

## Christopher L Mendias, PhD, ATC

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### Education

2009 Postdoc, Biomedical Engineering, University of Michigan  
2007 PhD, Molecular and Integrative Physiology, University of Michigan Medical School  
2003 MS, Physiology, University of Arizona  
2001 BS, Biology and Athletic Training, University of Arizona

### Certification

2001 - Certified Athletic Trainer (ATC), Board of Certification for Athletic Training

### Professional Experience

2009 - Research Assistant Professor, Departments of Athletic Training and Orthopaedic Surgery, University of Michigan  
2007 - 2009 Postdoctoral Research Fellow, Department of Biomedical Engineering, University of Michigan  
2003 - 2007 Graduate Student Research Assistant, Department of Molecular and Integrative Physiology, University of Michigan  
2005 - 2007 Graduate Student Instructor, School of Kinesiology, University of Michigan  
2003 - 2004 Athletic Trainer, Chelsea Orthopedics and Chelsea High School, Chelsea, MI  
2002 - 2003 Graduate Student Instructor, Department of Physiology, University of Arizona  
2001 - 2003 Graduate Student Research Assistant, Department of Physiology, University of Arizona  
2001 - 2002 Graduate Assistant Athletic Trainer, University of Arizona

### Publications

Faulkner JA, Davis CS, **Mendias CL** and Brooks SV. The aging of elite male athletes: age-related changes in performance and skeletal muscle structure and function. *Clinical Journal of Sports Medicine*. 2008 Nov;18(6):501-507.

**Mendias CL**, Bakhurin KI and Faulkner JA. Tendons of myostatin-deficient mice are small, brittle and hypocellular. *Proceedings of the National Academy of Sciences*. 2008 Jan;105(1):388-393.

**Mendias CL**, Marcin JE, Calderon DR and Faulkner JA. Contractile properties of EDL and soleus muscles of myostatin-deficient mice. *Journal of Applied Physiology*. 2006 Sep;101(3):898-905.

**Mendias CL**, Tatsumi R and Allen RE. Role of cyclooxygenase-1 and -2 in satellite cell proliferation, differentiation, and fusion. *Muscle and Nerve*. 2004 Oct;30(4):497-500.

### Abstracts

**Mendias CL**, Bakhurin KI, Davis CS and Faulkner JA. Increased skeletal muscle mass and improved contractile properties of skeletal muscles of old myostatin-deficient mice. *American College of Sports Medicine Annual Meeting*, Seattle, WA, May 2009.

**Mendias CL**, Bakhurin KI, Arruda EM, Brooks SV, Faulkner JA and Larkin LM. Scleraxis is expressed in adult tendons and is upregulated in response to mechanical loading. *Experimental Biology/American Physiological Society Annual Meeting*, New Orleans, LA, April 2009.

**Mendias CL**, Bakhurin KI and Faulkner JA. Bigger muscles, smaller tendons -- tendons of myostatin-deficient mice are small, brittle and hypocellular. *Experimental Biology/American Physiological Society Annual Meeting*, San Diego, CA, April 2008.

**Mendias CL**, Marcin JE and Faulkner JA. Deficiency of myostatin impacts the force deficits of fast-fibered skeletal muscles following contraction-induced injury. *Fifth World Congress of Biomechanics*, Munich, Germany, August 2006.

**Mendias CL**, Marcin JE and Faulkner JA. Contractile properties of skeletal muscles from myostatin-

deficient mice. *Experimental Biology/American Physiological Society Annual Meeting*, San Francisco, CA, April 2006.

**Mendias CL**, Baar K and Faulkner JA. Myostatin increases collagen I expression in skeletal muscle myotubes and tendon-derived fibroblast cells. *FASEB TGF- $\beta$  Signaling and Development*, Aspen, CO, June 2005.

**Mendias CL**, Baar K and Faulkner JA. Myostatin increases procollagen content in tendon-derived fibroblast cells. *XXXVth International Congress of Physiological Sciences/Experimental Biology*, San Diego, CA, April 2005.

**Mendias CL** and Allen RE. The role of cyclooxygenase-1 and cyclooxygenase-2 in skeletal muscle satellite cell proliferation, differentiation and fusion. *Integrative Biology of Exercise Conference*, Austin, TX, October 2004.

