

# APRIL VUKELIC, D.O., FMCP-M

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<https://www.recoverfrommold.com>

*Quadruple board-certified osteopathic physician specializing in Chronic Inflammatory Response Syndrome, mold illness, cognitive decline, and musculoskeletal injury.*

## LICENSURE & BOARD CERTIFICATIONS

- Full State Medical License, Pennsylvania
- DEA License, Pennsylvania
- American Board of Family Medicine — Certification 2009, Recertification 2019
- American Board of Addiction Medicine — Certification 2012; Lifetime Certificate 2025
- American Board of Preventive Medicine (Addiction Medicine) — Certification 2020
- Institute for Functional Medicine Certified Practitioner (FMCP-M) — 2021

## CURRENT POSITION

**Owner and Attending Physician Recover From Mold** | Pittsburgh, PA | November 2018 – Present

Private medical practice specializing in Chronic Inflammatory Response Syndrome (CIRS), mold illness, cognitive decline, musculoskeletal injury, and complex chronic disease. Services include functional medicine, osteopathic manual medicine, the Shoemaker Protocol, Bredesen ReCODE 2.0, the Wahls Protocol, and the McGill Method. Pittsburgh office and Pennsylvania telehealth.

## SPECIALTY CERTIFICATIONS

- **McGill Method Certified Practitioner** (2023) — one of only two physicians in the world certified by Dr. Stuart McGill in spine biomechanics. Advanced in-person training with Dr. McGill in 2023, 2024, and 2025.
- **Shoemaker Protocol** — Certified 2018. Founding member, CIRS Academy.
- **Bredesen Protocol** — Original certification 2019; ReCODE 2.0 certification 2020
- **Wahls Protocol** — Certified 2019
- **Cranial Academy** — Certified 2014
- **HeartMath Clinical Certification** — 2020
- **NASM Certifications** — Certified Personal Trainer, Corrective Exercise Specialist, Performance Enhancement Specialist

## ACADEMIC APPOINTMENTS

**Adjunct Clinical Assistant Professor** Heritage College of Osteopathic Medicine | 2022 – Present

**Table Trainer** Indiana Academy of Osteopathy | 2021 – Present

## COMMITTEE SERVICE

**Membership Recruitment Committee** American Academy of Osteopathy | 2022 – Present

## PUBLICATIONS

### Peer-Reviewed Article

Dooley M, Vukelic A, Jim L. Chronic inflammatory response syndrome: a review of the evidence of clinical efficacy of treatment. *Annals of Medicine and Surgery*. 2024;86(12):7248-7254. doi:10.1097/MS9.00000000000002718. PMID: 39649915. PMCID: PMC11623837.

### Book Chapters

*Nutrition and Integrative Medicine for Clinicians, Volume 2* (Routledge Press / Taylor & Francis, 2024). Received the CIRSx/Shoemaker Book Award in 2023 for work on the textbook.

- **Mechanisms of Potential Central Nervous System Injury in Chronic Inflammatory Response Syndrome** (sole author)
- Introduction to Chronic Inflammatory Response Syndrome (CIRS) — with Andrew Heyman, MD
- The Evolution of CIRS and the Biotoxin Pathway — with Ritchie C. Shoemaker, MD
- The Shoemaker Protocol — with Andrew Heyman, MD
- Chronic Inflammatory Response Syndrome and Metabolism: Proliferative Physiology and Insulin Resistance — with Ritchie C. Shoemaker, MD
- Urinary Mycotoxin Testing: An Understanding of Its Use in the Evaluation of Human Health — with Ritchie C. Shoemaker, MD, and David Lark, PhD
- Guidelines for Public Policy Considerations in Building Standards: Safe Buildings Are a Human Right — with Ritchie C. Shoemaker, MD
- Building Science and Human Health — with Larry Schwartz, IEP

### Case Study

POTS and CIRS Case Study. *The Art and Science of CIRS Medicine*. 2020.

### Editorial Contributions

Editorial Credit, Revised Mold IEP Consensus Paper, 2020.

## Media

- Interview, *Marketplace*, NPR (2013). Topic: addiction treatment. <https://www.marketplace.org/2013/03/25/helping-drug-addicts-kick-habit-six-months-time/>
- Podcast conversation on osteopathy with Judy Cho (video available on YouTube)

## INVITED LECTURES & PRESENTATIONS

- Lecture on McGill Low Back Disorder and CIRS with Barbara Williams. CIRS Summit (recorded 10/2025; air date 12/2025)
- Lecture on Osteopathy. CIRS Collective with Jenny Johnson. 6/2025
- Lecture on Building Endurance and Capacity. Terry Wahls MD Group. 5/2025
- Lecture on Bredesen Protocol. Terry Wahls MD Group. 2/2024
- Lecture on OMT. CIRSx Conference, Boulder, CO. 1/2023
- Lecture on CIRS. Terry Wahls MD Group. 5/2023
- Lecture on Osteopathy. Terry Wahls MD Group. 11/2022
- Table Trainer, *The Art of Finding the Key*. Indiana Academy of Osteopathy. 8/2021
- Table Trainer, *Sutural Approach to Osteopathy in the Cranial Field*. Indiana Academy of Osteopathy at WVCOM. 9/2021

