

DILAAWAR (DANNY) MISTRY, MD, MS, ATC

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📍 Dilaawar J. Mistry, M.D., PLLC
dba Aasha Brain Clinic™
2021 Battlecreek Dr, Unit A
Fort Collins, CO 80528

PERSONAL DATA

Birthplace: Hyderabad, India
Birthdate: November 28, 1960

Citizenship: U.S.A.

Home address
2614 Hawks Perch Ct.
Fort Collins, CO 80528

EDUCATION

1985	M.B.B.S.	
1991	M.S. in Exercise Science	University of Massachusetts
1994	A.T.C.	NATA Internship Program

INTERNSHIP AND RESIDENCY

1985-1986	Internship	University of Madras
1995-1997	Residency in PM&R	University of Virginia
1997-2002	Residency in Medicine	University of Virginia

ACADEMIC APPOINTMENTS

2018-Present	Teaching Faculty	PVH Department of Family Medicine, Sports Medicine Clinic
2011-2019	Visiting Associate Professor of Research	University of Virginia Department of PM&R
2003-2011	Associate Professor (Adjunct)	University of Virginia Department of Medicine
2002-2011	Associate Professor	University of Virginia Department of PM&R

PROFESSIONAL APPOINTMENTS

2005-2025	Primary Care Team Physician	U.S.A. Swimming
2012-2017	Primary Care Team Physician	Grand Junction Rockies
2011-2017	Primary Care Team	Colorado Mesa University Physician Athletics Department
2002-2011	Primary Care Team Physician	University of Virginia

		Athletics Department
2003-2011	Co-Medical Director	University of Virginia Athletics Department

OTHER PROFESSIONAL EXPERIENCE

1986-1987	Resident Physician	Breach Candy Bombay, India
1989-1994	Athletic Trainer Faculty	Taft School Watertown, CT
1995-2002	Volunteer Assistant to Team Physician	University of Virginia Athletics Department
1999-2000	Massage Therapist Athletic Trainer	U.S. Soccer
2005-2025 2025	Team Physician Chair Sports Medicine & Science Committee	U.S.A. Swimming U.S.A. Swimming

CERTIFICATION AND LICENSURE

Certification: Diplomate of American Board of Internal Medicine; August 2004
 Licensure: Colorado 04/01/2011 Permanent; 49953; Exp: April 2027

PROFESSIONAL AFFILIATIONS

1994	National Athletic Trainers' Association
2002	American College of Physicians
2005	U.S.A. Swimming
2012	Grand Junction Rockies

CLINICAL ACTIVITIES

Fort Collins, Colorado: November 2017 - May 2018

Berkana Rehabilitation Institute, LLC

- Helped develop Integrative Concussion Program
- Practiced Primary Care Sports Medicine

Department of Family Medicine, PVH

- Resident Teaching - Primary Care Sports Medicine

Grand Junction, Colorado: August 2011 - September 2017

Volunteer Primary Care Sports Medicine Clinic, Dept. of Athletics, Colorado Mesa University

- Perform pre-participation history and physical examinations on incoming scholarship, non-scholarship, and walk-on athletes
- Serve as Primary Care Team Physician and provide medical care, as needed, for student athletes (including club sports)

- Conduct screening programs including pre-participation EKG's and Echocardiograms (as needed for athletes at risk), sickle cell testing, and testing for iron deficiency (as needed for athletes at risk)
- Provide home games coverage with Athletic Training Staff for Football
- Provide primary care consultation for visiting collegiate teams, as needed, during regular season events and post-season championships

Western Orthopedics and Sports Medicine, P.C.

- Treatment of athletic and non-athletic primary care sports medicine and musculoskeletal problems in both pediatric and adult population
- Treatment of TBI / Concussions
- Patients scheduled through both internal and external referrals, self-referrals, and emergency room
- Perform pre-participation history and physical examinations and provide medical care for the Grand Junction Rockies

Clinical Innovations at the University of Virginia, Charlottesville, Virginia:

July 1995 - June 2011

- Established and Developed Primary Care Sports Medicine Clinic, Athletics Department
- Co-developed an innovative, evidence-based pre-participation cardiovascular screening program to prevent sudden cardiac death in high performance athletes at UVA. Detected and diagnosed several cases of potential sudden cardiac death in student athletes. 2 athletes disqualified from athletics secondary to inherent risk for sudden cardiac death
- Developed a Team of Sub-Specialist Sports Medicine Consultants for student athlete care

Clinical Innovations in Grand Junction, Colorado:

