

Nicholas A. DiNubile, M.D.

Dr. DiNubile is an Orthopaedic Surgeon specializing in Sports Medicine in private practice in Havertown, Pennsylvania. He is the author of *FrameWork- Your 7 Step Program for Healthy Muscles, Bones & Joints* (Rodale Press) and serves as Orthopaedic Consultant to the Philadelphia 76ers Basketball Team and Pennsylvania Ballet, and is an advisor to Yahoo! Health, where he hosts “The Training Room” Blog. He recently appeared in, and was Executive Producer for, the national PBS special “Your Body’s FrameWork”. He has been chosen in “Best Doctors in America” and featured on Good Morning America, The Today Show, NBC Nightly News with Brian Williams, CNN, National Public Radio, and in the New York Times, the Wall Street Journal, the Washington Post, Newsweek, and numerous other publications. He is one of the most quoted doctors in America.

His additional accomplishments include:

- Special Advisor / Medical Consultant to The President’s Council on Physical Fitness and Sports (1st Bush Administration—Arnold Schwarzenegger, Chairman).
- Board of Directors, the American Council on Exercise (ACE)
- Spokesperson - American Academy of Orthopaedic Surgeons (AAOS) and the American Orthopaedic Society for Sports Medicine (AOSSM).
- Clinical Assistant Professor, Department of Orthopaedic Surgery, Hospital of the University of Pennsylvania.
- National Medical Advisor, Arnold Schwarzenegger’s After-School All-Stars and Chairman Emeritus and Founder, After-School All-Stars Philadelphia.
- Author, *The Exercise Prescription* and Review Panel – *The Surgeon General’s Report on Physical Activity and Health*.
- Recipient of the HAFL Award (Healthy American Fitness Leaders).
- National Representative for AAOS & AOSSM to “Healthy People 2000/2010”
- Member: American Academy of Orthopaedic Surgeons; American Orthopaedic Society for Sports Medicine; Arthroscopy Association of North America; Association of Professional Team Physicians; American College of Sports Medicine; American College of Physician Executives; American Health Care Journalists; National American Fitness Leaders; US Tennis Association
- Medical Consultant and editorial Advisor to “Ask Arnold” (Arnold Schwarzenegger’s syndicated column in USA WEEKEND magazine, 1993-95).
- Editor, “Exercise is Medicine” series in *The Physician and Sportsmedicine*.
- Editorial Advisory Board: *The Physician & Sportsmedicine*; *Muscle & Fitness*; *Shape*; *Men’s Health*. Advisory Panel for Parade Magazine’s “Get Fit Now”.
- Lectures and consults nationally on topics of Sports Medicine, Health & Fitness as well as a variety of healthcare issues.

Full Curriculum Vitae is available upon request

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