

Curriculum Vitae

David A. Porter, M.D., Ph.D.
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Birthplace: Madisonville, Kentucky
Married:

Education:

1978 Madisonville-North Hopkins Senior High School
Ranked 12 of 335, GPA = 3.80
1978-1982 Ball State University, Muncie, Indiana
B.S. Chemistry, Pre-med; GPA = 3.84
1982-1985 Ball State University, Muncie, Indiana
M.S. Physiology; GPA = 3.75
1985-1991 Ball State University, Muncie, Indiana
Ph.D. Human Bioenergetics, Exercise and Muscle Performance;
GPA = 3.85
1985-1989 Indiana University School of Medicine - M.D.
1989-1990 Methodist Hospital of Indiana Internship (transitional)
1991-1995 Wright State University / Miami Valley Hospital Orthopaedic
Residency
1995 Three month foot and ankle elective fellowship with James Amis,
M.D., Cincinnati, Ohio
1995-1996 Fellowship in Foot and Ankle Surgery at The Foundation for
Orthopedic, Athletic and Reconstructive Research with Donald
Baxter, M.D. and Thomas Clanton, M.D., Houston, Texas

Work Experience:

1979-1986 Director of Christian Men's Fellowship,
Ball State University
1980-1983 Co-owner, operator, manager of a lawn maintenance company
(currently Mainscape, Inc.)
1983-1984 Graduate assistant, Chemistry Department,
Ball State University
1984-1985 Research Assistant, Human Performance Laboratory,
Ball State University
1986 Summer Research Assistant, Human Performance Laboratory,
Ball State University
1996-pres. Orthopedic Foot & Ankle Practice, Methodist Sports Medicine
Clinic, Indianapolis, IN

Team Sports Coverage:

- 1989 C-Team Physician, Tri-West High School, Lizton, IN
- 1989 Indiana Pacer Rookie Camp - pre-participation exams, Indianapolis, July
- 1990 National Invitational Camp- NFL pre-draft physicals, Indianapolis, IN. February 8th-11th
- 1990 United States Gymnastics Federation (USGF) Junior Olympics, Senior National Championships, Indianapolis, IN. May 10th
- 1990 Canadian-American Cycling Challenge, Major Taylor Velodrome, Indianapolis, IN. June 10th-13th
- 1995-1996 Asst. Team Physician, Second Baptist High School, Houston, TX
- 1995-1996 Asst. Team Physician, Rice University, Houston, TX
- 1997-2000 NFL Combines pre-draft physicals, Indianapolis, IN
- 1996-pres. Team Physician, Mt. Vernon High School, Fortville, IN
- 1998-1999 Team Physician, Indiana Invaders Track & Field Club
- 1996-pres. Consultant, Indianapolis Colts

Honors:

- 1982 National Dean's List
Phi Society (Phi Beta Kappa)
Magna Cum Laude Graduate
Phi Lambda Upsilon Chemistry Honorary
Eta Sigma Phi Classics Honorary
- 1983-1984 Graduate Assistantship, Ball State University, Muncie, IN
- 1984-1985 Research Assistantship, Ball State University, Muncie, IN
- 1986 Indiana University School of Medicine Award for Student Research Program in Academic Medicine
- 1988 Indiana State Medical Association Sports Medicine Committee, Student appointee, Indianapolis, IN
- 1990-1991 Doctoral Fellowship, Ball State University, Muncie, IN
- 1991 Finalist, Mid-America Orthopaedic Association 9th Annual Meeting, Residents Research Award
- 1992 Indiana University School of Medicine Award for Academic Achievement
- 1992 Finalist, Resident's Paper Award, Orthopedic Review
- 1992 First Place, Miami Valley Hospital Resident Clinical Paper
- 1992 Third Place Resident Paper Award, Ohio Orthopaedic Society Meeting
- 1993 Winner, Hobart Klaaren Basic Science Award, Wright State University Orthopaedics, Dayton, OH
- 1994 Runner-up, Hobart Klaaren Basic Science Award, Wright State University Orthopaedics, Dayton, OH
- 1995 Runner-up, Miami Valley Hospital Resident Clinical Paper
- 1997 Adjunct Assistant Professor for the Physician Assistant Program in the college of Pharmacy and Health Sciences, Butler University. Indianapolis, IN
- 2002 Adjunct Clinical Associate Professor of Health, Kinesiology and Leisure Studies at Purdue University. W Lafayette, IN
- 2004 Fellowship in the American College of Sports Medicine

Professional Memberships:

