PARKER UNIVERSITY

Igniting Passion. Transforming Lives.

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 Miami 2025". 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

Cliff Tao	Mark Charrette	Lindsay Mumma	Celia Maguire
Gabrielle Lyon	Donald DeFabio	Rebecca Scott	John Cho
Kyl Smith	Andrea Diaz	Jay Ferguson	Lisa Goodman
J. Donald Dishman	Ashlee Kates-Ascioti	Jeff Cavalier	Elise Hewitt
Cody Dimak	Tammy Fogarty	Andy Galpin	Dan Garner
Nicky Kirk	David Seaman	Richard Harris II	Nicole Zipay
Heidi Haavik	Scott Munsterman	Jenny Spicer	Kent Stuber
Katie Pohlman	Martha Funabashi	Katie De Luca	

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

PARKER UNIVERSITY
Igniting Passion. Transforming Lives.

METHOD OF CERTIFYING ATTENDANCE AT THE SEMINAR

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

1. **Name of Course**: Parker Seminar Miami 2025

2. **Organization sponsoring the course**: Parker University

3. **Course Objective**: To enhance the expertise of the Chiropractic Professional.

4. **Study hours required**: **17** DC hours physically possible, **62** DC hours total

5. **Instructor(s):**

Cliff Tao	Mark Charrette	Lindsay Mumma	Celia Maguire
Gabrielle Lyon	Donald DeFabio	Rebecca Scott	John Cho
Kyl Smith	Andrea Diaz	Jay Ferguson	Lisa Goodman
J. Donald Dishman	Ashlee Kates-Ascioti	Jeff Cavalier	Elise Hewitt
Cody Dimak	Tammy Fogarty	Andy Galpin	Dan Garner
Nicky Kirk	David Seaman	Richard Harris II	Nicole Zipay
Heidi Haavik	Scott Munsterman	Jenny Spicer	Kent Stuber
Katie Pohlman	Martha Funabashi	Katie De Luca	

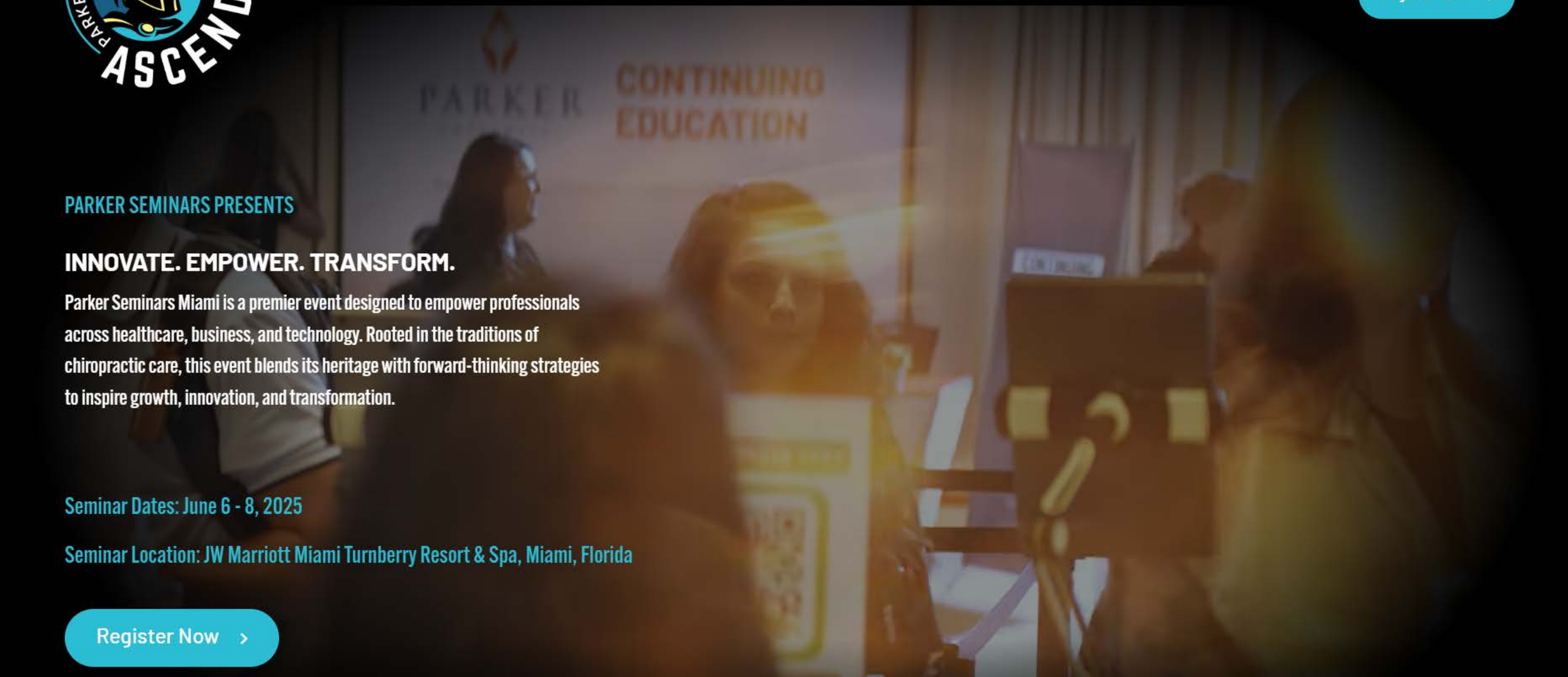
6. The educational background and experience of the instructor(s) are on file in the University offices.

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):** Miami, FL
    Date(s): June 6-8, 2025



PARKER SEMINARS PRESENTS

INNOVATE. EMPOWER. TRANSFORM.

Parker Seminars Miami is a premier event designed to empower professionals across healthcare, business, and technology. Rooted in the traditions of chiropractic care, this event blends its heritage with forward-thinking strategies to inspire growth, innovation, and transformation.

Seminar Dates: June 6 - 8, 2025

Seminar Location: JW Marriott Miami Turnberry Resort & Spa, Miami, Florida

Register Now ›

Miami 2025

Friday, June 6, 2025

		Doctor and Patient Insights	Technique Insights	Chiropractic Assistant Insights	Clinical Application Insights	Diagnostic Imaging
7 - 8AM		**Registration Opens**				
8:00 to 10:00 AM	2	Radiology Error Cliff Tao 2 Hr DC CE	A New Look at Speeder Board Extremity Adjusting Part I Mark Charrette 2 Hr DC CE	Supporting Patients with Nerve Dysfunction: A Guide for Chiropractic Assistants Jay Ferguson 2 Hr CA CE	Pediatric Movement Assessment Lindsay Mumma 2 Hr DC CE	Back to Basics, Foundational Radiology for Chiropractic Practice Celia Maguire 2 Hr DC CE
10:00 to 10:30		Break, Expo Opens				
10:30 to 11:30 AM	1	**Welcome** **Dr. William E. Morgan** **Forever Strong The Keys to Health & Longevity** **Gabrielle Lyon** **1 Hr DC/CA CE**				
11:30 -12:30 PM		Lunch				
11:30 -12:30 PM		Abstracts for Clinical Evidence (ACE) Presentation Kent Stuber/Katie Pohlman 1 Hr DC CE				
12:30 - 2:30 PM	2	The Essentials of Heterogenicity in Lumbar Rehab: When to Prescribe Flexion vs. Extension vs. Neutral Spine Donald DeFabio 2 Hr DC CE	A New Look at Speeder Board Extremity Adjusting Part II Mark Charrette 2 Hr DC CE	Foundations for Successful Collections: Data Gathering Rebecca Scott 2 Hr DC/CA CE	Postpartum Focus: Caring For a Woman After Birth Lindsay Mumma 2 Hr DC CE	Integrating MSK US into Practice Part I John Cho 2 Hr DC CE
2:30 - 3:00 PM		Break				
3:00 - 5:00 PM	2	Hidden in Plain Sight: Three Key Health Factors That Can Change Everything Kyl Smith 2 hr DC CE	A New Look at Speeder Board Extremity Adjusting Part III Mark Charrette 2 Hr DC CE	The 3 P's of Communication: Purpose, Procedures, & Policies For the Chiropractic Assistant Cindy Parks 2 Hr CA CE	PMS, Dysmenorrhea and Chiropractic Care Andrea Diaz 2 Hr DC CE	Integrating MSK US into Practice Part II John Cho 2 Hr DC CE
5:00 to 5:30 PM		Break				
5:30 to 6:30 PM	0	**What We Can Learn From Shark Tank: The Power of the Entrepreneurial Dream** **Kevin O'Leary** **NO CE**				

7 HRS

13 Reg 2 Key / 11 Reg 2 Key / 2 Reg

Miami 2025

Saturday, June 7, 2025

		Doctor and Patient Insights	Body BioMechanics for Golf	Creating the Dream Team (CA)	Clinical Application Insights	Diagnostic Imaging	Premier Track
7 - 8AM		**Registration Opens**					
8:00 to 10:00 AM	2	Clinical Anatomy of Common Nerve Entrapment Sites: A Chiropractic Perspective Jay Ferguson 2 Hr DC CE	Fore-arm Pain? A Complete Guide to Wrist & Elbow Injuries in Golfers of All Levels Lisa Goodman 2 Hr DC/NSCA CE	Defining your Dream Team: Roles & Responsibilities Sara Griffin 2 Hr CA CE	Chiropractic Management of the Dizzy Patient J. Donald Dishman 2 Hr DC CE	Managing Common Pitfalls in Diagnostic Imaging Interpretation Ashlee Kates-Ascioti 2 Hr DC CE	
10:00 to 10:30 AM		Break					
10:30 to 11:30 AM	1	**Jeff Cavalier** **1 DC/CA CE**					
11:30 -12:30 PM		Lunch					
12:30 - 2:30 PM	2	Modern Pediatric Chiropractic Care: Key History Questions to Document the Potential Presence of Joint Dysfunction in Children Elise Hewitt 2 Hr DC CE	The Quest for Club Head Speed Cody Dimak 2 Hr DC/NSCA CE	Creating the Dream Team Alex Vidan 2 Hr CA CE	Optimizing Patient Care: Nutrition & Lifestyle Strategies for Optimal Health & Menopause Management Tammy Fogarty 2 Hr DC CE	Advanced Radiologic Case Studies in Chiropractic Celia Maguire 2 Hr DC CE	Functional Hypertrophy - Lecture & Workout Part I Andy Galpin and Dan Garner 2 Hr DC/NSCA CE
2:30 - 3:00 PM		Break					
3:00 - 5:00 PM	2	Occlusion Training 2.0: Blood Flow Restriction in Clinical Practice Nicky Kirk 2 Hr DC CE	Matching up Individual Joint Movement Patterns to Determine Your Ideal Swing David Seaman 2 Hr DC/NSCA CE	Building an Onboarding System that Drives Staff Growth, Engagement & Retention Lisa Goodman 2 Hr CA CE	Utilizing Biometric & Biomarker Data To Assess & De-risk Patients Richard Harris 2 Hr DC CE	Musculoskeletal Ultrasound For the Chiropractor: Implementation Protocols: Shoulders, Knee & Ankle Nicole Zipay 2 Hr DC CE	Functional Endurance - Lecture & Workout Part II Andy Galpin and Dan Garner 2 Hr DC/NSCA CE
3:00 - 5:00 PM		Break					
5:30 to 6:30 PM	1	The Latest Brain Science of Chiropractic Care Heidi Haavik 1 Hr DC/CA CE					

8 HRS

Miami 2025

Sunday, June 8, 2025

		Documentation and Florida Mandatory Hours
		Registration Opens/Breakfast Provided
8:00 am - 10:00 AM	2	**Medical Errors** **Scott Munsterman** **Florida DC CE and DC CE other states** **2 Hr DC/CA CE**

2 DC / 2 CA

PARKER UNIVERSITY

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

Doctor of Chiropractic CE ATTENDANCE VOUCHER

Course Title: Parker Seminars Miami 2025
Course No.:
Location: Miami, FL
Seminar Dates: June 06-08, 2025
Friday: 8:00am-5:00pm
Saturday: 8:00am-6:30pm
Sunday: 8:00am-1:15pm

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

Time	Instructors Name	Topic of Discussion	CE Hours
Friday, June 06, 2025			
8:00am – 10:00am	Cliff Tao	Radiology Error	
8:00am – 10:00am	Mark Charrette	A New Look at Speeder Board Extremity Adjusting Part I	
8:00am – 10:00am	Lindsay Mumma	Pediatric Movement Assessment	
8:00am – 10:00am	Celia Maguire	Back To Basics, Foundational Radiology for Chiropractic Practice	
10:30am – 11:30am	Gabrielle Lyon	Forever Strong: The Keys to Health and Longevity	
11:30am -12:30pm	Kent Stuber/Katie Pohlman/Martha Funabashi/Katie De Luca	Abstracts for Clinical Evidence (ACE) Presentation	
12:30pm – 2:30pm	Donald DeFabio	The Essentials of Heterogenicity in Lumbar Rehab: When to Prescribe Flexion vs. Extension vs. Neutral Spine	
12:30pm – 2:30pm	Mark Charrette	A New Look at Speeder Board Extremity Adjusting Part II	
12:30pm – 2:30pm	Rebecca Scott	Foundations for Successful Collections: Data Gathering	
12:30pm – 2:30pm	Lindsay Mumma	Postpartum Focus: Caring for a Woman After Birth	
12:30pm – 2:30pm	John Cho	Integrating MSK US into Practice Part I	
3:00pm – 5:00pm	Kyl Smith	Hidden in Plain Sight: Three Key Health Factors That Can Change Everything	
3:00pm – 5:00pm	Mark Charrette	A New Look at Speeder Board Extremity Adjusting Part III	
3:00pm – 5:00pm	Andrea Diaz	PMS, Dysmenorrhea & Chiropractic Care	
3:00pm – 5:00pm	John Cho	Integrating MSK US into Practice Part II	
Saturday, June 7, 2025			
8:00am – 10:00am	Jay Ferguson	Clinical Anatomy of Common Nerve Entrapment Sites: A Chiropractic Perspective	
8:00am – 10:00am	Lisa Goodman	Fore-arm Pain? A Complete Guide to Wrist & Elbow Injuries in Golfers of All Levels	
8:00am – 10:00am	J. Donald Dishman	Chiropractic Management of the Dizzy Patient	
8:00am – 10:00am	Ashlee Kates-Ascioti	Managing Common Pitfalls in Diagnostic Imaging Interpretation	
10:30am – 11:30am	Jeff Cavalier		
12:30pm – 2:30pm	Elise Hewitt	Modern Pediatric Chiropractic Care: Key History Questions to Document the Potential Presence of Joint Dysfunction in Children	

12:30pm – 2:30pm	Cody Dimak	The Quest for Club Head Speed	
12:30pm – 2:30pm	Tammy Fogarty	Optimizing Patient Care: Nutrition & Lifestyle Strategies for Optimal Health & Menopause Management	
12:30pm – 2:30pm	Celia Maguire	Advanced Radiologic Case Studies in Chiropractic	
12:30pm – 2:30pm	Andy Galpin & Dan Garner	Functional Hypertrophy – Lecture & Workout Part I	
3:00pm – 5:00pm	Nicky Kirk	Occlusion Training 2.0: Blood Flow Restriction in Clinical Practice	
3:00pm – 5:00pm	David Seaman	Matching Up Individual Joint Movement Patterns to Determine your Ideal Swing	
3:00pm – 5:00pm	Richard Harris II	Utilizing Biometric & Biomarker Data to Assess & De-risk Patients	
3:00pm – 5:00pm	Nicole Zipay	Musculoskeletal Ultrasound for the Chiropractor: Implementation Protocols: Shoulders, Knee & Ankle	
3:00pm – 5:00pm	Andy Galpin & Dan Garner	Functional Endurance – Lecture & Workout Part II	
5:30pm – 6:30pm	Heidi Haavik	The Latest Brain Science of Chiropractic Care	
Sunday, June 08, 2025			
8:00am – 11:00am	Scott Munsterman	Medical Errors	
~~11:15am – 1:15pm~~	~~Jenny Spicer~~	~~Risk Management and Florida Law~~	~~Not Submitted for Review~~
		TOTAL CE HOURS	

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 $50 PER VOUCHER.

Speaker Name: Cliff Tao, DC

Course Title: Radiology Error

Course Description: This course will review the proper evaluation of diagnostic imaging to minimize misinterpretation. Various cases with missing relevant findings will be presented.

