

## AJEYA P. JOSHI

18626 Hardy Oak Blvd., Ste. 300  
San Antonio TX 78258

W (210) 495-9047  
[www.spinaldoc.com](http://www.spinaldoc.com)

### AFFILIATION/EMPLOYMENT

2010 - South Texas Spinal Clinic, P.A. ([www.spinaldoc.com](http://www.spinaldoc.com))  
2019 - 2024 Hill Country Lifestyle Medicine Center ([www.hillcountrylmc.com](http://www.hillcountrylmc.com))  
2004 - 2010 The San Antonio Orthopaedic Group, LLP ([www.tsaog.com](http://www.tsaog.com))

### APPOINTMENTS

2009- Adjunct Associate Professor of Orthopaedic Surgery, UT Health Science Center - San Antonio  
● *Adjunct Assistant Professor of Orthopaedic Surgery, UT Health Science Center-San Antonio 2006-2009*  
2015-2019 Clinical Assistant Professor of Orthopaedic Surgery, Baylor College of Medicine, Houston, TX  
2009-2015 Director of Research, Spinal and Thoracic Treatment and Research Center (Children's Hospital of San Antonio)  
2003-2004 Instructor in Orthopaedic Surgery, Baylor College of Medicine, Houston, TX  
2003 Assistant in Orthopaedic Surgery (6 mo.), Harvard Medical School, Boston, MA  
● *Attending surgeon, Orthopaedic Trauma Service, Massachusetts General Hospital, Boston, MA*

### TRAINING & EDUCATION

2024 BHOF (Bone Health & Osteoporosis Foundation) FLS (Fracture Liaison Service) certification  
2020 Facilitator training in Complete Health Improvement Program (CHIP/Pivio)  
2003 - 2004 Fellowship in Orthopaedic Spine Surgery, Baylor College of Medicine, Houston, TX  
2003 Fellowship in Orthopaedic Trauma (6 mo.), Massachusetts General Hospital, Boston, MA  
1998 - 2002 Residency, Harvard Combined Orthopaedic Residency Program, Boston, MA  
1997 - 1998 Internship, Department of General Surgery, Brigham & Womens' Hospital, Boston, MA  
1997 **M.D.** - Harvard Medical School  
1992 **A.B.** - Dartmouth College, *summa cum laude*, Biochemistry & Mathematics

### PROFESSIONAL SOCIETIES & BOARD CERTIFICATIONS

2025- Society for Minimally Invasive Spine Surgery  
2019- American Board of Lifestyle Medicine (Diplomate in 2019, recertified 2024)  
2018- American College of Lifestyle Medicine  
2018 - 2021 Himalayan Institute  
2015 - 2016 National Osteoporosis Foundation  
2013 - 2015 American Association of Physicians and Surgeons  
2010 - San Antonio Pediatric Society  
2010 - 2017 Childrens' Spine Study Group  
2009 - Association of Spine Surgeons of Indian Origin  
2006 - American Board of Orthopaedic Surgery (Board Certification 2006; recertified 2016 and 2026)  
2006 - 2015 BioMed San Antonio (Founding Member)  
2005 - Scoliosis Research Society  
2004 - Bexar County Medical Society  
2004 - Texas Orthopaedic Association  
2004 - Texas Medical Association  
2001 - North American Spine Society  
1998 - American Academy of Orthopaedic Surgeons

### AWARDS & HONORS

2025 Recognized as a top doctor in spine surgery by San Antonio Magazine  
2020-2023 Recognized as a top doctor in spine surgery by The Scene in San Antonio magazine  
2018 Recognized as a top doctor in spine surgery by The Scene in San Antonio magazine  
2014 Leadership San Antonio (Greater San Antonio and Hispanic Chambers of Commerce)  
2011-2016 Recognized as a top doctor in spine surgery by The Scene in San Antonio magazine  
2009 Recognized as '40 under 40' business leader under 40 years old by San Antonio Business Journal  
2007-2008 Recognized as a top doctor in spine surgery by The Scene in San Antonio magazine

- 2007 Metropolitan Methodist Hospital (San Antonio) Certificate of Appreciation (leadership in patient safety initiatives in the operating room)
- 2005 Recognized as a top doctor in spine surgery by The Scene in San Antonio magazine
- 1995-1996 Wislocki Research Fellow, Harvard Medical School Department of Cell Biology
- *Identified mutations in genomic DNA for cartilage collagens IX & XI in an osteoarthritis population using molecular genetic tools, to address hypothesis that abnormalities in such collagens accounted for significant percentage of primary osteoarthritis in screened population*
- 1995 Albert Schweitzer Fellow, clinical rotation at Albert Schweitzer Hospital, Gabon, Africa
- *Performed first assistant surgical duties for obstetrical, general surgical and orthopaedic operations, and provided immunizations and other public health services to local population*
- 1991 Tucker Foundation Honor Society inductee (Dartmouth College)
- *Established play therapy/child life program at municipal hospital in Pune, India (April-June 1991)*
- 1991 Finalist, Rhodes Scholarship competition
- 1991 Counselor of the Year, American Legion Massachusetts Boys' State

