

## CURRICULUM VITAE

### DR. RICHARD T. BRAVER, D.P.M., FACFAS, FASPS

#### OFFICES: ACTIVE FOOT & ANKLE CARE, LLC

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#### EDUCATION

##### POSTGRADUATE

Fellowship: Sports Medicine  
Fellow-in-Training with John F. Durkin, D.P.M.  
Roselle and Chicago, IL .....1986-1987

Residency: New York College of Podiatric Medicine,  
Affiliated Hospitals & Institutions, New York, NY .....1985-1986  
Joint Diseases Hospital—North General, St. Barnabas Hospital, Manhattan V.A. Prosthetics & Orthotics Center

Internship: United States Olympic Committee Training Center,  
Department of Biomechanics, Colorado Springs, CO ..... June 1985

Flexible Internship: New York City Ballet at Lincoln Center,  
with Physical Therapists, New York, NY .....Feb.- June 1986

##### GRADUATE

Podiatry School: Dr. Wm. M. Scholl College of Podiatric Medicine, Chicago, IL .....1981-1985  
Degrees: D.P.M. Doctor of Podiatric Medicine  
B.S. Biological Sciences

##### UNDERGRADUATE

Pre-Med: The American University, Washington, D.C. ....1977-1981  
Degree: B.A. Psychology  
Minor, Biology

##### LICENSURE

New Jersey and New York

**BOARD CERTIFICATIONS**

Diplomate, American Board of Foot & Ankle Surgery—Board Certified in Foot Surgery and in Reconstructive Rearfoot/Ankle Surgery

Diplomate, American Board of Podiatric Medicine—Board Certified in Podiatric Medicine and Orthopedics

**FELLOWSHIP CERIFICATIONS**

Fellow, American Academy of Podiatric Sports Medicine

Fellow, American College of Foot & Ankle Surgeons

Fellow, American Society of Podiatric Surgeons

**ADDITIONAL CERTIFICATIONS**

Extra Corporeal Shock Wave Therapy (ESWT)

LASER Surgery of the Foot and Leg

Ankle Arthroscopy

AO Foot & Ankle Internal Fixation Course

**PROFESSIONAL MEMBERSHIPS**

American Society of Podiatric Surgeons

American College of Foot & Ankle Surgeons

American Academy of Podiatric Sports Medicine

Association of Extremity Nerve Surgeons

American Podiatric Medical Association

New Jersey Podiatric Medical Society

**ELECTED POSITIONS**

President – Division 12 (NJ, PA, DE) of the American College of Foot & Ankle Surgeons .....2006-10

Vice President – Division 12 (NJ, PA, DE) of the American College of Foot & Ankle Surgeons .....2003-06

**APPOINTMENTS (PAST & PRESENT)**

Member, U.S. Neuropathy Centers.....2015-

Health Advisory Board, Bergen Health & Life Magazine.....2012-

Managing Partner, Hackensack Surgery Center, LLC.....2009-

Residency Review Examiner, Council on Podiatric Medical Education.....2006-

Scientific Chairman, Active Education, CPME approved sponsor of continuing education.....2005

Health Insurance and Coding Committee – American College of Foot & Ankle Surgeons.....2003

Editorial Advisor, Podiatry Today Magazine.....2003

Information Technology Committee – American College of Foot & Ankle Surgeons.....2001

Surgical Pearls Column Editor; Podiatry Today Magazine .....2000

Medical Director – Team in Training – Northern N.J. Chapter, The Leukemia & Lymphoma Society .....2000

Scientific Advisory Board Member, Runner’s World Magazine.....1998

Medical Contributor, Men’s Health Magazine .....1998

Contributory Writer, Podiatry Today Magazine.....1998

Podiatric Medical Director, Adidas Basketball Camp, Teaneck, NJ .....1996

Medical Care Management Corporation—Independent review of medical claims and case management.....1995

