Stanford

Joshua Daniel Rittenberg, MD

Clinical Associate Professor, Orthopaedic Surgery

CLINICAL OFFICE (PRIMARY)

- **Orthopaedic Surgery and Sports Medicine**
  6121 Hollis St Ste 900
  Emeryville, CA 94608
  Tel (510) 974-2800 **Fax** (510) 806-2634

ACADEMIC CONTACT INFORMATION

- **Academic Contact**
  Katrina Souza - Administrative Associate
  Email souzak@stanford.edu
  Tel 650-497-5352

Bio

BIO

Dr. Rittenberg is a board-certified, fellowship-trained physiatrist with more than 20 years of experience specializing in rehabilitative and interventional spine care. He is a Clinical Associate Professor in the Department of Orthopaedic Surgery, Division of Physical Medicine & Rehabilitation.

In his clinical practice, Dr. Rittenberg provides expert care for painful spine disorders. He excels at interventional pain management and has extensive experience in a variety of spinal disorders, including sports-related spine injuries

Prior to joining Stanford, he was co-chair of the Physical Medicine and Rehabilitation Department for Kaiser Northern California. Additionally, he spent 10 years at the Rehabilitation Institute of Chicago, where he served as Medical Director of Musculoskeletal and Spine Procedures at the Spine and Sports Rehabilitation Center. He was a consultant in the Northwestern Medical Faculty Foundation Department of Orthopedic Surgery and an Associate Professor in the Department of Physical Medicine and Rehabilitation at Northwestern University Feinberg School of Medicine.

Dr. Rittenberg excels at the diagnosis and treatment of disorders involving the spine. He delivers state-of-the-art treatment for pain, emphasizing non-operative and minimally invasive approaches.

For each patient, he prepares a personalized plan of care designed to be both comprehensive and compassionate. In every case, his goals are to relieve symptoms and enable the best possible quality of life.

Dr. Rittenberg lectures nationally and internationally, has chaired numerous continuing education courses for physicians, and has published original research, review articles, and book chapters in the areas of interventional and rehabilitative spine care.

He has volunteered and held leadership positions in the American Academy of Physical Medicine and Rehabilitation, the North American Spine Society, and the International Pain and Spine Intervention Society. He is the current President of the International Pain and Spine Intervention Society(IPSIS).

Dr. Rittenberg has earned honors and recognition for his achievements. They include being named to the Healthgrades Honor Roll and recognized as a regional top doctor by Castle Connolly, the research and information resource for health care consumers.

CLINICAL FOCUS

- Interventional Spine
- Spine Rehabilitation
- Pain Medicine

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Orthopaedic Surgery

PROFESSIONAL EDUCATION

- Medical Education: New York Medical College (1995) NY
- Board Certification: Pain Medicine, American Board of Physical Medicine and Rehabilitation (2004)
- Board Certification: Physical Medicine and Rehab, American Board of Physical Medicine and Rehabilitation (2000)
- Residency: University of Washington Physical Medicine and Rehabilitation Residency Program (1999) WA
- Fellowship: Florida Spine Institute (2000) FL
- Internship: St. Vincent's Hospital (1996) NY