Learning Objectives:

- Identify common types of errors in radiology interpretation

- Recognize and manage the common cognitive biases

- Develop systems to minimize errors

Course Outline:

Hour 1

0-15 General medical error introduction

-Medical errors leading to death

15-30 Medical radiology error is a significant source of medical error

-Case examples with various types of errors

30-45 Medical vs chiropractic radiology error

-Case examples with various types of errors

45-60 Inattentional blindness

-Case examples with various types of errors

HOUR 2

0-15 Sources and causes of radiology errors

Case examples with various types of errors

15-30 Radiology error literature review

Case examples with various types of errors

30-45 Cognitive biases that affect radiologic interpretation

Case examples with various types of errors

45-60 Strategies to minimize cognitive biases

Case examples with various types of errors

CLIFF TAO

✉ PO Box 53093 Irvine, California 92619 USA
☎ 714-876-1126 🖹 714-844-9203
💻 cliff@clifftaodcdacbr.com

PROFESSIONAL LICENSE/CERTIFICATION

California Board of Chiropractic Examiners
License # 27648

Nevada Chiropractic Physician Board
License # B01909

Diplomate, American Chiropractic Board of Radiology
Board Certification # 0279

WORK EXPERIENCE

Jun 04 to present **Chiropractic Radiologist**, ***Private Practice,*** *Irvine, CA*
- Diagnostic imaging interpretation and expert review of musculoskeletal and spine studies

Jan 04 to Dec 13 **Assistant Professor of Radiology**, ***Southern California University of Health Sciences***, *Whittier, CA*
- Chiropractic radiology resident instructor
- Lead and/or assist in various courses and administer clinical requirements in radiology
- Provide substitute supervising clinician coverage in all clinical rotations

Jan 04 to Feb 10 **Chiropractic Radiologist**, ***Hoyt Radiology***, *Murietta, CA*
- Interpretation in high-volume musculoskeletal and spine imaging practice
- Generate primary and second opinion interpretation reports

EDUCATION

Jan 04 to June 04 **University of California - Irvine Medical Center**, *Orange, CA*
- Research Fellow in Musculoskeletal and Spine Imaging

Sept 00 to Dec 03 **Southern California University of Health Sciences**, *Whittier, CA*
- Resident in Chiropractic Radiology

May 97 to Aug 00 **National University of Health Sciences**, *Lombard, IL*
- Doctor of Chiropractic

CONTINUING EDUCATION

Sept 2023 **American Chiropractic College of Radiology Workshop**, *Atlanta, Georgia*

July 2023	**Radiopaedia 2023**, *Online*
Sept 2022	**American Chiropractic College of Radiology Workshop**, *Online*
Sept 2021	**American Chiropractic College of Radiology Workshop**, *Online*
Feb 2021	**American Society of Spine Radiology Annual Symposium**, *Online*
Dec 2020	**British Society of Neuroradiology Christmas Lecture**, *Online*
Sept 2020	**American Chiropractic College of Radiology Workshop**, *Online*
Oct 2020	**International Skeletal Society 47th Annual Meeting Musculoskeletal Diagnostic Meeting,** *Online*
Feb 2020	**American Society of Spine Radiology Annual Symposium**, *Dana Point, California*
June 2018	**Toronto Orthopaedic MRI Mastery Conference**, *Toronto, Canada*

PUBLICATIONS

Chu EC, Piong SZ, **Tao C**. Chiropractic management of lumbar disc herniation in a patient with co-existing liver cancer: a case report. *Cureus* 16(1): e51445, 2024.

Yau K, Chu EC, Zhao JG, Lee, LY, **Tao C**. Multimodal management of coexisting atlantoaxial subluxation and spinal stenosis in an older adult: a case report and literature review. *Cureus* 16(1): e51442, 2024.

deBuhr NB, Trager RJ, **Tao C**. An adult patient with acute ischemic stroke and carotid stenosis presenting to a chiropractor: a case report. *Cureus* 15(4): e37209, 2023.

Chu EC, Trager RJ, **Tao C**. Improvement of chronic neck pain after posterior atlantoaxial surgical fusion via multimodal chiropractic care: a case report. *Cureus* 15(2): e34630, 2023.

Chu EC, Trager RJ, **Tao C**, Lee LY. Chiropractic management of neck pain complicated by symptomatic vertebral artery stenosis and dizziness. *American Journal of Case Reports* 23: e937991, 2022.

Trager RJ, Vincent DA, **Tao C**, Dusek JA. Conservative management of pediatric temporomandibular disc displacement presenting as juvenile idiopathic arthritis: a case report. *Journal of Canadian Chiropractic Association* 66(1): 92-101, 2022.

Tao C. Editorial Review: Dewan, AK et al. MRI of the elbow: Techniques and spectrum of disease. *Journal of the Academy of Chiropractic Orthopedists* 14(2): 38-39, 2017.

Tao C. Radiology Corner: 41 year old female with medial foot pain. *Journal of the Academy of Chiropractic Orthopedists* 13(2): 52-55, 2016.

Tao C. Radiology Corner: 59 year old male with thoracolumbar pain and tenderness following trauma. *Journal of the American College of Chiropractic Orthopedists* 12(1): 23-25, 2015.

Instructor: Mark N. Charrette

6 hours- Part I, Part II, and Part III

Course Title: A New Look at Speeder Board Extremity Adjusting- Part I

Course Description: In this interactive presentation, you will learn and practice extremity adjusting using the speeder board. We will also discuss the basic basic neurology, indicators, and adjustments. Part I will cover the foot and knee. This lively presentation will be presented in a workshop format.

Part I Learning Objectives:
Understand and Explain the concepts of Joint Dysfunction and Dysafferentation.
Understand and Demonstrate the adjustments for Navicular, Cuboid, Cuneiforms, and Talus.
Understand and Demonstrate the adjustments for the knee listings: Medial Condyle, Lateral Condyle, and Posterior Tibia.

0-15 minutes- Joint Dysfunction
What is joint dysfunction?
What causes joint dysfunction?

15-30 minutes Dysafferentation
Mechanoreception
Nociception
Speeder Board Components and Basis Use

30-45 minutes Foot Adjustments
Navicular
Cuboid
Cuneiforms
Talus
Speeder Board Components

45-60 minutes Patient and Doctor Position Demonstration
Patient position
Doctor hand contact location

60-75 minutes Segmental location and Thrust Connection
Segmental contact location
Thrust-Line of Correction

75-90 minutes Practical Workshop
Techniques
Tips
Observation

90-105 minutes: Knee Segments
Medial Condyle Listing
Lateral Condyle Listing
Posterior Tibia Listing

105-120 minutes: Patient and Doctor Position Demonstration
Patient position
Doctor hand contact location
Segmental contact location
Thrust-Line of Correction

Dr. Mark N. Charrette
209 Edgestone Dr.
Irving, TX 75063
972 890 4776
drmarkcharrette@gmail.com

CAREER OVERVIEW

Initial full-time practicing chiropractor developing large practices in California, Nevada, and Iowa, followed by 24 years of presenting chiropractic technique, philosophy, and personal growth seminars worldwide. Authoring multiple articles for professional publications and developing a chiropractic extremity technique including a book and video series. Presenting to students at chiropractic colleges worldwide on a variety of topics including chiropractic technique, philosophy, examination, and motivation.

SKILL HIGHLIGHTS

- Strong public speaking and presentation skills
- Chiropractic extremity technique developer
- Writing and researching skills
- Proven leader
- Team player
- Energetic
- Persistent,
- Ability to listen
- Adaptability
- Relationship and team building
- Driven
- High moral standards
- Positive attitude

EDUCATION:

Palmer College of Chiropractic

Doctor of Chiropractic - Salutatorian

Summa Cum Laude - GPA 3.97

Graduation - December 13, 1980

Illinois State University

Normal, Illinois

Bachelor of Science in Education - High Honors

Summa Cum Laude - GPA 3.96

Graduation - May 1976

Oakland Community College

Associate of Arts- High Honors

Summa Cum Laude - GPA 3.96

Gradation - May 1974

EMPLOYMENT

- **Foot Levelers** – Roanoke, Virginia

Seminar presenter-Independent Contractor - January 2016 to present

- **Foot Levelers** – Roanoke, Virginia

Director of Education - January 2015 to January 2016

Responsible for rewriting, illustrating, and referencing four manuals. Authoring professional publication articles. Creation, filming and writing of 37 instructional videos. Customer service education and organization. Presenting post-grad relicensure seminars. Chiropractic college student presentations.

- **Post Graduate Seminar Presenter and Chiropractic College Guest Speaker**

September 1987 to present

Presented over 1,700 post-graduate relicensure and chiropractic college student presentations on extremity and spinal adjusting techniques, biomechanics, philosophy, and motivation in 47 states, 18 countries, and 19 chiropractic colleges world-wide.

- **Charrette Chiropractic Office** – Visalia, California (Dr. Dale Charrette)

January 1999 – May 2000

- **Hagensick Chiropractic Office –**Waukon, Iowa

May 1993 - December 1998

Full-time treating chiropractor and supervisor of office staff.

- **Dr. Mark Charrette – Chiropractor** – Las Vegas, Nevada

September 1989 – December 1992

Owner and full-time treating chiropractor in high volume office utilizing sports care, rehabilitation, elderly and family care, work injuries, and auto accidents.

Instructor: Lindsay Mumma
2 hours
Title: Pediatric Movement Assessment

Course Description: Delve into the world of pediatric movement, carefully uncovering how the first year of life sets us up for a lifetime of movement. Learn the latest techniques and strategies for chiropractors to enhance child development and optimize long-term health outcomes of pediatric patients, as well as how an understanding of pediatric movement can lead to better outcomes for adult patients. As a chiropractor, you play a vital role in promoting the overall health and well-being of children, and this lecture will equip you with the knowledge necessary to make a lasting impact.

Learning Objectives:

- Understand the importance of pediatric movement in promoting healthy development and appropriate joint formation.
- Learn to recognize common childhood movement dysfunctions through conducting a comprehensive movement assessment in children, including observation, examination, and interpretation of findings
- Discover the latest research and evidence-based techniques for enhancing pediatric movement and optimizing health outcomes.
- Explore the role of chiropractic care in promoting proper joint formation, musculoskeletal development, and overall function in children.
- Develop strategies for creating personalized treatment plans that address the unique needs of each child

Outline in 15 Minute increments:

Movement Milestones: 0-3 Months

- Introduction to the first three months of movement development.
- Diaphragm activity and its importance in early breathing patterns.
- Abdominal loading: how core engagement begins and develops in infants.

Movement Milestones: 3-6 Months

- Scapular stability: enhancing control in the sagittal and coronal planes.
- Hip joint formation: the critical role of mobility and strength in early stages.
- Development of foundational motor skills like reaching and rolling.

Movement Milestones: 6-9 Months

- Activation of the anterior and posterior oblique sling systems.
- The role of transverse plane stabilization of the scapula.
- Importance of coordination and integrated movements for crawling.

Movement Milestones: 9-12 Months

- Focus on hip joint loading in all three planes of motion (sagittal, frontal, transverse).
- Development of standing, cruising, and first steps.
- Understanding the increase in movement complexity and strength requirements.

Conducting a Movement Assessment & Recognizing Faults

- Overview of how to conduct a thorough movement assessment in infants and toddlers.
- Identifying early movement faults that could indicate developmental delays or future issues.
- Key signs to watch for in abnormal movement patterns.

Applying Treatments in the Office

- In-office treatment approaches for addressing early movement dysfunctions.
- The importance of manual therapies, gentle adjustments, and movement education.
- Strategies for improving stability and alignment in the developing child.

Take-Home Exercises & Treatment Plan Creation

- Developing appropriate exercises to enhance motor development at home.
- Teaching caregivers how to implement exercises safely and effectively.
- Creating a personalized treatment plan that supports continued growth and functional movement.

Research Review on Pediatric Chiropractic Care & Q&A

- Overview of current research in pediatric chiropractic care and its benefits.
- Reviewing evidence-based treatments for addressing movement dysfunction in children.
- Open discussion for questions and clarification on pediatric chiropractic techniques.

Lindsay S. Mumma, DC, DNSP

Triangle Chiropractic and Rehabilitation Center, PLLC
2011 Falls Valley Drive, Suite 102
Raleigh, NC 27615
t: 919.792.8682
e: mumma@trianglecrc.com

Profile of Qualifications	Experienced chiropractor with knowledge and clinical skills regarding human biomechanics from birth through high-level athletic activity Certified DNS Practitioner Author of best-selling book *Your Pelvic Floor Sucks* and *The Trimester Series* as well as Top 50 in Health Substack publication *Dr. Lindsay Mumma's Newsletter* International public speaker and educator on range of topics involving palpation, adjusting, rehabilitation, core and pelvic floor health, women's health, and pediatric development Skilled in professional, effective communication Evidence-informed, patient-centered, functional approach to manual therapy Entrepreneur and practice owner with an effective hiring and team-building approach
Education	***Prague School of Rehabilitation, Prague, Czech Republic*** Certified DNS Practitioner (DNSP) September 2023 ***Palmer College of Chiropractic, Davenport, IA: Doctorate of Chiropractic*** Graduated June 2011 Clinical Excellence Award Recipient ***Kent State University, Kent, OH: Bachelor of Arts*** Graduated December 2007, cum laude ***Crestview High School, Columbiana, OH: Diploma*** Graduated May 2004, Valedictorian
Continuing Education **1206.25 Hours Total**	***2024 Courses*** Motion Palpation Institute Sports Summit: The Shoulder DNS Exercise Course Part 2 - Examination Passed DNS Pediatrics 1 - Examination Passed Motion Palpation Institute Adjustathon: Spine Academy of Shockwave Excellence ***2023 Courses*** Parker Seminar - Vegas - The Body-Sport Connection, Myth Busters: Fat Loss Edition; Loading the Painful Patient: How Coaching Can Maximize Results; Beyond Pain: Movement and Environmental Vital Signs for the Modern Provider; Red Flags, Recovery, and Rehabilitation for CAs and DCs Motion Palpation Institute Sports Summit: The Lumbar Spine Dynamic Neuromuscular Stabilization: B DNS Applied to Klapp Crawling DNS Exercise Course Part 1 - Examination Passed Non-Surgical Hip Replacement - TCA Texpo DNS Online Seminar - Pelvic Floor Self-Treatment Dynamic Neuromuscular Stabilization: D Barral Institute Visceral Manipulation 1 Women Chiropractors Unconvention - Clinical Pearls - Women, Aging, and Cardiometabolic Health ***2022 Courses***

Lindsay S. Mumma, DC, DNSP

Triangle Chiropractic and Rehabilitation Center, PLLC
2011 Falls Valley Drive, Suite 102
Raleigh, NC 27615
t: 919.792.8682
e: mumma@trianglecrc.com

Parker Seminar - Vegas
- Documentation & Coding, Genius Life, World Class Adjustment, Livewired Brain Science, Chronic Pain Solutions, Functional Medicine

ICPA Postpartum Care: Improving Diaphragm, Core, and Pelvic Floor Function
DNS Baby Handling
DNS Women's Health Yoga
Clinic Gym Hybrid Advanced Rehab & Active Care
Parker Seminar - Orlando
- The Science of the Adjustment

Dynamic Neuromuscular Stabilization: A
Dynamic Neuromuscular Stabilization: C

2021 Courses

MPI Spine
MPI Spine
Parker University Skill-Up
MPI Spine
MPI Integration - Lower
MPI Integration - Upper
MPI Extremities
Parker Seminar - Orlando
- TMJ, Foot & Ankle Adjusting, Shoulder Rehabilitation, Neuroplasticity, Establishing Functional Goals

MPI Pregnancy & Pediatrics
Compliance & Cultural Competency Training
Parker Seminar - Dallas
- Science of the Adjustment, Impulse Control, Pain Science & Nutrition, Insulin Resistance

DNS Women's Health

2020 Courses

Parker University Skill-Up
NCCA Spring Convention
- The Pendulum is Swinging Again
- Kinetic Chain from the Ground Up
- Communicating Chiropractic: Applying the Science of Chiropractic to Clinical Practice

HNS Compliance (Fraud, Waste and Abuse, HIPAA)
NCCA Fall Convention
- Clinical Risk Management: Manifestations of COVID19
- Supporting Optimal Immune System Health

2019 Courses

NCCA Spring Conference (presenter and participant)
HNS Compliance Training (Fraud, Waste and Abuse, HIPAA)
Managing for Success A Step Further: Improving Quality & Treatment Outcomes & Clinical Care and Risk Management
Myofascial Trigger Point Dry Needling A Diagnostic and Treatment Modality for The Manual Medicine Practice
MindBridge Neurolinguistic Programming (NLP) Practitioner Training (Modules 4-6)

Instructor: Celia Maguire
2 hours
Title: Back to basics, Foundational Radiology for Chiropractic Practice

Course Description: Applying radiographic principles to clinical decision-making involves integrating imaging findings with patient history, clinical examination, and symptoms to guide accurate diagnoses and treatment plans. In the context of spine and upper extremity imaging, radiographs are invaluable tools for evaluating common pathologies such as fractures, degenerative disc disease, and joint dislocations. By understanding normal anatomical variations, radiologists and clinicians can differentiate between pathology and harmless variations, such as congenital anomalies or age-related changes. A solid grasp of radiographic techniques, including correct positioning, exposure settings, and proper use of imaging modalities, allows for optimal visualization of structures like the cervical, thoracic, and lumbar spine, as well as the shoulder, elbow, wrist, and hand. These insights aid in making informed decisions about conservative treatments, surgical interventions, or the need for further diagnostic testing, ultimately enhancing patient care and outcomes.