Editor, American Academy of Podiatric Sports Medicine Newsletter .....1995

Medical Contributor, Runner's World Magazine .....1994  
 Member, Foot & Ankle Residency Training Committee, Meadowlands Hospital.....1994  
 Advisory Board, American College of Arthroscopic Surgeons .....1993  
 Medical Director, Ridgewood Memorial Day Runs .....1992  
 Medical Chairman, NJ Assoc. of U.S.A. Track & Field .....1992  
 Advisory Board, Lifters Press National Weight Training (Newsletter).....1991  
 Editorial Consultant, Kinesiology & Medicine for Dance (Journal) .....1991  
 Clinical Assistant Professor, New York College of Podiatric Medicine,  
 Department of Orthopedics, New York, NY .....1986

**PRIVATE PRACTICE**

Active Foot & Ankle Care, LLC, Riverdale, NJ.....2003-  
 Active Foot & Ankle Care, LLC, Fair Lawn, NJ.....1995-  
 Active Foot & Ankle Care, LLC, Englewood, NJ.....1987-2015  
 Associate: Podiatry Specialists, Ltd., Roselle and Chicago, IL .....1986-87

**HOSPITAL/SURGICAL CENTER PRIVILEGES**

Hackensack University Medical Center, Hackensack, NJ  
 Hackensack UMC Palisades General Hospital, Edgewater. NJ  
 Hackensack Surgery Center, LLC, Hackensack, NJ

**CONSULTING EXPERIENCE**

Integra Life Sciences  
 Musculoskeletal Transplant Foundation (MTF)/Conmed-Linvatek  
 Metasurg Implants  
 Arthrocare Sports Medicine  
 Nexa Medical (Tornier)  
 Canyon Ranch Health Spa, Lenox, MA  
 Dr. Scholl Division of Schering-Plough Healthcare Products, Memphis, TN  
 Aetrex/Apex Foot Health Industries: Medical Products, insoles and shoes for feet, Teaneck, NJ  
 Tech Sport, Pro Stretch/Pro Cord medical exercise equipment  
 Newport Running Camp @ St. George's School, Newport, R.I.  
 Five Star Running Camp at Brookwood Camp, Glen Spey, NY  
 Make Running Fun Cross Country Camp at Camp Scatico, Elizaville, NY  
 Health Spa II Fitness Center, Paramus, NJ  
 Allied-OSI Orthotics, Inc., Indianapolis, IN  
 Ballet Makers, Inc., manufacturer of CAPEZIO dance shoes  
 Professional women tennis players including those participating in the Virginia Slims tournaments  
 TKL Research, Paramus, NJ Clinical testing of arch supports, corn, callous, fungal nail and skin products  
 Stanbee/Uniflair: Manufacturer of box toes, counters and soles for the shoe industry  
 Brooks Shoes: Manufacturer of athletic/sport shoes  
 Etonic Shoes: Manufacturer of athletic/sport shoes

## TEAM PODIATRIC PHYSICIAN-CONSULTANT (PAST & PRESENT)

NJ ICON Professional Football (soccer) Club.....	2014-15
William Paterson University: Wayne, NJ Athletic Training Education.....	2010-
N.J. Gladiators Arena Football Team.....	2001
N.J. Jackals Professional Baseball Team.....	1998-
N.J. Imperials Professional Soccer team.....	1995-01
Seton Hall University: South Orange, NJ, for all athletic teams.....	1990-97
Fairleigh Dickinson University: Teaneck-Hackensack, NJ, for all athletic teams.....	1987-
Montclair State University: Upper Montclair, NJ for all athletic teams.....	1988-
Caldwell College: Caldwell, NJ for all athletic teams.....	1993

