

Dan Heaston, MD

Practice Location: Shoulder and Elbow Specialist in Greeley/Loveland/Fort Collins, Colorado

Fellowship: University of Washington Shoulder and Elbow class of 2010

Residency: Penn State Hershey Medical Center

Internship: Maricopa County Hospital in Phoenix, Arizona

Medical School: The Ohio State University

College: Brigham Young University in Provo, Utah

Personal and Family Life:

My wife Mandy is a professional Opera Singer and an Award Winning Cook. We live in Greeley, Colorado which is an hour North of Denver and an hour East of Rocky Mountain National Park. We have 3 girls (Cadence-14, Cami-13, and Holly-10). Yes, I am definitely treading water in the deep end of the estrogen pool. But I love it. I wouldn't trade my daughters for anything. I get my male time volunteering with the 12-18 year-old young men at church and with the boy scouts. We have camped-out every month of the year and have recently summited mountains with a 7 hour caving/spelunking adventure to an underground river. Our family loves to travel. In the last few years we have been from Peru to Italy, Iceland and China as well as all around the USA. We love to party. Work hard/play hard and work out to eat great food! As much as my wife would disagree I think I have convinced our girls that our family motto is "Trample the Weak and Hurdle the Dead!"

My most recent hobby is scaling the 14ers of Colorado. This last summer I summited 12 of them including Long's Peak (class 3), the Crestone Needle (class 3) and Pyramid Peak (class 4) with a future goal of summitting them all.

Professional:

I am the Shoulder and Elbow specialist in a group of 10 Orthopedists, 1 Sports Med Family Practice Doc and 1 Podiatrist. We cover hospitals in Greeley, Loveland and Fort Collins, Colorado. I take general Orthopedic call but all of my elective practice is Shoulder and Elbow. My practice continues to grow (bringing in patients from Northern Colorado, Western Nebraska, Eastern Wyoming and even a few down from our affiliated Hospital in Alaska). I cover all aspects of Shoulder and Elbow including pediatric fractures and high school/collegiate sports injury repairs and reconstructions to complex fractures, capsular reconstructions and joint replacements. I was able to perform 35 shoulder replacement procedures over the last 2 months (Anatomic Totals, Reverses, Ream and Run and Revisions). I am also one of the Team Physicians for the University of Northern Colorado (Go Bears!) which is Division 1 in the Big Sky Conference. Covering games and helping the Athletes return to their sports is a ton of fun for me as well!

I am so grateful for the training I received at UW not only in current techniques but how to evaluate which patients need surgery and which will do better without. The training didn't stop there. Learning how to grow and adapt to the changing advances in Shoulder and Elbow Orthopedics is the key to

success. It always amazes me how much our specialty continues to evolve as we strive to give our patients the best function and outcome that we can.

Thanks again for everything and for setting up this update letter list. I am very excited to see how everyone is doing. Feel free to contact me with any other questions. Danheaston@yahoo.com



My family in a tunnel under an Icelandic Glacier!



Summit of Pyramid Peak 14,018 Feet Standing on the "Diving Board"



Summit of Mt Quandry 14,265 feet with my 14 year old daughter