

Avram A. Bram-Mostyn, D.O., FAAPMR, FS
Diplomate, American Board of Physical Medicine and Rehabilitation
Board Certified in Physical Medicine and Rehabilitation
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Highlights

- Top-tier trained physician and expert communicator
- Board certified and specialized in Physical Medicine and Rehabilitation (PM&R), experienced with neuromusculoskeletal pathology in adults and children
- Decorated Military Veteran and Flight Surgeon, United States Air Force
- Active state medical licenses: California, Texas, Colorado

Education and Training

Baylor College of Medicine, Houston, TX

- Residency in Physical Medicine and Rehabilitation (2012- 2015)
- Special interest in traumatic brain injury, musculoskeletal medicine, pain management, sports medicine, geriatrics, musculoskeletal ultrasound, regenerative medicine, and electrodiagnostics
- World renowned centers of excellence in rehabilitative medicine (TIRR, St. Lukes TMC, Michael E. DeBakey VA., Harris County Hospitals). TIRR Memorial Hermann ranks No. 2 among the country's top rehabilitation hospitals in the U.S. News & World Report's Best Hospital rankings for 2022-2023

Baylor College of Medicine, National School of Tropical Medicine, Houston, TX

- Diploma of Tropical Medicine, (2015)
- Training to prepare physicians to treat patients in resource-limited locations throughout the world
- Primary focus centered on infectious diseases that affect the most neglected populations
- Included preparation in travel medicine and expedition medicine among others

Western University of Health Sciences, Downey Regional Medical Center, Pomona, CA

- Traditional Internship, (2011-2012)
- DRMC is now under the umbrella of Presbyterian Intercommunity Hospitals (PIH).
- Broad training comprised of internal medicine, general surgery, OB/GYN, emergency medicine and pediatrics.

Touro University Nevada, Henderson, NV

- Doctor of Osteopathic Medicine (2011)
- Dean's list for the majority of training.
- Excelled in all disciplines of medicine

University of California, San Diego, La Jolla, CA

- Bachelor of Science, Environmental Systems (2006)
- Focus on an integrative approach to life science, economy, and policy
- Major Emphasis: Ecology, Behavior, and Evolution
- Minor Emphasis: Chemistry

Physician Work Experience

Physician Owner, Maimonides Physiatry, Private Practice (2015-present)

- Private outpatient practice of Physical Medicine and Rehabilitation
- Practice focused on the diagnosis and treatment of neuromusculoskeletal pathology

Flight Surgeon, Major, United States Air Force Reserve, February (2017-present)

- Provide healthcare for the world's finest air force and during humanitarian missions
- Lead a team of healthcare providers and support staff to maintain a healthy fighting force
- Evaluate and improve working conditions for all those who work at Luke Air Force Base
- Currently in Inactive Ready Reserve with limited ongoing participation

Attending Physician, Children's Hospital of Los Angeles (2022-2023)

- CHLA is a tertiary care hospital with multidisciplinary support for complex pediatric cases
- Provide inpatient and outpatient rehabilitation services
- Educate resident physicians as a clinical instructor for UCLA, USC, and Casa Colina
- Lead a multidisciplinary team of physicians, therapists, nurses, and mental health providers
- Manage complex neurological cases including toxin injections for spasticity

Staff Physician, Legacy Physiatry (2014-2023)

- Provide supervision for advanced practice providers (APPs) at skilled nursing facilities
- Educate APPs in the field of physiatry and help with management as needed
- Improve quality of care through chart review and reinforce tenets of effective care

Locums tenens Physician at Mint Physicians (2013-2015)

- On call physician for several long term acute care centers (LTACs)
- Urgent Care locums tenens

Certifications

- Board Certified in PM&R by the ABPM&R 2017-present
- Texas Medical License 2012-present
- Licensed in California and Colorado 2017-present
- DEA 2012-present
- Texas DPS Certification 2012-present
- ACLS/BLS Certified 2009-present
- ATLS Certified 2019-present

