hospital  
Morristown, NJ  
May 23, 2000

“Treatment of Pain in the Emergency Room”  
Holy Name Hospital, Emergency Medicine Department  
Teaneck, NJ  
June 7, 2000

“Pain Management in the “Difficult Patient””  
Internal Medicine, Grand Rounds  
UMDNJ-New Jersey Medical School  
University Hospital  
June 7, 2000

“Pain Management in Acute Hospital Care”  
Mountainside hospital nursing staff  
Montclair, NJ  
August 17, 2000

“Treatment of Chronic Low Back Pain”  
North American Spine Society course:  
“Multi-disciplinary Approach to the Essentials in Spine Care Evaluation”  
New Orleans, LA  
October 28, 2000

“Principles of Pain Management”  
Grand Rounds  
Hoboken, NJ  
September 7, 2000

“Pain Management in Osteoarthritis”  
Grand Rounds, Internal Medicine  
Overlook Hospital  
Summit, NJ  
September 8, 2000

“Diagnosis and Treatment of Shoulder Injuries”  
Columbia University resident lecture  
October 3, 2000

“Principles of Pain Management”  
Grand Rounds  
St. Mary’s hospital  
Passaic, NJ  
October 4, 2000

“Nonoperative Treatment of Low Back Pain”  
Grand Rounds, Internal Medicine  
St. Michael’s Medical Center  
Newark, NJ  
October 19, 2000

“Pain Assessment and Principles in Pharmacologic Management of Pain”  
Associates in Rehabilitation  
Morristown, NJ  
October 25, 2000

“Pain Management of the Emergency Room Patient”  
Berkley Heights, NJ  
September 18, 2000

“Principles of Pain Management”  
Grand Rounds  
St. Mary’s Hospital  
Hoboken, NJ  
February 13, 2001

“Lower Extremity Sports Orthotics”  
Kessler Medical Research Education Corporation  
Orthotic and Prosthetics Course  
March 16, 2001

“Treatment of Fibromyalgia and Myofascial Pain”  
Mt. Kemble Rehabilitation hospital  
Morristown, NJ  
May 18, 2001

“Overview on Myofascial Pain Syndrome”  
Pain and Spasticity Course; Kessler Medical Research Education Corporation

June 8, 2001

“Principles of Pain Management”  
Grand Rounds, Hospital Center of Orange  
Orange, NJ  
June 19, 2001

“Physical Examination of the Knee”  
UMDNJ- NJ Medical School; PM&R resident lecture  
August 1, 2001

“Treatment of Chronic Low Back Pain”  
North American Spine Society course:  
“Multidisciplinary Approach to the Essentials in Spine Care Evaluation”  
Seattle, WA  
November 3, 2001

“Operative versus Nonoperative Outcomes in Low Back Pain”  
Poster presentation,  
North American Spine Society Annual Meeting  
November 1, 2001

“Nonoperative Treatment of Common Shoulder Problems”  
Grand Rounds, University of Pennsylvania  
January 9, 2002

“Lower Extremity Sports Orthotics”  
Kessler Medical Research Education Corporation  
Orthotic and Prosthetics Course, Parsippany, NJ  
February 15, 2002

“Sports Medicine: Common Lower Extremity Injuries in Sports”  
Kessler Medical Research Education Corporation  
Annual Review Course  
March 15, 2002

"Active vs Passive Treatment for Low Back Pain"; Invited speaker at American College of Sports  
Medicine Annual meeting:  
Low Back Pain in Athletes: Update 2002 course; St Louis, MO.  
May 31, 2002.

“Open-label Trial Evaluating Tizandine for Myofascial Pain”  
Poster presentation at International Association for the Study of Pain, San Diego, CA,  
August 21, 2002.

“Medications in Low Back Pain”

Invited Speaker, Charlotte Institute for Rehabilitation Musculoskeletal Symposium  
12<sup>th</sup> Anniversary Celebration, Charlotte, NC  
October 4, 2002

North American Spine Society Spinal Injection Course

Moderator/Instructor  
Montreal, CANADA  
October 28-29, 2002

“Chronic Pain Management”

Invited Speaker, North American Spine Society course:  
“Multidisciplinary Approach to the Essentials in Spine Care Evaluation”,  
Montreal, CANADA  
October 29, 2002

“Anesthetic Interventions in Pain Management”

Traveler’s CME Course on Pain Management, Parsippany, NJ  
November 7, 2002

“Oral Medications in Neck Pain”

PASSOR Course, AAPM&R Annual Meeting, Orlando, FL  
November 22, 2002

"Dispelling the Myths of Whiplash"

Grand Rounds Invited Speaker  
Lehigh Valley Hospital  
April 1, 2003

"Use of Medications in Acute Low Back Pain"

Invited Speaker, American College of Sports Medicine  
Annual Meeting  
San Francisco, CA  
May 31, 2003

"Common Injectates, Corticosteroids and Contrast Agents"

NASS Lumbar Spine Injection Course (Lecturer and Instructor)  
Memphis, TN  
June 20-21, 2003

The Use Analgesics in Sports Medicine

Northern Athletic Trainer Society of New Jersey Mtg.  
Kessler Institute for Rehabilitation  
West Orange, NJ

“Principles of Pain Management”

Grand Rounds  
Holy Name Hospital,  
Teaneck, NJ  
January 20, 2004

“Diagnosis and Treatment of Shoulder Problems”

Kessler Institute for Rehabilitation lecture series  
West Orange, NJ  
February 21, 2004

“Nonoperative Treatment of Shoulder Problems”

Thomas Jefferson University  
Philadelphia, PA  
February 25, 2004

“Rehabilitation of Chronic Neck Pain”

Invited lecturer, Annual Mtg. American Academy of Pain Medicine  
Orlando, FL  
March 6, 2004

“Sports Medicine: Common Lower Extremity Injuries in Sports”

Kessler Medical Research Education Corporation  
Annual Review Course  
March 12, 2004

“Lower Extremity Sports Orthotics”

UMDNJ, PM&R resident lecture  
West Orange, NJ  
March 31, 2004

Nonoperative Treatment of Osteoarthritis of the Knee

Community lecture  
Essex Country Club, West Orange, NJ  
May 22, 2004

“Physical Examination of the Shoulder”

Invited lecturer, ACSM Annual mtg.  
Indianapolis, IN  
June 4, 2004

"Dispelling the Myths of Whiplash"

"Use of Medications in Acute Low Back Pain"  
Invited lecturer, Thomas Jefferson University,  
Dept of PM&R graduation day

June 11, 2004

“Diagnosis and Treatment of Patellofemoral Syndrome”  
Current Concepts in Orthopedics, Sports Medicine and Bracing Seminar  
Madison Square Garden  
New York, NY  
October 14, 2004

"Dispelling the Myths of Whiplash"  
Long Island Jewish/North Shore Medical Center  
Dept. Neurology/PM&R Grand Round  
October 20, 2004

“Diagnosis and Treatment of Low Back Pain”  
Dept. of Internal Grand Rounds  
Overlook Hospital,  
Summit, NJ  
February 4, 2005

“Adolescent Overuse Injuries”  
Department of Pediatrics Sports Symposium  
Morristown Memorial Hospital  
Morristown, NJ  
March 5, 2005

“Chronic Pain Management”  
Overlook Hospital Potpourri for Physicians  
Summit, NJ  
March 16, 2005

“Upper Extremity Sports Injuries”  
Baylor PM&R Review Course  
Houston, Texas  
April 5, 2005

“Lower Extremity Sports Injuries”  
Baylor PM&R Review Course  
Houston, Texas  
April 5, 2005

“Update on Whiplash Injury”  
Baylor PM&R Review Course  
Houston, Texas  
April 5, 2005

“Sports Medicine: Common Lower Extremity Injuries in Sports”  
Kessler Medical Research Education Corporation  
Annual Review Course  
April 21, 2005

“Low Back Pain”  
Kessler Medical Research Education Corporation  
Annual Review Course  
April 21, 2005

“Treatment of Low Back Pain”  
Multidisciplinary Approach to Pain: Improving Function and Quality of Life  
KMRECC Course  
Kessler Institute for Rehabilitation,  
West Orange, NJ  
May 23, 2005

Phala A. Helm, M.D. Distinguished Lectureship:  
“Musculoskeletal and Spine Research in PM&R”;  
Dept of PM&R 7<sup>th</sup> Annual Scientific Research Day  
The University of Texas Southwestern Medical Center at Dallas  
June 17, 2005

“Update on Whiplash Injury: Dispelling the Myths”  
Dept of PM&R 7<sup>th</sup> Annual Scientific Research Day  
The University of Texas Southwestern Medical Center at Dallas  
June 17, 2005

“Acute Management of Concussions”  
Invited lecturer,  
Annual Mtg. American Academy of Physical Medicine and Rehabilitation  
Philadelphia, PA  
October 27, 2005

