

State Board of Chiropractic Examiners

To Whom It May Concern:

This letter is to state that through a contract with Parker University and the Director of Parker Professional Programs, the below instructor(s) are of post-graduate level and affiliated with Parker University to teach the courses covered for “Parker Seminar Vegas 2024”. The documentation appears to fall within the chiropractic guidelines of the various state boards.

Parker University
Continuing Education
2540 Walnut Hill Lane
Dallas, Texas 75229
www.parker.edu

Shawn Thistle	Cody Dimak	Rose Lepien	Ed Le Cara
Gregg Friedman	Michael Shacklock	Robert Rosenbaum	Brett Winchester
Josh Satterlee	Kyl Smith	Simon Wang	Dana Hollandsworth
Richard Harris	William E. Morgan	Tim Bertelsman	David Seaman
Daniel John	Eric Lee	William Owens	Mayim Bailik
Tracey Littrell	James Demetrious	Michael Boyle	Robert Cooperstein
MaryAnne Dimak	Nita Farahany	Steve Rallis	John Cho
April Lee	Jeffery Rediger	Irum Tahir	Andy Galpin
Brandon Steele	Marc Milstein		

Please contact me if further information is needed, my direct phone number is 214-902-3492, or via email at pfrase@parker.edu.

Sincerely,



Phyllis Frase-Charrette
Director of Professional Programs

METHOD OF CERTIFYING ATTENDANCE AT THE SEMINAR

1. **Name of Course:** Parker Seminar Vegas 2024
2. **Organization sponsoring the course:** Parker University
3. **Course Objective:** To enhance the expertise of the Chiropractic Professional.
4. **Study hours required:** 13 DC hours physically possible, 57 DC hours total
5. **Instructor(s):**

Shawn Thistle	Cody Dimak	Rose Lepien	Ed Le Cara
Gregg Friedman	Michael Shacklock	Robert Rosenbaum	Brett Winchester
Josh Satterlee	Kyl Smith	Simon Wang	Dana Hollandsworth
Richard Harris	William E. Morgan	Tim Bertelsman	David Seaman
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April Lee	Jeffery Rediger	Irum Tahir	Andy Galpin
Brandon Steele	Marc Milstein		

6. Educational background and experience of the instructor(s) is on file in the University offices.
7. **Attendance verification method and certifying officer:** A photo identification is required to obtain the sign-in and out badge/card. The attendees' card/badge is time-stamped each time the attendee enters and exits the lecture room. Full credit for attendance is contingent upon full attendance. Attendance is certified through the use of an attendance credit voucher, which is certified by an authorized monitor appointed by Phyllis Frase-Charrette, Director of CE, and remitted to the state and/or doctor.
8. **Textbooks and/or equipment required:** N/A
9. **Outline of material covered:** Attached
10. **Location(s):** Las Vegas, NV
11. **Date(s):** February 22-24, 2024



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PARKER SEMINARS PRESENTS

**A UNIQUE EXPERIENCE OF INSPIRATION, LEARNING, AND
NETWORKING FOR THE CHIROPRACTIC PROFESSION**

Seminar Dates: February 22 - 24, 2024: 8:30am - 6:30pm

Seminar Location: Caesars Forum Event Center

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Hi! Please let us know how we can help you. We will get back to you asap.



	CLINICAL SCIENCE	CLINICAL APPLICATION	BUSINESS PRINCIPLES	CHIROPRACTIC PRINCIPLES	CHIROPRACTIC ASSISTANTS	BEYOND BIOHACKING STRATEGIES FOR HEALTH & LONGEVITY	TEXAS MANDATORY	PREMIER \$ (ADDITIONAL REGISTRATION AND COST)
7:30AM	Expo Opens							
8:30AM-9:30AM	Chiropractic Research Gamechangers	Bulletproofing the Athletic Knee	Creating the Ultimate Patient Experience	Success Principles for Personal & Practice Growth	Ultimate Practice Satisfaction & Success Through Proper Polices/Procedures/Scripting Part I	Revolutionizing Wellness: What are the True Fundamentals of Health?	Texas Mandatory: Risk Management	Neurodynamic Solutions Part I
	Shawn Thistle	Cody Dimak	Lisa Goodman	Rose Lepien	Cindy Parks	Ed Le Cara	Gregg Friedman	Michael Shacklock
	DC CE	DC CE		DC CE CA CE	CA CE	DC CE	DC CE	DC CE
9:30AM-10AM	Expo Break							
10AM-11:30AM	 NO CE Obstacle is the Way Ryan Holiday							
11:30AM-1PM	Lunch Break							
1PM-3PM	Don't Misdiagnose Hypermobile Patients Upper Cervical Instability (CCI vs. AAI)	The Perfect Storm	Supercharge Your New Patient History	The Rise of Chiropractic & its Role in Modern Society	Ultimate Practice Satisfaction & Success Through Proper Polices/Procedures/Scripting Part II & III	The Testosterone Switch: Three Science Based Steps to Improve Musculoskeletal Health & Vitality	Texas Mandatory: Board Rules, Code of Ethics & Documentation Part I	Neurodynamic Solutions Part II
	Robert Rosenbaum	Brett Winchester	Josh Satterlee	Beau Pierce	Cindy Parks	Kyl Smith	Gregg Friedman	Michael Shacklock
	DC CE	DC CE	DC CE		CA CE	DC CE	DC CE	DC CE
3PM-3:30PM	Expo Break							
3:30PM-4:30PM	The Science of the Pop. Exploring Expectations, Cavitations, & Spine Biomechanics	Optimize Your Adjusting Biomechanics & Adjust Like an Athlete	How to Use AI to Run a Smarter Efficient & Scalable Practice	Battle Tested Purpose, People & Chiropractic Miracles	Ultimate Practice Satisfaction & Success Through Proper Polices/Procedures/Scripting Part IV	Myth Busters: Supplement Edition	Texas Mandatory: Board Rules, Code of Ethics & Documentation Part II	Neurodynamic Solutions Part III
	Simon Wang	Dana Hollandsworth	Jon Morrison	Brad Glowaki	Cindy Parks	Richard Harris II	Gregg Friedman	Michael Shacklock
	DC CE	DC CE			CA CE	DC CE	DC CE	DC CE
4:30PM-5PM	Expo Break							
5PM-6:30PM	 1 CE HR DC CE CA CE Healing the Brain: Principles of Neuroplasticity William E. Morgan							

	CLINICAL SCIENCE	CLINICAL APPLICATION	BUSINESS PRINCIPLES	CHIROPRACTIC ASSISTANTS	BEYOND BIOHACKING STRATEGIES FOR HEALTH & LONGEVITY	CALIFORNIA MANDATORY	HUMAN PERFORMANCE	PREMIER \$ (ADDITIONAL REGISTRATION AND COST)
7:30AM	Expo Opens							
8:30AM-9:30AM	Mastering the Rotator Cuff Tim Bertelsman	Advanced Rehab for Low Back Pain Josh Satterlee	Money & Freedom: Understanding These Stats Gets You Both Alex Vidan	Success Principles for Personal & Practice Growth Rose Lepien	Tracking & Turning Off the Lifestyle "FLAME" David Seaman	California Mandatory: Ethical Billing & Coding Part I Gregg Friedman	Easy Strength Daniel John	Pathology of Spinal Ligaments Eric Lee William Owens
	DC CE	DC CE		CA CE	DC CE	DC CE	DC CE	DC CE
9:30AM-10AM	Expo Break							
10AM-11:30AM	TBD Mayim Bailik							
11:30AM-1PM	Lunch Break							
	Radiology & Chill Tracey Littrell	Cervical Artery Dissection James Demetrious	Practice Sales & Purchases - Startling Truths, Smart Strategies, & the Biggest Mistakes to Avoid Crystal Misenheimer	How Chiropractic Assistants are Building Community In Their Practice Lisa Goodman	Maximizing Muscular Development Using Blood Flow Restriction & Adaptive Resistance Exercise Ed Le Cara	California Mandatory: Ethics & Law Gregg Friedman	The Orthopedic Cost of Exercise Part I Michael Boyle	Pathology of the Intervertebral Disc Eric Lee William Owens
1PM-3PM	DC CE	DC CE		CA CE	DC CE	DC CE	DC CE	DC CE
3PM-3:30PM	Expo Break							
3:30PM-4:30PM	Chiropractic Research Findings: Sometimes Serendipitous Robert Cooperstein	The 4 Ps of Postpartum Care MaryAnne Dimak	HAPPIER HOUR - How to Beat Distraction, Expand Your Time, & Focus on What Matters Most Cassie Holmes	Shine Brighter In Your Office Jenny Spicer	Hacking Your Brain: Unlocking Cognitive Freedom Nita Farahany	California Mandatory: Ethical Billing & Coding Part II Gregg Friedman	The Orthopedic Cost of Exercise Part II Michael Boyle	Collaborating with the Medical & Legal Community Eric Lee William Owens
	DC CE	DC CE		CA CE	DC CE	DC CE	DC CE	DC CE
4:30PM-5PM	Expo Break							
5PM-6:30PM	Never Finished David Goggins							

	CLINICAL SCIENCE	CLINICAL APPLICATION	BUSINESS/ CHIROPRACTIC PRINCIPLES	CHIROPRACTIC ASSISTANTS	BEYOND BIOHACKING STRATEGIES FOR HEALTH & LONGEVITY	DOCUMENTATION & CALIFORNIA MANDATORY
7:30AM	Expo Opens					
8:30AM- 9:30AM	Pain as a Metabolic Disease: 3 Simple Tests That Improve Patient Outcomes & Compliance Steve Rallis DC CE	Beyond the Clinical Application of X-ray The Emergence of MSK Ultrasound John Cho DC CE	Find Your Power & Fulfill Your Passion Sara Griffin	What You Need to Know for HIPAA in 2024 & Social Media Compliance April Lee DC CE CA CE	The Four Pillars of Healing & Wellbeing Jeffrey Rediger DC CE	California Mandatory: History Taking Gregg Friedman DC CE
9:30AM- 10AM	Expo Break					
10AM- 11:30AM	 NO CE Victory: Overcoming Adversity Patrick Bet-David					
11:30AM- 1PM	Lunch Break					
1PM-2PM	Digital Detox: The Pros & Cons of Social Media Richard Harris II DC CE	How to Create a Powerful Patient Experience Through the New Patient Examination Part I Irum Tahir DC CE	TikTok Craze: How To Get New Patients Online Billy Sticker	Medicare Mastery- Understanding Medicare Part B April Lee DC CE CA CE	Advanced Tools, Technologies & Tactics for Maximizing Human Performance Andy Galpin DC CE	California Mandatory: Physical Exam Taking Gregg Friedman DC CE
2PM- 2:30PM	Expo Break					
2:30PM- 3:30PM	Managing the Dizzy Patient Brandon Steele DC CE	How to Create a Powerful Patient Experience Through the New Patient Examination Part II Irum Tahir DC CE	Modernizing Your Marketing For Exponential Growth Kevin Christie	Medicare Mastery- Understanding Medicare Part C April Lee DC CE CA CE	Age-Proof Your Brain Marc Milstein DC CE	Medical Errors: Documentation for Other States Gregg Friedman DC CE (Other States)
3:30PM- 4PM	Expo Break					
4PM- 5:30PM	 NO CE The Infinite Game Simon Sinek					



Continuing Education Department
2540 Walnut Hill Lane • Dallas, Texas 75229
Phone: 800-266-4723 • Fax: 214-902-3454

CATEGORIES – ORIGINAL CE ATTENDANCE VOUCHER

Course Title: Parker Seminar Las Vegas 2024

Course No.:

Location: Las Vegas, NV

Seminar Dates: February 22-24, 2024

Thursday: Feb.23: 8:30 am-6:30 pm

Friday: Feb. 24: 8:30 am-6:30 pm

Saturday: Feb. 25: 8:30 am-5:30 pm

STATE [only one per voucher]: _____ YOUR STATE DC LICENSE #: _____

Time	Instructors Name	Topic of Discussion	CE Hours
Thursday, February 22, 2024			
8:30 am – 9:30 am	Shawn Thistle	Chiropractic Research Gamechangers	1
8:30 am – 9:30 am	Cody Dimak	Bulletproofing the Athletic Knee	1
8:30 am – 9:30 am	Lisa Goodman	Creating the Ultimate Patient Experience	
8:30 am – 9:30 am	Rose Lepien	Success Principles for Personal & Practice Growth	1
8:30 am – 9:30 am	Cindy Parks	Ultimate Practice Satisfaction & Success Through Proper Polices/Procedures/Scripting Part I	
8:30 am – 9:30 am	Ed Le Cara	Revolutionizing Wellness: What are the True Fundamentals of Health?	1
8:30 am – 9:30 am	Gregg Friedman	Texas Mandatory: Risk Management	
8:30 am – 9:30 am	Michael Shacklock	Neurodynamic Solutions Part I	1
10:30 am – 11:30 am	Ryan Holiday	Obstacle is the Way	
1:00pm – 3:00pm	Robert Rosenbaum	Don't Misdiagnose Hypermobility Patients Upper Cervical Instability (CCI vs. AAI)	2
1:00pm – 3:00pm	Brett Winchester	The Perfect Storm	2
1:00pm – 3:00pm	Josh Satterlee	Supercharge Your New Patient History	2
1:00pm – 3:00pm	Beau Pierce	The Rise of Chiropractic & its Role in Modern Society	
1:00pm – 3:00pm	Cindy Parks	Ultimate Practice Satisfaction & Success Through Proper Polices/Procedures/Scripting Part II & III	
1:00pm – 3:00pm	Kyl Smith	The Testosterone Switch: Three Science Based Steps to Improve Musculoskeletal Health & Vitality	2
1:00pm – 3:00pm	Gregg Friedman	Texas Mandatory: Board Rules, Code of Ethics & Documentation Part I	
1:00pm – 3:00pm	Michael Shacklock	Neurodynamic Solutions Part II	2
3:30pm – 4:30pm	Simon Wang	The Science of the Pop. Exploring Expectations, Cavitations, & Spine Biomechanics	1
3:30pm – 4:30pm	Dana Hollandsworth	Optimize Your Adjusting Biomechanics & Adjust Like an Athlete	1
3:30pm – 4:30pm	Jon Morrison	How to use AI to run a Smarter Efficient & Scalable Practice	
3:30pm – 4:30pm	Brad Glowaki	Battle Tested Purpose, People & Chiropractic Miracles	

3:30pm – 4:30pm	Cindy Parks	Ultimate Practice Satisfaction & Success Through Proper Polices/Procedures/Scripting Part IV	
3:30pm – 4:30pm	Richard Harris II	Myth Busters: Supplement Edition	1
3:30pm – 4:30pm	Gregg Friedman	Texas Mandatory: Board Rules, Code of Ethics & Documentation Part II	
3:30pm – 4:30pm	Michael Shacklock	Neurodynamic Solutions Part III	1
5:00pm – 6:00pm	William E. Morgan	Healing the Brain: Principles of Neuroplasticity	1
Friday, February 23, 2024			
8:30 am – 9:30 am	Tim Bertelsman	Mastering the Rotator Cuff	1
8:30 am – 9:30 am	Josh Satterlee	Advanced Rehab for Low Back Pain	1
8:30 am – 9:30 am	Alex Vidan	Money & Freedom: Understanding These Stats Gets You Both	
8:30 am – 9:30 am	Rose Lepien	Success Principles for Personal & Practice Growth	1
8:30 am – 9:30 am	David Seaman	Tracking & Turning Off the Lifestyle “FLAME”	1
8:30 am – 9:30 am	Gregg Friedman	California Mandatory: Ethical Billing & Coding Part I	
8:30 am – 9:30 am	Eric Lee/William Owens	Pathology of Spinal Ligaments	1
8:30 am – 9:30 am	Daniel John	Easy Strength	1
10:30 am – 11:30 am	Mayim Bailik	The Art & Science of Caregiving	
1:00pm – 3:00pm	Tracey Littrell	Radiology & Chill	2
1:00pm – 3:00pm	James Demetrious	Cervical Artery Dissection	2
1:00pm – 3:00pm	Crystal Misenheimer	Practice Sales & Purchases - Startling Truths, Smart Strategies, & the Biggest Mistakes to Avoid	
1:00pm – 3:00pm	Lisa Goodman	How Chiropractic Assistants are Building Community in Their Practice	
1:00pm – 3:00pm	Ed Le Cara	Maximizing Muscular Development using Blood Flow Restriction & Adaptive Resistance Exercise	2
1:00pm – 3:00pm	Gregg Friedman	California Mandatory: Ethics & Law	
1:00pm – 3:00pm	Michael Boyle	The Orthopedic Cost of Exercise Part I	2
1:00pm – 3:00pm	Eric Lee/William Owens	Pathology of the Intervertebral Disc	2
3:30pm – 4:30pm	Robert Cooperstein	Chiropractic Research Findings: Sometimes Serendipitous	1
3:30pm – 4:30pm	MaryAnne Dimak	The 4 Ps of Postpartum Care	1
3:30pm – 4:30pm	Cassie Holmes	HAPPIER HOUR – How to Beat Distraction, Expand Your Time, & Focus on What Matters Most	
3:30pm – 4:30pm	Jenny Spicer	Shine Brighter in Your Office	
3:30pm – 4:30pm	Nita Farahany	Hacking Your Brain: Unlocking Cognitive Freedom	1
3:30pm – 4:30pm	Gregg Friedman	California Mandatory: Ethical Billing & Coding Part II	
1:00pm – 3:00pm	Michael Boyle	The Orthopedic Cost of Exercise Part II	1
3:30pm – 4:30pm	Eric Lee/William Owens	Collaborating with the Medical & Legal Community	1
5:00pm – 6:00pm	David Goggins	Never Finished	
Saturday, February 24, 2024			
8:30am – 9:30am	Steve Rallis	Pain as a Metabolic Disease: 3 Simple Tests That Improve Patient Outcomes & Compliance	1
8:30am – 9:30am	John Cho	Beyond the Clinical Application of X-ray the Emergence of MSK Ultrasound	1

8:30am – 9:30am	Sara Griffin	Find Your Power & Fulfill Your Passion	
8:30am – 9:30am	April Lee	What You Need to Know for HIPAA in 2024 & Social Media Compliance	
8:30am – 9:30am	Jeffrey Rediger	The Four Pillars of Healing & Wellbeing	1
8:30am – 9:30am	Gregg Friedman	California Mandatory: History Taking	
10:30 am – 11:30 am	Patrick Bet-David	Victory: Overcoming Adversity	
1:00pm – 2:00pm	Richard Harris II	Digital Detox: The Pros & Cons of Social Media	1
1:00pm – 2:00pm	Irum Tahir	How to Create a Powerful Patient Experience Through the New Patient Examination Part I	1
1:00pm – 2:00pm	Billy Sticker	TikTok Craze: How To Get New Patients Online	
1:00pm – 2:00pm	April Lee	Medicare Mastery- Understanding Medicare Part B	
1:00pm – 2:00pm	Andy Galpin	Advanced Tools, Technologies & Tactics for Maximizing Human Performance	1
1:00pm – 2:00pm	Gregg Friedman	California Mandatory: Physical Exam Taking	
2:30pm – 3:30pm	Brandon Steele	Managing the Dizzy Patient	1
2:30pm – 3:30pm	Irum Tahir	How to Create a Powerful Patient Experience Through the New Patient Examination Part II	1
2:30pm – 3:30pm	Kevin Christie	Modernizing Your Marketing For Exponential Growth	
2:30pm – 3:30pm	April Lee	Medicare Mastery- Understanding Medicare Part C	
2:30pm – 3:30pm	Marc Milstein	Age-Proof Your Brain	1
2:30pm – 3:30pm	Gregg Friedman	Medical Errors	1
4:00pm – 5:00pm	Simon Sinek	The Infinite Game	
TOTAL CE HOURS			52

Board Approval Number: _____

Phyllis Frase Charrette

Phyllis Frase Charrette, Director Parker Professional Programs

PLEASE VERIFY UPON RECEIPT. INQUIRIES REGARDING ANY DISCREPANCIES WILL BE ACCEPTED UP TO 6 MONTHS AFTER THE CLOSING DATE OF THE SEMINAR. ANY REPLACEMENT OF THIS VOUCHER, COPY OR FAX WILL INCUR A FEE OF \$35 PER VOUCHER.

Speaker Name: Shawn Thistle

Course Title: Chiropractic Research Gamechangers

Course Description

There has never been a better time to be a chiropractor! Our global collective of chiropractic research minds has been prolific in recent years, cranking out an unprecedented volume of impactful research. During this inspiring and thought-provoking Seminar, Dr. Thistle will cover several recent studies – true gamechangers – that are actionable and relevant for your practice, your patients, the healthcare system, and the future of our great profession!

Learning Objectives

- Discuss the ways chiropractors, and chiropractic research, can help address major systemic healthcare issues.
- Summarize several recent chiropractic research publications (methods, results, application to practice and patient care).
- Recognize the ongoing evolution of chiropractic research and how it can impact our patient care and cultural authority.

Outline (15 min increments)

- Define a chiropractic research 'gamechanger' in the context of modern healthcare.
- Establish impact areas where chiropractic can optimize our positive influence for both patients and policy.
- Summarize impactful chiropractic research on low back pain.
- Provide an overview of how chiropractic could ease the burden of opioids, highlighting recent research by our colleagues.
- Discuss recent advances in chiropractic research relating to healthy aging and the clinical care of older patients.
- Acknowledge our growing global collective of DC/PhDs who are supporting our clinical care of patients and the evolution of our profession.

CURRICULUM VITAE – Dr. Shawn Thistle (2022)

Dr. Shawn M. Thistle, B.Kin (Hons.), D.C., Medical Acupuncture

Founder & CEO

RRS Education

www.rrseducation.com

Lecturer, Department of Orthopedics

Canadian Memorial Chiropractic College

6100 Leslie St. Toronto ON M2H 3J1

416-482-2340

1) EDUCATION

- | | |
|------|--|
| 2004 | Doctor of Chiropractic (Magna Cum Laude, Clinic Honours) – Canadian Memorial Chiropractic College, Toronto Ontario |
| 2004 | Diploma in Acupuncture, McMaster Contemporary Medical Acupuncture Program – McMaster University, Hamilton Ontario |
| 2000 | Honours Bachelor of Kinesiology (Summa Cum Laude) – McMaster University, Hamilton Ontario |

2) EMPLOYMENT HISTORY

- | | |
|-------------------------|--|
| October 2006 – present | Founder & CEO, RRS Education (Research Review Service Inc.) |
| June 2004 – August 2016 | Clinic Director at SHAPE Health and Wellness Centres Inc. 261 Davenport Rd. Suite 100 Toronto ON M5R 1K3 |
| June 2004 – present | Faculty member – CMCC (Toronto) |

3) HONOURS

- | | |
|------|---|
| 2019 | Ontario Chiropractic Association's 'Chiropractor of the Year' |
| 2004 | Canadian Memorial Chiropractic College, Toronto; "Gilbert H. Yong Memorial Award" for highest academic standing in fourth year of study |
| 2004 | Canadian Memorial Chiropractic College, Toronto; "Stephane Julien Memorial Award" chosen by the 4th year graduating class for demonstration of great dedication to helping other students in academics and technique during his 4 years at C.M.C.C. |

- 2004 Canadian Memorial Chiropractic College, Toronto; "Hoskins/Sommecal Clinic Proficiency Award" presented by CMCC to an intern from the HK Lee Clinic who has shown outstanding proficiency in Clinical Education
- 2002 International Association of Chiropractic Colleges Student Research Award *Burroughs Wellcome Fund Research Award (CIHR)* for project entitled: "Chiropractic Post-Graduate Education: A compilation of chiropractic certification/specialty programmes" presented at the 2004 ACC-RAC Research Conference in Las Vegas, Nevada, USA - March 2004
- 2002 The Orthotic Group Excellence in Biomechanics Scholarship
- 1996 Chancellor's Scholarship – *McMaster University*

4) SCHOLARLY AND PROFESSIONAL ACTIVITIES

- June 2014 – present Canadian Chiropractic Guideline Initiative (CCGI)
Currently on the Guideline Executive Committee (GEC)
- 2015 – Present Medicolegal Expert – Canadian Chiropractic Protective Association (CCPA)
- August 2019 – Present Canadian Chiropractic Research Foundation (CCRF)
Research Committee

5) SPEAKING ENGAGEMENTS & TEACHING EXPERIENCE

- June 12, 2022 RRS Education Seminars (Toronto, ON)
"Older & Bolder: Chiropractic Care for Healthy Aging"
- May 15, 2022 RRS Education Seminars (London, ON)
"Older & Bolder: Chiropractic Care for Healthy Aging"
- May 1, 2022 RRS Education Seminars (Waterloo, ON)
"Older & Bolder: Chiropractic Care for Healthy Aging"
- April 24, 2022 RRS Education Seminars (Calgary, AB)
"Older & Bolder: Chiropractic Care for Healthy Aging"
- April 10, 2022 RRS Education Seminars (Ottawa, ON)
"Older & Bolder: Chiropractic Care for Healthy Aging"
- April 7, 2022 Canadian Chiropractic Association Webinar
"You Spin Me Right 'Round: Differential Diagnosis of Dizziness & Vertigo"

Speaker Name: Cody Dimak

Course Title: Bulletproofing the Athletic Knee

Course Description: This two-hour course will walk clinicians through many of the external and internal factors that may contribute to knee injuries in multi-planar athletes. We will cover topics like common mechanisms of injury, biomechanical limitations that may contribute to injury, assessments of risk factors, common exercise approaches that are used to address risk factor findings, and what exercise approaches are typically missing in an athlete's preparation for their sport.

Course Objectives:

- Understand common non-contact mechanisms of injury in the knee.
- Understand how tissue capacity and biomechanical limitations contribute to knee injuries.
- Understand how the athlete-environment relationship impacts outcomes.
- Understand how to identify risk factors for knee injury.
- Understand common approaches to managing risk factors and why some exercises are better than others.
- Understand how to identify what is missing from an athlete's preparation and begin to close their functional gap.
- Understand how to coach and what to look for when optimizing frontal and transverse plane exercises.

Course Outline:

I. Why the knee? (15 minutes)

- a. Injury Rates
- b. Contact vs. Non-contact
- c. Common mechanisms of injury

II. Enemies of the knee? (15 minutes)

- a. Ground reaction forces
- b. Tissue capacity and tolerance
- c. Biomechanical limitations
- d. Risk factors for ACL injury

III. Therapeutic Approach (15 minutes)

- a. Constraints-led approach for optimizing adaptation
- b. Identifying the rate limiter(s)

c. Movement variability

IV. Identifying and Evaluating Risk Factors **(15 minutes)**

- a. Muscle strength assessments
- b. Landing mechanics assessment
- c. Change of direction mechanics assessment

V. Common approaches to managing assessment findings **(15 minutes)**

- a. Core stability theory and integration
- b. Knee and hip dominant strength exercise integration
- c. Coaching landing mechanics

VI. The missing links when managing assessment findings **(15 minutes)**

- a. Lower leg and foot integration
- b. Loaded carry integration
- c. Sprinting mechanics
- d. Breaking free from the sagittal plane
- e. Initial loading of frontal and transverse plane

VII. Loading outside of the sagittal plane **(15 minutes)**

- a. Frontal plane exercises with high core demand
- b. Transverse plane exercises with high core demand

VIII. Exploding outside of the sagittal plane **(15 minutes)**

- a. Explosive frontal plane exercises
- b. Explosive transverse plane exercises
- c. Making the handoff to the strength and/or performance coach

Cody A. Dimak, DC

Curriculum Vitae

2540 Walnut Hill Lane Dallas, TX 75229 | 972-438-6932 x7338 | cdimak@parker.edu

EDUCATION:

8.2012 **Doctor of Chiropractic**, Logan College of Chiropractic, Chesterfield, MO

Techniques

Diversified	225 total hours
Logan Basic	120 total hours
Gonstead	45 total hours
Active Release Technique	45 total hours
COX Flexion-Distraction	45 total hours
Advanced Diversified	45 total hours

Research:

“Establishing a normative range of drift in normal patients with sensory deprivation utilizing the OptoGate system”

12.2010 **Bachelors of Science in Human Biology**, Logan College of Chiropractic, Chesterfield, MO

12.2008 **Bachelors of Science, Biology-Pre-Physical Therapy**, Nicholls State University, Thibodaux, LA

LICENSURES AND CERTIFICATIONS:

Doctor of Chiropractic, Texas (License # 13841)

Doctor of Chiropractic, California (License # DC32445 (Inactive))

Rehab 2 Performance - The Functional Approach

National Board of Chiropractic Examiners, Parts I-IV

Physiotherapy of the National Boards

Active Release Technique- Spine (2011-2012)

CPR Basic Life Support Certification

CONTINUING EDUCATION:

2011 **Musculoskeletal Diagnostic Imaging**, Daniel Haun DC, Chesterfield, MO

2012 **Professional Football Chiropractic Continuing Education Seminar**, Robert Cantu MD, Kevin Morris ATC, Dan McClure DC, Jeff Lease DC, Indianapolis, IN

Perform Better Functional Training Summit, Long Beach, CA

Functional Movement Screen Certification, Online, Costa Mesa, CA

Prague School to Athletic Development, Craig Liebenson DC

Faulty Movement Patterns, San Francisco, CA

Prague School to Athletic Development, Craig Liebenson DC

Rehab of the Athlete, San Francisco, CA

Perform Better Functional Training Summit, Long Beach, CA

Prague School to Athletic Development, Craig Liebenson DC

Continuum of Care, San Francisco, CA

2014 **Collaborative Functional Movement Workshop**, Petra Valouchova PT, Craig

Liebenson DC, Chris Powers PT PhD, Movement Performance
 Institute, Los Angeles, CA
Assessing Movement, Gray Cook PT, Pr. Stuart McGill, Craig Liebenson DC,
 Stanford Sports Medicine, Palo Alto, CA
Lateral Agility and Power: Assessment and Creating a Training Program,
 Koichi Sato, ATC, Los Angeles, CA
Perform Better Functional Training Summit, Long Beach, CA
Dynamic Neuromuscular Stabilization Exercise 1, Petra Valouchova PT,
 Michael Rintala DC, Southern California University of Health
 Sciences, Whittier, CA
Prague School to Athletic Development, Craig Liebenson DC,
Part A: Core, Los Angeles, CA
The Frontal Plane, Koichi Sato ATC, Los Angeles, CA
Prague School to Athletic Development, Craig Liebenson DC,
Part B: Extremities, Los Angeles, CA
Perform Better Functional Training Summit, Long Beach, CA
Assistant, Prague School to Athletic Development Part A: Core, Craig
 Liebenson DC, Vancouver, BC, Canada
**McGill Level 1: Building the Ultimate Back: From rehabilitation to high
 performance**, Pr. Stuart McGill, Portland, OR
Application of Advanced Biomechanics, Brett Winchester DC, Functional
 Biomechanics, Phoenix, AZ
Assistant, Prague School to Athletic Development Part B: Extremities,
 Craig Liebenson DC, Vancouver, BC, Canada
McKenzie Institute- McKenzie Method Overview Course, Online, Costa
 Mesa, CA
Rehab2Performance, Clinical Audit Process, Justin Dean DC,
 Huntington Beach, CA
StrongFirst One Day Course, Paul Daniels CSCS Senior SFG, Rancho Santa
 Margarita, CA
The Frontal Plane, Koichi Sato ATC, Los Angeles, CA
Movement Skills Workshop, Michael Rintala DC, Tim Brown DC, Costa
 Mesa, CA
Perform Better Functional Training Summit, Long Beach, CA
Fundamental Capacity Screen, Gray Cook PT, Phil Plisky PT, Los Angeles,
 CA
**McGill Level 1: Building the Ultimate Back: From rehabilitation to
 performance**, Pr. Stuart McGill, Vancouver, BC, Canada
**McGill Level 2: The Detailed Back Assessment: Reducing pain and
 enhancing performance**, Pr. Stuart McGill, Vancouver, BC, Canada
Prague School at EXOS, Craig Liebenson DC, Giancarlo Russo PT, Anna
 Hartman ATC, Guido van Rysseghem ATC, Brian Carroll CSCS, Chris
 Duffin CSCS, EXOS, Phoenix, AZ
Application of Advanced Biomechanics, Brett Winchester DC, Functional
 Biomechanics, Phoenix, AZ
Selective Functional Movement Assessment, Greg Rose DC, San Diego, CA
Perform Better Functional Training Summit, Long Beach, CA
Athletic Sustainability: From Clinical to Performance, Brian Carroll CSCS,

Speaker Name: Rose Lepien

Course Title: Success Principles for Personal & Practice Growth

Course Description: This session will address the application of powerful principles in your personal life and practice to maximize growth, potential, and success in all areas of your life. Dr. Rose will share valuable nuggets and gain wisdom in serving in the Chiropractic profession for 50 years.

Course Objectives:

- Get Motivated
- See the Big Picture
- See Your Value
- Get Recharged

Course Outline:

Section 1 – 15 minutes

1. When Destiny Called – My Chiropractic Story
2. CA's, the Heart of Chiropractic practice.
3. Do what you Love – Love what you Do.

Section 2 – 15 minutes

1. Success Principles: "Be – Do – Have"
2. Life Principles: "Give and Receive", "Seek and Find"
3. Parker Principles – Dr. Jim Parker
4. Chiropractic Principles: B.J. Palmer

Section 3 – 15 minutes

1. Who you are determines how well what you do works
2. Choices – Thoughts, Words, Deeds, Character, Destiny
3. Goals – Write them Down
4. Lessons learned in 50 years in Chiropractic Service.

Dr. Rose Lepien

1201 W. Gore Blvd., Suite A
Lawton, OK 73501
(580) 353-6776

EDUCATION

March 1964	High School, Wolpertshausen, Germany Berufsschule, Home Economics Major
March 1969	Berufsaufbauschule (Higher Education, equivalent to two years of college, graduated) Crailsheim, Germany
May 1971	Worthington Jr. College, MN.
May 1988	Cameron University, Lawton, OK A.S. of Science Degree
Sept. 1991	Doctor of Chiropractic Degree Parker College of Chiropractic, graduated with Honors.

POST GRADUATE EDUCATION

Spinal Disability Evaluation Seminar
Parker Research Foundation Seminars
Scoliosis Evaluation Seminar
"The Masters Program", Whiplash Seminar

Annual Oklahoma License Renewal Seminars
Neurology Diplomate Program-partial
Best Seminars, Masters Level Degree

PROFESSIONAL EXPERIENCE

1973-1988	Chiropractic Assistant and Office Manager
1989-1991	Student Clinic, Parker College of Chiropractic Outpatient Clinic, Parker College of Chiropractic
1991-Present	Doctor of Chiropractic, Aaragon Chiropractic & Decompression Clinic Owner and Director
1980-Present	Attended 60 + Parker Seminars worldwide

LICENSES HELD

May 1991	Texas License #5760 - inactive
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Oct. 1991 to present Oklahoma License #2608

PROFESSIONAL ASSOCIATIONS

World Federation of Chiropractors
Parker University Alumni Association
American Chiropractic Association
World Congress of Women Chiropractors
League of Women Chiropractors
Unified Chiropractic Association of Oklahoma
Oklahoma State Chiropractic Independent Physicians Association
Lawton Chamber of Commerce and Industry
Red Coat Ambassador Committee – Lifetime Member
Lawton AMBUCS, Mountain Metro Chapter
Lawton Business Women’s Club
German-American Club
Guellesheim Sister City Group

OFFICES HELD

1989-1990	Class President, Parker College of Chiropractic
1990-1991	Student Body President, Parker College of Chiropractic
1998-2000	President Parker College Alumni Association
2000 & 2003	President, World Congress of Women Chiropractic
2001-2010	Board of Trustees Member, Parker College
2003-2007	Chairman of the, Board of Trustees, Parker College of Chiropractic
2003-2006	Board of Trustees, Cameron University, Lawton, OK
2002	Board, Banc First
1999-Present	Board, Salvation Army
2004-2005	President Mountain Metro Ambucs
2002-2004	President, Lawton Business Women

Awards & Honors:

Scholastic Excellence Award – Parker Chiropractic College
Clinical Excellence Award
Student Leadership Award
Women of the Year, Business Professional women’s Association
Business Women of the Year Lawton, OK
Chiropractor of the Year, Parker School of Professional Success
Doctor of the Year, World Congress of Women Chiropractors
Citizen of the Month, Lawton, OK
Outstanding Women of Comanche County
2005 Woman in Business Champion of Lawton
Woman in Business Champion State of Oklahoma
Small Business Person of the Year - Lawton
Dr. James Parker Founder Award – 2007
Lifetime Achievement Award Parker Alumni – October 2012

Instructor: Ed Le Cara, RN, DC, PhD
2 hours Friday

Course Title:

Title: Revolutionizing Wellness: What Are The True Fundamentals of Health? (60 minutes Thursday AM)

Course Description

The true fundamentals of health encompass a holistic approach to well-being, focusing on various aspects of physical, mental, and social health. Here's a summary of these key fundamentals: Nutrition: Eating a balanced diet that includes a variety of whole foods, such as fruits, vegetables, lean proteins, and whole grains, is crucial for maintaining good health. Proper nutrition provides essential nutrients and energy for the body. Physical Activity: Regular exercise and physical activity are essential for maintaining a healthy body and preventing various health conditions. Aim for a mix of cardiovascular, strength, and flexibility exercises. Sleep: Getting an adequate amount of quality sleep is essential for physical and mental health. Proper sleep supports bodily functions, enhances cognitive performance, and aids in recovery. Hydration: Staying well-hydrated is essential for various bodily functions, including digestion, circulation, and temperature regulation. Water is crucial for overall health. Mental Health: Taking care of your mental health is as important as your physical health. This includes managing stress, seeking support when needed, and practicing mindfulness and self-care. Social Connections: Building and maintaining positive relationships with friends and family can have a significant impact on your mental and emotional well-being. Social support is a key component of overall health. Avoiding Harmful Substances: Minimizing or avoiding harmful substances, such as tobacco, excessive alcohol, and illicit drugs, is crucial for long-term health. Mind-Body Balance: The mind and body are interconnected, and practices like meditation, yoga, and relaxation techniques can promote harmony between the two, reducing stress and improving overall health. Environmental Health: Reducing exposure to environmental toxins and pollutants can contribute to better health. This includes maintaining clean living spaces and minimizing exposure to harmful substances. Genetics: Understanding your genetic predispositions and family medical history can help tailor your health choices and screenings to reduce risks associated with genetic factors. Dr. Le Cara will take a quick look at these factors and ways to help your patients move to a mindset of health versus just the avoidance of disease.

