

Joseph J. Albano, M.D.

Education	B.A., Biology, Magna Cum Laude, French Minor (1985) Ithaca College, Ithaca, New York
	M.D., SUNY Health Science Center (1989) Syracuse, New York
Internship	General Surgery (1990) Wright-Patterson AFB/Wright State University Dayton, Ohio
Residency	Family Practice (1997) University of Utah Salt Lake City, Utah
Fellowship	Sports Medicine (1998) Michigan State University East Lansing, Michigan
Experience	
May 2017-present	Regenerative Orthopedics, Sports Medicine & Wellness Albano Clinic Salt Lake City, UT Private practice devoted to creating hope by helping people move better, feel better and live better. The focus is on Regenerative Orthopedics, using stem cells and other orthobiologics. However, we look at the entire person to develop a customized wellness plan that may also include the use of Bioidentical Hormones and weight loss.
May 2009-April 2017	Sports and Regenerative Medicine Comprehensive Orthopedics & Sports Medicine Salt Lake City, UT Provide care for active individuals from amateurs to professionals and Olympic level athletes. Focus is on the use of ultrasound to evaluate musculoskeletal conditions and the use of biologics to regenerate these conditions, including Platelet Rich Plasma and stem cells from Fat Grafts, Bone Marrow, placental and amniotic tissue to obtain fantastic success with hard-to-treat conditions such as chronic tendinopathies, rotator cuff tears and arthritis, to name a few.
Jan 1994-Dec 2014	Senior Flight Surgeon 419th Medical Squadron & 466 th Fighter Squadron, 419 th Fighter Wing United States Air Force Reserve Hill Air Force Base, Utah Practice aerospace, occupational, and preventive medicine. Perform physical examinations of flying and non-flying personnel, shop visits, preparation of flyers' waiver packages and aeromedical summaries. Fly frequently in unit F-16Ds. Deployed with squadron as sole flight surgeon to multiple locations including Jordan, Saudi Arabia, Afghanistan and other classified locations.
Aug 2006-April 2009	Sports and Regenerative Medicine The Orthopedic Specialty Clinic

Murray, UT

Provide primary care and non-operative musculoskeletal care in a group with 7 orthopedic surgeons, for children to adults, for athletes to non-athletes, and for amateurs to professionals. Interests include using musculoskeletal ultrasound for diagnostic and interventional reasons, and regenerative medicine for various indications including chronic tendinopathies, tears, muscle fibrosis, arthritis, and others.

Travel as team physician for the United States Speedskating team to various locations including Norway, the Netherlands, and Russia.

December 1998-
July 2006

Family Practitioner

Park City Family Health & Urgent Care Center
Park City, UT

A unique practice, which combined traditional family practice with urgent care and emergency medicine in a community with a large resort population.

Many ski injuries treated at this location and at “The Canyons” ski resort.

A multitude of other athletic and industrial injuries occurs in this active and rural population.

Preceptor for Family Practice Residents, Nurse Practitioners, and students (Medical, Physician Assistant, Nurse Practitioner, and High School).

As a Senior Aviation Medical Examiner, perform FAA physicals.

July 1998-Dec 1998

Family Practitioner

Acute care in Owosso, Michigan; Family practice, acute care, and emergency medicine in Salmon, Idaho.

Provided care in a variety of settings: outpatient, inpatient, ER, ICU, first-assistant in surgery.

Supervised Family Practice Residents, Physician Assistants, and Physician Assistant Students.

July 1997-June 1998

Sports Medicine Fellow

Michigan State University
East Lansing, Michigan

Instructor & lecturer for FMP 517, Introduction to Sports Medicine.

Lectured Family Practice residents and medical students.

Lectured community school children on health and exercise.

Interviewed for local television and newspapers regarding cervical spine injuries, injury healing, and men’s health.

Taught residents and medical students in clinic setting.

Team Physician, Michigan State University.

Head Team Physician, Grand Ledge High School.

Team Physician, Lansing Lugnuts “A” Baseball.

Team Physician, Lansing Locomotive Professional Soccer.

Performed maximum VO₂ testing and body fat measurements on MSU and community athletes.

Medical Director, Michigan Poly Hockey Tournament (Special Olympics).

Medical volunteer for Winter Special Olympics.

Ring physician for Toughman Competition.

Volunteer at Homeless Shelter in East Lansing.

Refereed the article “Treatment of exercise induced anaphylaxis with fexofenadine” for the *Clinical Journal of Sport Medicine*.

Mar 1995-June 1997

Resident in Family Practice

Chief Resident
University of Utah
Salt Lake City, Utah

Performed duties of chief resident, which included administrative efforts with the faculty, residents, and a combination of both.

Research project: Prevention of Minor Neck Injuries in F-16 Pilots.

Lectured other residents and medical students in formal and informal settings.