“Management of Low Back Pain”; Nonoperative Treatment of Osteoarthritis”  
Invited Speaker,  
Mountainside Hospital Foundation Heritage Club  
Montclair Country Club  
West Orange, NJ  
November 18, 2005

“The Art and Science of Pain Management”  
Invited Speaker  
Overlook Hospital Heritage Society  
Baltusrol Country Club,

Springfield, NJ  
December 1, 2005

“On-field Management of Concussions”  
Primary Care Symposium  
Madison, NJ  
January 21, 2006

“Scientific Evidence for the Use of Opioids in Chronic Low Back Pain”  
North American Spine Society, Spring Break Meeting  
San Diego, CA  
March 9, 2006

Baylor University PM&R Review Course  
Houston, Texas  
Guest lecturer  
“Upper Extremity Sports Injuries”  
“Lower Extremity Sports Injuries”  
“Update on Whiplash Injury”  
“Diagnosis and Treatment of Low Back Pain”  
March 28, 2006

“Diagnosis and Treatment of Discitis”  
Clinical Pearls in Infectious Disease Seminar  
Overlook Hospital  
Summit, NJ  
April 7, 2006

“Sports Medicine: Common Lower Extremity Injuries in Sports”  
Kessler Medical Research Education Corporation  
Annual Review Course  
April 22, 2006

“Role of Active Physical Therapy for Low Back Pain”  
Trinitas Continuing Medical education Program:  
“Oh My Aching Back: Options for Back Pain Mgt.”  
Trinitas Hospital  
Elizabeth, NJ  
May 3, 2006

“Comprehensive Rehabilitation in the Treatment of Discogenic Low Back Pain”  
Guest lecturer, Spinal Arthroplasty Society Annual Meeting  
Montreal, CANADA  
May 11, 2006

“Evidence Based Medicine Evaluation of the Accuracy of Common Musculoskeletal Physical Exam Tests”

Emory University  
Department of Physical Medicine and Rehabilitation  
Invited guest and speaker  
June 15-16, 2006

“The Role of Spinal Injections, physical therapy, traction devices and Spinal cord stimulator in low back pain”

Invited speaker/panelist  
North American Society “Spring Break” Meeting  
Phoenix, Arizona  
March 15-17, 2007

Course Co-director; Moderator  
North American Society “Spring Break” Meeting  
Phoenix, Arizona  
March 15-17, 2007

Baylor University PM&R Review Course  
Houston, Texas  
Guest lecturer  
“Upper Extremity Sports Injuries”  
“Update on Whiplash Injury”  
“Diagnosis and Treatment of Low Back Pain”  
March 28, 2007

“Sports Medicine: Common Lower Extremity Injuries in Sports”  
“Lower Extremity Sports Injuries”  
Kessler Medical Research Education Corporation  
Annual Review Course  
April , 2007

“Evidence- Based Physical Examination of the Knee”  
Association of Academic Physiatrist Annual Meeting  
San Juan, Puerto Rico  
April 13, 2007

“Evidence- Based Physical Examination of the Shoulder”  
Association of Academic Physiatrist Annual Meeting  
San Juan, Puerto Rico  
April 13, 2007

Baylor University PM&R Review Course  
Houston, Texas  
Guest lecturer

“Upper Extremity Sports Injuries”  
“Lower Extremity Sports Injuries”  
“Update on Whiplash Injury”  
“Diagnosis and Treatment of Low Back Pain”  
March, 2008

“Sports Medicine: Common Lower Extremity Injuries in Sports”  
“Lower Extremity Sports Injuries”  
Kessler Medical Research Education Corporation  
Annual Review Course  
April , 2008

“Core Competencies in Sports Medicine”  
Association of Academic Physiatrists Annual Meeting  
Colorado Springs, CO  
February 26, 2009

William P Blocker Lectureship Award  
Invited Speaker  
“Evidence base of Physical Examination of the Shoulder”  
“Diagnosis and Treatment of Common Shoulder Injuries in Sports”  
“Diagnosis and Treatment of Patellofemoral Pain”  
Hands on Physical Examination teaching sessions  
Baylor College of Medicine, Department of PM&R  
Houston, TX  
March 27, 2009

Baylor University PM&R Review Course  
Houston, Texas  
Guest lecturer  
“Upper Extremity Sports Injuries”  
“Lower Extremity Sports Injuries”  
“Diagnosis and Treatment of Low Back Pain”  
April 22, 2009

“Sports Medicine: Common Lower Extremity Injuries in Sports”  
“Lower Extremity Sports Injuries”  
Kessler Medical Research Education Corporation  
Annual Review Course  
April , 2009

“Emergency Assessment and Care 2”  
American Academy of PM&R Sports Medicine Review Course  
Denver, CO  
June 15, 2009

“Lower leg, Ankle and Foot”  
American Academy of PM&R Sports Medicine Review Course  
Denver, CO  
June 16, 2009

“Pediatric Musculoskeletal Injuries”  
American Academy of PM&R Sports Medicine Review Course  
Denver, CO  
June 15, 2009

“ACL Prevention”  
Atlantic Sports Health Symposium  
NY Jets Training Facility  
Florham Park, NJ  
September 22, 2009

“Electrodiagnostics. A Tool in Worker’s Compensation”  
Case managers Educational Program  
Sponsored by Raytel Imaging and Kessler Rehabilitation Center  
Deal, NJ  
September 24, 2009

“Diagnosis and Treatment of Low Back Pain”  
Overlook Pain Center lecture  
March, 2010

“Baylor University PM&R Review Course  
Houston, Texas  
Guest lecturer

“Diagnosis and Treatment of Low Back Pain”  
“Upper Extremity Sports Injuries”  
“Lower Extremity Sports Injuries”  
April 21, 2010

“Sports Medicine: Common Lower Extremity Injuries in Sports”  
“Lower Extremity Sports Injuries”  
Kessler Medical Research Education Corporation  
Annual Review Course  
April 29, 2010

“The Interplay Between Cervical and Scapular Pain”

Invited speaker

North American Spine Society Annual Meeting

Orlando, FL

October 9, 2010

‘Nuts and Bolts of PRP: The Use of PRP in Nontendon Injuries’

AAPM&R Annual Meeting

Seattle, WA

November 4, 2010

‘Nuts and Bolts of PRP: Post-PRP Rehabilitation’

AAPM&R Annual Meeting

Seattle, WA

November 4, 2010

“Evidence-Based Use of Platelet-Rich Plasma”

Atlantic Sports Health lecture series

Morristown, NJ

November 8, 2010

“Ultrasound guided injections of the hip”

Speaker, hands-on instructor and Course Moderator

AAPM&R Instructional Course

Las Vegas, NV

February 12, 2011

Baylor University PM&R Review Course

Houston, Texas

Guest lecturer

“Upper Extremity Sports Injuries”

“Lower Extremity Sports Injuries”

“Diagnosis and Treatment of Low Back Pain”

March 24, 2011

Guest lecturer

Temple University Resident Graduation Day

Philadelphia, PA

June 18, 2011

“The Future of Pain Management”

Speaker and Course Moderator

Overlook Annual Pain Symposium

Summit, NJ

September 17, 2011

Panel Speaker  
New Jersey Special Investigators Association Seminar  
Pain Management  
Atlantic City, NJ  
October 18, 2011

Panel Speaker  
“Commissioner’s Insurance Symposium”  
Regulatory and Industry Perspectives on PIP  
East Brunswick, NJ  
November 30, 2011

“The Role of Ultrasound in Sports Medicine”  
Invited Speaker  
New York University Grand Rounds Department of Physical Medicine and Rehabilitation  
New York, NY  
February 8, 2012

Instructor: AAPM&R Lower Extremity Ultrasound Course  
Las Vegas, NV  
February 9-11, 2012

“Sports Medicine: Common Lower Extremity Injuries in Sports”  
“Lower Extremity Sports Injuries”  
Kessler Medical Research Education Corporation  
Annual Review Course  
March 23, 2012

“Nonoperative Treatment of OA of the Knee”  
Atlantic Health Public Education lecture  
March 20, 2012

Instructor, PRP & Regenerative Medicine Symposium  
The Orthobiologic Institute  
Los Angeles, CA  
July 13-14, 2012

Instructor, Musculoskeletal Ultrasound Course  
Mayo Clinic/AIUM  
July 19-21, 2012

Invited Instructor/lecturer  
Charlotte Rehabilitation Institute

Shoulder Anatomy; Biomechanics; Diagnosis and Treatment  
Grand Rounds: "The Role of Ultrasound in Sports Medicine"  
September 21, 2012

Pain Educator Conference  
Lecture: Basics of Pain Management  
Atlantic Health, Morristown, NJ  
October 3, 2012

PASSOR Legacy Lectureship Award  
"From Hotpacks to Stem Cells"  
AAPM&R Annual Meeting  
Atlanta, GA  
November 16, 2012