August, 2011 - September, 2017

- Developed a Primary Care Sports Medicine Program for the Grand Junction Rockies
- Developed an innovative, evidence-based pre-participation cardiovascular screening program to prevent sudden cardiac death in high performance and recreational athletes
- Developed innovative clinical programs at Western Orthopedics and Sports Medicine, including:
 - "The Athlete's Corner"
 - "Your Healthy Back"
 - "The Wellness Program"
- Developed a community wide 'Concussion Management Program' for School District 51

Sports Medicine Highlights

Primary Care Team Physician for University of Virginia ACC Championship Teams (provided on-site coverage)

- 1997 Men's Soccer
- 1998 Women's Swimming and Diving
- 1999 Men's Lacrosse
- 1999 Women's Swimming and Diving

- 2000 Men's Lacrosse
- 2003 Men's Soccer
- 2003 Men's Lacrosse
- 2003 Women's Swimming and Diving
- 2003 Women's Rowing
- 2004 Men's Soccer
- 2004 Women's Swimming and Diving
- 2004 Men's Swimming and Diving
- 2006 Women's Lacrosse
- 2006 Men's Lacrosse
- 2007 Men's Cross Country
- 2008 Women's Lacrosse
- 2010 Men's Lacrosse

Primary Care Team Physician for University of Virginia National Championship Teams
(provided on-site coverage)

- 1999 Men's Lacrosse
- 2003 Men's Lacrosse
- 2004 Women's Lacrosse
- 2006 Men's Lacrosse
- 2009 Men's Soccer
- 2010 Men's Tennis (ITA Indoor Nationals)
- 2011 Men's Lacrosse

Primary Care Team Physician for U.S.A. Swimming

- 2006 - Victoria State Championships, Melbourne, Australia
- 2008 - Victoria State Championships, Melbourne, Australia
- 2008 - Open Water World Championships, Seville, Spain
- 2009 - World University Games, Belgrade, Serbia
- 2021 - Olympic Team Trials, Omaha, NE
- 2024 – Olympic Team Trials, Indianapolis, IN

Sports Medicine Coverage for USOPC

- 1999 - Massage Therapist and Athletic Trainer, Men's Soccer, U.S.A. Junior National Team, Lisbon, Portugal
- 2000 - Massage Therapist, Women's Soccer, U.S.A. National Team (Gold Cup in U.S.A.; Pre-Olympic competition in Germany and Norway)

ADMINISTRATIVE ACTIVITIES

- Chair, Concussion Task Force, USA Swimming (since April 2015)
- Member, Colorado Traumatic Brain Injury Trust Fund Board (2014-2020)
- Member, Board of Trustees, Community Hospital, Grand Junction (2014-2017)
- Member, Foundation Board, Community Hospital, Grand Junction (2014 -2016)
- Chair, Concussion Task Force, Grand Junction, CO (Mar 2013-Nov 2015)
- Member, Credentials Committee, Community Hospital (2011-2013)

- Member, CME Committee, Community Hospital (2013-2014)
- Co-Medical Director of Sports Medicine, Department of Athletics (2003-2011)
- Updated medical policies and standards of care for the Athletic Department (in conjunction with the Head Athletic Trainer and Administrative Staff, Department of Athletics, University of Virginia)
- Developed innovative screening programs to maximize safety and athletic performance during athletic participation (in conjunction with the Head Athletic Trainer and Administrative Staff, Department of Athletics, University of Virginia)
- Developed policies to apply outcomes from evidence-based research to clinical practice (Department of Athletics, University of Virginia)
- Developed and maintained a sub-specialist medical consultant group at the University of Virginia for referral of student athletes

TEACHING ACTIVITIES

Classroom, Seminar, or Teaching Laboratory:

1995-Present University of Virginia, Department of Athletics Presenter – selected topics in Primary Care Sports Medicine, average 2 x year, 30 staff, undergraduate and graduate athletic trainers

Clinical Teaching:

2002 - 2011 Elective rotations for residents, Spine and Sports Care Clinic, Department of Physical Medicine and Rehabilitation, University of Virginia, Charlottesville, VA

2002 - 2011 Elective rotations for senior residents, Sports Medicine Clinic, Department of Athletics, University of Virginia, Charlottesville, VA

2009 - 2011 Elective rotations for Pediatric residents, Spine and Sports Clinic, Department of Physical Medicine and Rehabilitation, University of Virginia, Charlottesville, VA

2018 - 2021 Sports Medicine Clinic for Family Medicine Residents, Family Medicine Residency Program, Uchealth, Fort Collins, CO