Intermittently worked shifts at the University of Utah Park City Family Health Center, Primary Children's Hospital ER, and in rural Idaho.

Jan 1994-Feb 1995

General Practitioner

Various locations, including Riverton, Utah; Belle Center, Ohio;
Kenton, Ohio; Salmon, Idaho; Irian Jaya, Indonesia.

Worked primarily in rural areas, but also in a suburban location.

Extremely remote experience obtained at an isolated mining site in Indonesia.

Provided care in a variety of settings: outpatient, inpatient, ER, ICU, first-assistant in surgery.

Supervised Physician Assistants, and Physician Assistant Students.

Prepared critically ill patients for air or ground evacuation.

Jul 1990-Dec 1993

Flight Surgeon

United States Air Force, Active Duty
Kunsan AB, South Korea, and Hill AFB, Utah

Obtained extensive primary care and emergency room experience while providing medical care for flyers, their families, and older veterans.

Responded to multiple aircraft accidents as initial provider.

Accompanied critically ill patients on air evacuation flights.

Briefed the wing on various medical topics, including pre-deployment information.

Briefed the flying squadron at flying safety meetings on a multitude of topics.

Provided medical care at minimally supported foreign locations, including the Philippines, Korea, Denmark, and Saudi Arabia (frequently as sole provider).

Practiced aerospace, occupational, and preventive medicine.

Publications

Albano J (2014). Prepatellar Bursal Injection. Infrapatellar Bursal Injection. In G Malanga, K Mautner, (Eds) *Atlas of Ultrasound-Guided Musculoskeletal Injections* (Ch. 68, 69). New York: McGraw-Hill Education.

Albano J (2013). Wrist. In J Daniels, W Dexter (Eds) *Basics of Musculoskeletal Ultrasound* (pp. 35-42). New York: Springer.

Albano J, Alexander R. Autologous Fat Grafting as a Mesenchymal Stem Cell Source and Living Bioscaffold in a Patellar Tendon Tear. *Clin J Sport Med* 2011;21:359-361.

Nassar L, Albano J, Padron D. "Exertional Headache in a Collegiate Gymnast: A Case Report," *Clin J Sport Med*, 1999; 9(3):182-183.

Albano J, Stanford J. Prevention of Minor Neck Injuries in F-16 Pilots. *Aviation, Space, and Environmental Medicine*, 1998; 69:1193-1199.

Presentations

AMSSM's annual meeting MSK US courses, lab staff, 2010-2019.

Orthopedic Update, Dept. of Orthopaedic Surgery, West Penn Alleghany Health System, Pittsburgh, PA. Lecturer,

2019: "PRP and Median Neuropathy"

2018: “A Longitudinal Follow Up of Severe Knee OA After Subchondral Cellular Injection.”

2017: “Ultrasound Grading Scale for Tendon Injury.”

2016: “Cellular therapies in the treatment of muscle injury.”

2013: “Advanced Biologics in Knee OA.”

2012: “Algorhythmic Approach to Percutaneous Biologic Use.”

San Diego Academy of Regenerative Therapies

2019: “Bone Marrow & Adipose Tissue Alternative Biocellular Protocols,” “Recognition & Management of Complications in Injection Therapies,” “PRP for Neuropathy (Neural Dissection) and Plantar Fasciitis,” “Subchondral Bone Injections for Osteoarthritis”

2018: “Autologous Fat Graft for Rotator Cuff and Meniscal Tears,” “Science of PRP combined with MicroFat for Orthobiologic Applications or So Many Treatment Options.”

The Orthobiologic Institute Annual PRP & Regenerative Medicine Symposium & Cadaver Lab; lab staff, 2013, 2015, 2016, 2017.

“Musculoskeletal Ultrasound: Intermediate/Advanced Level Course,” AMSSM, lecturer, lab staff, 2011-2014, Portland, ME.

“Biologic Use in the Injured Worker,” lecture for Worker’s Compensation companies and insurance adjustors, 3 Nov 2011 and 31 Jan 2013

“Basics of Fat Grafting, Platelet Rich Plasma and Ultrasound Guidance: Lower Extremity,” Bluetail Institute, lecture and lab staff, 8-9 October 2010, St. Louis, MO.

“Biologic Use in Sports Medicine,” lecture, The Canyons Resort, UT, Utah Physical Therapy Association, 30 April 2010.

“Hip Ultrasound and Guided Injections,” lecture, and lab staff (AMSSM’s convention course on Musculoskeletal Ultrasound), April 2010.

“Basics of Platelet Rich Plasma and Ultrasound Guidance: Upper Extremity,” Bluetail Institute, lecture and lab staff, 26-27 Sep 2009, Hopkinton, MA.

“Basics of Platelet Rich Plasma and Ultrasound Guidance: Lower Extremity,” Bluetail Institute, course director, lecturer and lab staff, 17-18 May 2009, Salt Lake City, UT.