"The Evidence for Platelet-Rich Plasma for Tendinopathy"  
Invited lecture  
Grand Rounds  
University of Miami  
Department of PM&R  
February 22, 2013

Moderator/lecturer, Platelet Rich Plasma (PRP) - Regenerative Therapy Preconference

"Introduction to Platelet Rich Plasma"

"Clinical Applications of Platelet Rich Plasma: Tendinopathy"  
American Academy of Pain Medicine 29<sup>th</sup> Annual Meeting

Fort Lauderdale, Florida

April 11, 2013

Advanced Diagnostic and Interventional Ultrasound Techniques for Tendinopathy  
Hands on Instructor and lecturer  
"The Future of Regenerative Medicine: BMAC, ADSC, Placental derived Cells"  
May 17-18, 2013  
Tampa, FL

Evaluation and treatment of Scoliosis and Scheurmann's disease  
American college of sports medicine Annual Meeting

Indianapolis, IN  
May 30 1, 2013

The Ortho biologic Institute (TOBI) Annual Meeting  
Ultrasound training instructor June 7-8, 2013  
Los Angeles, CA

AAPM&R Annual Meeting  
Baltimore, MD

Pre-course Ultrasound Table Instructor  
October 2, 2013

Platelet rich plasma in regenerative injection therapy: Ultrasound Guided Techniques  
and Uses in Musculoskeletal Medicine  
October 5, 2013

Novel percutaneous treatments of disc pain: The Role of Rehabilitation  
October 4, 2013

The Years Best Papers in Musculoskeletal and Sports Medicine  
October 3, 2013

“New Strategies in Pain Management issues”  
Invited speaker  
New Jersey Association for Justice Annual Meeting  
East Rutherford, NJ  
November 14, 2013

Visiting Professor,  
Mayo Clinic Department of Physical Medicine and Rehabilitation  
November 8, 2013

Faculty  
AAPM&R Diagnostic and Interventional Musculoskeletal Ultrasound of the Lower Extremity  
Lecture: US guided Hip injections  
Tampa, FL.  
March 7-9, 2014

“Sports Medicine: Common Upper Extremity Injuries in Sports”  
“Lower Extremity Sports Injuries”  
Kessler Medical Research Education Corporation  
Annual PM&R Board Review Course  
West Orange, NJ

April 4, 2014

“Biologic Treatments for Orthopedic Conditions”  
Advanced Medical Center lecture series  
Cedar Knolls, NJ  
April 14, 2014

“The Role of Corticosteroids in Sports and Musculoskeletal Injury: What is the Evidence ?  
“Regenerative Medicine: Stem Cell Therapies in Sports and Musculoskeletal Injuries”  
Invited Guest Lecturer  
27<sup>th</sup> Annual Conference on Exercise Sciences and Sports Medicine and Therapeutic  
Interventions in Sports Medicine  
University of Puerto Rico  
Department of PM&R  
April 25-26, 2014

“PRP and Stem Cells for Orthopedic Conditions”  
Florida Pain Physician Annual Meeting  
May 18, 2014

The Ortho biologic Institute (TOBI) Annual Meeting  
Ultrasound training instructor  
Invited lecturer: “Defining PRP: A Call for a Standard Classification System for Future Biologic  
Research”  
Las Vegas, NV  
June 6-7, 2014

Invited speaker/Instructor  
Canadian Association of Sports Medicine Annual Mtg.  
Instructor, Musculoskeletal Ultrasound Course  
Lecture: “US Examination of the Knee”  
June 22, 2014

Hands-on Instructor  
Mayo Clinic/AIUM Lower Extremity US Course  
July 10 – 12, 2014

Mayo Clinic 2014 Annual Sports Medicine Symposium  
Keynote speaker  
“PRP and Stem Cell Therapies: An Evidence-Based Update on the Science and Clinical  
Applications”

“The Flaws in Isolating and Treating ‘The Pain Generator’ in Low Back Pain: A More Comprehensive Approach”.

November 8-9, 2014

Rochester, MN

Course Director for *Regenerative Medicine*:

*AAPMR Pre-course: Current Concepts and Brave New Paradigms in the Treatment of Musculoskeletal Conditions*,

Hands on Instructor Stem cell and PRP Treatments

Advanced Musculoskeletal Ultrasound Applications for Difficult Clinical Cases:

2 Slides, 2 Minutes, 2 Questions

Interdisciplinary Functional Restoration Pain Programs

Stem Cell Treatments in Osteoarthritis: Office-Based Applications

Platelet-Rich Plasma in Regenerative Injection Therapy: Ultrasound-Guided Techniques and Uses in Musculoskeletal Medicine

San Diego, CA.

November 12-14, 2014

Invited Speaker/Instructor

AMSSM Annual Mtg. US Pre-course

“The Use of US in UE Sports Injuries”

Hollywood, FL

April 14, 2015

“Sports Medicine: Common Upper Extremity Injuries in Sports”

“Lower Extremity Sports Injuries”

Kessler Medical Research Education Corporation

Annual PM&R Board Review Course

March 27, 2015

Faculty/Instructor

AAPM&R Upper Extremity Diagnostic and Interventional Musculoskeletal Ultrasound Course

Tampa, FL

June 26-28, 2015

Invited Speaker

The Orthobiologic Institute (TOBI) Annual Meeting

“PRP Nomenclature”

Los Angeles, CA

June 12-15, 2015

“Sports Medicine: Common Upper Extremity Injuries in Sports”

Kessler Medical Research Education Corporation

Annual PM&R Board Review Course

April 1, 2016

“New Concepts on the Treatment of Orthopedic Conditions:  
The Role of PRP and Stem Cell Treatments”

Grand Rounds

Department of Family Practice

Overlook Hospital

Summit, NJ

April 6, 2016

Invited Speaker/Instructor

AMSSM Annual Mtg. US Pre-course

“The Use of US in Knee Injuries”

Dallas, TX

April 15, 2016

“Use and Abuse of Pain Management”

New Jersey Defense Association Mtg

Edison, NJ

May 6, 2016

Invited Speaker/Instructor

AIUM/Andrews Institute US Course

Lecture: “US guided Injections of the Knee”

Pensacola, FL

May19-23, 2016

Atlantic Sports Health

Chiropractic Education Series

“Shoulder Pain: It's Not Just the Rotator Cuff”

Morristown, New Jersey

September 9, 2016

Visiting Professor

Baylor College of Medicine; Department of Physical Medicine and Rehabilitation

“Musculoskeletal Anatomy of the Arm”

“Musculoskeletal Anatomy of the Leg”

September 22, 2016

Course Director for *Regenerative Medicine:*

*AAPMR Pre-course: Current Concepts and Brave New Paradigms in the Treatment of  
Musculoskeletal Conditions,*

New Orleans, LA

October 19, 2016

AAPM&R Annual Mtg.

Lecture: "Evidence-based Physical Examination of the Upper Extremity: Shoulder Examination"  
New Orleans, LA  
October 23, 2016

"Update on the Role of PRP and Stem Cell Treatments for Orthopedic Conditions"  
Atlantic Sports Health Sports Medicine Lecture Series  
Morristown, New Jersey  
January 23, 2017

"The Evidence of MSCs for Painful Degenerative MSK/spine conditions"  
AAPM 33rd Annual Meeting  
Orlando, Florida  
March 15-19, 2017

Instructor, FUNDAMENTALS OF SPORTS ULTRASOUND  
PRE-CONFERENCE  
San Diego, CA  
MAY 8, 2017

Instructor, SPORTS ULTRASOUND FOR FELLOWSHIP DIRECTORS (Two-Day Session)  
SPORTS ULTRASOUND  
San Diego, CA  
MAY 12, 2017

"MythBusters: Ice is Good for Musculoskeletal Injuries ???"  
AMSSM Annual Mtg  
San Diego, CA  
MAY 13, 2017

Course Co-Director for *Regenerative Medicine:*  
*AAPMR Pre-course:*  
*Current Concepts and Brave New Paradigms in the Treatment of Musculoskeletal Conditions,*  
Denver, CO  
October 10, 2017

"Lipogems for Orthopedic Conditions"  
Physicians Dinner lecture at AAPMR Annual Mtg  
Denver Colorado  
October 12, 2017

“Evidence for PRP for Osteoarthritis”  
Interventional Orthopedic Foundation Annual Mtg.  
Broomfield, CO  
February 15, 2018

Is Microfractionated Fat a “Stem Cell” Procedure ?????  
Interventional Orthopedic Foundation Annual Mtg.  
Broomfield, CO  
February 15, 2018

“The Role of Adipose in the Treatment of Orthopedic Conditions”  
AMSSM Annual Mtg  
Lake Buena Vista, FL  
April 28, 2018

#### **PM&R & Sports Medicine Regenerative Medicine Course**

Uniformed Services University and Walter Reed National Military Medical Center  
“The Role of Adipose in the Treatment of Orthopedic Conditions”  
June 25 – 26, 2018

## **PUBLICATIONS**

### **Abstracts:**

1. **Malanga GA**, Weigand A: "The Bulbocavernosus Reflex in Evaluating Erectile Dysfunction in Diabetic and Non-diabetic Patients", Physical Medicine and Rehabilitation, 73(10): 960, 1992.
2. **Malanga GA**, Laskowski ER: "High School Football Coverage: Its Role in Physical Medicine and Rehabilitation Residency", Archives of Physical Medicine and Rehabilitation, 70(10): 801, 1991.
3. **Malanga GA**, Dubov W, Flores A: "Correlation of Energy Cost of Upper Extremity Stress Testing and Crutch Walk Ambulation", Archives of Physical Medicine and Rehabilitation, 73(10): 960, 1992.
4. Dubov W, **Malanga GA**, Flores A: "Determination of Metabolic Equivalent With Upper Extremity Stress Testing", Archives of Physical Medicine and Rehabilitation, 74, 11: 1275, 1993.