Learning Objectives:

- Attendees will be able to discuss the difference between healthcare and wellness care
- Attendees will be able to list the fundamentals of health as described by Dr. Le Cara
- Attendees will be able to compare and contrast different ways to help individuals meet the foundations of health

Course Outline:

- I. Introduction (5 minutes)
 - A. Welcome and Greeting
 - B. Briefly introduce the topic
 - C. Share your credentials and expertise in biohacking
- II. Understanding the Fundamentals of Health (10 minutes)
 - A. Define what "fundamentals of health" mean
 - B. Discuss the key components of wellness (nutrition, exercise, sleep, mental health, etc.)
 - C. Explain the importance of a strong foundation for overall well-being
- III. The Science of Biohacking (10 minutes)
 - A. Define biohacking and its principles
 - B. Highlight the relationship between biohacking and optimizing health
 - C. Provide examples of how biohacking can influence health positively
- IV. Nutrition and Biohacking (15 minutes)
 - A. Discuss the role of nutrition in health
 - B. Explain how biohacking can optimize your diet
 - C. Offer practical tips and dietary strategies for biohacking your nutrition
- V. Exercise and Fitness Biohacks (15 minutes)
 - A. Explore the importance of physical activity in health
 - B. Introduce biohacks for improving fitness and performance
 - C. Share exercise routines and techniques for biohacking your workouts
- VI. Sleep Optimization (10 minutes)
 - A. Explain the significance of quality sleep
 - B. Provide biohacks for improving sleep patterns and getting better rest
 - C. Share tips on creating a sleep-friendly environment
- VII. Mental Health and Stress Management (10 minutes)
 - A. Discuss the impact of mental health on overall wellness
 - B. Present biohacks for reducing stress, anxiety, and enhancing mental well-being
 - C. Share mindfulness and relaxation techniques
- VIII. Biohacking Tools and Gadgets (10 minutes)
 - A. Introduce popular biohacking devices and tools
 - B. Explain how these tools can be used to optimize health
 - C. Share real-life success stories and results
- IX. Incorporating Biohacking into Your Life (5 minutes)
 - A. Offer practical advice on how to start biohacking your health
 - B. Encourage a gradual, sustainable approach
 - C. Provide resources and references for further learning
- X. Q&A and Discussion (10 minutes)
 - A. Open the floor to questions from the audience
 - B. Engage in a discussion about biohacking and health optimization
 - C. Address any concerns or uncertainties
- XI. Conclusion and Key Takeaways (5 minutes)
- XII. Closing Remarks (5 minutes)

EDWARD LE CARA

Maximizing Human Potential

📞 (925) 570-4026

🌐 www.edlecara.com

✉ edlecara@gmail.com

📍 Dallas, TX



EXPERIENCE

Owner/Clinician

Body Lounge Park Cities

📅 05/2018 - Present 📍 Dallas, TX

Commenced a multi-disciplinary, boutique wellness clinic

- Lead Medical Provider
- Oversee Fees and Procedural Coding
- Provide Clinical Oversight to MD's, NP's, RN's, and LMT's
- Overseen Growth of 100% year over year

Director of Education

SmartTools Plus

📅 11/2015 - Present 📍 Cleveland, OH

Manufactures rehabilitation tools for health and fitness professionals

- Increased Courses taught from 4 in 2015 to 250 in 2020 Internationally
- Have Personally Taught over 100 courses since 2015
- Developed live and online programming & content (IASTM & Blood Flow Restriction Training Levels 1 & II)
- Manage a team of over 20 instructors Internationally
- New Product Development Advisement

Adjunct professor

Rocky Mountain University of Health Professions

📅 08/2014 - Present 📍 Provo, UT

MS in Athletic Training

- Developed and teach curriculum for soft tissue rehabilitation course

Adjunct professor

Parker University

📅 05/2019 - Present 📍 Dallas, TX

MS in Exercise & Human Performance

- Developed and Instruct the Exercise and Health Course
- Developed and Instruct the Exercise Prescription for Special Populations Course
- Developed and Instruct the Advanced Endocrinology & Exercise Course

Director of Transglobal Education

RockTape

📅 06/2014 - 2016 📍 Los Gatos, CA

Health & Fitness Education & Manufacturing

- Taught over 120 courses from 2012 to 2015
- Increased live courses taught 500% in 3 years
- Managed over 70 instructors internationally
- Co-developed multiple educational courses (FMT I & II, PMT, Special Populations)

EDUCATION

Associate in Nursing

International College of Health Sciences ICHS

📅 02/2022 - 09/2023

- The Associate of Science in Nursing program is designed to prepare the student for an entry-level career as a professional nurse. The curriculum is built to provide the competency based, outcome oriented didactic, laboratory and clinical experience including the knowledge and critical thinking skills necessary to become a Registered Nurse.

M.B.A. - Transglobal Education

St. Mary's College of CA

📅 09/2013 - 09/2015 📍 Moraga, CA

- Capstone Project included work with an underprivileged University in Mumbai, India and developing curriculum

Ph.D. - Athletic Training

Rocky Mountain University of Health Professions

📅 09/2007 - 12/2012

- Published research on the morphology and function of lumbar multifidus in symptomatic veterans
- Clinical and pedagogy emphasis

D.C. - Doctor of Chiropractic

Palmer College of Chiropractic West

📅 09/1995 - 12/1999

B.S. - Exercise Science

University of California at Davis

📅 09/1991 - 12/1995

- Captain of the Division I Wrestling Team
- Interned as a Strength & Conditioning Coach for women's basketball
- Involved in numerous studies in Exercise Science lab

US ARMY Combat Medic Training

Ft. Sam Houston, TX

📅 06/1993 - 08/1993

- Developed Emergency Action Plans
- Learned techniques and paramedic skills like IV's, Injections, BLS, Fracture Management, Head Injury Management

EXPERIENCE

Athletic Trainer

St. Mary's College of California

📅 2012 - 2014 📍 Moraga, CA

Division I Institution

- Developed ACL Prevention program
- Lead rehabilitation of spine and ACL Injuries
- Oversaw 5 Athletic Trainer's & Strength Coaches
- Worked with women's rowing, basketball, rugby, and lacrosse

VP Sports Science & Human Performance

24 Hour Fitness

📅 08/2011 - 08/2013 📍 San Ramon, CA

A leading health club organization in North America

- Established a wellness clinic in corporate headquarters that saved over \$150,000 in healthcare costs within 9 months
- Provided education and leadership for over 400 personal trainers
- Wrote health and fitness content for over 1M members
- Promoted to VP after 2 years as consultant
- Served on medical advisory board

Chiropractor

Veteran's Administration

📅 11/2009 - 11/2013 📍 Martinez, CA

Worked as the chiropractor in the Integrated Brain Health & Wellness program

- Contributed to starting the 'Get Moving' Program for weight loss counseling through diet and exercise
- Commenced a personal trainer internship program and matched veterans with trainers
- Supervised personal trainers and exercise programming
- Performed original research with radiology (MRI & Ultrasound)
- Commenced an internship program with Palmer College of Chiropractic - West
- Had over \$10,000 of equipment donated to the fitness facility for the veteran's to use

Owner/Clinician

KinetikChain/KinetikChain Denver

📅 2014 - 2018 📍 Dallas/Denver

Developed an athletic training room model for active individuals. Opened 4 clinics and sold those clinics over the span of 2014-2018.

- Developed first Commercial Athletic Training Room Membership model

Owner/Clinician

SportsPlus

📅 06/2000 - 07/2014 📍 Pleasanton, CA

A Chiropractic and Athletic Training Sports Medicine company that provided injury treatment in the clinic and medical coverage on the field, court and mat

- Outreach athletic training provided to over 30 teams, programs and clubs
- Internships provided for chiropractic students from PCCW
- Treated Motor Vehicle Accident & Workers' Compensation Patients
- Certified as Qualified Medical Evaluator
- Managed Billing & Coding and set Fees

AWARDS



2011 Clinician of the Year



2011 Robert Botterman Award



2008 Sports Hall of Fame Induction



1996 US Army Achievement Medal



1995 US Army Certificate of Achievement

PUBLICATIONS

National Academy of Sports Medicine

Corrective Exercise Specialist Certification

Co-Author

📅 2019 🔗 <https://www.nasm.org>

I wrote two modules (thoracic spine/shoulder & elbow/wrist) in the Corrective Exercise Specialist textbook

Dr. Le Cara's Approach to Blood Flow Restriction Training

Self Published

Edward C. Le Cara, DC, PhD

📅 2021 🔗 <https://www.amazon.com/dp/B09J1PVDTQ>

A beginner's guide to implementing Blood Flow Restriction Training into one's fitness and rehabilitation regimen

Predictors of clinical success with stabilization exercise are associated with lower levels of lumbar multifidus intramuscular adipose tissue in patients with low back pain.

Disability and Rehabilitation

Hebert JJ, Le Cara EC, Marcus RL, Dempsey AR, Hoffman MD

📅 05/2018

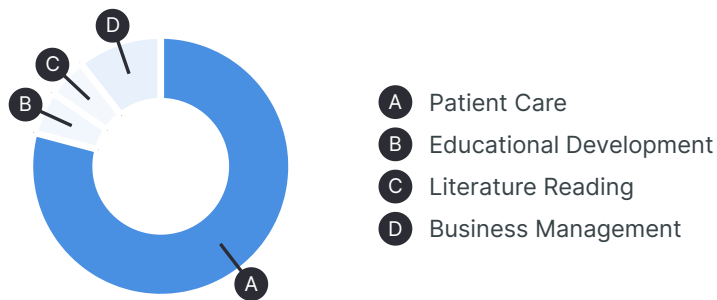
Epidemiology of injuries in men's lacrosse: injury prevention implications for competition level, type of play, and player position

The Physician & Sports Medicine

Barber Foss KD, Le Cara E, McCambridge T, Hinton R, Kushner A, Myer GD

📅 09/2017

MY TIME



CERTIFICATIONS

Board Certified in Sports Medicine

American Chiropractic Board of Sports Medicine, 2002 - Present

Board Certified in Rehabilitation

American Chiropractic Rehabilitation Board, 2012 - Present

Certified Athletic Trainer

Board of Certification, 2004 - Present

Certified Strength & Conditioning Specialist

National Strength & Conditioning Association, 1995 - Present

Licensed Athletic Trainer

Texas Athletic Trainer's Association, 2014 - Present

Functional Dry Needling

Ma Dry Needling, 2014

Medical Acupuncture

International Academy of Medical Acupuncture, 2016

First Aid & CPR Instructor

American Heart Association, 1993 - Present

Qualified Medical Evaluator (QME)

Specialized training in the evaluation and impairment rating based on the AMA Guides 5th Edition. State of California 2005 - 2013

Selective Functional Movement Screen, SFMA

Functional Movements, 2011

Corrective Exercise Specialist, CES

National Academy of Sports Medicine, 2004

Instrument Assisted Soft Tissue Manipulation

SmartTools Plus, 2014

Functional Movement Screen

Functional Movement Systems, 2007

Intravenous Administration

Army Medical (1993) & IV Academy (2018)

Professional Medical Injector (Botulism)

Texas Laser Institute, May 2020

Professional Medical Injector (Injectable Fillers)

Texas Laser Institute, May 2020

PUBLICATIONS

Epidemiology of Injuries in Women's Lacrosse: Implications for Sport-, Level-, and Sex-Specific Injury Prevention Strategies.

Clinical Journal of Sports Medicine

Barber Foss FD, Le Cara E, McCambridge T, Hinton RY, Kushner A, Myer GD

07/2017

Morphology versus function: the relationship between lumbar multifidus intramuscular adipose tissue and muscle function among patients with low back pain.

Archives of Physical Medicine Rehabilitation

Le Cara EC, Marcus RL, Dempsey AR, Hoffman MD, Hebert JJ

10/2014

Effect of kinesiology taping on pain in individuals with musculoskeletal injuries: systematic review and meta-analysis.

Physician & Sports Medicine

Montalvo AM, Le Cara EC, Myer GD

05/2014

ACHIEVEMENTS



Military Experience

Serving this great country with amazing men and women



Publishing a Journal Article

Contribution to the scientific and clinical community was a lifelong goal



Earning a PhD

Years of dedication and commitment while still running a busy clinic



Helping People Move and Feel Well

Teaching the philosophy that diet and exercise are the greatest source of optimal health and healing

CERTIFICATIONS

Blood Flow Restriction Training

SmartTools Plus, 2017

Fascial Movement Techniques I & II

RockTape, 2012

Advanced Selective Functional Movement Assessment

Functional Movement Systems, 2012

Advanced Functional Movement Screen

Functional Movement Systems, 2008

Certified Concussion Manager

Impact, 2011

CrossFit Level 1 (CFT-L1)

CrossFit, 2018

INDUSTRY EXPERTISE

Manual Therapy



Rehabilitation



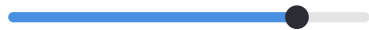
Billing & Coding



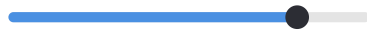
Exercise Prescription



Content Development



Business Development



FIND ME ONLINE



Facebook

Ed Le Cara



LinkedIn

Edward Le Cara



Instagram

edlecara



Twitter

@edlecara

Neurodynamic Solutions Part I

8:30 am - 9:30 am (1 hour)

Michael Shacklock

Summary

The content provided draws extensively from Michael Shacklock's renowned manual, "Clinical Neurodynamic," a best-selling textbook published by Elsevier in 2005, and subsequent research that has enriched and expanded upon its foundational principles. The primary objectives are to introduce clinicians to the fundamental concepts of neurodynamic and their practical application in clinical settings, forming the basis for accurate diagnoses and effective treatment of patients with neurodynamic disorders. Emphasis is placed on empowering clinicians to create safe and tailored management strategies for such disorders, fostering a comprehensive understanding of both general and specific neurodynamic mechanisms. By aligning theoretical knowledge with practical application, this material serves as a valuable resource for clinicians seeking to enhance their expertise in the nuanced realm of clinical neurodynamic.

Objectives:

How perform neurodynamic tests

- Make a neurodynamic diagnosis.
- How to select treatment progressions from low to high functional levels.
- Manual precision of neurodynamic technique.
- How to detect contraindications/red flags for neurodynamic.

Outline:

Neurodynamic Solutions Part I

8:30 am - 9:30 am (1 hour)

- 15 mins - Introduction - history and development of neurodynamics, early to contemporary literature
- 15 mins - Concept of neurodynamics, general definitions and cornerstones
- 15 mins - Laws of neurodynamics established by scientific studies
- 15 mins - Deconstruction and reconstruction of neurodynamics according to phenomenological analysis.

Curriculum Vitae - Summary

Michael Shacklock

Qualifications

Diploma in Physiotherapy - 1980, Auckland Technical Institute (now Auckland University of Technology)

Graduate Diploma in Advanced Manipulative Therapy - 1989, University of South Australia, Diploma in Physiotherapy

Master of Applied Science, University of South Australia - 1993, dissertation on his discovery of neurodynamic sequencing.

Fellow of the Australian College of Physiotherapists (by original contribution, monograph), 2007, under the auspices of the Australian Physiotherapy Association.

Current: PhD candidate, University of Eastern Finland. Title: Positional Reduction of Force in the Lumbar Nerve Root for Pain Relief in Lumbar Radiculopathy.

Professional Activities

Creator: Neurodynamics approach to diagnosis and treatment of musculoskeletal disorders with a neural aspect.

Books published:

Shacklock M 1995 (Ed.) Moving in on Pain, Butterworth-Heinemann (Sydney) 1995.

Shacklock M (Ed.) 2007 Biomechanics of the Nervous System: Breig revisited. Neurodynamic Solutions, Adelaide, Australia.

Clinical Neurodynamics: A New System of Treatment, Elsevier, Oxford, peer reviewed by Australian College of Physiotherapists (2007).

In clinical practice since 1981.

Lectures and teaches globally.

Awards

Musculoskeletal Physiotherapy Association: Best presenter, students' Association.

Fellow of Australian College of Physiotherapists, Australian Physiotherapy Association for book: Clinical Neurodynamics.

Collaborator: Young Investigator Award, Spine journal; International Association for the Study of the Lumbar Spine 2014, 2017, won by Marinko Rade.

Collaborator: Finnish Spine Society, Young Investigator Award 2014, 2017, won by Marinko Rade.

Visiting Professor, Barcelo University Institute, Buenos Aires, Argentina, August 2015.

Reviewer and Editor: past and present

Musculoskeletal Theory and Practice (formerly Manual Therapy)

Journal of Manual and Manipulative Therapy - 2016, Associate Editor and Reviewer

Physiotherapy Research Foundation (Australia)

World Congress for Physical Therapy (WCPT)

Physical Therapy in Sport

Named Lectures

Kenneth Balfour Lecture, PhysioFirst National Annual Conference.

Gregory Grieve Memorial Lecture, Musculoskeletal Association of Chartered Physiotherapists, UK.

Dr Alf Breig Memorial Lecture, Orthopaedic Manual Therapy Section of the Swedish Association of Physiotherapists.

Peer-reviewed Publications

Peer reviewed research - 40 articles.

Peer-reviewed journals - 13.

Chapters in books - 15.

Consulting and Teaching - Elite Sports Institutes

Chicago Bulls basketball club, USA

Aspetar Sports Medicine Clinic, Doha, Qatar

Instructor name: Dr. Robert Rosenbaum

1-hour lecture

Course Title: Don't misdiagnose hypermobile patient's upper cervical instability (CCI vs. AAI)

Course Description:

Attendees will be exposed to common findings in patients with atlanto-axial instability and craniocervical instability. These not-uncommon patients regularly present for care, and their diagnoses are not routinely identified. Attendees will learn how to avoid missing these clues. They will also learn the common symptom manifestations of these processes, exam findings to assist when ruling these in or out, and the proper studies to obtain. Lastly, the expected readings on these films and when to obtain neurosurgical consultation to avoid placing your patient at risk.

Learning Objectives:

Be able to identify symptoms that might be an unstable upper cervical spine.

Know the proper history to qualify the patient further.

Learn exam findings that point to a hypermobile craniocervical junction.

Be able to order the correct confirmatory studies.

Know when to refer

Patient outcomes:

Fewer missed diagnosis

less disability due to more quickly and accurately treated patients

less risk in your practice

Course outline:

- | | |
|--|---------------|
| 1. Introduction to the unstable upper cervical spine | 0-15 minutes |
| --who suffers from it | |
| --when to be on the lookout | |
| --pertinent historical features | |
| 2. What your patient is telling you can save their life | 15-30 minutes |
| --CCI complaints | |
| --AAI complaints | |
| ---the difference | |
| 3. How to tell them apart on exam | 30-45 minutes |
| --what should be present | |
| --what shouldn't be present | |
| --what to order | |
| 4. Conclusion | 45-60 minutes |
| --studies to order | |
| --expected results | |
| --what to do with them | |

Robert E. Rosenbaum MD FAANS FACS

The Metropolitan Neurosurgery Group
1010 Wayne Avenue, Suite 420, Silver Spring, MD 20910
(301) 557-9049 | rosenbaum@metroneurogroup.com

Walter Reed National Military Medicine
8901 Wisconsin Avenue, Bethesda MD 20889
vett66rob@yahoo.com

Education

Advanced Endoscopic Spinal Fusion Techniques, Joimax	2014
Cervical Endoscopy, Joimax	2012
Lumbar Endoscopy Course, Joimax	2010
Helm's Institute, Medical Acupuncture	2009
Medical Team Management Patient Safety Instructor course	2002
Neurosurgery Resident, HMC Hershey, PA	1999-2002
Neurosurgery Resident, NNMC Bethesda, MD	1996-1998
Surgery Intern, Naval Medical Center Portsmouth, VA	1993-1994
Medical College of Virginia, Richmond, VA	1993
<u>Doctor of Medicine</u>	
George Mason University, Fairfax, VA	1988
<u>BS Industrial/Organizational Psychology</u>	
Fork Union Military Academy, Fork Union, VA	1984

Licenses

Federal DEA	BR7909394	Exp 04/30/20
South Dakota Board of Medicine	5397	Exp 03/01/21
Maryland Board of Medicine	D76804	Exp 09/30/19
North Carolina Board of Medicine	2006-01575	Exp 12/26/20
Pennsylvania Board of Medicine	MD 419543	Exp 12/31/20
Connecticut Board of Medicine	46447	Inactive
Virginia Board of Medicine	0101 0151344	Inactiv

Military Service

Bethesda Naval Hospital, Bethesda, Maryland	2004-2018
Kandahar Afghanistan	2011
Landstuhl Germany	2008
Katrina Relief USNS	2005
Okinawa Naval Hospital	2002-2004
COMREGSUPGRU	1994-1996
USS Kearsarge	1994-1995

Military Medals and Awards

Surface Warfare Medical Officer Qualified
Defense Meritorious Service
Navy and Marine Corps Commendation
Navy and Marine Corps Achievement
Afghanistan Campaign
Humanitarian Service
Navy "E"
Global War on Terrorism Expeditionary
Armed Forces Services
Sea Service Deployment
Navy and Marine Corps Overseas
National Defense
Expert Rifle and Expert Pistol
Surgeon of the Year - Surgical Energetics Division, Medtronics

Speaker Name: Brett Winchester

Course Title: “The Perfect Storm” (Establishing your “it” factor in private practice)

Course Description

A one hour discussion on the intangibles of physician success that are never discussed. Typically, chiropractors believe if they are good at adjusting and clinically proficient, they will have success in private practice. Although this is important, this is only half of the story. There are certain key attributes that are critical for determining success in private practice. Situational IQ is a concept that is often reserved for the athletic field, however these same principles are vitally important in private practice. Surprisingly, there is actual research on these intangibles that make physicians successful. A portion of this lecture will highlight these key intangibles that all successful physicians are implementing without realizing it. The best physicians in the world have mastered pattern recognition which allows for better critical thinking. Establishing your “it” factor is crucial for success in private practice and will play a major role in clinical outcomes. Most chiropractors either neglect or don’t realize that these principles help create the Perfect Storm of success.

Learning Objectives

- Review current evidence on physician intangibles that drive success
- Establishing rapport and reassurance
- The importance of confronting the patient about functional care versus pain care
- Certainty versus cockiness
- Research on physician likeability
- Mastering situational IQ and how to critically think

Outline (15 min increments)

Hour 1:

- 15 min: Introduction to creating the “Perfect Storm.”
- 15 min: Research pertaining to physician intangibles.
- 15 min: Reassurance and Rapport
- 15 min: Action steps for mastering Situational IQ

Hour 2:

- 15 min: Customer Service
- 15 min: Doctor Certainty
- 15 min: Confrontation
- 15 min: Patient Management

CURRICULUM VITAE

Brett Ashley Winchester
413 Westridge Dr. Troy, MO 63379
Cell Phone: 314-616-4491
E-mail: bw@winspaceandport.com

EDUCATION

Bachelor Degree
1995-1999 *University of Missouri*
Doctor of Chiropractic, April 2003
1999-2003 *Logan College of Chiropractic*
100 hr Acupuncture
2010-2011 *Logan College of Chiropractic*

APPOINTMENTS

2002-2004 Lab Instructor: *Rehabilitation of the Spine*, Logan College of Chiropractic
2004-current Instructor: *Advanced Orthopedics and Biomechanics*, Logan College of Chiropractic
2004-current Motion Palpation Institute (faculty and board member)
2005-current Southern California University (faculty)
2006-current National University of Health Sciences (post-grad faculty)
2008-current Dynamic Neuromuscular Stability according to Pavel Kolar (faculty)
2007-current Rehabilitation of the Spine Diplomate (Craig Liebenson) three modules per session taught by Dr. Winchester

LICENSURE

State of Missouri, Chiropractic
State of Missouri, Acupuncture

COMMITTEES

President, Troy Rotary Club 2006-2007
President, Moscow Mills Chamber of Commerce 2004-2005

PROFESSIONAL INVITATIONS

Lectures given:

1. "Cervical and Thoracic Spine," Motion Palpation Institute, St. Louis, MO, June 17-18, 2004.
2. "Lumbo-Pelvis & Lower Extremity," Motion Palpation Institute, St. Louis, MO, May 12-13, 2005.
3. "Orofascial Rehab," SCU postgrad, Chicago, IL, Oct 15-16, 2005.
4. "Full Spine Palpation and Manipulation," Motion Palpation Institute, St. Louis, MO, Oct 28-29, 2005.
5. "Lumbar Pelvis," Motion Palpation Institute, St. Louis, MO, June 17-18, 2006.
6. "Chiropractic Rehab, Cervical Spine," SCU postgrad, Nashville, TN, March 18-19, 2006.
7. "Full Spine," Motion Palpation Institute, Davenport, IA, April 1-2, 2006.
8. "Gait way to Functional Exam and Treatment," Motion Palpation Institute, St. Louis, MO, November 4-5, 2006.
9. "Whiplash Functional Considerations," Motion Palpation Institute, Breckenridge, CO, Feb 23-25, 2007
10. "Linking the Upper Quarter to the Spine," Motion Palpation Institute, Davenport, IA, March 24-25, 2007
11. "Full Spine," Motion Palpation Institute, Stockholm, SWEDEN, May 11th, 2007.
12. "Extremities," Motion Palpation Institute, Stockholm, SWEDEN, May 12-13, 2007.
13. "Full Spine," Motion Palpation Institute, St. Louis, MO, February 10-11, 2007.
14. "Extremity Treatment and Functional Consid," Motion Palpation Institute, St. Louis, MO, June 23-24, 2007.
15. "Full Spine," Motion Palpation Institute, Davenport, IA, Aug 3-4, 2007.
16. "The Summit, DNF, T4 Extension, Anterior Abdominal Wall," NUHS, Chicago, IL, Sept 16-17, 2007.
17. "Lumbar Pelvis and Lower Extremity," Motion Palpation Institute, Seneca Falls, NY, Oct 27-28, 2007.
18. "Golf Rehabilitation," Motion Palpation Institute, Palm Springs, CA, Nov 9-11, 2007.
19. "Functional Screening in Practice," Motion Palpation Institute, St. Louis, MO, Nov 17-18, 2007.
20. "Ultimate Back Performance," Palmer Post-grad, Davenport, IA, Dec 9-10, 2007.
21. "Cervical Thoracic Assessment & Tx," Motion Palpation Institute, St. Louis, MO, Feb 23-24, 2008.
22. "Orofascial Rehabilitation," National University of Health Sciences, Chicago, IL, Mar, 2008.
23. "Linking the Upper Extremity to the Spine," Motion Palpation Institute, Portland, OR, April 26-27, 2008.
24. "Functional Perspectives in a Dynamic Model," Motion Palpation Institute, St. Louis, MO, July 19-20, 2008.
25. "Lumbar Pelvis & Lower Extremity," Motion Palpation Institute, Dallas, TX, July 26-27, 2008.
26. "Linking the Upper Extremity to the Spine," Motion Palpation Institute, Cincinnati, OH, Oct 4, 2008.
27. "Gaitway to the Lower Extremity," Central Institute for Human Performance, St. Louis, MO, Oct 25, 2008
28. "Cervical-Thoracic Assessment and Treatment," Motion Palpation Institute, Toronto, Canada, Jan 30-Feb 1, 2009
29. "Clinically Relevant Anatomy of the Temporomandibular Joint" Rehab Inst of Chicago, IL, Feb 12, 2009
30. "Dynamic Neuromuscular Stability and the Orofacial System," Rehab Inst of Chicago, IL, Feb 12, 2009
31. "Biopsychosocial Model and Parafunctional Activities," Rehab Inst of Chicago, IL, Feb 12, 2009
32. "Rehabilitation of the Lumbar Spine," National University Health Sciences, Chicago, IL, Feb 28-Mar 1, 2009
33. "Gaitway to the Lower Extremity," Motion Palpation Institute, Chicago, IL, March 28-29, 2009
34. "Functional Assessment of the Lower Quarter," Motion Palpation Institute, Dallas, TX, April 4-5, 2009
35. "Gaitway to the Lower Extremity," Bournemouth University, Bournemouth England, April 25-26, 2009
36. "Lumbar-Pelvis Assessment and Treatment," Motion Palpation Institute, Davenport, IA, May 30-31, 2009
37. "Lumbar-Pelvis Assessment and Treatment," Motion Palpation Institute, Kansas City, MO, June 13-14, 2009
38. "Functional Shoulder Mechanics," Motion Palpation Institute, St. Louis, MO, June 20-21, 2009
39. "Golf Rehabilitation," Motion Palpation Institute, Daytona, FL, Aug 7-9, 2009
40. "Cervical-Thoracic Assessment and Treatment," National University Health Sciences, Chicago, IL, Sept 12-13, 2009
41. "Orofascial Rehabilitation," National University Health Sciences, Chicago, IL, Oct 17-18, 2009

42. "Cervical Thoracic Assessment and Treatment," Motion Palpation Institute, St.Louis, MO, Oct 22, 2009
43. "Dynamic Stability," Motion Palpation Institute, Cincinnati, OH, Nov 7-8, 2009
44. "Lower Quarter Functional Exam and Treatment," Motion Palpation Institute, Portland, OR, Jan 23-24, 2010
45. "Considerations and Treatment of the Extremities," Motion Palpation Institute, Kansas City, MO, Feb 6-7, 2010
46. "Lumbar-Pelvis Assessment and Treatment," Motion Palpation Institute, Seneca Falls, NY, Feb 27-28, 2010
47. "Upper Quarter Functional Assessment," Motion Palpation Institute, Park City, UT, Mar 13, 2010
48. "Gaitway to the Lower Extremity," Angelo-European College of Chiropractic, Bournemouth, England, Mar 20-21, 2010
49. "MPI's Role in Manual Medicine," Motion Palpation Institute, Chicago, IL, Mar 27-28, 2010
50. "First Rib Considerations," Motion Palpation Institute, Chicago, IL Mar 27-28, 2010
51. "Extremity Considerations and Treatment," Motion Palpation Institute, Apr 10-11, 2010
52. "Sports Injuries and Functional Screening," National University Health Sciences, Apr 17-18, 2010
53. "TMD/Orofacial Treatment," Seattle, WA July 24, 2010
54. "The 'Why' of Inter-vertebral Disc Problems," Motion Palpation Institute, St.Louis, MO October 16-17, 2010
55. "The Lower Extremity Considerations and Treatment, Motion Palpation Institute, Chicago, IL November 20-21, 2010
56. "Dynamic Stability (treatment and exercise), Cincinnati, OH December 11-12, 2010
57. "Cervical-Thoracic Assessment and Treatment," Motion Palpation Institute, Seneca Falls, NY Jan 29-30, 2011
58. "Cervical and Thoracic Spine Dynamic Palpation and Treatment," Motion Palpation Institute, Feb 5-6, 2011
59. "Kinetic Chain Assessment and Treatment," Oklahoma St Chiropractic Independent Physicians Assoc, Oklahoma City, OH Feb 26-27, 2011
60. "The Lower Extremity, Functional Considerations," British Chiropractic Association, Leicester, England, Mar 5, 2011
61. "Gaitway to the Lower Extremity," Motion Palpation Institute, Chicago, IL, Mar 26-27, 2011
62. "Extremities: Functional Considerations and Treatment," Motion Palpation Institute, Toronto, CAN, Apr 2-3, 2011
63. "TMD, Oral Facial Treatment," National University Health Sciences, Apr 16-17, 2011
64. "Cervical Thoracic Assessment and Treatment," Motion Palpation Institute, Davenport, IA May 7-8, 2011
65. "Throwing and the Kinetic Chain," Motion Palpation Institute, St.Louis, MO June 4-5, 2011
66. "Gaitway to the Lower Extremity, Angelo-European College of Chiropractic, Bournemouth, England, Jul 9-10, 2011
67. "Adjustation: Chiropractic, The Need For Plasticity," Motion Palpation Institute, Sep 24-25, 2011
68. "Gaitway to the Lower Extremity," Motion Palpation Institute, Oct 22-25, 2011
69. "Introduction to DNS," Prague School, Vancouver, CAN ,Nov 4-6, 2011
70. "DNS, Reflex Locomotion, Stability," Cincinnati, OH Jan 7-8, 2012
71. "Lumbar Pelvis Assessment and Treatment," Motion Palpation Institute, Portland, OR Jan 28-29, 2012
72. "The Masters Series, Functional Treatment of the Shoulder," Motion Palpation Institute, Cincinnati, OH Feb 16, 2012
73. "Rehabilitation of the Lumbar Spine," National University Health Sciences, Feb 18-19, 2012
74. "Full Spine," Motion Palpation Institute, Santiago, Chile, Mar 8-11, 2012
75. "TMD/Orofacial Treatment," Kansas City, MO, July 28-29, 2012
76. "Treating the Golfer," Motion Palpation Institute, Chicago, IL, July 14-15, 2012
77. "TMD/Orofacial Treatment," Cincinnati, OH, Jan 10, 2013
78. "Increasing Pitching Performance," Columbus, OH, Jan. 19, 2012
79. "Dynamic Neuromuscular Stabilization Part A, Winnipeg, Canada, Jan 26-27, 2013
80. "TMD/Orofacial Treatment," Whitefish, MT, March 16, 2013
81. "Introduction to Dynamic Neuromuscular Stabilization," Santiago, Chile, Apr 5-7, 2013
82. "The Disc" Motion Palpation Institute, St.Louis, MO, July 13-14, 2013
83. "Adjustation," Motion Palpation Institute, Chicago, IL, September 28-29, 2013
84. "Establishment of Movement by Motor Control," Dynamic Neuromuscular Stabilization, Oslo, Norway, Oct 18, 2013
85. "Chronic Pain," Dynamic Neuromuscular Stabilization, Chicago, IL, Oct. 23, 2013
86. "Gaitway to the Lower Extremity," Bournemouth, England, Nov 2-3, 2013
87. "TMD and Orofacial Treatment," Calgary, Canada, Nov 16-17, 2013
88. "Gait," Motion Palpation Institute, St.Louis, MO, Jan 18-19, 2014
89. "Dynamic Neuromuscular Stabilization Part A" Kansas City, MO, 2014
90. "The Neurologic Examination," Motion Palpation Institute, Whitefish, MT, Mar 8, 2014
91. "TMD and the Cervical Spine," Nemacolin, PA, Mar 29, 2014
92. "Dynamic Neuromuscular Stabilization Part A, Santiago, Chile, Apr 10-13, 2014
93. "Introduction to DNS" Dublin, Ireland, May 29-31, 2014
94. "Extremities" MPI, Daytona Beach, FL, July 19-20, 2014
95. "Current Chiropractic Concepts" Davenport, IA, Aug 7, 2014
96. "Current Chiropractic Concepts" St.Louis, MO, Sept 27-28, 2014
97. "The Shoulder Complex" Columbus, OH, Oct 4-5, 2014
98. "TMD" Netherlands, Holland, Nov 18-19, 2014
99. "Dynamic Neuromuscular Stabilization Part B, Kansas City, MO, Jan 16-18, 2015
100. "Upper Dynamic Movement Assessment" MPI, Portland, OR, 2015
101. "Lower Dynamic Movement Assessment" MPI, St.Louis, MO, 2015
102. "Upper Dynamic Movement Assessment" MPI, Toronto, Canada, Feb 21-22, 2015
103. "Perfect Storm" MPI Business Management, Whitefish, MT, Mar 14-15, 2015
104. "DNS" Sports Summit, Chicago, IL, Mar 28-29, 2015
105. "Diversified: A systematic Review" Tor, Canada, Apr 18-19, 2015
106. "Gait," Bournemouth, England, Apr 25-26, 2015
107. "Current Chiropractic Concepts," Palmer Homecoming, San Jose, CA, May 2-3, 2015
108. "Lower Dynamic Movement Assessment," Motion Palpation Institute, San Jose, CA, May 30-31, 2015
109. "Gait and Running," Kansas City, MO, Jun 6-7, 2015
110. "TMD" St.Louis, MO, July 11, 2015
111. "TMD" Chicago, IL, Aug 1-2, 2015
112. "DNS Golf," St.Louis, MO, Sept 11-13, 2015
113. "Upper Dynamic Movement Assessment" Motion Palpation Institute, Seneca Falls, NY, Oct 3-4, 2015
114. "Full Spine Manipulation" Wisconsin Dells, WI, Sept 19-20, 2015
115. "Full Spine" Motion Palpation Institute, Amsterdam, Holland, Oct 24-25
116. "Dynamic Neuromuscular Stabilization Baseball, Bradenton, FL, Nov 6, 2015

Instructor Name: Dr. Josh Satterlee
Course Title: Supercharge Your New Patient History
2 Hour Course

Course Description:

Many chiropractors often unknowingly take an inaccurate patient history. At the same time, patients complain that they aren't heard, and their doctor never listens. This, unfortunately, leads to patients stopping their care plan. The research indicates that both of these issues are from the same source. Join us to learn three simple fixes to prevent these issues from happening in your clinic.