“The Business of Ultrasound,” lecturer, and lab staff (for AMSSM’s convention course on Musculoskeletal Ultrasound), April 2009.

“Sports Musculoskeletal Ultrasound,” lecturer (“Musculoskeletal Ultrasound Coding and Billing.” The Andrew’s Institute, Gulf Breeze, FL, Feb 2009

“Platelet Rich Plasma in Sports Medicine, or Doc, Get Me Back Yesterday!” lecture, Jackson Hole, WY, Aug 16, 2008, American Society of Extracorporeal Technology Annual Meeting.

“Basics of Platelet Rich Plasma and Ultrasound Guidance,” Bluetail Institute, lecturer, St. Louis, MO, July 11-12, 2008.

“Extremity Sonoanatomy and Pathologies: Targeting, Navigation and Delivery,” Lecturer, laboratory staff, Chicago, IL, June 13-14, 2008.

“Regenerative Matrix Conference,” Bluetail Institute, laboratory staff, Steubenville, OH, Nov 2-3, 2007.

“Platelet Rich Plasma Conference,” Bluetail Institute, laboratory staff, St. Louis, MO, July 13-14, 2007.

“Acute Musculoskeletal Injuries,” lecture, April 2004, Timisoara, Romania.

“Collegiate Swimmer With Hamstring Clonus,” slide presentation, 1998 Annual Meeting of the American Medical Society for Sports Medicine.

“Prevention of Minor Neck Injuries in F-16 Pilots,” slide presentation, 1997 Annual Meeting of the Aerospace Medical Society.

Review manuscripts for *Aviation, Space, and Environmental Medicine*.

Sports Medicine

Team Physician, United States Speedskating Team, 2006-present, with travel to Norway,

Positions

Russia and The Netherlands.
Head Team Physician, US Military Endurance Sports, 2013-present.
Team Physician, ReAL Salt Lake Soccer Club, 2009-2017.
Team Physician, Westminster College, 2009-2017.
Team Physician, East High School, 2009-2011.
American Medical Society for Sports Medicine, Musculoskeletal Ultrasound Task Force, 2009-present.
Physician, Salt Lake Olympic Committee, 2002 Olympics and test events, for men's and women's hockey.
Physician, Salt Lake Olympic Committee, 2001 World Cup, for bobsled, luge, and skeleton.
Team Physician, Salt Lake Stingers AAA baseball team, 2002.
Team Physician, Utah Warriors, National Indoor Football League, 2003.
Medical Director, Health South Physical Therapy, Park City, Utah, 2002.
Head Team Physician, University of Utah Hockey (2000-2002), & "The Rockets" Hockey Club. (1993-present).

Teaching & Community Service

Adjunct Associate Professor of Pharmacology & Toxicology, University of Utah.
Adjunct Instructor in Family & Preventive Medicine, University of Utah.
Lecturer, Toxicology 5121 (Biomedical Basis of Disease), University of Utah, on Musculoskeletal Pathophysiology, 1998 to 2015.
Lecturer, "The Canyons" & "Deer Valley" ski patrol, various topics, 1998 to 2006.
Lecturer, University of Utah Hockey, various topics relating to physiology and performance.
Lecturer, Weber State University Premedical Society, on Sports Medicine & Flight Surgery.
Preceptor for Sports Medicine Fellows, Family Practice Residents, Physician Assistants, Nurse Practitioners, and students (Medical, Physician Assistant, Nurse Practitioner, and High School).
Volunteer physician, Fourth Street Clinic (Homeless).
Presentation to local Boy Scouts on being a Flight Surgeon and physician.

Licenses & Certification

Diplomat of the American Board of Family Practice, 1997, recertified 2004, 2014.
CAQ Sports Medicine, 1999, recertified 2009.
Utah State Medical License
Senior Aviation Medical Examiner
ACLS Instructor, ATLS, PALS, NALS, ALSO
PADI Scuba Rescue Diver and Divemaster
Private Pilot

Society Memberships

American Institute of Ultrasound in Medicine
Aerospace Medical Association, including Space Medicine Branch
American Medical Society for Sports Medicine
American College of Sports Medicine
American Institute of Ultrasound in Medicine
Christian Medical & Dental Society
International Federation for Adipose Therapeutics and Science
Wilderness Medical Society

Interests

My medical interests are in the use of autologous biologics for healing, sports, ultrasound, aviation, diving, hyperbaric, and wilderness medicine. I like to help people move better, feel better and live better! I am an outdoor enthusiast with an interest in ultra running, hockey, cycling (road, mountain and cyclocross), backcountry skiing, camping, climbing, flying, and scuba diving. I also enjoy reading, all types of exploration and travel, and coaching and playing with my sons!