## COMMITTEES & BOARDS

- 2026-2028 American Academy of Orthopedic Surgeons (AAOS) Health Care Systems Committee
- 2015-2023 Governing Board, South Texas Spine & Surgical Hospital
- 2013-2018 Titanium Rib Foundation Board Member (<http://titaniumrib.org/>)
- 2012-2015 Pharmacy and Therapeutics Committee, South Texas Spine & Surgical Hospital
- 2010-2011 Scoliosis Research Society (SRS) Public Relations Committee
- 2010-2013 North American Spine Society (NASS) Performance Measurement Committee
- 2008-2010 Methodist Healthcare System Orthopedic Clinical Service and Clinical Review Committee
- 2007-2013 North American Spine Society (NASS) Patient Safety Committee
- 2007-2010 North American Spine Society (NASS) Contemporary Concepts Committee
- 2005-2007 Electronic Medical Record Committee, The San Antonio Orthopaedic Group
- 2005-2009 South Texas Blood and Tissue Center Medical Advisory Committee/Tissue Advisory Committee
- 2005-2006 Texas Indo Physician Society (TIPS) Southwest Chapter Events Committee
- 2004-2005 Texas Indo Physician Society (TIPS) Southwest Chapter Executive Committee
- 2003 Residency Selection Committee, Harvard Combined Orthopaedic Residency Program
- *Screened and interviewed 80 applicants and assisted with final selections and applicant rankings*
- 1999-2002 Arthroplasty Curriculum Coordinator, Harvard Combined Orthopaedic Residency Program
- *Oversaw curriculum structure and content, compiled selected readings, and coordinated faculty participation for weekly academic sessions*
- 1996 Soma Weiss Research Day Organizing Committee (Harvard Medical School)
- *Organized research day featuring 80 posters and 4 podium presentations; 200 attendees*
- 1993-1994 Co-chair, South Asian Health Association, Harvard Medical School
- *Facilitated professional networking activities and co-organized conference on Asian health issues*

## PERSONAL INTERESTS & COMMUNITY ACTIVITIES

- San Antonio Rock 'N' Roll Half Marathon (2014-2019, 2021); Austin 3M Half Marathon (2020, 2022, 2024)
- Proficient in Marathi (state language of Maharashtra, India)
- Conversational in Spanish
- Spiritual Education Teacher, (Group II - Sai Spiritual Education) Sathya Sai Center of San Antonio (2012-2017)
- Volunteer middle school basketball coach, Keystone School (2012-2014)
- Presentation on Hinduism at Asian Festival at Institute of Texas Cultures, UT-San Antonio (2013, 2008, 2007)
- Organized fundraiser for Rhode Island Nightclub Fire Relief Fund - \$4500 raised for United Way of Rhode Island (2003)
- Boston Marathon (ran / finished 1996-1997)
- American Legion Massachusetts Boys' State counselor (1989-1996)
- Volunteer, Special Olympics, Dartmouth College (1989-1992)

## APPENDIX – PUBLICATIONS, POSTERS, COURSE FACULTY & PRESENTATIONS

### PUBLICATIONS

Stress Management & Resiliency. Ajeya P. Joshi. San Antonio Medicine (August 2020)

Exercise Like Your Life Depended On It. Jon Courand and Ajeya P. Joshi. San Antonio Medicine (June 2020)

COVID-19: Swimming Lessons for the Greater Good. Venkat Srinivasan and Ajeya P. Joshi. San Antonio Medicine (May 2020)

Addressing stress and burnout in the legal profession. Lawrence S. DiCara and Ajeya P. Joshi. Massachusetts Lawyers Weekly (April 16, 2020)(opinion/editorial)

Persistence and Progression of Airway Obstruction in Children With Early Onset Scoliosis. Redding GJ, Hurn H, White KK, Bompadre V, Emerson J, Garza RZ, Anigian K, Waldhausen J, Krengel W, Joshi A. J Pediatr Orthop. 2018 Oct 8.

Risk Factors for Surgical Site Infections Following Vertical Expandable Prosthetic Titanium Rib (VEPTR) Surgery in Children. Crews JD, Mina MM, Johnson E, Guillen J, Simmons JW, Joshi AP. J Spinal Deformity. 6(6): 791-796. 2018.

Thoracic Insufficiency Syndrome: The Role of VEPTR (Vertical Expandable Prosthetic Titanium Rib). Joshi AP, Redding GJ, Campbell RM. Invited chapter in monograph 'EARLY ONSET SCOLIOSIS' by ASSI (Association of Spine Surgeons of India). Thieme 2018.

Reliability analysis of Cobb angle measurements of congenital scoliosis using X-ray and 3D-CT images. Tauchi R, Tsuji T, Cahill PJ, Flynn JM, Flynn JM, Glotzbecker M, El-Hawary R, Heflin JA, Imagama S, Joshi AP, Nohara A, Ramirez N, Roye DP Jr, Saito T, Sawyer JR, Smith JT, Kawakami N. Eur J Orthop Surg Traumatol. 26:53-57. 2015.

Essential Techniques: Expansion Thoracoplasty for Thoracic Insufficiency Syndrome Associated with Jarcho-Levin Syndrome. Joshi AP, Roth M, Simmons JW, Shardonofsky F, Campbell RM. J Bone Joint Surgery (Am) Essent Surg Tech, Jun 24; 5 (2): e12. 2015.