Conferences, Grand Rounds, Journal Clubs, etc:

2004 University of Virginia, Department of Physical Medicine and Rehabilitation, Resident Didactics Program, 1 hr. workshop, 'Sports Massage'; 8 residents, 4 physical therapists from Health South

2005-2006 University of Virginia, Department of Physical Medicine and Rehabilitation, Resident Didactics Program, 8 X 45 min. Lecture Series, 'Primary Care Sports Medicine' - Part I; 8 residents

2007-2008 University of Virginia, Department of Physical Medicine and Rehabilitation, Resident Didactics Program, 12 X 45 min. Lecture Series, 'Primary Care Sports Medicine' - Part II; 8 residents

- 2007-2008 University of Virginia, Department of Orthopedics, Resident and Fellow Didactics Program, 5 X 45min. Lecture Series. 'Primary Care Sports Medicine'; 6 residents, 2 fellows
- 2008-2009 University of Virginia, Department of Physical Medicine and Rehabilitation, Resident Didactics Program, 8 X 45 min. Lecture Series, Primary Care Sports Medicine - a systematic approach', 8 residents
- 2008-2009 University of Virginia, Department of Orthopedics, Resident and Fellow Didactics Program, 5 X 45min. Lecture Series. 'Primary Care Sports Medicine'; 6 residents, 2 fellows
- 2009-2010 University of Virginia, Department of Physical Medicine and Rehabilitation, Resident Didactics Program, 20 X 45 min. Lecture Series. 'Primary Care Sports Medicine - A symptom-based approach', 8 residents
- 2009-2010 University of Virginia, Department of Orthopedics, Resident and Fellow Didactics Program, 6 X 45min. Lecture Series. 'Primary Care Sports Medicine'; 6 residents, 2 fellows
- 2010-2011 University of Virginia, Department of Orthopedics, Resident and Fellow Didactics Program, 5 X 45min. Lecture Series. 'Primary Care Sports Medicine'; 6 residents, 2 fellows
- 2010-2011 University of Virginia, Department of Orthopedics, Resident and Fellow Didactics Program, 6 X 45min. Lecture Series. 'Primary Care Sports Medicine'; 6 residents, 2 fellows

- Student Counseling: Preceptorship with undergraduate students interested in medicine, individuals study elective: 1 student spring 2005
- Other, including development of curriculum or new teaching materials, methods of evaluation, program supervision, etc
 - Authored an 'Anatomy and Physiology Study Guide' for Massage Therapy Students, 1995 -1996, revising for submission
 - Helped develop web-based teaching module - 'Evaluation of Dental Injuries', company www.sportsmedceu.com
 - Developed the 'Annual Western Slope Clinical Symposium in Sports Medicine, Grand Junction, Colorado

OTHER PROFESSIONAL ACTIVITIES

1998-2000 Consultant Reviewer National Athletic Trainers Association

INVITED LECTURES & SYMPOSIUMS

- 1996 Guest Speaker, '*Sudden Cardiac Death in Athletes*', Conference - Art and Science of Sports Medicine, Charlottesville, VA
- 1996 Workshop, '*Cadaver Anatomy - Knee*', Conference - Art and Science of Sports Medicine, Charlottesville, VA
- 1997 Guest Speaker, '*Flexibility - A Physiological Review*', Conference - Art and Science of Sports Medicine, Charlottesville, VA
- 1997 Workshop, '*Cadaver Anatomy - Knee*', Conference - Art and Science of Sports Medicine, Charlottesville, VA
- 1999 Guest Speaker, '*Physiological Basis of Tissue Healing – Rehabilitation Considerations*', Conference - Art and Science of Sports Medicine, Charlottesville, VA
- 2003 Guest Speaker, '*The Role of Complementary and Alternative Therapies in Sports Medicine*', Conference - Art and Science of Sports Medicine, Charlottesville, VA
- 2003 Guest Speaker, '*Special Considerations for the Diabetic Athlete*', Annual Meeting, National Athletic Trainers Association, St. Louis, MO
- 2004 Guest Speaker, '*The Runner with Diabetes*', Conference - Running Medicine: Sports Medicine for the Endurance Athlete, Charlottesville, VA
- 2005 Invited Presentation, '*Managing Migraine in the Physically Active Patient*', Pfizer Corporation, Charlottesville, VA
- 2005 Guest Speaker, '*Massage Therapy Utilization / Application in the Treatment of Myofascial Trigger Points*' (The Art and Science of Massage Therapy), Annual Meeting, National Athletic Trainers Association, Indianapolis, IN
- 2005 Guest Speaker, '*Providing Medical Care to Student Athletes*', Strength Symposium, Charlottesville, VA
- 2005 Guest Speaker, '*Sports Massage - Theory and Applications*', World Record Throwing Camp, Charleston, SC
- 2005 Guest Speaker, '*Ergogenic Aids and Sport*', World record Throwing Camp, Charleston, SC
- 2006 Guest Speaker, '*Complementary and Alternative Therapies for the Performance Athlete*', Conference - Running Medicine: Health and Human Performance, Charlottesville, VA