Learning Objectives:

- 1- Attendees will understand the challenges to accuracy in a Patient History
- 2- Attendees will be able to identify the common pitfalls in patient histories
- 3- Attendees will be able to identify current trends in the research that apply to chiropractors
- 4- Attendees will practice these newfound skills in a safe learning environment

Course Outline:

- 0-15: Discuss the problem of an inaccurate history
- 15-45: Highlight current research around accurate history taking
- 45-60: Present solutions for the modern provider
- 60-75: Q and A around the research and solutions
- 5-90: Practice drill 1- Non-Verbal Communication with a partner
- 90-105: Practice drill 2- Reassurance and Listening with a partner
- 105-115: Practice drill 3- Validating the Patient and Reviewing the Patient's History
- 115-120: Closing and Thanks

Joshua Satterlee, DC

Chiropractor

Certified Active Release Techniques Provider
Certified Functional Movement Systems Provider
Certified Golf Medical Provider

Personal Data:

Birthplace: Los Angeles, CA
Birthdate: November 7th, 1977
Marital Status: Married

Education:

Montana State University- Bozeman

Studied for BS: Biomechanics/Exercise Science
1996-2002

Southern California University of Health Sciences

Graduate, Doctor of Chiropractic program
2003-2006

Board Certification:

Nevada Board of Chiropractic Examiners

March, 2007
License: Active

Additional Training:

Active Release Techniques

Full-Body Certification
2008

Titleist Performance Institute

Medical Level 3 Certification
2011

Functional Movement Systems

SFMA Certified
2012

Teaching Positions:

Titleist Performance Institute

Instructor, 2012- Present

Functional Movement Systems

SFMA National Instructor, 2012- Present

North American Institute of Sports Medicine

National Instructor, SFMA, Foundation to Function
2012 to Present

Active Release Techniques

Assistant Instructor, 2011-2015

The Testosterone Switch: Three Science Based Steps to Improve Musculoskeletal Health and Vitality

Kyl Smith, DC

2 Hour Session Outline

Chronic stress in otherwise healthy older men has been shown to contribute to a loss of musculoskeletal integrity, an increase in chronic aches and pain, and may contribute to imbalances in hormones within the normal range that trigger fatigue, tiredness, and loss of motivation/productivity. In this session, DC's will learn how to direct staff and patients to mitigate the negative effects of chronic stress to improve musculoskeletal health and decrease chronic pain. This session will explore both the fundamental mechanisms of glucocorticoid signaling and provide three lifestyle improvements that can serve to positively impact musculoskeletal health.

Outline:

1st 15-Minute Increment

The 1st 15-minute increment of this 2-hour session is intended to introduce our brief review of the peer-reviewed scientific literature regarding chronic stress and its impact on the physiology of the musculoskeletal system in otherwise healthy adults.

Discussion points: Acute and chronic stress affecting the physiology of the chiropractic patient. Acute or chronic stress, with accompanying increased cortisol dramatically shifts physiological balance and may weaken the musculoskeletal system and predispose patients to chronic aches and pain.

Publications Cited:

Ikumi Yanagita, et al. A High Serum Cortisol/DHEA-S Ratio Is a Risk Factor for Sarcopenia in Elderly Diabetic Patients. *J Endocrinology Soc.* 2019 Mar 5;3(4):801-813. doi: 10.1210/js.2018-00271. eCollection 2019 Apr 1.

High serum testosterone is associated with reduced risk of cardiovascular events in elderly men. The MrOS (Osteoporotic Fractures in Men) study in Sweden. Ohlsson C., et al., *J Am Coll Cardiol.* 2011 Oct 11;58(16):1674-81.

A novel use for testosterone to treat central sensitization of chronic pain in fibromyalgia patients. White HD., Robinson TD. *International Immunopharmacology.* Volume 27, Issue 2, August 2015, Pages 244-248

Age-Related Hormones Changes and Its Impact on Health Status and Lifespan. Biagetti, B., Puig-Domingo M. *Aging Dis.* 2023 Jun 1; 14(3): 605–620.

2nd 15-Minute Increment

The 2nd 15-minute increment of this 2-hour session reviews the peer-reviewed scientific literature regarding the impact of the glycemic index of the diet as well as the impact of exercise as lifestyle factors that can significantly improve insulin sensitivity in otherwise healthy adults.

Discussion Points: The excess consumption of simple carbohydrates will promote proliferation and differentiation of preadipocytes, further enhancing central adiposity. Managing Glycemic Loads (grams of both simple sugars and carbohydrates per meal) may become a critical factor to manage through lifestyle improvements for certain populations of aging men and women.

Publications Cited:

Origins and evolution of the Western diet: health implications for the 21st century. Cordain et al., *Am J Clin Nutr.* 2005 Feb;81(2):341-54. doi: 10.1093/ajcn.81.2.341.

Glade MJ, Smith K. A glance at... glycemic index. *Nutrition*, Volume 31 (2015), Issue 3 , 539–541.

3rd 15-Minute Increment

The 3rd 15-minute increment of this 2-hour session continues to review the seminal peer-reviewed scientific paper referenced below that details seven factors of the modern western diet that have recently changed. The down regulating effects of these factors on hormonal health are briefly discussed.

Discussion Points: The glycemic load of the western diet; fatty acid composition; macro-nutrient composition; micro-nutrient density; acid-base balance; sodium-potassium ratio; and fiber content all potentially affecting musculoskeletal health.

Publications Cited:

Origins and evolution of the Western diet: health implications for the 21st century. Cordain et al., *Am J Clin Nutr.* 2005 Feb;81(2):341-54. doi: 10.1093/ajcn.81.2.341.

4th 15-Minute Increment

The 4th 15-minute increment of this 2-hour session reviews the peer-reviewed scientific literature regarding chronic stress and the hormone cortisol in healthy exercising adults. The emphasis in this and the next 15-minute section shifts to the many significant benefits of daily exercise and the associated benefit of counteracting the negative effects of cortisol while improving insulin sensitivity.

Discussion Points: A single bout of moderate to high-intensity exercise (cycling, running) to exhaustion or near-exhaustion produces an immediate short-term increase in whole-body insulin sensitivity in healthy untrained men. Even more beneficial, daily lifestyle modifications including high-intensity exercise has the capacity to increase insulin sensitivity and improve blood sugar regulation within just seven days. In addition, high-intensity exercise to exhaustion or near-exhaustion produces improvements in both hormone profiles and musculoskeletal integrity that may translate to decreased chronic aches and pain in otherwise healthy men.

Glade MJ, Smith K. A glance at ... exercise and glucose uptake. *Nutrition*, Volume 31 (2015), Issue 6, 893–897.

5th 15-Minute Increment

The 5th 15-minute increment of this 2-hour session reviews three peer-reviewed journal articles cited below that introduce double-blind placebo-controlled clinical trials showing methods to lower cortisol levels in healthy exercising adults.

Discussion Points: Improvements in perceived wellbeing; Improved exercise capacity during high intensity cycling; Naturally occurring increases in testosterone due to moderate intensity exercise in otherwise healthy men; Reduced perceived muscle soreness and improved recovery after exercise.

Publications Cited:

Jager R, et al., Phospholipids and sports performance, *Journal of the International Society of Sports Nutrition*. 2007;4:5-15

Starks MA, Starks SL, Kingsley M, Purpura M, Jäger R. The effects of phosphatidylserine on endocrine response to moderate intensity exercise. *J Int Soc Sports Nutr*. 2008; 5: 11.

Glade MJ, Smith K. Oxidative stress, nutritional antioxidants, and testosterone secretion in men. *Ann Nutr Dis Ther* 2015;2:1019.

6th 15-Minute Increment

The 6th 15-minute increment of this 2-hour session explores the natural lifestyle improvements previously discussed and their direct and indirect effects on naturally improving deep sleep and REM sleep quality. Recent science shows improvements in sleep quality directly translate to decreases in pain and better musculoskeletal integrity.

Discussion Points: How to quickly bring value to patients by guiding them to implement simple techniques that improve sleep quality. The potential benefits of tracking sleep quality and duration.

Chun MY, et al., Association between sleep duration and musculoskeletal pain: The Korea National Health and Nutrition Examination Survey 2010-2015. *Medicine* (Baltimore). 2018 Dec;97(50):e13656.

Whale K, Gooberman-Hill R. The Importance of Sleep for People With Chronic Pain: Current Insights and Evidence. *JBMR Plus*. 2022 Jun 17;6(7):e10658.

7th 15-Minute Increment

The 7th 15-minute increment of this 2-hour session provides a brief look into problems associated with sleep loss and poor sleep quality in young and older otherwise healthy adults. The content includes a comparison of sleep-wake patterns in young versus older adults and discusses emerging lifestyle factors that can aid in improving deep and REM sleep ultimately contributing to better health and a natural reduction in pain.

Discussion Points: Natural factors associated with improvements in deep sleep for otherwise healthy older adults. Deep or slow wave sleep is the phase essential for muscle recovery and restoring natural hormone balance. This phase accounts for 40% of total sleep time, and during this phase the body repairs.

Barrett-Connor E, et al., Osteoporotic Fractures in Men Study Group. The association of testosterone levels with overall sleep quality, sleep architecture, and sleep-disordered breathing. *J Clin Endocrinol Metab*. 2008 Jul;93(7):2602-9.

Madan Jha V. The prevalence of sleep loss and sleep disorders in young and old adults. *Aging Brain*. 2022 Dec 19;3:100057.

8th 15-Minute Increment

The 8th 15-minute increment of this 2-hour session concludes the peer-reviewed scientific literature review of the glycemic index of the diet; the timing and benefits of certain types of exercise; the importance and many benefits of healthy restorative sleep; reviews phytonutrients that support a healthy HPA axis or stress response and builds on the multiple ways to improve hormone balance and insulin sensitivity in otherwise healthy adults.

Discussion Points: Introducing patients to the multiple lifestyle factors that support a healthy stress response including a low-glycemic diet to improve insulin sensitivity, the benefits and timing of daily exercise, and phytonutrients that may support a healthy HPA axis for chronically stressed otherwise healthy men.

Publication Cited:

Examining the effect of *Withania somnifera* supplementation on muscle strength and recovery: a randomized controlled trial. Wankhede, S., et al., *J Int Soc Sports Nutr*. 2015 Nov 25;12:43.

Jens Freese, et al. The sedentary (r)evolution: Have we lost our metabolic flexibility?
Institute of Outdoor Sports and Environmental Science, German Sports University
Cologne, Cologne, 50933, Germany. *F1000Research* 2018, 6:1787 Last updated: 02
FEB 2018



Kyl L. Smith, DC

CONTACT INFORMATION:

Creative Health
4251 FM 2181 #230-515
Corinth, Texas 76210
Phone (940) 497-8211 Fax (940) 497-8217 E-Mail: kylsmith@mac.com

EDUCATION:

Music Major: Berklee College, Boston, Massachusetts
1987 – 1989

Basic Science: North Lake College, Irving, Texas
1989 – 1990

Doctor of Chiropractic: Parker University, Dallas, Texas
1990 – 1993 (Graduating Class: September, 1993)

STATE LICENSE:

Texas Board of Chiropractic Examiners License #6257
Received: September 1993

AWARDS / RECOGNITION:

- 2005 Recipient of the James Lind Scientific Achievement Award – Acknowledges the accomplishments of those who have contributed to the scientific advancement of natural medicine and are helping to reshape the very structure of American health care.
- 2008 recipient of the Dr. James W. Parker Award.
- 2014 – 2017: Member of the Presidential Advisory Council at Parker University, Dallas, Texas.

ACCOMPLISHMENTS / PROFESSIONAL HIGHLIGHTS:

Author of Four Books:

- *The Omega-3 Solution*, Kyl L. Smith, D.C., Brighter Mind Media Group, Ltd.
- *The GPC Solution*, Kyl L. Smith, D.C., Brighter Mind Media Group, Ltd.
- *Brighter Mind*, Kyl L. Smith, D.C., Brighter Mind Media Group. Ltd.
- *The Testosterone Switch*, Kyl L. Smith, D.C., Brighter Mind Media Group. Ltd.

Co-Published Four Papers in Peer-Reviewed Research Literature:

- Glade MJ, Smith K. Oxidative stress, nutritional antioxidants, and testosterone secretion in men. *Ann Nutr Dis Ther* 2015;2:1019. <http://austinpublishinggroup.com/nutrition-metabolism/>
- Glade MJ, Smith K. Phosphatidylserine and the human brain. *Nutrition*, Volume 31, Issue 6 , 781–786. [http://www.nutritionjrn.com/article/S0899-9007\(14\)00452-3/abstract](http://www.nutritionjrn.com/article/S0899-9007(14)00452-3/abstract)
- Glade MJ, Smith K. A glance at ... exercise and glucose uptake. *Nutrition*, Volume 31 , Issue 6 , 893–897. [http://www.nutritionjrn.com/article/S0899-9007\(14\)00521-8/abstract](http://www.nutritionjrn.com/article/S0899-9007(14)00521-8/abstract)
- Glade MJ, Smith K. A glance at... glycemic index. *Nutrition*, Volume 31, Issue 3 , 539–541. <http://www.nutritionjrn.com/article/S0899-9007%2814%2900451-1/abstract>

TEACHING / PUBLIC SPEAKING EXPERIENCE:

Date	Location	Title	CE
9/6/08	Boise ID	"Natural Methods To Improve Cognitive Function."	6 Hours
9/13/08	Portland OR	"Natural Methods To Improve Cognitive Function."	6 Hours
9/20/08	Seattle WA	"Natural Methods To Improve Cognitive Function."	6 Hours
10/19/08	Dallas TX	"Natural Methods To Improve Cognitive Function."	6 Hours
6/26/09	Dallas TX	"The Power of Brain Based Nutrition."	2 Hours
9/24/10	Las Vegas NV	"You Can Write A Book."	N/A
9/24/11	Dallas TX	"Nutritional Influences on Cognitive Function."	4 Hours

Neurodynamic Solutions Part II

1:00 pm - 3:00 pm (2 hours)

Michael Shacklock

Summary

The content provided draws extensively from Michael Shacklock's renowned manual, "Clinical Neurodynamic," a best-selling textbook published by Elsevier in 2005, and subsequent research that has enriched and expanded upon its foundational principles. The primary objectives are to introduce clinicians to the fundamental concepts of neurodynamic and their practical application in clinical settings, forming the basis for accurate diagnoses and effective treatment of patients with neurodynamic disorders. Emphasis is placed on empowering clinicians to create safe and tailored management strategies for such disorders, fostering a comprehensive understanding of both general and specific neurodynamic mechanisms. By aligning theoretical knowledge with practical application, this material serves as a valuable resource for clinicians seeking to enhance their expertise in the nuanced realm of clinical neurodynamic.

Objectives:

How perform neurodynamic tests

- Make a neurodynamic diagnosis.
- How to select treatment progressions from low to high functional levels.
- Manual precision of neurodynamic technique.
- How to detect contraindications/red flags for neurodynamic.

Outline:

Neurodynamic Solutions Part II

1:00 pm - 3:00 pm (2 hours)

- 15 mins - Specific neurodynamic - principles and regional variations of mechanical function of the nervous system according to local anatomy and biomechanics.
- 15 mins - Spinal canal biomechanics related to neurodynamic mechanisms: canal and foramen opening/closing mechanisms, neural tension/sliding mechanisms.
- 15 mins - Innervated tissue mechanisms, studies on neurogenic inflammation and causes by peripheral neuropathy and radiculopathy, altered inflammation due to nerve disorders.
- 15 mins - construction of neurodynamic tests from neurodynamic mechanisms established with recent research studies, how to manually reduce force on nerve roots for pain relief.
- 15 mins - Neurodynamic tests in diagnosis, recent research on sensitivity and specificity, likelihood ratios when compared with medical gold standards; electrophysiology and radiological imaging.

- 15 mins - Method of neurodynamic tests: diagnostic algorithm
- 15 mins - Performance of neurodynamic tests, upper limb neurodynamic tests: 1
 - cervical nerve roots, brachial plexus/median nerve, 2 - median nerve without shoulder abduction, ulnar nerve, radial nerve.
- 15 mins - Straight leg raise; slump tests; fibular, tibial, sural neurodynamic tests.

Curriculum Vitae - Summary

Michael Shacklock

Qualifications

Diploma in Physiotherapy - 1980, Auckland Technical Institute (now Auckland University of Technology)

Graduate Diploma in Advanced Manipulative Therapy - 1989, University of South Australia, Diploma in Physiotherapy

Master of Applied Science, University of South Australia - 1993, dissertation on his discovery of neurodynamic sequencing.

Fellow of the Australian College of Physiotherapists (by original contribution, monograph), 2007, under the auspices of the Australian Physiotherapy Association.

Current: PhD candidate, University of Eastern Finland. Title: Positional Reduction of Force in the Lumbar Nerve Root for Pain Relief in Lumbar Radiculopathy.

Professional Activities

Creator: Neurodynamics approach to diagnosis and treatment of musculoskeletal disorders with a neural aspect.

Books published:

Shacklock M 1995 (Ed.) Moving in on Pain, Butterworth-Heinemann (Sydney) 1995.

Shacklock M (Ed.) 2007 Biomechanics of the Nervous System: Breig revisited. Neurodynamic Solutions, Adelaide, Australia.

Clinical Neurodynamics: A New System of Treatment, Elsevier, Oxford, peer reviewed by Australian College of Physiotherapists (2007).

In clinical practice since 1981.

Lectures and teaches globally.

Awards

Musculoskeletal Physiotherapy Association: Best presenter, students' Association.

Fellow of Australian College of Physiotherapists, Australian Physiotherapy Association for book: Clinical Neurodynamics.

Collaborator: Young Investigator Award, Spine journal; International Association for the Study of the Lumbar Spine 2014, 2017, won by Marinko Rade.

Collaborator: Finnish Spine Society, Young Investigator Award 2014, 2017, won by Marinko Rade.

Visiting Professor, Barcelo University Institute, Buenos Aires, Argentina, August 2015.

Reviewer and Editor: past and present

Musculoskeletal Theory and Practice (formerly Manual Therapy)

Journal of Manual and Manipulative Therapy - 2016, Associate Editor and Reviewer

Physiotherapy Research Foundation (Australia)

World Congress for Physical Therapy (WCPT)

Physical Therapy in Sport

Named Lectures

Kenneth Balfour Lecture, PhysioFirst National Annual Conference.

Gregory Grieve Memorial Lecture, Musculoskeletal Association of Chartered Physiotherapists, UK.

Dr Alf Breig Memorial Lecture, Orthopaedic Manual Therapy Section of the Swedish Association of Physiotherapists.

Peer-reviewed Publications

Peer reviewed research - 40 articles.

Peer-reviewed journals - 13.

Chapters in books - 15.

Consulting and Teaching - Elite Sports Institutes

Chicago Bulls basketball club, USA

Aspetar Sports Medicine Clinic, Doha, Qatar

Speaker Name: Simon Wang

Course Title: The Science of the Pop. Exploring Expectations, Cavitations, & Spine Biomechanics

Course Description

During this one-hour lecture, we will discuss the wonderful pop sound heard during an adjustment, the spine mechanics that create the sound, factors that affect it, and what it means to patients and doctors. The goal is to give attendees a deep understanding of the unique sounds that accompany spinal adjustments.

Learning Objectives

- Describe the mechanisms underlying the audible cavitation
- Understand the effect of patient and doctor expectations
- Understand spine biomechanics and joint gapping during adjustments

Outline (15 min increments)

What is that popping sound? 15 minutes

- A. Introduction
- B. Sound transmission, cavitations & tribonucleations
- C. Refractory period and facet joint pressure

Does the pop sound matter? 10 minutes

- A. Frequency of joint cavitations
- B. Patient and provider beliefs and expectations
- C. Audible pops and patient outcomes

Spine Biomechanics and joint gapping 25 minutes

- A. Functional anatomy of the spine
- B. Biomechanics of the adjustment
- C. Joint gaping locations by adjustment

Putting knowledge into practice 10 minutes

- A. How to apply spine biomechanics
- B. Choosing where to adjust
- C. Enabling patient movement and healing

Curriculum Vitae September 2022

1) Name

Simon Wang, Assistant Professor
Canadian Memorial Chiropractic College
Undergraduate department
6100 Leslie Street, Toronto, ON M2H 3J1
(416) 482-2340 x248
swang@cmcc.ca

2) Degrees & Education

2018 Mental Health First Aid, CMCC, Toronto, Ontario
2017 Teacher Education Program (TEP), CMCC, Toronto, Ontario
2008 Doctor of Chiropractic, Canadian Memorial Chiropractic College, Toronto, Ontario
2004 Master of Science (Kinesiology), University of Waterloo, Waterloo, Ontario
2002 Bachelor of Science (Kinesiology), University of Western Ontario, London, Ontario

3) Employment History

2022 to present	Chair, Chiropractic Therapeutics department, Canadian Memorial Chiropractic College (CMCC). Appointment involves oversight of curricular content and improvement, interdepartmental communication, implementation of strategic themes and being an example of faculty expectations.
2018 to 2022	Chair, Clinical Diagnosis department, Canadian Memorial Chiropractic College (CMCC). Appointment involves oversight of curricular content and improvement, interdepartmental communication, implementation of strategic themes and being an example of faculty expectations.
2013 to present	Private practice, Balanced Body Active Health Centre, Toronto, Ontario
2008 to present	Assistant Professor teaching in Biomechanics, Clinical Diagnosis, Clinical Education, Chiropractic Principles and Practice, and Chiropractic Therapeutics departments, Canadian Memorial Chiropractic College (CMCC). This appointment involves course content development, course coordination, lecturing, and tutoring small groups and labs. It also includes performing as a Grand Rounds clinician. This appointment includes roles as a primary investigator as well as a mentorship role for student researchers.
2021, Aug.-Nov.	Consultant, Parker University, Dallas, Texas
2020, March 2019, November 2018, June	Lead instructor for SIM Lab Technique Workshop – Thoracic Spine. (FSTT®) CMCC Continuing Education.

2010, April	Supervising Clinician for Dominican Republic Outreach Program, Canadian Memorial Chiropractic College (CMCC). This appointment involved direct supervision of interns as they treated patients.
2009 to 2016	Private practice, Core Health Care Ellesmere, Toronto, Ontario
2009 to 2013	Sessional Instructor, Biomechanics and Ergonomics, University of Ontario Institute of Technology. This appointment involved course content development, course coordination, lecturing and lab coordination.
2009 to 2010	Private practice, Sports Medicine and Rehabilitation, Barrie, Ontario

4) Honours

2021	Students' Council Outstanding Presenter Award, CMCC
2020	Internal Research Support Fund Award recipient, CMCC
2019	WFC – IBCE Third Place Overall Poster Award
2019	Internal Research Support Fund Award recipient, CMCC
2018	Internal Research Support Fund Award recipient, CMCC
2018	Students' Council Outstanding Presenter Award, CMCC
2017	William D. Peek Memorial Award for Excellence in Teaching, CMCC
2017	Internal Research Support Fund Award recipient, CMCC
2016	Students' Council Outstanding Presenter Award, CMCC
2013	Students' Council Outstanding Presenter Award, CMCC
2008	Judy Ladell Memorial Award, CMCC – Class Valedictorian
2008	Dr. Michael Brickman Memorial Graduation Award, CMCC
2007	CMCC Students' Council Leadership Award
2006	CMCC Raymond Moss Award
2006	CMCC/CIHR Health Professional Student Research Award
2003	NSERC Postgraduate Scholarship A
2002	Ontario Graduate Scholarship

6) Teaching Experience - past 5 years

Clinical Application of Biomechanics (AN 3203): Ergonomics at home, workplace and activities of daily living in a lecture (11 hours) format. Role: Lecturer

Foundations of Spinal Manipulation and Manual Therapies (CP 2203): This course teaches the fundamental science behind manual therapy in a lecture (36 hours) format and encompasses the online entrepreneurship course (15 hours). Role: Coordinator, Lecturer

Basic Body Mechanics (AN 1103): This course teaches the basic biomechanical principles and properties of the spine in a lecture (85 hours) format. Role: Coordinator, Lecturer

Grand Rounds Clinician (CE 1101, 2203). Grand rounds are real-life clinical interactions of conducting a history, physical, report of findings and treatment completed by a clinician and observed/some interaction by the students.

Resource teaching in multiple clinical skills labs and small group classes in years 1-3. Clinical Education, Chiropractic Skills, Diagnosis, and Orthopaedics. Role: Small Group/Lab tutor

Speaker Name: Dana Hollandsworth

Course Title: Optimize Your Adjusting Biomechanics & Adjust Like an Athlete

Course Description

This one hour in person course will discuss how biomechanical principles of the patient and doctor can be optimized for adjusting efficiency of the chiropractor. New technology allows the objective measurement of force production and speed of a High-Velocity Low-Amplitude (HVLA) impulse. Combining this technology with human biomechanics provides opportunities to revisit a chiropractor's approach to adjusting. The principles discussed will provide any chiropractor with applicable tools to harness their own power when delivering an adjustment.

Learning Objectives

- Interpret a High-Velocity Low-Amplitude (HVLA) force-time graph.
- Understand biomechanical movement strategies to modulate HLVA force output.
- Understand and apply biomechanical movement strategies to work with Newton's Laws in adjusting.

Outline (15 min increments)

15 minutes for each number

- 1) Introduction, Basic Terminology, and Mechanical Forces
 - a) Biomechanics review
 - b) Orthogonal listings review
 - c) Types of forces and effects on connective tissues
- 2) Newton's Laws and the Adjustive Thrust Force-Time Graph
 - a) Basic application of Newton's laws to adjusting
 - b) Discuss common HVLA force-time graph terms and interpretation
 - c) Line of drive graphical interpretation and review of research
- 3) Adjusting Forces and Application Discussion
 - a) Discussion of regional application of Newton's laws and strategies to modulate the application of forces used in HVLA adjusting
 - i) Cervical
 - ii) Thoracic
 - iii) Lumbar
- 4) Force Modulation Strategies and Graphical Output Discussion
 - a) Discuss how modulating adjusting forces are objectively measured in graphical representation when the above principles are applied and what research is finding.
 - i) Force
 - ii) Line of drive/vectors
 - iii) Speed of impulse

DANA M. HOLLANDSWORTH, DC, MS, cAVCA
1634 Ash Ln
Corinth, TX 76210
(847) 209-7717
danahollandsworthdc@gmail.com

Education

May 2021	Texas A&M Univ. Commerce , Commerce, TX. Master of Science in Higher Education Administration
April 2010	Parker College of Chiropractic , Dallas, TX. Doctor of Chiropractic
December 2006	University of Illinois at Chicago , Chicago, IL. Bachelor of Science in Movement Science (Kinesiology)

Certifications and Course Completions

September 2022	Certified in Animal Chiropractic by the Animal Chiropractic Certification Commission of the American Veterinary Chiropractic Association (AVCA) Bluejacket, OK
July 2022	Parker University, Dallas, TX Animal Chiropractic 220-hour certification
Sept 2019	Mayo Clinic, Rochester, MN Simulation Instructor Development: Comprehensive Course Completion
July 2014	Metagenics, Chicago, IL First Line Therapy Practitioner certification
May 2012	National University of Health Sciences, Lombard, IL Acupuncture 300-hour certification
August 2009	Parker College of Chiropractic, Dallas, TX Bioenergetic Synchronization Technique certification
June 2009	International College of Applied Kinesiology Professional Applied Kinesiology 100-hour certification

Awards/Honors

August 2021	Faculty Executive Council Faculty of the Year Award Parker University
January 2021	Five Year Service Award Parker University
August 2021, April 2021, Dec 2020, Dec 2018	Honored Faculty Award from the Graduating Class Parker University

October 2018	Parker Alumni Association Faculty of the Year Parker University
April 2018	Distinguished Educator of the Year Award Parker University
June 2013 – June 2014	Presidential Service Award Rotary Club International- Schaumburg-Hoffman Estates
June 2011 – June 2012	Rookie of the Year Award Rotary Club International- Schaumburg-Hoffman Estates

Work Experience

September 2022-present	Professor, Parker University, Dallas TX Courses: Science and Philosophy of the Vertebral Subluxation Complex, Foundations of Chiropractic, and Full Spine Adjusting Labs
August 2019- August 2022	Associate Professor, Parker University, Dallas TX Courses: Force Sensing Table Technology (Simulation Lab) Instructor and Lab Coordinator (2016-2020), Science and Philosophy of the Vertebral Subluxation Complex, Foundations of Chiropractic, Ob/Gyn/Pediatrics (Fall 2021-Winter 2022) and Full Spine Adjusting Labs
July 2019- Present	Chair, Department of Chiropractic Sciences, Parker University, Dallas TX
June 2019-July 2019	Interim Chair, Department of Chiropractic Sciences, Parker University, Dallas TX
March 2017-Present	Part-Time Faculty, Continuing Education Animal Chiropractic Program, Parker University, Dallas TX Instructor and Lab Coordinator for FSTT labs related to the Animal Chiropractic program.
January 2016 – August 2019	Assistant Professor, Parker University, Dallas, TX Courses: Force Sensing Table Technology (Simulation Lab) Instructor and Lab Coordinator focused on integrating the Technique Department courses in Trimesters 1-7, Science and Philosophy of the Vertebral Subluxation Complex, Chiropractic Methods 1, Clinical Biomechanics & Motion Palpation, Communications, and Full Spine Adjusting Lab I, II, & III
January 2011-January 2016	Sole Proprietor, Functional Health Chiropractic, LLC. Schaumburg, IL
January 2011- January 2016	Adult Continuing Education Instructor, High School District 211, Schaumburg and Wheaton Park Districts, and Schaumburg and Elk Grove Village Libraries Schaumburg, Wheaton, and Elk Grove Village, IL

Instructor: Richard Harris II, MD

Course Title: Myth Busters: Supplement Edition

Course Description:

The supplement industry is a multi-billion dollar industry and is expected to grow globally by 9% per year until 2030. Targeted supplementation based on human clinical trials can be of great benefit. Still, the industry can be the Wild West regarding claims and processes by companies and influencers.

We will discuss and shed light on some of my favorite supplement myths in a classic myth busters style. Is there any truth to some of these myths? Come and find out with your myth-busting host, Dr. Harris.

Learning Objectives:

How the supplement industry is regulated

How to choose a quality supplement

How to evaluate language regarding supplements

Course Outline

0-15 minutes

Supplement industry regulation

DSHEA ACT

FDA Regulation

15-30 minutes

Supplement best practices

How to pick a quality supplement

30-45 minutes

Supplement myths - breakdown of several myths based on the data

45-60 minutes

Research Findings and Question and Answers

Hello, my name is

RICHARD HARRIS

MD, PHARM D, MBA

CLINICAL EXPERIENCE

Kelsey - Seybold Clinic/Village MD - Houston, Texas

Internal Medicine Physician

July 2016 - May 2018 June 2021 - Present

September 2021 - Present

- FT initially at Kelsey-Seybold
- Now working as a Per Diem physician

TeamHealth/Memorial Hermann Medical Group - Houston, Texas

PT Hospitalist

June 2018 - Feb 2021

- Provided inpatient care to med/surg, ICU, & MICU patients

The University of Texas M.D. Anderson Cancer Center - Houston, Texas

Inpatient Pharmacist

July 2008 - August 2009, June 2010 - August 2011

- Dispensing medications prescribed by providers

ENTREPRENEURIAL EXPERIENCE

Harris Medical Consultants, LLC

Founder

March 2021 - Current

- Services include content creation, business development, MSL, professional speaking, and clinical advising
- Current clients include Rootine, Script Health, CBD Health Collection, Gaia Herbs, Nimbus Healthcare, PGX Ally, Live Chair Health, & Fluent

40 Acres Fund, LLC

Co-Founder

March 2021 - Current

- Impact fund targeting small startups globally that have a direct social impact

Nimbus Healthcare Corporation

CMO

March 2021 - Current

- Personalized medicine applying genetics and biomarkers to hair restoration and hormone optimization

Great Health and Wellness, PLLC

Founder

March 2018 - Current

- Host of the Strive for Great Health Podcast, a lifestyle, wellness, and mindset podcast
- Holistic lifestyle medicine online courses, nutrigenomic & metabolic testing, GI mapping, and food allergy testing for clients

ABOUT ME

I am a physician, pharmacist, and entrepreneur who is focused on creating informed health consumers and scalable efficiency in medicine to improve the daily lives of healthcare consumers and healthcare professionals.

MY CONTACT

Cell:

(512) 913-1401

Email:

rharris701@gmail.com

Social Media:

@drharrismd

Address:

3139 W Holcombe Blvd PMB 8051
Houston, Texas 77025

Hello, my name is

RICHARD HARRIS

MD, PHARM D, MBA

EDUCATION

The University of Houston - Houston, Texas

Masters of Business Administration, Global Leadership

July 2018 - May 2020

The University of Texas Medical Branch - Galveston, Texas

Internal Medicine Residency

June 2013 - June 2016

McGovern School of Medicine - Houston, Texas

Doctor of Medicine

August 2008 - May 2013

The University of Texas at Austin - Austin, Texas

Doctor of Pharmacy

August 2001 - May 2008

LEADERSHIP

Parker University Board of Trustees

Member Academic Committee

Nov 2021 - Current

- Supports the executive team with oversight of high level strategies for the university

Life and Breath Foundation

Board of Directors & Clinical Advisory Board

July 2020 - Current

- Supporting patients and their families with sarcoidosis

West Houston Leadership Institute

Lifetime Member

Jan 2018 - Current

- Community leadership organization focused on civic engagement

Karma International, Houston Chapter

Membership Chair & Vice President

April 2017 - Feb 2020

- Private membership organization for social and professional networking

ABOUT ME

I am a physician, pharmacist, and entrepreneur who is focused on creating informed health consumers and scalable efficiency in medicine to improve the daily lives of healthcare consumers.

MY CONTACT

Cell:

(512) 913-1401

Email:

harrismedicalconsultants@gmail.com

Social Media:

[@drharrismd](#)

Address:

3139 W Holcombe Blvd PMB 8051
Houston, Texas 77025

Neurodynamic Solutions Part III

3:30 pm -4:30 pm (1 hour)

Michael Shacklock

Summary

The content provided draws extensively from Michael Shacklock's renowned manual, "Clinical Neurodynamic," a best-selling textbook published by Elsevier in 2005, and subsequent research that has enriched and expanded upon its foundational principles. The primary objectives are to introduce clinicians to the fundamental concepts of neurodynamic and their practical application in clinical settings, forming the basis for accurate diagnoses and effective treatment of patients with neurodynamic disorders. Emphasis is placed on empowering clinicians to create safe and tailored management strategies for such disorders, fostering a comprehensive understanding of both general and specific neurodynamic mechanisms. By aligning theoretical knowledge with practical application, this material serves as a valuable resource for clinicians seeking to enhance their expertise in the nuanced realm of clinical neurodynamic.

Objectives:

How perform neurodynamic tests

- Make a neurodynamic diagnosis.
- How to select treatment progressions from low to high functional levels.
- Manual precision of neurodynamic technique.
- How to detect contraindications/red flags for neurodynamic.

Outline:

Neurodynamic Solutions Part III

3:30 pm -4:30 pm (1 hour)

- 15 mins - Method of treatment - first aid, rehab, performance for neurodynamic disorders
- 15 mins - Diagnostic categories - interface, neural, innervated tissues
- 15 mins - Case histories
- 15 mins - Contraindications and red flags.

Curriculum Vitae - Summary

Michael Shacklock

Qualifications

Diploma in Physiotherapy - 1980, Auckland Technical Institute (now Auckland University of Technology)

Graduate Diploma in Advanced Manipulative Therapy - 1989, University of South Australia, Diploma in Physiotherapy

Master of Applied Science, University of South Australia - 1993, dissertation on his discovery of neurodynamic sequencing.

Fellow of the Australian College of Physiotherapists (by original contribution, monograph), 2007, under the auspices of the Australian Physiotherapy Association.

Current: PhD candidate, University of Eastern Finland. Title: Positional Reduction of Force in the Lumbar Nerve Root for Pain Relief in Lumbar Radiculopathy.

Professional Activities

Creator: Neurodynamics approach to diagnosis and treatment of musculoskeletal disorders with a neural aspect.

Books published:

Shacklock M 1995 (Ed.) Moving in on Pain, Butterworth-Heinemann (Sydney) 1995.

Shacklock M (Ed.) 2007 Biomechanics of the Nervous System: Breig revisited. Neurodynamic Solutions, Adelaide, Australia.

Clinical Neurodynamics: A New System of Treatment, Elsevier, Oxford, peer reviewed by Australian College of Physiotherapists (2007).

In clinical practice since 1981.

Lectures and teaches globally.

Awards

Musculoskeletal Physiotherapy Association: Best presenter, students' Association.

Fellow of Australian College of Physiotherapists, Australian Physiotherapy Association for book: Clinical Neurodynamics.

Collaborator: Young Investigator Award, Spine journal; International Association for the Study of the Lumbar Spine 2014, 2017, won by Marinko Rade.

Collaborator: Finnish Spine Society, Young Investigator Award 2014, 2017, won by Marinko Rade.