Management of Thoracic Insufficiency Syndrome (TIS) in Patients with Jeune Syndrome Using the 70 mm Vertical Expandable Prosthetic Titanium Rib. O'Brien A, Roth MK, Athreya H, Reinker K, Koeck W, Patil V, Trevino H, Simmons J, Joshi AP, Smith MD, Campbell RM. J Pediatr Orthop. 35(8): 783-797. 2015.

Management of Thoracic Insufficiency Syndrome (TIS) in Patients with Jarcho-Levin Syndrome Using Vertical Expandable Prosthetic Titanium Ribs (VEPTRs). Karlin JG, Roth MK, Patil V, Cordell D, Trevino H, Simmons III JW, Campbell RM, Joshi AP. J Bone Joint Surgery (Am). 96(21):e181. 2014.

Surgeon Practices Regarding Infection Prevention for Growth Friendly Spinal Procedures. Glotzbecker MP, Garg S, Akbarnia BA, Vitale M, St. Hilaire T, Joshi AP. J Child Orthop. 8:245-50. 2014.

Evidence-Based Guidelines for Pre-Operative Screening for Methicillin Resistant Staph Aureus (MRSA). Lead author on position paper written on behalf of Patient Safety Committee of North American Spine Society (NASS); published on NASS website (www.spine.org) and in NASS publication *SpineLine*. 2014.

Type 2 Diabetes Is Associated with Vertebral Fractures in a Sample of Clinic- and Hospital-Based Latinos. Kilpadi KL, Eldabaje RE, Schmitz JE, Ehler B, Thames TA, Joshi AP, Simmons III JW, Michalek JE, Fajardo RJ. J Immigr Minor Health 16:440-9. 2014.

Vertical expandable prosthetic titanium rib as treatment of thoracic insufficiency syndrome in spondylocostal dysplasia. Ramirez N, Flynn JM, Emans JB, Betz R, Smith JT, Price N, St Hilaire T, Joshi AP, Campbell RM; J Pediatr Orthop. 30:521-6. 2010.

Putting Kids First: CT Advances Benefit Pediatric Populations. Joshi, AP. Invited editorial/commentary for RT Image, radiology trade journal/website (www.rt-image.com/). 2010.

Osteoporotic Fractures: Revisiting a Team Approach to Care. Joshi AP, Greenfield GQ, Kuwamura FK, McKenzie, H, Vazquez P. M.D. News. 2008 (non-peer review medical journal, opinion / position statement)

Surgical management of cervical spine metastatic disease. Joshi AP, Pedlow FX, Hornicek FJ, Hecht AC. Current Opinion in Orthopedics 13:224-231. 2002.

Vertebroplasty: Current Concepts and Outlook for the Future. Joshi AP & Glazer PA. The Orthopaedic Journal at Harvard Medical School 3:103-107. 2001.

An exon-skipping mutation in COL9A2 in multiple epiphyseal dysplasia (MED) and its matrix consequences. Spayde E\*, Joshi A\*, Cohn D, Olsen B; Matrix Biology 19:121-128 (\*equally contributing authors). 1999.

## **PODIUM PRESENTATIONS & POSTERS**

Ten Year Review of a Fracture Prevention Program Embedded in a Community Spine Surgery Private Practice Showed Scalable Program Growth and Successful Preliminary Clinical Outcomes. Poster Presentation, The Annual Forum on Aging at UTMB Health. Dabak A, Vargas V, Vemulapalli A, Courand E, Chirputkar A, Wang D, Wang J, Mendez J, Mehta R, Krishnagiri S, Bellary A, Rollins C, Manocha S, Hastings K, Brady C, Joshi A. October 16, 2025.

Surgical site infections in children following VEPTR surgery. Crews J, Mina M, Johnson E, Guillen J, Simmons J, Joshi A. Podium Presentation, Children's Hospital of San Antonio Research Symposium. San Antonio, TX. September 30, 2016.

Surgical Site Infections in Children Following VEPTR Surgery. Crews J, Mina M, Johnson E, Guillen J, Simmons J, Joshi A. Poster, Society for Healthcare Epidemiology of America (SHEA) Spring Conference, 2016.

Management of Spinal and Thoracic Deformity in Patients with Myelomeningocele Using Vertical Expandable Prosthetic Titanium Rib. Limon D, Koeck W, Tayabali K, Garza RZ, Trevino H, Simmons J, Campbell RM, Joshi AP. E-poster, International Congress on Early Onset Scoliosis (ICEOS), 2016.

Longitudinal Trends Over 5 Years in Cobb Angle, Lung Function, and Nutritional Status in Children with EOS. Redding GJ, Bompadre V, Roth M, Anigian K, Emerson J, Garza Z, Waldhausen J, White K, Krengel W, Joshi AP. Podium Presentation, International Congress on Early Onset Scoliosis (ICEOS), 2015.

Longitudinal Trends Over 5 Years in Cobb Angle, Lung Function, and Nutritional Status in Children with EOS. Redding GJ, Bompadre V, Roth M, Anigian K, Emerson J, Garza Z, Waldhausen J, White K, Krengel W, Joshi AP. E-poster, Scoliosis Research Society (SRS), 2015.