- 1983 - present American College of Sports Medicine
- 1988 - present Alpha Omega Alpha, Indiana University School of Medicine
- 1997 - present American Orthopedic Foot & Ankle Society
- 1997 - present American Association of Orthopedic Foot & Ankle Surgeons
- 1997 - present Indianapolis Medical Society
- 2003 – present Methodist Sports Medicine Research & Education Foundation

Professional Publications Reviewer:

International Journal of Sports Medicine
European Journal of Applied Physiology
Foot and Ankle International
Journal of Orthopedic & Sports Physical Therapy
ACTA Physiologica Scandinavica

Contracts and Grants:

1. National Institute of Health, \$99,400: Sarcopenia in exercise: single myofiber function
2. Indiana University School of Medicine, \$3,000 Summer Research Award
3. Methodist Health Foundation, \$3,014: EMG analysis of lower extremity muscle activity during closed kinetic activity
4. Methodist Research Institute, \$5,000: Fifth metatarsal stress fracture fixation with a 4.5 mm cannulated, stainless steel screw: a clinical and radiographic evaluation.

Publications:

1. Costill DL, Kowaleski J, Porter DA, Kirwan J, Fielding R, King D: Energy expenditure during front crawl swimming: Predicting success in middle distance events. Intl. J Sports Med 6;266-270, 1985
2. Porter DA, Costill DL, Kuipers H, Fink W, Craig B: Muscle and liver glycogen utilization and resynthesis during exercise in untrained rats. Clinical Physiology 5:4; 81, 1985 Abstract
3. Kuipers H, Costill DL, Porter DA, Fink W, Morse W: Glucose feeding and exercise in trained rats: Mechanisms for glycogen sparing. J Appl Physiol 61:3; 859-863, 1986
4. Porter DA, Braunstein E: Generalized Osteosclerosis in an 83 year old man with hip pain. Indiana Med 81:11; 593-594, 1988
5. Porter DA, Costill DL, Flynn MG, Fink WJ: The post exercise metabolic response: Differences with swimming and running. Indiana University School of Medicine Summer Program in Academic Medicine. March, 1988
6. Shelbourne KD, Porter DA, Clingman J: Low velocity knee dislocations. Orthopedic Rev 20:1; 995-1004, 1991

7. Porter DA, McCarroll JR, Shelbourne KD, Rettig AC, Murray S: Midsubstance ACL rupture in junior high school athletes: The results from conservative management and patellar tendon graft reconstruction. *Orthopedic Transactions*, 1991 Abstract
8. Shelbourne KD, Porter DA: ACL-MCL injury: The results from non-operative management of medial collateral ligament tears with ACL reconstruction. *Am J Sports Med* 20:3; 283-286, 1992
9. DeCarlo DS, Porter DA, Gehlsen G, Baharami R: Electromyographic and cinematographic analysis of the lower extremity during closed kinetic and open kinetic chain exercise. *Isokinetic Exercise Science* 2:1; 24-29, 1992
10. Shelbourne KD, Porter DA: ACL-MCL injury: The results from non-operative management of medial collateral ligament tears with ACL reconstruction. *Orthopedic Transactions*, Abstract 1992
11. Porter DA, Costill DL, Zachwieja JJ, Krzmenski K, Fink WJ, Wagner E: The effect of oral coenzyme Q10 on the exercise tolerance of middle-aged, untrained men. *Med Science Sports Exercise*. 24:5 Suppl, 1992 Abstract 280
12. Wagner E, Porter DA, Costill DL, Zachwieja JJ, Krzmenski K, Fink WJ: The effect of oral coenzyme Q10 on the metabolism in middle-aged, untrained men. *Med Science Sports Exercise*. 24:5 Suppl, 1992 Abstract 281
13. Shelbourne KD, Porter DA: Meniscus repair: A surgical technique. *Am J Sports Med* 21:6; 870-873, 1993
14. Porter DA, Albert M: Knee injury -soccer and bungee cord jumping. *Med Science Sport Exercise*. 25:5 Suppl 1993, abstract
15. Shelbourne KD, Porter DA, Rozzi W: Ability of an Elmslie-Trillat to correct an abnormal congruence angle. *Am J Sports Med* 22:3; 318-323, 1994
16. McCarroll JR, Porter DA, Shelbourne KD, Rettig AC, Murray S: Midsubstance ACL rupture in junior high school athletes: The results from conservative management and patellar tendon graft reconstruction. *Am J Sports Med* 22:4; 478-484, 1994
17. Porter DA, Costill DL, Zachwieja JJ, Krzmenski K, Fink W, Wagner E, Folkers K: The effect of oral coenzyme Q10 on the exercise tolerance of middle-aged, untrained men. *Intl. J Sports Med* 16; 421-427, 1995
18. Porter DA, Baxter DE: The ideal orthoses: A philosophy of design. *Biomech* 3; 41-44, 1996
19. Shelbourne KD, Patel DV, Adsit W, Porter DA: Accelerated rehabilitation after meniscal repair. *Clinics in Sports Med*. 15:3; 595-612, 1996
20. Porter DA, Villarreal R, May C, Baxter DE: Functional bracing with a half-cast. technique tip. *Foot & Ankle* 17:10; 644-645. 1996