Learning Objectives:

- Identify and interpret normal radiographic anatomy of the spine and extremities.
- Recognize common degenerative and traumatic musculoskeletal conditions on imaging.
- Differentiate between normal anatomical variations and potential pathologies.
- Apply fundamental principles of diagnostic imaging to clinical decision-making.

Outline:

• **Introduction (5 minutes):** Overview of course objectives and key topics, setting the stage for the material to be covered.

• **Ossification of the Posterior Longitudinal Ligament (10 minutes):** Discussion on the pathological process of ossification, its radiographic presentation, and clinical relevance.

• **Scheuermann's Disease (10 minutes):** Examination of this spinal disorder, focusing on its radiological features and implications for diagnosis and management.

• **Lumbar Isthmic Spondylolisthesis (10 minutes):** Understanding this condition, its radiological diagnosis, and the impact on spinal stability and patient symptoms.

• **Degenerative Spondylolisthesis of the Cervical Spine (10 minutes):** Exploration of cervical spondylolisthesis, its degenerative nature, and how imaging assists in diagnosis and treatment planning.

• **Abdominal Aortic Aneurysm (10 minutes):** Review of radiographic signs of abdominal aortic aneurysm and its importance in screening and emergency care.

• **Post-Traumatic Osteolysis of the Clavicle (10 minutes):** Discussion on the radiographic features of clavicular osteolysis post-trauma and its potential impact on function and recovery.

- **Hereditary Multiple Exostoses (10 minutes):** Understanding this genetic disorder, its characteristic radiographic findings, and the implications for patient care.

- **Triquetral Fracture (10 minutes):** Detailed review of this wrist fracture, including its presentation on imaging and its management.

- **Synovial Osteochondromas of the Shoulder (10 minutes):** Analysis of synovial osteochondromas, focusing on their radiographic appearance and significance in shoulder pathology.

- **Torus Fracture of the Forearm (10 minutes):** Understanding the common pediatric torus fracture, its radiographic characteristics, and typical treatment approaches.

- **Wrap-up (5 minutes):** Recap of key points covered in the course and an opportunity for final questions and clarification

Celia Plattner Maguire, DC, DACBR

6320 Aspen Estates Dr. Sachse, TX, 75048
Phone: 972-898-6309
email**:** cmaguire@parker.edu

Education:

- Residency in Diagnostic Imaging, Parker College of Chiropractic, 2003
- Doctor of Chiropractic, Parker College of Chiropractic, 2000
- Bachelor of Science, Biomedical Science, Texas A&M University, 1995
    - Research Experience for Undergraduates, Oceanography
- Certificates
    - Leadership Academy, Parker University, 2013-2014
    - Essential Skills in Medical Education, Dundee Medical School 2019

Licensure and Certification:

- Texas Board of Chiropractic Examiners License #8620 2000-current
- Diplomate, American Chiropractic Board of Radiology 2003-current
- Certified in Permanent Impairment Evaluation 2004

Honors and Awards:

- Parker College of Chiropractic
    - Magna Cum Laude Graduate, Valedictorian
    - NCMIC Scholarship, 1999
    - Basic Sciences Academic Achievement Award
- Texas A&M University
    - Presidents Endowed Scholar
    - National Merit Scholarship
    - President, Alpha Gamma Delta Women's Fraternity
    - Order of Omega, Greek Leadership Honor Society

Professional Experience: **Parker University 2000-Present**

Dean of Academics, College of Chiropractic 2019 to Present

Provides inspired leadership and oversight to academic departments supporting the Doctor of Chiropractic program. Collaborates with department chairs to guide faculty, manage teaching and learning processes, ensure alignment with clinic operations, and oversee academic planning and budgeting. Assists with curriculum development to support the university's evolving vision and mission, and reports student learning outcomes for accreditation.

Director of Special Projects/ Professor of Clinical Sciences 2015-2019

Collaborated with the Vice President of the College of Chiropractic to provide leadership and oversight for the Doctor of Chiropractic program. Managed projects with department chairs and faculty, including program assessment, curriculum review, and EHR implementation. Led the selection team in acquiring an EHR system for Parker and contributed to its build and testing as a superuser. Developed online resources for training clinic and academic faculty and facilitated course development and student training on EHR usage.

Interim Director of the Radiology Residency 2017-2018

Responsible for recruiting, developing and supervising residents in diagnostic imaging.

Interim Vice President, College of Chiropractic May 2014-October 2014

Provided management and direction of the College of Chiropractic, Research Department, Wellness Clinics, Community Based Internship Program, Massage School and Library. Duties included budget management, curriculum, and interaction with Board of Trustees to accomplish vision and mission of the College. Served as accreditation liaison during a Council on Chiropractic Education site visit and in the five months prior.

Clinic Radiologist - Parker University, Chiropractic Wellness Centers 2009-2015

Provided oversight to interns on radiology rotation in imaging interpretation. Devised innovative online methods to assess intern competence in radiology interpretation in a variety of clinical environments.

Associate Professor of Clinical Sciences 2008-2015
Assistant Professor of Clinical Sciences 2003-2008

Provided students with foundational knowledge in radiology and related health sciences to prepare them as primary care physicians and leaders in chiropractic wellness. Remediated trimester 8 interns in Associated Clinical Sciences for the inaugural National Boards Success Strategies course.
As Course Director for Radiographic Examination and Applications of Diagnostic Imaging, and Lab Instructor for various courses including Fundamentals of Diagnostic Imaging, Normal Radiographic Anatomy, Bone Pathology I and II, and Soft Tissue Radiology, I enhanced curricula to strengthen clinical radiology skills. Redesigned the Applications of Diagnostic Imaging lab to include NBCE board-style assessments, focusing on practical applications of radiology in clinical settings.

Clinic Radiologist - Parker College of Chiropractic 2003-2005

Supervised Radiologic Technologists and served on the Clinic Directors committee. Overhauled intern assessments for radiology skills, developed a new radiology section for the clinic entrance exam, and revamped the technical component. Administered radiology practical exams for clinic entrance and exit and remediated unsuccessful students. As chair of the Clinic CCE committee, contributed to the self-study report.

Resident in Diagnostic Imaging - Parker College of Chiropractic 2000-2003

Participated in program leading to eligibility for the American Chiropractic Board of Radiology exam, while instructing chiropractic students in radiology and related health subjects. Provided lecture and lab instruction, supervised students, and served as a professional role model.

Speaker Name: Gabrielle Lyon

Course Title: Forever Strong the Keys to Health and Longevity

Course Description: Join Dr. Gabrielle Lyon as she redefines health with Muscle-Centric Medicine, shifting focus from obesity to muscle as the key to longevity. This talk explores the vital role of muscle as the body's largest organ, the power of mindset, optimal nutrition through dietary protein, and the transformative impact of exercise on skeletal muscle health.

Course Objectives:

- Analyze the current state of health and understand the paradigm shift from obesity-focused approaches to Muscle-Centric Medicine.

- Describe the role of muscle as the largest organ system in the body and its significance in overall health.

- Explore strategies for achieving nutritional excellence in muscle health, with a focus on the role of dietary protein.

- Examine the impact of exercise on skeletal muscle health and its implications for long-term wellness.

Course Outline:

The Foundation of Strength Content -**15 Min**

- Redefining strength as more than physical resilience—its impact on longevity, mental clarity, and overall health.
- The role of muscle health in combating aging, chronic disease, and stress.
- Introduction to the key pillars of building a strong body and mind.

Inspire participants to view strength as a cornerstone of a thriving, energetic life and empower them with a foundational understanding of its importance. -**15 Min**

Building strength from the inside out **15 Min**

- Practical strategies for fueling physical and mental performance through personalized nutrition and movement.
- The science behind protein consumption, muscle development (resistance training), and recovery.

How to manage energy, focus, and stress to maintain peak performance. **15 Min**

- Equip participants with actionable tools to build their personal strength blueprint and integrate these practices into their daily lives.

Dr. Gabrielle Lyon

glyon@drgabriellelyon.com
http://www.drgabriellelyon.com

Dr. Lyon is a New York Times Bestselling author for her book *"Forever Strong: A New Science-based Strategy for Aging Well"*

Her book has also been recognized as an esteemed title by the *Wall Street Journal* and she has been recognized as a bestselling author by USA Today.

On social media: *"The Dr. Gabrielle Lyon Show"* is nationally ranked as a top Health & Fitness Podcasts

EDUCATION

Washington University in St. Louis, Combined Nutritional Science Research & Geriatrics Fellowship	2015
North Shore-Long Island Jewish Medical Center, Department of Family Medicine Family Practice Residency	2013
University of Louisville, **Department of Psychiatry,** Psychiatry Residency	2008
Arizona College of Osteopathic Medicine, Doctor of Osteopathic Medicine	2006
University of Illinois at Urbana-Champaign, Department of Food Science and Human Nutrition, Bachelor of Science in Human Nutrition with a Minor in General Chemistry	2001
University of Limerick, Ireland, Department of Exercise Physiology, Study abroad program	1998

LICENSES / CERTIFICATION

Medical License, State of North Carolina	2021 - Present
Medical License, State of Florida	2019 - Present
Medical License, State of Washington	2020 - Present
Medical License, State of California	2020 - Present
Medical License, State of New Jersey	2020 - Present
Medical License, State of New York	2013 - Present
Board Certification, Family Medicine	2013 - Present

PROFESSIONAL EXPERIENCE

CEO, Young Medical PC, Private Practice, 2019- Present

The Institute for Muscle-Centric Medicine is a think tank that creates innovative protocols in the area of human *potential. It serves the highly motivated with the goal of combining evidence-based nutritional science interfacing with preventative medicine.*

Medical Advisor, Women's Health Magazine 2022-Present

Medical Advisor, Hunter Seven Foundation 2019-Present

HunterSeven Foundation provides information to veterans at a heightened risk, empowering them to work with medical providers to identify diseases in the earliest stages, before the onset of signs and symptoms. I assist with establishing protocols for early detection, education, and treatment for cancer and toxic exposures. I participate in an advisory and researcher role for this non-profit organization.

Co-Director and Director of Medical Nutritional Therapy, Ash Center for Comprehensive Medicine 2016 - 2019

Advanced metabolic and nutritional therapies for optimizing body composition, performance, and aging. Treatment of autoimmune disorders, chronic gastrointestinal disorders, and hormonal and metabolic disorders. Therapies include bioidentical hormone replacement therapy, heavy metal detoxification, IV nutrient therapy, vitamin/mineral testing, organic acid testing, and a wide array of predictive disease biomarkers.

Medical Director Integrative Healing 2018 - 2019
Oversee the medical practice, including medical care and proper management of patients.

Private Physician Consultant, Special Operations Functional Medicine 2015 - Current
Personalized genomic testing for optimal performance and post-deployment repair. Nutritional therapies, disease predictive biomarkers. Operator-specific nutritional and supplemental programs to support workload. Chemical exposure detoxification. Working as a private-sector physician for ***Task Force Dagger.***

Weight Management Program Physician, Washington University in St. Louis 2013- 2015
Medical treatment and monitoring of obese and those with metabolic derangement.
Examined and treated patients with a BMI of greater than 30 and or 25 with medical complications
Nutritional and medical interventions were utilized.

Research Physician, Washington University in St. Louis 2013 - 2015
Regular medical monitoring and supportive care of various study participants
Cardiovascular testing, muscle and fat biopsy, cognitive testing, and brain imaging.
Memory, cognition, and nutritional neuroscience assessments and treatment.

Physician Consultant, Medical Nutrition Consulting, Advanced Family Medicine Clinic 2010 - 2013
Examined and treated patients for diseases including obesity, DM, HTN, and hyperlipidemia utilizing an integrative approach including medical management, diet, physical activity, nutraceuticals, and behavior modification.
Educated patients on new trends in nutrition, cognitive behavioral therapy, and meal planning.

Resident Physician Representative, NSLIJ Ethics Committee 2010 – 2013
Resident representative

Physician, Sports Medicine Coverage, 2011- 2013
High School Varsity/ JV sideline football coverage
Examined and treated high-school athletes for sports-related injuries at Farmingdale High School, Plainview High School, and Bethpage High School.

Private Physician Consultant, Nutrition Consulting 2008 - 2010
Weekly nutrition consulting utilization motivation, mindset, and behavior change.
Target was group athletes and weight loss.

Student Researcher, University of Illinois- Urbana-Champaign, 1996 - 2001
High protein low carbohydrate diet human study – Laboratory of Dr. Donald Layman
Urinary biomarker collection, weight tracking, meal monitoring, and distribution.

Student Researcher, University of Limerick, Ireland 1997-1998
Data collection and administration of Vo2 max testing, glucose tolerance testing, and fitness testing on human subjects.

PUBLICATIONS AND PRESENTATIONS

- *KetoCon, Denver, CO* *2022*

Abstracts for Clinical Evidence (ACE) Presentation – Parker Seminars Miami 2025
Date: June 06-08, 2025

Lead Instructor/Facilitator: Dr. Kent Stuber

Description
The ACE presentation will offer chiropractic clinicians / Parker Seminars attendees an engaging opportunity to explore the latest research interactively. Each author will present their infographic of a study published in the last three years or published soon. The presentation will be in-depth about the study being covered but will also include high-level points on what to look for in infographics of research material. This event will enhance attendees' knowledge of current chiropractic research, enable them to apply new findings in their practice, and increase confidence when reviewing research infographic material.

After the presentation and throughout the remaining portion of the Parker Seminars event, attendees can interact with the infographics presented, plus many others that will be displayed on touchscreen TVs throughout the Parker Seminars event. Independent scientists and clinical researchers are consistently available for attendees to answer questions and facilitate complete understanding of the material.

General aim: Present current research literature to practicing chiropractors in a user-friendly manner.

Specific objectives
- Understand current literature relevant to the chiropractic profession.
- Interpret chiropractic research as presented in infographics.

Course outline

Time increments (minutes)	**Course material covered –** each block will have an introduction, methods, results, conclusion and time for 1-2 questions from the audience.
0-10	**Infographic #1** **Title**: Safety and satisfaction of chiropractic care for older adults with low back pain. **Description:** • This study examined the clinical course of Australians 55 years and older who visited a chiropractor for a new episode of low back pain. • The infographic demonstrates the safety and satisfaction outcomes of older adults with lower back pain who see a chiropractor. It further demonstrates a significant relationship between satisfaction with chiropractic care and other self-reported outcomes. **Author**: Dr. Katie de Luca
10-20	**Infographic #2** **Title**: Definition and classification for adverse events following spinal and peripheral joint manipulation and mobilization: a scoping review. **Description:** • This scoping review of 98 studies revealed significant variability in adverse event definitions and classification systems, with most relying on descriptors such as causality, symptom severity, onset, and duration, yet no unified framework exists. • The infographic highlights an urgent need for consensus on terms, definitions, and classification systems to enhance patient safety and advance evidence-based practice in spinal and peripheral joint interventions. **Author**: Dr. Martha Funabashi
20-30	**Infographic #3** **Title**: What are healthcare providers' attitudes and beliefs towards patients with persistent low back pain? **Description:** • This study explored the use of the Health Care Providers' Pain and Impairment Relationship Scale (HC-PAIRS) across 51 studies, analyzing scores by profession, student/professional status, and pre/post-educational interventions, with results indicating acceptable reliability and validity.