## MEDICAL-PODIATRIC STAFF

Make Running Fun Cross Country Camp at Camp Scatico, Elizaville NY .....	2000-
Medical Coordinator, N.J. Junior Olympics Cross Country Champs, Elizabeth, N.J.....	Nov.2000
Medical Coordinator, N.J. Open East Regional Track & Field Champion, Rutgers, .....	July 1997
Medical Coordinator, Chemical Bank Corporate Challenge, Paramus, NJ .....	Aug.1992
Medical Coordinator, Ridgewood Memorial Day Runs, Ridgewood, NJ .....	May 1992
New York Games Track and Field Meet, Columbia University, New York City .....	July 1991
U.S. Mobil TAC Championship, Downing Stadium, Randall’s Island, NY.....	June 1991
Multiple Sclerosis Walkathon, New Jersey .....	April 1990 & 91
TAC Indoor Track & Field Champs., M.S.G., New York City .....	Feb. 1988
Boston Marathon .....	April 1986
New York City Marathon .....	Oct. 1985
America’s Chicago Marathon .....	Oct, 1984
Chicago Triathlon .....	July 1984
The A.M.J.A. Ultramarathon, Chicago.....	Nov. 1982 & 83
Juvenile Diabetes Walkathon, Chicago.....	1983
March of Dimes Walkathon, Chicago .....	1982

## SELECTED HONORS AND ACHIEVEMENTS

Co-Advisor, New York College of Podiatric Medicine, Sports Medicine Club .....	1985 – 86
President, Dr. Wm. M. Scholl College of Podiatric Medicine, Sports Medicine Club .....	1983 – 84
Traveling Team Member, University of Chicago Track Club (1:53 800 m).....	1982 – 83
Chicago Area Runner’s Association, Medical Board .....	1982
Selected into Who’s Who Among Students in American Universities and Colleges .....	1981
Inducted into the National Leadership Honor Society, Omicron Delta Kappa .....	1981
Captain, Varsity Track Team, American University (3:51 1500 m) .....	1981
Athletic Trainer – Student, American University .....	1979 – 1981
Captain, Varsity Cross Country Team, American University .....	1980
Contributor, Track Master Magazine .....	1979 – 1980
High School All-American Hammer Publications Cross Country .....	1976

## PUBLICATIONS, RESEARCH & ARTICLES

“Chronic Exertional Compartment Syndrome” Clinics in Podiatric Medicine and Surgery (Chapter).....	April 2016
“A Simple Way to Release Foot Pain” Runner’s World.....	Jan 2006
“Preventive Steps: Achilles Tendinitis” Runner’s World.....	Aug 2005

“Solutions for Stinky Feet and Shoes” Runner’s World.....	July 2005
“Sole Comfort” Runner’s World.....	June 2005
“Care for Common Ailments: How to Treat Common Foot Complaints” Cooking Light... ..	Jan. 2005
“Pimp Your Ride” Runner’s World.....	Oct. 2004
“Preventive Steps: Plantar Fasciitis” Runner’s World.....	July 2004
“A Runner Runs Through It” Runner’s World.....	Feb. 2004
“Healthy Feet” Runner’s World.....	Jan. 2004
“Stepping in Style” Health Magazine.....	Nov. 2003
There’s the Rub: Tips for Keeping Your Feet Blister Free” Runner’ World.....	Oct. 2003
“Steady on Your Feet” Runner’s World.....	Sept 2003
“Foot Care: Aching Achilles” Runner’s World.....	Aug 2003
“Lower Leg Pain: Make It Stop” Runner’s World.....	May 2003
“Toe Pain: When Morton Shows Up” Runner’s World.....	Aug 2002
Black and Blue, First Aid for Your Toenails” Runner’s World Magazine.....	Dec. 2001
“The Wicked Itch, Four Home Remedies For Treating Athlete’s Foot” Runner’s World Magazine .....	Aug. 2001
“A Comprehensive Guide to Baseball Injuries” Cover Article Podiatry Today.....	June 2001
“How to Repair an Acute Achilles Tendon Rupture” Surgical Pearls Column Podiatry Today.....	May 2001
“Achilles Pain: At Wit’s End” Runner’s World.....	May 2001
“Foot Fracture: Spring Break” Runner’s World.....	April 2001
“Is the Subtalar Implant the Answer for Juvenile Flatfoot?” Podiatry Today.....	March 2001
“Surgical Solutions for Treating Posterior Heel Deformities” Surgical Pearls Column Podiatry Today.....	Jan. 2001
“Everything You Need To Know About Tarsal Tunnel Surgery” Surgical Pearls Column Podiatry Today .....	Nov. 2000
“How To Use The Brostrum Ankle Stabilization Procedure” Surgical Pearls Column Podiatry Today .....	Sept. 2000
“Mortal Shins” Men’s Health Magazine.....	Sept. 2000
“How to Differentiate Posterior Triangle Ankle Pains” Surgical Pearls Column Podiatry Today.....	July/August 2000
“Insights on Orthotic Treatment of Ballet Injuries” Feature Article Podiatry Today.....	June 2000
“Unnatural Curl” Runner’s World Magazine .....	May 2000
“Tender Calf” Runner’s World Magazine.....	Dec. 1999
“Those Darn Socks” Runner’s World Magazine.....	Oct. 1999
“Improve Your Form” Runner’s World Magazine .....	Oct. 1999
“Fix Shin Pain Fast” Runner’s World Magazine.....	Aug. 1999
“High Heeled Hell” Runner’s World Magazine.....	Aug. 1999
“Tailoring Orthotics to Active Lifestyles” Feature Article Podiatry Today.....	July/Aug.1999
“A Clinical Study of the Effect of Insoles with Biomechanical Support (“Pregnancy Insoles”) on Low Back Pain and Lower Extremity Pain in Pregnant Women”, clinical research testing for the Dr. Scholl Company, Division of Schering-Plough Health Care.....	June 1999
“Bigger Shoes to Fill” Men’s Health Magazine.....	March 1999
“On Orthotics” Runner’s World Magazine .....	Nov. 1998
“Road Cure” Runner’s World Magazine.....	Oct. 1998