21. Porter DA, Mannarino FP, Snead D, Gabel ST, Ostrowski, M: Primary repair without augmentation for the neglected Achilles tendon rupture. *Foot & Ankle* 18:9; 557-564. Sept, 1997
22. Saltzman CL, Domsic RT, Baumhauer JF, Deland JT, Gill LH, Hurwitz SR, Kitaoka HB, McCluskey LC, Porter DA: Foot & ankle research priority: report from Research Council of AOFAS. *Foot and Ankle* 18:7; 447-8. July, 1997
23. Porter DA, Baxter DE: Foot injury - pole vaulting. *Medicine & Science in Sports & Exercise*. 29:5; S185, 1997
24. Clanton, TO, Porter, DA. Primary care of foot and ankle injuries in the athlete. *Clinics in Sports Medicine* 16:3; 435-466. July, 1997
25. Porter DA, Baxter DE, Clanton TO. Posterior tibial tendon tears in young competitive athletes: two case reports. *Foot and Ankle* 19:9; 627-30. Sept, 1998.
26. Porter DA, Mannarino FP, Snead D, Gabel ST, Ostrowski, M: Primary repair without augmentation for the neglected Achilles tendon rupture. *Foot & Ankle* 18:9; 557-564. Sept, 1997. Abstract selected for 1998 Year Book of Orthopedics: 286-7.
27. Amis JA, Porter DA: Correction augmentation and provisional fixation in proximal metatarsal osteotomies using Kirschner wires: a technical tip. *Foot & Ankle* 20:11, 752-3. Nov., 1999.
28. Trappe S, Williamson D, Godard M, Porter D, Rowdon G, Costill D: Effect of resistance training on single muscle fiber contractile function in older men. *J Appl Physiol* 89: 143-152. Feb., 2000.
29. Porter D, Erin Barill, Kathy Oneace, Benjamin May: The Effects of Duration and Frequency of Achilles Tendon Stretching on Dorsiflexion and Outcome in Painful Heel Syndrome: A Randomized, Blinded, Control Study. July 2002
30. Palmieri R, Ingersoll C, Hoffman M, Cordova M, Porter D, Edwards J, Babington J, Krause B, & Stone M Arthrogenic muscle response to a simulated ankle joint fusion" *British Journal of Sports Medicine*. Nov. 2002.

Presentations:

1. "Exercise and fitness in the college student". Student lecturer in Campus Fitness and Exercise Week Seminar. Ball State University, Muncie, IN. Sept. 1984.
2. "Muscle and liver glycogen utilization and resynthesis in untrained rats". Indiana Interagency Council on Research in Physical Education. Indiana University, Bloomington, IN. March, 1985
3. "Muscle and liver glycogen utilization and resynthesis in untrained rats". 6th Annual Symposium on the Biochemistry of Exercise. Copenhagen, Denmark. June 16-18, 1985