	• The infographic highlights the need for standardized interventions and consistent follow-up timing in future research to better evaluate educational impacts and refine the HC-PAIRS' application across healthcare disciplines. **Author**: Dr. Katie Pohlman
30-40	**Infographic #4** **Title**: Assessing the feasibility of lumbar spinal stenosis research in a specialist clinic setting. **Description:** • This study explores the feasibility of collecting data on current and new chiropractic patients with lumbar spinal stenosis in a specialist clinic setting. • The infographic illustrates the importance of spinal stenosis and non-surgical methods for its treatment, along with the methods by which lumbar spinal stenosis patients will be identified, assessed, managed, and data collected and analyzed in the feasibility study. **Author**: Dr. Kent Stuber
40-50	**Infographic #5** **Title**: What's the harm? Results of an active surveillance adverse event reporting system for chiropractors and physiotherapists. **Description:** • This study evaluated the incidence and severity of adverse events (AEs) following chiropractic and physiotherapy visits in a community-based, prospective active surveillance study. • The infographic provides valuable insights for informing patients about potential AEs and to identify opportunities for future research aimed at mitigating common AEs in chiropractic and physiotherapy care. **Author**: Dr. Katie Pohlman

CURRICULUM VITAE
June 2019.

Name	Katie Elizabeth de Luca
Current position	Post-Doctoral Research Fellow, Department of Chiropractic, Faculty of Science & Engineering, Macquarie University
Contact number	Mobile: 0412 431 931
ORCID iD URL	0000-0002-2763-771X

EDUCATION

March 2016 **Doctor of Philosophy**

Faculty of Medicine and Public Health, the Priority Research Centre for Generational Health and Ageing
The University of Newcastle
Thesis: The profile of pain in older women with arthritis.

November 2010 **International Chiropractic Sports Science Diploma**
The Federation of International Sports Chiropractic, Swizerland

November 2008 **Masters of Chiropractic**
Faculty of Science and Engineering, Department of Chiropractic
Macquarie University

November 2005 **Bachelor of Applied Science (exercise & sport science)**
Faculty of Health Sciences
The University of Sydney

EMPLOYMENT

2018 – present **Postdoctoral Research Fellow, 1.0FTE**

Faculty of Science and Engineering, Department of Chiropractic
Macquarie University, Australia

2014 – present **Chiropractor**
Private Practice, South West Rocks, Australia

2011 – 2013 **Research Assistant**
Faculty of Medicine and Public Health
University of Newcastle, Australia

2008 – 2011 **Chiropractor**
Private Practice, Parramatta, Australia

2010 **Clinical supervisor**
Department of Chiropractic
Macquarie University, Australia

2007 – 2008 **Research Assistant**
O.N.E Foundation, Encinitas, California, USA

2003 – 2008 **Research Assistant**
Private Practice, Cronulla, Australia

PUBLICATIONS AND OTHER RESEARCH OUTPUTS

REFEREED JOURNAL ARTICLES

28 peer-reviewed articles in high impact factor journals in the area of pain, rheumatology and across health-related disciplines such as public health and medicine. I have a total of 198 citations (H-index 7), 12 first author papers, and one invited review. A summary of my top eight journal metrics are shown in the table below.

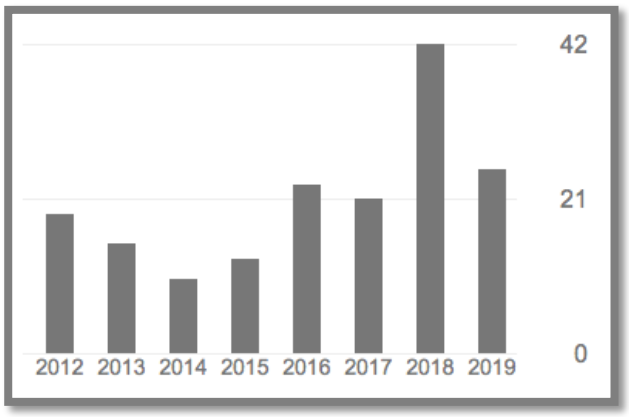


TABLE 1: Journal Metrics

Number of papers	Journal (discipline)	Cite Score	Percentile in discipline	Cite Score Rank	SNIP
1	Best Practice & Research Clinical Rheumatology (*Rheumatology*)	3.72	83%	9/53	1.54
1	Archives of Physical Medicine and Rehabilitation (*Physical Therapy, Rehabilitation*)	3.17	96%	4/111	1.593
1	Complementary Therapies in Medicine (*Complementary and Alternative Medicine)*	2.54	95%	1/12	1.128
1	Clinical Rheumatology (*Rheumatology*)	2.04	58%	22/53	0.877
1	Pain Medicine (*Anaesthesiology and Pain Medicine*)	2.03	78%	25/115	1.021
1	Rheumatology International (*Rheumatology*)	1.83	53%	25/53	0.823
5	Journal of Manipulative and Physiological Therapeutics (*Chiropractic*)	1.77	94%	1/9	0.946
7	Chiropractic and Manual Therapies (*Chiropractic , Complementary and Alternative Medicine)*	1.6	73%	25/91	0.839

Curriculum Vitae
August 2024

1) Name

Martha Funabashi
Associate Professor and Clinical Research Scientist
Division of Research and Innovation
Canadian Memorial Chiropractic College
6100 Leslie St, Toronto, ON, M2H 3J1
647 805-2024

2) Degrees & Certifications

2023 Teacher Education Program, Canadian Memorial Chiropractic College.

2019 Transportation and Handling of Dangerous Goods, University of Alberta Environment, Health & Safety

2019 Biomedical Research, CITI Program

2019 PIPEDA Privacy Training

2018 Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans Course on Research Ethics (TCPS 2: CORE)

2018 Occupational Health and Safety Awareness Training for Workers in Ontario, Canadian Memorial Chiropractic College

2018 Mental Health First Aid Basic, Mental Health First Aid Canada

2018 OHSA (2017) Violence and Harassment in The Workplace for Employees, BizLife Institute

2016 Doctor of Philosophy (Rehabilitation Sciences), Faculty of Rehabilitation Medicine, University of Alberta, Edmonton, Alberta, Canada

2010 Master of Science (Neurosciences), Faculty of Medicine of Ribeirão Preto, University of São Paulo (USP), Ribeirão Preto, São Paulo, Brazil

2009 Clinical Specialization (Osteopathy), Paulista Institute of Systemic Studies, Ribeirão Preto, São Paulo, Brazil

2006 Bachelor of Science (Physical Therapy), Faculty of Medicine of Ribeirão Preto, University of São Paulo (USP), Ribeirão Preto, São Paulo, Brazil

3) Employment History

2023 to present	Associate Professor, Division of Research and Innovation, Canadian Memorial Chiropractic College (CMCC), Toronto, Ontario, Canada
2022 to present	Adjunct Professor, Research Center, Parker University, Dallas, Texas, USA
2019 to present	Adjunct Professor, Department of Chiropractic, Université du Québec à Trois-Rivières, Trois-Rivières, Québec, Canada
2018 to 2023	Assistant Professor, Division of Research and Innovation, Canadian Memorial Chiropractic College (CMCC), Toronto, Ontario, Canada
2017 to 2018	Research Associate, Collaborative Orthopaedic Research Group, Alberta Health Services, Edmonton, Alberta, Canada
2016 to 2018	Research Assistant, Department of Physical Therapy, Faculty of Rehabilitation Medicine, University of Alberta, Edmonton, Alberta, Canada
2016 to 2017	Post-doctoral fellow, Department of Pediatrics, University of Alberta, Edmonton, Alberta, Canada
2015 to 2016	Research Assistant, Department of Pediatrics, University of Alberta, Edmonton, Alberta, Canada
2013 to 2013	Teaching Assistant, Department of Physical Therapy, Faculty of Rehabilitation Medicine, University of Alberta, Edmonton, Alberta, Canada
2013 to 2013	Research Affiliate, Rehabilitation Research Centre, Faculty of Rehabilitation Medicine, University of Alberta, Edmonton, Alberta, Canada
2011 to 2012	Teaching Assistant, Department of Physical Therapy, Faculty of Rehabilitation Medicine, University of Alberta, Edmonton, Alberta, Canada
2010 to 2012	Research Consultant, Physical Therapy Service, Glenrose Rehabilitation Hospital, Edmonton, Alberta, Canada
2010 to 2011	Research Assistant, Department of Physical Therapy, Faculty of Rehabilitation Medicine, University of Alberta, Edmonton, Alberta, Canada
2009 to 2010	Research Assistant and Internship Supervisor, Department of Biomechanics, Medicine and Rehabilitation of the Locomotor System, Faculty of Medicine of Ribeirão Preto, University of São Paulo (USP), Ribeirão Preto, São Paulo, Brazil
2007 to 2010	Research Assistant, Department of Ophthalmology, Otolaryngology and Head and Neck Surgery, Faculty of Medicine of Ribeirão Preto, University of São Paulo (USP), Ribeirão Preto, São Paulo, Brazil
2007 to 2010	Clinical Physical Therapist, Espaço Fisio Rehabilitation Center Specialized in Orthopaedic Physical Therapy, Ribeirão Preto, São Paulo, Brazil
2006 to 2007	Clinical Massage Therapist, Luiza Sato Shiatsu Clinic, Ribeirão Preto, São Paulo, Brazil

CURRICULUM VITAE

Katherine A Pohlman, DC, MS, PhD

14430 Willowdell Rd, Yorkshire, OH 45388
Cell: 419.733.1129
E-mail: kpohlman@parker.edu

EDUCATION

University of Alberta, Edmonton, Alberta, Canada

2019 Doctor of Philosophy, Pediatrics
Thesis: Improving the Assessment of Safety in Pediatric Chiropractic Manual Therapy

Palmer College of Chiropractic, Davenport, Iowa

2010 Master of Science, Clinical Research
2006 Doctor of Chiropractic

The Ohio State University, Columbus, Ohio

2001 Bachelor of Science, Biology

PROFESSIONAL EXPERIENCE

Parker University

2018-present Director of Research, Research Center
2017-2018 Interim Director of Research, Research Institute
- Oversee the development of a departmental plan to achieve the research and scholarly activity goals and objectives within the University strategic plan.
- Develop and manage the budget necessary to execute the departmental plan.
- Lead the Research Center in its efforts to build research capacity at Parker University by prioritizing meaningful projects and activities, engaging collaboratively, executing according to plan, and reporting on outcomes.
- Actively pursue strategic relationships with other educational and/or health care organizations.
- Secure external funding for the design and conduct of research.
- Administer grants received consistent with all legal and ethical requirements.

Parker University

2022-present Professor, Research Center
2019-2022 Associate Professor, Research Center
2015-2019 Assistant Professor, Research Institute
2015-2017 Clinical Research Scientist, Research Institute
- Foster a culture of research and scholarship at Parker University:
  - In cooperation with academic leadership, develop ongoing activities to prepare faculty members to contribute to scholarship.
- Assist faculty members in the design and conduct of clinical studies.
  - In cooperation with the Clinic Director and Clinic Faculty Doctors, identify opportunities to utilize clinic data for research purposes.
- Assist in developing and implementing the research and information literacy curriculum for College of Chiropractic students.
- Secure external funding for the design and conduct of research.
- Increase Parker University's total publications, presentations, and collaborations.
- Design and conduct all studies in accordance with legal and ethical requirements for the protection of human and/or animal subjects.

University of Alberta

2011-2017 Research Assistant, CARE, Department of Pediatrics, Faculty of Medicine & Dentistry
- Develop a manual of operating procedures, data collection forms/protocols, informed consent documents, and other documents pertinent to assigned research projects.
- Organize, coordinate, and run meetings with international investigators.
- Assist in writing project abstracts and manuscripts for publication.
- Conduct day-to-day supervision of data quality, recruitment activities, and enrollment status.
- Monitor management of the research budget.

PROFESSIONAL EXPERIENCE, Con't

Palmer Center for Chiropractic Research

2011-2013 Clinical Project Manager II

Responsible for the supervision of assigned personnel.
Develop a manual of operating procedures, data collection forms/protocols, informed consent documents, and other documents pertinent to projects.
Conduct training and continuous quality improvement activities of clinical research personnel involved in assigned research projects.
Monitor clinical and data protocols, including obtaining and maintaining licensure for data collection instruments.
Communicate with the Institutional Review Board, Data and Safety Monitoring Committees, and funding agencies regarding protecting human participants and project status.
Formulate and guide plans for solving project-related problems.

Palmer Center for Chiropractic Research

2007-2011 Clinical Project Manager

Coordinate effectively with all levels of organizational structure for carrying out the assigned research activities.
Assist with the development of manual of operating procedures, data collection forms/ protocols, informed consent documents and other documents pertinent to projects.
Planning / monitoring recruitment of study participants with the use of various marketing strategies.
Planning and conducting training programs and quality improvement activities for both existing and new research personnel involved in the various research projects.
Participate in recruitment and evaluation of research clinical personnel.
Preparation of project reports for investigative members, institutional review boards, and data safety monitoring committees.

Palmer Center for Chiropractic Research

2006-2010 Clinical Research Fellow

Chiropractic Physician, Private Practice

2006-Present Limited Home/Office Practice

- Iowa Chiropractic License #06897(thru August 2018)
- Texas Chiropractic License #13897 (starting September 2018)

PEER-REVIEWED PUBLICATIONS (n=55) [^ current or previous trainee; * senior author]

Salsbury S, Funabashi M, Kangas K^, Woosley V^, Crouch A^, Brown A^, Borody C^, Porter B^, Moore M^, St. John E^, **Pohlman KA***. Suggestions for improving patient safety culture within international chiropractic teaching settings: a qualitative analysis of clinic partner feedback from a mixed method survey. *J Chiropr Edu (in submission).*

Montgomery L, Kamper S, Young A, Beynon A, Hestbaek L, Hancock M, French S, Maker C, **Pohlman KA,** Swain M. The Clinical Course of Spinal Pain in Adolescents: a Feasibility Study. *Chiropr Man Therap (in submission)*

Funabashi M, Gorrell L, **Pohlman KA**, Bergna A, Heneghan N. Defining and classifying adverse events following joint manipulation and mobilization: an international e-Delphi study and focus groups. *Scientific Reports. (in submission)*

Miller K^, Boylan P, Mullen C, Randolph M, Kettner N, **Pohlman KA***. Evaluation of chiropractic students' knowledge and attitudes towards chronic pain following pain interventions: a randomized educational trial. *J Chiropr Educ. (accepted)*

1. Stuber K, Eklund A, **Pohlman KA,** Monier Z, Muller R, Browning A, Malaya C, Morales V, Palmgren P. Exploration of chiropractic students' motivation toward the incorporation of new evidence on chiropractic maintenance care: a mixed methods study. *J Can Chiropr Assoc.* 2024;68(2):98-112.
2. Yu H, Southerest D, Wong J, Verville L, Connell G, Ead L, Mior S, Hestbaek L,Brunton G, Shearer H, Papaconstantinou E, Cedraschi C, Swain M, **Pohlman KA,** Cancelliere C. Rehabilitative management of back pain in the pediatric population: a mixed studies systematic review. *Chiropr Man Therap* 2024;32(1):14.
3. **Pohlman KA**, Funabashi M, O'Beirne M, Cassidy D, Hill M, Hurwitz E, Kawchuk G, Mior S, Ibrahim G, Thiel S, Westaway M, Yager J, Vohra S. What's the Harm? Results of an Active Surveillance Reporting System for Spinal Manipulation Therapy. *PLoS One.* 2024;19(8):e0309069. Published 2024 Aug 19.

Dr. Kent Stuber
55 Strathridge Grove SW
Calgary, Alberta T3H 4L1 Canada
E-mail: kjstuber@gmail.com
Mobile: 403-389-4722
Fax: 403-685-2747

EDUCATION

2015-2022 **Doctor of Philosophy (PhD) in Health**
The University of South Wales, Faculty of Life Sciences and Education, Pontypridd, Wales, UK

- Supervisors: Professor Peter McCarthy, Dr. Gina Dolan
- Completed transfer from MPhil to PhD program in July 2017
- Defended thesis January 2022, amendments accepted April 2022

Thesis title: An assessment of patient-centered care in patients with chronic musculoskeletal conditions attending chiropractic practice

2005-2007 **Master of Science in Health and Social Care Research (with Distinction)**.
The University of Sheffield, School of Health and Related Research (ScHARR), Sheffield, UK.