Publications

PUBLICATIONS

- **Early outcomes from intra-articular lateral C1-2 joint steroid injections: A retrospective case series.** *Interventional pain medicine*
  Kaufman, M. W., Yeung, G., Rittenberg, J., Huynh, L., Smuck, M., Levin, J.
  2026; 5 (1): 100737
- **Response to letter to the Editor regarding "Common interventional procedures for chronic non-cancer spine pain: a systematic review and network meta-analysis of randomised trials.".** *The spine journal : official journal of the North American Spine Society*
  Rivers, W. E., Conger, A., Nagpal, A., Schneider, B. J., Schuster, N. M., Rittenberg, J. D.
  2025; 25 (10): 2353-2354
- **"Is this injection going to hurt?" Quantifying the pain experience during common lumbosacral spine injections.** *Interventional pain medicine*
  Smuek, A., Bakshi, R., Mays, R., Huynh, L., Levin, J., Rittenberg, J., Smuck, M.
  2025; 4 (3): 100632
- **Multisociety response to The BMJ publications on interventional spine procedures for chronic back and neck pain.** *The spine journal : official journal of the North American Spine Society*
  Rittenberg, J. D.
  2025; 25 (8): 1849-1852
- **Radiofrequency and the value of precision care.** *Interventional pain medicine*
  Rittenberg, J. D.
  2022; 1 (4): 100166
- **Spinal corticosteroid injections are not associated with increased influenza risk.** *The spine journal : official journal of the North American Spine Society*
  Rittenberg, J. D., Air, M. E., Schmittdiel, J. A., Horton, B. H., Greenlund, L. S., Maus, T. P., Sytsma, T. T.
  2022
- **Spinal Region Corticosteroid Injections are not associated with Increased Risk for Influenza.** *The spine journal : official journal of the North American Spine Society*
  Sytsma, T. T., Rittenberg, J. D., Maus, T. P., Air, M. E., Mauck, W. D., Tiegs-Heiden, C. A., Fischer, K. M., Greenlund, L. S.

2022

- **Adverse events associated with fluoroscopically guided lumbosacral transforaminal epidural steroid injections** *SPINE JOURNAL*
  Plastaras, C., McCormick, Z. L., Garvan, C., Macron, D., Joshi, A., Chimes, G., Smeal, W., Rittenberg, J., Kennedy, D. J.
  2015; 15 (10): 2157-2165
- **Response to Dr. Candido et?al.** *Pain medicine*
  Kennedy, D. J., Plastaras, C., Casey, E., Visco, C. J., Rittenberg, J. D., Conrad, B., Sigler, J., Dreyfuss, P.
  2014; 15 (11): 1977-1978
- **Original Research Articles Comparative Effectiveness of Lumbar Transforaminal Epidural Steroid Injections with Particulate Versus Nonparticulate Corticosteroids for Lumbar Radicular Pain due to Intervertebral Disc Herniation: A Prospective, Randomized, Double-Blind Trial** *PAIN MEDICINE*
  Kennedy, D. J., Plastaras, C., Casey, E., Visco, C. J., Rittenberg, J. D., Conrad, B., Sigler, J., Dreyfuss, P.
  2014; 15 (4): 548-555
- **Comparative effectiveness of lumbar transforaminal epidural steroid injections with particulate versus nonparticulate corticosteroids for lumbar radicular pain due to intervertebral disc herniation: a prospective, randomized, double-blind trial.** *Pain medicine (Malden, Mass.)*
  Kennedy, D. J., Plastaras, C., Casey, E., Visco, C. J., Rittenberg, J. D., Conrad, B., Sigler, J., Dreyfuss, P.
  2014; 15 (4): 548-55
- **Vasovagal Rates in Flouroscopically Guided Interventional Procedures: A Study of Over 8,000 Injections** *PAIN MEDICINE*
  Kennedy, D. J., Schneider, B., Casey, E., Rittenberg, J., Conrad, B., Smuck, M., Plastaras, C. T.
  2013; 14 (12): 1854-1859
- **Programmatic Design for Teaching the Introductory Skills and Concepts of Lumbar Spine Procedures to Physiatry Residents A Prospective Multiyear Study** *AMERICAN JOURNAL OF PHYSICAL MEDICINE & REHABILITATION*
  Visco, C. J., Kennedy, D. J., Chimes, G. P., Rittenberg, J., McLean, J., Dawson, P., Margolis, S., Lento, P., Ihm, J., Sliwa, J., Smeal, W., Sorosky, B., Plastaras, et al
  2013; 92 (3): 248-257
- **Adverse Events Associated With Fluoroscopically Guided Sacroiliac Joint Injections** *PM&R*
  Plastaras, C. T., Joshi, A. B., Garvan, C., Chimes, G. P., Smeal, W., Rittenberg, J., Lento, P., Stanos, S., Fitzgerald, C.
  2012; 4 (7): 473-478
- **Cost-effectiveness of the X-STOP (R) Interspinous Spacer for Lumbar Spinal Stenosis A Comparison with Conservative Care and Laminectomy** *SPINE*
  Skidmore, G., Ackerman, S. J., Bergin, C., Ross, D., Butler, J., Suthar, M., Rittenberg, J.
  2011; 36 (5): E345-E356
- **The Role of Exercise and Alternative Treatments for Low Back Pain** *PHYSICAL MEDICINE AND REHABILITATION CLINICS OF NORTH AMERICA*
  Carneiro, K. A., Rittenberg, J. D.
  2010; 21 (4): 777-+
- **Utility of the anesthetic test dose to avoid catastrophic injury during cervical transforaminal epidural injections** *SPINE JOURNAL*
  Smuck, M., Maxwell, M. D., Kennedy, D., Rittenberg, J. D., Lansberg, M. G., Plastaras, C. T.
  2010; 10 (10): 857-864
- **Inadvertent Intradiscal Contrast Flow During Lumbar Transforaminal Epidural Steroid Injections: A Case Series Examining the Prevalence of Intradiscal Injection as well as Potential Associated Factors and Adverse Events** *PAIN MEDICINE*
  Plastaras, C. T., Casey, E., Goodman, B. S., Chou, L., Roth, D., Rittenberg, J.
  2010; 11 (12): 1765-1773
- **The Rate of Detection of Intravascular Injection in Cervical Transforaminal Epidural Steroid Injections With and Without Digital Subtraction Angiography** *PM&R*
  McLean, J. P., Sigler, J. D., Plastaras, C. T., Garvan, C., Riffenberg, J. D.
  2009; 1 (7): 636-642
- **Efficacy of Lumbosacral Transforaminal Epidural Steroid Injections: A Systematic Review** *PM&R*
  Roberts, S. T., Willick, S. E., Rho, M. E., Rittenberg, J. D.