5. Newcomer K, **Malanga GA**: "Back Injury - Barefoot Water Skiing", Med. Sci Sports and Exercise, Vol 27(5) 5190; May, 1995
6. Russo RB, **Malanga GA**: "Neck and Back Injury - Football". Med Sci Sports and Exercise, Vol 27 (5) 5193; May, 1995. 22.
7. Lee AJ, Nadler SF, **Malanga GA**, Feinberg JF: "Shoulder Pain-Volleyball" A case of an unicameral cyst of the humerus; Medicine Science, Sports and Exercise, 29(5) S101, May, 1997.
8. Davis BA, Feinberg JH, **Malanga GA**, Nadler SF: "Knee Pain-Tennis" A case of osteochondritis dissecans of the femur; Medicine Science, Sports and Exercise, 29(5) S300, May, 1997.
9. Everett CR, Smith J, **Malanga GA**: "Shoulder Stiffness and Scapular Winging-Ballet" A case of Acute Brachial neuritis in a ballet dancer in Medicine Science, Sports and Exercise, 29(5) S101, May, 1997.
10. **Malanga GA**, Davis BA, Feinberg JH, Nadler SF: " Foot Pain- General Medicine" A case of Lyme disease of the foot; Medicine Science, Sports and Exercise 29(5) S233, May 1997.
11. Rubbani MS, **Malanga GA**, Nadler SF, Bowen JE: "Back Pain in A Gymnast". Med Science Sports & Exercise 33(5), S281, 2001.
12. Kim N, Feinberg JH, Bowen JE, **Malanga GA**, Nadler SF: " Back in a Soccer Player". Med Science Sports & Exercise 33(5), S282, 2001.
13. Landes PW, **Malanga GA**, Nadler SF: "Lateral Heel Pain in a Runner". Med Science Sports & Exercise 33(5), S251, 2001.
14. O'Donnell C, Baerga L, **Malanga G**: "Left Knee Injury-Basketball". MSSE, Vol 36, No 5;S11, May, 2004.
15. Baerga L, Bowen J, Feinberg J, **Malanga G**: "Knee Injury-Soccer". MSSE, Vol 36, No 5;S325, May, 2004.
16. McLean JP, Yonclas P, **Malanga GA**, Matthews M: "Concussion-Soccer": MSSE, Vol 38, No 5;S132, June, 2006.
17. Peter JN, **Malanga GA**, Bowen JE, Agesen TA: "Atraumatic Knee Swelling-Soccer": MSSE, Vol 38, No 5;S166, June, 2006.
18. O'Donnell CJ, Mulford G, **Malanga GA**: "Leg Injury-Running": MSSE, Vol 38, No 5;S151, June, 2006.
19. Butacci CJ, **Malanga GA**, Wolfe S, Springstead J: "Arm Injury-Baseball": MSSE, Vol 38, No 5;S147, June, 2006.
20. Chimes GP, Roman W, Yonclas P, **Malanga GA**: "Head Injury- Figure Skater and High Jumper": MSSE, Vol 38, No 5;S132, June, 2006.
21. Tung DL, Malanga GA, Mulford G: "Incomplete Anterior Interosseous Nerve Syndrome: A Case Report and Literature Review. Am J Phys Med Rehabil, Vol. 86, No.4; S101, April, 2007.

#### **ABSTRACTS/POSTER PRESENTATIONS**

Naggar L, Jenp Y-N, **Malanga, GA**, Itoi E, Morrey BF, An K: " The Importance of the Rotator Cuff in Posterior Stability of the Shoulder". Poster presentation, 40<sup>th</sup> Annual Meeting, ORS. February 21-24, 1994.

Naggar L, Jenp Y-N, **Malanga, GA**, Morrey BF: "Capsuloligamentous Restraints to Posterior Instability of the Shoulder". poster presentation, 40<sup>th</sup> Annual Meeting, ORS. February 21-24, 1994.

Abbassi A, **Malanga GA**: " Suprascapular Neuropathy in a Female Karate Player". Med Sci Sports Exer, 37(5) S58, 2005. Presented at ACSM Annual Meeting, Nashville, TN.

Agesen T, Dennis DL, **Malanga GA**: "Pelvic Injury from Weight Machine". Med Sci Sports Exer, 37(5) S68, 2005. Presented at ACSM Annual Meeting, Nashville, TN.

Dennis DL, Agesen T, **Malanga GA**: "Hip Injury from Football". Med Sci Sports Exer, 37(5) S140, 2005. Presented at ACSM Annual Meeting, Nashville, TN.

Chimes GP, **Malanga GA**, Agesen T:"Relationship Between Throwing Performance and Anthropometric Measures in Adult Females". Med Sci Sports Exer, 37(5) S306, 2005. Poster presentation; ACSM Annual Meeting, Nashville, TN.

Butacci CJ, Dennis DL, Agesen T, **Malanga GA**: "Right Shoulder Injury-Basketball". Med Sci Sports Exer, 37(5) S412, 2005. Presented at ACSM Annual Meeting, Nashville, TN.

Mehnert MJ, Agesen TA, **Malanga GA**: "Infectious Diskitis: An Uncommon Cause of Back Pain". Association of Academic Physiatrists 2005 Annual Meeting. Tucson, AZ.

**Malanga GA**, Ramirez DeToro J, Karnaugh RD, Dentico R Komaroff E: "Sonographic Evaluation of Supraspinatus Cross-sectional Area in Collegiate Baseball Players". J Ultrasound Med 28: S1-204, March 2009. Presented at American Institute of Ultrasound Annual Meeting; April 5, 2009. New York, NY.

**Malanga GA**; Vasquez-Duarte R, Chu S: The Results of PRP in Musculoskeletal Injuries. Atlantic Health 15<sup>th</sup> Annual research Day (0060). Morristown, New Jersey. June 1, 2011.

Dyson-Hudson, T., **Malanga, G.**, Terry, A., Kirshblum, S. Platelet-rich plasma therapy for shoulder pain in spinal cord injury. paper presented at the 2012 Annual Meeting of the Academy of Spinal Cord Injury Professionals. Las Vegas, NV, September 5, 2012.

[Prathap Jayaram](#) · [Joshua B. Rothenberg](#) · [Joslyn F. Gober](#) · [Gerard A. Malanga](#)  
Article · Sep 2016 · PM&R

**Article:** Poster 128 Efficacy of Low Intensity Pulsed Ultrasound in Knee Osteoarthritis: A Critical Review 2016 Sep;8(9S):S203. doi: 10.1016/j.pmrj.2016.07.170. Epub 2016 Sep 24.. PMID: 27672894