Serial Measures of Lung and Inspiratory Muscle Function in Children with Early Onset Scoliosis. Redding GJ, Roth M, White K, Krengel W, Bompadre V, Waldhausen J, Joshi AP. Podium Presentation, International Congress on Early Onset Scoliosis (ICEOS), 2014.

25 Years of Vertical Expandable Prosthetic Titanium Rib (VEPTR) Treatment for Spinal and Chest Wall Deformities: A Review of the Original Feasibility Cohort from Entry to Exit. Roth M, Trevino H, Buegeler L, German V, Sheperd J, Doski J, Thomas R, Simmons W, Campbell R, Joshi A. Podium Presentation, Scoliosis Research Society (SRS), 2013.

Management of Thoracic Insufficiency Syndrome in Patients with Myelomeningocele Using Vertical Expandable Prosthetic Titanium Rib. Patil V, Koeck W, Reinker K, Cordell D, Trevino H, Roth M, Simmons J, Campbell R, Joshi A. Podium Presentation, International Meeting on Advanced Spinal Techniques (IMAST), 2013.

Surgeon Practices Regarding Infection Prevention for Growth Friendly Spinal Procedures. Glotzbecker MP, Garg S, Akbarnia BA, Vitale M, St. Hilaire T, Joshi AP. Podium Presentation, International Congress on Early Onset Scoliosis (ICEOS), 2013.

Reliability Analysis Of Cobb Angle Measurements Of Congenital Scoliosis Using X-Ray And 3D-CT Images. Kawakami N, Tauchi R, Flynn JM, Ramirez N, Smith J, Glotzbecker M, Sawyer JR, Heflin J, Cahill P, El-Hawary R, Joshi AP, Saito T. E-poster, International Congress on Early Onset Scoliosis (ICEOS), 2013.

Management of Thoracic Insufficiency Syndrome (TIS) in Congenital Scoliosis Patients Using Vertical Expandable Prosthetic Titanium Rib (VEPTR). Joshi A, Nguyen L, Cordell D, Trevino H, Simmons J. Podium Presentation, Scoliosis Research Society (SRS). 2012.

Management of Thoracic Insufficiency Syndrome (TIS) in Jarcho-Levin Syndrome Using Vertical Expandable Prosthetic Titanium Rib (VEPTR). Karlin J, Joshi A, Trevino A, Cordell D, Simmons J. Podium Presentation, Scoliosis Research Society (SRS). 2012.

Analysis of Radiation Exposure Reduction After Implementing Multidetector CT in an Early Onset Scoliosis (EOS) Treatment Algorithm. Joshi A, Brandfellner H, DiGiammarino A, Doski J, Fajardo R, Trevino H, Simmons J. E-poster, Scoliosis Research Society (SRS). 2012.

Analysis of Radiation Exposure Reduction After Implementing Multidetector CT in an Early Onset Scoliosis (EOS) Treatment Algorithm. Joshi A, Brandfellner H, DiGiammarino A, Doski J, Fajardo R, Trevino H, Simmons J. E-poster, International Meeting for Advanced Spinal Technologies (IMAST). 2012.

Decision-Making as Vertical Expandable Prosthetic Titanium Rib (VEPTR) Patients Near Maturity: A Survey of the Chest Wall and Spinal Deformity Study Group (CWSD-SG). Joshi A, Asghar J, Samdani A, St. Hilaire T, Pahys J, Campbell R, Flynn J. E-poster, International Meeting for Advanced Spinal Technologies (IMAST). 2012.

VEPTR Graduates: Definitive Fusion of Patients Treated with VEPTR at an Early Age. Asghar J, Joshi A, Pahys J, Shufflebarger H, Uschold T, St. Hilaire T, Garg S, Betz R, d'Amato C, Vitale M, Flynn J, Smith J, Samdani A. Podium presentation, International Meeting for Advanced Spinal Technologies (IMAST). 2012.

Radiographic Results of Expansion Thoracoplasty with VEPTR in Jeune Syndrome. Thomas R, Cordell D, Kathare A, Joshi A, Simmons W, Campbell R. E-poster, American Academy of Pediatrics (AAP). 2011.

Management of Thoracic Insufficiency Syndrome (TIS) in Jarcho-Levin Syndrome Using Vertical Expandable Prosthetic Titanium Rib (VEPTR). Karlin J, Joshi A, Trevino A, Cordell D, Simmons J. Podium Presentation, International Congress on Early Onset Scoliosis & Growing Spine (ICEOS). 2011.

Analysis of Radiation Exposure Reduction After Implementing Multidetector CT in an Early Onset Scoliosis (EOS) Treatment Algorithm. Joshi A, DiGiammarino A, Chen P, Fajardo, Cordell D, Simmons J. E-poster, International Congress on Early Onset Scoliosis & Growing Spine (ICEOS). 2011.

Preliminary Analysis of Vertebral Fracture Risk Among Type II Diabetic Latinos in San Antonio, TX. Fajardo R, Kilpadi K, Eldabaje R, Schmitz J, Sottilo J, Thames T, Joshi A, Simmons J. Poster, American Society for Bone and Mineral Research (ASBMR). 2011.

VEPTR Treatment of Patients with Cerebro-Costo-Mandibular Syndrome (CCMS). Cordell D, Joshi A, Simmons W, Campbell R. E-poster, International Meeting for Advanced Spinal Technologies (IMAST). 2011.