2009; 1 (7): 657-668

- **Panel Discussion** *AMERICAN JOURNAL OF THERAPEUTICS*
  McCarberg, B., Barkin, R. L., Fish, L., Kulich, R. J., Kuritzky, L., Nicholson, B. D., Rittenberg, J., Viscusi, E., Weaver, A. L.
  2008; 15: S24-S27
- **Comprehensive functional evaluation of the injured runner.** *Physical medicine and rehabilitation clinics of North America*
  Plastaras, C. T., Rittenberg, J. D., Rittenberg, K. E., Press, J., Akuthota, V.
  2005; 16 (3): 623-49
- **The practical management of Achilles tendinopathy** *CLINICAL JOURNAL OF SPORT MEDICINE*
  Sorosky, B., Press, J., Plastaras, C., Rittenberg, J.
  2004; 14 (1): 40-44
- **Worsening myelopathy masked by peripheral nerve disorders** *JOURNAL OF SPINAL CORD MEDICINE*
  Rittenberg, J. D., Burns, S. P., Little, J. W.
  2004; 27 (1): 72-77
- **Functional rehabilitation for degenerative lumbar spinal stenosis.** *Physical medicine and rehabilitation clinics of North America*
  Rittenberg, J. D., Ross, A. E.
  2003; 14 (1): 111-20
- **Radiation exposure of the spinal interventionalist performing fluoroscopically guided lumbar transforaminal epidural steroid injections** *ARCHIVES OF PHYSICAL MEDICINE AND REHABILITATION*
  Botwin, K. P., Thomas, S., Gruber, R. D., Torres, F. M., Bouchlas, C. C., Rittenberg, J. J., Rao, S.
  2002; 83 (5): 697-701
- **Complications of fluoroscopically guided caudal epidural injections** *AMERICAN JOURNAL OF PHYSICAL MEDICINE & REHABILITATION*
  Botwin, K. P., Gruber, R. D., Bouchlas, C. G., Torres-Ramos, F. M., Hanna, A., Rittenberg, J., Thomas, S. A.
  2001; 80 (6): 416-424