- 2006 Guest Speaker, *'Complementary and Alternative Therapies for the Performance Athlete'*, Coaches Symposium, Ball State University, Muncie, IN
- 2007 Guest Speaker, *'Complementary and Alternative Therapies for the Performance Athlete'*, Conference - Recent Advances in Medicine, Charlottesville, VA
- 2007 Guest Speaker, *'The Female Athlete Triad'*, Conference - Coders Conference, Health Services Foundation, Charlottesville, VA
- 2008 Guest Speaker, *'GI Complications in the Running Athlete'*, Conference – Running Medicine: From the Lab to the Track, Charlottesville, VA
- 2010 Guest Speaker, *'Preventing Sudden Cardiac Death in Athletes'*, Conference – Art and Science of Sports Medicine, Charlottesville, VA
- 2010 Guest Speaker, *'Pre-participation Physical Evaluation'*, Conference – Running Medicine: Running Through the Ages', Charlottesville, VA
- 2010 Guest Speaker, *'Let the Games Begin- The Pre-participation Physical Evaluation'*, Conference- Recent Advances in Medicine, Charlottesville, VA
- 2011 Guest Speaker, *'Medical Masqueraders in the Lumbo Pelvic-Hip Region'*, Conference – Running Medicine: The Hip and Lumbar Spine, Charlottesville, VA
- 2011 Keynote Speaker, *'Three Simple Words'*, Annual Resident's Commencement, Department of Physical Medicine, University of Virginia, Charlottesville, VA
- 2011 Guest Speaker, *'The Working Athlete'*, Community Hospital, Grand Junction, CO
- 2011 Presenter, *'Let the Games Begin -The Pre-participation Physical Evaluation'*, Youth Sports Injury Prevention Workshop, Community Hospital, Grand Junction, CO
- 2011 Presenter, *'Beyond the Rotator Cuff: Case Review of the Shoulder Featuring Orthopedic and Radiologic Correlation'*, Community Hospital, Grand Junction, CO
- 2012 Presenter, *'Let the Games Begin -The Pre-participation Physical Evaluation'*, Community Hospital, Grand Junction, CO
- 2012 Presenter, *'Prevention of Sudden Cardiac Death in Athletes'*, Community Hospital, Grand Junction, CO

- 2012 Presenter, *'Medical Masquerader's in the Lumbo-Pelvic-Hip Region'*, Community Hospital, Grand Junction, CO
- 2012 Presenter, *'Complementary and Alternative Therapies in Sports Medicine'*, Community Hospital, Grand Junction, CO
- 2012 Presenter, *'Sports Medicine Case Presentations with Radiology Imaging Correlation'*, Community Hospital, Grand Junction, CO
- 2012 Presenter, *'The Athlete with a Headache'*, Community Hospital, Grand Junction, CO
- 2012 Presenter, *'The Spine: Sports Medicine Case Presentations with Radiology Imaging Correlation'*, Community Hospital, Grand Junction, CO
- 2012 Presenter, *'Advances and Updates on the Pre-participation Physical Evaluation'*, Youth Sports Injury Prevention Workshop, Community Hospital, Grand Junction, CO
- 2012 Presenter, *'Screening for Peak Athletic Performance -Prevention of Sudden Cardiac Death'*, First Annual Western Slope Clinical Symposium for Athletic Trainers: Sports Medicine -What's New! Community Hospital, Grand Junction, CO
- 2012 Presenter, *'Sports Hernia: Misnomer, Myths and Facts -Medical Masquerader's in the Lumbo-Pelvic-Hip Region'*, First Annual Western Slope Clinical Symposium for Athletic Trainers: Sports Medicine -What's New! Community Hospital, Grand Junction, CO
- 2012 Presenter, *'Sports Massage Lecture and Lab Workshop'*, First Annual Western Slope Clinical Symposium for Athletic Trainers: Sports Medicine -What's New! Community Hospital, Grand Junction, CO
- 2012 Presenter, *'Environmental Illness (Part 1) Heat Illness: Prevention and Management Through Education'*, Community Hospital, Grand Junction, CO
- 2012 Presenter, *'Patella Problems (with Radiology Imaging Correlation)'*, Community Hospital, Grand Junction, CO
- 2012 Presenter, *'Concussion -Beyond the Headache'*, MCPIPA All Physician's Conference, Grand Junction, CO
- 2012 Presenter, *'Attention Deficit Hyperactivity Disorder and the Stimulant Epidemic: Implications for the Athlete'*, Community Hospital, Grand Junction, CO

