

**ASIT P. UPADHYAY, D.O., F.A.A.P.M.R.**

1600 Sixth Avenue, Suite 110

York, Pa 17403

717-718-9459

**POST GRADUATE TRAINING:**

JFK-Johnson Rehabilitation Institute, Edison, NJ  
UMDNJ - Robert Wood Johnson Medical School  
*Resident, Physical Medicine and Rehabilitation, 1996-1999*

Geisinger Medical Center, Danville, PA  
Thomas Jefferson University\Jefferson Medical College  
*Resident, Family Practice, 1992-1993*

Memorial Hospital, York, PA  
*Rotating Internship, 1991-1992*

**EDUCATION:**

Philadelphia College of Osteopathic Medicine, Philadelphia, PA  
Doctor of Osteopathy, 1991

The American University, Washington, D.C.  
Bachelor of Science, Major: Biology, Minor: Psychology, 1987

**EXPERIENCE:**

**Attending Physician**, Delaware Back Pain and Sports Rehab Center  
Dover, DE, 1999-2006

- Private practice in PM&R with focus on EMG and musculoskeletal medicine

**Chief of Space Medicine Element**, Flight Surgeon

**Acting Director of Acute Care Clinic**

United States Air Force, Holloman AFB, NM, 1993-1996

- NASA rescue operations regional coordinator for NM-TX
- USAF/Space Command medical support officer
- Occupational Medicine Program to limit ergonomic related injuries.
- Director, US Armed Forces medical air evacuation, Kuwait Int. Airport
- Instructor, flight physiology, Air Combat Command, USAF

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**CERTIFICATIONS:**

**Board Certified** – Physical Medicine and Rehabilitation / ABPMR  
**Board Certified** – Rehabilitation Medicine / AOBPRM  
Medical License - Pennsylvania, OS-007929-L  
Medical License - Delaware, C20005648  
Diplomat, National Board of Osteopathic Medical Examiners

**PRESENTATIONS**

*Memorial Hospital, York, PA, 2006*  
Grand Rounds, Family Practice Department  
Peripheral Neuropathy

*Kent General Hospital, Dover, DE, 2003*  
Department of Surgery, Trauma  
Acute management of Spinal Cord Injury

*St Francis Medical Center, Wilmington, DE, 2002*  
Department of Anesthesia/Pain Management  
Use of Neuroleptics in Musculoskeletal Injuries

*Kent General Hospital, Dover, DE, 2002*  
Role of Antidepressant Medications in Back Pain Patients

*Kent General Hospital, Dover, DE, 2002*  
Rehabilitation of the Injured Worker

*Robert Wood Johnson Medical School, Piscataway, NJ, 1999*  
Rehab Treatment Options for Multiple Sclerosis

*Robert Wood Johnson University Hospital, Piscataway, NJ, 1998*  
Department of Surgery, Trauma Service  
Bowel and Bladder Management in the Acute Spinal Cord Trauma Patient

*JFK-Johnson Rehabilitation Institute, Edison, NJ, 1997*  
Department of Physical Medicine and Rehabilitation  
Consensus protocols for treatment of pressure ulcers

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**PROFESSIONAL ACTIVITIES:**

AOCPMR Special Awards Committee, 2001-03  
Delaware Medical Society, Assembly member Young Physicians Section, 1999-2005  
Chairman, 2004-2005:  
*Member, Board of Trustees*, 2004-2005  
Trauma Committee, Kent General Hospital\Bayhealth, 1999-2005  
Health Information Management Committee, Kent General Hospital, 2004-2005  
Chief Resident, JFK-Johnson Rehabilitation Institute, 1998-1999  
United States Air Force Academy Medical Liaison, 1995-1996  
National Institutes of Health, Warren Grant Clinical Fellow, 1989

**RESEARCH**

*JFK-Johnson Rehabilitation Institute*, Edison, NJ, 1998  
Department of Physical Medicine and Rehabilitation  
Detection of Martin-Gruber Anastomosis via Ulnar Motor Test

*National Institutes of Health*, Bethesda, MD, 1986-1988  
NHLBI - Section of Chemical Pharmacology  
Protocols for studying P-450 enzyme metabolites following  
Exposure to toxins and effect of Halothane on P-450 reduction.

*The American University*, Washington, D.C., 1985-1986  
Department of Biochemistry  
Protocol for DNA adducts via phenanthrene 9-10-oxide metabolism

*The University of Iowa*, Iowa City, IA, 1983  
Department of Physiology  
LPLC protocols for cell tissue culture media

**MEMBERSHIPS:**

American Osteopathic Association  
American Academy of Physical Medicine and Rehabilitation  
*Fellow*  
American Osteopathic College of Physical Medicine and Rehabilitation  
Pennsylvania Osteopathic Medical Association  
York County Osteopathic Medical Society  
Delaware Medical Society  
*Board of Trustees*, 2004-2005