

Nicholas A. DiNubile, M.D.

INTRODUCTION BIOGRAPHY

Dr. DiNubile is an Orthopaedic Surgeon specializing in Sports Medicine in private practice in Havertown, Pennsylvania. He is the author of the bestselling book, *FrameWork- Your 7 Step Program for Healthy Muscles, Bones & Joints*. He is Executive Producer and host of the award winning national PBS television special, *Your Body's FrameWork* and has served as Orthopaedic Consultant to the Philadelphia 76ers Basketball Team and Pennsylvania Ballet for many years. He is an advisor to Yahoo! Health, where he hosts "The Training Room" Blog. He has been chosen in "Best Doctors in America" and featured on Good Morning America, CNN, HBO, 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) 2005-2008
- Chief Medical Officer, the American Council on Exercise (ACE)
- Editor-In-Chief: The Physician and Sportsmedicine Journal
- 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.
- Vice President, The American Academy of Anti-Aging Medicine (A4M)
- Author, *The Exercise Prescription* and Review Panel – *The Surgeon General's Report on Physical Activity and Health*.
- Editor, "Exercise is Medicine" series in The Physician and Sportsmedicine
- National Fitness Hall of Fame- inducted 2009
- Recipient of the HAFL Award (Healthy American Fitness Leaders).
- Chairman, Orthopaedic Surgery, Delaware County Memorial Hospital.
- National Representative for AAOS & AOSSM to "Healthy People 2000/2010"
- Aetna U.S. Healthcare (1990-2002) – Associate Medical Director, and Chairman, Orthopaedic Surgery Specialty Advisory Committee.
- Member: American Academy of Orthopaedic Surgeons; American Orthopaedic Society for Sports Medicine; Association of Professional Team Physicians; American College of Sports Medicine; International Cartilage Repair Society; American Health Care Journalists; National American Fitness Leaders; United States Professional Tennis Association (USPTA)
- Medical Consultant and editorial Advisor to "Ask Arnold" (Arnold Schwarzenegger's syndicated column in USA WEEKEND magazine, 1993-1995).
- Editorial Advisory Board: Muscle & Fitness; Shape; Men's Health; Men's Fitness; Longevity Magazine & Anti-Aging News; AAOS 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

www.drnick.com