“Shoe Test” Runner’s World Magazine.....Sept. 1998  
 “Toenail Travail” Runner’s World Magazine.....July 1998  
 “Sleepy Feet” Runner’s World Magazine.....Feb.1998  
 “An Evaluation of Three Different Treatment Regimens of a Corn Removal Product” clinical research project for the Dr. Scholl Company, Division of Schering-Plough Healthcare.....Dec 1997  
 “It’s Morton’s Fault” Runner’s World Magazine ..... July 1997  
 “Flat Footed in Gotham” Runner’s World Magazine..... April 1997  
 “Basketball Biomechanics” Podiatry Today Magazine ..... March 1997  
 “Countering Calcaneal Apophysitis in the Adolescent Athlete” Podiatry Today Magazine.....Oct. 1996  
 “Dry Skin Care and Use of Urea Foot Cream” clinical research testing for the Dr. Scholl Company, Division of Schering-Plough Health Care.....June-July 1996  
 “Loose Laces” Runner’s World Magazine .....June 1996  
 “A Crack In Your Armor” Men’s Health Magazine .....Jan.-Feb. 1996  
 “A Long-term Retrospective Analysis of Dorsal Approaches for Hallucial Sesamoidectomies” The Lower Extremity Vol. 2 No. 4.....Dec. 1995  
 “Achilles Pain –Wrap It Up” Runner’s World Magazine .....Dec. 1995  
 “Clinical Testing of the Dynamic Stabilizing Insole System (DSIS)” clinical research for Dr. Scholl Company, Division of Schering-Plough Health Care.....Oct.-Dec. 1995  
 “Guardian Ankles - How To Tape Your Feet Like A Pro” Men’s Health Magazine .....Sept. 1995  
 “Soft Corn Study Utilizing Salicylic Acid” clinical research testing for the Dr. Scholl Company, Division of Schering-Plough Health Care .....Aug. 1995  
 “Plantar Fasciitis – Tape It” Runner’s World Magazine .....June 1995  
 “Checkup Gait Keepers – Orthotics” Men’s Health Magazine .....May 1995  
 “You Got To Have Sole!” Heart & Soul Magazine .....April/May 1995  
 “A Quick Fix For Creaky Knees” Men’s Health Magazine .....April 1995  
 “The Hip and the Pendulum” Runner’s World Magazine .....March 1995  
 “Hitting a Nerve” Runner’s Word Magazine.....Jan. 1995  
 “Soft Corn Cushions” clinical research project for the Dr. Scholl Company, Division of Schering-Plough Health Care .....Dec. 1994  
 “Injury Prevention – Taking It On The Shin” Runner’s World Magazine .....Oct. 1994  
 “Running Surfaces – Where The Streets Have No Shame” Runner’s World Magazine .....Oct. 1994  
 “Orthotics Update – Long May You Run” Runner’s World Magazine .....Sept. 1994  
 “Foot Pain, Arch Rival,” Runner’s World Magazine .....July 1994  
 “Heel Treatment, Jailhouse Blues” Runner’s World Magazine .....Feb. 1994  
 “Onychomycosis – Fungus Toe Nail Patch” clinical research testing for the Dr. Scholl Company, Division of Schering-Plough Health Care.....Feb.-Oct. 1993  
 “Understanding Achilles Pain” NJ Division USA Track & Field Newsletter .....Spring 1993  
 “Ball of Foot Pain” NJ TAC Newsletter .....Spring 1992  
 “Heel Pain” – NJ TAC Newsletter .....Winter 1991  
 “Evaluation of Pain Relief of Bunion Guard Cushions” clinical research testing for the Dr. Scholl Company, Division of Schering-Plough Health Care.....Jan.1992  
 “Evaluation of Pain Relief of Callous Cushlin Cushions” clinical research testing for the Dr. Scholl Company, Division of Schering-Plough Health Care.....Dec.1991  
 “Onychomycosis-Fungus Toe Nail Topical Solution” Clinical Safety and Efficacy Study for Alcon Pharmaceutical ..... March 1990 –Dec. 1991  
 “Pilot Plantar Wart Pad Study” clinical testing for the Dr. Scholl Company, Division of Schering-Plough Health Care ..... March– June 1991  
 “Comparative Efficacy of Two Corn Removal Plasters Containing Salicylic Acid in