- Completed a dissertation and coursework including:
  Literature Review and Critical Appraisal
  Research Methodology and Study Design
  Quantitative Data Collection
  Quantitative Data Analysis
  Qualitative Data Collection
  Qualitative Data Analysis
  Current Issues in Health and Social Care Research
  Philosophical and Social Issues in Research
  Professional and Personal Research Skills
  Dissertation topic: Chiropractic care for low back pain during pregnancy.

1998-2002 **Doctor of Chiropractic (Magna Cum Laude, Clinic Honours)**
Canadian Memorial Chiropractic College (CMCC), Toronto, Ontario

2001-2002 Clinical Internship
Herbert K Lee Clinic at CMCC, Toronto, Ontario

1995-1998 **Bachelor of Science (Cellular, Molecular & Microbial Biology)**
The University of Calgary, Calgary, Alberta

1994-1995 The University of Lethbridge (completed first year of study)
Lethbridge, Alberta

Dr. Kent Stuber
55 Strathridge Grove SW
Calgary, Alberta T3H 4L1 Canada
E-mail: kjstuber@gmail.com
Mobile: 403-389-4722
Fax: 403-685-2747

PEER-REVIEWED PUBLICATIONS

- Argenbright CM, **Stuber KJ,** Malaya CA. Comparison of chiropractic student provider and patient perceptions of care utilizing the biopsychosocial model of pain. *J Contemp Chiropr.* 2024; 7(1): (Accepted for publication).
- Malaya C, **Stuber K,** Du Rose A. A novel view of case reports in chiropractic clinical research: barriers and solutions for clinicians. *J Contemp Chiropr.* 2024; 7(1): 173-179.
- **Stuber KJ**, Eklund A, Pohlman K, et al. Exploration of chiropractic students' motivation toward the incorporation of new evidence on chiropractic maintenance care: a mixed methods study. *J Can Chiropr Assoc.* 2024; 68(2): 98-112.
- Emary PC, **Stuber KJ**. A commentary on the use of mixed methods in chiropractic research. Part 1: overview of mixed methods research. *J Can Chiropr Assoc.* 2024;68(1): 8-15.
- Emary PC, **Stuber KJ**. A commentary on the use of mixed methods in chiropractic research. Part 2: findings and recommendations for improving future chiropractic mixed methods studies. *J Can Chiropr Assoc.* 2024;68(1):16-25.
- Emary PC, **Stuber KJ.** A commentary on the use of mixed methods in chiropractic research. Part 3: integration of qualitative research with randomized controlled trials. *J Can Chiropr Assoc*. 2024;68(1): 26-34.
- Lee AD, Muir BJ, Oh D, Chung K, Debusschere R, Kissel J, Richer N, Poulin C, Murnaghan K, **Stuber K**. Investigating the research capacity and productivity of Canadian sports chiropractors. *J Can Chiropr Assoc*. 2023;67(3):202-225.
- Emary PC, **Stuber KJ,** Mbuagbaw L, Oremus M, Nolet PS, Nash JV, Bauman CA, Ciraco C, Couban RJ, Busse JW. Quality of Reporting using Good Reporting of A Mixed Methods Study criteria in chiropractic ixed methods research: a methodological review. *J Manipulative Physiol Ther.* 2023:S0161-4754(23)00088-X. doi: 10.1016/j.jmpt.2023.
- Southerst D, Hincapié CA, Yu H, et al. Systematic review to inform a World Health Organization (WHO) clinical practice guideline: Benefits and harms of structured and standardized education or advice for chronic primary low back pain in adults. *J Occup Rehabil.* 2023;33(4):625-635.
- Yu H, Wang D, Verville L, Southerst D, et al. Systematic review to inform a World Health Organization (WHO) clinical practice guideline: Benefits and harms of needling therapies for chronic primary low back pain in adults. *J Occup Rehabil.* 2023;33(4):661-672.
- Verville L, Hincapié CA, Southerst D, et al. Systematic review to inform a World Health Organization (WHO) clinical practice guideline: Benefits and harms of transcutaneous electrical nerve stimulation (TENS) for chronic primary low back pain in adults. *J Occup Rehabil.* 2023;33(4):651-660.
- Blanchette MA, Mior S, Thistle S, **Stuber K**. Developing key performance indicators for the Canadian chiropractic profession: a modified Delphi study. *Chiropractic & Manual Therapies* 2022; 30: 31.

Instructor: Donald DeFabio
2 hours
Title: The Essentials of Heterogenicity in Lumbar Rehab: When to Prescribe Flexion vs. Extension vs. Neutral Spine

Course Description: The current paradigm in the management of low back pain includes active care and for optimal outcomes it must be individualized to the patient's biomechanics, structure and stage of care. The objective of this course is to teach the clinician patient selection and application of active care for the lumbar spine from the acute stage to return to function/play. The biomechanical rationale behind the application of flexion, extension and neutral spine biased exercise principles will be discussed for stability and mobility. In addition, the three mechanisms of core stability will be reviewed with clinical correlation to enable the clinician to further fine tune their lumbar rehab. Patients desire more than a standardized, homogeneous low back exercise program and deserve specific corrective exercises for their needs. By the end of this course the attendee will be able to accurately place a patient in the appropriate sub-set for lumbar spine rehab and be able to incorporate these principles into their practice immediately with low tech interventions.

Learning Objectives:
• Understand the biomechanics and kinematics of the lumbar spine in flexion, extension and neutral
• Review the significance of neutral spine training
• Be able to select which patients will respond to flexion, extension or neutral spine exercises
• Learn flexion, neutral and extension biased exercise progressions for the lumbar spine
• Know the appropriate exercise selection for acute, sub-acute and return to function stages of care
• Understand the 3 core stability mechanisms and their role in lumbar spine rehab

Outline:

Hour One

I. Anatomy (15 Minutes)

- **Relevant Lumbopelvic Hip Anatomy**
- **Stabilizers vs. Prime Movers**: Understanding their roles in movement

II. Biomechanics (15 Minutes)

- **Lumbar Spine Biomechanics**: Key concepts and importance
- **Disc Kinematics**: How the discs function during movement

III. Core Stabilization (15 Minutes)

- **Mechanisms of Core Stability**: Clinical relevance of each mechanism
- **Abdominal Hollowing vs. Abdominal Bracing**: Techniques and applications

IV. Flexion-Biased Principles (15 Minutes)

- **Patient Selection**: Who benefits from flexion-biased exercises
- **Williams Exercises**: Purpose and techniques
- **Stability in Flexion Exercise Progressions**: How to progress flexion-based exercises

Hour Two

I. Neutral Spine-Biased Exercises (15 Minutes)

- **Patient Selection**: Criteria for selecting neutral spine exercises
- **McGill's Top 3**: Progressions for strengthening the core

II. Extension-Biased Principles (15 Minutes)

- **Patient Selection**: Identifying candidates for extension-biased exercises
- **McKenzie Principles**: Focus on lumbar herniated disc syndromes

III. Acute Low Back Pain (15 Minutes)

- **Exercise Principles for Flexibility and Stability**: Targeted approaches for acute pain relief

IV. Sub-Acute and Return to Function/Play (15 Minutes)

- **Exercise Dosing and Progressions**: Guidelines for returning to normal activity
- **Chronic Pain Patients**: Tailoring exercises for long-term pain management

DONALD C. DEFABIO, D.C., DACRB, DACBSP, DABCO
CURRICULUM VITAE

Education:

August 2019	Obtained Diplomate Status from the American Board of Chiropractic Rehabilitation
Nov. 1996	Attained Diplomate status as a Chiropractic Sports Physician.
Sept. 1990	Attained Diplomate status in Chiropractic Orthopedics
April 1984	Graduated from New York Chiropractic College in Glen Head, New York
May 1980	Graduated from Trinity College in Hartford, Connecticut with a Bachelor of Arts degree.

Licensure:

1984 – present	Licensed to practice Chiropractic in the states of New Jersey, New York.

Approved CE Lecturer and Speaker Bureaus:

Sept 2023-present	Logan University continuing education lecturer for the Lifelong Learning Portal
Aug 2022 – present	Affiliate instructor for Procredits, an online continuing education company
Sept 2019 – present	Affiliate instructor for DC Hours, an online continuing education company
Feb 2019- present	Appointed NCMIC Speaker's Bureau
June 2019 – present	Instructor, CCSP, program through NYCC
August 2017-present	Instructor, Physical Rehabilitation Certificate Course: Approved ACRB course.
March 2017- May 2020	Instructor, Licensed Chiropractic Assistant Program through NYCC
May 2017	Speaker, American Spinal Injury Association Annual Scientific Conference: *Chiropractic and the SCI Patient/Athlete*

Sports Physician Experience:

March 2014- June 2016	Treated athletes at Rutgers University for the Track and Field and Filed Hockey programs. Traveled with the Track and Field team to B1G 10 Indoor and Outdoor Championships.
Sept 2007 – Sept 2016	Team Chiropractic Physician for Drew University. Madison, NJ.
May 2000 – 2012	Medical coordinator and classifier for the US Wheelchair Fencing Team
July 1999	Completed residency at the U.S. Olympic Training Center in Colorado Springs.
Oct. 1993- 2000	Event Physician for the Ironman Triathlon World Championships, Kona, Hawaii.

Journalism Experience:

Oct 2021-present	Editorial review panel for *Cardiovascular Diagnosis and Therapy*, an indexed peer reviewed journal
March 2013- Present	www.YouTube.com/drdefabio: 42K subscribers and over 15M views
Jan 2006 – Present	Producer and host of *The DeFabio Difference*, a thirty minute television show produced for Comcast and Verizon public television, Morris and Union County, NJ.

Achievement:

April 2023	ACA Rehab Council *Doctor of the Year*
May 2022	*Lifetime Achievement Award* Association of NJ Chiropractors
October 2013	*Chiropractic Doctor of the Year*, Association of NJ Chiropractors
June 2012	*Drew Athletics Recognition Award* for service to the athletes and Drew community
May 2012	*Volunteer of Award* from the Year Summit Area YMCA.

Publications:

Jan 2022 – present	Columnist, *Dynamic Chiropractic*: Multi-Modal Chiropractic a bimonthly series since 2018.
Sept 2020	Author**,** Exercise parameters for the chronic type B aortic dissection patient: a literature review and case report, *Post Graduate Medicine*
June 2000	Author, Fluid and Nutrient Maintenance Before, During and After Exercise, *Journal of Chiropractic Sports and Rehabilitation*.
July 1998	Author, Open vs. Closed Chain Kinetic Exercise: A Clinical Application, *Journal of Sports Chiropractic and Rehabilitation.*
April 1996	Co-author, Patient Satisfaction Questionnaire Implementation at the Ironman World Championships, *Journal of Sports Chiropractic and Rehabilitation.*
Aug. 1996	Co-author, The Role of Transcranial Doppler Sonography on the Identification of Patients at Risk of Cerebral and Brainstem Ischemia, *Journal of Manipulative and Physiologic Therapeutics.*

Professional:	American Chiropractic Association, Association of NJ Chiropractors , ACA Orthopedics Council, Council of Chiropractic Orthopedics, ACA Rehab Council, ACA Sports Council.
June 1985 – Present	Chief of Chiropractic Services at DeFabio Spine and Sports Rehab, LLC a private practice in Berkeley Heights, NJ.

References Available upon request

Contact Information:

308 Springfield Avenue
Berkeley Heights, New Jersey 07922
PH: 908-771-0220 Fax: 908-771-0114 Cell: 908-418-6141 Email: drdcdefabio@gmail.com

Instructor: Mark N. Charrette

6 hours- Part I, Part II, and Part III

Course Title: A New Look at Speeder Board Extremity Adjusting- Part II

Course Description: In this interactive presentation, you will learn and practice extremity adjusting using the speeder board. We will also discuss the basic neurology, indicators, and adjustments. Part II will cover adjusting the Hip and elbow. This lively presentation will be presented in a workshop format.

Learning Objectives:

- Understand and Demonstrate the adjustments for the Hip
- Understand and Demonstrate the Hip Speeder Board adjustment. Adjusting the wrist segments: Scaphoid, Triquetrum, Lunate, Radius-Ulna

Outline:

0-15 minutes: Practical Workshop Continuation of Knee Adjustments

- Techniques
- Tips
- Observation

15-30 minutes: Adjustment of the knee

- Segments
- Indicators

30-45 minutes: Hip Adjustments, Indicators

- Patient position
- Doctor hand contact location

45-75 minutes: Thrust- Line of Correction

- Segmental contact location

75-90 minutes: Practical Workshop: Hip Adjustment

- Review of segments
- Positions
- Speeder Board usage
- Observation

90-105 minutes: Wrist Adjustments-Explanation

- Scaphoid
- Triquetrum
- Lunate
- Radius-Ulna

105-120 minutes: Patient and Doctor Position Demonstration of the Wrist adjustment

- Patient position
- Doctor hand contact location
- Segmental contact location
- Thrust-Line of Correction
- Practice

Dr. Mark N. Charrette
209 Edgestone Dr.
Irving, TX 75063
972 890 4776
drmarkcharrette@gmail.com

CAREER OVERVIEW

Initial full-time practicing chiropractor developing large practices in California, Nevada, and Iowa, followed by 24 years of presenting chiropractic technique, philosophy, and personal growth seminars worldwide. Authoring multiple articles for professional publications and developing a chiropractic extremity technique including a book and video series. Presenting to students at chiropractic colleges worldwide on a variety of topics including chiropractic technique, philosophy, examination, and motivation.

SKILL HIGHLIGHTS

- Strong public speaking and presentation skills
- Chiropractic extremity technique developer
- Writing and researching skills
- Proven leader
- Team player
- Energetic
- Persistent,
- Ability to listen
- Adaptability
- Relationship and team building
- Driven
- High moral standards
- Positive attitude

EDUCATION:

Palmer College of Chiropractic

Doctor of Chiropractic - Salutatorian

Summa Cum Laude - GPA 3.97

Graduation - December 13, 1980

Illinois State University

Normal, Illinois

Bachelor of Science in Education - High Honors

Summa Cum Laude - GPA 3.96

Graduation - May 1976

Oakland Community College

Associate of Arts- High Honors

Summa Cum Laude - GPA 3.96

Gradation - May 1974

EMPLOYMENT

- **Foot Levelers** – Roanoke, Virginia

Seminar presenter-Independent Contractor - January 2016 to present

- **Foot Levelers** – Roanoke, Virginia

Director of Education - January 2015 to January 2016

Responsible for rewriting, illustrating, and referencing four manuals. Authoring professional publication articles. Creation, filming and writing of 37 instructional videos. Customer service education and organization. Presenting post-grad relicensure seminars. Chiropractic college student presentations.

- **Post Graduate Seminar Presenter and Chiropractic College Guest Speaker**

September 1987 to present

Presented over 1,700 post-graduate relicensure and chiropractic college student presentations on extremity and spinal adjusting techniques, biomechanics, philosophy, and motivation in 47 states, 18 countries, and 19 chiropractic colleges world-wide.

- **Charrette Chiropractic Office** – Visalia, California (Dr. Dale Charrette)

January 1999 – May 2000

- **Hagensick Chiropractic Office –**Waukon, Iowa

May 1993 - December 1998

Full-time treating chiropractor and supervisor of office staff.

- **Dr. Mark Charrette – Chiropractor** – Las Vegas, Nevada

September 1989 – December 1992

Owner and full-time treating chiropractor in high volume office utilizing sports care, rehabilitation, elderly and family care, work injuries, and auto accidents.

Speaker Name: Rebecca Scott

Course Title: Foundations for Successful Collections: Data Gathering
Two Hour Outline

Course Description: Team members are often surprised that the most important element in solid cash flow is the first step: Data Gathering. Missteps in this part of the process cause denials, lost time, and lost revenue. Ensuring that the right information is captured and managed correctly increases the odds of prompt payment to close to 95%.