- 2012 Presenter, *'Concussion -Beyond the Headache'*, Medical Symposium, Grand Junction, CO
- 2012 Presenter, *'Keep em winnin! -Preventative Sports Medicine for Coaches'*, At Eruita Monument School, Fruita, CO (In conjunction with Community Hospital, Grand Junction, CO)
- 2013 Presenter, *'Medical Masquerader's in the Lumbo-Pelvic-Hip Region'*, St. Mary's Hospital, Grand Junction, CO
- 2013 Presenter, *'Prevention of Sudden Cardiac Death in Athletes'*, St. Mary's Hospital, Grand Junction, CO
- 2013 Presenter, *'Common Symptoms in Athletes -Triage Pearls and Return to Play Guidelines'*, Second Annual Western Slope Clinical Symposium for Athletic Trainers: Sports Medicine -From the classroom to the Field, Community Hospital, Grand Junction, CO
- 2013 Presenter, *'The Elusive Gold Medal -Safely Promoting Peak Performance in the International Athlete'*, Community Hospital, Grand Junction, CO
- 2013 Presenter, *'All that Glitters in not a Gold Medal: Doping Considerations in Athletes'*, Community Hospital, Grand Junction, CO
- 2013 Presenter, *'Ergogenic Aids in Sports-The False Truths'*, Community Hospital, Grand Junction, CO
- 2013 Presenter, *'Environmental Illness (Part II) Hypothermia: Prevention and Management through Education'*, Community Hospital, Grand Junction, CO
- 2013 Presenter, *'Healing and Anti-Aging foods'*, Rotary Club, Grand Junction, CO
- 2013 Presenter, *'Chest Pain in Athletes (Part I)'*, Community Hospital, Grand Junction, CO
- 2014 Presenter, *'Chest Pain in Athletes (Part II)'*, Community Hospital, Grand Junction, CO
- 2014 Presenter, *'Physical Therapy for Low Back Pain-An Evidence Based Update'*, Community Hospital, Grand Junction, CO
- 2014 Presenter, *'Exercise Prescription for the Diabetic Patient -A simple approach to a complex problem'*, Diabetes Conference, Community Hospital, Grand Junction, CO
- 2014 Presenter, *'Concussion Pharmacotherapy - What we Know Today'*, Third

- Annual Western Slope Clinical Symposium: Concussion Management – A Comprehensive Review, Community Hospital, Grand Junction, CO.
- 2014 Presenter, *'Concussion Management -The Do's and Don'ts'*, Medical Symposium, Grand Junction, CO
- 2014 Presenter, *'Healing and Anti-Aging foods'*, All Physician's Meeting, MCPIPA, Grand Junction, CO
- 2014 Presenter, *'Environmental Illness (Part II) Altitude Illness: Prevention and Management through Education'*, Community Hospital, Grand Junction, CO
- 2014 Presenter, *'Practical Concussion Management- Collaborating Care with SD 51; Part 1: An Integrated Approach'*, Community Hospital and Primary Care Partners, Grand Junction, CO
- 2014 Presenter, *'Practical Concussion Management- Collaborating Care with SD 51; Part 2: A Case Study for Safe Return-To-Play'*, Community Hospital, Grand Junction, CO
- 2014 Presenter, *'A Breath of Fresh Air is Good for the Soul'- Common respiratory problems in active individuals'*, Community Hospital, Grand Junction, CO
- 2015 Presenter, *'Towards a healthy gut' – Common gastrointestinal problems in active individuals-Part 1.* Community Hospital, Grand Junction, CO
- 2015 Presenter, *'Spine Physical Therapy' - An evidence-based update for the Cervical Spine.* Community Hospital, Grand Junction, CO
- 2015 Presenter, *'Healing and Anti-Aging foods'*, Crossroads Fitness Center, Grand Junction, CO
- 2015 *Practical Concussion Management: A Model for Collaborating Care.* Trauma Conference, Delta Memorial Hospital, Delta, CO
- 2015 Presenter, *'Anemia in the Active Individual: An algorithmic approach to etiology, differential diagnosis, and management'*, Community Hospital, Grand Junction, CO
- 2015 Presenter, *'I Can See Clearly Now: Common Ophthalmological Problems in Active Individuals'*, Community Hospital, Grand Junction, CO
- 2015 *Managing Concussions in Practice.* USA Swimming Safety Chairs Conference, Denver, CO
- 2015 Presenter, *'Practical Concussion Management'*. Child Fatality Review Board. Community Hospital, Grand Junction, CO.

