

MICHAEL PENSAK, M.D., B.S.

Personal Information

Address: Ocean Orthopedic Associates
530 Lakehurst Road
Toms River NJ 98755

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Hospital Affiliations

Community Medical Center
Toms River, New Jersey
Active Member of Medical Staff

Raritan Bay Medical Center
Old Bridge, New Jersey
Active Member of Medical Staff

Riverview Medical Center
Redbank, New Jersey
Active Member of Medical Staff

Physician's Surgery Center
Toms River, New Jersey

Surgicare of Freehold
Freehold, New Jersey

Postdoctoral Education

2015-2016 Fellowship, Hand and Upper Extremity
University of Colorado, Aurora, CO
Fellowship Director: Frank Scott, M.D.

2009-2015 Residency, Orthopaedic Surgery
University of Connecticut Health Center; Farmington, CT
Residency Director: Jay R. Lieberman; Bruce D. Browner, MD

Education

2005-2009	State University of New York, Downstate Medical Center, Brooklyn, NY Doctor of Medicine
2001-2005	Cornell University, College of Agriculture and Life Sciences, Ithaca, NY Bachelor of Science, Major, Biological Sciences; Minor, Animal Physiology
1997-2001	Herricks High School, New Hyde Park, NY

Professional Licensure and Certifications

June 2020	Active Member of the American Society for Surgery of the Hand
January 2020	Fellow of the American Academy of Orthopaedic Surgeons
December 2019	Hand Subspecialty Certificate, American Board of Orthopaedic Surgery
September 2018	Board Certified, American Board of Orthopaedic Surgery
September 2018	Oral Boards, American Board of Orthopaedic Surgery, Pass
March 2016	New Jersey State Medical License
August 2015	Board eligible
August 2015	Part 1 Exam, American Board of Orthopaedic Surgery – Pass
October 2009	USMLE Step 3 209
December 2008	USMLE Step 2 244
June 2007	USMLE Step 1 255

Professional Societies and Committees

2011-2015	Resident delegate to Connecticut Orthopedic Society
2013	Resident member of Program Evaluation Committee for the Orthopaedic Surgery Residency Program
2015	Candidate Member – American Society for Surgery of the Hand
2015	Candidate Member – American Academy of Orthopaedic Surgery
2018	Board Certified – American Board of Orthopaedic Surgery
2019	Subspecialty Certificate in Orthopaedic Surgery of the Hand

Honors

2011-2012	Carole and Ray Neag Orthopaedic Research Scholar
May 2005	<i>cum laude</i> , Cornell University, College of Agriculture and Life Sciences Major, Biological Sciences
2001-2005	IBM Thomas J. Watson Memorial Scholarship

Research

2011-2012	Orthopaedic Basic Science Research Year University of Connecticut Health Center; Farmington, CT Principal Investigator: Jay R. Lieberman, MD
Summer 2010	First Year Medical Student Summer Research Fellowship Hospital for Special Surgery; Manhattan, NY Principal Investigator, John D. MacGillivray, MD

Peer Reviewed Publications

1. Nho SJ, Yadav H, Pensak M, Dodson CC, Good CR, MacGillivray JD. Biomechanical fixation in arthroscopic rotator cuff repair. *Arthroscopy*. 2007 Jan;23(1):94-102.e1. (PMID:17210433)