## Journal Articles:

1. **Malanga GA**, Campagnolo D: "Clarification of the 'Pronator Reflex' ", Archives of Physical Medicine and Rehabilitation, 73(10): 969, 1992. American Journal of PM&R, Vol. 73(5); 338-340, September/October 1994.
2. Nadler S; **Malanga GA**, Zimmerman J: "The Utility of Continuous Passive Motion in Patients With Total Knee Arthroplasty in the Rehabilitation Setting", Annals of Physical Medicine and Rehabilitation, 72: 162-165, 1993.
3. **Malanga GA**, Gangemi E: "Intracranial Venous Thrombosis in a Patient with Multiple Sclerosis: A Case Report and Review of Contraceptive Alternatives in Patients with Disabilities", American Journal of PM&R, Vol 73(4): 283-285, July/August, 1994.
4. Jenp Y, **Malanga GA**: "The Influence of Shoulder Position on Rotator Cuff Muscles Activities in Isometric Shoulder Torque Development", Archives of Physical Medicine and Rehabilitation, 11:1233, 174, 1993.
5. Bouvette C, **Malanga GA**, Cooney W, Stuart M, Miller R: "A Protective Plastizote Soft Playing Splint for Contact Sports", Journal of Sports Rehabilitation in Vol 3, No. 4, November 1994.
6. **Malanga GA**, Stuart MJ: "In-Line Skating Injuries", Mayo Clinic Proceedings, 1995;70: 752-754.
7. **Malanga GA**, Jenp YN, An K, Growney E: "An EMG Analysis of Shoulder Positioning in Testing and Strengthening the Supraspinatus", Med. Sci. Sports and Exercise; June, 1996.
8. Jenp YN, **Malanga GA**, Growney E, An K: Activation of Rotator Cuff Muscles in Generating Isometric Shoulder Rotation Torque. American Journal of Sports Medicine 1996.
9. **Malanga GA**, Smith H: "Lower Extremity Injuries in In-line Skating". The Journal of Sports Medicine and Physical Fitness36: 139-142, 1996.
10. Sirota SC, **Malanga GA**, Eischen JJ, Laskowski ER: "An Eccentric and Concentric Strength Profile of Shoulder External and Internal Rotator Muscles in Professional Baseball Pitchers". American Journal Sports Medicine, Vol. 25, No.1: 59-64; January, 1997.
11. **Malanga GA**: "The Diagnosis and Treatment of Cervical Radiculopathy," Medicine Science, Sports and Exercise, Vol. 29(7); S236-245, 1997
12. Bowen J, **Malanga GA**: "The Association of Arnold - Chiari Malformation, Syringomyelia, and Spondylolysis" for publication in the Journal Spine October, 1997.
13. **Malanga GA**: "Cervical Radiculopathy: Diagnosis and Treatment". Northeast Healthcare Management pp 18-23. February, 1998.
14. Basford J, **Malanga GA**, Krause D: "Laser Treatment of Plantar Fasciitis" Archives of Phys. Med and Rehab.; 79: 249-254; March, 1998.
15. **Malanga GA** Lipetz J: "The Use of Medications in the treatment of Acute Low back Pain". Northeast Rehab pp 16-25. April, 1989
16. Nadler SF, Wagner KL, Stitik TP, **Malanga GA**, Levy AS, Just N: "Improving the Workers Compensation System: Case Management perspective". Am J Phys Med Rehabil 79:97-9, 2000.
17. **Malanga GA**, Bowen JE, Nadler SF, Lee A: "Non-operative Management of Shoulder Injuries". J Back Musculoskeletal Medicine. 12:179-189, 1999.
18. **Malanga GA**, Nadler SF: Nonoperative Treatment of Low Back Pain. Mayo Clin Proc. 1999, 74: 1135-1148.

19. Nadler SF, **Malanga GA**, DePrince M, Stitik TP, Feinberg JF: "The Relationship Between Lower Extremity Injury, Low Back Pain and Hip Muscle Strength in Male and Female Collegiate Athletes." Clin Jour Sport Med.10:89-97, 2000.
20. Memmo PA, Nadler SF, **Malanga GA**: "Lumbar disc herniations: A review of surgical and non-surgical treatments and outcomes". J of Back and Musculoskeletal Rehab14: 79-88, 2000.
21. Prybicien MA, Nadler SF, Sicher D, McKenna K, **Malanga GA**, DePrince M, Bowen, JE: "Frequency and Perceived Difficulty in Assessing the Injured Athlete: Surver Results of 905 Certified Athletic Trainers." Med Science Sports & Exercise 33(5), S276, 2001.
22. Nadler SF, Prybicien MA, Sicher D, **Malanga GA**, DePrince M, Bowen, JE: Therapeutic Modality Use: Details from a National Survey of Athletic Trainers." Med Science Sports & Exercise 33(5), S90, 2001.
23. **Malanga GA**, Girardi J, Nadler SF: "Spontaneous Healing of Anterior Cruciate Ligament Tear". Clinical Jour Sport Med 11: 118-120, 2000.
24. **Malanga GA**: Physical Examination of Knee Injuries. Letter to the Editor JAMA 287(1), 2002.
25. Nadler SF, **Malanga GA**, Feinberg JH, DePrince M. Hip Muscle Imbalance and Low Back Pain in Athletes: Influence of Core Strengthening. Med Science Sports & Exercise 43 (1):9-16, 2002.
26. Nadler S, **Malanga G**, Feinberg J, Rubanni M, Moley P, Foye P: "Functional Performance Deficits in Athletes with Previous Lower Extremity Injury." Clin J Sport Med 12(2):73-78; Mar 2002.
27. **Malanga GA**, Andrus S, Nadler SF, Savarese R: Rehabilitation of Upper Extremity Nerve Injuries", American Journal of Med and Sport; May 2002.
28. Nadler SF, **Malanga GA**, Prybicien MA, DePrince M: "Complications from Therapeutic Modalities: Results of a National Survey of Athletic Trainers"; accepted Archives of Phys Med and Rehab, July, 2002.
29. **Malanga GA**: "Aggressive Nonoperative Treatment of Sports Injuries". Advance for Directors in Rehabilitation; Part I: June 2002, pp53-56; Part II: July, 2002, pp 59- 62.
30. Roman SJ, **Malanga GA**, Nadler SF, McLean JP, Millis SR: "Chronic Opioid Treatments". Practical Pain Management: 14-18; Mar/Apr 2002.
31. Nadler SF, **Malanga GA**, Stitik TP, Keswani R, Foye PM: "The Crossed Femoral Nerve Stretch Test to Improve Diagnostic Sensitivity for the High Lumbar Radiculopathy: 2 Case Reports. Archives of Phys Med and Rehab 82: 522-523, April, 2001.
32. Nadler SF, **Malanga GA**, Feinberg JH, Prybicien MA, Stitik TP, DePrince M: "Relationship Between Hip Muscle Imbalance and Occurrence of Low Back Pain in Collegiate Athletes: A Prospective Study". Am J Phys Med Rehabil 80(8): 572-577.
33. Nadler SF, Andrus SG, **Malanga GA**, Stitik TP: "Misinterpretation of Regional sensory Loss in an Injured Worker: A Case Report Archives of Phys Med and Rehab 83:1171-1172, August, 2002.
34. Nadler SF, Moley P. **Malanga GA**, Rubbani M, Prybicien M, Feinberg JH: "Funcional Deficits in Athletes With a History of Low Back Pain: A Pilot Study". Archives of Phys Med and Rehab 83:1753-1757, December, 2002.
35. **Malanga GA**, Gwynn MW, Smith R, Miller D: "Tizanidine is Effective in the Treatment of Myofascial Pain Syndrome". Pain Physician, Vol 5, No. 4 422-432, 2002.

36. **Malanga GA**, Nadler SF, Andrus SG, Savarese R: "Rehabilitation of Upper Extremity Nerve Injuries". American Journal Medicine and Sports;5:39-47, January/February 2003.
37. **Malanga GA**, Andrus S, Nadler SF, McLean J: "Physical Examination of the Knee: A Review of the Original Test Description and Scientific Validity of Common Orthopedic Tests". Archives of Phys Med and Rehab.Vol 84: 592-603, April, 2003.
38. **Malanga GA**, Landes PL, Nadler SF: "Provocative Tests in Cervical Spine Examination: Historical Basis and Scientific Analyses". Pain Physician, Vol 6, No 2: 199-205, April, 2003.
39. Nadler SF, Prybicien M, **Malanga GA**, Sicher D: "Complications From Therapeutic Modalities: Results of a National Survey of Athletic Trainers"; Archives of Phys Med and Rehab, 84:849-853, June, 2003.
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41. **Malanga GA**, Cooke PM: "Segmental Anomaly Leading To Wrong Level Disc Surgery in Cauda Equina Syndrome"; Pain Physician, Vol &, No1: 107-110, 2004.
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44. **Malanga GA**, Dennis R: "The Use of Medications in the Treatment of Low Back Pain". J of Back and Musculoskeletal Rehab 2005.
45. Mehnert MJ, Agesen TA, **Malanga GA**: "'Heading' and Neck Injuries in Soccer: A Review of Biomechanics and Potential Long-term Effects. Pain Physician, 8:391-397, 2005.
46. **Malanga GA**, Peter J: "Rehabilitation of Whiplash Injuries"; Curr Pain headache Rep, 9;50 322-325, Oct, 2005.
47. Sisto SA, **Malanga GA**: "Osteoarthritis and Therapeutic Exercise." Am J Phys Med Rehabil, 2006:85, 2006.
48. Abassi, RJ, Maholtra G, **Malanga GA**: "Complications of Cervical Epidural Injections". Spine 2007.
49. **Malanga G**, Paster Z: Update on Managing Chronic Pain in the Elderly": Supplement to The Journal of Family Practice, S11-16, December, 2007.
50. **Malanga GA**, Wolffe: "Evidence-informed management of chronic low back pain with Nonsteroidal anti-inflammatory drugs, muscle relaxants, and simple analgesics" The Spine Journal(8) 173-184,2008.
51. **Malanga GA**, Wolffe: "Evidence-informed management of chronic low back pain: Trigger point injections". The Spine Journal(8) 243-252,2008.
52. **Malanga GA**, Reiter RD, Garay E: Update on tizanidine for muscle spasticity and emerging indications: Expert Opin. Pharmacother 9(12) 1-7, 2008
53. Gerstman BA, **Malanga GA**, Ferrer S: "Rotator Cuff Tear in a 12-Year Old Pitcher: A Case Report" PMR, Vol 1: 687-690, July, 2009.
54. **Malanga GA**, Ruoff GE; Weil AJ; Altman CA; Xie F; Borentstein DG: " Cyclobenepirin ER for muscle spasm associated with low back pain: two randomized, double blind, placebo-controlled studies of identical design". Curr Med Research and opinions, Vol 25(5): 1179-1196, 2009.