Join us for a transformative hour that will revolutionize your practice's compliant financial processes, whether you operate on a cash-based model or engage in 3rd party billing. Just as a tall building requires a strong and deep foundation, your practice's success relies on a solid financial framework. Without it, the consequences can be devastating, exposing the practice to unnecessary risk.

Learning Objectives:

• Reproduce a compliant and effective intake process for new patient and returning patients

• Apply the No-Surprises Act Regulations

• Manage the process of foundational data gathering for all payer types, to ensure proper risk management procedures

Course Outline:

I. A Compliant Intake Process **15 Minutes**

a. New patient foundational processes
b. Returning patient data capture
c. Compliance with No-Surprises Act-Intro

II. Three-Step Verification Process **15 Minutes**

a. Eligibility vs Verification
b. Payer portal use
c. Inbound processing of captured data

III. Medicare Verification **15 Minutes**

a. Understand eligibility vs verification in Part B and Part C
b. Mandatory billing requirements for Part B and Part C

IV. Proper Case Management **15 Minutes**

a. Compliant bookkeeping and collections
b. The medical review policy

V. Medicare Billing Regulations **15 Minutes**

c. Understand eligibility vs verification in Part B and Part C
d. Mandatory billing requirements for Part B and Part C

VI. Medicare Advance Notice **15 Minutes**

a. Medicare mandatory Advance Beneficiary Notice (ABN) regulations
b. Medicare special notice for excluded services

VII. Medicare Patient Financial Regulations **15 Minutes**

a. Charge regulations for both covered and excluded services
b. Fee regulations when the patient has graduated to maintenance care

VIII. Self-Pay Patient Management **15 Minutes**

a. Checklist for compliance with No-Surprises Act

Rebecca L. Scott, CPC, CPCO, CPB

346 School Street Weld Maine 04285 | (207) 560-9291 | rebecca@kmcuniversity.com

Professional Experience

Specialist - KMC University - Highlands Ranch, CO – 03/25/2020 to present

- Research and Curriculum Development
- Coach offices on Compliance, Reimbursement, Coding, and Billing
- Notify clients of changes that affect the industry

Chiropractic Assistant – HealthQuest Chiropractic – Farmington, ME – 09/1989 to present

- Front Desk Responsibilities
- All Billing, posting, and follow-up
- Credentialing
- Accounts Receivable
- Assisted in training several office staff members

Education

Associate degree in Accounting: 05/2008

Central Maine Community College – Auburn, ME

Certifications

- Certified Professional Biller – AAPC
- Certified Professional Compliance Officer - AAPC
- Certified Professional Coder - AAPC
- Clinical Chiropractic Assistant License – State of Maine

Skills & Abilities

Attention to Detail Excellent Organizational Skills MS Office

Instructor: Lindsay Mumma
2 hours
Title: Postpartum Focus: Caring for a Woman After Birth

Course Description: Through this course, chiropractors will gain a deeper understanding of the benefits and applications of postpartum chiropractic care, enabling them to provide high-quality, patient-centered care to new mothers in their practice.

Learning Objectives:

- Importance of Postpartum Chiropractic Care for Women's Health and Wellness
- Common Musculoskeletal and Pelvic Floor Issues Affecting New Mothers
- The Role of Chiropractic Care in Supporting Breastfeeding and Maternal Health
- Strategies for Communicating with New Mothers and Addressing Their Unique Concerns
- Integration of Postpartum Chiropractic Care into a Comprehensive Treatment Plan

Outline in 15 Minute increments:

Biomechanical Changes During Pregnancy

- Overview of the physiological changes during pregnancy, including weight distribution, center of gravity shifts, and postural adaptations.
- Common obstacles in prenatal care: pelvic pain, sacroiliac joint dysfunction, lower back pain, and ligament instability.
- How pregnancy alters the biomechanics of movement and function.

Postpartum Care Considerations and Red Flags

- Key considerations for postpartum recovery based on individual prenatal and birth experiences (e.g., cesarean section, vaginal birth).
- Identifying red flags that may signal complications, including excessive bleeding, pain, or signs of infection.
- Importance of monitoring pelvic floor health, perineal healing, and musculoskeletal function.

Common Normal Symptoms in Postpartum Women

- Identifying and understanding typical postpartum symptoms such as fatigue, hormonal changes, mood swings, and pelvic discomfort.
- Discussion of common recovery timelines and natural healing processes.
- Supporting physical and emotional recovery during the early stages postpartum.

Abnormal Postpartum Symptoms

- Identifying symptoms that fall outside of the expected recovery process, such as severe pelvic pain, incontinence, or persistent fatigue.
- Possible causes of abnormal symptoms: infections, postpartum depression, diastasis recti, and pelvic organ prolapse.
- How to address and manage these symptoms effectively.

Breastfeeding Biomechanics

- Understanding the biomechanics of breastfeeding, including proper positioning, latch techniques, and body mechanics for the mother.
- Common musculoskeletal issues related to breastfeeding: neck, shoulder, and back strain.
- Tips for optimizing breastfeeding posture and preventing discomfort.

Labs and Supplement Recommendations for Postpartum Care

- Key laboratory tests to consider during the postpartum period: iron levels, thyroid function, and vitamin D.
- Recommended supplements for recovery and support: iron, calcium, magnesium, vitamin D, and omega-3s.
- Importance of nutrition in healing and supporting lactation.

Treatment Timeline and Collaborative Care

- Developing a personalized treatment timeline for postpartum recovery, including physical therapy, rest, and rehabilitation.
- The importance of collaborative care with healthcare providers such as physical therapists, chiropractors, OB/GYNs, and lactation consultants.
- Gradual return to exercise and physical activity as part of recovery.

Return to Preconception Health and Pregnancy Loss Support

- Strategies for returning to pre-pregnancy health and wellness, including fitness, diet, and mental health.
- Special considerations for women who have experienced pregnancy loss: emotional support, grief counseling, and future family planning.
- Q&A session for personal concerns and further clarification.

Lindsay S. Mumma, DC, DNSP

Triangle Chiropractic and Rehabilitation Center, PLLC
2011 Falls Valley Drive, Suite 102
Raleigh, NC 27615
t: 919.792.8682
e: mumma@trianglecrc.com

Profile of Qualifications	Experienced chiropractor with knowledge and clinical skills regarding human biomechanics from birth through high-level athletic activity Certified DNS Practitioner Author of best-selling book *Your Pelvic Floor Sucks* and *The Trimester Series* as well as Top 50 in Health Substack publication *Dr. Lindsay Mumma's Newsletter* International public speaker and educator on range of topics involving palpation, adjusting, rehabilitation, core and pelvic floor health, women's health, and pediatric development Skilled in professional, effective communication Evidence-informed, patient-centered, functional approach to manual therapy Entrepreneur and practice owner with an effective hiring and team-building approach
Education	***Prague School of Rehabilitation, Prague, Czech Republic*** Certified DNS Practitioner (DNSP) September 2023 ***Palmer College of Chiropractic, Davenport, IA: Doctorate of Chiropractic*** Graduated June 2011 Clinical Excellence Award Recipient ***Kent State University, Kent, OH: Bachelor of Arts*** Graduated December 2007, cum laude ***Crestview High School, Columbiana, OH: Diploma*** Graduated May 2004, Valedictorian
Continuing Education **1206.25 Hours Total**	***2024 Courses*** Motion Palpation Institute Sports Summit: The Shoulder DNS Exercise Course Part 2 - Examination Passed DNS Pediatrics 1 - Examination Passed Motion Palpation Institute Adjustathon: Spine Academy of Shockwave Excellence ***2023 Courses*** Parker Seminar - Vegas - The Body-Sport Connection, Myth Busters: Fat Loss Edition; Loading the Painful Patient: How Coaching Can Maximize Results; Beyond Pain: Movement and Environmental Vital Signs for the Modern Provider; Red Flags, Recovery, and Rehabilitation for CAs and DCs Motion Palpation Institute Sports Summit: The Lumbar Spine Dynamic Neuromuscular Stabilization: B DNS Applied to Klapp Crawling DNS Exercise Course Part 1 - Examination Passed Non-Surgical Hip Replacement - TCA Texpo DNS Online Seminar - Pelvic Floor Self-Treatment Dynamic Neuromuscular Stabilization: D Barral Institute Visceral Manipulation 1 Women Chiropractors Unconvention - Clinical Pearls - Women, Aging, and Cardiometabolic Health ***2022 Courses***

Lindsay S. Mumma, DC, DNSP

Triangle Chiropractic and Rehabilitation Center, PLLC
2011 Falls Valley Drive, Suite 102
Raleigh, NC 27615
t: 919.792.8682
e: mumma@trianglecrc.com

Parker Seminar - Vegas
- Documentation & Coding, Genius Life, World Class Adjustment, Livewired Brain Science, Chronic Pain Solutions, Functional Medicine

ICPA Postpartum Care: Improving Diaphragm, Core, and Pelvic Floor Function
DNS Baby Handling
DNS Women's Health Yoga
Clinic Gym Hybrid Advanced Rehab & Active Care
Parker Seminar - Orlando
- The Science of the Adjustment

Dynamic Neuromuscular Stabilization: A
Dynamic Neuromuscular Stabilization: C

2021 Courses

MPI Spine
MPI Spine
Parker University Skill-Up
MPI Spine
MPI Integration - Lower
MPI Integration - Upper
MPI Extremities
Parker Seminar - Orlando
- TMJ, Foot & Ankle Adjusting, Shoulder Rehabilitation, Neuroplasticity, Establishing Functional Goals

MPI Pregnancy & Pediatrics
Compliance & Cultural Competency Training
Parker Seminar - Dallas
- Science of the Adjustment, Impulse Control, Pain Science & Nutrition, Insulin Resistance

DNS Women's Health

2020 Courses

Parker University Skill-Up
NCCA Spring Convention
- The Pendulum is Swinging Again
- Kinetic Chain from the Ground Up
- Communicating Chiropractic: Applying the Science of Chiropractic to Clinical Practice

HNS Compliance (Fraud, Waste and Abuse, HIPAA)
NCCA Fall Convention
- Clinical Risk Management: Manifestations of COVID19
- Supporting Optimal Immune System Health

2019 Courses

NCCA Spring Conference (presenter and participant)
HNS Compliance Training (Fraud, Waste and Abuse, HIPAA)
Managing for Success A Step Further: Improving Quality & Treatment Outcomes & Clinical Care and Risk Management
Myofascial Trigger Point Dry Needling A Diagnostic and Treatment Modality for The Manual Medicine Practice
MindBridge Neurolinguistic Programming (NLP) Practitioner Training (Modules 4-6)

Instructor: Cho Chin-Suk
2 hours
Title: Integrating MSK US into Practice Part 1

Course Description: Part I: This 2-hour lecture is the Part I of the series on Integrating MSK Ultrasound into Practice. In this presentation, I will be discussing three key questions: Understanding WHAT MSK ultrasound is, WHY anyone would consider MSK ultrasound, and HOW to integrate into practice. Lastly, a live scanning will be performed to demonstrate basic operation of MSK ultrasound.

Learning Objectives:
• Understand WHAT MSK ultrasound is.
• Discuss WHY anyone should consider integrating MSK ultrasound into clinical practice.
• Discuss HOW to integrate MSK ultrasound into clinical practice.
• Understand basic operation of ultrasound through live scan demonstration.

Outline:

Part I: Introduction to MSK Ultrasound

A. Answering the Three Key Questions (1 Hour)

1. **WHAT is MSK Ultrasound?**
    - Definition and purpose of musculoskeletal (MSK) ultrasound
    - Key advantages over other imaging modalities (e.g., MRI, X-ray)
    - Common clinical applications (e.g., tendon injuries, joint assessments, soft tissue evaluation)
2. **WHY Integrate MSK Ultrasound?**
    - Benefits for patient care: real-time imaging, dynamic assessments, non-invasive nature
    - Cost-effectiveness compared to other imaging techniques
    - Expanding diagnostic and treatment capabilities in clinical practice
    - How MSK ultrasound enhances precision in guided procedures (e.g., injections, biopsies)
3. **HOW to Integrate MSK Ultrasound?**
    - Steps for incorporating MSK ultrasound into clinical workflows
    - Training and certification requirements for providers
    - Equipment selection: choosing the right ultrasound machine and probes
    - Overcoming challenges: reimbursement considerations, learning curve, and integration strategies

B. Live Scan Demonstration (1 Hour)

1. **Image Optimization**
    - Adjusting key parameters for high-quality imaging:
        - **Depth** – Selecting appropriate scanning depth based on anatomical structures
        - **Frequency** – Balancing resolution and penetration for different tissues
        - **Gain** – Controlling brightness to enhance contrast and visibility
        - **Focus Position** – Adjusting focal zones for sharper images
        - **Time Gain Compensation (TGC)** – Fine-tuning brightness at different depths
    - Comparison of **'textbook-quality' vs. suboptimal images** to recognize and correct poor imaging

2. **Probe Handling Techniques**
    - Proper grip and stabilization for accurate scanning
    - Effective **rotating techniques** to optimize visualization of structures
    - Minimizing motion artifacts and ensuring consistent imaging
3. **Recommended Terminology for Probe Movements**
    - **Slide** – Moving the probe linearly along the skin
    - **Heel-Toe Maneuver** – Tilting the probe to enhance image clarity
    - **Tilt** – Adjusting the angle for better visualization of structures
    - **Compression** – Applying pressure to differentiate soft tissue layers
    - **Rotation** – Rotating the probe to adjust imaging planes
    - **Pivot** – Subtle probe adjustments for fine-tuning visualization

CHIN-SUK (JOHN) CHO

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

EXPERIENCE/TRAINING

Professor- Department of Clinical Sciences
9/1/2024- Present
Parker University, Dallas, TX

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

Ultrasound Tissue Characterization (UTC) Training under Hans van Schie, PhD
5/2022
den Haag, Netherlands

Assistant Professor- Department of Clinical Sciences
11/1/2017- 8/31/2021
Parker University, Dallas, TX

Radiology Visiting Fellowship (Musculoskeletal Ultrasound Fellowship) under Levon Nazarian, MD
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

CHIN-SUK (JOHN) CHO

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

Resident in Diagnostic Imaging, April 2006- April 2009
Logan College of Chiropractic, Dep. of Radiology- St.Louis, MO

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^{TM})

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

- Appointed as the Advisory Editorial Board Member for the Journal of Ultrasound in Medicine- January 1, 2024.
- Alliance for Physician Certification & Advancement Musculoskeletal Ultrasound Test Items Reviewer 2021-2022

Hidden In Plain Sight: Three key health factors that can change everything.

Dr. Kyl Smith
Two Hour Outline

Course Title: Hidden In Plain Sight: Three key health factors that can change everything.

Course Description:
There are three factors that if left unchecked, can negatively influence the health outcomes of otherwise healthy older adults. They drive inflammation, chronic pain, loss of muscle and joint integrity, and ultimately accelerate aging. In this one-hour session, DC's will learn how to identify and mitigate these hidden factors to decrease chronic pain and restore musculoskeletal health, energy, and vitality.

Learning Objectives:

- DC's will discover the primary factors that drive inflammation, chronic pain, and loss of muscle integrity.
- Understand and explain how these factors contribute to common musculoskeletal conditions.
- Learn about the role chronic stress plays in shifting physiological balance, decreasing insulin sensitivity and weakening the musculoskeletal system.
- Learn about the role AMPK plays in regulating and promoting musculoskeletal regeneration and repair.
- Learn the primary methods to promote AMPK activity to improve insulin sensitivity, improve deep sleep, and decrease chronic pain.