## PROFESSIONAL AFFILIATIONS

- Institute for Functional Medicine (IFM)
- American Academy of Osteopathy
- Cranial Academy
- Indiana Academy of Osteopathy (Member and Table Trainer)
- CIRS Academy (Founding Member)
- International Society for Environmentally Acquired Illness (ISEAI) — 7/2025
- International Lyme and Associated Diseases Society (ILADS) — 8/2025

## DIGITAL PROFESSIONAL PRESENCE

- ORCID: <https://orcid.org/0000-0002-7212-4788>
- Google Scholar: <https://scholar.google.com/citations?user=q06NeIAAAAAJ&hl=en>
- SEAK Expert Witness Profile: <https://www.seakexperts.com/members/20361-april-vukelic>

## EDUCATION

**Doctor of Osteopathic Medicine** Lake Erie College of Osteopathic Medicine, Erie, PA | 2003

**Bachelor of Science, Molecular Biology, *cum laude*** Grove City College, Grove City, PA | 1998

## PRIOR PROFESSIONAL EXPERIENCE

**Medical Director** Charleroi Treatment Services — Pinnacle Treatment Center | 5/2019 – 5/2020

**Suboxone Provider** Pinnacle Treatment Center | 4/2010 – 10/2019

**Medical Director** Alliance Medical Services — Pinnacle Treatment Center | 10/2009 – 12/2018

**Hospitalist** Armstrong County Memorial Hospital | 8/2008 – 6/2009

**House Officer** Kindred Hospital, North Shore | 5/2008 – 5/2014

**Family Medicine Residency** Mercy Hospital, Pittsburgh (UPMC) | 3/2006 – 2008 Chief Resident, 2008

**Pathology Residency** Allegheny General Hospital | 7/2004 – 2/2006 Rotations in surgical pathology, autopsy, chemistry, and blood banking.

**Traditional Osteopathic Internship** Frankford Hospitals of Philadelphia | 7/2003 – 2004

## CONTINUING EDUCATION

### CIRS / Mold / Biotoxin Illness

- PANDAS & PANS: An Integrative Approach, Jill Crista. 2/2026
- Dr. Neil Nathan — The Role of Mitochondrial Dysregulation in Chronic Disease: The Cell Danger Response Model. 1/2026
- Dr. Neil Nathan — Practical Applications of Polyvagal Theory & Limbic Dysfunction for Healing. 1/2026
- Training with Dr. Neil Nathan and Dr. Jill Crista, ongoing from 7/2025
- Jill Crista's *Updates in Mold-Related Illness* certification. 7/2025
- Jill Crista's *Are You Missing Mold* certification. 6/2025
- Case Mentorship Workshop — Mold & TBI, Lyme. Completed 11/2025
- ILADS Vector Course. Completed 11/2025
- CIRSx Conference. 7/2023
- CIRSx *I Dream of GENIE* series: May 2021, October 2021, January 2022, October 2022
- Mold Congress: June 2020, October 2020, August 2019, January 2019
- Small Particle Remediation Course with Greg Weatherman. 6/2020

### Osteopathy — Biodynamic, Cranial, and Structural

- Biodynamics Phase I–X with Dr. James Jealous and Greg Yesensky. 2014–2023
- Biodynamic Study Group. 2014 – Present

- BioBasics Courses. 2014, 2015
- Cranial Academy 40-Hour Course. 2014
- Cranial Academy Annual Course. 2014
- Cranial Osteopathy with a Sutural Approach with Dr. Ed Stiles. 2014, 2020
- Key Lesion Sequencing — Upper Body with Dr. Ed Stiles. 2015
- Key Lesion Sequencing — Lower Body with Dr. Ed Stiles. 2015
- Muscle Energy Course with Dr. Ed Stiles. 2016
- Functional Technique with Key Lesion Sequencing with Dr. Ed Stiles. 2016
- Midline Course with Dr. Eliot Blackman. 2014
- Brain and The Tide with Drs. Cohen and Rubin. 2016
- Private Instruction on the Work of Dr. Beryl Arbuckle with Dr. Josephine Rakow. 2014
- Curved Tensegrity in Cranial Osteopathy with Dr. Beck. 9/2020
- Mentorship with Dr. Charlie Beck. 2014 – Present
- Private mentorship with Micha Sales, PT (academic partner of Dr. Ed Stiles). 2016 – 2020
- Sequencing Workshop with Dr. Beck. 4/2021
- Biodynamics Course on COVID-19. 1/2022
- Thoracic Viscera with Dr. Richard Schuster (AAO). 11/2022
- Muscle Energy with Dr. Richard Schuster (AAO). 6/2023
- Stiles Functional Course at WVCOM. 10/2023
- Abdominal Viscera with Dr. Richard Schuster (AAO). 11/2023

### **Spine & Musculoskeletal**

- Stuart McGill Course for Certified Practitioners. 4/2024, 4/2025
- Stuart McGill Courses 1–3, in-person. 5/2023 (online 2021)
- Orthopedic Medicine International Norden Shoulder Course. 2024

*CV last updated: April 2026*