Radiographic Results of Expansion Thoracoplasty with VEPTR in Jeune Syndrome. Cordell D, Kathare A, Joshi A, Simmons W, Campbell R. E-poster, International Meeting for Advanced Spinal Technologies (IMAST). 2011.

Preliminary Analysis of Vertebral Fracture Risk Among Type II Diabetic Latinos in San Antonio, TX. Fajardo R, Kilpadi K, Eldabaje R, Schmitz J, Sottilo J, Thames T, Joshi A, Simmons J. Podium presentation (by Dr. Fajardo), Alamo Orthopaedic Society. 2011.

Treatment of Kyphoscoliosis and TIS Associated with Myelodysplasia Using the VEPTR in an Eiffel Tower Construct. Joshi A, Campbell R, Cordell D, Patil V, Simmons JW III, Koeck W, Reinker K. E-poster, Association of Spine Surgeons of India (ASSI) Annual Conference. 2011.

VEPTR Treatment of Patients with Cerebro-Costo-Mandibular Syndrome (CCMS). Joshi A, Campbell R, Patil V, Cordell D, Simmons JW III, Reinker K, Koeck W. E-poster, International Congress on Early Onset Scoliosis & Growing Spine (ICEOS). 2010.

Treatment of Kyphoscoliosis and TIS Associated with Myelodysplasia Using the VEPTR in an Eiffel Tower Construct. Joshi A, Campbell R, Cordell D, Patil V, Simmons JW III, Koeck W, Reinker K. Podium presentation (by Dr. Cordell), International Congress on Early Onset Scoliosis & Growing Spine (ICEOS). 2010.

Analysis of scoliosis in patients with Jeune Syndrome undergoing treatment with expandable prosthetic rib. Simmons JW III, Joshi AP, Campbell RM, Patil VB, Hand T, Reinker K. E-poster, International Meeting for Advanced Spinal Technologies (IMAST). 2010.

Analysis of cervical spine stenosis in Jeune Syndrome patients. Simmons JW III, Joshi AP, Campbell RM, Patil VB, Hand T, Reinker KA. E-poster, International Meeting for Advanced Spinal Technologies (IMAST). 2010.

Management of thoracic insufficiency syndrome in patients with Jeune Syndrome using expandable prosthetic titanium rib. Joshi AP, Simmons JW III, Patil VB, Reinker KA, Koeck WK, Athreya H, Schmitz J, Campbell RM. Podium presentation (by Dr. Simmons), International Meeting for Advanced Spinal Technologies (IMAST). 2010.

Topical Negative Pressure Therapy for Wound Complications Following VEPTR Surgery. Simmons JW III, Patil V, Joshi AP, Reinker K, Campbell RM. Podium presentation (by Dr. Campbell), International Congress on Early Onset Scoliosis & Growing Spine (ICEOS). 2009.

The Characterization of the Thoracic Biomechanics of Respiration in Thoracic Insufficiency Syndrome by Dynamic Lung MRI: A Preliminary Report. Campbell RM, Auber A, Simmons JW, Joshi AP, Inscore S, Cofer B, Doski J. Podium presentation (Dr. Campbell), International Congress on Early Onset Scoliosis & Growing Spine (ICEOS). 2008.

Enhancement of Spinal Fusion Using Calcium Phosphate-Based Graft Substitutes. Joshi AP, Alkalay RN, Zurakowski D, Schwardt J, Glazer PA. Podium presentation, North American Spine Society. 2001.

Long-term follow-up of unconstrained total elbow arthroplasty in juvenile rheumatoid arthritis (JRA) patients. Joshi A, Peljovich A, Chan M, Alparslan L, Ewald F, Koris M. Poster presentation, American Academy of Orthopaedic Surgeons. 2000.

Role of minor cartilage collagens in the pathogenesis of idiopathic osteoarthritis. Joshi A, Olsen B. Podium and poster presentations, Soma Weiss Research Day, Harvard Medical School. 1996.

## **COURSE FACULTY & LECTURES**

- 2025 Practice Cross-Pollination with Value-Laden Ancillaries for Financial and Clinical Benefit. Lecture at Bexar County PA Society Annual Meeting, (November 7, 2025)
- 2025 Guest faculty re: Spinal care topics in Trinity University MHA class (taught by Dr. Todd Thames)(November 7, 2025)
- 2025 Practice Cross-Pollination with Value-Laden Ancillaries for Financial and Clinical Benefit. invited CME talk at Texas Medical Association Annual Meeting, (May 9, 2025)