Military Career

Current AFSC: 48R3: Residency Trained Flight Surgeon

Current Rank and Grade: Major, O-4

- 2019- Present: Flight Surgeon 944th ASTS, Luke AFB
 - Safety Program Chair
- 2020 Deployed to NYC for COVID Response under 64th AEG
 - Director of an internal medicine team to care for patients at Lincoln Hosp. Bronx NYC

- 2017- 2019: Flight Surgeon 433 ASTS, Lackland AFB
 - Infectious Disease Chair
- Feb 2017: Direct Commission to the USAF-R

Military Awards and Decorations:

- Air Force Commendation Medal
- National Defense Service Medal
- Global War on Terrorism Service Medal
- Humanitarian Service Medal
- Armed Forces Reserve Medal with 1 'M' Device
- Field Grade Officer of the Quarter 944th Fighter Wing, 2nd Quarter 2020

Special Training and Professional Development

Aerospace Medicine Primary Courses, Wright Patterson AFB, OH (2018)

- Series of courses designed to become a Flight Surgeon in the USAF
- Focus on patient care for flyers as well as aeromedical transport, disaster response, and occupational/preventative health medicine.

Commissioned Officer Training, Maxwell AFB, AL (2017)

- Initial Air Force training laying the groundwork to be an Officer in the USAF
- Designed to introduce the tenets of the USAF and indoctrinate the Air Force culture
- Emphasis on teamwork, discipline, physical conditioning, and academics

7th World Congress of Mountain and Wilderness Medicine - (2016)

- Learned to prevent, diagnose and manage illnesses or injuries in austere environments
- Increased awareness of safety and accident prevention in wilderness surrounding

Severe Primary Restless Leg Syndrome - (2013)

- William G Ondo, MD, Professor of Neurology at University of Texas Health Science Center
- Course on the pathophysiology, epidemiology, diagnosis, and treatment of RLS. Course sponsored by UCB Group Companies.

Pain Journal Club (2013)

- Focus: Deep brain stimulation in the treatment of Parkinson's disease.
- Presentations by PM&R resident physicians and discussion with BCM and UT attending physicians who specialize in pain management and neurosurgery.

Botulinum Toxin Indications/Treatment for Spasticity Workshop - (2013)

- Dr. Faye Tan, Associate Professor at Baylor College of Medicine
- Course on indications, safety, technique, and long term management of patients who benefit from Botulinum Toxin injections by a leader in the field. Course sponsored by Allergan Neurosciences.

Cervical Dystonia and Upper Limb Spasticity Course - (2012)

- BCM/UT Houston PM&R Alliance
- Cadaveric course that focused on diagnosis and treatment of cervical dystonia including hands-on workshop with ultrasound guided injections for cervical and upper limb musculature.

2010 Western Regional Emergency Medicine Student Symposium - (2010)

- UC Irvine School of Medicine
- Workshops:
 - Emergency Medicine Peds - Dr. Horeczko UCLA - Harbor
 - Psychiatry Workshop - Dr. Maguire, University of California, Irvine
 - EM Ultrasound - Dr. Fox, University of California, Irvine

Suturing Workshops: 3 events during 2010-2011

- Touro Chapter of Student Osteopathic Surgical Association
- Taught medical students suturing technique through formal demonstration

Wilderness Medicine Certification Course - (2007)

- Wilderness Medicine Institute, Sequoia National Forest, CA
- Management of health issues encountered in an austere environment including CPR, first-aid, splinting, and other commonly encountered scenarios

Presentations

Bram-Mostyn, A. *Traumatic Brain Injury for Deployed Military Members*- May 2020

- Diagnosis and treatment for TBI in military populations in a deployed setting
- Practical considerations and accommodations related to aeromedical transport
- Presented to members of the 64th AEG in NYC during COVID deployment

Bram-Mostyn, A. *Traumatic Brain Injury*-March 2020

- Diagnosis and treatment of TBI and common associated injuries
- Special cases and considerations for patient requiring aeromedical transport
- Presented to members of the 944th medical squadrons, around 100 members

Bram-Mostyn, A. *Electrodiagnostics*-December 2019

- Basics and utilization of EMG/NCS
- Case reviews and nuances of approach considerations in neuropathy
- Presented to members of the 433rd medical squadrons, around 90 members