55. **Malanga GA**; Dunn KR: "Identifying the pain generator in low back pain". The Journal of Musculoskeletal Medicine. 249-252. July, 2010.
56. Doorly TP, Lambing CL; **Malanga GA**; Maurer PM; Rashbaum RF: "Algorithmic approach to the management of the patient with lumbar spinal stenosis. Supplement to The Journal of Family Practice; Vol59, No 8: S1-8; August, 2010.
57. Scollon-Grieve KL; **Malanga GA**. Platelet-Rich Plasma Injection for Partial Patellar Tendon Tear in a High School Athlete: A Case Presentation. PMR Vol. 3, 391-395, April 2011.
58. **Malanga GA**; Dunn KR: "Low back pain: Exploring the treatment options"". The Journal of Musculoskeletal Medicine. 305-315. August, 2010.
59. Mautner K, **Malanga GA**; Colberg Ricardo. "Optimization of ingredients, procedures and rehabilitation for platelet-rich plasma injections for chronic tendinopathy" *Pain Manage.* (2011) 1(6), 523-532.
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62. Christy L. Hunt,<sup>1</sup> Yeng F. Her, Luke A. Law,<sup>3</sup> Mohamad Bydon, Ahmad Nassr, Jay Smith, William D. Mauck, Jason S. Eldrige, **Gerard A. Malanga**, Wenchun Qu. Five generations of cell preparation: a translational framework for categorizing regenerative stem cell therapies. Journal of the American Academy of Regenerative Medicine 2017; 1:7239.
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64. **Malanga GA**; Tran J ; Maharjan SS. Neck Pain: Diagnosis and Management.. *Practical Pain Management* | **October 2012**.
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69. Abdul-Wahab TA., Betancourt JP, HassanF., Thani S Al, Choueiri H, Jain NB., **Malanga GA**, Murrell WD, Prasad, A, Verbort O. Initial treatment of complete rotator cuff tear and transition to surgical treatment: Systematic review of the evidence. Muscles, Ligaments and Tendons Journal 2017;6 (1):35-47.
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72. Christy L. Hunt,<sup>1</sup> Yeng F. Her, Luke A. Law,<sup>3</sup> Mohamad Bydon, Ahmad Nassr, Jay Smith, William D. Mauck, Jason S. Eldrige, **Malanga Gerard A**, Wenchun Qu. Five generations of cell preparation: a translational framework for categorizing regenerative stem cell therapies. *Journal of the American Academy of Regenerative Medicine* 2017; 1:7239.
73. The role of low-intensity pulse ultrasound (LIPUS) on cartilage healing and prevention in knee osteoarthritis
74. **Malanga GA**, [Jayaram P](#) Need for Proper Classification of PRP: Letter to the Editor *The American Journal of Sports Medicine*, Vol. 45, No. 6. 2017 DOI: 10.1177/0363546517693989.
75. Striano RD, **Malanga Gerard A.**, Bilbool N, Azatullah K. Refractory Shoulder Pain with Osteoarthritis, and Rotator Cuff Tear, Treated With Micro-Fragmented Adipose Tissue. *Orthop Spine Sports Med* 2: JOSSM 014; 2018.
76. Treatment of Knee Meniscus Pathology: Rehabilitation, Surgery, and Orthobiologics  
*Journal: PM&R* DOI:10.1016/j.pmrj.2018.08.38

## BOOK CHAPTERS

1. **Malanga GA**: "The Use of Medications in the treatment of Acute Low back Pain", in *Nonsurgical Management of Low Back Pain*; Gonzalez E and Materson R (ed.), Demos Vermande, New York, NY; 1997.
2. Lipetz J, **Malanga GA**: "The Use of Medications in the treatment of Acute Low back Pain" in *Occupational Medicine, State of the Art Review "Low Back Pain"*; Vol. 13, Number 1, Hanley and Belfus, Inc. January, 1998
3. Falco F, **Malanga GA**: "Rehabilitation of Whiplash Injuries", in *Spine, State of the Art Review "Cervical Whiplash Injuries"*, Hanley and Belfus, Inc; June, 1998.
4. **Malanga GA** and DeLisa JA: "Clinical Examination of Gait" in *Gait Analysis in the Science of Rehabilitation*. Rehabilitation Research and Development Service, Department of Veterans Affairs. Monograph 002, 1998.
5. **Malanga GA**: "The Use of Medications in the Treatment of Low Back Pain" in *Physical Medicine and Rehabilitation: State of the Art Reviews*, Vol. 13, No. 3, October, 1999.
6. Nadler SF, Stitik TP, **Malanga GA**: "Optimizing Outcome in the Injured worker with Low Back Pain". *Critical reviews in Physical Medicine and Rehabilitation*, 11: 139-169. (1999)
7. **Malanga GA**, Nadler SF Lipetz J,: "Pharmacologic Treatment of Low back Pain" in *Physical Medicine and Rehabilitation, State of the Art Review "Low Back Pain"*, Vol. 13, Number 3, Hanley and Belfus, Inc. October, 1999
8. Wrightson JD, **Malanga GA**: "Strengthening and Other Therapeutic Exercises in the Treatment of Osteoarthritis in *Physical Medicine and Rehabilitation: State of the Art Reviews*, Vol 15(1) 43-56, 2001.
9. **Malanga GA**, Bowen JE: "Rotator Cuff Tear" in Frontera W and Silver J, *Essentials of Physical Medicine and Rehabilitation*, Hanley and Belfus, 2002.
10. Bowen JE, **Malanga GA**: "Rotator Cuff Tendinitis" in Frontera W and Silver J, *Essentials of Physical Medicine and Rehabilitation*, Hanley and Belfus, 2002.
11. **Malanga GA**, Landis PW: "Cervical Strains" in: *5 Minute Sports Medicine*" Mark D. Bracker, MD, editor. July, 2002.

12. **Malanga GA**, Roman S, Nadler SF: "Medications in the Treatment of Whiplash Associated Disorders" in *Whiplash*, edited by Gerard A. Malanga, Scott F. Nadler. Hanley and Belfus, Inc, Philadelphia, 2002 pp339-358.
13. Nadler SF, **Malanga GA**: "Whiplash: A continuing Dilemma in the 21<sup>st</sup> Century" in *Whiplash*, edited by Gerard A. Malanga, Scott F. Nadler. Hanley and Belfus Inc, Philadelphia, 2002 pp 1-4.
14. **Malanga GA**, Nadler SF: 'The Future of Whiplash-Associated Injuries' in *Whiplash*, edited by Gerard A. Malanga, Scott F. Nadler. Hanley and Belfus, Inc, Philadelphia, 2002 pp 441-443.
15. **Malanga GA**, Savarese R: "Rehabilitation of Upper Extremity Nerve Injuries" in *Peripheral Nerve Injuries in the Athlete*; JH Feinberg and NI Spielholz, editors, Human Kinetics, New Zealand, 2003.
16. **Malanga GA**, Nadler SF, Agesen T: "Epidemiology" in *Low Back Pain Handbook: A Guide for the Practicing Clinician*, 2<sup>nd</sup> Edition, edited by Andrew Cole and Stanley Herring. Hanley and Belfus, Inc, Philadelphia, 2002.
17. Nadler SF, Sherman AL, **Malanga GA**: "Sport-specific Shoulder Injuries"; *Physical Medicine and Rehabilitation Clinics of North America*, Vol15, No3, 607-626, August, 2004.
18. Baerga-Varela L, **Malanga GA**: *Rehabilitation after Minimally Invasive Surgery; Minimally Invasive Total Joint Arthroplasty*, Springer Verlag, 2004.
19. **Malanga GA**, Nadler SF, Bowen JE, Feinberg JF, Hyman G: *Sport Medicine in Principles and Practice of Physical Medicine and Rehabilitation*, J DeLisa, editor; Elsevier. 2004.
20. Landes L, **Malanga GA**, Nadler SF, Farmer J: *Physical Examination of the Cervical Spine in Musculoskeletal Physical Examination: An Evidence-Based Approach*, Gerard A. Malanga and Scott F. Nadler, editor, Elsevier/Mosby, Philadelphia, PA, 2006.
21. Bowen JE, **Malanga GA**, Pappoe T, McFarland E: *Physical Examination of the Shoulder in Musculoskeletal Physical Examination: An Evidence-Based Approach*, Gerard A. Malanga and Scott F. Nadler, editor, Elsevier/Mosby, Philadelphia, PA, 2006.
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23. **Malanga GA**, Chimes GP: "Rehabilitation of Basketball Injuries" *Phys Med Rehabil Clin N Am*, 17 (2006); 565-587.
24. Dennis RL, **Malanga GA**: "Use of Medications in the Treatment of Acute Low Back Pain." *MD. Clin Occup Environ Med* 5(3) 643-653, 2006.
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26. **Malanga GA**; Dentico R; Halperin JS: *Ultrasonography of the Hip and Lower Extremity. Phys Med Rehabil Clin N Am* 21 (2010).
27. **Malanga GA**, Ramirez-Del Toro, JA , Bowen JE, Feinberg JF, Hyman G: "Sport Medicine" in *Principles and Practice of Physical Medicine and Rehabilitation*, J DeLisa, editor; Elsevier; 2010.
28. **Malanga GA**; Cruz-Colon EJ: "Myofascial Low Back Pain: A Review". *Phys Med Rehabil Clin N Am* (2010).