- 2015 Presenter, *'How old would you be if you did not know how old you are?'*, Crossroads Fitness Center, Grand Junction, CO
- 2015 Presenter, *'Is there anybody out there? Common Ear Problems in Active Individuals'*, Community Hospital, Grand Junction, CO
- 2015 *Managing Concussions in Practice*. Telluride Medical Center, Telluride, CO.
- 2015 Presenter, *'To breathe, taste, and eat again: Common nose, mouth, and throat problems in active individuals'*, Community Hospital, Grand Junction, CO
- 2015 Presenter, *'Towards a healthy gut' – Common gastrointestinal problems in active individuals-Part 2*. Community Hospital, Grand Junction, CO
- 2015 Presenter, *'Healing and Anti-Aging Foods'*, Community Hospital, Grand Junction, CO
- 2016 Presenter, *'The Team that Takes Care of the Teams'*. Town Hall Meeting on 'The How and Why of Concussion Management'; Sponsored by Community Hospital, Grand Junction, CO
- 2016 Presenter, *'The CARE Model for Concussion Management - A Concept'*. Town Hall Meeting on 'Concussion Management Today for a Better Tomorrow'; Sponsored by the 'Colorado Brain Injury Trust Fund Board', Denver, CO
- 2017 Presenter, *'Concussion - Recognition and Management'*. USA Swimming Operational Risk Workshop, Denver, CO
- 2017 Presenter, *'The Team that Takes Care of the Teams - Rationale, Facts, Myths'*. The How and Why of Concussion Management, Part 2, Grand Junction, CO
- 2017 Presenter, *'Concussion - Recognition and Management'*. Annual Conference – United States Aquatic Sports, Dallas, TX
- 2018 Presenter, *'The How and Why of Concussion Management'*. Family Medicine Residency Didactics, Fort Collins, CO
- 2018 Presenter, *'The How and Why of Concussion Management'*. Annual Conference, USA Swimming, Colorado Springs, CO
- 2018 Presenter, *'The How and Why of Concussion Management'*. Annual Conference – American Swimming Coaches Association Conference, Anaheim, CA

- 2018 Presenter, '*A Team Approach Today for a Better Tomorrow*'. Annual Conference - United States Aquatic Sports, Jacksonville, FL
- 2019 Presenter, '*The How and Why of Concussion Management*'. Annual Conference, USA Swimming, Colorado Springs, CO
- 2019 Presenter, '*A Team Approach Today for a Better Tomorrow - What DOES right look like*'. Annual Conference - United States Aquatic Sports, St. Louis, MO
- 2021 Presenter, '*The How and Why of Concussion Management*'. Family Medicine Residency Didactics, Fort Collins, CO
- 2021, 2024 Presenter, '*Concussion Task Force Updates*'. Annual Conference, USA Swimming, Colorado Springs, CO
- 2022-2023 Presenter, '*The How and Why of Concussion Management*'. Family Medicine Residency Didactics, Fort Collins, CO

COMMUNITY PROGRAMS

- Co-developed 'One Heart One Life' project and raised \$ 77,000 from Community Hospital, Grand Junction, CO (for the purchase of 50 AEDs for local schools)
- Co-developed 'It's the Heart that Matters' project (for comprehensive cardiac screening to prevent sudden cardiac death in elite and recreational athletes)

MASTER'S AND PH.D. THESES DIRECTED AND POSTDOCTORAL FELLOWS SUPERVISED

Volunteer Contributions to Master's and Ph.D. Theses, Curry School of Education, University of Virginia:

- Valerie Wirth - Temperature changes in deep muscles of humans during upper and lower extremity exercise. Master's Theses. Helped with study design and data collection. 1996-1997.
- Jeff Moore - Ultrasound Effects on Nerve Latency. Ph.D. Theses. Helped with study design. 1996-1997.
- Corey Ashikoxa - Effect of coupling medium temperature on intra-muscular temperature rate of rise using continuous ultrasound. Master's Theses. Helped with data collection. 1997-1998.
- Michael Powers - The effect of creatine supplementation on intracellular and extracellular water content. Ph.D. Theses. Helped with subject's medical history and physical examination and data collection. 2000-2001.

