Stanford

Alyssa Mixon, DO, MBA

Clinical Assistant Professor, Orthopaedic Surgery

CLINICAL OFFICE (PRIMARY)

- **Stanford Neuroscience Health Center**

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Bio

BIO

Dr. Alyssa Mixon is a physical medicine and rehabilitation physician (physiatrist) with Stanford Health Care. She is also a clinical assistant professor in the Department of Orthopaedic Surgery, Division of Physical Medicine and Rehabilitation at Stanford University School of Medicine.

Dr. Mixon subspecializes in cancer rehabilitation. She cares for a wide range of complications related to cancer and its treatment, including nerve, muscle, bone, and lymphatic conditions. She also addresses symptoms of general neurological conditions, including spasticity, nerve pain, balance problems, and gait changes. Through a highly personalized approach, Dr. Mixon focuses on restoring movement, function, and quality of life using a breadth of treatment options.

Dr. Mixon's research centers on how to manage complex cancer complications. She has studied several neurological issues related to cancer and its treatment, evaluating their impact on pain, movement, and function. Her work has also explored how physiatrists can provide rehabilitation effectively and safely to people undergoing cancer treatment.

Dr. Mixon has published her research in peer-reviewed journals, including Current Physical Medicine and Rehabilitation Reports, Journal of the American Osteopathic Association, and Cureus. She has delivered numerous national and international presentations on cancer rehabilitation, lymphedema, and medical education. She has also been featured across local and regional media, sharing her expertise in cancer rehabilitation and lymphedema with the public.

Dr. Mixon is a fellow of the American Academy of Physical Medicine and Rehabilitation (AAPM&R). She is a member of the Association of Academic Physiatrists (AAP), the American Osteopathic College of Physical Medicine and Rehabilitation (AOCPMR), and the American Osteopathic Association (AOA). She is also a member of the International Society of Physical and Rehabilitation Medicine (ISPRM), where she serves as co-chair of the Cancer Rehabilitation Advocacy Task Force. Through this role, Dr. Mixon helped establish June 6 as World Cancer Rehabilitation Day.

CLINICAL FOCUS

- Physical Medicine and Rehab

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Orthopaedic Surgery

HONORS AND AWARDS

- Opening Ceremony Speaker, American Cancer Society Relay for Life, Charlottesville, VA (2024, 2026)
- Social Media Award for Online Health Advocacy, Miss Virginia USA
- Leadership in Academic Matters Program, UVA
- Leader of Impact Nomination, American Heart Association
- Keynote Speaker, University of New Hampshire Hamel
- Keynote Speaker, White Coat Ceremony, University of New England College of Osteopathic Medicine
- Innovators and Influencers Honoree, AAPM&R
- Excellence in Patient Experience Award, University of Virginia (UVA) Health (2024, 2025)
- Emerging Cancer Center Leaders Fellowship Program, UVA Comprehensive Cancer Center
- Co-Host, “100 Years of Women in Medicine and Science”, UVA
- Certificate of Achievement for Scholarly Activity, Thomas Jefferson University
- Bureau of Emerging Leaders Scholarship Recipient, American Osteopathic Association

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, ISPRM (2024 - present)
- Member, AOCPMR (2024 - present)
- Member, AOA (2020 - present)
- Member, AAP (2019 - present)
- Fellow, AAPM&R (2016 - present)

PROFESSIONAL EDUCATION

- Board Certification: Physical Medicine and Rehab, American Board of Physical Medicine and Rehabilitation (2022)
- Fellowship: University of Pennsylvania Health System (2021) PA
- Residency: Thomas Jefferson University Physical Medicine and Rehabilitation Residency (2020) PA
- Internship: Berkshire Medical Center (2017) MA
- Medical Education: University of New England College of Osteopathic Medicine (2016) ME

Publications

PUBLICATIONS

- **Delayed Diagnosis of Quadriceps Tendon Rupture** *Cureus*
  Levinson, J., Mixon, A.
  2024
- **Importance of Physical Medicine and Rehabilitation in a Patient With Bilateral Lumbosacral Plexopathy Following the Course of Ladiratuzumab Vedotin for Breast Cancer: A Case Report** *CUREUS JOURNAL OF MEDICAL SCIENCE*
  Lau, J., Larick, R., Mixon, A.
  2023; 15 (12)

- **A Case Study of Neurolymphomatosis**
  Mixon, A., Zheng, J.
  American Academy of Physical Medicine and Rehabilitation.
  2022
- **Safety, Precautions, and Modalities in Cancer Rehabilitation: an Updated Review.** *Current physical medicine and rehabilitation reports*
  Zheng, J. Y., Mixon, A. C., McLarney, M. D.
  2021; 9 (3): 142-153
- **Understanding and Treating Neurogenic Bladder**
  Mixon, A., et al
  Journal of Life Care Planning.
  2018
- **Benign Breast Conditions.** *The Journal of the American Osteopathic Association*
  Bodine, A. M., Holahan, B., Mixon, A.
  2017; 117 (12): 755-760