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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

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

Editor in Chief, Department of Physical Medicine & Rehabilitation, Stat Pearls (2024-present)

- Stat Pearls is a leading technology company in healthcare education
- Curate, edit, and oversee educational resources in the PM&R department, consisting of educational articles and a class-leading question bank

Veteran Evaluation Services Medical Advisory Board Member (2025-present)

- Appointed to the VES Medical Advisor Board to provide high-level clinical oversight and strategic guidance on veteran medical disability examinations.
- Spearhead secondary review of complex cases in Brain Injury (TBI) and General Medicine, ensuring clinical accuracy, adherence to regulatory standards, and consistency in medical evidence provided to the Department of Veterans Affairs.

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 the quality of care through chart review and reinforce the 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

Wilderness Medicine Society Winter Conference (2026)

- CME for mountain and wilderness medicine, expeditions, and rescue
- Avalanch rescue workshop

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

- A 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 surroundings

Severe Primary Restless Leg Syndrome - (2013)

- William G Ondo, MD, Professor of Neurology at the 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 the diagnosis and treatment of cervical dystonia, including a 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 the 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 a 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 and 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 the 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 radiochemistry 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 a human research protocol for the project and was successfully approved.
- Conducted extensive background research for the 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: I am an active member of the Montrose Search and Rescue unit. Also, my wife and I partner with AfricActive and the Los Angeles Food Bank to improve access to food in our community
- 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.