Senior Resident Research Projects Supervised:

- Angela Krull - Effects of intravenous rehydration on serum chemistry following muscle cramps. Helped with study design, procurement of intramural funding, data collection, interpretation of data and relevance, and manuscript preparation. 2005.
- Johanna Tran - The relationship between hepcidin levels and serum iron parameters in high performance female athletes over the course of a competitive season. Helped with

study design, grant writing, extramural funding, data collection, and manuscript preparation. 2007-Present.

PAPERS PUBLISHED OR IN PRESS

Peer Reviewed

Wirth VJ, Van Lunen BL, **Mistry DJ**, Saliba ES, McCue FC III: Temperature changes in deep muscles of humans during upper and lower extremity exercise. *JAT*, 33(3), pp211-215, 1998. IF 1.699, Rank 16 of 73 Sport Sciences Journals, cited 24 times [Provided help with study design and data collection]

Mounsey JP, Patel MK, **Mistry DJ**, John JE, Moorman JR: Protein Kinase C co-expression and the effects of halothane on rat skeletal muscle sodium channels. *British Journal of Pharmacology*, 128:989-998, 1999. IF 3.825, Rank 39 of 199 Pharmacology and Pharmacy Journals, Cited 11 times. [Provided help with data collection]

Oshikoxa CA, Shultz SJ, Perrin DH, Arnold BL, **Mistry DJ**, Gansneder BM: Effect of coupling medium temperature on intra-muscular temperature rate of rise using continuous ultrasound, *JAT*, 35(4), pp417-421, 2000. IF 1.699, Rank 16 of 73 Sport Sciences Journals, Cited 25 times. [Provided help with data collection]

Mounsey JP, **Mistry DJ**, Reddy S, Moorman JR: Skeletal muscle sodium channel gating in mice deficient in myotonic dystrophy protein kinase: *Human Molecular Genetics*, 9:2313-2320, 2000. Cited 65 times. [Provided help with data collection]

Patel MK, **Mistry DJ**, John JE, Mounsey JP: Sodium channel isoform-specific effects of halothane: protein kinase C co-expression and slow inactivation gating. *British Journal of Pharmacology*, 130:1785-92, 2000. IF 3.825, Rank 39 of 199 Pharmacology and Pharmacy Journals, Cited 9 times. [Provided help with data collection]

Mistry DJ, Moorman JR, Reddy S, Mounsey JP: Skeletal muscle Na currents in mice heterozygous for sixs deficiency. *Physiological Genomics*, 6:153-158, 2001, Cited 11 times. [Helped with data collection, writing, critical revision, and final approval of article]

Reddy S, **Mistry DJ**, Wang QC, Geddis LM, Kutchai HC, Moorman JR, Mounsey JP: Effects of age and gene dose on skeletal muscle sodium channel gating in myotonic dystrophy protein kinase deficient mice. *Muscle and Nerve*, 25:850-857, 2002, Cited 20 times. [Provided help with data collection]

Lee HC, Patel MK, **Mistry DJ**, Wang Q, Reddy S, Moorman JR, Mounsey JP: Abnormal sodium channel gating in murine cardiac myocytes deficient in myotonic dystrophy kinase. *Physiological Genomics*, 12(2):147-57, 2003, Cited 31 times. [Provided help with data collection]

Powers ME, Arnold BL, Weltman AL, Perrin DH, **Mistry DJ**, Kahler DM, Kraemer W, Volek J: Creatine Supplementation Increases Total Body Water Without Altering Fluid Distribution. *Journal of Athletic Training*, 38(1):44-50, 2003. IF 1.699, Rank 16 of 73 Sport

Sciences Journals, Cited 195 times. [Provided help with subject's medical history and physical examination, data collection]

Palmieri RM, Weltman AL, Tom JA, Edwards JE, Saliba EN, **Mistry DJ**, Ingersoll CD: Plasma catecholamine concentration is not related to the soleus arthrogenic muscle response induced by an experimental knee joint effusion. *Neuroscience Letters*, 366: 76-79, 2004. [Helped obtain intramural funding for research study]

