

**CURRICULUM VITAE**  
**Ilija Arar D.C.**

**Work Address:**

New York Chiropractic College  
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**Faculty Appointments**

September 2011-Present  
Associate Professor  
Department of Basic Sciences,  
New York Chiropractic College

September 2006-2010  
Assistant Professor  
Department of Basic Sciences,  
New York Chiropractic College

September 2003-August 2006  
Fellow  
Department of Basic Sciences,  
New York Chiropractic College

September 2004-Present  
Adjunct Professor  
Cayuga Community College  
Auburn NY

January 2001-September 2003  
Graduate Teaching Assistant  
Department of Anatomy,  
New York Chiropractic College

### **Education**

Syracuse University, 2006. Masters of Science. MS. Science Education/College Science Teaching. School of Education. Syracuse, New York

New York Chiropractic College, 2000. Doctor of Chiropractic (D.C.) Seneca Falls, New York.

McMaster University, 1994. Bachelor of Science, (B SC (Hons). Hamilton Ontario, Canada

### **Awards / Honors**

Recipient of Pride in Chiropractic Award. New York Chiropractic College. 2001

Member of Phi Beta Delta International Scholars Society. Syracuse University Chapter. 2006

### **Grants**

Sciotti, V. M. Trigger Point Metabolic and Microcirculatory Imbalances. Finn, M. M., Mittak, V. L., Arar, I., Chen, P., and Hickner, R. C. 2002.

Funding Agency: Consortial Center for Chiropractic Research (CCCR)

Award Amount: \$79,303.00

Award Period: September 1, 2002 to August 31, 2003

Administered from a NIH R21 Grant awarded to Dr. William Meeker

### **Publications**

1. Christine M. Cunningham, M.S., MT(ASCP), Instructional Staff, Elizabeth D. Larzelere, B.S., Instructional Technologist, and **Ilija Arar**, D.C., M.S., Assistant Professor “*Conventional Microscopy vs. Computer Imagery in Chiropractic Education.*” J Chiropr Educ. 2008 Fall; 22(2): 138–144.

### **Published Abstracts**

1. Cunningham, C., Larzelere, E, and **Arar, I.** Conventional Microscopy vs. Computer Imagery in the Educational Laboratory. Journal of Chiropractic Education 21(1), 98. 2007.  
Ref Type: Abstract  
Notes: Presented at: Association of Chiropractic Colleges/Research Agenda Conference, Phoenix, AZ, March 2007
2. Sciotti, V. M., **Arar, I.**, and Dishman, J. D. The use of needle EMG for the purpose of localizing myofascial trigger points. Journal of Chiropractic Education 17, 31-32. 2003.  
Presented at: ACC/RAC Conference, New Orleans, LA, March 2003

### **Professional and Research Presentations**

#### **NYCC Research Symposium-2018**

**Ilija Arar**,DC, MS; Taranjit Ohson, H.BSc; Micheal Prebeg DC; “*Assessment of the Biomechanics of the Femoracetabular Joint as a means to Assess the Risk of Femoroacetabular Impingement: A Cadaveric Study*”

#### **NYCC Research Symposium-2015**

Veronica L. Mittak, DHed, MPH; **Ilija Arar**, DC, MS “Expansion of a Classroom Phenomenon into a Naïve Population”

#### **NYCC Research Symposium-2014**

Veronica L. Mittak, DHed, MPH; **Ilija Arar**, DC, MS; “*Student Carriage Rates of Methicillin- Resistant Staphylococcus Aureus in a Chiropractic College Setting: An Expanded Study*”

#### **NYCC Research Symposium-2013**

Veronica L. Mittak, DHed, MPH; **Ilija Arar**, DC, MS; and David S. Aberant, MS “*Student Carriage Rates of Methicillin- Resistant Staphylococcus Aureus in a Chiropractic College Setting: An Expanded Study*”

#### **NYCC Research Symposium-2012**

Veronica L. Mittak, DHed, MPH; **Ilija Arar**, DC, MS; and David S. Aberant, MS “*Student Carriage Rates of Methicillin- Resistant Staphylococcus Aureus in a Chiropractic College Setting: An Expanded Study*”

#### **NYCC Research Symposium-2007**

**Ilija Arar**, Veronica Mittak, Margaret Finn & Sandra Hartwell. “*The effect of Active Release Technique on the biochemical profile of Transforming Growth Factor-Beta-2 (TGF- $\beta_2$ ) in human vastus lateralis muscle: a clinical microdialysis pilot study.*”

#### **NYCC Research Symposium-2006**

**Ilija Arar**, Veronica Mittak, Margaret Finn & Sandra Hartwell-Ford. “*The effect of Active Release Technique® on the biochemical profile of vastus lateralis muscle: a clinical microdialysis study.*”

**Ilija Arar.** *“Documentation Analysis: Assessing Curricular Change through Extant Data; Novel Use of the Professional Development Plan (PDP).”*

#### **NYCC Research Symposium-2004**

Veronica M. Sciotti, Darlene Easton, Marilee Murphy, **Ilija Arar**, Veronica Mittak, & Margaret Finn. *“Acupuncture as a treatment intervention for myofascial pain syndrome: The use of microdialysis to monitor potential physiological and metabolic responses”*

#### **NYCC Research Symposium-2003**

**Ilija Arar** & Veronica M. Sciotti. *“Biochemical Profile of Bradykinin in Myofascial Trigger Points”*

#### **Courses Taught / Assisted**

##### **Leading**

Principles of Physiopathology

Visceral Pathology

Anatomy of the Back and Thorax

Musculoskeletal Anatomy for Acupuncture and Oriental Medicine

Systems Anatomy for Acupuncture and Oriental Medicine

Principles of Pathophysiology for Acupuncture and Oriental Medicine

Systems Pathophysiology for Acupuncture and Oriental Medicine

Design, Analysis and Critical Evaluation of Research

##### **Assisted**

Bone and Joint Imaging

Visceral Anatomy

Extremities anatomy

Visceral Pathology

##### **Guest Lectures**

Medical Research Concepts and Methodology- “Logical Fallacies”

July, 2011-Visiting guest lecturer at Logan Chiropractic College- “Anatomy of the Infra-temporal fossa”

#### **Television and Media Appearances**

Interviewed on “Pain in America: The Silver Tsunami.” Directed and Produced by Don Barrett.

**Committees Served / Currently Serving at NYCC**

December 2017-Present  
Academic policy Committee

January 2017-Present  
Information Technology Committee

October 2013-17  
Faculty Affairs Committee

March 2010-April 2013  
Chair, Faculty Handbook Committee

June 2009-Present  
Masters of Science in Applied clinical Nutrition Faculty Selection Committee

January 2009  
Course Management Software (LMS) Sub-committee

September 2008  
Basic Sciences Physiology Faculty Selection Committee

August 2006-2009  
Basic Sciences Leadership Team

**Other Affiliations**

April 2010-2016  
National Board of Chiropractic Examiners Part I Test Writing Committee

August 2014  
Reviewer for “*The Process of Statistical Analysis in Psychology*” By Dawn M. McBride.  
Sage Publications

October 2012  
National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)  
Item Writing Event

May 2010  
Focus Group Member for Technology Review Wolters Kluwer Company