Visiting Professor, Barcelo University Institute, Buenos Aires, Argentina, August 2015.

Reviewer and Editor: past and present

Musculoskeletal Theory and Practice (formerly Manual Therapy)

Journal of Manual and Manipulative Therapy - 2016, Associate Editor and Reviewer

Physiotherapy Research Foundation (Australia)

World Congress for Physical Therapy (WCPT)

Physical Therapy in Sport

Named Lectures

Kenneth Balfour Lecture, PhysioFirst National Annual Conference.

Gregory Grieve Memorial Lecture, Musculoskeletal Association of Chartered Physiotherapists, UK.

Dr Alf Breig Memorial Lecture, Orthopaedic Manual Therapy Section of the Swedish Association of Physiotherapists.

Peer-reviewed Publications

Peer reviewed research - 40 articles.

Peer-reviewed journals - 13.

Chapters in books - 15.

Consulting and Teaching - Elite Sports Institutes

Chicago Bulls basketball club, USA

Aspetar Sports Medicine Clinic, Doha, Qatar

Healing the Brain: Principles of Neuroplasticity

Instructor: William E. Morgan, DC

Course Description:

Neuroplasticity is the brain's ability to change, adapt, and reorganize. Until recent decades, we thought this ability ended in early childhood. But now we know that the brain can continually reorganize throughout our lives. Because of this, we should look for ways to keep our mind sharp and productive. Dr. Morgan will discuss the modern history of neurology and chiropractic and uncover where these histories and disciplines converge.

In this presentation, Dr. Morgan will outline common misconceptions about aging and cognitive decline and will explore the optimization of diet and exercise regimen as well as other lifestyle adaptations that will enhance brain health.

The clinician will be equipped to utilize this information on Monday morning to benefit their patients and provide care that will enhance the health of patients, doctors, and the practice.

Course Content:

0 to 15 minutes:

1. Define the concepts of brain health and brain longevity.
2. Discuss the concepts of brain health, dementia, Alzheimer's disease, and lifestyle adaptations to maximize brain health.

16 to 30 minutes:

1. Discuss in detail the link between lifestyle changes and brain health.
2. Identify the link between genetics and dementia and the links between lifestyle changes and prevention of brain degradation.

31 to 45 minutes:

1. Develop the link between diabetes, central obesity, metabolic syndrome, and dementia.
2. Reveal the link between social isolation, lack of mental stimulation, and other lifestyle factors that can contribute to degradation of brain health.

46 to 60 minutes:

1. Present the evidence for enhancing mental health through diet, exercise, social interaction, mental exercise, and maintaining a healthy body weight.
2. Project to the audience the direction that science is taking the treatment of brain health and neuroplasticity.

Curriculum Vitae

Name: William E. Morgan, D.C.

Address and Phone Number:

Office of the President
Parker University
2540 Walnut Hill Lane,
Dallas, TX 75229

(240) 750-3891, Mobile

Work Email: Wmorgan@Parker.edu
Private Email: MorganDC@gmail.com

SSN: XXX XX 6420

National Provider Identification Number: 1841251436

Marital Status: Married to Fellow Chiropractor Clare Morgan since 1987

Education:

Prerequisites for chiropractic college. Diablo Valley College 321 Golf Club Road, Pleasant Hill, CA 94523	January 1982
Doctor of Chiropractic, Palmer College of Chiropractic-West. 90 E. Tasman Drive, San Jose, CA 95134	September 20, 1985
Bachelor of Science. The University of the State of New York at Albany (now Excelsior College). 7 Columbia Circle, Albany, NY 12203-5159	December 20, 1996

Post-Doctoral Credentials:

Fellowship in Integrated Medicine (2000 hours). National Naval Medical Center, Bethesda Texas Chiropractic College credentialed this fellowship Texas Chiropractic College 5912 Spencer Highway Pasadena, Texas 77505-1699	May 31, 2004
Diplomate American Academy of Pain Management (DAAPM), 2004 American Academy of Pain Management 13947 Mono Way #A Sonora, CA 95370	July 19, 2004
Battlefield Acupuncture/Articular Acupuncture Camp David Medical Department Thurmont, Maryland	January 15, 2014
Selective Functional Movement Assessment	September 6, 2014

Certification Course
Walter Reed National Military Medical Center, Bethesda, Maryland

Graston Myofascial Release Certification Course 2002

Employment History

Name and Address of Employer	From	To
(1) Parker University, President 2540 Walnut Hill Lane, Dallas, TX 75229	June 15, 2016	Present

Work Performed: Duties of university president and head of Parker Seminars.

(2) U.S. Navy	1998	2016
National Naval Medical Center (NNMC)		
Bethesda, Maryland		
1998-2011		
Walter Reed National Military Medical Center		
2011-Present		

Work Performed: Chiropractic care, department head responsibilities (NNMC), research coordinator, patient advocacy, lecturing, supervision of other clinic personnel, provide care to distinguished visitors, and implementation of rehabilitation programs.

Chiropractor to Congress: Maintain a clinical practice within the U.S. Capitol building working in the Office of the Attending Physician twice a week providing care to the U.S. Congress and the Supreme Court.

Provide chiropractic care at the White House and Camp David as a visiting consultant.

Train and supervise medical and chiropractic students, interns, and residents. Train dental residents (oral facial pain specialty training) rotating through the chiropractic department.

Research investigator.

	From	To
(2) United States Naval Academy Annapolis Maryland	August 12, 2009	June 8, 2016

Worked Performed: Provide chiropractic care to elite athletes as the chiropractor to the United States Naval Academy football team; provide care for Naval Academy athletes after practices, prior to games, and on the sidelines of games. This position requires collaboration and integration with physicians, trainers, coaches, physical therapists, and nutritionists.

Speaker Name: Tim Bertelsman

Course Title: Mastering The Rotator Cuff: A Sports-Based Workshop for Practical Best Practice Management

Course Description

Rotator cuff injuries account for 4.5 million physician office visits per year. Management of this problem can range from frustrating to rewarding, depending on the depth of training. This practical workshop outlines everything you need to know about successfully treating and documenting rotator cuff pathology. This workshop will take you through the latest best practices for evaluation, treatment, and home rehab. You'll learn how to approach each case confidently and leave with a greater understanding of managing the most common problem affecting the shoulder.

Learning Objectives

- Review orthopedic & functional shoulder evaluation.
- Recognize shoulder dysfunction and understand its role in structural rotator cuff pathology.
- Review current best practice treatment for rotator cuff pathology, including home exercises.

Outline (15 min increments)

- Part 1- Understanding the continuum of shoulder biomechanical dysfunction.
- Part 2- Identifying functional deficits of the upper extremity, including scapular dyskinesis.
- Part 3- Practical management of shoulder impingement syndrome.
- Part 4- Practical management of rotator cuff pathology.

Curriculum Vitae

Timothy J Bertelsman, DC, CCSP, DACO

Contact Information:

Premier Rehab

4460 North Illinois St

Swansea, IL 62226

(618) 236-3738

tbertelsman@gmail.com

IL lic # 038-006949

Education:

Logan College of Chiropractic 1988-1991

BS – Human Biology

DC – Doctor of Chiropractic, Cum Laude

Logan College of Chiropractic 1991-1994

Certified Chiropractic Sports Physician Program

Chiropractic Sports Diplomate Program

Licensure:

Licensed Chiropractic Physician State of Illinois 1992-present

Certification:

Certified Chiropractic Sports Physician (CCSP)

Diplomate - Academy of Chiropractic Orthopedists (DACO)

Diplomate - International Academy of Neuromusculoskeletal Medicine (DIANM) *(Formerly DACO)*

Memberships:

Illinois Chiropractic Society

Executive Committee 2011- 2020

President 2017- 2018

1st Vice President 2015- 2016

Southern District President 2008

American Chiropractic Association

American College of Chiropractic Orthopedists

International Academy of Neuromusculoskeletal Medicine

Curriculum Vitae

Timothy J Bertelsman DC, CCSP, DACO

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Memberships (con't):

American Back Society

Former Symposium Faculty Presenter

Awards and Recognitions:

Academy of Chiropractic Orthopedists – 2018 Presidents Award

Illinois Chiropractic Society – 2019 Chiropractic Physician of the Year

Publications:

Journal of the Illinois Chiropractic Society

Regular Columnist: Clinical Topics 2011- Present

Georgia Chiropractic Association, Fall 2013

Differentiation of Lateral Epicondylopathy and Radial Tunnel Syndrome

The Montana Chiropractor, Dec 2013

Is it Carpal Tunnel Syndrome...or Pronator Teres Syndrome?

The Kentucky Association of Chiropractors Journal-The Voice, August 2015

Shoulder Anterior Impingement Syndrome

Chiropractic Economics, July 2018

Your Ability to Diagnose Functional Deficiencies is an Essential Skill

CME Presentations:

American Back Society, Indications and Contraindications to SMT, December 1995

Illinois Chiropractic Society, Maximizing Productivity & Efficiency: 100 Concepts for Building an Exceptional Clinic, March 2013

Illinois Chiropractic Society, Evidence Based Evaluation and Treatment, October 2013

Illinois Chiropractic Society, Mastering the Rotator Cuff, March 2014

Indiana State Chiropractic Association, Low Back Continuum, October 2014

American College of Chiropractic Orthopedists, Mastering the Rotator Cuff, April 2015

Kentucky Chiropractic Association, The Low Back Pain Continuum, Mastering the Rotator Cuff, September 2015

Instructor Name: Dr. Josh Satterlee

Course Title: Advanced Rehab for Low Back Pain

1 Hour Course

Course Description:

Most low-back rehab protocols are ineffective, tedious, and outdated. Yet current research indicates that a higher intensity of rehab is associated with more effective outcomes. Join this course to learn how chiropractors can implement safe, effective, and even FUN rehab for their patients.

Learning Objectives:

- 1- Attendees will be able to identify common mistakes with Low Back rehab
- 2- Attendees will have an understanding of current research addressing low back pain
- 3- Attendees will have a menu of effective cues for patients during rehab
- 4- Attendees will experience and practice multiple practical exercises to use with their patients on Monday

Course Outline:

- 0-15: Determining how to classify Low Back Pain for effective rehab
- 15-30: Discussion of current research regarding low back rehab
- 30-45: Demonstration of selected practical low back rehab exercises
- 45-60: Partner practice exercises and Q and A

Joshua Satterlee, DC

Chiropractor

Certified Active Release Techniques Provider
Certified Functional Movement Systems Provider
Certified Golf Medical Provider

Personal Data:

Birthplace: Los Angeles, CA
Birthdate: November 7th, 1977
Marital Status: Married

Education:

Montana State University- Bozeman

Studied for BS: Biomechanics/Exercise Science
1996-2002

Southern California University of Health Sciences

Graduate, Doctor of Chiropractic program
2003-2006

Board Certification:

Nevada Board of Chiropractic Examiners

March, 2007
License: Active

Additional Training:

Active Release Techniques

Full-Body Certification
2008

Titleist Performance Institute

Medical Level 3 Certification
2011

Functional Movement Systems

SFMA Certified
2012

Teaching Positions:

Titleist Performance Institute

Instructor, 2012- Present

Functional Movement Systems

SFMA National Instructor, 2012- Present

North American Institute of Sports Medicine

National Instructor, SFMA, Foundation to Function
2012 to Present

Active Release Techniques

Assistant Instructor, 2011-2015

Speaker Name: Rose Lepien

Course Title: Success Principles for Personal & Practice Growth

Course Description: This session will address the application of powerful principles in your personal life and practice to maximize growth, potential, and success in all areas of your life. Dr. Rose will share valuable nuggets and gain wisdom in serving in the Chiropractic profession for 50 years.

Course Objectives:

- Get Motivated
- See the Big Picture
- See Your Value
- Get Recharged

Course Outline:

Section 1 – 15 minutes

1. When Destiny Called – My Chiropractic Story
2. CA's, the Heart of Chiropractic practice.
3. Do what you Love – Love what you Do.

Section 2 – 15 minutes

1. Success Principles: "Be – Do – Have"
2. Life Principles: "Give and Receive", "Seek and Find"
3. Parker Principles – Dr. Jim Parker
4. Chiropractic Principles: B.J. Palmer

Section 3 – 15 minutes

1. Who you are determines how well what you do works
2. Choices – Thoughts, Words, Deeds, Character, Destiny
3. Goals – Write them Down
4. Lessons learned in 50 years in Chiropractic Service.

Dr. Rose Lepien

1201 W. Gore Blvd., Suite A
Lawton, OK 73501
(580) 353-6776

EDUCATION

March 1964	High School, Wolpertshausen, Germany Berufsschule, Home Economics Major
March 1969	Berufsaufbauschule (Higher Education, equivalent to two years of college, graduated) Crailsheim, Germany
May 1971	Worthington Jr. College, MN.
May 1988	Cameron University, Lawton, OK A.S. of Science Degree
Sept. 1991	Doctor of Chiropractic Degree Parker College of Chiropractic, graduated with Honors.

POST GRADUATE EDUCATION

Spinal Disability Evaluation Seminar
Parker Research Foundation Seminars
Scoliosis Evaluation Seminar
"The Masters Program", Whiplash Seminar

Annual Oklahoma License Renewal Seminars
Neurology Diplomat Program-partial
Best Seminars, Masters Level Degree

PROFESSIONAL EXPERIENCE

1973-1988	Chiropractic Assistant and Office Manager
1989-1991	Student Clinic, Parker College of Chiropractic Outpatient Clinic, Parker College of Chiropractic
1991-Present	Doctor of Chiropractic, Aaragon Chiropractic & Decompression Clinic Owner and Director
1980-Present	Attended 60 + Parker Seminars worldwide

LICENSES HELD

May 1991	Texas License #5760 - inactive
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Oct. 1991 to present Oklahoma License #2608

PROFESSIONAL ASSOCIATIONS

World Federation of Chiropractors
Parker University Alumni Association
American Chiropractic Association
World Congress of Women Chiropractors
League of Women Chiropractors
Unified Chiropractic Association of Oklahoma
Oklahoma State Chiropractic Independent Physicians Association
Lawton Chamber of Commerce and Industry
Red Coat Ambassador Committee – Lifetime Member
Lawton AMBUCS, Mountain Metro Chapter
Lawton Business Women’s Club
German-American Club
Guellesheim Sister City Group

OFFICES HELD

1989-1990	Class President, Parker College of Chiropractic
1990-1991	Student Body President, Parker College of Chiropractic
1998-2000	President Parker College Alumni Association
2000 & 2003	President, World Congress of Women Chiropractic
2001-2010	Board of Trustees Member, Parker College
2003-2007	Chairman of the, Board of Trustees, Parker College of Chiropractic
2003-2006	Board of Trustees, Cameron University, Lawton, OK
2002	Board, Banc First
1999-Present	Board, Salvation Army
2004-2005	President Mountain Metro Ambucs
2002-2004	President, Lawton Business Women

Awards & Honors:

Scholastic Excellence Award – Parker Chiropractic College
Clinical Excellence Award
Student Leadership Award
Women of the Year, Business Professional women’s Association
Business Women of the Year Lawton, OK
Chiropractor of the Year, Parker School of Professional Success
Doctor of the Year, World Congress of Women Chiropractors
Citizen of the Month, Lawton, OK
Outstanding Women of Comanche County
2005 Woman in Business Champion of Lawton
Woman in Business Champion State of Oklahoma
Small Business Person of the Year - Lawton
Dr. James Parker Founder Award – 2007
Lifetime Achievement Award Parker Alumni – October 2012

Tracking and turning off the lifestyle “FLAME”

David R. Seaman, DC

Course Description

The primary drivers of chronic inflammation are a poor diet, lack of sleep, lack of exercise, hypocapnia, obesity, and poorly managed stressors. The severity of the inflammation can be readily tracked with uncomplicated laboratory tests, anthropometric markers, and outcome assessment tools. Selfcare methods will be outlined to improve outcomes.

Learning objectives

- Describe the mechanisms by which chronic inflammation emerges and establishes itself
- List the laboratory markers that cause common musculoskeletal conditions and life-threatening chronic diseases
- Explain lifestyle interventions to reduce chronic inflammation

Outline

- 15 min
How lifestyle creates inflammation by activating nuclear factor kappa-B (NF-κB) and HMGB1-alarmins
- 15 min
How cells create and release inflammatory mediators that drive chronic pain and disease
- 15 min
Laboratory and anthropometric markers
- 15 min
Selfcare concepts – diet, sleep, stress, exercise, supplements

CURRICULUM VITAE
DR. DAVID R. SEAMAN
226 N. Nova Rd, Unit #322
Ormond Beach, FL 32174
docseaman@mac.com

EDUCATION

Master of Science (MS) degree - Biology / Nutrition
University of Bridgeport
Bridgeport, CT
1986-1991

Doctor of Chiropractic (DC) degree
New York Chiropractic College
Old Brookville, NY
1982-1986

Bachelor of Science (BS) degree - Biology
Rutgers University
New Brunswick, NJ
1978-1982

PROFESSIONAL POSITIONS & APPOINTMENTS

Adjunct Faculty
Parker University
Dallas, TX
2/2019-Present

Adjunct Faculty
Logan University
Chesterfield, MO
9/2016-Present

Professor, Department of Clinical Sciences
National University of Health Sciences
St Petersburg, FL
1/2011-12/2016

Consultant, Anabolic Laboratories
Colorado Springs, CO
4/2002-4/2009 and 1/2011-present

Director of Clinical Education, Anabolic Laboratories
Colorado Springs, CO
4/2009-12/2010

Adjunct Associate Professor, Clinical Sciences
Palmer College of Chiropractic Florida
Port Orange, FL
3/2009-12/2010

Associate Professor, Clinical Sciences
Palmer College of Chiropractic Florida
Port Orange, FL
9/2002 to 3/2009

Past Director, Council on Nutrition
American Chiropractic Association
1992

PROFESSIONAL LICENSURE

Chiropractic License: Florida, 1/2006 - present
New York, 1986 (inactive)

FELLOWSHIP STATUS

Fellow of the American College of Chiropractors; 1998

AWARDS

American Chiropractic Association's Academician of the Year; 2006

EXPERIENCE

MS in Neuroscience at Parker University
Pain physiology and management
Management of ANS disorders

Curricular Courses developed and taught at Logan University College of Chiropractic:
Nutritional Sciences II
Clinical Nutrition

Curricular Courses developed and taught at National University of Health Sciences, College of Professional Studies:
Clinical nutrition
Science of diet and nutrition
Evaluation and Management of the musculoskeletal system (including rheumatology)
Evaluation and Management of the cardiovascular and respiratory systems
Evaluation and Management of the genitourinary and reproductive systems

Curricular Courses developed and taught at Palmer College of Chiropractic Florida:
Spinal anatomy (including histology and embryology),
Spinal cord and peripheral nervous system anatomy,
Subluxation theories I and II
Diagnosis and management of musculoskeletal conditions
Clinical nutrition

Speaker Name: William Owens Jr/Eric Lee

Course Title: Pathology of Spinal Ligaments

Course Description

Learn how injuries to ligaments and the intervertebral disc influence patient care and management in the interprofessional setting. We will discuss how to communicate and generate interprofessional referrals with the primary care, pain management, spine surgeon and attorneys in your community. Evidence based peer-reviewed research papers supporting this process will be presented.

Learning Objectives

- Understand updated evaluation of spinal ligament injury with attention paid to histological and wound repair pathways.
- Demonstrate knowledge of the anatomy and physiology of the intervertebral disc in both healthy and degenerative disease processes.
- Understand proper reporting and communication methods with primary care, pain management and spine surgery physicians.
- Demonstrate proficiency in medical legal reporting in injured patients that have obtained legal representation.

Outline (15 min increments)

- Presentation of the ligamentous structures of the human spine including but not limited to the anterior longitudinal, posterior longitudinal, intertransverse, facet capsular, ligamentum flavum, interspinous and supraspinous ligaments.
- Detailed review of upper cervical ligaments including the alar and transverse.
- Histological presentation will be provided with focus on regional adaptation so ligamentous microscopic structure with details presented on intracellular matrix and cytokine activity following traumatic events.
- Biomechanical alterations and their effect on spinal ligaments will be presented including isotropic and anisotropic changes in ligament function. Clinical correlation will be provided based on radiographic findings, traumatic events, and chronic compensatory pain patterns.

ERIC LEE DC, FSBT

Office Phone: 801-756-7800
drlee@summitbrainandspine.com

1881 W Traverse Pkwy Ste E534
Lehi, UT 84043

SELECTED OCCUPATIONAL HISTORY

Spine Management Provider / Chiropractor Summit Brain Spine & Orthopedics LLC Lehi, UT	June 2023 – Current
PGA Tour Player Support PGA Tour USA	2022 - Current
Spine Management Provider / Chiropractor Vista Medical Centers, LLC Lehi, UT	Jan 2015 - Current
BYU (Brigham Young University) Athletics Official Chiropractor BYU Athletic Department	June 2016 -June 2022
Clinic Director / Chiropractor Utah Pain Treatment Centers American Fork, UT	Jan 2009 – Dec 2016
President Mountainview Health Management Services American Fork, UT	Jan 2009 – Dec 2016

INSTRUCTOR HISTORY

National Spine Management Group – East Coast Seminar	2023
Summit Medical Institute	2023
Summit Brain and Spine Clinical Rounds	2023
National Spine Management Group – South	2023

EDUCATION

Chiropractic License State of Utah License # 4837586-1202	2000- Current
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Fellowship in Spine and Biomechanics – See Details Below	2019
Didactic and Clinical two-year post graduate study	
National Spine Management Group, Recognized by Cleveland University College of Chiropractic	
Approved for Continuing Medical Education [ACCME] – State University of New York at Buffalo	
Jacobs School of Medicine and Biomedical Sciences	

Doctorate of Chiropractic	1999
Parker College of Chiropractic	
Dallas, TX	

National Board of Chiropractic Examiners

Part I, 1998
 Part II, 1999
 Part III, 1999
 Part IV, 2000
 Physiotherapy, 1999

Undergraduate Studies

New College, San Francisco, CA	1991-1992
Yuba College, Marysville, CA	1991
Consumnes River College, Sacramento, CA	1990-1991
Mississippi Delta Junior College, Moorhead, MS	1987-1988

SELECTED POST-GRADUATE EDUCATION

2023 National Spine Management Conference South – Role of a Spine Management Physician - *Outline and overview of what a Spine Management Physician is, and the present day need in healthcare. Details relating to the Doctor of Chiropractic filling that role with specific discussion related to WHY physical therapy, nurse practitioners or physician assistants are unable to fill this position. Overview of a spine manager's role in the evaluation and triage of non-operative spine patients was presented. Introduction to the diagnosis of non-specific spine pain was outlined with focus on the needs of primary care, pain management and spinal surgeons.* National Spine Management Group, LLC, Parker University, Alabama State Board of Chiropractic Examiners, Kentucky Board of Chiropractic, Louisiana State Board of Chiropractic Examiners, Texas Board of Chiropractic Examiners, Florida Board of Chiropractic Medicine, Arizona Board of Chiropractic Examiners, Federation of Chiropractic Licensing Boards – PACE, 2023.

2023 National Spine Management Conference South – Moving from a Curative Model of Spine Care - *A comprehensive look at the history of spinal care, degenerative changes and both regional and global spinal compensation. Outline the spine as a whole organ system that must be monitored in relation to physical activity, lifestyle, and traumatic patient history was discussed and presented. Application of spine management principles mirroring internal medicine disorders was presented and reviewed. Specific peer reviewed medically index*

William J Owens Jr DC DAAMLPCPC

1275 Main Street, Suite 110

Buffalo, NY 14209

P- 716-228-3847

wowens@nationalspinemanagement.com

SELECTED OCCUPATIONAL HISTORY

Adjunct Associate Professor - Family Practice Department, State University at Buffalo, Jacobs School of Medicine, Buffalo, New York, 2012 – Present

Clinical Supervisor, State University of New York at Buffalo, School of Exercise Sciences and Nutrition Science Department, 2007- Present

Adjunct Post Graduate Faculty, Cleveland University – Kansas City, College of Chiropractic, 2017 – present

President and CEO – National Spine Management Group, Lehi, UT, 2020-present

Director, Fellowship in Spinal Biomechanics and Trauma, National Spine Management Group, Cleveland University Kansas City, College of Chiropractic, 2020-present

Clinical Director, Fellowship in Spinal Biomechanics and Trauma, Academy of Chiropractic, Cleveland University Kansas City, Chiropractic and Health Sciences, 2017-2020

Clinical Director, Hospital Qualifying Program, Academy of Chiropractic, Cleveland University Kansas City, Chiropractic and Health Sciences, 2017-2020

Clinical Director, Fellowship in Spinal Biomechanics and Trauma, Texas Chiropractic College, Academy of Chiropractic, Long Island, NY, 2016 – 2017

Educational Director, Primary Spine Care Qualification, Academy of Chiropractic, Cleveland University Kansas City, Chiropractic and Health Sciences, 2017-2020

Coordinator, Hospital Qualifying Program for Chiropractors, Texas Chiropractic College, Academy of Chiropractic, Long Island NY, 2016-2020

Adjunct Clinical Assistant Professor, Texas Chiropractic College, Pasadena, Texas, 2015-2020

Adjunct Clinical Assistant Professor, University of Bridgeport College of Chiropractic, Bridgeport, Connecticut, 2012 - 2017

Clinic Director, Chiropractor, Rochester Spine and Injury Chiropractic, Rochester NY, 2012-2016

Coordinator – Chiropractic Elective – State University of New York at Buffalo School of Medicine and Biomedical Sciences – Family Practice Residency Program, Buffalo NY, 2011-present

Co-President & Consultant, MD Affiliate Program, East Setauket NY, 2011-2020

Clinic Director, Chiropractor, Greater Buffalo Accident and Injury Chiropractic, Buffalo NY, 2010-Present

Director, Medical Continuing Education Program, Academy of Chiropractic, Buffalo NY, 2010-2020

Clinical and Research Co-Director and Chief Executive Officer, US Chiropractic Directory, Setauket, NY, 2009-2020

Clinic Director, Chiropractor, Niagara-Frontier Chiropractic, Buffalo NY, 1998-2010

Assistant Clinical Director Chiropractic Department, Chiropractor, Sheehan Memorial Hospital, Buffalo, NY, 1999-2002

Chiropractor, Erie County Medical Center, Buffalo, NY, 2001-2002

EDUCATION and LICENSURE

Doctor of Chiropractic, Utah, License # 12369149-1202, 2021-Present

Doctor of Chiropractic, New Mexico, License #DC2276 – 2022-Present

Doctor of Chiropractic, New York, License #008853, 1998-Present

Doctor of Chiropractic, National College of Chiropractic, Lombard, IL, 1997

National Board of Chiropractic Examiners, Part I, 1995 National Board of Chiropractic Examiners, Part II, 1999

National Board of Chiropractic Examiners, Part III, 1996

National Board of Chiropractic Examiners, Part IV, 1997

Bachelor of Science in Human Biology National College of Chiropractic, Lombard, IL, 1995

SELECTED POST-GRADUATE EDUCATION & CERTIFICATIONS

Crash Investigation 1 – *Explanation of the role that the traffic crash investigator plays within the police mission of traffic safety was presented. Five levels of crash investigation were outlined along with the implementation of each distinct phase. Detailed review of planning the different stages of the traffic crash investigation was reviewed. Defining the elements necessary to classify situations beyond a traffic crash, such as suicide, homicide or leaving the scene was presented. Detailed individual projects with instructor grading were required including post-collision questioning, roadway analysis, intersection measurements, vehicle damage analysis on live models, crash scene photographic analysis, influence of drag factor in crash investigation and final project incorporating all learned material in an intersection crash diagram to scale. Northwestern University Center of Public Safety – 2021.*

Crash Investigation 2 – *Detailed review of Crash Investigation 1 was presented and discussed in group setting. Outline of next phases of crash investigation with detailed instruction of tire mark identification and evaluation with focus on tire inflation status and tire damage with reference to pre and post-crash. Methodology pertaining to crash investigation format was outlined in a scientific process. Instruction in analysis of vehicle lamps was given including pre and post-crash presentations, scientific process*

Speaker Name: Daniel John

Course Title: Easy Strength

Course Description

Progressive Resistance Exercise, a term coined by Dr. Thomas Delorme, has been the greatest game changer in athletics and body composition for most people for the past seventy years (and perhaps more). Sadly, many in the fitness industry, including the swindlers and charlatans and con artists, were quick to realize that money was to be made with cheap devices and questionable tools for training. Easy Strength takes us back to the tradition of lifting weights in a sound and reasonable method that allows athletes and general population to move better, feel better, and look better. Easy Strength bring us back to our traditions in training and allows people to get strong quickly and increase health span.

Learning Objectives

1. Learn the history of traditional strength training methods.
2. Discuss how one measures improvement (in a general sense) in training.
3. Learn the fundamentals of Easy Strength
4. Discuss the importance of being "knitted," the true meaning of fitness.

Outline (10-15 min increments)

1. "Embrace the obvious." Strength training, like most of life, can be fairly simple.
2. The basics, and history, of strength training and Easy Strength
3. Does Easy Strength work?
4. Variation in Easy Strength
5. The daily practice of Easy Strength
6. The value of Easy Strength for Strength and Conditioning

Daniel John

6430 Westridge Street

Murray, UT 84107

(801) 288-9180

dan@danjohn.net

Recent Awards

United Kingdom's Strength and Conditioning Education's Lifetime Achievement Award (2021)

Advisory Board

Master's Degree in Strength and Human Performance
Parker University, Dallas, Texas

Experience

2016 to 2023

Senior Lecturer, St. Mary's University, Twickenham, London
Strength and Conditioning

1999 to 2021

Instructor, Columbia College (Online and Salt Lake Campus)
Religion and Human Experience, Comparative Religions, History of Christianity

Course Developer for RELI 101: Religion and Human Experience (Online)

2012 to Present

Throws Coach, Westminster College, Salt Lake City

2006-2010

Instructor, Juan Diego Catholic High School
Draper, Utah
Honors Sacred Scripture, Weight lifting, Head Track and Field Coach

1996-2006

Diocesan Director of Religious Education
Diocese of Salt Lake City

1982-1996

Instructor, Judge Memorial Catholic High School
Salt Lake City, Utah
Scripture, Theology, Ancient Civ, Western Civ, Economics

Education

1998

Masters of Religious Education
Loyola of New Orleans

1985

Fulbright Scholar
(Egypt and Israel)

1982

Masters of Science
History
Utah State University

1979

Bachelors of Science
Political Science
Utah State University

1977

Associate of Arts
Paralegal Studies
Skyline College (San Bruno, CA)

Additional studies at Cornell University, University of Utah, Portland State University, and Southern Utah University.

Publications

“Easy Strength for Fat Loss
July 2023

“Easy Strength Omnibook”
December 2022
ISBN-13:979-8-9874938-0-9

“Attempts”
On Target Publications, 2020
ISBN-10: 1931046123

“Forty Years with a Whistle”
On Target Publications, 2019
ISBN-13: 978-1931046428

“Hardstyle Kettlebell Challenge”

Dragondoor Publications, 2017

ISBN-13: 978-1942812128

“Now What?: The Ongoing Pursuit of Improved Performance”

On Target Publications, 2017

ISBN-13: 978-1931046688

“Before We Go?”

On Target Publications, November 2015

ASIN: B017M96XYI

“Can You Go?”

On Target Publications, May 2015

ASIN: B00WOQBSG8

“Fat Loss Happens on Monday”

On Target Publications, November 2014

ASIN: B00PKPTRWM

“Intervention: Course Corrections for the Athlete and Trainer”

On Target Publications, February 2013

ISBN-13: 978-1931046176

“Never Let Go: A Philosophy of Lifting, Living and Learning”

On Target Publications, June 2009

ISBN-13: 978-1931046381

“Mass Made Simple: A Six Week Journey.”

On Target Publications, 2011

SBN-13: 978-1931046022

“Easy Strength”

Dragondoor Publications, 2011

ASIN: B005Q6M79A

Columnist for “Intermountain Catholic”

Resound!

1996-2006

In addition, multiple articles in Men’s Health (fitness related materials), Testosterone Magazine, and a variety of web based fitness magazines.

Keynote speaker at multiple events including NFL, NBA, MLB and elite military groups. Consults with several NFL, MLB, NHL, and Pac12 sports programs.

Speaker Name: Mayim Bialik

Course Title: The Art & Science of Caregiving

Course Description

Having to act as a caregiver for her aging grandparents—from her teens through college and into her graduate school years—Mayim Bialik developed personal insight alongside her academic and neurological/neuropsychiatric training, leading to a complicated but rich understanding of the biological, psychological, and personal impacts of the aging process. Covering such issues as dementia, brain injury, and managing general degenerative processes in a nursing facility, Bialik offers a fascinating journey into both the science of the brain and the emotional issues affecting caregivers.

Learning Objectives

- Gain insight into the multifaceted impacts of aging on individuals.
- Understand the neurological aspects of the aging process.
- Develop awareness of emotional challenges faced by caregivers.
- Apply academic and personal knowledge to caregiving responsibilities.

Outline (15 min increments)

0-15 mins: Introduction

Overview of the session.

Brief introduction to Mayim Bialik's caregiving journey.

Setting the stage for the exploration of the art and science of caregiving.

15-30 mins: Personal Insight and Academic Background

Discussion on Bialik's personal insights gained during caregiving.

Integration of academic and neurological/neuropsychiatric training.

30-45 mins: Understanding the Aging Process

Exploration of the biological, psychological, and personal impacts of aging.

Focus on specific issues like dementia, brain injury, and managing degenerative processes in nursing facilities.

45-60 mins: The Science of the Brain and Emotional Issues

In-depth examination of the neurological aspects of aging.

Exploration of emotional challenges faced by caregivers.

Connection between theoretical knowledge and practical caregiving experiences.

60 mins: Conclusion and Q&A

Summarize key insights from the session.

Open the floor for questions and discussions.

Provide resources for further learning.

MAYIM BIALIK

Versatile Neuroscientist & Actress

SUMMARY

Neuroscientist and actress with a Ph.D. in neuroscience, a B.S. in neuroscience and Hebrew and Jewish studies, and over ten years of experience in acting and neuroscience research with a proven ability to communicate complex scientific concepts to lay and expert audiences. Skilled in various acting techniques and experienced in both film and television. Award-winning actress and successful researcher.

RESEARCHER

2000 – Present

University of California, Los Angeles

Los Angeles, CA

Research in the field of neuroscience

Conducted research on the neural basis of obsessive-compulsive disorder (OCD) and Tourette's syndrome

Published articles in peer-reviewed journals such as 'Biological Psychiatry' and 'Journal of Neurophysiology'

Presented research findings at national and international conferences

EDUCATION

Ph.D

2000 - 2007

University of California, Los Angeles

Los Angeles, CA

B.S.

1990 - 1995

University of California, Los Angeles

Los Angeles, CA

EXPERIENCE

Actress

1990 - Present

Various

s Angeles, CA

Acting in film and television

Acted in numerous films and television shows, including 'Blossom' and 'The Big Bang Theory'

Developed and honed acting skills through various techniques, including improvisation and method acting

Collaborated with other actors, directors, and producers to bring characters to life on screen

Speaker Name: Tracey Littrell

Course Title: Radiology and Chill

Course Description

“In the fields of observation, chance favors only the prepared mind.” — Louis Pasteur

Chiropractors should be prepared for a wide variety of patient presentations and unexpected clinical, laboratory, and radiographic findings. In this lecture, we will explore numerous clinical presentations and examination results leading to both common and surprising radiographic findings. In addition, we will discuss alternative imaging choices when radiographs alone do not fully give us the information we need, including MRI, CBCT, and PET imaging.

