

## **Dr. Dilaawar (Danny) Mistry, MD, MS, AT-Retired**

Dr. Dilaawar (Danny) Mistry, MD, MS, ATC is board certified in Internal Medicine and practices Primary Care Sports Medicine. Dr. Mistry received his medical degree from the University of Madras, India in 1986. After moving to the U.S. in 1987, he completed a Master's degree in Exercise Science from the University of Massachusetts in 1991, and subsequently completed his Athletic Training Certification in 1994. While completing his requirements for his Athletic Training Certification between 1989 and 1994, he was a teacher at the Taft School, Watertown, CT. During this period, he had also obtained a Massage Therapy Certification.

He was a resident in Physical Medicine and Rehabilitation between 1995 and 1997 at the University of Virginia and then in Internal Medicine at the University of Virginia between 1997 and 2002. Combining the knowledge gleaned from residency training in these two specialties allows him to bridge the gap between acute injury management, neurological recovery and systemic medical care - an integrative approach which defines his current approach for the evaluation and treatment of individuals with Concussions / Brain Injury and related complications.

Following completion of residency training in 2002, he helped develop the Primary Care Sports Medicine program at the Department of Athletics, University of Virginia where he also served as Primary Care Team Physician until 2011. He also served as the Co-Medical Director at the Department of Athletics, University of Virginia between 2003 and 2011, during which time he was a member of the Teaching Faculty at the Department of Physical Medicine and Rehabilitation, University of Virginia. Between 2011 and 2019, he also served as a Visiting Associate Professor, at the Department of Physical Medicine and Rehabilitation, University of Virginia.

Between 2011 and 2017, he worked in Grand Junction, Colorado as a Primary Care Sports Medicine physician at Western Orthopedics and Sports Medicine. During that time, he served as a volunteer Primary Care Team Physician for the Department of Athletics, Colorado Mesa University where he was instrumental in the development of Primary Care Sport Medicine programs – including comprehensive pre-participation physical evaluations, concussion management, and sports cardiology. He served as Primary Care Team Physician for the Grand Junction Rockies between 2012 and 2017. He also served as the Chair for the Grand Junction Concussion Task Force between 2013 and 2015, and with the help of an educational grant from Grand Junction Community Hospital, he developed a concussion program for School District 51. He has been involved in peer reviewed research, has authored sports medicine books and articles, has lectured extensively on a variety of Primary Care Sports Medicine topics – both locally and nationally, as well as help develop several conferences in Sports Medicine.

In 2013, while working at Western Orthopedics and Sports Medicine, Grand Junction, he worked with experts at the Brain Injury Alliance of Colorado (BIAC) on the Colorado Youth Concussion Education Consortium (CYEC) to develop educational content for statewide education in Colorado. Between 2014 and 2020, he had served as a member of the Colorado Traumatic Brain Injury Trust Fund Board (now known as MINDSOURCE). Between 2013 and 2014, he also served on the Credentials and CME Committees for the Community Hospital, Grand Junction, and was as a Member of the Board of Trustees for the hospital between 2014 and 2017.

Earlier, in 1999, he served as Athletic Trainer and Massage Therapist for the US Soccer, Men's Junior National Team and between 1999 and 2000 he served as the Massage Therapist for the US Soccer, Women's National Team. He completed his Physician Internship program with the United States Olympic Committee in 2003 and between 2005 and 2025, he had served as a National Team Physician for USA Swimming, during which he has traveled to numerous domestic and international swimming competitions. Between 2016 and 2025, he had served as Chair of the Concussion Task Force for USA Swimming.

Dr. Mistry founded the Aasha Brain Clinic™ in October 2018, dedicated to helping individuals heal from concussions and other non-traumatic related brain injuries. The details of the clinic can be viewed at

[www.aashabrainclinics.com](http://www.aashabrainclinics.com). Dr. Mistry had worked with Primary Care Physicians, Physical, Vestibular, Vision and Cognitive Therapists, Neurologists and Neuropsychologists – recognizing the value of an evidence-based approach to concussion evaluation and treatment. Over the past 7 years, Dr. Mistry had evaluated and treated ~ 1300 individuals with Concussions / Brain Injury and related complications. Additionally, prior to his work in Fort Collins, he had evaluated and treated hundreds of individuals Concussions / Brain Injury and related complications.

The diversity of his clinical, education and academic experiences over the past three decades facilitates his ability and commitment to provide exceptional evidence-based, comprehensive Primary Care Sports Medicine care for recreational and high-performance athletes affected by a variety of medical issues. He has a passion for treating Concussion / Brain Injury and related complications, as well as for non- surgical, orthopedic care of musculoskeletal injuries. In addition, he has a keen interest in Sports Cardiology and the prevention of sudden death in athletes. He has been involved in peer reviewed research, has authored sports medicine books and articles, has lectured extensively on a variety of Primary Care Sports Medicine topics – both locally and nationally, as well as help develop several conferences in Sports Medicine. As part of his commitment and passion for teaching the doctors of tomorrow, he has lectured extensively, both locally and nationwide, on a variety of Sports Medicine topics. Currently, he is actively involved in sports medicine education – including Concussion / Brain Injury and related complications, for the residents at the Family Medicine Department, UC Health, Fort Collins. Additionally, he is committed to the promotion of clinical and educational programs that enhance health and wellness in Fort Collins and surrounding areas.

Dr. Mistry's career is distinguished by numerous awards, including the USA Swimming Gold Standard Award for excellence in athlete care, the Adolf Kiefer Safety Commendation for contributions to swimming safety in the U.S., the Bus Male Award, Presented for ‘untiring and devoted’ service to the Athletics Department, University of Virginia, 2007 and the Jim Beazell Humanism in Medicine Award from the University of Virginia. His ongoing service to athlete health, concussion education, evaluation and management reflects his lifelong dedication to improving the standards of care for Concussion / Brain injury evaluation and management in the USA and worldwide.

Besides work, he is an avid chef and is currently authoring the “Whole Soul Cookbook”, being written to support orphanages worldwide. He loves spending time with his wife Kelly and his son Jal, exploring the great outdoors and traveling worldwide.