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34. **Malanga GA**, Hyman G; Bowen JE, Vasquez RJ,. "Cervical Spine" in ACSM's Sports Medicine: A Comprehensive Review". F. O'Connor et al editors. Wolters Kluwer Health/Lippincott Williams & Wilkins, 2013.
35. **Malanga GA** · Dena Abdelshahed · Prathap Jayaram [Orthobiologic Interventions Using Ultrasound Guidance](#) Physical Medicine and Rehabilitation Clinics of North America Aug 2016.

### Electronic Chapters:

PhysicalMedicineandRehabilitation<<http://emedicine.medscape.com/rehabilitation>>

Low Energy Availability in the Female Athlete<http://emedicine.medscape.com/article/312312-overview>  
<<http://emedicine.medscape.com/article/312312-overview>> 1242  
SportsMedicine<[http://emedicine.medscape.com/sports\\_medicine](http://emedicine.medscape.com/sports_medicine)>

ArticleTitleURLPage

AthletesWithDisabilities<http://emedicine.medscape.com/article/88304-overview>  
<<http://emedicine.medscape.com/article/88304-overview>>1384

CervicalRadiculopathy<http://emedicine.medscape.com/article/94118-overview>  
<<http://emedicine.medscape.com/article/94118-overview>>43290

CervicalSpineSprain/StrainInjuries<http://emedicine.medscape.com/article/94387-overview>  
<<http://emedicine.medscape.com/article/94387-overview>>10030

Degenerative Lumbar Disc Disease in the Mature

Athlete <http://emedicine.medscape.com/article/95294-overview> <<http://emedicine.medscape.com/article/95294-overview>>3008

Femoral Neck Fracture <http://emedicine.medscape.com/article/86659-overview> <<http://emedicine.medscape.com/article/86659-overview>>9405

Jumper's Knee <http://emedicine.medscape.com/article/89569-overview> <<http://emedicine.medscape.com/article/89569-overview>>15038

Lumbosacral Facet Syndrome <http://emedicine.medscape.com/article/94871-overview> <<http://emedicine.medscape.com/article/94871-overview>>10934

Lumbosacral Radiculopathy <http://emedicine.medscape.com/article/95025-overview> <<http://emedicine.medscape.com/article/95025-overview>>18515

Pars Interarticularis Injury <http://emedicine.medscape.com/article/95848-overview> <<http://emedicine.medscape.com/article/95848-overview>>12842

Patellar Injury and Dislocation <http://emedicine.medscape.com/article/90068-overview> <<http://emedicine.medscape.com/article/90068-overview>>18238

Phalangeal Fractures <http://emedicine.medscape.com/article/98322-overview> <<http://emedicine.medscape.com/article/98322-overview>>4973

Rotator Cuff Injury <http://emedicine.medscape.com/article/92814-overview> <<http://emedicine.medscape.com/article/92814-overview>>15244

Thoracic Discogenic Pain Syndrome <http://emedicine.medscape.com/article/96284-overview> <<http://emedicine.medscape.com/article/96284-overview>> 6171

The Best Exercises for Low Back Pain: *3 Exercises to Reduce or Prevent Lower Back Pain*

Written by [George J. Kolettis, MD](#); Reviewed by [Gerard Malanga, MD](#).

<https://www.spineuniverse.com/conditions/back-pain/low-back-pain/best-exercises-low-back-pain>

Spine Doctor's Treatment for Moderate Low Back Pain *Dr. Gerard Malanga gives an inside look at his care philosophy in this patient with low back pain.*  
<https://www.spineuniverse.com/conditions/back-pain/low-back-pain/spine-doctors-treatment-moderate-low-back-pain>.

<https://www.spineuniverse.com/conditions/back-pain/low-back-pain/muscle-relaxants-treatment-acute-low-back-pain>

<https://www.spineuniverse.com/wellness/ergonomics/sitting-disease-its-impact-your-spine>

<https://www.spineuniverse.com/conditions/back-pain/low-back-pain/corticosteroids-treatment-acute-low-back-pain>

#### **BOOKS/MONOGRAPHS/DVDs:**

***Whiplash***, edited by Gerard A. Malanga, Scott Nadler. Hanley and Belfus, Inc, Philadelphia, 2002.

***Occupational Medicine, State of the Art Review: Low Back Pain*** Vol. 13, Number 1, edited by Gerard A. Malanga; Hanley and Belfus, Inc, Philadelphia, PA; January, 1998.

***Spine, State of the Art Review :Cervical Whiplash Injuries***, edited by Gerard A. Malanga Hanley and Belfus, Inc, Philadelphia, PA June, 1998.

**The Doctor's Essential Guide: Management of Back Pain**; Bill H. McCarberg, Gerard A. Malanga, Stephen Brunton. Primary Care Publications Inc.; Charlotte, NC, 2005.

***Musculoskeletal Physical Examination: An Evidence-Based Approach***, Gerard A. Malanga and Scott F. Nadler, editor, Elsevier/Mosby, Philadelphia, PA, 2006.

***Musculoskeletal Physical Examination: An Evidence-Based Approach DVD***  
**Edited by** Gerard A. Malanga and Scott F. Nadler, 2006.

***Occupational Medicine, State of the Art Review: Low Back Pain*** Vol. 5(3), edited by Gerard A. Malanga; Elsevier/Saunders, Inc, Philadelphia, PA; 2006.

**Atlas of Musculoskeletal Ultrasound-Guided Injections**; Editor Gerard A. Malanga and Kenneth Mautner. McGraw-Hill, New York, NY, 2014.

#### **CONTRIBUTION TO OTHER MANUSCRIPTS:**

PASSOR Educational Guidelines for the Performance of Spinal Injection Procedures, 2001

PASSOR Musculoskeletal Physical Examination Competencies, 2001

Horizon Blue Cross and Blue Shield of NJ, Clinical Guidelines: Pain Management/ Back Pain, 2002

“National Consensus Conference on Improving the Continuum of Care for Patients with Hip Fracture”; JBJS: 84-A(4): 670-674, April, 2002.

### News articles:

<http://www.nytimes.com/2007/06/10/sports/football/10nfl.html>

<http://www.nytimes.com/2013/08/30/sports/football/rules-trickle-down-money-in-settlement-wont.html>

### Opioid Abuse: Changing the Prescription for Disaster

Finding alternative ways to curb chronic over-prescription of opioid painkillers, which are fostering a culture of “sickness” in the American workplace.

<http://ehstoday.com/safety/opioid-abuse-changing-prescription-disaster>

Sitting Disease and Its Impact on Your Spine

<https://www.spineuniverse.com/wellness/ergonomics/sitting-disease-its-impact-your-spine>

### RESEARCH GRANTS

July, 2018

Use of Micro-Fragmented, Autologous Adipose Tissue to Treat Meniscal Injuries in Active-Duty Military

PI: Gerard Malanga, MD

SITE: New Jersey Regenerative Institute

Grand Total for Project: \$831,402

April, 1999

Co- Primary Investigator (Scott Nadler, DO)

Zanaflex ( tizanidine ) in the Treatment of Myofascial Pain

Kessler IRB approved: May, 1999.