2. DeBerardino TM, **Pensak MJ**, Ferreira J, Mazzocca AD. Arthroscopic stabilization of acromioclavicular joint dislocation using the AC graftrope system. *J Shoulder Elbow Surg.* 2010 Mar;19(2 Suppl):47-52.(PMID:20188268)
3. Nho SJ, Delos D, Yadav H, **Pensak M**, Romeo AA, Warren RF, MacGillivray JD. Biomechanical and biologic augmentation for the treatment of massive rotator cuff tears. *Am J Sports Med.* 2010 Mar;38(3):619-29.(PMID:19776339)
4. Nho SJ, **Pensak MJ**, Seigerman DA, Cole BJ. Rehabilitation after autologous chondrocyte implantation in athletes. *Clin Sports Med.* 2010 Apr; 29(2):267-82. (PMID:20226319)
5. Romeo AA, Cohen MS, **Pensak M**, Nho SJ, Friel N, Cole BJ. Arthroscopic Lateral Epicondylitis. *Techniques in Shoulder & Elbow Surgery* 2010 March; 11(1): 25-31.
6. **Pensak M**, Grumet RC, Slabaugh MA, Bach BR Jr. Open versus arthroscopic distal clavicle resection. *Arthroscopy.* 2010 May;26(5):697-704.PMID:20434670)
7. **Pensak M**, Nho SJ, Alland J, Bach BR. Management of acute anterior shoulder instability in adolescents. *Orthop Nurs.* 2010 Jul-Aug;29(4):237-43. (PMID:20664460)
8. Wolf JM, Dukas A, **Pensak MJ**. Advances in Wrist Arthroscopy. *J Am Acad Orthop Surg.* 2012 Nov;20(11):725-34.(PMID:23118138)
9. Lieberman JR, **Pensak MJ**, Kelleher MS, Leger RR, Polkowski GG 2nd. Disclosure of Financial Conflicts of Interest: An Evaluation of Orthopaedic Surgery Patients' Understanding. *Clin Orthop Relat Res.* 2013 Feb;471(2):472-7.(PMID:22948521)
10. **Pensak MJ**, Lieberman JR. Gene Therapy for Bone Regeneration. *Curr Pharm Des.* 2013;19(19):3466-73. (PMID:23432674)
11. **Pensak M** and Lieberman JR. Prevention of Venous Thromboembolic Disease After Total Hip and Knee Arthroplasty. *J Bone Joint Surg Am.* 2013 Oct 2;95(19):1801-1811.(PMID:24088973)
12. **Pensak MJ**, Bayron J, Wolf J. Current Treatment of deQuervain Tendinopathy. *J Hand Surg Am. Epub.* (PMID:23890846)
13. **Pensak M**, Lee M, Bayron J and Thomson J. Utility of Early Post-Operative Radiographs after Posterior Spinal Fusion for Adolescent Idiopathic Scoliosis. *Spine (Phila Pa 1976).* 2014 Jan 29. [Epub ahead of print] (PMID:24480957)

14. Alaei F, Dukas A, **Pensak M**, Hong S, Rowe D, Lieberman JR. Evaluation of osteoprogenitor cell response to bone morphogenetic protein and demineralized bone matrix in a critical sized defect model using GFP reporter mice. *J Orthop Res*. 2014 Sep; 32(9): 1120-8 (PMID:24888702)
15. Webber T, Patel SP, **Pensak M**, Fajolu O, Rozental TD, Wolf JM. Correlation between Radial Cortical Thickness and Bone Density. *Journal Of Hand Surgery. J Hand Surg Am*. 2015 Mar;40(3):493-9. (PMID: 25708436)
16. **Pensak M**, Hong S, Dukas A, Tinsley B, Drissi HM, Tang A, Cote M, Sugiyama O, Lichtler A, The role of transduced bone marrow cells overexpressing BMP-2 in healing critical-sized defects in a mouse femur. *Gene Ther*. 2015 Mar 26. (PMID: 25809463)
17. Sharmin F, Adams D, **Pensak M**, Dukas A, Lieberman J, Khan Y. Biofunctionalizing devitalized bone allografts through polymer-mediated short and long term growth factor delivery. *J Biomed Mater Res A*. 2015 Feb 17. (PMID: 25689463)
18. **Pensak, M**; Hong, S; Dukas, A; Bayron, J; Tinsley, B; Jain, A; Makol, A; Tang, A; Rowe, D; Lieberman, J. Combination Therapy with PTH and DBM Cannot Heal a Critical Sized Murine Femoral Defect. *Journal of Orthopaedic Research*. 2015 Apr 15. (PMID: 25877402)
19. Tinsley BA, Dukas A, **Pensak MJ**, Adams DJ, Tang AH, Ominsky MS, Ke HZ, Lieberman JR. Systemic Administration of Sclerostin Antibody Enhances Bone Morphogenetic Protein-Induced Femoral Defect Repair in a Rat Model. *J Bone Joint Surg Am*. 2015 Nov 18;97(22):1852-9. (PMID: 26582615)
20. **Pensak MJ**, Carry PM, Entin JM, Lalka A, Shourbaji NA, Scott FA. Depression and Anxiety among Patients with Atraumatic Lateral Epicondylitis and Ulnar-Sided Wrist Pain. *J Wrist Surg*. 2019 Aug;8(4):295-299. PMID: 31402994