Palmieri RM, Tom JA, Edwards JE, Weltman A, Saliba EN, **Mistry DJ**, Ingersoll CD: Arthrogenic muscle response induced by an experimental knee joint effusion is mediated by pre- and post-synaptic spinal mechanisms. *Journal of Electromyography and Kinesiology*, 14:631-640, 2004, Cited 154 times. [Helped obtain intramural funding for research study]

Palmieri RM, Weltman A, Edwards JE, Tom JA, Saliba EN, **Mistry DJ**, Ingersoll CD: Pre-synaptic modulation of quadriceps arthrogenic muscle inhibition. *Knee Surgery Sports Traumatology and Arthroscopy*, 13:370-376, 2005, Cited 129 times. [Helped obtain intramural funding for research study]

Grindstaff T, Saliba S, **Mistry DJ**, MacKnight JM: Community Associated Methicillin-Resistant Staphylococcus Aureus. *North American Journal of Physical Therapy*, 2:138-146, 2007, Cited 11 times. [Helped with critical revision, and final approval of article]

Saliba SA, **Mistry DJ**, Perrin D, Gieck JH, Weltman A: The Effect of Phonophoresis on the Absorption of Dexamethasone in the Presence of an Occlusive Dressing, *JAT* 42(3), pp349-354, 2007. [Helped with conception and design, critical revision, and final approval of article]

Redziniak DE, Diduck DR, Turman K, Grindstaff TL, MacKnight JM, **Mistry DJ**. Methicillin-Resistant Staphylococcus Aureus (MRSA) in the Athlete. *International Journal of Sports Medicine*, 30, pp557-562, 2009. Helped with conception, writing, critical revision, and final approval of article]

Malhotra R, West JJ, Dent J, Luna M, Kramer C, Mounsey JP, Battle R, Saliba E, Rose B, **Mistry DJ**, MacKnight JM, DiMarco JP, Mahapatra S, Cost and yield of adding EKG to history and physical in screening division I intercollegiate athletes: A five-year experience, *Heart Rhythm*, 8:721-727, 2011. [Helped with conception, data collection, writing, critical revision, and final approval of article]

Hoyt WJ, Dean PN, John AS, Gimple LW, **Mistry DJ**, Battle RW. Endurance Training on Congenital Valvular Regurgitation: An Athlete Case Series. *Medicine & Science in Sports & Exercise*. 2016; 48:16-19. Helped with conception, writing, critical revision, and final approval of article]

Ritter KG, Welch Bacon CE, McLeod IA, Robinson K, **Mistry DJ**, Rodeo S, Valovich McLeod TC. The knowledge, attitudes, and beliefs of pediatric concussion among USA swim coaches. *Journal of Swimming Research*. 2018;26(1):1-12.

Books and Chapters

Mistry DJ, Kramer CM. Imaging of Cardiopulmonary Diseases. In Clinics in Sports Medicine, MacKnight JM, editor, Elsevier Science Publishers, 22:197-212, 2003.

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Mistry DJ, An elite college swimmer with aortic regurgitation and a dilated left ventricle. Panel Presentation. American College of Cardiology Annual Meeting. Washington DC. March 2014.

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HONORS AND AWARDS

- Best Oral Presentation, Skeletal muscle sodium channel gating in mice deficient in myotonic dystrophy protein kinase, Resident Day, Department of Internal Medicine, University of Virginia, 2002.
- Invited to 'Speakers Bureau', National Athletic Trainers' Association, 2005. High Performance Award, USA Swimming, presented to members of the Sports Medicine and Science Network who have demonstrated commitment to quality care and teamwork during their service in the field and/or their Network Internship, 2005.
- Bus Male Award, Presented for 'untiring and devoted' service to the Athletics Department, University of Virginia, 2007.
- Gold Standard Award, USA Swimming, the highest level of achievement within the U.S.A. Swimming Sports Medicine and Science Network, awarded to those who have demonstrated an exceptional level of commitment, teamwork and quality care to the National Team, particularly during International Travel, 2009.
- Award for Outstanding Didactic Lecture Series, Awarded by the Residents of the Department of Physical Medicine and Rehabilitation to Clinical Faculty Teaching, 2009.
- Jim Beazell Humanism in Medicine Award, Awarded by the Residents of the Department of Physical Medicine and Rehabilitation to Clinical Faculty, 2011.
- Red Cross Hero, Awarded by the American Red Cross, Grand Junction, CO, 2013.
- Adolf Kiefer Safety Commendation, presented by the Operational Risk Committee, USA Swimming to an individual or organization that has made a significant contribution to safe swimming in the United States, 2019.

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