Learning Objectives

- Describe the typical clinical presentations of several musculoskeletal and non-musculoskeletal conditions
- Identify the imaging examination methods appropriate for evaluation of adult and pediatric spinal, extremity, and visceral conditions
- Discuss differential diagnoses for various clinical presentations in outpatient clinical settings
- Recognize the imaging findings that permit distinction between various clinical conditions

Outline (10-15 min increments)

- Minutes 1-15: Pediatric spinal conditions and imaging findings
- Minutes 16-30: Pediatric spinal conditions and imaging findings
- Minutes 31-45: Pediatric extremity conditions and imaging findings
- Minutes 46-60: Adult spinal conditions and imaging findings
- Minutes 61-75: Adult spinal conditions and imaging findings
- Minutes 76-90: Adult extremity conditions and imaging findings
- Minutes 91-105: Thorax conditions and imaging findings
- Minutes 106-120: Abdominal conditions and imaging findings

Education

DOCTOR OF CHIROPRACTIC • June 1997

PALMER COLLEGE OF CHIROPRACTIC, Davenport, IA

HONORS, AWARDS, AND ACTIVITIES

- Magna Cum Laude Graduate
- President's List
- Pi Tau Delta Honor Society
- Vogt Leadership Society Recipient
- Diagnostic Department Teaching Assistant
- Palmer SACA President
- Class 972 Vice-President
- Graduation Committee Chair

BACHELOR of Arts in PSYCHOLOGY • May 1990

PURDUE UNIVERSITY, West Lafayette, IN

HONORS, AWARDS, AND ACTIVITIES

- Distinguished Student (Dean's List)
- Purdue Psychology Club President
- Purdue Student Government
- Indiana Academy of Sciences Presenter

Advanced Degrees and Certifications

Diplomate of The American Chiropractic Board of Radiology, 2006 (3-year residency)
Diplomate of The Academy of Chiropractic Orthopedists (now DIANM), 2011 (300+ hrs)
Certified Chiropractic Sports Physician ~ 2012 (150+ hours)

Awards and Honors

- Outstanding Faculty of the Year, 2014
- Faculty of the Year, 4th tri, Palmer College of Chiropractic Student Body, 2016-2019 (end of award)
- Faculty of the Year, 5th tri, Palmer College of Chiropractic Student Body, 2006-2015
- Faculty of the Year, 7th tri, Palmer College of Chiropractic Student Body, 2011-2012, May 2012
- ICA Auxiliary Female Chiropractic Achievement Award nominee, May 2009
- Faculty of the Year, Clinic, Palmer College of Chiropractic Student Body, 2002
- Palmer College of Chiropractic Alumni Faculty Achievement Award, Runner-up; March 2003
- Thelma Fordyce-Mack Faculty Award Recipient; December, 2002

Professional Employment Experience

ASSOCIATE PROFESSOR

DIAGNOSIS AND RADIOLOGY DEPARTMENT

Palmer College of Chiropractic, Davenport, IA, November 2003-present

- Design and develop curricula for Physical Diagnosis and Chest and Abdomen Radiology currently; consultant for Clinical Psychology course content
- Serve as lead instructor for Physical Diagnosis and Chest and Abdomen Radiology currently and for Clinical Psychology until 2017
- Create lectures, practical examinations, and written examinations for the courses
- Train and mentor upper trimester level clinical externs as teaching assistants
- Train, mentor, and coordinate activities with new department faculty

BOARD REVIEW INSTRUCTOR

NBCE PART IV RADIOLOGY BOARD REVIEW

National Board Specialists, Inc. and Irene Gold Associates, Inc., October 2001-2016

Irene Gold Associates, 2016-2019

- Created all instructional material to provide a comprehensive review of radiographic interpretation

COORDINATOR OF CLINICAL ACADEMICS

Palmer College of Chiropractic, Davenport, IA, August 2002-November 2003

- Designed and develop curricula for upper trimester level courses
- Coordinated and oversee the completion of Clinic I-III credit requirements
- Served as lead instructor for Introduction to Clinical Practice
- Instructed students in Clinical Case Correlation courses

RADIOLOGY RESIDENT/ CHIEF RESIDENT

Palmer College of Chiropractic, Davenport, IA, November 1999-August 2002

- Instructed students in radiographic analysis, report writing, and x-ray positioning
- Designed and developed syllabi, lectures, and tests for multiple radiology courses
- Constructed practical and proficiency examinations for clinic level interns

SPECIAL TOPICS SEMINAR INSTRUCTOR

GYNECOLOGICAL AND PROCTOLOGICAL EXAM

Palmer College of Chiropractic, Davenport, IA, September 1998-August 2005

- Instructed students and alumni in special elective and continuing education course
- Designed and developed syllabi, tests, practical examinations and assessments
- Complied with State of California and State of Oregon licensing requirements

CLINIC ABROAD FACULTY

NEPAL PROGRAM (4 trips)

Palmer College of Chiropractic, Davenport, IA, February 1999-June 2002

- Prepared student interns in cultural awareness and education prior to health missions
- Instructed, trained, and supervised interns during health missions
- Coordinated travel arrangements, including passport and visa procurement
- Directed all charitable fund-raising activities

Professional Employment Experience

ADJUNCT FACULTY CLINICIAN

Palmer College of Chiropractic, Davenport, IA, December 1997-November 1999

- Provided all aspects of care for new and established patients
- Supervised and directed interns in physical exam, diagnosis, care and management
- Trained standardized patients for Clinical Competency Evaluations and Assessments
- Presented Clinical Case Correlations topics
- Submitted and approved private insurance, WC/PI, and Medicare claims

LEAD INSTRUCTOR

CERVICAL TECHNIQUE I

Feevale-Aspeur, Novo Hamburgo, Brazil, August 1998-September 1998

- Selected to be the first technique instructor for the first chiropractic school in South America
- Established primary technique module, including testing and skill assessments
- Trained students in static and motion palpation, instrumentation utilization, X-ray analysis, patient positioning and adjusting, and patient management

DISTANCE LEARNING INSTRUCTOR

MEDICAL TERMINOLOGY

AIC/Hamilton Colleges, Central and Eastern Iowa campuses, August 1998-October 1999

- Constructed, designed and developed a distance learning class using Cyberclass
- Administrated and managed distance learning sites
- Instructed students utilizing Cyberclass audio lectures, text lessons, and Internet searches

ADJUNCT FACULTY INSTRUCTOR

ANATOMY AND PHYSIOLOGY I & II, PATHOLOGY, MEDICAL TERMINOLOGY

AIC/Hamilton Colleges, Davenport, IA, May 1998-October 1999

- Instructed undergraduate students in all Medical Programs
- Created and develop class lectures, syllabi, evaluation methods, skills assessments
- Assisted in meeting ongoing re-accreditation requirements for the AAMA

**Continuing
Education
Instructor
Experience**

PALMER COLLEGE OF CHIROPRACTIC

- *Clinical and Radiological Review of Unexpected Findings in Chiropractic Offices*, Palmer College of Chiropractic Homecoming, September 2022
- *When Your Athletic Patient Says "Hey Doc, my hip hurts": Is the Hip Really the Source of Symptoms*, Palmer College of Chiropractic Homecoming, September 2021
- *The Effects of Gender Dimorphism in Chiropractic Practices: Utilizing Orthopedic, Neurological, and Imaging Examinations to Reduce Gender-based Healthcare Disparities*, Palmer College of Chiropractic Homecoming, August 2019
- *The Weekend Warrior*, Palmer College of Chiropractic Homecoming, August 2018
- *Are Radiographs the Right Choice for My Pediatric Patient*, Palmer College of Chiropractic Homecoming, August 2017
- *Back to Basics: Refreshers on Your Early Coursework*, Palmer College of Chiropractic License Renewal Seminar Series, June 2018
- *Diagnostic Diversity*, Palmer College of Chiropractic Alumni Cruise, March 2018
- *Cervical Spine Sports Injuries and Concussion Assessment*, Palmer College of Chiropractic Homecoming, August 2016
- *Imaging of Upper and Lower Extremity Sports Injuries*, Palmer College of Chiropractic Homecoming, August 2016
- *Sports Injuries and Orthopedic Assessment, Upper Extremity*, ICA Council on Pediatrics, Montreal, Canada, May 2016
- *Cervical Spine Sports Injuries and Concussion Assessment*, Palmer College of Chiropractic Florida Homecoming, February 2016
- *The Yin and Yang of Sports: Improved Self Esteem, Confidence, Academic Performance vs. The Female Athlete Tetrad, Eating Disorders, Body Image Disorders, and Substance Abuse*, Palmer College of Chiropractic Florida Homecoming, February 2016
- *Kids and Sports: Let's Keep 'Em Safe*, Iowa Communications Network, October 2015
- *Sports Injuries and Orthopedic Assessment, Lower Extremity*, ICA Council on Pediatrics, Montreal, Canada, October 2015
- *Radiographic Positioning and View Selection*, Palmer College of Chiropractic Homecoming, August 2014
- *Imaging of Upper and Lower Extremity Sports Injuries*, Palmer College of Chiropractic Homecoming, August 2014
- *Sports Injuries and Orthopedic Assessment*, ICA Council on Pediatrics, Melbourne, Australia, July 2014
- *Concussion Assessment and Arthritides*, Palmer College of Chiropractic Florida Homecoming, March 2013
- *Sports Injuries in Kids*, New Zealand Pediatric Diplomate graduation program, Sydney, Australia, May 2013
- *Radiology Review*, Chiropractic Orthopedics Diplomate Course, Palmer College of Chiropractic, November 2011
- *Arthritides*, Palmer College of Chiropractic West Homecoming, October 2010

Continuing Education Instructor Experience

- *Advanced Principles of Diagnostic Imaging for the Chiropractic Technologist*, Palmer College of Chiropractic, May 2001
- *Radiology*, Chiropractic Orthopedics Diplomate Course, Palmer College of Chiropractic, November 2009
- *Diagnostic Imaging for the Chiropractor*, Palmer College of Chiropractic West, San Jose, CA, May 2009
- *Upper Extremity Imaging*, Palmer College of Chiropractic, Davenport, IA, January 2009
- *Sports Chiropractic Issues and X-ray: Upper Extremity*, Palmer College of Chiropractic West, San Diego, CA, October 2007
- *Topics in Arthritis*, Palmer College of Chiropractic, Davenport, IA, October 2007
- *Radiology Topics*, Palmer College of Chiropractic Davenport Homecoming, August 2007-present

PARKER SEMINARS

- *When You Hear Hoofbeats, Could It Be Zebras*, Parker Seminars, March 2021
- *Bennett, Perthes, and Codman Walk into a Chiropractic Office: Radiological Review and Differential Diagnosis of Unexpected Discoveries in Outpatient Settings*, Parker Seminars, November 2020
- *The Noisy Knee*, Parker Seminars, March 2019
- *Pediatric Radiology: Is an X-ray Right for This Kid*, Parker Seminars, October 2018
- *The Casual Contender*, Parker Seminars, March 2018

OTHER ORGANIZATIONS

- *MRI and CT Basics and Upper Extremity Imaging*, Cairo, Egypt, World Federation of Chiropractic meeting, March 2008
- *Physical Diagnosis Review: Head and Neck Exam, Skin, Hair, and Nails*, Iowa Chiropractic Society, February 2007
- *Radiology Review: Physics, Arthritides, Trauma, and Tumors*, International Chiropractors' Association of Indiana, June 2005
- *Examination of the Thorax and Abdomen*, Iowa Chiropractic Society, March 2005
- *Cervical Spine: Diagnostic Imaging and Interpretation*, International Chiropractors' Association of Indiana, October 2002

Service to the College

- Title IX investigator, 2014 to present
- OSCE case-writing committee; chair of two subcommittees, 2012 to present
- Student Ethics Hearing Panel, 2003 to present
- Student Academic Standings Committee, 2005-present
- Diagnosis Curriculum Steering Committee, 2012 to present, ad hoc
- Faculty Advisor for Palmer College of Chiropractic Student Council, 2011 to 2017
- Thelma Mack Award Review Committee, 2003 to 2012
- Clinic Curriculum Task Force, 2012
- OSCE case-writing committee, 2009-2010
- Bargaining Unit Negotiation Team, 2007
- Financial Aid Appeals Committee, 2005-2009
- Steering Committee for the Palmer Key Abilities, 2004-2005
- Chairperson, Excellence in Clinics, Qualitative Review Policies for CCE Standards Committee, 2003
- Vogt Leadership Society Faculty Selection Committee, 2002-2016
- Clinic Management Team, 2002-2003
- Policy Review Committee, 2002-2003
- Clinical Excellence Award Selection Committee, 1999-2003
- Faculty advisor for the Student American Chiropractic Association, 1999-2005

Service to the Profession

- Executive Vice President of the American Chiropractic Registry of Radiologic Technologists, March 2022 to present
- Delphi Committee member for the DACO board examinations, 2012 to present
- Peer reviewer for *Journal of Allied Health*, 2008-present
- Peer reviewer for the Association of Chiropractic Colleges/Research Agenda Conference, 2003 to present
- NBCE Part II Associated Clinical Sciences board examination test writing committee, 2009-2012
- Peer reviewer for *Journal of Manipulative and Physiological Therapeutics*, 2007-2010
- Peer reviewer for *Topics in Diagnostic Radiology and Advanced Imaging*, 1998-2001

Scholarship, Research, and Professional Development

Book Chapters

Marchiori DM et al. Chapter 6 Normal Anatomy. Clinical Imaging, 3rd edition, with Skeletal, Chest, and Abdomen Pattern Differentials. St. Louis, MO: Mosby, 2013.

Marchiori DM et al. Chapter 6 Normal Anatomy. Clinical Imaging, 2nd edition, with Skeletal, Chest, and Abdomen Pattern Differentials. St. Louis, MO: Mosby, January 2005.

Editorial duties

Radiology editor for DCTracts, 2008 to present

Associate editor for JIANM (formerly JACO), 2018-present

Journal Articles

- Littrell T. Cone Beam Computed Tomography Discoveries in Chiropractic Practices, Part II: Incidences of 4 Conditions in a 6-month Period. DCTracts 2023; 34(4). *In publication.*
- Littrell T. Cone Beam Computed Tomography Discoveries in Chiropractic Practices, Part I: Incidences of 3 Conditions in a 6-month Period. DCTracts 2023; 34(3). *In publication.*
- Littrell T. Congenital Anomalies: Radiographic Findings and Clinical Significances. DCTracts 2020;32(2).
- Littrell T. Pediatric Cervical Spine Injuries: Special Presentations and Radiographic Guidelines. DCTracts 2018; 30(4): audio lecture.
- Littrell T. Variations, Evaluations and Pathologies of Shoulder and Knee Injuries in Pediatric Adult and Elderly Populations. DCTracts 2018; 30(1): audio lecture.
- Littrell T. Imaging of Elbow, Wrist, and Hand Injuries. DCTracts 2012; 24(4).
- Littrell T. Osteoporosis: Diagnostic Imaging Findings and Imaging Options. DCTracts 2012; 24(3).
- Littrell T. An Interactive Discussion: From Traditional Imaging to Digital Imaging. DCTracts 2012;24(1): audio lecture.
- Littrell T. Breast Cancer Imaging: Controversial Guidelines and A Review of the Options. DCTracts 2012;24(1): audio lecture.
- Littrell T. Radiographic Imaging of Four Distinct Causes of Low Back Pain. DCTracts 2011;23(1):5-14.
- Littrell T. Causes of Hip Pain and Their Radiographic Features. DCTracts 2010;22(1):5-11.
- Littrell T. Inflammatory Arthritis and Radiographic Imaging. DCTracts 2008;20(4):5-12.
- Littrell T. Cervical Spondylosis and Spondylolytic myelopathy: Clinical Presentations, Pathophysiology, and Imaging Findings. DCTracts 2008;20(3):6-10
- Littrell T. Plain Film and MRI Interpretation of Common Shoulder Conditions. DCTracts 2008;20(2):2-5 and accompanying audio lecture.
- Littrell T. Osteoarthritis: Risk Factors and Radiographic Imaging. DCTracts 2007;19(2):6-11.
- Rodgers J, Littrell T. Low Back Pain in a 28-Year-Old Welder with Spondylolisthesis. JNMS 2002;10(1):28-38
- Littrell T. Scoliosis and Back Pain in a 21Year Old Female. JNMS 2001;9(1):21-28

ACC-RAC Workshop Presentations

- Creating Impact for Women in Academia: Finding the Strength to Open the Doors to Advancement, March 2017 Association of Chiropractic Colleges/Research Agenda Conference, with Dr. Michelle Barber and Dr. Virginia Barber
- (Re)Invigorating Our Teaching: Facing Problems, Finding Solutions, March 2016 Association of Chiropractic Colleges/Research Agenda Conference, Orlando, FL, with Michelle Barber, DC
-

ACC-RAC Platform Presentations

Radiographic Imaging Identifies a Possible Cause of Gastroesophageal Reflux, July 2022 Association of Chiropractic Colleges/Research Agenda Conference, with Dr. Michelle Drover

Condensing Osteitis of the Clavicle: An Unexpected Finding in a 24-year-old Female, March 2021 Association of Chiropractic Colleges/Research Agenda Conference, with Dr. Michelle Drover

Primum Non Nocere: Upholding Patient Preference and Provider Duty to Non-Maleficence Through Education, Trial of Care, and Co-Management in a Case of Cauda Equina Syndrome, March 2017 Association of Chiropractic Colleges/Research Agenda Conference, with Dr. Virginia Barber

Exploring Narrative Medicine in Chiropractic Education and Practice, March 2017 Association of Chiropractic Colleges/Research Agenda Conference, with Dr. Virginia Barber and Dr. Michelle Barber

Measuring Improvement of Radiographic Interpretive Skills: A Feasibility Study, March 2003 Association of Chiropractic Colleges/Research Agenda Conference, New Orleans, LA

False-Positive and False-Negative Errors in Chiropractic Clinical Intern Radiological Reports, March 2002 Association of Chiropractic Colleges/Research Agenda Conference, New Orleans, LA

Poster Presentations

Previously Undiagnosed Nail-Patella Syndrome in a 67-year-old Chiropractic Patient: A Case Report, March 2016 Association of Chiropractic Colleges/Research Agenda Conference, Orlando, FL

Speaker Name: James Demetrious

Course Title: Cervical Artery Dissection

Course Description

Dr. James Demetrious provides a review of current research and clinical perspectives related to Cervical Artery Dissection and associated risk factors. (2.0 CE hours). Course attendees will receive current, advanced rationales gleaned from the literature and clinical practice.

Learning Objectives

- Attendees will better understand current concepts related to cervical artery dissection, risk factors, and the role of Fluoroquinolones as a CAD risk factor.
- Attendees will improve diagnostic assessments of clinical risk factors, symptoms, signs, and decision-making.
- Attending will be better prepared with regard to questions related to CAD.

Outline (5-10 min increments)

- What is CAD? Describing the event.
- CAD Epidemiology. Reviewing the commonality and prevalence of CAD.
- Current CAD-Chiropractic research. Reviewing high-powered research.
- Bad CAD Science. Critically assessing poorly written research.
- Refuting Bad CAD Science with Evidence. Reviewing specific biased research.
- CAD Risk Factors. Reviewing known predispositions to CAD.
- CAD Symptoms. Reviewing cases and symptoms of the developing CAD.
- CAD Examination Findings. Review of examination, findings of the developing CAD.



James Demetrious, DC, DABCO

3308 Aster Court
Wilmington, NC 28409

910.612.4768
dr.demetrious@gmail.com

CURRICULUM VITAE

James Demetrious, DC, DABCO
Diplomate, American Board of Chiropractic Orthopedists

EDUCATION

- B.S. (Biology) – Excelsior College
- D.C. (Doctor of Chiropractic) – Northeast College of Health Sciences (formerly New York Chiropractic College) -1986
- Chiropractic Orthopedics – National University of Health Sciences (formerly National College of Chiropractic)

BOARD CERTIFICATION/FELLOWSHIPS

- Diplomate, American Board of Chiropractic Orthopedists
- Diplomate, International Academy of Neuromusculoskeletal Medicine

HONORS

- Academy of Chiropractic Orthopedists Distinguished Fellow Award – 2009 – “This doctor has exemplified the meaning of dedication to the Academy of Chiropractic Orthopedists and the orthopedic specialty of the chiropractic profession with extraordinarily meritorious accomplishment and dedication in the pursuit of excellence including many notable exceptional and outstanding distinguished acts and obvious extraordinary achievements.”
- American College of Chiropractic Orthopedists – 2009 – ACCO Distinguished Service Award
- Academy of Chiropractic Orthopedists Outstanding Achievement Award - 2008 - For exceptional performance of service and achievement to the Academy of Chiropractic Orthopedists and orthopedic specialty of the chiropractic profession.
- Academy of Chiropractic Orthopedists Distinguished Service Award -2007



James Demetrious, DC, DABCO

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- Anatomy Teaching Fellowship Recipient – New York Chiropractic College
- Academic Honors – NYCC
- Phi Chi Omega Honor Society having achieved >3.5 GPA over three consecutive semesters

FACULTY / ACADEMIC / EDITORIAL / PROFESSIONAL ACCOMPLISHMENTS

- 2021 - Founded **PostGradDC - CEO**
- 2013-Present – National Mutual Chiropractic Insurance Company Speakers' Bureau
- Post-Graduate Instructor:
 - Post-graduate Faculty, New York Chiropractic College:
 - Lecturer/Online Coursework Author
- 2015- Present - Editorial Reviewer:
 - Spine
 - Annals of Internal Medicine
 - Clinical Anatomy
- Editorial Reviewer:
 - Member of the Peer Review Committee for the 2014 and 2015 Association of Chiropractic Colleges Educational Conference / Research Agenda Conference (ACC-RAC)
- Former Contributing Editor - MEDSUM Chiro/Medical Research Journal – University of Bridgeport Chiropractic School

AUTHORED PUBLICATIONS

- Demetrious J. **Integrative Care Confirms Fracture in Elderly Patient.** NCMIC Examiner. May 12, 2021.

Instructor: Ed Le Cara, RN, DC, PhD
2 hours Friday

Course Title:

Maximizing Muscular Development Using Blood Flow Restriction and Adaptive Resistance Exercise

Course Description

Maintaining muscle mass and strength can have significant benefits for overall health and well-being, especially as we get older. Overcoming these barriers to weightlifting often involves education, support, and addressing personal preferences and constraints. It can be helpful to work with a qualified fitness professional, such as a personal trainer, who can design a tailored program, provide guidance, and offer motivation. Finding a form of strength training that aligns with personal goals and preferences is key to making it a sustainable and enjoyable part of one's fitness routine. This session aims to introduce two biohacking methods that individuals can utilize to increase muscle mass and strength in less time and with less risk of injury.

Learning Objectives:

- Attendees will be able to discuss the importance of muscle mass and strength for longevity.
- Attendees will be able to compare and contrast Blood Flow Restriction Training and usual progressive resistance training
- Attendees will be able to discuss the benefits of adaptive resistance exercise for muscular development.

Course Outline:

Introduction: Minutes 0-45:

Why is building muscle important for longevity?

Maintaining muscle mass and strength can have significant benefits for overall health and well-being, especially as we get older.

Here are some key reasons why muscle is important as we age: **Maintaining Mobility:** Muscle strength and flexibility are essential for maintaining mobility and functional independence as we age. Strong muscles help us perform daily activities like walking, climbing stairs, and getting up from a chair.

Bone Health: Muscle contractions stimulate the bones to become denser and stronger. This is especially important in preventing age-related conditions like osteoporosis, which can lead to fractures and decreased mobility.

Metabolism: Muscle tissue is metabolically active, which burns calories even at rest. As we age, our metabolism tends to slow down, and maintaining muscle mass can help offset this decline, making it easier to manage body weight and reduce the risk of obesity.

Balance and Falls Prevention: Strong muscles, particularly in the legs and core, help improve balance and stability. This can reduce the risk of falls and related injuries, a significant concern for older adults. **Chronic Disease Prevention:** Maintaining muscle mass and strength has reduced the risk of chronic conditions such as diabetes, heart disease, and arthritis. Muscle tissue can help regulate blood sugar levels and support overall cardiovascular health.

Cognitive Health: Some studies suggest that there may be a connection between muscle health and cognitive function. Regular physical activity, which includes strength training to maintain muscle, can positively impact brain health and reduce the risk of conditions like dementia. **Quality of Life:** Strong muscles can enhance an individual's overall quality of life, enabling them to engage in physical activities they enjoy, such as gardening, playing with grandchildren, or pursuing hobbies well into their later years.

Independence: Maintaining muscle strength can prolong independence in daily living. The ability to perform essential tasks like dressing, bathing, and cooking often depends on muscle function. Engaging

in regular physical activity, including strength training exercises, is important to maintain muscle as we age. Resistance training, such as lifting weights or using resistance bands, is particularly effective for building and preserving muscle mass. A balanced diet that includes adequate protein is crucial for supporting muscle health. It's also advisable to consult with a healthcare professional or a fitness expert to create a safe and personalized exercise plan that meets your specific needs and goals.

What is Blood Flow Restriction Training?

46 - 90 Minutes

Blood Flow Restriction (BFR) Training, also known as occlusion training or vascular occlusion training, is a resistance training method that involves using specialized tourniquets or cuffs to restrict blood flow to the muscles being worked partially. This training technique is used to enhance the effects of resistance exercise and has gained popularity in various fitness, rehabilitation, and sports performance settings. Blood Flow Restriction Training works: Application of Pressure: During BFR training, a tourniquet or inflatable cuff is applied to the limb, typically near the upper arm or upper thigh, to restrict the venous return of blood from the muscles partially. This causes a temporary reduction in blood flow to and from the working muscles. Low-Load Resistance Exercise: BFR training often involves using relatively low loads (e.g., light weights or resistance bands) in combination with high repetitions. The exercises are typically performed focusing on muscle fatigue and metabolic stress. Hypoxia and Metabolic Stress: The blood flow restriction creates a hypoxic (low-oxygen) environment within the muscles. This hypoxia, along with the accumulation of metabolites, such as lactic acid, leads to increased muscle fatigue and a "pump" sensation during the workout. Muscle Growth and Strength: BFR training stimulates muscle hypertrophy (growth) and improves strength, even when using lighter weights. It is thought to activate fast-twitch muscle fibers and increase the release of growth factors. Hormonal Response: BFR training may also influence the release of various hormones, such as growth hormone and insulin-like growth factor-1 (IGF-1), which play a role in muscle growth and recovery. Rehabilitation and Injury Prevention: BFR training is sometimes used in physical therapy and rehabilitation settings to help individuals recover from injuries and surgeries, as it allows for muscle strengthening with less stress on the injured area. Reduced Joint Stress: BFR training typically uses lower resistance, so it can be easier on the joints, making it a suitable option for individuals with joint issues or needing a break from heavy lifting. It's important to note that Blood Flow Restriction Training should be performed under the guidance of a trained and qualified professional, as it carries some potential risks, including discomfort, nerve compression, and improper application of the tourniquets. Properly adjusting the pressure of the cuffs and understanding the individual's specific needs and limitations is crucial for safety and effectiveness. BFR training is a specialized technique and is not typically recommended for beginners or those with certain medical conditions. It is essential to consult with a healthcare provider or fitness professional before attempting BFR training to ensure it is appropriate for your specific situation.

What is Adaptive Resistance Training?

91 – 110 minutes

Adaptive resistance exercise, also known as adaptive resistance training, is a type of strength training or resistance training that involves adjusting the resistance or load during an exercise to match the individual's changing strength levels throughout the range of motion. The goal of adaptive resistance exercise is to provide a more customized and challenging workout by accommodating the varying strength capacities of a person's muscles during an exercise. Here's how adaptive resistance exercise works: Variable Resistance: Traditional resistance exercises often involve a fixed weight or resistance, such as lifting a dumbbell of a specific weight. In contrast, adaptive resistance exercise uses equipment or methods that can dynamically change the resistance during the exercise, depending on the person's strength at different points in the movement.

Strength Curve: Muscles have different strength capacities at different points in a range of motion during an exercise. This is known as the "strength curve."

Adaptive resistance exercise aims to match the resistance to the specific point on the strength curve where the muscle is working the hardest. Accommodating Resistance: To achieve adaptive resistance, various equipment and techniques are used, such as resistance bands, chains, cam-based machines, or pneumatic machines.

These tools can change the resistance throughout the exercise, making it more challenging where the muscle is strongest and less challenging where it's weakest. Customized Workouts: Adaptive resistance training allows individuals to work more efficiently and effectively by ensuring the resistance matches their muscle's capacity at each phase of the exercise. This can lead to more complete muscle activation and potentially greater gains in strength and muscle size. Versatility: Adaptive resistance exercise can be applied to various types of resistance training, including free weights, machine-based exercises, and bodyweight exercises. It is commonly used in strength and conditioning programs, sports training, and rehabilitation. Some examples of adaptive resistance training methods and equipment include:

Resistance bands with variable resistance profiles. Machines with cams that adjust resistance based on the strength curve. Chain resistance added to free weight exercises. Pneumatic machines that can be adjusted electronically to provide resistance throughout the range of motion.

Adaptive resistance exercise can be beneficial for athletes looking to optimize their strength training and individuals in rehabilitation programs to accommodate their changing strength levels during recovery. It can help reduce the risk of overloading or underloading certain muscle groups during resistance training, resulting in a more balanced and effective workout. When incorporating adaptive resistance training into your fitness routine, it's essential to use proper form and seek guidance from a fitness professional to ensure safety and effectiveness.

Summary and Key Points

111-120 minutes

EDWARD LE CARA

Maximizing Human Potential

📞 (925) 570-4026

🌐 www.edlecara.com

✉ edlecara@gmail.com

📍 Dallas, TX



EXPERIENCE

Owner/Clinician

Body Lounge Park Cities

📅 05/2018 - Present 📍 Dallas, TX

Commenced a multi-disciplinary, boutique wellness clinic

- Lead Medical Provider
- Oversee Fees and Procedural Coding
- Provide Clinical Oversight to MD's, NP's, RN's, and LMT's
- Overseen Growth of 100% year over year

Director of Education

SmartTools Plus

📅 11/2015 - Present 📍 Cleveland, OH

Manufactures rehabilitation tools for health and fitness professionals

- Increased Courses taught from 4 in 2015 to 250 in 2020 Internationally
- Have Personally Taught over 100 courses since 2015
- Developed live and online programming & content (IASTM & Blood Flow Restriction Training Levels 1 & II)
- Manage a team of over 20 instructors Internationally
- New Product Development Advisement

Adjunct professor

Rocky Mountain University of Health Professions

📅 08/2014 - Present 📍 Provo, UT

MS in Athletic Training

- Developed and teach curriculum for soft tissue rehabilitation course

Adjunct professor

Parker University

📅 05/2019 - Present 📍 Dallas, TX

MS in Exercise & Human Performance

- Developed and Instruct the Exercise and Health Course
- Developed and Instruct the Exercise Prescription for Special Populations Course
- Developed and Instruct the Advanced Endocrinology & Exercise Course

Director of Transglobal Education

RockTape

📅 06/2014 - 2016 📍 Los Gatos, CA

Health & Fitness Education & Manufacturing

- Taught over 120 courses from 2012 to 2015
- Increased live courses taught 500% in 3 years
- Managed over 70 instructors internationally
- Co-developed multiple educational courses (FMT I & II, PMT, Special Populations)

EDUCATION

Associate in Nursing

International College of Health Sciences ICHS

📅 02/2022 - 09/2023

- The Associate of Science in Nursing program is designed to prepare the student for an entry-level career as a professional nurse. The curriculum is built to provide the competency based, outcome oriented didactic, laboratory and clinical experience including the knowledge and critical thinking skills necessary to become a Registered Nurse.

M.B.A. - Transglobal Education

St. Mary's College of CA

📅 09/2013 - 09/2015 📍 Moraga, CA

- Capstone Project included work with an underprivileged University in Mumbai, India and developing curriculum

Ph.D. - Athletic Training

Rocky Mountain University of Health Professions

📅 09/2007 - 12/2012

- Published research on the morphology and function of lumbar multifidus in symptomatic veterans
- Clinical and pedagogy emphasis

D.C. - Doctor of Chiropractic

Palmer College of Chiropractic West

📅 09/1995 - 12/1999

B.S. - Exercise Science

University of California at Davis

📅 09/1991 - 12/1995

- Captain of the Division I Wrestling Team
- Interned as a Strength & Conditioning Coach for women's basketball
- Involved in numerous studies in Exercise Science lab

US ARMY Combat Medic Training

Ft. Sam Houston, TX

📅 06/1993 - 08/1993

- Developed Emergency Action Plans
- Learned techniques and paramedic skills like IV's, Injections, BLS, Fracture Management, Head Injury Management

EXPERIENCE

Athletic Trainer

St. Mary's College of California

📅 2012 - 2014 📍 Moraga, CA

Division I Institution

- Developed ACL Prevention program
- Lead rehabilitation of spine and ACL Injuries
- Oversaw 5 Athletic Trainer's & Strength Coaches
- Worked with women's rowing, basketball, rugby, and lacrosse

VP Sports Science & Human Performance

24 Hour Fitness

📅 08/2011 - 08/2013 📍 San Ramon, CA

A leading health club organization in North America

- Established a wellness clinic in corporate headquarters that saved over \$150,000 in healthcare costs within 9 months
- Provided education and leadership for over 400 personal trainers
- Wrote health and fitness content for over 1M members
- Promoted to VP after 2 years as consultant
- Served on medical advisory board

Chiropractor

Veteran's Administration

📅 11/2009 - 11/2013 📍 Martinez, CA

Worked as the chiropractor in the Integrated Brain Health & Wellness program

- Contributed to starting the 'Get Moving' Program for weight loss counseling through diet and exercise
- Commenced a personal trainer internship program and matched veterans with trainers
- Supervised personal trainers and exercise programming
- Performed original research with radiology (MRI & Ultrasound)
- Commenced an internship program with Palmer College of Chiropractic - West
- Had over \$10,000 of equipment donated to the fitness facility for the veteran's to use

Owner/Clinician

KinetikChain/KinetikChain Denver

📅 2014 - 2018 📍 Dallas/Denver

Developed an athletic training room model for active individuals. Opened 4 clinics and sold those clinics over the span of 2014-2018.

- Developed first Commercial Athletic Training Room Membership model

Owner/Clinician

SportsPlus

📅 06/2000 - 07/2014 📍 Pleasanton, CA

A Chiropractic and Athletic Training Sports Medicine company that provided injury treatment in the clinic and medical coverage on the field, court and mat

- Outreach athletic training provided to over 30 teams, programs and clubs
- Internships provided for chiropractic students from PCCW
- Treated Motor Vehicle Accident & Workers' Compensation Patients
- Certified as Qualified Medical Evaluator
- Managed Billing & Coding and set Fees

AWARDS



2011 Clinician of the Year



2011 Robert Botterman Award



2008 Sports Hall of Fame Induction



1996 US Army Achievement Medal



1995 US Army Certificate of Achievement

PUBLICATIONS

National Academy of Sports Medicine

Corrective Exercise Specialist Certification

Co-Author

📅 2019 🔗 <https://www.nasm.org>

I wrote two modules (thoracic spine/shoulder & elbow/wrist) in the Corrective Exercise Specialist textbook

Dr. Le Cara's Approach to Blood Flow Restriction Training

Self Published

Edward C. Le Cara, DC, PhD

📅 2021 🔗 <https://www.amazon.com/dp/B09J1PVDTQ>

A beginner's guide to implementing Blood Flow Restriction Training into one's fitness and rehabilitation regimen

Predictors of clinical success with stabilization exercise are associated with lower levels of lumbar multifidus intramuscular adipose tissue in patients with low back pain.

Disability and Rehabilitation

Hebert JJ, Le Cara EC, Marcus RL, Dempsey AR, Hoffman MD

📅 05/2018

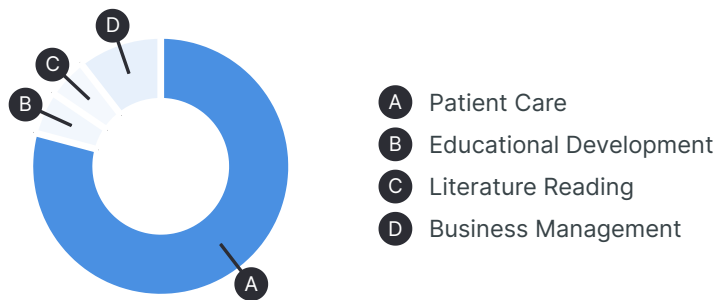
Epidemiology of injuries in men's lacrosse: injury prevention implications for competition level, type of play, and player position

The Physician & Sports Medicine

Barber Foss KD, Le Cara E, McCambridge T, Hinton R, Kushner A, Myer GD

📅 09/2017

MY TIME



CERTIFICATIONS

Board Certified in Sports Medicine

American Chiropractic Board of Sports Medicine, 2002 - Present

Board Certified in Rehabilitation

American Chiropractic Rehabilitation Board, 2012 - Present

Certified Athletic Trainer

Board of Certification, 2004 - Present

Certified Strength & Conditioning Specialist

National Strength & Conditioning Association, 1995 - Present

Licensed Athletic Trainer

Texas Athletic Trainer's Association, 2014 - Present

Functional Dry Needling

Ma Dry Needling, 2014

Medical Acupuncture

International Academy of Medical Acupuncture, 2016

First Aid & CPR Instructor

American Heart Association, 1993 - Present

Qualified Medical Evaluator (QME)

Specialized training in the evaluation and impairment rating based on the AMA Guides 5th Edition. State of California 2005 - 2013

Selective Functional Movement Screen, SFMA

Functional Movements, 2011

Corrective Exercise Specialist, CES

National Academy of Sports Medicine, 2004

Instrument Assisted Soft Tissue Manipulation

SmartTools Plus, 2014

Functional Movement Screen

Functional Movement Systems, 2007

Intravenous Administration

Army Medical (1993) & IV Academy (2018)

Professional Medical Injector (Botulism)

Texas Laser Institute, May 2020

Professional Medical Injector (Injectable Fillers)

Texas Laser Institute, May 2020

PUBLICATIONS

Epidemiology of Injuries in Women's Lacrosse: Implications for Sport-, Level-, and Sex-Specific Injury Prevention Strategies.

Clinical Journal of Sports Medicine

Barber Foss FD, Le Cara E, McCambridge T, Hinton RY, Kushner A, Myer GD

07/2017

Morphology versus function: the relationship between lumbar multifidus intramuscular adipose tissue and muscle function among patients with low back pain.

Archives of Physical Medicine Rehabilitation

Le Cara EC, Marcus RL, Dempsey AR, Hoffman MD, Hebert JJ

10/2014

Effect of kinesiology taping on pain in individuals with musculoskeletal injuries: systematic review and meta-analysis.