Book Chapters

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1. Nho SJ, **Pensak M**, MacGillivray JD. What are the indications for revision ACL surgery? In “Curbside Consultation in the ACL: 49 Clinical Questions,” Edited by Bach BR and Verma NN. Thorofare, NJ: SLACK, Incorporated, 2007.
 2. Nho SJ, **Pensak M**, MacGillivray JD. Is your rehabilitation protocol different in first time versus revision ACL patients? In “Curbside Consultation in the ACL: 49 Clinical

Questions,” Edited by Bach BR and Verma NN. Thorofare, NJ: SLACK, Incorporated, 2007.

3. **Pensak M**, Nho SJ, Provencher MT, Bach BR. Why Did This Graft Fail? In “ACL Surgery: How to Get it Right the First Time and What to do When Your Surgery Fails,” Edited by Bach BR and Provencher MT. Thorofare, NJ: SLACK, Incorporated, 2009.
4. Dukas AG, **Pensak MJ**, Edgar CM, Deberardino TM. Surgical Management of Patellar Instability. In: Operative Arthroscopy 4th Edition. Edited by Don Johnson, Alan Barber, Larry Field, John Richmond, Nick Sgaglione, Ned Amendola. Philadelphia, PA: Lippincott Williams & Wilkins, 2012.
5. Dukas AG, **Pensak MJ**, Stender ZC, Deberardino TM. Arthroscopic Meniscus Transplantation: Bone Plug (*with on-line video supplement*). In: Surgical Techniques of the Shoulder, Elbow, and Knee in Sports medicine 2nd Edition. Edited by Cole BJ and Sekiya JK. New York, NY. Elsevier 2013.
6. Browner BD, **Pensak MJ**, Frallicciardi A, Ritting A. Pelvis. In “Musculoskeletal Emergencies.” Edited by Browner BD and Fuller RP. Philadelphia, PA. Elsevier. 2013.
7. **Pensak MJ** and Wolf JM. Connective Tissue Disorders. In “Passport for the Orthopaedic Boards Revalidation.” Edited by Cyril Mauffrey and David Hak. Springer-Verlag. In press, 2013.

Editorials

1. **Pensak M** and Thomson J. Perspective on "Growing Rod Graduates: Lessons From Ninety-Nine Patients Who Have Completed Their Lengthenings". J Bone Joint Surg Am. 2013 Oct 2;95(19):e1481-2. (PMID:24088983)

Research Presentations and Posters

1. **Pensak M**. Tracking osteoprogenitor cell response to rhBMP in a critical-sized mouse femoral defect. Musculoskeletal work in progress seminar. Farmington, CT. February 2012.
2. Alaei, F, Dukas A, **Pensak M**, Hong S, Rowe D, Lieberman JR. Evaluation of osteoprogenitor cell response to bone morphogenetic protein and demineralized bone matrix in a critical sized defect model using GFP reporter mice. Orthopaedic Research

Society. San Antonio, TX. January 2013. (Podium presentation, new investigator recognition award)