Removing Interdigital (Soft) Corns” clinical research project for the Dr. Scholl Company, Division of Schering-Plough Health Care.....Feb. 1990

“Study to Evaluate Callous Removal” clinical research project for the Dr. Scholl Company., Division of Schering-Plough Health Care.....Feb. 1990

“Use Test to Evaluate an Arch Support Product,” clinical research project for the Dr. Scholl Company, Division of Schering-Plough Health Care ..... Sept. 1989

“Comparative Efficacy of Four Corn Removal Plasters Containing Salicylic Acid,” clinical research project for the Dr. Scholl Company, Division of Schering-Plough Healthcare..... June 1989

“Imbalance of Muscle Strength and Elasticity: Tendinitis Rond de Ankle” Kinesiology and Medicine for Dance .....June 1989

“Poor Foot Structure: Tendinitis Rond de Ankle” Kinesiology for Dance .....March 1989

“Improper Dance Technique: Tendinitis Rond de Ankle” Kinesiology for Dance .....Dec. 1988

“Lack of Adequate Care to the Injured Ankle: Tendinitis Rond de Ankle” Kinesiology for Dance .....Sept. 1988

“Accidental Injury to the Ankle: Tendinitis Rond de Ankle” Kinesiology for Dance ..... June 1988

“Biomechanics and Shoe Wear: Defense Against Injury” Starting Line Newsletter, New Jersey Governor’s Council on Physical Fitness and Sports.....June 1988

“Dance Health-Star Treatment: Sports Medicine Keeps Performers Alive” Chicago Dance Coalition Newsletter ..... Spring 1987

“Battling Cold Feet: Keeping Warmer” American Academy of Podiatric Sports Medicine Newsletter, reprint .....Jan. 1987

“Sports Medicine Tapings” manual for New York College of Podiatric Medicine, Department of Orthopedics .....1986