- 2025 South Texas Fracture Prevention Program Financial and Clinical Outcomes: Lessons Learned at South Texas Spinal Clinic 2015-2025. Grand Rounds, UT Health Science Center-San Antonio, Department of Orthopedics (March 24, 2025)
- 2025 Evaluation and Management of Cervical Spine Injuries. Lecture given as faculty member, 52<sup>nd</sup> Annual Symposium on Sports Medicine, presented by UT Health Science Center-San Antonio (March 1, 2025)
- 2024 Lifestyle Medicine in Pain Management. invited CME talk at Texas Pain Society Annual Meeting, (October 27, 2024)
- 2024 Guest faculty re: spinal care topics in Trinity University MHA class (taught by Dr. Todd Thames)(October 7, 2024)
- 2024 Surgeon Side Hustles. Invited panelist at Texas Orthopedic Association Annual Meeting (April 5, 2024)
- 2024 Spirituality and Physical Health. Invited speaker at Chinmaya Mission of San Antonio (March 30, 2024)
- 2024 Evaluation and Management of Cervical Spine Injuries. Lecture given as faculty member, 51<sup>th</sup> Annual Symposium on Sports Medicine, presented by UT Health Science Center-San Antonio (February 17, 2024)
- 2023 Discussion leader, perioperative bone health considerations round table (sponsored by Amgen)(December 4, 2023)
- 2023 Osteoporosis. Lecture at St. Philip's College Health Symposium, (November 16, 2023)
- 2023 Guest faculty re: spinal care topics in Trinity University MHA class (taught by Dr. Todd Thames)(October 9, 2023)
- 2023 Prone Trans-Psoas Surgical Technique. Invited International Faculty, Lecture at course sponsored by ASSI (Association of Spine Surgeons of India), Pune (India) Orthopedic Society, Pune Assn of Spine Surgeons (Feb 17-18 2023)
- 2023 Evaluation and Management of Cervical Spine Injuries. Lecture given as faculty member, 50<sup>th</sup> Annual Symposium on Sports Medicine, presented by UT Health Science Center-San Antonio (February 3, 2023)
- 2023 Lifestyle as Medicine: Systems Considerations in the Pediatric Practice Setting. Grand Rounds, UT Health Science Center-San Antonio, Department of Pediatrics (January 27, 2023)
- 2022 Lifestyle Medicine. Lecture at Bexar County PA Society Annual Meeting, (November 11, 2022)
- 2022 Guest faculty re: spinal care topics in Trinity University MHA class (taught by Dr. Todd Thames)(October 31, 2022)
- 2022 Invited speaker at Liberty Rehabilitation Specialists; "Low Back Pain and Sciatica" (June 25, 2022)
- 2022 Invited speaker at Wellness Program, American Association of Physicians of Indian Origin; "Yoga for Spinal Health" (June 24, 2022)
- 2022 Invited speaker at OptimizeU (San Antonio Public library adult learning program); "Yoga and Lifestyle Medicine" (June 8, 2022)
- 2022 Adding Value: CHIP and Other Health Promotion Tools in the Orthopedic Setting. Grand Rounds, UT Health Science Center-San Antonio, Department of Orthopedics (April 11, 2022)

- 2021 Guest faculty re: Spinal care topics in Trinity University MHA class (taught by Dr. Todd Thames)(October 20, 2021)
- 2021 Invited speaker, Transition to Practice Seminar for graduating trainees, sponsored by UT Health Science Center – San Antonio GME office; talk on ‘Work-Life Balance’ and on ‘Private Practice and Challenges of the “Real World”’ (October 9, 2021)
- 2021 Invited speaker, UT Health Science Center-San Antonio Family and Community Medicine residency didactic session; talk on Lifestyle Medicine and Complete Health Improvement Program (August 18, 2021)
- 2021 Invited speaker, 7<sup>th</sup> Annual International Day of Yoga (<http://www.idoyogasa.org/>), talk on Yoga for Spinal Disorders (June 17, 2021)
- 2020 Invited International Faculty, Grand Rounds in Spine Surgery webinar, sponsored by Pune (India) Orthopedic Society / Maharashtra Orthopedic Association / Indian Orthopedic Research Group (on-line spine conference)(November 20, 2020)
- 2020 Guest faculty re: Spinal care topics in Trinity University MHA class (taught by Dr. Todd Thames)(October 21, 2020)
- 2020 UT Health Science Center-San Antonio Department of Orthopedics residency didactic session; talk on spine tumors (September 11, 2020)
- 2020 Invited speaker, Christus Santa Rosa Family and Community Medicine residency didactic session; talk on Lifestyle Medicine (September 4, 2020)
- 2020 Invited International Faculty, Grand Rounds in Spine Surgery webinar, sponsored by Pune (India) Orthopedic Society / Maharashtra Orthopedic Association / Indian Orthopedic Research Group (on-line spine conference)(July 25, 2020)
- 2020 Panelist, San Antonio Business Journal webinar ‘Hacking Our Healthcare’ (cybersecurity issues in medicine)(July 7, 2020)
- 2020 Invited speaker, Hindu Swayamsevak Sangh of San Antonio / SEWA International community health event; talk on yoga for low back pain (June 27, 2020)
- 2020 UT Health Science Center-San Antonio Department of Orthopedics residency didactic session; talk on sagittal balance (June 12, 2020)
- 2020 Invited International Faculty, Spine Connect Webinar, sponsored by Pune (India) Orthopedic Society / Pune Association of Spine Surgeons (on-line spine conference)(May 19, 2020)
- 2020 Invited speaker, UT Health Science Center-San Antonio Family and Community Medicine residency didactic session; co-led talk on Lifestyle Medicine and experiential stress management session (April 29, 2020)
- 2020 Case presentation / grand rounds, South Texas Spine and Surgical Hospital (March 5, 2020)
- 2020 Invited speaker at UT Health Science Center-San Antonio GME Wellness & Work-Life Action Committee: ‘Ten Things I Wish I Knew When I Started Private Practice’ (invited by Dr. Jon Courand)(March 3, 2020)
- 2020 Evaluation and Management of the Athlete’s Lumbar Spine. Lecture given as faculty member, 47<sup>th</sup> Annual Symposium on Sports Medicine, presented by UT Health Science Center-San Antonio (January 24, 2020)