3. **Pensak M**, Lee M, Bayron J and Thomson J. Are Early Post-operative Radiographs After Adolescent Idiopathic Scoliosis Surgery Clinically Useful? Eastern Orthopaedic Society. Miami, FL. November 2013. Podium presentation.
4. **Pensak M**, Lee M, Bayron J and Thomson J. Are Early Post-operative Radiographs After Adolescent Idiopathic Scoliosis Surgery Clinically Useful? Connecticut Children's Alumni Day. Hartford, CT. November 2013.
5. **Pensak M**, Lee M, Bayron J and Thomson J. Are Early Post-operative Radiographs After Adolescent Idiopathic Scoliosis Surgery Clinically Useful? New England Orthopaedic Society. Boston, MA. November, 2013.
6. **Pensak, M**; Hong, S; Dukas, A; Bayron, J; Tinsley, B; Jain, A; Makol, A; Tang, A; Rowe, D; Lieberman, J. Combination Therapy with PTH and DBM Can Not Heal a Critical Sized Murine Femoral Defect. Orthopaedic Research Society. New Orleans, LA. March 2014. Poster presentation.
7. Tinsley, B; Dukas, A; **Pensak, M**; Hezhen, T; Makol, A; Ominsky, M; Ke, H; Lieberman, J. Systemic Sclerostin Antibody Enhances BMP Induced Bone Repair. Orthopaedic Research Society. New Orleans, LA. March 2014. Poster presentation.
8. Webber T, Patel SP, **Pensak M**, Fajolu O, Rozental TD, Wolf JM. Correlation between Radial Cortical Thickness and Bone Density. Submitted to American Society for Surgery of the Hand. Boston, MA. September 2014. Abstract pending decision.
9. **Pensak, M**; Hong, S; Dukas, A; Bayron, J; Tinsley, B; Jain, A; Makol, A; Tang, A; Rowe, D; Lieberman, J. Combination Therapy With DBM And PTH Cannot Heal A Critical Sized Murine Femoral Defect." Eastern Orthopaedic Association Annual Meeting. Amelia Island, FL. October, 2014.
10. The Role of Transduced Bone Marrow Cells Over-Expressing BMP-2 in Healing Critical Sized Defects in a Mouse Femur. **Pensak M**, Hong S, Dukas A, Tinsley B, Drissi HM, Tang A, Cote M, Sugiyama O, Rowe, D, Lieberman JR. Las Vegas, NV. March, 2015.

Awards

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1. **Howard Levine Science Award Competition. 1st place. June 2015.** The Role of *Transduced Bone Marrow Cells Over-Expressing BMP-2 in Healing Critical Sized Defects in a Mouse Femur.*

2. **The Ludwig J. Pyrtok Award For Excellence in Research. Magna Cum Laude. March, 2014.** *Combination Therapy With DBM And PTH Can Not Heal A Critical Sized Murine Femoral Defect.*
3. **Eastern Orthopaedic Association's Resident/Fellow Paper Award. Amelia Island, October, 2014.** *Combination Therapy With DBM And PTH Can Not Heal A Critical Sized Murine Femoral Defect.*

Professional Courses and Meetings

1. Advanced Trauma Life Support (ATLS), Hartford Hospital, Hartford, CT, October 2009.
2. Basic Principles and Techniques of Operative Fracture Management, AO North American, Covington, KY, September, 2009.
3. Connecticut Children's Medical Center Alumni Day, Hartford, CT, May 2010
4. Connecticut State Orthopaedic Society Annual Meeting, Farmington, CT, May 2010
5. Connecticut Children's Medical Center Alumni Day, Hartford, CT, May 2011
6. Connecticut State Orthopaedic Society Annual Meeting, Farmington, CT, May 2011
7. AAOS Communications Workshop, Farmington, CT, September 2011
8. AOFAS Resident Review Course, Boston, MA, October 2011
9. National Orthopaedic Leadership Conference. Washington D.C., May 2012
10. Connecticut State Orthopaedic Society Annual Meeting, Farmington, CT, May 2012
11. Connecticut Children's Medical Center Alumni Day, Hartford, CT, May 2012
12. Connecticut State Orthopaedic Society Annual Meeting, Farmington, CT, May 2013
13. National Orthopaedic Leadership Conference. Washington D.C., May 2013
14. Connecticut Children's Medical Center Alumni Day, Hartford, CT, November 2013
15. New England Orthopaedic Society, Annual Fall Meeting, Boston, MA, November 2013
16. Eastern Orthopaedic Association Annual Meeting. Amelia Island, Florida. October 2014
17. AOA Resident Leadership Conference, Montreal, QC. June 2014

18. AAOS annual meeting, Las Vegas, Nevada. March 2015
19. ORS annual meeting. Las Vegas, Nevada. March 2015
20. Denver Health Hand and Microsurgery Course Series. Upper extremity flaps. Denver, Colorado. July 2015
21. Denver Health Hand and Microsurgery Course Series. Microvascular techniques. Denver, Colorado. July 2015