Physician & Sports Medicine

Montalvo AM, Le Cara EC, Myer GD

05/2014

ACHIEVEMENTS



Military Experience

Serving this great country with amazing men and women



Publishing a Journal Article

Contribution to the scientific and clinical community was a lifelong goal



Earning a PhD

Years of dedication and commitment while still running a busy clinic



Helping People Move and Feel Well

Teaching the philosophy that diet and exercise are the greatest source of optimal health and healing

CERTIFICATIONS

Blood Flow Restriction Training

SmartTools Plus, 2017

Fascial Movement Techniques I & II

RockTape, 2012

Advanced Selective Functional Movement Assessment

Functional Movement Systems, 2012

Advanced Functional Movement Screen

Functional Movement Systems, 2008

Certified Concussion Manager

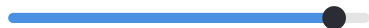
Impact, 2011

CrossFit Level 1 (CFT-L1)

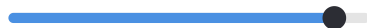
CrossFit, 2018

INDUSTRY EXPERTISE

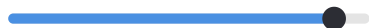
Manual Therapy



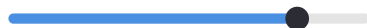
Rehabilitation



Billing & Coding



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Speaker Name: Michael Boyle

Course Title: The Orthopedic Cost of Exercise Part I

Course Description

Is all exercise good? Are some exercises better than others? Mike will examine the idea of Orthopedic cost; in the worlds of therapy, fitness and strength and conditioning. This has been a controversial topic in the past year that merits more discussion. This lecture will aid therapist, coaches and performance professionals to make the best decisions for their patients and clients about progressions and regressions.

Learning Objectives

1. You will learn how to critically think when selecting exercises for your patients and clients.
2. You will learn how to explain to your patients and clients why some exercises may not be right for their situation, body type or goals.
3. You will learn how to progress and regress exercises to accommodate your patients and clients needs.

Outline (15 min increments)

- Defining Orthopedic Cost and Minimal Effective Dose (0-15 min)
- Risk vs. Reward and the Aging Process (16 - 30 Min)
- Example 1: Orthopedic Costs of Overhead Pressing (31-45 min)
- Example 2: Orthopedic Costs of Power Work (46 - 60 min)
- Example 3: Orthopedic Cost of Knee Dominant Work (61 - 75 min)
- Spinal Torque, Compression and Shear (76-90 min)
- Revisiting Core Training (90 - 105 min)
- Discussion, Q&A (105-120 min)

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Michael Boyle

615 Haverhill St
Reading, Ma. 01867
617-548-7968
mboyle1959@aol.com

Professional Profile

Mike Boyle Strength and Conditioning, Woburn, Ma

- Developed an innovative sports conditioning model focusing on athletes from the youth to the professional level. One of the first companies of it's kind in the world.

Boston Red Sox

- Strength and Conditioning Consultant 2012-2013. World Series Champions in 2013

Boston University, Boston, Ma

- Established the strength and conditioning program for all sports at Boston University beginning in 1982.
- Oversaw the development of three facility and department expansions
- Ice hockey National Champions in 1996 and 2009

Elite Conditioning Inc, Reading Ma.

- Established one of the first NFL Combine Training Programs, Worked with numerous NFL players including Eric Swann, Mike Mamula, Tom Nahlen, Ron Stone, James Farrior, Darren Sharper, David Givens and Gosder Cherilus.
- Authored four books on training for sport, 27 DVDs on injury prevention and training, and over 100 articles on training and injury prevention related concepts.

Boston Bruins, Boston, Ma

- Oversaw the implementation of a professional sports team strength and conditioning program that reduced injuries from first in the National Hockey League to 26th over a ten year period.

Additional Professional Experiences

- Strength and Conditioning Coach- 1998 and 2014 United States Women's Olympic Ice Hockey Teams
- Strength and Conditioning Coach- 2004 United States Women's Olympic Soccer Team- Gold Medalists in Athens

Education

1977-1982 Springfield College, Springfield, Ma

BS Physical Education, M.ed. Theory of Athletic Injury Management , NATA ATC
1981

National and International Presentations

December 2008 Major League Baseball Strength and Conditioning Coaches- In season Training When It's Always In-season

June 2008 National Strength and Conditioning Assoc.- Using the Functional Movement Screen in Team Settings

May 2008- Northeastern University Distinguished Lecture Series- Training for Injury Prevention

May 2008 German National Ice Hockey Federation- Training for Ice Hockey

October 2008 Netherlands Olympic Committee- Training for Olympic Sports

September 2007- Special Operations Military Assoc.- Panel Discussion on Special Forces Training

December 2006- Buffalo Bills Strength and Conditioning Staff- Functional Strength and Conditioning

March 2006- University of Oklahoma Strength and Conditioning Staff- Functional Strength and Conditioning

June 2006- National Strength and Conditioning Assoc- Central Nervous System Intensive Training

February 2002- Green Bay Packers Strength and Conditioning Staff- In House Visit, Winchester, Ma.

Books and DVD's

Designing Strength Training Programs and Facilities (2nd Edition), 2023 On Target

New Functional Training for Sports (2nd Edition) , 2016 Human Kinetics

Advances in Functional Training, 2009 On Target Publications

Functional Training for Sports , 2003 Human Kinetics

Designing Strength Training Programs and Facilities, 2005 Perform Better

Strength and Power for Sport DVD, 2008

Joint by Joint Approach to Movement and Training DVD, 2008

Power Development for Golf DVD, 2008

Advanced Program Design 5 DVD set, 2007

Functional Strength Coach Volume 3.0 2009

Functional Strength Coach Volume 2, 5 DVD set, 2006

Functional Strength Coach Volume 1, 10 DVD set, 2005

New Concepts in Core Training DVD, 2004

Foam Roller Techniques DVD, 2004

Plyometric Training DVD, 2004

Developing Linear Speed DVD, 2003

Developing Lateral Speed and Direction Change DVD, 2003

Speaker Name: William Owens Jr/Eric Lee

Course Title: Pathology of the Intervertebral Disc

Course Description

Learn how injuries to ligaments and the intervertebral disc influence patient care and management in the interprofessional setting. We will discuss how to communicate and generate interprofessional referrals with the primary care, pain management, spine surgeon and attorneys in your community. Evidence based peer-reviewed research papers supporting this process will be presented.

Learning Objectives

- Understand updated evaluation of spinal ligament injury with attention paid to histological and wound repair pathways.
- Demonstrate knowledge of the anatomy and physiology of the intervertebral disc in both healthy and degenerative disease processes.
- Understand proper reporting and communication methods with primary care, pain management and spine surgery physicians.
- Demonstrate proficiency in medical legal reporting in injured patients that have obtained legal representation.

Outline (15 min increments)

- Anatomy of the healthy intervertebral disc and its nerve supply will be reviewed. An overview of the histological structure of the intervertebral disc will be presented.
- Discussion of the chemical and histological make-up of the intervertebral disc including vascular, proteoglycan and extracellular matrix composition will be presented.
- Anatomy of the degenerative intervertebral disc and its nerve supply will be reviewed. An overview of the histological structure of the intervertebral disc will be presented.
- Discussion of the chemical and histological make-up of the degenerative intervertebral disc including vascular, proteoglycan and extracellular matrix composition will be presented. Key differences between the healthy and degenerative disc will be outlined.
- Detailed presentation of intervertebral disc nomenclature as outlined by the combined task forces of the North American Spine Society, the American Society of Spine Radiology and the American Society of Neuroradiology.

ERIC LEE DC, FSBT

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Lehi, UT 84043

SELECTED OCCUPATIONAL HISTORY

Spine Management Provider / Chiropractor Summit Brain Spine & Orthopedics LLC Lehi, UT	June 2023 – Current
PGA Tour Player Support PGA Tour USA	2022 - Current
Spine Management Provider / Chiropractor Vista Medical Centers, LLC Lehi, UT	Jan 2015 - Current
BYU (Brigham Young University) Athletics Official Chiropractor BYU Athletic Department	June 2016 -June 2022
Clinic Director / Chiropractor Utah Pain Treatment Centers American Fork, UT	Jan 2009 – Dec 2016
President Mountainview Health Management Services American Fork, UT	Jan 2009 – Dec 2016

INSTRUCTOR HISTORY

National Spine Management Group – East Coast Seminar	2023
Summit Medical Institute	2023
Summit Brain and Spine Clinical Rounds	2023
National Spine Management Group – South	2023

EDUCATION

Chiropractic License State of Utah License # 4837586-1202	2000- Current
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Fellowship in Spine and Biomechanics – See Details Below	2019
Didactic and Clinical two-year post graduate study	
National Spine Management Group, Recognized by Cleveland University College of Chiropractic	
Approved for Continuing Medical Education [ACCME] – State University of New York at Buffalo	
Jacobs School of Medicine and Biomedical Sciences	

Doctorate of Chiropractic	1999
Parker College of Chiropractic	
Dallas, TX	

National Board of Chiropractic Examiners

Part I, 1998
 Part II, 1999
 Part III, 1999
 Part IV, 2000
 Physiotherapy, 1999

Undergraduate Studies

New College, San Francisco, CA	1991-1992
Yuba College, Marysville, CA	1991
Consumnes River College, Sacramento, CA	1990-1991
Mississippi Delta Junior College, Moorhead, MS	1987-1988

SELECTED POST-GRADUATE EDUCATION

2023 National Spine Management Conference South – Role of a Spine Management Physician - *Outline and overview of what a Spine Management Physician is, and the present day need in healthcare. Details relating to the Doctor of Chiropractic filling that role with specific discussion related to WHY physical therapy, nurse practitioners or physician assistants are unable to fill this position. Overview of a spine manager's role in the evaluation and triage of non-operative spine patients was presented. Introduction to the diagnosis of non-specific spine pain was outlined with focus on the needs of primary care, pain management and spinal surgeons.* National Spine Management Group, LLC, Parker University, Alabama State Board of Chiropractic Examiners, Kentucky Board of Chiropractic, Louisiana State Board of Chiropractic Examiners, Texas Board of Chiropractic Examiners, Florida Board of Chiropractic Medicine, Arizona Board of Chiropractic Examiners, Federation of Chiropractic Licensing Boards – PACE, 2023.

2023 National Spine Management Conference South – Moving from a Curative Model of Spine Care - *A comprehensive look at the history of spinal care, degenerative changes and both regional and global spinal compensation. Outline the spine as a whole organ system that must be monitored in relation to physical activity, lifestyle, and traumatic patient history was discussed and presented. Application of spine management principles mirroring internal medicine disorders was presented and reviewed. Specific peer reviewed medically index*

William J Owens Jr DC DAAMLPCPC

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Buffalo, NY 14209

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wowens@nationalspinemanagement.com

SELECTED OCCUPATIONAL HISTORY

Adjunct Associate Professor - Family Practice Department, State University at Buffalo, Jacobs School of Medicine, Buffalo, New York, 2012 – Present

Clinical Supervisor, State University of New York at Buffalo, School of Exercise Sciences and Nutrition Science Department, 2007- Present

Adjunct Post Graduate Faculty, Cleveland University – Kansas City, College of Chiropractic, 2017 – present

President and CEO – National Spine Management Group, Lehi, UT, 2020-present

Director, Fellowship in Spinal Biomechanics and Trauma, National Spine Management Group, Cleveland University Kansas City, College of Chiropractic, 2020-present

Clinical Director, Fellowship in Spinal Biomechanics and Trauma, Academy of Chiropractic, Cleveland University Kansas City, Chiropractic and Health Sciences, 2017-2020

Clinical Director, Hospital Qualifying Program, Academy of Chiropractic, Cleveland University Kansas City, Chiropractic and Health Sciences, 2017-2020

Clinical Director, Fellowship in Spinal Biomechanics and Trauma, Texas Chiropractic College, Academy of Chiropractic, Long Island, NY, 2016 – 2017

Educational Director, Primary Spine Care Qualification, Academy of Chiropractic, Cleveland University Kansas City, Chiropractic and Health Sciences, 2017-2020

Coordinator, Hospital Qualifying Program for Chiropractors, Texas Chiropractic College, Academy of Chiropractic, Long Island NY, 2016-2020

Adjunct Clinical Assistant Professor, Texas Chiropractic College, Pasadena, Texas, 2015-2020

Adjunct Clinical Assistant Professor, University of Bridgeport College of Chiropractic, Bridgeport, Connecticut, 2012 - 2017

Clinic Director, Chiropractor, Rochester Spine and Injury Chiropractic, Rochester NY, 2012-2016

Coordinator – Chiropractic Elective – State University of New York at Buffalo School of Medicine and Biomedical Sciences – Family Practice Residency Program, Buffalo NY, 2011-present

Co-President & Consultant, MD Affiliate Program, East Setauket NY, 2011-2020

Clinic Director, Chiropractor, Greater Buffalo Accident and Injury Chiropractic, Buffalo NY, 2010-Present

Director, Medical Continuing Education Program, Academy of Chiropractic, Buffalo NY, 2010-2020

Clinical and Research Co-Director and Chief Executive Officer, US Chiropractic Directory, Setauket, NY, 2009-2020

Clinic Director, Chiropractor, Niagara-Frontier Chiropractic, Buffalo NY, 1998-2010

Assistant Clinical Director Chiropractic Department, Chiropractor, Sheehan Memorial Hospital, Buffalo, NY, 1999-2002

Chiropractor, Erie County Medical Center, Buffalo, NY, 2001-2002

EDUCATION and LICENSURE

Doctor of Chiropractic, Utah, License # 12369149-1202, 2021-Present

Doctor of Chiropractic, New Mexico, License #DC2276 – 2022-Present

Doctor of Chiropractic, New York, License #008853, 1998-Present

Doctor of Chiropractic, National College of Chiropractic, Lombard, IL, 1997

National Board of Chiropractic Examiners, Part I, 1995 National Board of Chiropractic Examiners, Part II, 1999

National Board of Chiropractic Examiners, Part III, 1996

National Board of Chiropractic Examiners, Part IV, 1997

Bachelor of Science in Human Biology National College of Chiropractic, Lombard, IL, 1995

SELECTED POST-GRADUATE EDUCATION & CERTIFICATIONS

Crash Investigation 1 – *Explanation of the role that the traffic crash investigator plays within the police mission of traffic safety was presented. Five levels of crash investigation were outlined along with the implementation of each distinct phase. Detailed review of planning the different stages of the traffic crash investigation was reviewed. Defining the elements necessary to classify situations beyond a traffic crash, such as suicide, homicide or leaving the scene was presented. Detailed individual projects with instructor grading were required including post-collision questioning, roadway analysis, intersection measurements, vehicle damage analysis on live models, crash scene photographic analysis, influence of drag factor in crash investigation and final project incorporating all learned material in an intersection crash diagram to scale. Northwestern University Center of Public Safety – 2021.*

Crash Investigation 2 – *Detailed review of Crash Investigation 1 was presented and discussed in group setting. Outline of next phases of crash investigation with detailed instruction of tire mark identification and evaluation with focus on tire inflation status and tire damage with reference to pre and post-crash. Methodology pertaining to crash investigation format was outlined in a scientific process. Instruction in analysis of vehicle lamps was given including pre and post-crash presentations, scientific process*

Speaker Name: Robert Cooperstein

Course Title: Chiropractic Research Findings: Sometimes Serendipitous

Course Description

This course summarizes findings from a number of research tracks the presenter has pursued in his career, most of which took origin in experiments that either “failed” or received impetus from very unexpected initial findings. This confirms the dictum that there are no “good” vs. “bad” data – all data are useful. These research tracks involve the reliability of motion palpation (if the right question is asked); the accuracy of static palpation in identifying the position of the C1 transverse process; correcting the interpretation of the Gillet test for sacroiliac hypomobility and an enhanced side-posture version of the test; the relationship of prone and supine leg checks, the confirmation of the functional short leg as a stable and measurable clinical entity, and the accuracy of the traditional rules that associate the position of the scapula and of the iliac crest to spinal levels.

Learning Objectives

- Motion palpation of the spine is reliable if the palpator attempts to identify the Stiffest Spinal Site (SSS) in a discrete spinal region rather than ask whether individual motion segments are relatively “fixated” or “moving”.
- Upper cervical practitioners can rightfully claim they can locate the C1 transverse process and distinguish it from the C2 transverse process and mastoid process.
- Although the upright Gillet (aka step) test does not identify sacroiliac hypomobility, a side-posture version of the test has been tested and found to generate data consistent with basic science studies of sacroiliac motion.
- Prone and supine leg check results are not interchangeable and appear to test different phenomena, with important implications for full spine vs. upper cervical practitioners; The existence of functional leg length inequality has been confirmed.
- The conventional wisdom associating spinal levels with both scapular and pelvic anatomical landmarks is inaccurate, and likely results in diagnostic and therapeutic errors in both manual therapy and other professions.

Outline (15 min increments)

- 15 minutes: Reliability of continuous vs. discrete motion palpation, and the importance of asking the right question in palpating the patient; also, the accuracy of C1 static palpation.
- 15 minutes: Motion palpating the sacroiliac joint for hypomobility: the importance of patient position (upright vs. side-posture).
- 15 minutes: Leg check findings: the importance of patient positions, prone vs. supine – why the results are different and how clinicians can make the best use of the findings; existence of functional leg length inequality has been confirmed.

- 15 minutes: Re-examination spinal landmark association; why better accuracy in identifying spinal sites can impact the outcome of care and fidelity of research findings; why these findings may be of more importance to anesthesiologists than manual therapists.

CURRICULUM VITAE

NAME: Robert Cooperstein, M.A., D.C.

EMAIL: Cooperstein_r@palmer.edu

BORN: November 21, 1949

PRESENT POSITION: Professor Emeritus, Palmer Chiropractic College West, San Jose, CA

EDUCATION:

- 1966 Bronx High School of Science, New York, N.Y.
- 1970 B.A., State University of New York at Stony Brook
- 1974 M.A., University of California at Berkeley
- 1984 D.C., Life Chiropractic College West

JOURNAL EDITORIAL REVIEW BOARDS, CURRENT (2021)

Journal of Chiropractic Education, Journal of Contemporary Chiropractic, Journal of Chiropractic Humanities, Journal of Chiropractic Medicine, Chiropractic J of Australia, Journal of the Canadian Chiropractic Association,

EXPERIENCE:

- *2022 Appointed to serve on the following project: EXPERT CONSENSUS ON A STANDARDIZED DEFINITION AND SEVERITY CLASSIFICATION FOR ADVERSE EVENTS FOLLOWING SPINAL AND PERIPHERAL JOINT MANIPULATION AND MOBILIZATION: AN INTERNATIONAL E-DELPHI STUDY*
- 2000-2021 Coordinator of the Departments of Technique
- 2000-2021 Coordinator of the Departments of Research
- 2019 Palmer West Homecoming, Blocking and Drop Table Adjustive Procedures
- 2019 Re-appointment, PACE Review Committee
- 2019 Palmer Davenport Homecoming, Update on Anatomical Landmarks
- 2018 Conference presentations at Parker Chiropractic University, Dallas Texas, Low Tech Pelvic Torsion and LLI Screens
- 2015: PIE conference facilitator, PCC (Process of Integrating Evidence (PIE) for CAM Educators)
- 2014, 2013, 2012, 2010 Attended Improving Chiropractic Education Through Evidence-Based Clinical Practice (EBCP) sessions at Palmer Chiropractic College, Davenport and University of Iowa
- 2002 Approximately 59 research conference presentations at ACC-RAC (Association of Chiropractic Colleges / Research Agenda Conference) meetings, 2002 to present
- 2011 Attended McMaster program "Improving Your Practice/Teaching Through Evidence-Based Clinical Practice", in Hamilton Canada
- 2021 to present, invited Peer reviewer, Journal of the Canadian Chiropractic Association
- 2014 to present, invited Peer reviewer, Journal of Chiropractic Humanities
- 2014 to present, invited Peer reviewer, Journal of Chiropractic Medicine

- 2013 to present, invited Peer reviewer, Journal of Chiropractic Education
- 2008 NBCE Pathology Committee, Part I (prior term as well, total of some 18 years)
- 2008- 15: PACE Reviewer, auspices of the Federation of Chiropractic Licensing Boards
- 2007 to present: Advisory Board, American Board of Chiropractic Orthopedists (ABCO)
- 2003 to 2009 Chair, Technique Consortium, Association of Chiropractic Colleges
- 2003 to 2005: invited peer reviewer, Research and Science section of JACA
- 2004 Presentation to American College of Chiropractic Consultants on Chiropractic Techniques
- 2004-14: PACE Review Committee
- 1998 to present: Technique and Philosophy column coordinator, JACA
- 2003-2005: National Board of Chiropractic Examiners Part II Test Committee, Chir Practice
- 2001 to present, invited Peer reviewer, Journal of Chiropractic Medicine
- 2000 to cessation of publication, Peer reviewer, Journal of the Neuromusculoskeletal Journal
- 1999 to cessation of publication, Peer reviewer, Chiropractic Research Journal
- 1999 to 2021 Director of the Department of Technique and Research, PCCW
- 1998 to cessation of organization, Scientific Reviewer for Consortial Center for Chiropractic Research
- 1998 to present, Peer reviewer, Association of Chiropractic Colleges symposium
- 1998 to 2003. Secretary of Technique Consortium, Association of Chiropractic Colleges
- 1998 Chair of the Department of Technique and Management
- 1997 Administrative Research Coordinator, Palmer Chiropractic College West
- 1997 through several annual participations: Consultant to the National Board of Chiropractic Examiners, Part IV examination, Standardized Patient Trainer
- 1996 Faculty, American Back Society, seminar on implementing a Smart Chiropractic Table
- 1995 to present: Member, Palmer Center for Chiropractic Research. Co-chair of the Biosignals Laboratory and of the Interdisciplinary Research Clinic Project committees
- 1995-97 Secretary-Treasurer, Panel of Advisors to the ACA Council on Technique
- 1995 and for several subsequent years: Consultant to the National Board of Chiropractic Examiners Part IV Test Committee, Chiropractic Technique
- 1994 Participant in Panel Discussion *Structure vs. Function*. FCER/ICSM, Palm Springs California
- 1993 Member, Committee on Manipulative and Manual Medicine, American Back Society
- 1993 Faculty, American Back Society, seminar on cost-effective care
- 1993 Faculty Advisor, Bartlett (PCCW campus newspaper)
- 1993 Panel of Advisors, ACA Council on Technique
- 1993 Palmer College of Chiropractic West Continuing Education Faculty
- 1993 to 2005, 2008-2010: National Board of Chiropractic Examiners Part I Test Committee, Pathology
- 1992 to 2013: Columnist, Dynamic Chiropractic (quarterly)
- 1989 to present: Palmer Chiropractic College West, San Jose, CA. Assistant & Associate Professor. Courses taught: General Pathology, Chiropractic Procedures
- 1985 to present: Private practice of chiropractic, Oakland and San Leandro, Cal.
- 1987: Faculty, American Back Society. Conducted workshop in chiropractic procedures.
- 1986-89: Pacific Consortium for Chiropractic Research College Representative, Life Chiropractic College West, San Lorenzo, Cal.
- 1985-89: Life Chiropractic College West, San Lorenzo, Cal. Assistant Professor. Chairman of the Clinic Review Committee; Clinic Faculty; Instructor in Spinal Biomechanics
- 1972-74: University of California, Berkeley, Cal. Teaching Assistant.

Speaker Name: MaryAnne Dimak DC, MS

Course Title: The 4 Ps of Postpartum Care

Course Description

This course is designed to identify musculoskeletal principles and a variety of methodologies that can be utilized during the rehabilitation and management of a patient throughout the first year of their postpartum phase.

Learning Objectives

- Integration of physiology, functional anatomy, presentation, and evaluation findings to identify the current state of healing of a postpartum patient.
- Identify key areas of focus for treatment of a postpartum patient depending on their stage of healing.
- Create appropriate active care interventions for various stages of postpartum rehabilitation.
- Learn options of progressions and regressions of movement patterns that are appropriate in various stages of postpartum rehabilitation.

Outline (15 min increments)

1. Initial Postpartum Phase: Protect (15 minutes)
 - a. Common NMSK issues that arise during the first 8 weeks of postpartum healing.
 - b. Regions of focus during treatment in the phase.
 - c. Re-establishing core motor control after birth.
 - d. Phase-appropriate rehabilitative exercise options for in-office and home care use.
2. 8 weeks to 12 weeks Postpartum Phase: Prepare (15 minutes)
 - a. Common MSK complaints as postpartum patients reenter activities of daily living during the phase of 8 weeks postpartum to 12 weeks postpartum.
 - b. Regions of focus during MSK treatment during this phase.
 - c. Facilitation of integral muscle groups during fundamental movement patterns.
 - d. Phase-appropriate rehabilitative exercise options for in-office and home care use.
3. 12 weeks – 6 months Postpartum Phase: Progress (15 minutes)
 - a. Common MSK complaints as postpartum patients are building strength during the phase of 12 weeks postpartum to 6 months postpartum.
 - b. Regions of focus during MSK treatment during this phase.
 - c. Phase-appropriate rehabilitative exercise options for in-office and home care use.
4. 6 months – 12 months Postpartum Phase: Perform (15 minutes)
 - a. Common MSK complaints as postpartum patients return fully to activities of daily living and exercise.
 - b. Regions of focus during MSK treatment during this phase.

- c. Phase-appropriate rehabilitative exercise options for in-office and home care use.
- d. Determining new physical goals and collaboration with strength and conditioning coaches and trainers.

MaryAnne Harrington Dimak, MS, DC

605.299.6058 | mdimak@parker.edu

Curriculum Vitae

EDUCATION:

- 12.2011 **Doctor of Chiropractic**, Logan College of Chiropractic, Chesterfield, MO.
Graduated Cum Laude.
- 12.2013 **Masters of Science in Nutrition and Human Performance**, Logan University,
Chesterfield, MO. Graduated with Distinction.
- 4.2014 **Masters of Science in Sports Science and Rehabilitation**, Logan College of
Chiropractic, Chesterfield, MO. Graduated with Distinction.
- 4.2009 **Bachelors of Science in Human Biology**, Logan College of Chiropractic,
Chesterfield, MO.
- 5.2008 **Bachelors of Science in Biological Sciences**, University of Nebraska-
Lincoln.

LICENSURES AND CERTIFICATIONS:

Texas State Board of Chiropractic Examiners
National Board of Chiropractic Examiners, Parts I-IV
Physiotherapy of the National Boards
Upper Extremity, Active Release Technique
Lower Extremity Certification, Active Release Technique
Spine Certification, Active Release Technique
Webster Technique Certification
CPR Basic Life Support Certification

CONTINUING EDUCATION:

- 2010 **Active Release Technique Upper Extremity**, St. Louis, MO
Active Release Technique Spine, St. Louis, MO
- 2011 **ProSport Chiropractic**, Las Vegas, NV
Active Release Technique Lower Extremity, Memphis, TN
Carpal Tunnel Syndrome (Non-Surgical & Surgical Treatment Options),
Southeast Missouri Hospital, Cape Girardeau, MO
200 Hr Yoga Teacher Training, Clayton, MO
Dynamic Neuromuscular Stabilization A, Phoenix, AZ
- 2012 **Active Release Technique Lower Extremity**, San Diego, CA
- 2013 **Prague School to Athletic Development**, Craig Liebenson, DC
Faulty Movement Patterns, San Francisco, CA
Continuum of Care, San Francisco, CA
- 2013 **Perform Better Functional Training Summit**, Long Beach, CA
Active Release Technique Upper Extremity, San Diego, CA
- 2014 **Assessing Movement**, Gray Cook, PT, Pr. Stuart McGill, Stanford Sports
Medicine, Palo Alto, CA

Perform Better Functional Training Summit, Long Beach, CA
Active Release Technique Recertification
 2015 **Dynamic Neuromuscular Stabilization Exercise 1**, Southern California University of Health Sciences, Whittier, CA
Prague School to Athletic Development, Craig Liebenson DC,
 Part A: Core, Los Angeles, CA
 Part B: Extremities, Los Angeles, CA
Active Release Technique Diagnosis Course/SFMA I, Oceanside, CA
Perform Better Functional Training Summit, Long Beach, CA
The Frontal Plane, Koichi Sato ATC, Los Angeles, CA
Assistant, Prague School to Athletic Development, Craig Liebenson, DC, Vancouver, BC, Canada
Functional Biomechanics Skills Review, Brett Winchester, DC, Functional Biomechanics, Phoenix, AZ
 2016 **Dynamic Neuromuscular Stabilization Yoga and Rehabilitation**, Carlsbad, CA
Assistant, Prague School to Athletic Development, Craig Liebenson, DC Vancouver, BC, Canada
Rehab2Performance, Clinical Audit Process, Justin Dean, DC, Huntington Beach, CA
The Frontal Plane, Koichi Sato ATC, Los Angeles, CA
Perform Better Functional Training Summit, Long Beach, CA
Functional Movement Systems, Functional Capacity Screen, Gray Cook PT, Los Angeles, CA
Building the Ultimate Back: From rehabilitation to performance, Stuart McGill, PhD, Vancouver, BC, Canada
The Detailed Back Assessment: Reducing pain and enhancing performance, Stuart McGill, PhD, Vancouver, BC, Canada
Prague School at EXOS Craig Liebenson, DC, Giancarlo Russo, PT, Anna Hartman, ATC, Guido vanRyssengem, ATC, EXOS, Phoenix, AZ
Functional Biomechanics Skills Review, Brett Winchester, DC Functional Biomechanics, Phoenix, AZ
 2017 **Selective Functional Movement Assessment (Audit)**, San Diego, CA
Perform Better Functional Training Summit, Long Beach, CA
Athletic Sustainability: From Clinical to Performance, Brian Carroll CSCS, Craig Liebenson, DC, Los Angeles, CA
RockStock: RockTape Summit, Huntington Beach, CA
Assistant, Prague School to Athletic Development, Craig Liebenson, DC, Calgary, AB, Canada
Functional Biomechanics Skills Review, Brett Winchester, DC, Functional Biomechanics, Phoenix, AZ
 2018 **Rehab2Performance Symposium**, Phillip Snell DC, Steve Capobianco DC, Jason Brown DC, Brenan Ghassemieh CSCS, Project MOVE, Denver, CO
 2019 **Parker Seminars**, Las Vegas, NV
Rehab2Performance Symposium, Richard Ulm DC, Jimmy Yuan DC, Erin McGuire PT, Phoenix, AZ
Parker Seminars Dallas, Dallas TX

Title: Hacking Your Brain: Unlocking Cognitive Freedom

In this captivating keynote talk, Nita Farahany delves into the fascinating world of cognitive liberty, exploring the dynamic interplay between neuroscience, neurofeedback, and cutting-edge brain-enhancing technologies. As a trailblazer in the field, Nita passionately advocates for the right to self-determination over our brains and mental experiences, emphasizing the importance of safeguarding individuals' cognitive freedom.

From brain-to-brain communication to the use of neurofeedback, drugs, and devices, she unveils the transformative potential of cognitive enhancement, empowering the audience to harness these tools to improve attention, focus, health, and well-being. Nita sheds light on the essential rights we must champion to ensure access to these advancements while safeguarding against unauthorized intrusion into the sanctity of our minds.

Learning Objectives:

1. Understand the landscape of current and emerging cognitive enhancement technologies.
2. Grasp the philosophical and practical implications of cognitive liberty.
3. Recognize the ways cognitive enhancement can augment various brain functions.
4. Explore the ethical, social, and legal considerations surrounding cognitive enhancement.

Outline:

0-5 minutes: Setting the Stage

- Introduction: The universal aspiration for cognitive enhancement.
- Definition and importance of cognitive liberty in today's neuroscientific age.

5-15 minutes: Envisioning the Future

- Imagining a world empowered by cognitive enhancement.
- Brief case studies or hypothetical scenarios demonstrating potential benefits.

15-30 minutes: The Current Landscape

- A comprehensive look at available cognitive enhancement tools: drugs, devices, games, supplements.
- Discussion on the advantages, disadvantages, and uncertainties tied to these tools.
- Market dynamics of the cognitive enhancement industry: Key drivers and challenges.

30-40 minutes: Strategies for Safe and Ethical Enhancement

- Actionable guidelines on responsible use of cognitive enhancement tools.
- The synergy of cognitive tools with other techniques: neurofeedback, meditation, nutrition.
- Empowering individuals: Making informed, responsible decisions for self-enhancement.

40-50 minutes: Navigating the Ethical Maze

- Unpacking ethical issues: fairness, access, autonomy, and more.
- Societal implications of widespread cognitive enhancement: Identity, diversity, and societal norms.
- A look into the current legal frameworks and potential areas for policy development.

50-55 minutes: Advocacy for Cognitive Freedom

- The imperative of cognitive liberty in an enhanced society.
- Balancing the benefits with and risks of cognitive enhancements.

55-60 minutes: Charting the Future

- The future: An empowered, ethically-conscious society.
- Closing thoughts: The collective responsibility and journey towards cognitive liberty and enhancement.

NITA A. FARAHANY

Duke Law School • 210 Science Drive • Durham, NC • 27708

Farahany@duke.edu • 919-613-8514

ACADEMIC APPOINTMENTS

Duke University, Durham, NC

<i>Professor of Law</i> , Duke Law School	2012-present
<i>Professor</i> , Institute for Genome, Sciences, and Policy	2012-present
<i>Professor of Philosophy</i> (by courtesy)	2012-present

Stanford Law School, Palo Alto, CA

<i>Leah Kaplan Visiting Professor of Human Rights</i>	Fall 2011
<i>Visiting Associate Professor of Law</i>	Winter-Spring 2011
Courses: Criminal Law; Genetics and Reproductive Technologies (cross-listed in medical school); Current Topics in Bioethics (cross-listed in medical school); Liability, Responsibility & Punishment (cross-listed in philosophy)	

Vanderbilt University, Nashville, TN

<i>Associate Professor of Law</i> , <i>Associate Professor of Philosophy</i>	2009-2012
<i>Assistant Professor of Law</i> , <i>Assistant Professor of Philosophy</i>	2006-2009
<i>Vanderbilt Fellow and Instructor in Law</i>	2005-2006
Focus: law & science (behavioral genetics, neuroscience), criminal law, torts, philosophy of law, philosophy of science, philosophy of mind, neuroethics, bioethics	
Courses: Torts; Criminal Law; Constitutional Law of Crime & Punishment; Liability, Responsibility & Punishment; Law and Biosciences; Life of the Law	

EDUCATION

Duke University, Durham, N.C.

Ph.D. in Philosophy, Graduate School of Arts and Sciences, 2006

- Dissertation: *Rediscovering Criminal Responsibility through Behavioral Genetics*; Committee: Alexander Rosenberg (Advisor), Martin Golding, Allen Buchanan, James E. Coleman, Jr., Lauren Dame

M.A. in Philosophy, Graduate School of Arts and Sciences, 2004

- Master's Thesis: *The Limited Applicability of Estimates of Genetic Heritability*

J.D., School of Law, 2004

- High Honors, Order of the Coif
- Research Assistant to Senior Associate Dean James Coleman, Professors David Lange and Walter Dellinger; Teaching Fellow for Professor Thomas Metzloff, Distinctive Aspects of U.S. Law
- Law and Contemporary Problems*, Executive Board, 2003-04; Staff Editor, 2002-03
- Moot Court Team, Winner of the 2003 National Sutherland Cup Competition; Duke National Team 2003-04 and regional quarter-finalist; Executive Board Member 2002-03
- Amicus Curiae* in *U.S. v. O'Connor* (co-authored brief and presented oral argument before U.S.C.A.A.F.)
- Pro Bono work for N.C. Center for Death Penalty Litigation; Duke University Actual Innocence Project

Harvard University, Cambridge, MA

A.L.M. (Biology), Harvard Extension School, 2007

Thesis: *Prescribing Culpability*; Advisor: Charles J. Ogletree

Dartmouth College, Hanover, N.H.

A.B. in Genetics, Cell and Developmental Biology, 1998

- Rockefeller Public Service Scholarship; Lucas Third World Internship; American College of Obstetrics and Gynecologists Scholarship; Pat Bailey Award for Forensic Excellence

GOVERNMENT SERVICE

- Presidential Commission for the Study of Bioethical Issues, *Member*** 2010-present
- Georgia State Bar, Labor and Employment Section, Committee on Pattern Civil Jury Instructions for the 11th Circuit Federal Court of Appeals, *Member*** Summer 2010
- Hon. Judith W. Rogers, U.S. Court of Appeals, D.C. Circuit, Washington, D.C., *Law Clerk*** 2004-2005

SCHOLARSHIP

Publications

- *Law and Behavioral Morality* (in NOMOS LII: YEARBOOK OF THE AMERICAN SOCIETY FOR POLITICAL AND LEGAL PHILOSOPHY XIX, Sanford Levinson, ed., 2012)
- *Searching Secrets*, 160 U. Penn. L. Rev. 1239 (2012)
- *Incriminating Thoughts*, 64 Stanford Law Review 351 (2012)
- *A Neurological Foundation for Freedom*, 2012 STANFORD TECHNOLOGY LAW REVIEW 4 (2012)
- *Introduction*, in THE IMPACT OF BEHAVIORAL SCIENCES ON CRIMINAL LAW (Nita A. Farahany ed., Oxford University Press 2009) (2009)
- *Genetics, Neuroscience, and Criminal Responsibility*, in THE IMPACT OF BEHAVIORAL SCIENCES ON CRIMINAL LAW (Nita A. Farahany ed., Oxford University Press 2009) (2009)
- *Cruel and Unequal Punishment*, 86 Washington University Law Review 859 (2009)
- *Bad Nature, Bad Nurture, and Testimony in Murder Trials*, 52 *Journal of Forensic Sciences* 1362 (William Bernet, M.D., Cindy L. Vnencak-Jones, Ph.D., Nita A. Farahany, J.D., M.A., A.L.M., Ph.D., and Stephen A. Montgomery, M.D.) (2007)
- *Behavioural Genetics in Criminal Cases: Past, Present and Future*, 1 GENOMICS, SOCIETY & POLICY 2 (2006) (Nita Farahany & William Bernet)
- *Genetics and Responsibility: To Know the Criminal from the Crime*, 69 LAW & CONTEMPORARY PROBLEMS 115 (Winter/Spring 2006) (Nita A. Farahany & James E. Coleman, Jr.)
- *Foreword*, 69 LAW AND CONTEMPORARY PROBLEMS 1 (2006)
- Co-Special Editor of *Law & Contemporary Problems* Winter/Spring 2006 symposium on The Impact of Behavioral Genetics on Criminal Law

Books

- THE IMPACT OF BEHAVIORAL SCIENCES ON CRIMINAL LAW (Nita A. Farahany, ed., Oxford University Press 2009)

Other Publications

- *What are They Thinking?: The Government is Trying to Wrap its Mind Around Yours*, WASH. POST, April 13, 2008, at B3.