I. Introduction: The Emerging Metabolic Syndrome — 15 minutes
   A. How 93% of American adults are metabolically unhealthy
   B. Chronic stress changes the expression of metabolic health
   C. Influences on the Hypothalamic-Pituitary-Adrenal Axis

II. The New Model of Insulin Resistance and Musculoskeletal Health — 15 minutes
   A. Diet induced hypersecretion of insulin and HPA activation
   B. Metabolic stress influences cell stress, inflammation and pain
   C. Chronic stress influences insulin sensitivity and uric acid

III. AMPK Activation Improves Metabolic Health — 15 minutes
   A. Guardian of metabolism and mitochondrial homeostasis
   B. AMPK activation decreases chronic inflammatory pain
   C. Restoring musculoskeletal health, energy and vitality

IV. Factors that Activate AMPK — 15 minutes
- A. Exercise and fasting are the most powerful AMPK activators
- B. The multiple roles of diet and nutrition as AMPK activators
- C. How AMPK activation improves deep sleep

V. The Influence of Sleep on Chronic Pain — 15 minutes
- A. Definition and consequences of poor sleep quality
- B. Poor sleep quality is common in otherwise healthy adults
- C. Deep sleep and REM sleep deficits contribute to pain

VI. Sleep and Metabolic Health — 15 minutes
- A. Consequences of poor sleep on metabolic health
- B. Common methods of assessing metabolic health
- C. The connection between stress and disordered sleep

VII. Lifestyle Factors That Improve Sleep Quality — 15 minutes
- A. Light, timing, schedules and circadian rhythm
- B. How exercise can restore REM and deep sleep
- C. The powerful influence of diet on sleep quality

VIII. Nutritional Factors that Influence Sleep Quality — 15 minutes
- A. The role of insulin sensitivity in deep and REM sleep
- B. Diet, stress, and cortisol influence circadian rhythm
- C. Review and key points for application in practice

CV for Dr. Kyl Smith

CONTACT INFORMATION:

Creative Health Institute, Inc.
4251 FM 2181 #230-515
Corinth, Texas 76210
Phone (940) 206-4891
Fax (940) 497-8217
E-Mail: kylsmith@mac.com

EDUCATION:

A Proud Music Major Attending Berklee College of Music,
Boston, Massachusetts
1987 – 1989

Acquired Pre-Med Basic Sciences at North Lake College,
Irving, Texas
1989 – 1990

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

NATIONAL CERTIFICATION / STATE LICENSE:

National Board of Chiropractic Examiners
Certification Received: August 1993

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

AWARDS & RECOGNITION:

- 2003: Most notably, with the support of some of the top scientists in the world, including a former senior scientist for the American Medical Association, Dr. Kyl Smith filed a "Health Claim Petition" for the brain-nutrient Phosphatidylserine, which was approved by the Food and Drug Administration (FDA). This represents the first and only nutrient-based Qualified Health Claim for cognitive function to be approved in the FDA's history.

- 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 structure of American health care.

- 2008: Recipient of the Dr. James W. Parker Award.
(Founder's Award received from Parker University, Dallas, Texas)

- 2014 – 2017: Member of the Presidential Advisory Council at Parker University, Dallas, Texas.

ACCOMPLISHMENTS / PROFESSIONAL HIGHLIGHTS:

Author of Four Books:

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

Published in PubMed Peer-Reviewed Research:

- 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.nutritionjrnl.com/article/S0899-9007(14)00452-3/abstract

Instructor: Mark N. Charrette

6 hours- Part I, Part II, and Part III

Course Title: Part III-A New Look at Speeder Board Extremity Adjusting

Course Description: In this interactive presentation, you will learn and practice extremity adjusting using the speeder board. We will also discuss the basic neurology, indicators, and adjustments. Part III will cover adjusting the Shoulder and Elbow. This lively presentation will be presented in a workshop format.

Learning Objectives:
Understand and Demonstrate the Elbow adjustments for radial ulnar and humeral ulnar Joints.
Understand and Demonstrate the Shoulder adjustments for the Glenohumeral Joint, Acromioclavicular Joint, Sterno-clavicular Joint, and First Rib.

Outline:
0-15 minutes: Elbow Adjustments-Explanation
- Radial-Ulnar Joint
- Dysfunction of the joint
- Humeral-Ulnar Joint
- Dysfunction of the joint

15-30 minutes: Adjustments, Indicators
- Patient position
- Doctor hand contact location

30-45 minutes: Thrust- Line of Correction
- Segmental contact location

45-60 minutes: Practical Workshop: Elbow Adjustment
- Review of segments
- Positions
- Speeder Board usage
- Observation

60-75 minutes: Shoulder Adjustments-Explanation
- Glenohumeral Joint
- Acromio-clavicular Joint
- Sterno-clavicular Joint

75-90 minutes: First Rib
- Segment review
- Why the first rib is important

90-105 minutes: Patient and Doctor Position Demonstration of the Shoulder adjustment
- Patient position
- Doctor hand contact location
- Segmental contact location
- Thrust-Line of Correction

105-120 minutes: Practical Applications
- Observation
- Practice skill

Dr. Mark N. Charrette
209 Edgestone Dr.
Irving, TX 75063
972 890 4776
drmarkcharrette@gmail.com

CAREER OVERVIEW

Initial full-time practicing chiropractor developing large practices in California, Nevada, and Iowa, followed by 24 years of presenting chiropractic technique, philosophy, and personal growth seminars worldwide. Authoring multiple articles for professional publications and developing a chiropractic extremity technique including a book and video series. Presenting to students at chiropractic colleges worldwide on a variety of topics including chiropractic technique, philosophy, examination, and motivation.

SKILL HIGHLIGHTS

- Strong public speaking and presentation skills
- Chiropractic extremity technique developer
- Writing and researching skills
- Proven leader
- Team player
- Energetic
- Persistent,
- Ability to listen
- Adaptability
- Relationship and team building
- Driven
- High moral standards
- Positive attitude

EDUCATION:

Palmer College of Chiropractic

Doctor of Chiropractic - Salutatorian

Summa Cum Laude - GPA 3.97

Graduation - December 13, 1980

Illinois State University

Normal, Illinois

Bachelor of Science in Education - High Honors

Summa Cum Laude - GPA 3.96

Graduation - May 1976

Oakland Community College

Associate of Arts- High Honors

Summa Cum Laude - GPA 3.96

Gradation - May 1974

EMPLOYMENT

- **Foot Levelers** – Roanoke, Virginia

Seminar presenter-Independent Contractor - January 2016 to present

- **Foot Levelers** – Roanoke, Virginia

Director of Education - January 2015 to January 2016

Responsible for rewriting, illustrating, and referencing four manuals. Authoring professional publication articles. Creation, filming and writing of 37 instructional videos. Customer service education and organization. Presenting post-grad relicensure seminars. Chiropractic college student presentations.

- **Post Graduate Seminar Presenter and Chiropractic College Guest Speaker**

September 1987 to present

Presented over 1,700 post-graduate relicensure and chiropractic college student presentations on extremity and spinal adjusting techniques, biomechanics, philosophy, and motivation in 47 states, 18 countries, and 19 chiropractic colleges world-wide.

- **Charrette Chiropractic Office** – Visalia, California (Dr. Dale Charrette)

January 1999 – May 2000

- **Hagensick Chiropractic Office –**Waukon, Iowa

May 1993 - December 1998

Full-time treating chiropractor and supervisor of office staff.

- **Dr. Mark Charrette – Chiropractor** – Las Vegas, Nevada

September 1989 – December 1992

Owner and full-time treating chiropractor in high volume office utilizing sports care, rehabilitation, elderly and family care, work injuries, and auto accidents.

Instructor: Andrea Diaz, DC
2 Hour Course

Title: PMS, Dysmenorrhea & Chiropractic Care

Course Description:

This presentation explores the role of chiropractic care in alleviating symptoms associated with Premenstrual Syndrome (PMS) and Dysmenorrhea (painful menstruation). Millions of women experience these conditions, which can significantly impact daily life. Chiropractic care offers a holistic, non-pharmaceutical approach to managing these symptoms by improving spinal alignment, nervous system function, and pelvic balance.

Learning Objectives:

• Understand PMS and Dysmenorrhea, their symptoms, and their impact on women's health.
• Identify the causes and risk factors for PMS and Dysmenorrhea, including hormonal fluctuations and musculoskeletal imbalances.
• Review traditional care options for PMS and Dysmenorrhea, including medications, lifestyle changes, and holistic approaches.
• Explain how chiropractic care can help manage PMS and Dysmenorrhea by improving nervous system function, reducing muscle tension, and enhancing circulation.
• Explore evidence-based benefits of chiropractic care for menstrual health, including research findings and case studies.
• Learn about specific chiropractic techniques used for PMS and Dysmenorrhea, including spinal adjustments, soft tissue therapy, and exercise recommendations.
• Discuss the importance of a multidisciplinary approach, integrating chiropractic care with other healthcare providers for optimal results.
• Provide practical tips for patients on self-care strategies and when to seek chiropractic care.

Outline:

0-15 minutes Introduction to PMS & Dysmenorrhea
• Definition of PMS and Dysmenorrhea
• Prevalence and impact on women's health
• Common symptoms and severity

15-30 minutes: Causes and Risk Factors
• PMS: Hormonal fluctuations, nutritional deficiencies, lifestyle factors, genetic predisposition
• Dysmenorrhea: Prostaglandin imbalance, uterine contractions, underlying conditions (i.e. endometriosis, fibroids)

30- 45 minutes: PMS & Dysmenorrhea Care Traditional Approaches to Managing PMS & Dysmenorrhea
• Medications (NSAIDs, hormonal treatments)
• Heat therapy, dietary modifications, exercise
• Stress management techniques (yoga, meditation)

45- 60 minutes Introduction to Chiropractic Care
• Overview of chiropractic principles
• Common techniques used in chiropractic care
Spinal adjustments to improve nerve function
• Soft tissue therapy for pelvic and lumbar muscle relaxation
• Lifestyle & nutritional counseling for hormone balance

60-75 minutes The Role of Chiropractic in PMS & Dysmenorrhea Managements

How Spinal Adjustments Influence Nervous System Function & Hormonal Balance
- Chiropractic care's role in reducing menstrual pain & pelvic tension
- Addressing misalignments affecting reproductive organ function

75-90 minutes Research & Clinical Findings
- Review of studies linking chiropractic care to PMS & dysmenorrhea symptom relief
- Patient testimonial & case studies
- Findings on pelvic alignment & pain management

Presentation of specific cases of PMS and Dysmenorrhea improvement
- Before and after treatment outcomes
- Insights from chiropractic practice

90-105 minutes Chiropractic Techniques for PMS & Dysmenorrhea
- Spinal adjustments to improve nerve function
- Soft tissue therapy for pelvic and lumbar muscle relaxation
- Lifestyle & nutritional counseling for hormone balance

105-120 minutes Integrative Care & Practical Application Holistic Management Strategies
- Combining chiropractic care with acupuncture, physical therapy, and nutrition
- Collaborative care with gynecologists & other healthcare providers
- Benefits of multimodal treatment approaches

Practical Tips for Patients
- Self-care strategies at home (stretches, ergonomic adjustments)
- When to seek chiropractic care
- Preparing for a chiropractic visit

Andrea M. Diaz Rivera, DC

Pronouns She / Her / Hers
(939) 642 – 4663
diazrivera_a@hotmail.com

Education

Master of Science in Equity and Diversity in Education ***December 2022***
University of Nevada, Reno

Doctor of Chiropractic ***December 2015***
Life University, Marietta, GA

Bachelor of Science, Chemistry ***December 2006***
University of Puerto Rico, Mayagüez, PR

Career History & Accomplishment

Parker University (Dallas, TX)
Assistant Professor, Chiropractic Sciences ***April 2022 - present***

- Responsible for designing, delivering, and managing the Obstetrics, Gynecology, and Pediatrics courses in the Chiropractic Sciences department in accordance with the guidance provided to them by their direct supervisor.
- Responsible for managing students' direct contact with the highest ethical and professional standards in a timely manner.
- Provide advising and additional academic support including maintaining office hours to review examinations and other graded work and directing students toward appropriate resources.
- Assists in facilitating Chiropractic technique laboratories and courses.

Life University (Marietta, GA)
Bilingual Support Professional ***April 2016 – Aug 2021***

- Develop and coordinate a program dedicated to offering support to students of diverse cultural, ethnic, and linguistic backgrounds within the community.
- Foster a sense of belonging within the community through mentorship and multicultural education.
- Design and facilitate a series of workshops and training on a variety of topics like cultural awareness, biases, leadership, and other matters of interest as requested by students, faculty/staff, or departments.
- Work in collaboration with other departments to guide students through the different resources available within the institution.
- One-on-one mentoring sessions for tailored support for every student's academic, professional, or personal unique needs.
- Serve as a board member for Diversity, Equity, and Inclusion (DEI) initiative committees participating in the planning, marketing, and facilitating of cultural events in collaboration with different departments in the community, on topics centered on the principles of DEI, cultural competency, and sense of belonging.
- Serve as a resource for different departments to advise on issues related to DEI topics.
- Serve as a club advisor for the Hispanic Chiropractic Club.

- Tracking program engagement and needs within the community through surveys and focus groups.
- Preparation and management of program yearly budget.
- Participate in the interview process for different positions in the department.
- Develop and create marketing material and social media for the department.

Rubin Family Chiropractic (Marietta, GA)
Chiropractic Associate ***Feb 2017 – Aug 2020***

- Perform patient history, physical examination, and x-rays to determine the nature and extent of patient complaints.
- Diagnosed and assist in the design of the protocols related to treating the patient's musculoskeletal and neurological conditions.
- Provide spine and extremities adjustments to align and correct abnormalities caused by neurologic and kinetic articular dysfunction with the use of Activator, Network, Best, Thompson, and Diversified techniques based on the patient care plan.
- Serving patients of all age groups from pediatrics to geriatrics.

Blu Caribe Pharmaceuticals (Dorado, PR)
Laboratory Analyst ***2011 - 2012***

- Finished product sample preparation and analysis, performed testing by specified protocols
- Verified laboratory data performed instrument calibration
- Served as purchase coordinator and coordinated inventory for lab supplies
- Trained as a first responder for the company rescue team

Walgreens (Vega Baja, PR)
Elizabeth Arden Beauty Consultant ***2010 - 2011***

- Provided customer service and promote products

Pfizer Pharmaceuticals (Vega Baja, PR)
Laboratory Analyst ***2007 - 2010***

- Finish product sample preparation and analysis and performed testing
- Performed laboratory data verification
- Team leader for product "work cells"
- Training facilitator

Hard and Soft Skills

Ability to Work Under Pressure
Approachability
Bilingual (Spanish / English)
Communication
Creative Thinking
Problem-Solving Oriented
Self-motivated & Dynamic
Time Management & Organizational skills
Proficient in Microsoft Office and Google Suite

Volunteer/Leadership/Certifications Experience

Ally Training – Safe Zone (2022)
Webster Technique Certified (2022)
Member of the Hiring Committee (2022)
Member of the Student Engagement Team (2021)
Member of the Gender and Sexual Diversity Committee (2021)

Instructor: Cho Chin-Suk
2 hours
Title: Integrating MSK US into Practice Part 2

Course Description: Part II: This 2-hour lecture is the Part II of the series on Integrating MSK Ultrasound into Practice. In this presentation, I will be discussing the elements comprising daily operation of MSK ultrasound in clinical setting. Components include understanding the indications of MSK ultrasound (with a live scan demonstration), understanding coding/billing, and report writing through sharing examples. Lastly, interesting cases with clinical pearls are discussed.