Elan Pharmaceuticals (\$40,700)

April, 2000

“The Effectiveness of Hylan GF-20 on Joint Reaction Forces and Kinematic Patterns During Gait in Patients with Osteoarthritis (OA) of the Knee”

Biomatrix (\$24,000)

July, 2002; Primary Investigator

Correlation of Hip Strength to Osteoporosis

Proctor and Gamble (\$12,000)

### HUMAN SUBJECT RESEARCH

May, 1999

Elan Pharmaceuticals (\$40,700)- April,1999, Co- Primary Investigator (Scott Nadler, DO)

Zanaflex ( tizanidine ) in the Treatment of Myofascial Pain

Kessler IRB approved:.

April, 2000

“The Effectiveness of Hylan GF-20 on Joint Reaction Forces and Kinematic Patterns During Gait in Patients with Osteoarthritis (OA) of the Knee”  
Biomatrix (\$24,000)

July, 2002

Proctor and Gamble (\$12,000); Primary Investigator  
Correlation of Hip Strength to Osteoporosis

Efficacy of Platelet-Rich Plasma Therapy for Shoulder Pain in Spinal Cord Injury

PRP fIRB Protocol#: R-677-10

**Trial Registration:** clinicaltrials.gov identifier: NCT01355549

**Funding:** Kessler Foundation

**Current studies:**

Clinical Evaluation of Autologous MicroFragmented  
Adipose Tissue as a Treatment Option for Meniscus Tears  
Protocol Number: LGMN201

The purpose of this study is to explore the potential of Lipogems micro-fragmented adipose tissue as a meaningful treatment option for meniscus tears.

**STUDY DESIGN**

We propose a non-randomized, single site, prospective study of 20 subjects to evaluate the effects of non-digested micro-fragmented adipose tissue (Lipogems) on patients with evidence of a meniscus tear where there may also be osteoarthritis.

TREATMENT FOR MODERATE TO SEVERE KNEE OSTEOARTHRITIS: AUTOLOGOUS MICRO-FRAGMENTED  
ADIPOSE TISSUE VS TOTAL KNEE ARTHROPLASTY

Protocol number: LG-KO-202v2

Purpose: The purpose of this study is to explore the potential of Lipogems microfragmented adipose tissue versus total knee replacement to relieve pain and increase activities of daily living.

## RESEARCH INTERESTS

Stem cell treatments for Orthopedic conditions

PRP in the treatment of chronic tendinosis

Registry database for Regenerative Medicine procedures

Musculoskeletal Physical Examination/Education  
The Role of Ultrasound in Musculoskeletal conditions

Practice parameters/Evidence Base for the treatment of acute low back pain

Pain Management guidelines

## AWARDS:

Joseph Lanza Alumni Scholarship, 1986

Dean Charles Brown Award, 1987

“Awarded annually to a member of the graduating class by his fellow graduates for best demonstration of the high ideals of the medical profession and making a significant contribution to school.”

Outstanding Young Men of America, 1987

Mayo Clinic Physical Medicine and Rehabilitation Teacher of the Year, 1995

Castle Connolly's **Top Doctors: New York Metro Area**,  
2003, 2005, 2006, 2007, 2008, 2009-2017

**New Jersey Monthly Magazine**, "Best Doctors in New Jersey", 2003, 2007, 2008, 2009, 2010

**New York Magazine**, "Best Doctors in New York", 2009, 2010, 2011, 2012, 2013

**Inside New Jersey Magazine**; Best Doctors of New Jersey: 2009 -2018  
November 17, 2015 Orthopedic Issue

**Best Doctors in America/New Jersey Savvy Living Magazine**, 2011

"2003 Guide to America's Top Physicians" [www.consumersresearchcncl.org](http://www.consumersresearchcncl.org)

**Best Doctors in America**

Best Doctors, Inc  
2003-2004  
2004-2005  
2009-2016

**Consumers' Research Council of America**  
"Guide to America's Top Physicians"  
2011 Edition

***National Register's Who's Who in Executives and Professionals***  
2004-2005 edition

**Marquis Who's Who in America**  
2005, 2006, 2010, 2011

***Alpha Omega Alpha (AOA), Physician Honor Society***  
Beta chapter, UMDNJ-New Jersey Medical School  
Presented April 29, 2004

**Distinguished PASSOR Member,**  
October, 2004

**2007 Richard and Hinda Rosental Lectureship Award**

This award is presented to a physician who has made a noteworthy advancement in the nonsurgical care of low back pain.

**William P. Blocker Lectureship Award**

Baylor College of Medicine;  
Department of Physical Medicine and Rehabilitation  
March 27, 2009

**Alumni of the Year**

UMDNJ-NJ Medical School  
Department of PM&R  
June 10, 2009

**PASSOR LEGACY AWARD**

AAPM&R Annual Meeting  
November 17, 2012

**COMMUNITY ACTIVITY:**

Co-Chairman of "Joints in Motion"  
NJ Chapter of Arthritis Foundation Fundraising Event  
1997

Co-Medical Director,  
International Trade Zone Triathlon,  
Mt. Olive, New Jersey  
September 20, 1997

Founder, Cindy Saporito Class of 1987 Alumni Scholarship  
UMDNJ-New Jersey Medical School

Founder, Antoinette Malanga Memorial Endowed Scholarship  
UMDNJ-New Jersey Medical School

Chairman, Chatham Borough Pool and Park Committee  
November, 2009- July, 2010

## **INTERVIEWS**

"In-Line Roller Blading Injuries", Rochester Post Bulletin, Rochester, MN August 1994.

"Sports Splints", Prevention Magazine, August 1995

The Use of Anabolic Steroids in HS Sports, **West Orange TV** May 24, 1996

Sports Injuries; **Comcast TV**, August, 1996

President Clinton's Quadriceps tear, *CBS News radio, 880 AM*, March 14, 1997

Preventing Injuries in Spring, "**Live at Five**", **NBC**, April 10, 1997

Update on Pain Management, "**Here's to Your Health**", **Morris Cable, Ch 3**; February, 2000

**Gloria Rose radio program, 1250 am**, March 2002

Update on Pain Management, "**Here's to Your Health**", **Morris Cable, Ch 3**;  
November, 2002

### **Mike and the Mad Dog Sports Radio program 660AM**

Invited medical guest: 'Town Meeting on Steroid Use in High School'

Panel member with Peter King (Sports Illustrated), Keith Elias (former NFL football player)  
December 1, 2005

## **HOSPITAL APPOINTMENTS**

Morristown Memorial Hospital  
Morristown, NJ

## **ADDITIONAL EDUCATIONAL ACTIVITIES**

Mayo Clinic Physical Medicine and Rehabilitation medical student lecturer  
Physical Medicine and Rehabilitation resident cadaver dissection/anatomy assistant instructor,  
Mayo Clinic  
Continuity Clinic resident supervisor, Mayo Clinic, 1993-996  
Mentorship role: Sports Medicine and Musculoskeletal fellows, Mayo Clinic, 1993-1996  
Undergraduate Education Committee, 1994  
Mayo Medical School Faculty Mentorship, 1996  
AAPM&R Recertification Examination: question writer, 1998-2000  
Kessler Institute Research Institutional Review Board member 1996-2000  
Consortium on the Management of Hip Fractures, member, 2000  
Hands on instructor; AAPM&R Musculoskeletal Ultrasound courses, 2008;2009

### **Journal/Book Reviewer:**

Journal of Sports Physical Therapy  
Archives of Phys. Med. and Rehabilitation  
Pain Physician  
SpineJournal  
British Medical Journal  
Orthopedics

## **MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS**

International Cartilage Regeneration & Joint Preservation Society  
American Academy of Regenerative Medicine, 2017-  
Interventional Orthopedic Foundation, 2018  
Fellow, American Academy of Physical Medicine & Rehabilitation, 1993  
Fellow, American College of Sports Medicine, 1996  
Physiatric Association of Spine, Sports, and Occupational Rehabilitation (PASSOR)  
Board Member, Chair Medical Practice Committee, 1995-1997  
Treasurer, 1998-1999  
Vice President, 1999-2000  
President, 2000-2001

Past President, 2002  
North American Spine Society (NASS)  
    Committee on Practice Management, 2000- 2007  
    Chairman, Public Education Committee (2001- 2007)  
    Chairman; RIMS Committee (2011-2012)  
Association of Academic Physiatrists - Constitution and by-laws Committee, 1994-6  
Minnesota Medical Association, 1994-1996  
New Jersey Alumni Association  
    Board member 1997- present  
New Jersey Society of PM&R  
    Treasurer, 1997-1999  
AOA, NJ Chapter, 2004  
American Institute of Ultrasound Medicine (AIUM) 2009- present

**LICENSE/ CERTIFICATIONS:**

New Jersey # MA51902, issued July 15, 1988  
Minnesota #35747, issued September 12,1992 (inactive)  
American Board of PM&R, passed: Part I; May, 1992; Part II May, 1993  
    Re-certified, January, 2002 and January, 2012  
Pain Medicine, certified September 21, 2002; Re-certified November, 2011.  
Sports Medicine, certified July, 2009  
Advance Cardiac Life Support, re-certified September 16, 2009.