- 2020 Invited speaker re: Health Benefits of Yoga at SURYA NAMASKAR YAGNA (Yoga for Health, Health for Humanity); Community health event presented by Hindu Swayamsevak Sangh of San Antonio / SEWA International (January 18, 2020)
- 2020 Panelist at The Brain Revamp Symposium (organized by Dr. Sunita Trevino), part of San Antonio Dream Week (January 16, 2020)
- 2019 Guest faculty re: Spinal care topics in Trinity University MHA class (taught by Dr. Todd Thames)(October 23, 2019)
- 2019 Panelist/invited speaker at Uttarrang (Senior wellness) session of Bruhan Maharashtra Mandal (BMM) biennial convention (Dallas, Tx – July 11, 2019)
- 2019 Spinal Anatomy. S-VYASA Houston (Tx) Therapeutic Yoga Course. Guest lecturer (March 2, 2019)
- 2019 Evaluation and Management of the Athlete's Lumbar Spine. Lecture given as faculty member, 46<sup>th</sup> Annual Symposium on Sports Medicine, presented by UT Health Science Center-San Antonio (January 18, 2019)
- 2019 Panelist at The Brain Revamp Symposium (organized by Dr. Sunita Trevino), part of San Antonio Dream Week (January 12, 2019)
- 2018 Guest faculty re: Spinal care topics in Trinity University MHA class (taught by Dr. Todd Thames)(November 7, 2018)
- 2018 Musculoskeletal Update. Lecture at Bexar County PA Society Annual Meeting, (November 2, 2018)
- 2018 Yoga for Health, Wellbeing and Medical Conditions. CME program session moderator, 4<sup>th</sup> International Day of Yoga Festival – San Antonio (June 9, 2018)
- 2018 Guest faculty re: spinal care topics in Trinity University MHA class (taught by Dr. Todd Thames)(March 7, 2018)
- 2017 Invited speaker on Geriatric Orthopedic Issues, UT Health 'Autumn of Life' dinner (October 3, 2017)
- 2016 Children's Hospital of San Antonio (TX) Sports Medicine Symposium Faculty (lecture on sports injuries)
- 2016 Spinal Deformity Correction CME Conference, at Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield, Bangalore (India)(Invited international faculty): sponsored by the Departments of Neurosurgery (Whitefield) and Orthopedics (Prashanthigram), Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS)
- 2015 Bone Wellness: Current Concepts. San Antonio Orthopedic Society monthly meeting (non-CME)
- 2015 Sagittal Balance: Current Concepts and Updates. Grand Rounds, UT Health Science Center-San Antonio, Department of Orthopedics (March 16, 2015)
- 2015 Evaluation and Management of the Athlete's Lumbar Spine. Lecture given as faculty member, 42<sup>nd</sup> Annual Symposium on Sports Medicine, presented by UT Health Science Center-San Antonio (January 23, 2015)
- 2014 Early Onset Scoliosis (EOS) and Thoracic Insufficiency Syndrome (TIS) Current Concepts. Grand Rounds, Children's Hospital of San Antonio (August 8, 2014)
- 2014 Evaluation and Management of the Athlete's Lumbar Spine. Lecture given as faculty member, 41<sup>st</sup> Annual Symposium on Sports Medicine, presented by UT Health Science Center-San Antonio (January 24, 2014)

