



Rony Michael Lazaro, MD

Clinical Assistant Professor, Orthopaedic Surgery

CLINICAL OFFICE (PRIMARY)

- Orthopaedic Surgery Clinic

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ACADEMIC CONTACT INFORMATION

- Administrative Contact

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Bio

BIO

Dr. Rony Michael Lazaro is a board-certified, fellowship-trained physiatrist with specialization in sports medicine in the Stanford Health Care Physical Medicine and Rehabilitation Division. He is also a clinical assistant professor in the Department of Orthopaedic Surgery, Division of Physical Medicine and Rehabilitation at Stanford University School of Medicine.

Dr. Lazaro's clinical expertise includes diagnosing and treating a wide range of sports medicine conditions. His clinical practice focuses on injuries and conditions of the lower extremity (hip, knee, ankle, and foot). He is an expert in using ultrasound to diagnose musculoskeletal injuries and perform ultrasound-guided procedures. Dr. Lazaro is experienced with treating injuries in runners and other endurance athletes. He is also well-versed in taking care of performing artists such as dancers and musicians.

He has extensive experience providing medical coverage for high school, collegiate, and professional athletic events and teams. He was a lead venue physician for the 2023 World University Games in Lake Placid, New York. He also served as company physician for New York State Ballet.

His research focuses on evidence-based approaches to prevent injury, relieve pain, and optimize health and performance. Organizations such as the American Medical Society for Sports Medicine (AMSSM) have supported his work with grant funding.

Dr. Lazaro has been published in journals such as The Knee and Clinical Journal of Sports Medicine. He has presented his findings at national and international conferences, including the annual meetings of the Association of Academic Physiatrists and the AMSSM.

Dr. Lazaro is an active member of several professional societies, including the American College of Sports Medicine and the International Association for Dance Medicine & Science. He also serves on committees for the AMSSM and the Performing Arts Medicine Association. He is a fellow of the American Academy of Physical Medicine and Rehabilitation.

Dr. Lazaro is originally from Hayward, California. He graduated from Stanford University with a BA in Music (concentration in Conducting) and BS in Biology. He earned his MD from the University of Virginia School of Medicine. He completed his internship in Internal Medicine at Alameda Health System/Highland Hospital. He then completed his residency in Physical Medicine and Rehabilitation at Virginia Commonwealth University, followed by a fellowship in Sports Medicine at Virginia Commonwealth University and Bon Secours St. Francis Medical Center.

CLINICAL FOCUS

- Physical Medicine and Rehab

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Orthopaedic Surgery
- Member, Wu Tsai Human Performance Alliance

HONORS AND AWARDS

- Vice Chief Resident, Virginia Commonwealth University
- Research Excellence Award, Virginia Commonwealth University
- R.K. Gadi Service Award, Virginia Commonwealth University
- Hook Scholar, Edward W. Hook Scholars Program in Humanities and Ethics, University of Virginia School of Medicine

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, Performing Arts Medicine Association (PAMA) (2016 - present)
- Member, International Society of Physical and Rehabilitation Medicine (2019 - present)
- Member, International Association for Dance Medicine and Science (2019 - present)
- Member, Association of Academic Physiatrists (2015 - present)
- Member, American Medical Society for Sports Medicine (AMSSM) (2015 - present)
- Member, American Institute of Ultrasound in Medicine (2023 - present)
- Member, American College of Sports Medicine (2015 - present)
- Fellow, American Academy of Physical Medicine and Rehabilitation (FAAPMR) (2015 - present)

PROFESSIONAL EDUCATION

- Board Certification: Sports Medicine, American Board of Physical Medicine and Rehabilitation (2019)
- Board Certification: Physical Medicine and Rehab, American Board of Physical Medicine and Rehabilitation (2019)
- Fellowship: Virginia Commonwealth University Health System (2019) VA
- Residency: Virginia Commonwealth University Health System (2018) VA
- Internship: Alameda Health System Highland Hospital (2015) CA
- Medical Education: University of Virginia School of Medicine (2014) VA

Publications

PUBLICATIONS

- **Comparison of Pain With Ultrasound-Guided Intra-Articular Hip Injections With and Without Prior Subcutaneous Local Anesthesia.** *Clinical journal of sport medicine : official journal of the Canadian Academy of Sport Medicine*
Lazaro, R. M., Smith, J. M., Bender, N., Punreddy, A., Barford, N., Paul, J. H.
2024
- **Patellar mobility and lower limb kinematics during functional activities in individuals with and without patellar tendinopathy.** *The Knee*
Lazaro, R. M., Souza, R. B., Luke, A. C.

2021; 30: 241-248

- **A Pilot Study of Knee and Hip Osteoarthritis Patient Experience with Telemedicine During the COVID-19 Pandemic** *Advances in Clinical Medical Research and Healthcare Delivery*
Lazaro, R. M., Smith, K. J., Bawany, M. H., Barford, N., Paul, J. H.
2021
- **Knee Orthoses for Sports-Related Issues** *Atlas of Orthoses and Assistive Devices*
Lazaro, R. M., Dec, K. L.
2019
- **Sports-Related Injuries in Youth Athletes: Is Overscheduling a Risk Factor?** *CLINICAL JOURNAL OF SPORT MEDICINE*
Luke, A., Lazaro, R. M., Bergeron, M. F., Keyser, L., Benjamin, H., Brenner, J., d'Hemecourt, P., Grady, M., Philpott, J., Smith, A.
2011; 21 (4): 307-314