### **Grants**

- 2008 - 2009 Postdoctoral Research Fellowship, Michigan Alliance for Graduate Education and the Professorate and National Science Foundation  
Total Direct Costs: \$60,000.00
- 2004 - 2007 Research Supplement to Promote Diversity in Health-Related Research, National Institutes of Health (Parent Grant P01-AG20591, PI John A Faulkner)  
Total Direct Costs: \$124,483.00.
- 2003 - 2007 Rackham Merit Fellowship, University of Michigan and National Science Foundation  
Total Direct Costs: \$80,000.00

### **Invited Presentations**

Mechanisms of Skeletal Muscle Repair: A Cellular Point of View, *Arizona Athletic Trainers' Association Winter Symposium*, Arizona School of Health Sciences, Mesa, AZ, February 2003

### **Honors and Awards**

- 2008 Beginning Investigator Award, American Physiological Society
- 2008 Perrin Doctoral Dissertation Award, National Athletic Trainers' Association
- 2008 Distinguished Athletic Trainer Award, Michigan Athletic Trainers Society
- 2008 American Physiological Society Travel Fellowship
- 2007 - 2008 Postdoctoral Training Grant Appointment, Regenerative Sciences Training Program, University of Michigan and National Institutes of Health
- 2006 Predoctoral Research Recognition Award, American Physiological Society
- 2006 American Physiological Society Travel Fellowship
- 2004 American Physiological Society Travel Fellowship
- 2003 National Science Foundation Graduate Research Fellowship, Honorable Mention

### **Professional Memberships**

American College of Sports Medicine	American Physiological Society
American Society of Biomechanics	Great Lakes Athletic Trainers' Society
Michigan Athletic Trainers Society	National Athletic Trainers' Association
National Hispanic Medical Association	Orthopaedic Research Society

### **Professional Service**

Communications Committee Chair/Webmaster, Michigan Athletic Trainers Society (2003 - present)

*Ad hoc* manuscript reviewer

Applied Physiology, Nutrition and Metabolism  
IEEE Transactions on Biomedical Engineering  
Growth Factors  
Journal of Applied Physiology  
Journal of Athletic Training  
Journal of Orthopaedic Research

## Journal of Sport Rehabilitation

### **Teaching (University of Michigan)**

Fall 2009 Administration of Athletic Training (AT 410)  
Fall 2009 Quantitative Physiology (BME 419/519), Cell Physiology Sections  
Fall 2008 Discussion Section Leader, Skeletal Muscle Section of First Year Medical Student Physiology Course  
Fall 2008 Quantitative Physiology (BME 419/519), Cell Physiology Sections  
Fall 2007 Exercise Physiology (MVS 340)  
Winter 2007 Exercise Physiology Lab (MVS 340)  
Fall 2006 Anatomy and Physiology (SM 313)  
Winter 2006 Advanced Prevention and Care of Athletic Injuries Lab (AT 363)  
Fall 2005 Rehabilitation of Athletic Injuries (AT 463)  
Winter 2005 Advanced Prevention and Care of Athletic Injuries Lab (AT 363)  
Fall 2003 Discussion Section Leader, Skeletal Muscle Section of First Year Medical Student Physiology Course

### **Teaching (University of Arizona)**

Spring 2003 Human Anatomy and Physiology II Lab (PSIO 202), University of Arizona  
Fall 2002 Human Anatomy and Physiology I Lab (PSIO 201), University of Arizona

### **Student Research Mentoring**

Mark V Shallal-Ayzin, BS student in Movement Science, 2008 -  
Jonathan Gumucio, BS student in Movement Science, 2008 -  
Katelyn A Russell, BSE/MS student in Biomedical Engineering, 2008 -  
Gerardo Villarreal, BSE student in Biomedical Engineering, 2008 - 2009  
Konstantin I Bakhurin, BS student in Molecular, Cellular and Developmental Biology, 2006 - 2009  
David Cameron, BS student in Molecular, Cellular and Developmental Biology, 2006 - 2007  
Drew W Taylor, BS/MS student in Molecular, Cellular and Developmental Biology, 2005 - 2006  
W Alexander Martin, BSE student in Mechanical Engineering, 2005 - 2006  
Daniel R Calderon, BS student in Molecular, Cellular and Developmental Biology, 2004 - 2006  
James E Marcin, BSE/MS student in Biomedical Engineering, 2004 - 2006