“Cold Induced Foot Injuries” The First Ray ..... May 1985

“Battling Cold Feet: Keeping Warmer” The First Ray ..... May 1985

“Shock Absorption Characteristics of Orthoses” research project conducted with John Durkin, D.P.M. and Michigan Technological University. .... 1984

“The Insensitive Foot” The First Ray ..... May 1984

“Exertional Muscle Cramps” research completed for publication .....1984

“Stretching Exercises for Runners” videotape made in collaboration with Dr. Wm. M. Scholl College of Podiatric Medicine, Department of Orthopedics.....1983

**BOOKS, MAGAZINES, AND NEWSPAPER QUOTES**

“Sole Mate, The Right Shoe Can Save Your Joints” Muscle Media Magazine.....Oct. 2001

“Your Owner’s Manual, Wider Hips/Smaller Feet” Runner’s World Magazine..... Aug. 2001

“Ultra-Sound Advice” Runner’s World Magazine .....Jan. 2000

“Make Them Work” Runner’s World Magazine .....June 2000

“Pain Relief: Achilles Pain, Hamstring Pain, Iliotibial Band Syndrome, Plantar Fasciitis, Runner’s Knee, Shin splints” Runner’s World Magazine .....Feb. 2000

“How Insoles Help Your Feet Survive Life on the Road” Men’s Health Magazine .....Oct. 1999

“A Twisted Ankle” Men’s Health Magazine.....July/Aug. 1999

“A Blister” Men’s Health Magazine .....July/Aug. 1999

“Bothersome Bunions” Cimons, M. Runner’s World Magazine.....May 1999

“Insole Insight” Sellers, D. Runner’s World Magazine.....April 1999

“The Doctor’s Book of Home Remedies for Men” book by Men’s Health Books; Rodale Press.....1999

“The Doctor’s Book of Home Remedies for Preventing Disease” book by  
Prevention Health Books; Rodale Press.....1999

“The Complete Book of Running For Women”, book by Kowalchik, C.  
Pocket Books/ Simon & Schuster.....1999

“Getting a Jump on Fitness” book by Marrott, B. Barricade Books.....1997

“If the Pain Persists See Your Podiatrist” Sunday New York Times.....Oct. 5, 1997

“On Your Mark, Get Ready...A pre-race planner” Self Magazine.....Nov. 1996

“Oh My Aching Feet...” Toomey, P. The Record Newspaper..... Mar. 4, 1996

“Tortured Soles – In The Art of Dance...” Sudol, V. Sunday Star Ledger Newspaper..... Feb. 18, 1996

“Bunions ...” Century Newsletter St. Joseph’s Hospital & Medical Center.....1994

“Age Erasers for Men” book by Dollemore, D. and Giuliucci, M. Rodale Press.....1994

“Age Erasers for Women” book by Fisher, P. Rodale Press.....1994

“Walking Medicine” book by Yanker, G. and Burton, K. McGraw-Hill, Inc.....1993

“Ice Skating: Getting Started: No Cheapskates Please”, American Health.....Dec. 1991

“The Pointe Book” by Barringer, J. and Schlesinger, S. Dance Horizons/Princeton Book Company.....1991

“Finding Balance” book by Barardi, G. Dance Horizons/Princeton Book Company .....1991

“A Safe Way of Taking Things In Stride” Lentz, C. The Record Newspaper .....June 13, 1990

“Self Help – Avoid Athlete’s Foot” Gemignani, J. The Record Newspaper..... 1990

“Self Help – Painful Corns” Gemignani, J. The Record Newspaper.....1990

“Self Help – Vitamins That Heal” Gemignani, J. The Record Newspaper ..... 1990

“Healing Feet, Saving Seasons” Lentz C. The Record Newspaper..... Oct. 11, 1989

“The Agony Of Dancing” Berardi, G. Los Angeles Times Newspaper .....May 21, 1989

**WEBSITES-ARTICLES**

“When Can I Go On Pointe” Capeziodance.com Website.....2006

“Dancing Around the Pain” Phenomenalfitness.com Website.....2005

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