- 2013 Thoracic Insufficiency Syndrome Treatment with Vertical Expandable Prosthetic Titanium Rib (VEPTR): Results and Current Concepts. Invited speaker at Grand Rounds, Department of Orthopaedics, Baylor College of Medicine (May 24, 2013)
- 2013 Thoracic Insufficiency Syndrome Treatment with Vertical Expandable Prosthetic Titanium Rib (VEPTR): Results and Current Concepts. Invited speaker at Grand Rounds, Department of Orthopaedics, The Children's Hospital/Harvard Medical School (April 24, 2013)
- 2013 Evaluation and Management of the Athlete's Lumbar Spine. Lecture given as faculty member, 40<sup>th</sup> Annual Symposium on Sports Medicine, presented by UT Health Science Center-San Antonio (January 18, 2013)
- 2012 Evaluation and Management of the Athlete's Lumbar Spine. Lecture given as faculty member, 39<sup>th</sup> Annual Symposium on Sports Medicine, presented by UT Health Science Center-San Antonio (January 27, 2012)
- 2011 Faculty member, Association of Spine Surgeons of India (ASSI) Annual Conference, Mumbai, India
- 2009 Faculty member, Treatment of Thoracic Insufficiency Syndrome Utilizing the Vertical Expandable Prosthetic Titanium Rib (VEPTR). (Course sponsored by The Spinal and Thoracic Treatment and Research Center / Titanium Rib Program, San Antonio, TX, September 21-22, 2009)
- 2009 Evaluation and Management of the Athlete's Lumbar Spine. Lecture given as faculty member, 36<sup>th</sup> Annual Symposium on Sports Medicine, presented by UT Health Science Center-San Antonio (January 16, 2009)
- 2008 Update on Spinal Stenosis: New Devices and Approaches. Invited speaker at Grand Rounds, Southwest General Hospital, San Antonio, TX (June 9, 2008)
- 2008 Faculty member, AO North America/ASIF Operating Room Personnel spine course on Vertical Expandable Prosthetic Titanium Rib (VEPTR) and pediatric spinal deformity issues, San Antonio, TX
- 2008 Overview of Pediatric and Adult Spinal Deformity. Lecture given to first year physical therapy students in University of Texas Health Science Center –San Antonio Physical Therapy Dept.
- 2008 Treatment Options for Spinal Stenosis. Invited speaker at the San Antonio Orthopaedic Society monthly meeting
- 2008 Update on Spinal Stenosis. Texas Association of Family Practice - Alamo Chapter, 32<sup>nd</sup> Annual Mid-Winter Seminar Faculty Member
- 2007 Treatment Options for Spinal Metastases. Invited speaker at San Antonio Multiple Myeloma patient support group monthly meeting (sponsored by Kyphon) (October 10, 2007)
- 2007 Overview of Pediatric and Adult Spinal Deformity. Lecture given to first year physical therapy students in University of Texas Health Science Center –San Antonio Physical Therapy Dept.
- 2007 Management of Spinal Metastases. Invited speaker at San Antonio Oncology Nurse Association monthly meeting (CEU talk) (August 2007)
- 2007 Faculty member, AO North America/ASIF Operating Room Personnel spine course, Dallas, TX
- 2007 Exotic Scoliosis Tutorial faculty member (Scoliosis Research Society tutorial), San Antonio, TX

- 2006 Overview of Pediatric and Adult Spinal Deformity. Lecture given to first year physical therapy students in University of Texas Health Science Center –San Antonio Physical Therapy Dept.
- 2006 Exotic Scoliosis Tutorial faculty member (Scoliosis Research Society tutorial), San Antonio, TX
- 2006 Faculty member, AO/ASIF Advanced Trauma Solutions course (October 14, 2006), San Antonio, TX
- 2006 Vertebroplasty, Kyphoplasty and Management of Painful Vertebral Compression Fractures. Invited speaker at Grand Rounds, Department of Orthopaedics, Baylor College of Medicine (October 6, 2006)
- 2006 Spinal Disorders in the Senior Population. Invited speaker at Baptist Health System patient education seminar (April 24 2006)
- 2006 Vertebroplasty, Kyphoplasty and Management of Painful Vertebral Compression Fractures. Invited speaker at Alamo Area Emergency Physicians' Association meeting (April 12 2006)
- 2006 Evaluation and Management of the Athlete's Lumbar Spine. Lecture given as faculty member, 36<sup>th</sup> Annual Symposium on Sports Medicine, presented by UT Health Science Center-San Antonio (January 20, 2006)
- 2005 Faculty member, Clinical Orthopaedic Society annual meeting, San Antonio, TX (October 2005)
- 2005 Spinal Disorders Affecting the Elderly. Invited speaker, Nix Healthcare System (October 26 2005)
- 2005 Overview of Pediatric Spinal Disorders. Faculty member at Baptist Health System Orthopaedic Forum (CME talk October 15 2005)
- 2005 Kyphoplasty versus Vertebroplasty: Current Concepts 2005. Invited speaker at Bone Club (San Antonio area endocrinologist annual focus group) (CME talk October 6 2005)
- 2005 Neurologic Monitoring and Anesthetic Considerations in Spine Surgery. Invited speaker at San Antonio Anesthesia Society meeting (Sept. 2005)
- 2005 Evaluation and Management of Acute Low Back Pain. Invited speaker at Texas Indo Physician Society SW Chapter Meeting.
- 2005 Evaluation and Management of Pediatric Spinal Disorders. Invited speaker, Christus Santa Rosa quarterly staff meeting (CME talk June 5 2005)
- 2005 Evaluation and Management of Low Back Pain. Guest faculty member lecture at Christus Santa Rosa Family Practice residency didactic session
- 2005 Spinal Disorders and Physical Therapy Considerations. Invited faculty member for lecture to physical therapy students, University of Texas Health Science Center- San Antonio (March 21 2005)
- 2005 What's New in Pediatric and Adult Spine Surgery – 2005. Invited speaker at the San Antonio Orthopaedic Society monthly meeting
- 2005 Faculty member /Table instructor, AO/ASIF Operating Room Personnel basic course, San Antonio, TX
- 2005 Faculty member, EBI/Interpore Cross Physician Training Workshop for Minimally Invasive Techniques, San Antonio, TX
- 2004 Balloon Kyphoplasty for Osteoporotic Vertebral Compression Fractures. Invited speaker at San Antonio Rheumatology Society meeting (sponsored by Kyphon, Inc.)

- 2001 Instructor, Massachusetts General Hospital Pediatric Trauma Course. Conducted splinting/casting workshop for pediatricians/emergency medicine physicians
- 2000 Management of Common Adolescent Knee & Ankle Disorders. Invited speaker at Adolescent Medicine Conference of Fallon Clinic (MA)/Society of Adolescent Medicine (MA)
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