Works in Progress

- *Empirical use of Behavioral Genetics and Neuroscience in Criminal Law, 2004-2010*
- *Privacy Lost and Found*
- *On Cognitive Liberty*

INVITED WORKSHOPS & PRESENTATIONS

- *Synthetic Biology and Intellectual Property Law*, invited panelist, American Law Institute Young Scholar Conference on Patent Law, Washington, DC, February 2013
- *"Prohibit Genetically Engineered Babies,"* Invited Debater Against the Resolution, Intelligence Squared U.S./PBS/NPR, New York, NY, February 2013
- *Genetics in the Law*, panelist, UC Hastings, San Francisco, CA, February 2013

Speaker Name: Michael Boyle

Course Title: The Orthopedic Cost of Exercise Part II

Course Description

This hand-on workshop will show you how to progress and regress some of the most common corrective exercises and functional movement patterns.

Learning Objectives

1. You will learn how to regress and progress exercises for all 7 functional movement patterns:

- A. Squat
- B. Lunge
- C. Hinge
- D. Push
- E. Pull
- F. Core
- G. Locomotion

Outline (15 min increments)

- Breathing, Shoulder and Hip Mobility (0–15 min)
- Bridging and Squatting Patterns (16–30 min)
- Lunging and Stepping patterns (31–45 min)
- Anti-Core Patterns (46–60 min)

Michael Boyle

615 Haverhill St
Reading, Ma. 01867
617-548-7968
mboyle1959@aol.com

Professional Profile

Mike Boyle Strength and Conditioning, Woburn, Ma

- Developed an innovative sports conditioning model focusing on athletes from the youth to the professional level. One of the first companies of it's kind in the world.

Boston Red Sox

- Strength and Conditioning Consultant 2012-2013. World Series Champions in 2013

Boston University, Boston, Ma

- Established the strength and conditioning program for all sports at Boston University beginning in 1982.
- Oversaw the development of three facility and department expansions
- Ice hockey National Champions in 1996 and 2009

Elite Conditioning Inc, Reading Ma.

- Established one of the first NFL Combine Training Programs, Worked with numerous NFL players including Eric Swann, Mike Mamula, Tom Nahlen, Ron Stone, James Farrior, Darren Sharper, David Givens and Gosder Cherilus.
- Authored four books on training for sport, 27 DVDs on injury prevention and training, and over 100 articles on training and injury prevention related concepts.

Boston Bruins, Boston, Ma

- Oversaw the implementation of a professional sports team strength and conditioning program that reduced injuries from first in the National Hockey League to 26th over a ten year period.

Additional Professional Experiences

- Strength and Conditioning Coach- 1998 and 2014 United States Women's Olympic Ice Hockey Teams
- Strength and Conditioning Coach- 2004 United States Women's Olympic Soccer Team- Gold Medalists in Athens

Education

1977-1982 Springfield College, Springfield, Ma

BS Physical Education, M.ed. Theory of Athletic Injury Management , NATA ATC
1981

National and International Presentations

December 2008 Major League Baseball Strength and Conditioning Coaches- In season Training When It's Always In-season

June 2008 National Strength and Conditioning Assoc.- Using the Functional Movement Screen in Team Settings

May 2008- Northeastern University Distinguished Lecture Series- Training for Injury Prevention

May 2008 German National Ice Hockey Federation- Training for Ice Hockey

October 2008 Netherlands Olympic Committee- Training for Olympic Sports

September 2007- Special Operations Military Assoc.- Panel Discussion on Special Forces Training

December 2006- Buffalo Bills Strength and Conditioning Staff- Functional Strength and Conditioning

March 2006- University of Oklahoma Strength and Conditioning Staff- Functional Strength and Conditioning

June 2006- National Strength and Conditioning Assoc- Central Nervous System Intensive Training

February 2002- Green Bay Packers Strength and Conditioning Staff- In House Visit, Winchester, Ma.

Books and DVD's

Designing Strength Training Programs and Facilities (2nd Edition), 2023 On Target

New Functional Training for Sports (2nd Edition) , 2016 Human Kinetics

Advances in Functional Training, 2009 On Target Publications

Functional Training for Sports , 2003 Human Kinetics

Designing Strength Training Programs and Facilities, 2005 Perform Better

Strength and Power for Sport DVD, 2008

Joint by Joint Approach to Movement and Training DVD, 2008

Power Development for Golf DVD, 2008

Advanced Program Design 5 DVD set, 2007

Functional Strength Coach Volume 3.0 2009

Functional Strength Coach Volume 2, 5 DVD set, 2006

Functional Strength Coach Volume 1, 10 DVD set, 2005

New Concepts in Core Training DVD, 2004

Foam Roller Techniques DVD, 2004

Plyometric Training DVD, 2004

Developing Linear Speed DVD, 2003

Developing Lateral Speed and Direction Change DVD, 2003

Speaker Name: William Owens Jr/Eric Lee

Course Title: Collaborating with the Medical and Legal Community

Course Description

Learn how injuries to ligaments and the intervertebral disc influence patient care and management in the interprofessional setting. We will discuss how to communicate and generate interprofessional referrals with the primary care, pain management, spine surgeon and attorneys in your community. Evidence based peer-reviewed research papers supporting this process will be presented.

Learning Objectives

- Understand updated evaluation of spinal ligament injury with attention paid to histological and wound repair pathways.
- Demonstrate knowledge of the anatomy and physiology of the intervertebral disc in both healthy and degenerative disease processes.
- Understand proper reporting and communication methods with primary care, pain management and spine surgery physicians.
- Demonstrate proficiency in medical legal reporting in injured patients that have obtained legal representation.

Outline (15 min increments)

- Overview and specific examples of interprofessional communication with the medical community will be discussed.
- Common mistakes relating to speaking with primary care, interventional pain management and spine surgeons will be presented and reviewed. Emphasis will be placed on diagnosis and management of the spine pain patients.
- Presentation on the anatomy of medical-legal reporting and connective tissue diagnosis will be provided.
- Overview of the care paradigm will be presented including causal relationship, bodily injury, and persistent functional loss.
- Objectification of spinal injury and delineation between new and pre-existing conditions will be outlined.
- Questions and Answers

ERIC LEE DC, FSBT

Office Phone: 801-756-7800
drlee@summitbrainandspine.com

1881 W Traverse Pkwy Ste E534
Lehi, UT 84043

SELECTED OCCUPATIONAL HISTORY

Spine Management Provider / Chiropractor Summit Brain Spine & Orthopedics LLC Lehi, UT	June 2023 – Current
PGA Tour Player Support PGA Tour USA	2022 - Current
Spine Management Provider / Chiropractor Vista Medical Centers, LLC Lehi, UT	Jan 2015 - Current
BYU (Brigham Young University) Athletics Official Chiropractor BYU Athletic Department	June 2016 -June 2022
Clinic Director / Chiropractor Utah Pain Treatment Centers American Fork, UT	Jan 2009 – Dec 2016
President Mountainview Health Management Services American Fork, UT	Jan 2009 – Dec 2016

INSTRUCTOR HISTORY

National Spine Management Group – East Coast Seminar	2023
Summit Medical Institute	2023
Summit Brain and Spine Clinical Rounds	2023
National Spine Management Group – South	2023

EDUCATION

Chiropractic License State of Utah License # 4837586-1202	2000- Current
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Fellowship in Spine and Biomechanics – See Details Below	2019
Didactic and Clinical two-year post graduate study	
National Spine Management Group, Recognized by Cleveland University College of Chiropractic	
Approved for Continuing Medical Education [ACCME] – State University of New York at Buffalo	
Jacobs School of Medicine and Biomedical Sciences	

Doctorate of Chiropractic	1999
Parker College of Chiropractic	
Dallas, TX	

National Board of Chiropractic Examiners

Part I, 1998
 Part II, 1999
 Part III, 1999
 Part IV, 2000
 Physiotherapy, 1999

Undergraduate Studies

New College, San Francisco, CA	1991-1992
Yuba College, Marysville, CA	1991
Consumnes River College, Sacramento, CA	1990-1991
Mississippi Delta Junior College, Moorhead, MS	1987-1988

SELECTED POST-GRADUATE EDUCATION

2023 National Spine Management Conference South – Role of a Spine Management Physician - *Outline and overview of what a Spine Management Physician is, and the present day need in healthcare. Details relating to the Doctor of Chiropractic filling that role with specific discussion related to WHY physical therapy, nurse practitioners or physician assistants are unable to fill this position. Overview of a spine manager's role in the evaluation and triage of non-operative spine patients was presented. Introduction to the diagnosis of non-specific spine pain was outlined with focus on the needs of primary care, pain management and spinal surgeons.* National Spine Management Group, LLC, Parker University, Alabama State Board of Chiropractic Examiners, Kentucky Board of Chiropractic, Louisiana State Board of Chiropractic Examiners, Texas Board of Chiropractic Examiners, Florida Board of Chiropractic Medicine, Arizona Board of Chiropractic Examiners, Federation of Chiropractic Licensing Boards – PACE, 2023.

2023 National Spine Management Conference South – Moving from a Curative Model of Spine Care - *A comprehensive look at the history of spinal care, degenerative changes and both regional and global spinal compensation. Outline the spine as a whole organ system that must be monitored in relation to physical activity, lifestyle, and traumatic patient history was discussed and presented. Application of spine management principles mirroring internal medicine disorders was presented and reviewed. Specific peer reviewed medically index*

William J Owens Jr DC DAAMLPCPC

1275 Main Street, Suite 110

Buffalo, NY 14209

P- 716-228-3847

wowens@nationalspinemanagement.com

SELECTED OCCUPATIONAL HISTORY

Adjunct Associate Professor - Family Practice Department, State University at Buffalo, Jacobs School of Medicine, Buffalo, New York, 2012 – Present

Clinical Supervisor, State University of New York at Buffalo, School of Exercise Sciences and Nutrition Science Department, 2007- Present

Adjunct Post Graduate Faculty, Cleveland University – Kansas City, College of Chiropractic, 2017 – present

President and CEO – National Spine Management Group, Lehi, UT, 2020-present

Director, Fellowship in Spinal Biomechanics and Trauma, National Spine Management Group, Cleveland University Kansas City, College of Chiropractic, 2020-present

Clinical Director, Fellowship in Spinal Biomechanics and Trauma, Academy of Chiropractic, Cleveland University Kansas City, Chiropractic and Health Sciences, 2017-2020

Clinical Director, Hospital Qualifying Program, Academy of Chiropractic, Cleveland University Kansas City, Chiropractic and Health Sciences, 2017-2020

Clinical Director, Fellowship in Spinal Biomechanics and Trauma, Texas Chiropractic College, Academy of Chiropractic, Long Island, NY, 2016 – 2017

Educational Director, Primary Spine Care Qualification, Academy of Chiropractic, Cleveland University Kansas City, Chiropractic and Health Sciences, 2017-2020

Coordinator, Hospital Qualifying Program for Chiropractors, Texas Chiropractic College, Academy of Chiropractic, Long Island NY, 2016-2020

Adjunct Clinical Assistant Professor, Texas Chiropractic College, Pasadena, Texas, 2015-2020

Adjunct Clinical Assistant Professor, University of Bridgeport College of Chiropractic, Bridgeport, Connecticut, 2012 - 2017

Clinic Director, Chiropractor, Rochester Spine and Injury Chiropractic, Rochester NY, 2012-2016

Coordinator – Chiropractic Elective – State University of New York at Buffalo School of Medicine and Biomedical Sciences – Family Practice Residency Program, Buffalo NY, 2011-present

Co-President & Consultant, MD Affiliate Program, East Setauket NY, 2011-2020

Clinic Director, Chiropractor, Greater Buffalo Accident and Injury Chiropractic, Buffalo NY, 2010-Present

Director, Medical Continuing Education Program, Academy of Chiropractic, Buffalo NY, 2010-2020

Clinical and Research Co-Director and Chief Executive Officer, US Chiropractic Directory, Setauket, NY, 2009-2020

Clinic Director, Chiropractor, Niagara-Frontier Chiropractic, Buffalo NY, 1998-2010

Assistant Clinical Director Chiropractic Department, Chiropractor, Sheehan Memorial Hospital, Buffalo, NY, 1999-2002

Chiropractor, Erie County Medical Center, Buffalo, NY, 2001-2002

EDUCATION and LICENSURE

Doctor of Chiropractic, Utah, License # 12369149-1202, 2021-Present

Doctor of Chiropractic, New Mexico, License #DC2276 – 2022-Present

Doctor of Chiropractic, New York, License #008853, 1998-Present

Doctor of Chiropractic, National College of Chiropractic, Lombard, IL, 1997

National Board of Chiropractic Examiners, Part I, 1995 National Board of Chiropractic Examiners, Part II, 1999

National Board of Chiropractic Examiners, Part III, 1996

National Board of Chiropractic Examiners, Part IV, 1997

Bachelor of Science in Human Biology National College of Chiropractic, Lombard, IL, 1995

SELECTED POST-GRADUATE EDUCATION & CERTIFICATIONS

Crash Investigation 1 – *Explanation of the role that the traffic crash investigator plays within the police mission of traffic safety was presented. Five levels of crash investigation were outlined along with the implementation of each distinct phase. Detailed review of planning the different stages of the traffic crash investigation was reviewed. Defining the elements necessary to classify situations beyond a traffic crash, such as suicide, homicide or leaving the scene was presented. Detailed individual projects with instructor grading were required including post-collision questioning, roadway analysis, intersection measurements, vehicle damage analysis on live models, crash scene photographic analysis, influence of drag factor in crash investigation and final project incorporating all learned material in an intersection crash diagram to scale. Northwestern University Center of Public Safety – 2021.*

Crash Investigation 2 – *Detailed review of Crash Investigation 1 was presented and discussed in group setting. Outline of next phases of crash investigation with detailed instruction of tire mark identification and evaluation with focus on tire inflation status and tire damage with reference to pre and post-crash. Methodology pertaining to crash investigation format was outlined in a scientific process. Instruction in analysis of vehicle lamps was given including pre and post-crash presentations, scientific process*

Instructor Name: Dr. Steve Rallis

Course Title: Pain as a Metabolic Disease: Three Simple Tests That Improve Patient Outcomes.

Course Description:

This 1-hr presentation will explore the emerging link between metabolic disease and chronic pain (i.e., OA, etc.). Beyond the supporting evidence, specific targeted tools will be shared, including the "3 clinical tests," which have the most significant utility in assessing this within your patient population. From there, novel integrative therapies and clinical pearls will be shared to help the provider improve outcomes and patient compliance with care.

Learning Objectives:

Understand what "metabolic disease" is and how to assess it in clinical practice best utilizing "3 Simple Tests."

- Understand the scientific evidence implicating pain as a metabolic disease.
- Learn new clinical and practice management pearls in the integrative management of metabolically-driven chronic pain.

Outline:

0-15- Clinical review of metabolic risk factors and metabolic syndrome (MetS), including aging, obesity, insulin regulation, and inflammation.

15- 30 -Pathophysiology of pain as a metabolic disease.

30-45 -How to assess metabolic disease simply in chiropractic clinical practice utilizing "3 simple tests."

45- 60 -Novel and targeted therapies that address the pathophysiology of chronic pain as a metabolic disease.



DR STEVE RALLIS BSc, DC, ND
DOCTOR OF CHIROPRACTIC
DOCTOR OF NATUROPATHIC MEDICINE

EDUCATION

Canadian College of Naturopathic Medicine <i>Doctor of Naturopathic Medicine</i> May 2015	Toronto, ON
Parker University <i>Doctor of Chiropractic</i> January 1999	Dallas, TX
Western University <i>Bachelor of Science in Biology</i> May 1995	London, ON

LICENSURE AND CERTIFICATION

United States Licensing Examination Part I –National Board of Chiropractic Examiners

United States Licensing Examination Part II –National Board of Chiropractic Examiners

United States Licensing Examination Part III and PT–National Board of Chiropractic Examiners

Successful completion of Canadian Licensure –Canadian Chiropractic Examining Board

Chiropractic Licensure, College of Chiropractors of Ontario, General Practice, Registration No. 3574

United States Licensing Examination Part IV (Practicum) –National Board of Chiropractic Examiners –Score: 675

Naturopathic Physician Licensing Examination Part I -North American Board of Naturopathic Examiners

Naturopathic Physician Licensing Examination Part II -North American Board of Naturopathic Examiners

Naturopathic Physician Licensing Examination Acupuncture Addendum-North American Board of Naturopathic Examiners

Naturopathic Licensure, College of Naturopaths of Ontario, Registration No. 3038

Therapeutic Prescribing Authority, Post-Registration Standard of Practice, College of Naturopaths of Ontario

Intravenous Infusion Therapy (IVIT), Post-Registration Standard of Practice, College of Naturopaths of Ontario

CLINICAL FOCUS

1. Chiropractic and naturopathic primary care
2. Chronic lifestyle diseases
3. IV therapies and integrative oncology

PEER REVIEW PUBLICATIONS

1. Rallis S. Optimizing glycemic control in type 2 diabetic patients through the use of a low-carbohydrate, high-fat ketogenic diet: a review of two patients in primary care. *Diabetes Metab Syndr Obes.* 2019 Mar 5;12:299-303
2. Rallis S, Nikolovski A: Impact of dairy elimination on pediatric atopic dermatitis. *J Nutri Med Diet Care* 6:044. doi.org/10.23937/2572-3278. 1510044

EMPLOYMENT

Private Practice	Barrie, ON
Dr. Rallis Wellness Group	
<i>Chiropractic and naturopathic primary care</i>	
1999 - present	
Chief Science and Clinical Officer	Barrie, ON
Healthscore Inc.	

Speaker Name: John Cho

Course Title: Beyond the Clinical Application of X-ray: The Emergence of MSK Ultrasound

Course Description

The use of ultrasound in the evaluation of the musculoskeletal system (MSK US) is one of the most rapidly growing clinical tools among healthcare providers. This 1-hour course begins by examining the advantages and disadvantages of x-ray use in chiropractic practice. The course then focuses on the evidence-based use of MSK US and discusses common MSK injuries encountered in chiropractic practice.

Learning Objectives

- Discuss the clinical benefits and limitations of X-rays at the chiropractic clinic.
- Overview the pros & cons of MSK ultrasound.
- Examine common MSK conditions encountered in practice

Outline (15 min increments)

- 0-15 minutes:
Introduction
Benefits and limitations of X-ray at chiropractic clinic
Examples of cases demonstrating the beneficial use of X-ray
Examples of cases demonstrating limitations of X-ray
- 15-30 minutes:
Background of MSK US
What is it? Who uses it?
Pros/cons of MSK US
What does the evidence say?
Current application in practice
- 30-45 minutes:
Examine common MSK conditions encountered in practice
Supraspinatus tear
- 45-60 minutes:
Infraspinatus HADD
Ulnar nerve dislocation

CHIN-SUK (JOHN) CHO

3200 BETH DR. FLOWER MOUND, TX 75022
JCHO@PARKER.EDU
CEL: 314-374-6659

EXPERIENCE/TRAINING

Associate Professor- Department of Clinical Sciences

9/1/2021- Present

Parker University, Dallas, TX

Director, Radiology Residency Program

9/1/2018- Present

Parker University, Dallas, TX

Assistant Professor- Department of Clinical Sciences

11/1/2017- 8/31/2021

Parker University, Dallas, TX

Radiology Visiting Fellowship (Musculoskeletal Ultrasound Fellowship)

1/1/2016-6/30/2016

Sidney Kimmel Medical College at Thomas Jefferson University

Co-Director October 2012- October 2017

Precision Health and Wellness Center, Havertown, PA 19083

Associate Chiropractor October 2010- September 2012

Complete Chiropractic, Colorado Springs, CO

Faculty/Fellow in Diagnostic Imaging April 2009- September 2010

Logan College of Chiropractic, Dep.of Radiology- St.Louis, MO

Resident in Diagnostic Imaging, April 2006- April 2009

Logan College of Chiropractic, Dep.of Radiology- St.Louis, MO

CHIN-SUK (JOHN) CHO

3200 BETH DR. FLOWER MOUND, TX 75022
JCHO@PARKER.EDU
CEL: 314-374-6659

EDUCATION

2003-2006 *Doctor of Chiropractic*- Logan College of Chiropractic, St. Louis, MO

1998-2002 *Bachelor of Kinesiology*- McMaster University, Hamilton, ON

DEGREES/CERTIFICATES

2012- Registered, Musculoskeletal Sonography (RMSK™)

2010- Certificate, Diagnostic Imaging *Fellow*

2009- *Diplomate*, American Chiropractic Board of Radiology

- Certificate, Diagnostic Imaging *Resident*

2006- Doctor of Chiropractic (Cum Laude)

2002- Bachelor of Kinesiology

PROFESSIONAL AFFILIATIONS/SERVICES/COMMITTEES

- APCA Musculoskeletal Ultrasound Test Items Reviewer 2021-2022
- Reviewer for ACC-RAC 2018, 2019, 2020, 2021, 2022
- Hire Committee 2018-Present:
 - Participated as a hire committee for Department of Basic Sciences
 - Participated as a hire committee for Department of Clinical Sciences
- Served as the Quality Enhancement Plan (QEP) pilot program rubric rater- Winter/Summer 2021-present.
- Participated as an Expert panel for the research project- *Existing clinical guideline on the detection and conservative management of adolescent idiopathic scoliosis (SOSORT Guideline): critical assessment and of its applicability to the chiropractic profession*. June, 2020.

Speaker Name: Jeffrey Rediger

Course Title: The Four Pillars of Healing and Wellbeing

Course Description

In this exciting talk, Dr. Rediger will report on 19 years of research into the lives of remarkable individuals with medical evidence for recovery from incurable medical illnesses. Through a combination of stories, science and solutions, he will demonstrate what becomes possible when we focus not just on disease management but also on the pillars of deep healing and wellbeing. The argument is that we should be studying improbable recoveries with the same vigor with which we study ultimate achievement in sports and business. This effort is particularly important given that approximately 85 percent of illnesses are lifestyle-related, including all the major killers, such as heart disease, diabetes, cancer, autoimmune illness and lung disease. Yet in traditional medicine we tragically continue to treat symptoms rather than causes, and as if they are incurable illnesses rather than the lifestyle illnesses that they are. If they are created by lifestyle, evidence suggests that they can at least to some degree be reversed by lifestyle. In this seminal talk, we will discuss the four pillars of healing and wellbeing as well as the power of grounded, ethical hope in the context of a science of health and a medicine of hope and possibility.

Learning Objectives

1. Describe four pillars of healing and well-being
2. Discuss the role of developmental trauma in creating nervous system dysregulation and physical illness
3. Describe relevant research and challenges that remain as well as why this research is so important..

Outline (15 min increments)

- Introduction to the Four Pillars of Healing and Wellbeing 15 minutes
- Stories of Healing and Wellbeing and Developmental Trauma 15 minutes
- The science of remarkable recoveries 15 minutes
- Conclusion and Q & A 15 minutes

Harvard Medical School Curriculum Vitae

Date Prepared: April 9, 2023

Name: Jeffrey D. Rediger, M.D., M.Div.

Office Address: McLean Hospital Mail Stop 201
115 Mill St.
Belmont, MA 02478

Home Address: 12 Orchard Ave.
Waban, MA 02468

Work Phone: (774) 419 1017

Work Email: jeffrey_rediger@hms.harvard.edu

Work Fax: (774) 419 1004

Place of Birth: Fort Wayne, IN

Education

1984	B.A.	Psychology	Wheaton College
1989	M.Div.	Theology/ Philosophy of Science	Princeton Theological Seminary
1997	M.D.	Medicine	Indiana University School of Medicine

Postdoctoral Training

07/97-06/98	Resident in Internal Medicine	Indiana University School of Medicine
07/98-06/01	Resident in Psychiatry	Cambridge Hospital/Harvard Medical School
07/00-06/01	Chief Resident Victims of Violence Program	Cambridge Hospital/Harvard Medical School

Faculty Academic Appointments

07/02-02/21	Instructor in Psychiatry	Harvard Medical School
02/21-current	Assistant Professor of Psychiatry	Harvard Medical School

Appointments at Hospitals/Affiliated Institutions

07/02-12/20	Associate Psychiatrist	McLean Hospital, Belmont, MA
12/20-	Psychiatrist	McLean Hospital, Belmont, MA

03/06-	Psychiatrist	Beth-Israel Deaconess Hospital, Plymouth, MA 1 hour/month for McLean-associated duties
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Other Professional Positions

09/08-	Psychiatrist	Good Samaritan Medical Center, Brockton, MA 10 hours/week
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09/10-	Psychiatrist	Sturdy Hospital, Attleboro, MA 1 hour/week for McLean-associated duties
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08/16-09/20	Chief of Behavioral Medicine	Good Samaritan Medical Center, Brockton, MA 2 hours/week
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10/17-	Faculty	Singularity University, NASA Research Park, Moffett Field, CA. A Silicon Valley Think Tank that offers educational programming and is also a business incubator. It was founded in 2008 by Peter Diamandis and Ray Kurzweil. 40 hours/year
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Major Administrative Leadership Positions

Local

07/02-	Medical Director	McLean Southeast Adult Psychiatry and Community Affairs at McLean Hospital
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12/10/04	Conference Organizer	Spirituality and Religion, The Cambridge Series, Department of Psychiatry, Harvard Medical School
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Committee Service

Local

07/95-06/97	Committee for Clinical Sciences Integration	Indiana University School of Medicine
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07/95-06/97	Committee for Medical School Curriculum Reform	Indiana University School of Medicine
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07/95-06/97	Freshman Orientation Panel	Indiana University School of Medicine
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07/96-06/97	Task Force Committee for Primary Care Clerkship	Indiana University School of Medicine
-------------	---	---------------------------------------

07/98-06/99	Residency Education Curriculum Committee	Cambridge Hospital
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Instructor: Dr. Richard Harris II

Course Title: Digital Detox: The Pros & Cons of Social Media

Course Description:

Tik Tok, Facebook, Instagram - Oh My! It is estimated that the average person spends approximately 2.5 hours per day on social media. Is social media inherently "bad"? I would argue no and that social media is a tool. The essence of a tool is how it is used and for what reasons. We will discuss the benefits and drawbacks of social media and how to detox from social media if we are not consuming it advantageously.

Learning Objectives:

1. How people are consuming social media
2. The benefits of social media use
3. The cons of social media use
4. Strategies to lessen and optimize social media time

Course Outline:

0-15 Introduction and statistics on social media use
15-30 Benefits of social media
30 -45. Drawbacks of social media
45-60 Steps to detox from social media

Hello, my name is

RICHARD HARRIS

MD, PHARM D, MBA

CLINICAL EXPERIENCE

Kelsey - Seybold Clinic/Village MD - Houston, Texas

Internal Medicine Physician

July 2016 - May 2018 June 2021 - Present

September 2021 - Present

- FT initially at Kelsey-Seybold
- Now working as a Per Diem physician

TeamHealth/Memorial Hermann Medical Group - Houston, Texas

PT Hospitalist

June 2018 - Feb 2021

- Provided inpatient care to med/surg, ICU, & MICU patients

The University of Texas M.D. Anderson Cancer Center - Houston, Texas

Inpatient Pharmacist

July 2008 - August 2009, June 2010 - August 2011

- Dispensing medications prescribed by providers

ENTREPRENEURIAL EXPERIENCE

Harris Medical Consultants, LLC

Founder

March 2021 - Current

- Services include content creation, business development, MSL, professional speaking, and clinical advising
- Current clients include Rootine, Script Health, CBD Health Collection, Gaia Herbs, Nimbus Healthcare, PGX Ally, Live Chair Health, & Fluent

40 Acres Fund, LLC

Co-Founder

March 2021 - Current

- Impact fund targeting small startups globally that have a direct social impact

Nimbus Healthcare Corporation

CMO

March 2021 - Current

- Personalized medicine applying genetics and biomarkers to hair restoration and hormone optimization

Great Health and Wellness, PLLC

Founder

March 2018 - Current

- Host of the Strive for Great Health Podcast, a lifestyle, wellness, and mindset podcast
- Holistic lifestyle medicine online courses, nutrigenomic & metabolic testing, GI mapping, and food allergy testing for clients

ABOUT ME

I am a physician, pharmacist, and entrepreneur who is focused on creating informed health consumers and scalable efficiency in medicine to improve the daily lives of healthcare consumers and healthcare professionals.

MY CONTACT

Cell:

(512) 913-1401

Email:

rharris701@gmail.com

Social Media:

@drharrismd

Address:

3139 W Holcombe Blvd PMB 8051
Houston, Texas 77025

Hello, my name is

RICHARD HARRIS

MD, PHARM D, MBA

EDUCATION

The University of Houston - Houston, Texas

Masters of Business Administration, Global Leadership

July 2018 - May 2020

The University of Texas Medical Branch - Galveston, Texas

Internal Medicine Residency

June 2013 - June 2016

McGovern School of Medicine - Houston, Texas

Doctor of Medicine

August 2008 - May 2013

The University of Texas at Austin - Austin, Texas

Doctor of Pharmacy

August 2001 - May 2008

LEADERSHIP

Parker University Board of Trustees

Member Academic Committee

Nov 2021 - Current

- Supports the executive team with oversight of high level strategies for the university

Life and Breath Foundation

Board of Directors & Clinical Advisory Board

July 2020 - Current

- Supporting patients and their families with sarcoidosis

West Houston Leadership Institute

Lifetime Member

Jan 2018 - Current

- Community leadership organization focused on civic engagement

Karma International, Houston Chapter

Membership Chair & Vice President

April 2017 - Feb 2020

- Private membership organization for social and professional networking

ABOUT ME

I am a physician, pharmacist, and entrepreneur who is focused on creating informed health consumers and scalable efficiency in medicine to improve the daily lives of healthcare consumers.

MY CONTACT

Cell:

(512) 913-1401

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Social Media:

[@drharrismd](#)

Address:

3139 W Holcombe Blvd PMB 8051
Houston, Texas 77025

Instructor name: Dr. Irum Tahir

Course Title: How to Create a Powerful Patient Experience Through the New Patient Examination (Part I)

Course Description: Part I

The New Patient examination is a perfect opportunity to create a powerful experience where the patient will understand Chiropractic care, follow your recommendations, and refer others to your practice. The New Patient exam is the first front-facing opportunity to make a difference in the lives of those in our communities, build trust, and create a great experience.

In this engaging presentation, Dr. Irum Tahir will teach how to incorporate an efficient, effective, and thorough New Patient examination and flow it into your practice to create a patient experience that won't soon be forgotten and will set you apart.

In Part I of this two-part presentation, attendees will learn how to schedule appropriately, integrate the roles of the team in the New Patient process, share a unique value proposition with each patient, and set expectations from the beginning of care. Attendees will also incorporate a thorough history, awareness of red flags and contraindications to care, excellent examination flow, how to include unique evaluations, proper coding for New Patient examination, and integrate of the musculoskeletal component of the examination.

Learning objectives: In Part I

- Help attendees understand the importance of incorporating a clear New Patient examination into their practice.
- Prepare the attendees for the New Patient and set expectations appropriately, including their team's roles to prepare correctly.
- Emphasizing the importance of a clear and thorough patient history, including what specific questions to ask the patient to gain a better, more thorough understanding and diagnosis of the patient's complaint.
- Help the attendee in the evaluation of red flags and contraindications to care
- Understanding the Coding procedures for C.P.T. codes 99202, 99203, 99204, and 99205 related to the examination.
- Understand the value of incorporating vitals as a routine part of the exam
- Be able to complete a thorough musculoskeletal examination, including postural, biomechanics, and gait assessment.
- Incorporate a proper examination flow to ensure patient comfort and safety.

The goal of this presentation is to have attendees understand the specific needs of the new patient as they relate to a chiropractic practice. By the end of the presentation, the attendees should be able to address the care of the New patient from the inception of care, from scheduling and preparation to a proper and thorough subjective history, the beginning of the objective components of the examination, including postural, biomechanical and gait assessment as well as a clear flow to the examination. The attendees will be prepared for Part II of this topic to follow.

Course Outline: Hour 1

1–15 Mins:

→ **Introduction of Dr. Tahir; understanding the importance of Chiropractic Practice in practice, the significant impact we can make in the lives of New Patients**

- Working within New Patient expectations
- How to prepare for the New Patient in practice- Communication with New Patients in an appropriate manner that prepares them accordingly.
- Making sure that your team is prepared for the New Patient- i.e., Insurance verification, visit limits, benefits and referral sources
- What educational materials will the New Patient experience when they enter the office?

16–30 minutes:

→ **Preparation and Introduction with the New Patient**

- Scheduling the New Patient appropriately; communicating referral source permission to share patient information
- Process of adding Information of the New Patient into E.H.R., ensuring HIPAA protection
- Beginning with Gratitude, leading the New Patient, Rapport building
- Elevator Pitch: Explain the practice's unique value proposition, what you do differently, and how you will be conducting the examination.
- Gaining permission to begin Exam; Ensuring patient comfort, no matter their condition, and being mindful (initial)
- Understanding common complaints of the patient, such as:
 - Low back pain
 - Sciatica
 - Piriformis Syndrome
 - Sacroiliac Joint dysfunction
 - Mid back and Rib pain
 - Headaches
 - Neck pain
 - Pubic symphysis dysfunction
- Setting appropriate expectations for the New Patient regarding care

30–45 mins:

→ **Subjective**

- **Subjective Case History:**

- Importance of a clear and thorough patient history, including what specific questions to ask the patient to gain a better understanding and diagnosis of the patient's complaint.
- Understanding clear red flags and contraindications to care
- Coding for 99202, 99203, 99204, 99205- All components must be addressed to code for each C.P.T. code.

46–60 mins:

- **Objective Assessment of the Patient**

- Proper flow of examination (to ensure patient comfort and what they can or cannot do)
- Specific examination of the patient:
 - How to include unique evaluations (if doing, such as T.M.J., extremities, prenatal) in addition to regular Chiropractic, Orthopedic, and Neurological exam
- Vitals
- Postural assessment, biomechanical assessment, and gait assessment
- Tie everything that was taught together into an understanding of the -beginning, middle, and follow through of the New Patient Exam in the big picture; Forecast Part II beginning with Orthopedic and Neurological examination and testing. Conclusion.

Dr. Irum Tahir

irumtahirdc@gmail.com • (315) 406-1915
www.drirumtahir.com • www.ignite-spark.com

Self-starter leader speaking internationally on self-development, business success, growing a multidisciplinary practice, integrating Chiropractic & Medicine as well as managing teams in the workplace. Successful consultant advising clients from small businesses to seven figure companies towards reaching goals, gaining success, streamlining processes and growing revenue. CEO and business owner of High Point Chiropractic Wellness, a dynamic, multi- Doctor business that grew to become the busiest practice in Syracuse, NY with the largest Pregnancy Chiropractic office in all of CNY. Growing leader in the local Chiropractic community and internationally. Collaboration with diverse clients , cultures and professions. Working to bring the fundamentals of success, leadership, and health worldwide.

Leadership & Business Experience

High Point Consulting: Ignite the Spark Owner, Consultant Worldwide

January 2013 – Present

- Using high energy, focus and passion, combining business and personal development strategies to empower CEOs, for greater success, increasing revenue and changing lives.

My Pregnancy Practice: Owner, Lead Teacher

September 2019- Present

- 8-week course created specifically on improving skills with Prenatal and PostPartum Care, working with OB/GYN's and Midwives in Medical / Chiropractic Collaboration, improving patient and birth outcomes with Chiropractic care. Alumni Group Coaching; Individual Coaching

High Point Chiropractic Wellness: Chiropractor, CEO, and Owner Syracuse, New York

April 2007 – Present

- Owner, Directing Manager, and CEO of a multidisciplinary wellness center leading a team focusing on helping patients to get to the most optimal health.

