

Richard Joseph Mitchell, M.D., M.S.

Curriculum Vitae

EDUCATION

Medical	Tulane University School of Medicine M.D.	2003
Graduate	Stanford University M.S. Biological Sciences	1998
Undergraduate	Duke University B.S. Biology	1996
High School	San Francisco University High School	1992
Elementary	Cathedral School for Boys, San Francisco	1988

MEDICAL TRAINING

Internship	University of California, Davis Internal Medicine	2003-2004
Internship	University of California, San Francisco General Surgery	2005-2006
Residency	George Washington University Orthopaedic Surgery	2006-2010
Fellowship	Washington University Sports Medicine	2010-2011

EXAMINATIONS

American Board of Orthopaedic Surgery, Part I – passed, 7/2010
USMLE Step 3 – passed, 8/2004
USMLE Step 2 CK – passed, 9/2002
USMLE Step 1 – passed, 6/2001

EMPLOYMENT

09/2011 - Present	The Orthopedic Group, PC Belle Vernon, PA
08/2004 - 07/2005	Orthopedics Consult Physician UC Davis Department of Orthopedic Surgery Sacramento, CA

Prior to beginning a residency in orthopaedics, I worked as the orthopaedics consult physician for the orthopaedic trauma team at UC Davis, seeing countless emergency room and inpatient consults. These included but were not limited to open and closed fractures, digit amputations, diabetic foot ulcers, spine fractures, and bone/joint infections. I performed many procedures independently including reductions, Steinman pins, completion amputations, saline arthrograms, local debridements, and abscess I&D's. I took whatever opportunity I could to help teach what I had learned in orthopaedics to emergency medicine and other residents as well as medical students. I also helped take care of floor work for the trauma team and occasionally spent time in the OR.

09/1999 - 05/2001	BLS Instructor Center for Preventive Medicine
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I taught basic life support to certify physicians, medical students, other health care workers, and members of the community.

PUBLICATIONS/PRESENTATIONS

Science Probe, Flight of the Split-Fingered Fastball, Richard Mitchell, Publication Date: 07 / 1991, Volume: 1, Pages: 102-105

Matrix Damage and Chondrocyte Viability of Bovine Articular Cartilage Following a Single Impact Load *In Vitro*. National Institutes of Health: National Institute of Arthritis and Musculoskeletal and Skin Diseases poster session, May 2007.

Role of Nitric Oxide in Impact-Mediated Cell Death and GAG Release in Bovine Cartilage *In Vitro*. National Institutes of Health: National Institute of Arthritis and Musculoskeletal and Skin Diseases. Abstract submitted to AAOS, 2008.

Grand Rounds, Key Speaker, George Washington University Department of Orthopaedic Surgery

- 10/25/07 Legg-Calve Perthes Disease
- 1/24/08 Osteogenesis Imperfecta
- 3/13/08 Calcaneus Fractures

- 4/24/08 Graft Selection in Primary ACL Reconstruction
- 6/5/08 Olecranon Fractures
- 9/4/08 Patella Fractures and Injuries to the Extensor Mechanism
- 10/30/08 Osteochondral Lesions to the Talus
- 1/15/09 Ankylosing Spondylitis
- 3/19/09 Periprosthetic Acetabular Complications

Sports Conference, Key Speaker, Washington University

- 11/12/10 Posterolateral Corner Injuries
- 1/7/10 Anterior Shoulder Instability, SLAP tears

RESEARCH EXPERIENCE

08 / 2010 – present

Washington University

Matthew Matava, MD

- 1) We are studying the biomechanics of different meniscal root repair techniques on cadaver knees.
- 2) We are conducting an ACL revision arthroscopy video study with the MARS group.
- 3) We are investigating the expectations and presumptions concerning the public's knowledge of ACL tears and surgery.

01 / 2007 – 06 / 2007

National Institutes of Health

National Institute of Arthritis and Musculoskeletal and Skin Diseases

Rocky Tuan, PhD

I assisted in modeling post-traumatic arthritis using bovine articular cartilage *in vitro*. Nitric oxide was used as a signaling molecule to determine the fate of articular cartilage cells after a reproducible impact.

06 / 1998 - 08 / 1999

UCSF Neurophysiology lab

Lily Jan, PhD and Yuh Jan, PhD

I attempted to use the new (at that time) RNAi technique to turn off gene expression in mammalian cells. This technique had been used successfully in fruit flies and a few plant species by making double-stranded RNA fragments homologous to genes that investigators wished to turn off, and I attempted to make this process work in mammalian cells. I also assisted in a patch clamp study on GIRK2 potassium channels in CA3 mouse hippocampal neurons.

06 / 1996 - 08 / 1997

The Stone Clinic, San Francisco, CA
Kevin Stone, MD

I conducted a retrospective study of ACL reconstruction vs. repair to demonstrate the effectiveness of repairing ligaments on select groups of patients. While there I also assisted in numerous patient care-related activities.

05 / 1995 - 08 / 1995

UCSF Pediatric Bone Marrow Transplant Lab
Morton Cowan, MD

I studied the effects of Epogen on normal and thalassemic mice.

01 / 1988 - 04 / 1988

Cathedral School
Primary Investigator

I adapted a family car to make a wind tunnel in order to analyze the forces on a baseball. In this way I proved why the split-fingered fastball suddenly drops in its flight towards home plate.

VOLUNTEER EXPERIENCE

01 / 2002 - 02 / 2003

BRIDGEHOUSE: STUDENT DOCTOR

Bridgehouse is a private, non-profit chemical dependency treatment center that provides shelter and direction to homeless, substance-dependent men in New Orleans. As medical student volunteers we worked in the free clinic to complete histories and physicals as well as dispense medication and decide on treatment plans for the inhabitants.

07 / 1998 - 04 / 1999

FLYING DOCTORS: MEDICAL ASSISTANT, TRANSLATOR

I flew with physicians and dentists in small private planes from San Francisco to remote areas of Baja California, Mexico. There I helped set up clinics, assisted in providing medical care, and translated Spanish.

09 / 1996 - 06 / 1997

SAN FRANCISCO GENERAL HOSPITAL: EMERGENCY ROOM VOLUNTEER

I retrieved and cleaned gurneys, transported patients, talked to patients, took specimens to the lab, and generally helped physicians and nurses whenever possible.

09 / 1996 - 05 / 1997

SAN FRANCISCO UNIVERSITY HIGH SCHOOL: OUTDOOR EDUCATION TEACHER

I assisted in leading high school students on a number of trips in California and Nevada for the purpose of natural history education and teaching outdoor education. I led hikes, taught health and safety issues in backpacking (especially at altitude), and taught natural history as well as backpacking and climbing skills.

LANGUAGE FLUENCY (Other than English)

Spanish