Bram-Mostyn, A. *Common Foot and Ankle Injuries*-November 2014

- Overview of diagnosis, workup, and treatment for foot ankle conditions
- Topics included: ligamentous injury, tarsal tunnel syndrome, plantar fasciitis and morton's neuroma
- Presented at TIRR for Baylor and UTH residents, fellows, and medical students

Bram-Mostyn, A. *The Role of Testosterone in Elderly Men With Limitations in Mobility*-August 2013

- Critical review of the current literature
- Presented at UTH Medical School for faculty, residents, fellows and medical students of BCM and UTH.

Bram-Mostyn, A. *Cervical Spine Anatomy and Pathophysiology*-October 2012

- Anatomical overview and the diagnosis and treatment of common conditions
- Presented at Memorial Hermann The Institute for Research and Rehabilitation, Houston, TX
- Anatomy Lecture Series for residents, fellows, and medical students of BCM and UTH

Bram-Mostyn, A. *Where Chaotic Meets Mycotic*-October 2012

- Summary of iatrogenic fungal meningitis/septic arthritis outbreak of 2012 including clinical recommendations and information about compounding pharmacies
- Presented at the Michael E. DeBakey Veterans Affairs Medical Center, Houston, TX for residents of BCM/UTH and VA Faculty

Physician Research Activities

- **Quality improvement at Memorial Hermann Hospital: (2012- 2015)**
 - Improved Bladder management in a mixed acute rehabilitation population
 - Presented research via poster at 2014 AAPM&R in San Diego:
 - *Continuous quality improvement (CQI): a two phase study on bladder management for patients admitted to an inpatient rehabilitation unit*
- **Rehabilitation Exercise Technology (2014-2015)**
 - Durable Medical Equipment Development
 - Co-Developed with Ajai Sambasiva, M.D.

Previous Research Work Experience

Research Assistant, University of Colorado Health Sciences Center, (2006-2007)

- Contributed to several bench-top research projects that employed a human model to develop the physiological understanding of diabetes mellitus and other autoimmune processes.
- Trusted with principal lab work and data collection on a clinical trial for Rituximab.
- Helped to develop and refine an early onset screening assay for type I diabetes called ELISPOT.
- Received training in radio-chemistry and flow cytometry.

Research Intern, Forest Health Life Sciences/Telos Pharmaceuticals LLC, (2004-2006)

- Participated in a variety of *in vitro* and *in vivo* bench-top research experiments aimed at developing a novel technique for inducing therapeutic protein expression.
- Presented experimental data to collaborating firms regarding product performance.
- Used and maintained a variety of lab equipment including small bioreactors, controlled rate freezers, autoclaves, cell viability analyzers, centrifuges, incubators, gas chromatographers etc.
- Followed an assortment of standard operating procedures requiring aseptic technique.

Research Intern, UCSD School of Medicine, Lab of Dr. Frank Powell, (2005-2006)

- Conducted a human research study designed to probe neural functioning in hypoxic conditions.
- Compiled a battery of tests to analyze cognitive functioning in healthy adults.
- Wrote human research protocol for the project and was successfully approved.
- Conducted extensive background research for aforementioned study design.

Professional Organization Membership

- American Academy of Physical Medicine and Rehabilitation
- American Academy of Neuromuscular and Electrodiagnostic Medicine
- Aerospace Medicine Association
- Texas Medical Association
- Harris County Medical Society
- California Medical Association
- Wilderness Medicine Society
- Student Osteopathic Surgical Association: 2007-2011, (2008-2009 Secretary)
- Student Osteopathic Medical Association 2007-2011

Personal Interests

- Traveling: My favorite places are naturally beautiful and tend to be remote, mountainous, and austere. Two of my favorites are Patagonia and New Zealand.
- Volunteering: My wife and I partner with AfricActive and the Los Angeles Food Bank to improve our community and I am active with Montrose Search and Rescue
- Writing: I believe that growth comes through reflection and rumination. Taking the time to write my thoughts always gives me a new perspective on life.