Care Credit: Consultant, Speaker, Teacher

2021-2022

- Worked closely with Care Credit to create, market and implement webinars and printed publications on Leadership, Sales, MD Referrals and Collaboration with a diverse array of providers

World Congress of Women Chiropractors: Past President

2013- Present

New York Chiropractic Council: District President

2014- 2018

- District President

Palmer College of Chiropractic: Extension Faculty

2008-2009

- Clinic Abroad in Madagascar and India

Parker College of Chiropractic: Presidents Advisory Council

2015

IMANA: Medical Mission to Jordan working with Syrian Refugees

2017

Honors & Distinctions

October 2011: Named one of the top 100 Entrepreneurs under 30 years of age in the United States by the Kauffman Foundation and the Obama administration.
October 2013: Honored for Entrepreneurship in Healthcare at the UN by Empact Foundation
January 2014: Named *Woman of the Year* in the Chiropractic Profession
October 2014: Honored as one of the Top Entrepreneurs at the United Nations
October 2018: Honored as Top 40 Under 40 Entrepreneurs in Central New York
January 2021: *High Point Chiropractic Wellness* Named Top Chiropractic Practice in Central NY
January 2022: *High Point Chiropractic Wellness* Named Top Chiropractic Practice in Central NY
October 2022: Excellence in Healthcare award – *High Point Chiropractic Wellness* as Facility of Distinction

Education

New York Chiropractic College 2004-2007
Doctor of Chiropractic

Binghamton University 1998-2001
Bachelor of Arts *History, Middle Eastern and N. African Studies*

Webster Technique Certified 2008-Present

Speaking Experience

October 2011: Selected to speak at the White House on Entrepreneurship.	Washington, DC
January 2012: NYCC students <i>Love your purpose live your passion through Chiropractic</i>	Seneca Falls, NY
October 2013: Syracuse University <i>Business Growth & Development</i>	Syracuse, NY
April 2014: New York Chiropractic Council, <i>Business Success</i>	Syracuse District Syracuse, NY
June 2014: Parker Seminars <i>Success in Practice</i>	Charleston, SC
October 2014: Empact Honoree: United Nations <i>Business Success and being a CEO</i>	New York, NY
Selected to speak to a group of Entrepreneurs & CEO's at the United Nations	New York, NY
October 2014: Parker Seminars, Parker Homecoming	Dallas, TX
January 2015 Parker Seminars: <i>WCWC: Women in Chiropractic</i>	Las Vegas, NV
March 2015: <i>"4 P's for Practice Success"</i> Chiropractors Association of Hong Kong Annual Meeting	Hong Kong
March 2015: <i>"Strategies for Success/ Patient Management"</i> All Day Workshop	Hong Kong
April 2015: Onondaga County: Physicians Series <i>Nutrition; Stress Management; Chiropractic</i>	Syracuse, NY
April 2015: WISE (Women in the Spirit of Entrepreneurship) <i>Empowering Your Business</i>	Syracuse, NY
April 2015: Onondaga Community College <i>Stress Management</i>	Syracuse, NY
May 2015: NYCC Midyear convention, <i>Chiropractic Success in Practice</i>	Verona, NY
June 2015: Parker Seminars: <i>Why Parker Seminars</i>	Chicago, IL
July 2015: NY State Mental Health Professionals, <i>Mind –Body Connection</i> Keynote Speaker	Syracuse, NY
September 2015: <i>"Breaking through your fears. Unlimited Success"</i> Chiro Passion Consulting	Syracuse, NY
September 2015: NY Council District 9 <i>Success in Chiropractic Practice</i>	Utica, NY
September 2015: NYCC Homecoming,	Seneca Falls NY
October 2015: Life Vision Keynote Speaker <i>Love your Purpose, Live your Passion</i>	Atlanta, GA
October 2015, 2016; 2017: NYCC Keynote Speaker: <i>Success in Practice</i>	Seneca Falls, NY
November 2015: TED TALKS <i>"How to change limiting beliefs for more success"</i> (600K+views)	Normal, IL
January 2016: Parker Seminars: <i>The Chiropractic Dream Team</i>	Las Vegas, NV
May 2016: Parker Seminars: <i>Super Charged Teams get 2X the Results</i>	Pittsburgh, PA
Feb. 2017 Australian Spinal Research Foundation: Annual Conference <i>Aligning Humanity</i>	Brisbane, Australia
April 2017: Dead Chiropractic Society, Billy De Moss <i>Aligning Humanity</i>	Newport Beach, CA
May 2017 Chiro Sushi Seminars: <i>Keynote Address</i> with Grant Cardone	Las Vegas, NV
July 2017: IMANA- Medical Association: <i>Chiropractic and Medicine</i> (CME credits)	Barcelona, Spain
October 2017: New York Chiropractic Council <i>Aligning Humanity</i>	New York, NY
March 2018: Elite Chiropractic Coaching <i>Success in Practice</i>	NewPort Beach, CA
August 2018: Southern Chiropractic Conference <i>Building A Successful Practice</i>	Nashville, TN

Instructor: Andy Galpin, PhD
1 hour

Course Title: Advanced Tools, Technologies & Tactics for Maximizing Human Performance

Course Description: This approach enables you to unravel the unique BioMolecular BluePrint and use it to engineer exact long-term solutions for athletic performance, recovery, sleep, focus, brain function, and physical health. Biomolecular tools are used to analyze what goes in your body and what comes out of your body. How you feel and perform.

Course Outline:

What are BioMarkers? 0-15 minutes

- Biological molecules found in the blood
- Signs of normal or abnormal processes in the body
- Diseases

Four types of Biomarkers 15-30 minutes

- Molecular
- Histologic
- Radiographic
- Physiologic

Nutrition 30-45 minutes

- Biomarkers to Optimize your health
- Supplements

Recovery 45-60 minutes

How sleep affects the body

How technology affects the brain

Andrew J. Galpin

Phone: 657-278-2112

Email: agalpin@fullerton.edu

PROFESSIONAL EXPERIENCE

Professor: California State University, Fullerton 2020-present
Department of Kinesiology

- Teach 12 units a semester in the area of Kinesiology
- Conduct ongoing and focused scholarly and creative activities in the area of skeletal muscle physiology and strength and conditioning
- Provide ongoing Professional, University, and Community Service

Associate Professor: California State University, Fullerton 2016-2020
Department of Kinesiology

- Teach 12 units a semester in the area of Kinesiology
- Conduct ongoing and focused scholarly and creative activities in the area of skeletal muscle physiology and strength and conditioning
- Provide ongoing Professional, University, and Community Service

Assistant Professor: California State University, Fullerton 2011-2016
Department of Kinesiology

- Teach 12 units a semester in the area of Kinesiology
- Conduct ongoing and focused scholarly and creative activities in the area of skeletal muscle physiology and strength and conditioning
- Provide ongoing Professional, University, and Community Service

Consultant: 2011-present

- Provide professional services for various athletes, organizations, private, public, & nonprofits

EDUCATION

Doctorate of Philosophy: Human Bioenergetics 2008-2011
Ball State University, Muncie IN
Mentor: Scott W. Trappe, Ph.D.
Dissertation: *Fiber Type Specific Protein Analysis in Human Skeletal Muscle*

Masters of Science: Human Movement Sciences 2006-2008
University of Memphis, Memphis, TN
Mentor: Andrew C. Fry, Ph.D., Brian K. Schilling Ph.D., & Richard Bloomer, Ph.D.
Thesis: *c-Jun NH₂-terminal Kinase (JNK) Activation During High-Power Resistance Exercise In Men*

Bachelors of Science: Exercise Science 2001-2005
Linfield College, McMinnville, OR
Mentor: Janet Peterson, Ph.D.

TEACHING

Academic Lecture Courses:

- KNES 470 – *Nutrition for Exercise and Performance*
 - Sum13, S14, Sum14, S15, S16, Sum16, Sum17, Win18, Sum18, F18, Win19, Sum19, F19, Sum20, F20, Win20, Sum21
- KNES 458 – *Measurement Techniques in Strength and Conditioning*
 - S13, F13, S14, F14, F15
- KNES 450 – *Program Design for Strength and Conditioning*
 - F11, S12, F12, F13, S14, F14, S15, F15, S16, F16, S17, S18, F18, S19, F19, S20, F20, S21
- KNES 351 – *Principles of Strength and Conditioning*
 - F11, S12, F12, S13, F13, Inter14, S14, F14, S15, F15, S16, F16, S17, S18, S19, F19, F20, S21
- KNES 351 – *Principles of Strength and Conditioning (second section)*
 - F11, S12, F12, S13, F13, S14, S16, S21
- KNES 348 – *Physiology of Exercise*
 - Inter12
- KNES 555 – *Applied Strength and Conditioning*
 - S17, S18, S19, S20, S21
- EXSCI 293 (Ball State University) – *Foundations of Exercise Physiology*
 - S09, F09
- EXSS 3703 (University of Memphis) – *Exercise Programming for Special Populations*
 - S08
- EXSS 4015 (University of Memphis) – *Exercise Programming for Special Populations*
 - Sum07
- EXSS 4000 (University of Memphis) – *Exercise Testing Techniques and Interpretation*
 - Sum07

Independent Study/Internship:

- KNES 499/599 – *Independent Study* (3 credit)
 - Nicholas Dimarco (S20), Daveena Banda (S20), Madeline Garcia (S20), Chelscie Pacheco (F19), Cody Hamane (F19), Daniel Blake (F19), Kara Lazauskas (S18), Preston Sprimont (S18), Nicole Millar (S18), Gynnae Romo (S18), Jose Gonzalez (S18), Hailey King (F17), Ryan Byrnes (S17), Brandon Maurer (S17), Gynnae Romo (S17), Nathan Serrano (S17), Jaci Shork (F16), Katherine Bathgate (S16), Stratton Kim (S16), Jaci Shork (S16), Kathy Jacobo (F15), David lee (F15), Ryan McManus (F15), Arjan Dougan (F15), Peter Pham (F15), Andre Rodrigues D. Mesquita (F15), Jakob Rosengarten (S15), Jose Arevalo (S15), Katherine Bathgate (S15), RoQue Harmon (S15), David Lee (S15), Andrew Mahlmeister (F14), Christian Salinas (F14), Anthony Galaviz (F14), Keith Enderlein (S14), Adam Manolovitz (S14), Anthony Galaviz (S14), Rachel Flemming (S14), Michael Marisco (S14), Kevin Camara (S14), Camille Croteau (S14), Kyle Davis (S13), Charles Siegel (S13), Grant Uyemura (S13), CJ Peiffer (F12), Anthony Darmiento (F12)
- KNES 550 – *Graduate Internship* (3 credit)
 - Lindsay Gonzalez (S20), Kevin Tiu (S19), Hailey King (S17), Ryan Byrnes (S16), Colleen Gullick (S15), Kathy Jacobo (S15), Jakob Rosengarten (S15), Christian Salinas (S15), Keith Enderlein (S14), Kyle Davis (S13), Blake Whitcomb (S12)

Mentorship:

Speaker Name: Brandon Steele

Course Title: Managing the Dizzy Patient

Course Description

This presentation offers a unique opportunity to master the symptom of "dizziness" within your patients. In just one hour, you will learn the most common causes of dizziness and, more importantly, discover personalized treatment strategies for each. You will also see the evaluation and proven treatment approaches that consistently manage these diagnoses. Join Dr. Steele in unraveling the world of balance, the inner ear, and cervical sources of dizziness, and prepare to help more patients suffering from this treatable symptom.

1. Can manipulation help patients with dizziness?
2. What is the difference between Cervicogenic Vertigo and BPPV?
3. Do chiropractors cause strokes?

Dr. Steele will use research to answer these questions to separate fact from opinion.

Learning Objectives

- Chiropractors will learn about common signs and symptoms associated with patients complaining of dizziness.
- Using an evidence-based triage system to diagnose patients with dizziness.
- Review best practice management for recognizing patients suffering from stroke symptoms.

Outline (15 min increments)

- 0-15 min Signs and symptoms of cervicogenic vertigo vs BPPV
- 15-30 min Orthopedic evaluation of cervicogenic vertigo and BPPV
- 30-45 min Differentiation of carotid vs vertebrobasilar artery insufficiency
- 45-60 min Identification of strokes in progress

Curriculum Vitae
Dr. Brandon Steele DC, FACO

Contact Information:

Premier Rehab
4460 N Illinois St.
Swansea, IL 62226
(618) 236-3738
steelebc@gmail.com
IL Lic #: 038-011753

Education:

D.C. Chiropractic Medicine, Logan College of Chiropractic 2006-2009
B.S. Human Biology, Logan University 2006-2008
B.A. Biology, Saint Louis University 2000-2004

Licensure:

Licensed Chiropractic Physician in the State of Illinois 2010-present
Board Certified: Diplomate in Orthopedics

Memberships:

Illinois Chiropractic Society Board Member 2010-present
Illinois Chiropractic Society Member
American Chiropractic Association
West Hartford Group

Specialty & Subspecialty Certifications:

Dept of Health & Human Services (OHRP) Human Subject Assurance Training courses. 2009
NIH Clinical Research Training Certification. 2009
Radiology Technique & Analysis Certification, Logan University. 2009
Physiologic Therapeutics Certification, Logan University. 2009
Head, Neck and Orofacial Rehabilitation, Central Institute for Human Performance. 2008, 2009
Musculoskeletal Pain in Pregnancy, Central Institute for Human Performance. 2009
Building the Ultimate Back by Stuart McGill: From Rehabilitation to Performance, Central Institute of Human Performance—2009
International Symposium on Musculoskeletal Pain and Motor Control by McGill and Kolar, Central Institute of Human Performance—2010
Active Release Technique Certification, Spine—2008
Active Release Technique Certification, Lower Extremity—2009
Gait Analysis Master's Series, National University, 2009
Lower Quadrant Functional Screening, National University, 2008
Full Spine Analysis & Adjustive Technique, National University, 2008
Extremity Adjusting, National University, 2007
Cervical & Thoracic Spine Analysis & Adjustive Technique, National University, 2008
Full Spine Analysis & Adjustive Technique, National University, 2007
Exercise and the Athlete: Reflexive, Rudimentary & Fundamental Strategies by Liebenson and Kolar, International Society of Clinical Rehabilitation Specialists, 2009
Indiana Spine Group Conference on Pain Management and Surgical considerations, 2011
Illinois Chiropractic Society Symposium, 2010, 2011, 2012

McKenzie Directional Therapy, Part A 2012

Diplomate, Fellow of the Academy of Chiropractic Orthopedists (FACO), 2016

Publications:

Journal of the Illinois Chiropractic Society, Regular Columnist, 2014-Present

Journal of Chiropractic Orthopedists, Peer Reviewer

Speaking Engagements:

Illinois Chiropractic Society- Evidence Based Evaluation and Treatment. Oct. 2013

Illinois Chiropractic Society- Mastering The Rotator Cuff. Mar. 2014

Indiana State Chiropractic Association- Low Back Continuum, Oct. 2014

American College of Chiropractic Orthopedists- Mastering The Rotator Cuff. April 2015

Kentucky Association of Chiropractors- The LBP Continuum, Mastering the Rotator Cuff, Sept. 2015

Illinois Chiropractic Society- Exceptional Outcomes, Oct 2015

University of Bridgeport- Exceptional Outcomes, Oct 2015

North Carolina Chiropractic Association- Exceptional Outcomes, Maximizing Productivity, Nov. 2015

Missouri State Chiropractic Association- Mastering the Rotator Cuff, January 2016

Logan College of Chiropractic Spring Symposium- Exceptional Outcomes, April 2016

Arizona Association of Chiropractic- Mastering the Rotator Cuff, June 2016

South Carolina Chiropractic Association- Exceptional Outcomes, Mastering the Rotator Cuff, LBP Continuum June 2016

University of Illinois Medical School Carle Clinic: Back Pain Forum- Integrating Chiropractic Into Mainstream Care August 2016

Wisconsin Chiropractic Association- Best Practice Evidence for Managing LBP, September 2016

Wisconsin Chiropractic Association- Mastering the Rotator Cuff, April 2017

Illinois Chiropractic Society- Becoming the Provider of Choice in Your Medical Community June 2017

American Chiropractic Association Sports Council- Exceptional Outcomes to Maximizing Productivity, September 2017

American Chiropractic Association (NCLC)- Real World Outcomes for Treating LBP, March 2018

Iowa Chiropractic Association, Exceptional Outcomes, April 2018

Canadian Chiropractic Association- Recognizing Threatening Conditions that Mimic Common Complaints, Exceptional Outcomes! Resolving 7 Commonly Overlooked Functional Musculoskeletal Problems that Delay Recovery, April 2018

Texas Chiropractic Association, Mastering the Rotator Cuff Diplomate Program- August 2018

Wisconsin Chiropractic Association- Mastering the Rotator Cuff Diplomate Program, September 2018

Saskatchewan Chiropractic Association- Threatening Diagnoses From Childhood to Old Age. October 2018

Las Vegas Diplomate in Orthopedics- Mastering the Rotator Cuff, November 2018

Work History:

Post Graduate Residency: The Central Institute for Human Performance 2009-2010

Private Practice: 2010-present

Co-Founder: ChiroUp.com 2012-present

Instructor: The University of Bridgeport- Diplomate in Orthopedics Program 2016-present

Speaker: NCMIC Insurance Company

Instructor name: Dr. Irum Tahir

Course Title: How to Create a Powerful Patient Experience Through the New Patient Examination (Part II)

Course Description: Part II

The New Patient examination is the first place that a patient will experience your practice as a key component of their healthcare. The examination is a key opportunity to build trust, create rapport and have patients build an excellent relationship with your practice. In Part II of this engaging presentation, Dr. Irum Tahir will teach how to incorporate a thorough New Patient examination into your practice to create a phenomenal patient experience that will have your patients stay, pay and refer.

In Part II of this two-part presentation, attendees will learn to continue to incorporate a thorough examination into their practice with a complete Orthopedic, Chiropractic and Neurological exam, clear report of findings, communicating Chiropractic effectively and X-ray assessment. The attendee will also understand common lumbopelvic disorders, an assessment of 9 different structures in the low back and pelvis that could contribute to these issues and complaints. Attendees will also learn to incorporate simple pelvic blocking techniques to help alleviate and correct common low back and pelvic complaints and produce great results for our patients and communities.

Learning objectives: In Part II, the learning objectives of this class are to:

- Help attendees understand the importance of incorporating a thorough New Patient examination into their practice.
- Be able to go through a thorough Neurological Orthopedic Examination, Chiropractic Examination resulting in a differential diagnosis
- Emphasizing the importance of SOAP notes for clear documentation with examples
- Help the attendee in understanding the importance of x-rays and X-ray Reviews as it relates to the New Patient examination
- Incorporate a clear Report of Findings including but not limited to how to implement a clear plan of action for the New Patient and setting a treatment plan for the patient and gaining patient commitment to care
- Understand and be able to evaluate the 9 different structures to assess, evaluate and correct common pelvic problems. (Both SI joints, Sacrum – all motions, Coccyx, Sacrotuberous ligaments, pubic Symphysis, Lower back in relation to Sacrum, Psoas and Piriformis mm.
- To get a better understanding of common Lumbopelvic disorders and using Simple Pelvic Blocking to gain results for patients.

1–15 mins

Objective: Part II

Continuation from Part I and tie together the 1st hour while forecasting what the second part of the presentation will encompass

Neurological and Orthopedic Examination

- Neurological examination (key testing and findings)
- Orthopedic examination (key testing and findings)

16–30 mins

Orthopedic Examination, Chiropractic Examination & Red Flags to Care

Orthopedic examination continued (key testing and findings)

Chiropractic examination- testing and findings

Red Flags that should not be ignored, examples such as slips, falls, severe abdominal or back pain, early contractions in prenatal, etc.

30–45 mins

Communicating Chiropractic + Examination Findings Effectively

X-rays- ordering them/ taking in office and analysis- Simple discussion.

Components of a Chiropractic Report of Findings

How to implement a clear plan of action for the New Patient

Clear methods to be able to explain to a New patient easily what your findings are and plan and commitment for care going forward

Creating a clear treatment plan- setting expectations for the patient and gaining commitment to care

Example of Sample Notes (SOAP)

A word on being specific with diagnosis coding, differential diagnosis is very important

Simple Nutritional recommendations for the New patient:

46–60 minutes:

Common Lumbopelvic disorders and using Simple Pelvic Blocking for results.

A word on Lumbopelvic disorders and complaints- common patterns: 9 different structures to assess, evaluate and correct common pelvic problems. (Both SI joints, Sacrum – all motions, Coccyx, Sacrotuberous ligaments, pubic Symphysis, Lower back in relation to Sacrum, Psoas and Piriformis mm.

Correction of various issues with pelvic blocking – simple blocking methods that yield big results: PI ilium/ AS ilium- prone blocking technique and the results.

Tie everything that was taught together into an understanding of the -beginning, middle and follow through of New Patient Exam; Conclusion.

Dr. Irum Tahir

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Self-starter leader speaking internationally on self-development, business success, growing a multidisciplinary practice, integrating Chiropractic & Medicine as well as managing teams in the workplace. Successful consultant advising clients from small businesses to seven figure companies towards reaching goals, gaining success, streamlining processes and growing revenue. CEO and business owner of High Point Chiropractic Wellness, a dynamic, multi- Doctor business that grew to become the busiest practice in Syracuse, NY with the largest Pregnancy Chiropractic office in all of CNY. Growing leader in the local Chiropractic community and internationally. Collaboration with diverse clients , cultures and professions. Working to bring the fundamentals of success, leadership, and health worldwide.

Leadership & Business Experience

High Point Consulting: Ignite the Spark Owner, Consultant Worldwide

January 2013 – Present

- Using high energy, focus and passion, combining business and personal development strategies to empower CEOs, for greater success, increasing revenue and changing lives.

My Pregnancy Practice: Owner, Lead Teacher

September 2019- Present

- 8-week course created specifically on improving skills with Prenatal and PostPartum Care, working with OB/GYN's and Midwives in Medical / Chiropractic Collaboration, improving patient and birth outcomes with Chiropractic care. Alumni Group Coaching; Individual Coaching

High Point Chiropractic Wellness: Chiropractor, CEO, and Owner Syracuse, New York

April 2007 – Present

- Owner, Directing Manager, and CEO of a multidisciplinary wellness center leading a team focusing on helping patients to get to the most optimal health.

Care Credit: Consultant, Speaker, Teacher

2021-2022

- Worked closely with Care Credit to create, market and implement webinars and printed publications on Leadership, Sales, MD Referrals and Collaboration with a diverse array of providers

World Congress of Women Chiropractors: Past President

2013- Present

New York Chiropractic Council: District President

2014- 2018

- District President

Palmer College of Chiropractic: Extension Faculty

2008-2009

- Clinic Abroad in Madagascar and India

Parker College of Chiropractic: Presidents Advisory Council

2015

IMANA: Medical Mission to Jordan working with Syrian Refugees

2017

Honors & Distinctions

October 2011: Named one of the top 100 Entrepreneurs under 30 years of age in the United States by the Kauffman Foundation and the Obama administration.
October 2013: Honored for Entrepreneurship in Healthcare at the UN by Empact Foundation
January 2014: Named *Woman of the Year* in the Chiropractic Profession
October 2014: Honored as one of the Top Entrepreneurs at the United Nations
October 2018: Honored as Top 40 Under 40 Entrepreneurs in Central New York
January 2021: *High Point Chiropractic Wellness* Named Top Chiropractic Practice in Central NY
January 2022: *High Point Chiropractic Wellness* Named Top Chiropractic Practice in Central NY
October 2022: Excellence in Healthcare award – *High Point Chiropractic Wellness* as Facility of Distinction

Education

New York Chiropractic College 2004-2007
Doctor of Chiropractic

Binghamton University 1998-2001
Bachelor of Arts *History, Middle Eastern and N. African Studies*

Webster Technique Certified 2008-Present

Speaking Experience

October 2011: Selected to speak at the White House on Entrepreneurship.	Washington, DC
January 2012: NYCC students <i>Love your purpose live your passion through Chiropractic</i>	Seneca Falls, NY
October 2013: Syracuse University <i>Business Growth & Development</i>	Syracuse, NY
April 2014: New York Chiropractic Council, <i>Business Success</i>	Syracuse District Syracuse, NY
June 2014: Parker Seminars <i>Success in Practice</i>	Charleston, SC
October 2014: Empact Honoree: United Nations <i>Business Success and being a CEO</i>	New York, NY
Selected to speak to a group of Entrepreneurs & CEO's at the United Nations	New York, NY
October 2014: Parker Seminars, Parker Homecoming	Dallas, TX
January 2015 Parker Seminars: <i>WCWC: Women in Chiropractic</i>	Las Vegas, NV
March 2015: <i>"4 P's for Practice Success"</i> Chiropractors Association of Hong Kong Annual Meeting	Hong Kong
March 2015: <i>"Strategies for Success/ Patient Management"</i> All Day Workshop	Hong Kong
April 2015: Onondaga County: Physicians Series <i>Nutrition; Stress Management; Chiropractic</i>	Syracuse, NY
April 2015: WISE (Women in the Spirit of Entrepreneurship) <i>Empowering Your Business</i>	Syracuse, NY
April 2015: Onondaga Community College <i>Stress Management</i>	Syracuse, NY
May 2015: NYCC Midyear convention, <i>Chiropractic Success in Practice</i>	Verona, NY
June 2015: Parker Seminars: <i>Why Parker Seminars</i>	Chicago, IL
July 2015: NY State Mental Health Professionals, <i>Mind –Body Connection</i> Keynote Speaker	Syracuse, NY
September 2015: <i>"Breaking through your fears. Unlimited Success"</i> Chiro Passion Consulting	Syracuse, NY
September 2015: NY Council District 9 <i>Success in Chiropractic Practice</i>	Utica, NY
September 2015: NYCC Homecoming,	Seneca Falls NY
October 2015: Life Vision Keynote Speaker <i>Love your Purpose, Live your Passion</i>	Atlanta, GA
October 2015, 2016; 2017: NYCC Keynote Speaker: <i>Success in Practice</i>	Seneca Falls, NY
November 2015: TED TALKS <i>"How to change limiting beliefs for more success"</i> (600K+views)	Normal, IL
January 2016: Parker Seminars: <i>The Chiropractic Dream Team</i>	Las Vegas, NV
May 2016: Parker Seminars: <i>Super Charged Teams get 2X the Results</i>	Pittsburgh, PA
Feb. 2017 Australian Spinal Research Foundation: Annual Conference <i>Aligning Humanity</i>	Brisbane, Australia
April 2017: Dead Chiropractic Society, Billy De Moss <i>Aligning Humanity</i>	Newport Beach, CA
May 2017 Chiro Sushi Seminars: <i>Keynote Address</i> with Grant Cardone	Las Vegas, NV
July 2017: IMANA- Medical Association: <i>Chiropractic and Medicine</i> (CME credits)	Barcelona, Spain
October 2017: New York Chiropractic Council <i>Aligning Humanity</i>	New York, NY
March 2018: Elite Chiropractic Coaching <i>Success in Practice</i>	NewPort Beach, CA
August 2018: Southern Chiropractic Conference <i>Building A Successful Practice</i>	Nashville, TN

Instructor Name: Marc Milstein
Course Title: Age-Proof Your Brain

Course Description:

There is much more to keeping your brain in tip-top shape and lowering your risk for dementia than crossword puzzles, brain games, and Sudoku. But the statistics are staggering. Forty-seven million people have dementia worldwide, and that number is projected to double in the next 20 years. However, it doesn't have to be that way. We—not our genes—can have control over our cognitive destiny. Significant and just-published studies point us to a compelling conclusion and powerful message: Serious mental decline is not an inevitable part of aging. Your short and long-term brain health is in your hands, and the risk of dementia can be lowered by 60% if the proper actionable steps are taken now.

Learning Objectives:

1. Here are some simple tips to do every day that supercharge your memory and productivity and lower the risk for dementia and Alzheimer's.
2. Quick and actionable steps you can do every morning to help you get energy-boosting sleep.
3. Which surprising foods boost memory and are the one sneaky ingredient in food that can raise the risk of dementia by 50%?
4. The typical and often hidden health issues significantly raise the risk of developing Alzheimer's and dementia decades before symptoms develop. Learn to look for the subtle signs before these issues develop and how to treat them.
5. The often-overlooked factors that accelerate the aging of your brain and how to avoid these traps.
6. What is real and hype in the brain health world?

FYI: A LOT of products are sold that make promises that are nothing more than a waste of time and money.

Course Outline

- 0-15 Introduce the concept there is more control over our daily and long-term brain health than we ever thought.
- 15-30 Why sleep is essential and how to improve sleep
- 30- 45 How to manage stress
- 45-60 Gut-Brain Connection and Diet and Underlying Conditions that impact brain health

Curriculum Vitae
Marc Milstein, Ph.D.

7660 Fay Ave
La Jolla, CA 92037
310-435-3571
www.drmarcmilstein.com
info@drmarcmilstein.com

Education

Ph.D., Biological Chemistry 2001- 2007

University of California, Los Angeles.

Dissertation Topic: *RIN1 is a breast tumor suppressor and a component of a breast tumor suppressor locus (B3GNT1-BRMS1-RIN1).*

**Our lab also studied the involvement of RIN1 in learning and memory in the hippocampus.*

B.S., Molecular, Cell and Developmental Biology June 2000

University of California, Los Angeles.

Book

The Age-Proof Brain (BenBella/Penguin Random House Distribution) November 2022

Nominated for the Next Big Idea Award for Best Non-Fiction work

#1 Amazon Best Seller in several categories including Aging, Longevity and Neuroscience.

Dr. Milstein Education

2013-Present

Dr. Milstein Education provides updates and understanding on cutting edge science research to medical doctors, therapists and the general public. Over 100 lectures are given a year.

Topics covered include the latest neuroscience, genetics and molecular biology research.

A Sample of Recent Lectures Given:

Dementia: Understanding and Lowering Risk:

Providence Hospital Tarzana

*provided CME credit.

Understanding Anger In The Brain

California Association of Anger Management Providers

*provided continuing education credit through the Board of Behavioral Sciences.

Neuroscience of Addiction

The Wagner Program for paraprofessional counseling.

*provided continuing education credits

Alzheimer's: Brain Pathology, Latest Research and Preventative Measures

Loyola Marymount University – Guest Lecturer for pre-med students in the class of Dr. Michael Levi.

The Brain Science of Stress, Addiction and Mindfulness.

Lecture given through Dr. Milstein Education's private series.

*Continuing education credits given through Board of Behavioral Sciences.

Latest Neuroscience Insights Into Sleep.

Ventura Hospital Grand Rounds

Teaching Experience:

Instructor

2012-Present

UCLA

- Created curriculum and present a weekly two hour science lectures.

Lecturer

Winter 2013 - Present

Skirball Cultural Center

- Created curriculum and present a weekly science lecture.
- Topics include molecular biology, neuroscience, immunology

Lecturer

Spring 2013 - Present

American Jewish University

- Presenting a new six week lecture series I created, entitled "Your Amazing Brain."
- Lectures highlight the latest research in neuroscience.

Lecturer

March 2014

UCLA's Town and Gown

Guest Lecturer

March 2013

California Science Center

- Invited to present a lecture on at the "Lunch & Learn" series.
- Lecture topic: The latest in learning and memory and sleep research.

Graduate Teaching Assistant

2003-2005

UCLA, Cellular Biology.

- Responsibilities included teaching a weekly discussion section, preparing lecture presentations, as well as writing and grading exams.

Research Experience

- Learning and Memory Researcher,** 2013
Laboratory of Dr. Jesse Rissman, Department of Cognitive Psychology,
University of California, Los Angeles, CA.
- Memory research using the techniques of fMRI and DTI.
- Breast Cancer Researcher,** 2002-2007
Laboratory of Dr. John Colicelli, Department of Biological Chemistry,
University of California, Los Angeles, California.
- Graduate Student Researcher,** 2001
UCLA Access Rotations. Rotated in the laboratories of Dr. Fuyu Tamanoi, Department of Microbiology, Immunology and Molecular Genetics, UCLA and Dr. Steven Clarke, Department of Chemistry and Biochemistry, UCLA.
- Undergraduate Researcher,** Laboratory of Dr. Jeannie Perry, 1997-2000
UCLA- DOE Institute for Proteomics and Genomics.
- Undergraduate Researcher,** Virology Laboratory of Dr. Harumi Kasamatsu, 1997-2000
Department of Molecular, Cell and Developmental Biology. UCLA.
- High School Researcher,** Genetics Laboratory of Dr. Michael McKeown, 1992-1995
The Salk Institute, La Jolla, California.

Research Fellowships:

- California Breast Cancer Research Program (CBCRP) 2005-2007
Dissertation Award Fellowship.

Publications:

Milstein M, Mooser C.K., Malhorta G, Goodglick L, Dry S, Colicelli J. RIN1 is a Breast Tumor Suppressor Gene. Cancer Research. 2007 Dec 15; 67 (24):11510-6.

Hu H, **Milstein M**, Bliss J.M., Thai M, Malhorta G, Colicelli J. Integration of TGF and RAS Signalling Silences a RAB5 GEF and Enhances Growth Factor-Directed Cell Migration. Mol Cell Biol. 2008 March; 28(5):1573-1583.

Finley KD, Taylor BJ, **Milstein M**, McKeown M. dissatisfaction, a gene involved in sex-specific behavior and neural development of Drosophila melanogaster. Proc Natl Acad Sci U S A. 1997 Feb 4; 94(3):913-8.

Westphal, A.J., Reggente, N., Ito, K., Fortuna, W.H., Nawabi, Y., **Milstein, M.**, & Rissman, J. Characterizing common and dissociable involvement of medial temporal lobe regions during episodic source memory retrieval and analogical reasoning. Published Abstract at Society of Neuroscience. 2013.

Presentations:

Multiple Gene Silencing Mechanisms at a Breast Tumor Suppressor Locus. Oral presentation at the Jonsson Cancer Center Research Conference, Molecular Biology Institute, UCLA. Spring 2005.

Evaluating the Role of the RIN1 Gene in Breast Cancer. Poster Presentation at the California Breast Cancer Research Program Symposium. Sacramento, California. Fall 2005.

Tumor Suppressor Function of RIN1. Oral presentation at the UCLA Biological Chemistry Retreat. Spring 2006.

Evaluating the Causative Role of RIN1 in Gene Silencing in Breast Cancer. Poster Presentation at the EMBO Breast Cancer Research Conference. Dublin, Ireland. Summer 2006.

Other Professional Work Experience & Activities:

Co-created and developed the educational enrichment program. “Brain Boosters Education” a fast growing, well-respected educational enrichment program currently running in schools throughout Los Angeles.	2007-Present
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Medical Research Reviewer	2011-2012
<ul style="list-style-type: none">Conducted and wrote research and literature reviews on the role of hormones in infertility for Cenigent Medical Group.	

Judge at the California Science Fair	2013
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2024 Parker Vegas Medical Errors

Course Objectives

Presenter: Gregg Friedman, D.C.

One Hour

Course Description

In this one-hour course, Dr. Friedman will explain the meaning of malpractice and how we can protect both the patient and the doctor from medical/chiropractic errors. He will also discuss how critical the documentation is to accomplish this.

Course Objectives

1. Discuss definition of malpractice
2. Discuss history findings that may alert the doctor to potential issues
3. Illustrate the thought process of malpractice attorneys
4. Illustrate how social media can be used by attorneys
5. Discuss what doctors can do to minimize errors
6. Discuss the need for proper documentation after poor outcomes

Course Content

1. Case Study – Vertebral Artery Dissection – **15 minutes**
 - A. The Story, What the Doctor Did
2. Avoiding Medical Errors – **30 minutes**
 - A. Informed Consent
 - B. Red Flags
3. Case Study – Vertebral Artery Dissection – **15 minutes**
 - A. The Outcome
 - B. Social Media
 - C. What We Can Learn

Gregg Friedman, D.C.
4203 E. Indian School Road, Suite 210
Phoenix, Arizona 85018
(480) 947-8381

EDUCATION

1979 – 1983 Arizona State University
BS
1983 – 1986 Los Angeles College of Chiropractic
DC

PROFESSIONAL WORK EXPERIENCE

1987 – present - Doctor of Chiropractic – Phoenix/Scottsdale, Arizona
2006 – present - Got Documentation Seminars
2018 – present - BulletProof Chiro, Inc.

PROFESIONAL AFFILIATIONS AND POSITIONS

2012-2017 Member – Arizona Association of Chiropractic
2000 - 2015 Board of Directors, Arizona Chiropractic Society
2017 - present - Member, American Chiropractic Association
2019 – present - Member, American Academy of Professional Coders
2020 – present - Advanced Medicine Integration Group, LP – advisory board
2022 – present – ACA Medicare Advisory Board
2022 – present – member of Delphi panel, Council on Chiropractic Guidelines and Practice Parameters

POST-GRADUATE INSTRUCTOR

University of Bridgeport/HSPED 2010 – present

ChiroCredit 2010 – present

Parker University 2017 – present

Palmer University 2022 – present

LECTURES GIVEN

2001 - 2005 Bulletproof Seminars

2006 – present Got Documentation - Clinical and Practical Documentation of
Chiropractic

Gregg Friedman, D.C.
4203 E. Indian School Road, Suite 210
Phoenix, Arizona 85018
(480) 947-8381

2008	Macomb County Chiropractic Association
2010	Practice Perfect
2012	Oklahoma State Chiropractic Independent Physicians Association
2013	New Mexico Chiropractic Association Convention
2014	Arizona Association of Chiropractic Convention Alaska Chiropractic Society Convention
2015	Wyoming Chiropractic Association Convention
2016	Oregon Chiropractic Association Convention Connecticut Chiropractic Society Convention Nutri-West Symposium
2017	Florida Chiropractic Physicians Association Convention
2018	Alaska Chiropractic Society Convention Forward Thinking Chiropractic Alliance Convention Parker University Homecoming Nutri-West Symposium
2019	Forward Thinking Chiropractic Alliance Convention Parker Convention-Las Vegas Parker University Convention – Dallas
2020	Nutri-West Symposium Parker Convention-Las Vegas Parker University-Dallas American Specialty Health Got Documentation – 2 webinars per month
2021	Parker Convention – Virtual Parker Convention - Orlando Parker University Convention – Dallas Texas Chiropractic College Convention – Galveston NCMIC New Doctors – Virtual Western States University – Virtual Palmer West University – Virtual Got Documentation – 2 webinars per month