

# Rowan V. Paul

## Founder Launch Regenerative RegenCore Method, Physcal Longevity, TOBI Network (USA)

Dr. Rowan Paul is a fellowship trained sports medicine physician and a board-certified family physician who treats athletes and active people of all ages. He has treated athletes of all ages, from recreational to professional athletes, He is currently the Head Company Physician for the San Francisco Ballet.

Previous experience includes high profile team physician coverage roles for the Oakland Athletics, World Cup speed skating, alpine and snowboarding championships, numerous marathons, the U.S. Olympic development Nordic cross country skiing team, as well as the America's Cup Sailing.

Dr. Paul was a full partner in a prestigious Orthopedic Surgery group in San Francisco for 10 years but recognized the inherent fragmented limitation of practicing regenerative orthopedics in a primarily surgical practice. He left in favor of a practicing the highest level of regenerative medicine in a more comprehensive non-surgical but multi-disciplinary approach, hopefully to prevent the need for surgery.

Dr. Paul is a pioneer and expert in the new emerging field of Regenerative Interventional Orthopedics and the use of autologous cellular products to promote healing non-surgically. His first PRP injection was 2008 and has since done thousands of these as well as bone marrow and adipose derived regenerative medicine-based therapies since then. He specializes in the knee, hip, shoulder, elbow, ankle, foot and spine. He has developed mastery over 12 years of intense study and practice of musculoskeletal ultrasound and performs many high-resolution ultrasounds guided diagnostic and therapeutic procedures to alleviate pain and promote healing.

He is an expert in treating chronic refractory tendon problems, using Platelet Rich Plasma, Bone Marrow Aspirate Concentrates (BMAC), Adipose tissue transfer, Dextrose Prolotherapy. He has an academic research interest in regenerative medicine and has been published numerous times in this space. He is also an expert at ultrasound guided nerve blocks for pain relief during procedures which helps limit or eliminate the use of narcotic opioid use.

Notably, Dr. Paul is a member of a national panel of experts (SAFE) in the regenerative medicine space that recently put out the world's first consensus guidelines in the safe and ethical use of bone marrow aspirate concentrates for orthopedic use. The panel is actively working on and will publish future consensus guidelines for adipose, placental allografts, exosomes and other regenerative therapies. He is also on several national and international teaching faculties and is an active poster and thought leader on LinkedIn's Biologic Orthopedic Society group.

Dr. Paul also performs TENEX and TENJET ultrasound guided micro-invasive tendon/fascia debridement including but not limited to the achilles, plantar fascia, rotator cuff, patellar tendons for severe tendinosis/tendonitis. He also specializes in innovative carpal tunnel, cubital tunnel, tarsal tunnel and occipital nerve hydro-dissections, a potential treatment alternative to surgical nerve releases.

Dr. Paul enjoys teaching and is a Clinical Assistant Professor of Dartmouth College Geisel School of Medicine. In the past he taught residents and fellows from UCSF and California Pacific Medical Center in San Francisco.

Dr. Paul is also interested in injury prevention, Global Health and is a current regular team member of Operation Rainbow, a non-profit humanitarian orthopedic surgical mission. He has travelled on humanitarian trips as well to Honduras, Ecuador, India, Nepal, and Venezuela.

His goal is to optimize physical performance in his athletes, and have athletes of all ages stay active as long as absolutely possible so they can live a healthier, more productive life.

Dr. Rowan Paul has presented and published nationally and internationally. He has received numerous awards including Castle Connolly's "Top Doctor," and Health Tap. On Health Tap, he has been a leading Sports Medicine contributor and a founding medical expert. He has also been featured on "Health Radio", "Women's Health Daily Site" and "Experience Life Magazine." He was born and raised in Toronto, Canada, did his undergraduate degree at Brown University, where he was a division one varsity swimmer. He continues to be an active runner, cyclist, triathlete, runner, skier, yoga practitioner and outdoorsman.

He is an entrepreneur and is on several medical advisory boards including ROAM Robotics, Enso Pain, PhysIO, The Orthobiologic Institute (TOBI) networks, DataBiologics, and Monj Health.

He is co-founder of Physical Longevity with Steven Sampson. He is also the long-time moderator and speaker at the TOBI conference, as well as partner in the digital platform TOBI networks.

He is a Clinical Assistant Professor at Dartmouth Geisel School of Medicine, teaches the sports medicine fellows at Stanford University and is the Head Company Physician for the San Francisco Ballet and previous team doctor for the Oakland Athletics Major League Baseball team.