4. "The post-exercise metabolic response: Differences with swimming and running". Indiana University School of Medicine Student Research Program. in Academic Medicine. Sept., 1986.
5. "Midfoot injuries in the athlete". Methodist Sports Medicine Center Grand Rounds. Indpls, IN. May 12, 1997.
6. "Foot injury - pole vaulting". American College of Sports Medicine Annual Meeting. Denver, CO. May 30, 1997.
7. "Stress fractures of the foot and ankle". Foot and Ankle Symposium, Miami Valley Hospital. Dayton, OH. Oct. 24, 1997.
8. "When an ankle sprain isn't an ankle sprain". Indiana Athletic Trainers' Association Fall Sports Medicine Symposium. Indpls, IN. Oct. 27, 1997.
9. "Management of foot and ankle pathology". Methodist Sports Medicine Center Fellowship Rehabilitation Rotation. Indpls, IN. Feb. 9, 1998.
10. "Primary repair without augmentation for early neglected Achilles tendon ruptures in the recreational athlete". 42nd Annual Indiana Orthopedic Society Meeting. Indpls, IN. Feb. 28, 1998.
11. "Tendon Injuries". AOFAS Pro Football Athletic Trainers Society Athletic Injuries of Foot & Ankle Course. Cincinnati, OH. April 25, 1998.
12. "Chronic Ankle Pain". AOFAS Pro Football Athletic Trainers Society Athletic Injuries of Foot & Ankle Course. Cincinnati, OH. April 25, 1998.
13. "Overload injuries of the foot and ankle," clinical colloquium. American College of Sports Medicine Annual Meeting. Orlando, FL. June 4, 1998.
14. "Foot injury – track," clinical case slide presentation. American College of Sports Medicine Annual Meeting. Orlando, FL. June 5, 1998.
15. "When an ankle sprain isn't an ankle sprain". Western Slope Physical Therapy Conference, Grand Junction, CO. Jan. 15, 1999.
16. "Foot injury – soccer," clinical case slide presentation. American College of Sports Medicine Annual

Summer Meeting. Seattle, WA. June 4, 1999.

17. "Foot injuries," symposium. American College of Sports Medicine Annual Summer Meeting. Seattle, WA. June 4, 1999.
18. "Foot and ankle injuries". Update in Orthopaedics & Sports Medicine, Indianapolis, IN. July 24, 1999.
19. "When an ankle sprain isn't an ankle sprain." American Association of Orthopedic Physician Assistants Meeting, Indianapolis, IN. Aug. 20, 1999.
20. "Peroneal tendon subluxation: early range of motion & functional immobilization with a new surgical technique." American Orthopaedic Foot & Ankle Society Specialty Day, American Academy of Orthopaedic Surgeons Annual Meeting, Orlando, FL. March 18, 2000.
21. "Clinical Case Presentation in Foot Pain." chair, American College of Sports Medicine Annual Summer Meeting, Indpls, IN. June 3, 2000.
22. "Clinical Case Presentation in Foot Pain." consultant, American College of Sports Medicine Annual Summer Meeting, Indpls, IN. June 3, 2000.
23. "Examination of the Foot & Ankle." American College of Sports Medicine Annual Summer Meeting, Indpls, IN. June 3, 2000.
24. "Fifth metatarsal stress fracture fixation with a 4.5 mm cannulated, stainless steel screw: a clinical and radiographic evaluation." American Orthopaedic Society for Sports Medicine Annual Summer Meeting, Sun Valley, ID. June 20, 2000.
25. "When an Ankle Sprain Isn't an Ankle Sprain." Thomas A. Brady Conference, Indianapolis, IN. Sept. 20, 2000.
26. "Evaluation and Management of Ankle Injuries." Indiana University School of Medicine Noon Conference series, Indianapolis, IN. Oct. 19, 2000.
27. "The Effect of Frequency and Duration of Achilles Tendon Stretching on Ankle Dorsiflexion and Outcome in Patients with Painful Heel Syndrome: A Prospective, Randomized Blinded Study" San Diego, CA July 19, 2001

28. "Problematic Foot and Ankle Injuries in the Athlete" NFL Combines Feb. 20, 2004
29. "Decision Making for Ankle Fractures in the Athlete" 29th Annual Garceau-Wray Orthopaedic Lectures, Indianapolis, IN June 11, 2004.
30. "Stress Fractures of the Foot and Ankle in the Athlete" AOSSM ICL June 26, 2004, Quebec City
Canada
31. "Master Techniques in Foot and Ankle Trauma: Sports Fractures, The Navicular Stress Fracture."
AOFAS, July 28, 2004, Seattle, WA.
32. "The Weber B Fibula and The Fifth metatarsal Jones Fracture, Evaluation and Treatment Options"
NFL Combines Feb. 20, 2004.
33. "Decision Making for Ankle Fractures in the Athlete", 29th Annual Garceau-Wray Orthopaedic Lectures, Indianapolis, IN June 11, 2004.
34. "Stress Fractures in the Foot and Ankle in the Athlete" AOSSM ICL June 26, 2004
Quebec City
Canada.
35. "Master Techniques in Foot and Ankle Trauma: Sports Fractures, The Navicular Stress Fracture"
AOFAS July 28, 2004, Seattle, WA

Book Chapters

- "Ligamentous Injuries of the Foot & Ankle Orthopedics" Fitzgerald, Kaufer and Malkani
- "Ankle, Subtalar and First MTP Joint Dislocations" Orthopedic Foot and Ankle Trauma
By Calhoun