Learning Objectives:
- Discuss elements comprising daily operation of MSK ultrasound in clinical practice.
- Discuss MSK ultrasound indications.
- Discuss specifications of major joints- shoulder, elbow, wrist/hand, hip, knee, and ankle.
- Describe MSK ultrasound coding and billing
- Understanding required components of MSK ultrasound reports
- Discuss clinical pearls through MSK ultrasound cases

Outline:

Part II: Introduction to MSK Ultrasound

Day-to-Day Operations (1.5 Hours)

A. Understanding Musculoskeletal (MSK) Ultrasound Indications

1. **Indications for MSK Ultrasound**
    - Common conditions requiring ultrasound evaluation
    - Benefits of MSK ultrasound over other imaging modalities
    - Identifying when ultrasound is the preferred diagnostic tool
2. **Ultrasound Specifications & Examination Techniques**
    - **Shoulder Examination** – Rotator cuff injuries, bursitis, tendinopathy
    - **Elbow Examination** – Tendon injuries (e.g., tennis elbow, golfer's elbow)
    - **Wrist/Hand Examination** – Carpal tunnel syndrome, tendon pathology
    - **Hip Examination** – Labral tears, bursitis, muscle strains
    - **Knee Examination** – Ligament and meniscal assessment, effusions
    - **Ankle/Foot Examination** – Achilles tendon injuries, ligament sprains, plantar fasciitis
3. **Live Scan Demonstration**
    - Hands-on scanning techniques
    - Recognizing normal vs. abnormal findings
    - Optimizing image quality for accurate diagnosis

B. Coding & Billing for MSK Ultrasound

- Proper documentation for reimbursement
- Understanding CPT codes and modifiers

- Avoiding common billing errors

C. Report Writing

- **Best Practices for Structured Reporting**
- **Examples of Well-Formatted Reports**
    - Clear and concise descriptions of findings
    - Standardized terminology for improved communication

Clinical Pearls (30 Minutes)

A. Case Studies in MSK Ultrasound

- Real-world examples of diagnostic challenges
- Discussion of unique or complex cases
- Lessons learned and practical applications for improved patient care

CHIN-SUK (JOHN) CHO

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

EXPERIENCE/TRAINING

Professor- Department of Clinical Sciences
9/1/2024- Present
Parker University, Dallas, TX

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

Ultrasound Tissue Characterization (UTC) Training under Hans van Schie, PhD
5/2022
den Haag, Netherlands

Assistant Professor- Department of Clinical Sciences
11/1/2017- 8/31/2021
Parker University, Dallas, TX

Radiology Visiting Fellowship (Musculoskeletal Ultrasound Fellowship) under Levon Nazarian, MD
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

CHIN-SUK (JOHN) CHO

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

Resident in Diagnostic Imaging, April 2006- April 2009
Logan College of Chiropractic, Dep. of Radiology- St.Louis, MO

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^{TM})

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

- Appointed as the Advisory Editorial Board Member for the Journal of Ultrasound in Medicine- January 1, 2024.
- Alliance for Physician Certification & Advancement Musculoskeletal Ultrasound Test Items Reviewer 2021-2022

Instructor: Jay Ferguson
2 hours
Title: Clinical Anatomy of Common Nerve Entrapment Sites: A Chiropractic Perspective

Course Description: This session will explore common nerve entrapment sites, their causes, and clinical presentations relevant to chiropractic practice. It covers key anatomical areas, biomechanical factors, differential diagnosis, and effective management strategies, including manual adjustments, soft tissue techniques, and patient education to prevent recurrence and optimize neuromusculoskeletal health.

Learning Objectives:
1. Identify Key Anatomical Sites of Nerve Entrapment Relevant to Chiropractic Practice – Describe the most common peripheral nerve entrapment sites, such as the carpal tunnel, cubital tunnel, thoracic outlet, and piriformis syndrome, with a focus on musculoskeletal and biomechanical considerations.
2. Understand the Biomechanical and Functional Causes of Nerve Entrapment – Explain how postural imbalances, joint dysfunctions, muscle tightness, and repetitive strain contribute to nerve entrapment syndromes commonly seen in chiropractic practice.
3. Correlate Clinical Symptoms with Specific Entrapment Sites for Effective Assessment – Differentiate the characteristic sensory, motor, and pain presentations of common nerve entrapments and apply chiropractic orthopedic tests to aid in diagnosis.
4. Integrate Chiropractic Management Strategies for Nerve Entrapments – Discuss evidence-based chiropractic approaches for nerve entrapment syndromes, including manual adjustments, soft tissue techniques, rehabilitative exercises, and patient education on ergonomics and posture.

Outline:

First 15 Minutes: Introduction to Nerve Entrapment in Chiropractic Practice

- Overview of nerve entrapment syndromes and their relevance in chiropractic care.
- Basic nerve anatomy: peripheral nerve structure, function, and common entrapment locations.
- Pathophysiology of nerve compression: mechanical stress, inflammation, ischemia, and fibrosis.
- Common causes of entrapment: repetitive strain, postural dysfunction, joint misalignment, and muscle tightness.
- Lecture objectives and outline.

Second 15 Minutes: Upper Extremity Entrapment: Carpal Tunnel Syndrome (CTS) & Guyon's Canal Syndrome

- **Carpal Tunnel Syndrome (Median Nerve Compression at the Wrist)**
  - Anatomy of the carpal tunnel and median nerve pathway.
  - Causes: repetitive wrist motion, poor ergonomics, inflammation.
  - Symptoms: numbness, tingling, and weakness in the hand.
  - Diagnostic tests: Phalen's test, Tinel's sign, two-point discrimination.
- **Guyon's Canal Syndrome (Ulnar Nerve Entrapment at the Wrist)**
  - Anatomy and compression mechanisms.
  - Symptoms: numbness and weakness in the ulnar side of the hand.

    - Diagnostic tests: Tinel's sign at Guyon's canal, Froment's sign.

Third 15 Minutes: Upper Extremity Entrapment: Cubital Tunnel Syndrome & Radial Tunnel Syndrome

- **Cubital Tunnel Syndrome (Ulnar Nerve Entrapment at the Elbow)**
    - Compression sites and anatomical considerations.
    - Symptoms: medial forearm/hand numbness, weak grip.
    - Diagnostic tests: Tinel's sign at the elbow, elbow flexion test.
- **Radial Tunnel Syndrome (Radial Nerve Compression at the Forearm)**
    - Entrapment locations and biomechanical causes.
    - Symptoms: deep aching forearm pain, wrist extension weakness.
    - Diagnostic tests: resisted supination test, middle finger extension test.

Fourth 15 Minutes: Upper Extremity Entrapment: Thoracic Outlet Syndrome (TOS)

- Anatomy of the thoracic outlet: scalene triangle, costoclavicular space, pectoralis minor.
- Types of TOS: neurogenic, venous, and arterial.
- Symptoms: arm numbness, tingling, weakness, vascular changes.
- Diagnostic tests: Adson's test, Roos test, Wright's test.
- Differential diagnosis: distinguishing TOS from cervical radiculopathy.

Fifth 15 Minutes: Lower Extremity Entrapment: Sciatic Nerve & Piriformis Syndrome

- Sciatic nerve compression causes: "piriformis syndrome", lumbar disc herniation, pelvic dysfunction.
- Piriformis syndrome: how muscle tightness can irritate the sciatic nerve.
- Symptoms: deep gluteal pain, radiating leg pain, weakness.
- Diagnostic tests: FAIR test, piriformis stretch test, seated slump test.
- Chiropractic interventions: spinal adjustments, soft tissue therapy, nerve gliding.

Sixth 15 Minutes: Lower Extremity Entrapment: Tarsal Tunnel & Peroneal Nerve Entrapment

- **Tarsal Tunnel Syndrome (Tibial Nerve Entrapment at the Ankle)**
    - Anatomy of the tarsal tunnel and tibial nerve.
    - Causes: overuse, foot posture abnormalities, swelling.
    - Symptoms: burning pain, numbness in the sole of the foot.
    - Diagnostic tests: Tinel's sign at the ankle, dorsiflexion-eversion test.
- **Common Peroneal Nerve Entrapment (Fibular Head Compression)**
    - Causes: prolonged leg crossing, trauma, fascial tightness.
    - Symptoms: foot drop, lateral leg numbness.
    - Diagnostic tests: peroneal nerve palpation, resisted dorsiflexion test.

Seventh 15 Minutes: Chiropractic Management Strategies for Nerve Entrapment Syndromes

- **Manual Adjustments**: spinal and extremity manipulations to relieve nerve compression.
- **Soft Tissue Techniques**: myofascial release, active release techniques, cupping (examples of techniques).
- **Nerve Mobilization Exercises**: flossing and gliding techniques for each entrapment site.
- **Postural and Ergonomic Corrections**: workplace adjustments, sleeping positions.
- **Rehabilitative Exercises**: strengthening and mobility drills for prevention.

Final 10 Minutes: Q&A and Review

- Review of key concepts: anatomical sites, clinical presentations, and treatments.
- Open discussion and Q&A: clarifying doubts, sharing clinical experiences.

Dr. Jay Ferguson, DC

7865 Firefall Way, Apt 3308, Dallas, TX 75230 jferguson@parker.edu
214-507-7788

Employment History

• September 2022 – present | Full time **Associate** Professor, and course and lab director in Basic Sciences (Development and Applied Anatomy) at Parker University (Dallas, TX), College of Chiropractic

• June 2019 – August 2022 | Full time Assistant Professor, and course and lab director in Basic Sciences (Development and Applied Anatomy) at Parker University (Dallas, TX), College of Chiropractic

• September 2016 – June 2019 | Full Time Faculty/Academic Adviser at Parker University (Dallas, TX)
Teaching undergraduate Anatomy & Physiology courses (On campus and Online), as well as advising pre-chiropractic and general education students

• November 2010 – September 2017 | Owner and manager of Parker Family Chiropractic, P.A. (Garland, TX)

• 2008 – 2016 | Adjunct instructor at Parker University (Dallas, TX)
Teaching primarily Anatomy & Physiology for various programs

• 2010 – present | Continuing education provider through Dynamic Body Institute (Dallas, TX)

• 2008 – 2010 | Associate Doctor of Chiropractic with Lorenzen Chiropractic Clinic (Richardson, TX)

• 2007 – 2009 | Adjunct instructor at North Texas School of Massage (Arlington, TX)

• 2007 – 2008 | Doctor of Chiropractic with Kurban Chiropractic (Arlington, TX)

• 2007 | Associate Doctor of Chiropractic with Red Oak Chiropractic & Therapy (Red Oak, TX)

• 2005 – 2006 | Student Intern at Parker College of Chiropractic, Outpatient Clinic (Dallas, TX)

• 2004 Student Intern at Parker College of Chiropractic, Student Clinic (Dallas, TX)

• 2002 – 2005 | Systemic Anatomy Head Teaching Assistant at Parker College of Chiropractic (Dallas, TX)

Teaching Responsibilities

- Course Director and Lab Director for Development and Applied Anatomy (traditional DC).
- Course Director for Development and Applied Anatomy (blended DC).
- Course Director for Soft Tissue Focus elective course.
- Lab Instructor for Gross Anatomy 1 and Gross Anatomy 2
- Continuously improve upon the course materials with current scientific findings and integrating the information to chiropractic science and philosophy.
- Adding new content to course lecture and lab materials
- Introducing interactive and 3D technology into the course
- Introducing and incorporating evidence-based practice into course lecture content.

Education History

• 2006 | Graduated with a **Doctorate of Chiropractic** degree from Parker College of Chiropractic (Dallas, TX)

• 2008 | Received **Bachelors in Anatomy** degree from Parker University (Dallas, TX)

Credentials

• Chiropractic License through Texas Board of Chiropractic Examiners

• Chiropractic License through National Board of Chiropractic Examiners Parts I-IV and PT

Research Interests

- Currently working on submission for IRB approval of proposed research topic: **The Anatomical Relationship of Myofascial Trigger Point Locations in Pronator Teres**
- Poster presentation selected for ACCRAC 2025 for research project I co-authored: High Origin of Superficial Ulnar Artery
- Currently gathering data for research topic: Course Delivery : Impacts on Student Engagement and Course Performance

Instructor: Lisa Goodman
2 hours
Title: Fore-arm Pain? A Complete Guide to Wrist & Elbow Injuries in Golfers of All Levels

Course Description: Wrist and elbow injuries affect golfers of all ages and skill levels, with unique considerations for youth, men, and women based on biomechanics, swing mechanics, and physical demands. This course provides an interactive and comprehensive approach to understanding, assessing, and treating these injuries while optimizing performance and preventing future issues. Participants will explore key anatomical structures, common injury patterns, hands-on mobility assessments, and evidence-based treatment strategies tailored to the diverse needs of golfers. Interactive breakout sessions will reinforce practical skills, ensuring clinicians can confidently apply these concepts in practice. Whether working with junior players, competitive amateurs, or professionals, this course equips you with the knowledge and tools to enhance injury management and long-term golf performance.

Learning Objectives:

- Understand the prevalence and risk factors of wrist and elbow injuries in golfers, with specific considerations for youth, men, and women.
- Identify key anatomical structures, common injuries, and biomechanical stressors affecting the wrist and elbow in golf. Perform comprehensive wrist and elbow mobility assessments, including hands-on breakout sessions.
- Analyze the connection between wrist and elbow function, including how compensatory patterns contribute to pain and dysfunction.
- Develop evidence-based treatment strategies, incorporating manual therapy, exercise rehabilitation, and mobility work.
- Implement golf-specific injury prevention strategies, including warm-ups, strength training, and biomechanical adjustments.
- Recognize the impact of swing mechanics, grip positioning, and equipment choices on wrist and elbow health. Apply course concepts to real-world cases, enhancing clinical decision-making and improving golfer performance outcomes.

Outline:

Introduction & Importance of Upper Extremity Health in Golf (15 min)

- Injury prevalence across youth, men, women, pros, and amateurs.
- The most common causes of wrist and elbow pain in golfers.
- Long-term impact and trends in injury prevention research.

Breaking Down Wrist Pain: Anatomy, Injuries, and Key Causes (15 min)

- Understanding bones, ligaments, tendons, and muscles of the wrist.
- Common wrist injuries (e.g., TFCC tears, tendinitis, carpal instability).
- How golf mechanics contribute to wrist stress and dysfunction.

Assessing the Wrist: Hands-On Mobility Breakout (15 min)

- Active vs. passive mobility tests (flexion, extension, pronation, supination).
- Grip strength and functional movement testing for golf performance.

- Identifying restrictions that could be impacting the swing.

The Wrist-Elbow Connection: Why They Can't Be Treated in Isolation (15 min)

- How wrist mechanics influence elbow strain (e.g., overuse, improper grip).
- Kinetic chain connections: how force transfers from wrist → elbow → shoulder.
- Identifying compensatory patterns that lead to chronic pain.

Decoding Elbow Pain: Anatomy, Symptoms, and Golf-Specific Injuries (15 min)

- Common elbow injuries: golfer's elbow, tennis elbow, ligament strain.
- Symptoms and pain patterns associated with overuse and poor biomechanics.
- Key contributors: grip positioning, wrist mechanics, swing habits, activities outside of golf.

Assessing the Elbow: Hands-On Mobility Breakout (15 min)

- Range of motion testing for flexion, extension, pronation, and supination.
- Soft tissue restrictions vs. joint dysfunction—what's really limiting movement?
- Functional movement testing for golf performance.

Treatment Tactics: Proven Approaches for Recovery & Relief (15 min)

- Manual therapy techniques (mobilizations, soft tissue work).
- Exercise-based rehab strategies for wrist and elbow stability.
- Bracing, taping, and load management for pain relief and performance.

Beyond Pain: Prevention & Performance Optimization for Golfers (15 min)

- Warm-up routines and mobility drills to prevent injuries before they start.
- Strength training strategies to bulletproof the wrist and elbow.
- Golf-specific biomechanics adjustments to reduce stress and optimize movement.

Curriculum Vitae

Lisa Goodman, DC, CCSP, ICCSP, CACCP, TPI, CF-L1, CF-Kids
1000 South Pennsylvania Street
Denver, CO 80209
303-801-7475
lgoodman@washparkchiro.com
lisa@drlisagoodman.com

Current Employment

- **Owner/Founder** Washington Park Chiropractic, Denver, CO Specializing in Sports, Prenatal and Pediatric Care. Established 2006-Present
- **Founder/President,** The Kingsbury Open - Golf Tournament for Pancreatic Cancer Research and Treatment 2015-Present
- **Book Author** "The Manual for the Chiropractic Entrepreneur" Published by Parker University, March 2024
- **Instructor** ACA Pediatrics Council Diplomate Program - Extremity Treatment 2024-Present
- Logan University, Subject Matter Expert - Masters in Integrative Pediatrics Degree Program 2022-2023
- CrossFit / CF Kids Coach - Axistence Athletics, Denver 2020-Present
- CrossFit / CF Kids Coach - CrossFit Wash Park, Denver 2017-2020
- Adjunct Faculty/Preceptor - Palmer College of Chiropractic, University of Western States

Licenses

Chiropractor - Colorado CO 5067

Education

- Doctor of Chiropractic - Palmer College of Chiropractic West, San Jose, CA, Summa Cum Laude/Valedictorian 2006
    - Sports Council President
- Post baccalaureate - University of Minnesota, Minneapolis, MN, 1999
- BS/BA Communication / Studio Art - University of Miami, Miami FL, 1998

Certifications

- Certified Chiropractic Sports Physician (CCSP) - April 2008
- Certification by the Academy Council of Chiropractic Pediatrics (CACCP) from the International Chiropractic Pediatric Association - November 2013

- Certification by FICS (International Federation of Sports Chiropractic) - Internationally Certified Chiropractic Sports Practitioner (ICSC) - June 2019
- CrossFit Level 1 Trainer Certification - 2018, 2022
- CrossFit Kids Trainer Certification - 2018
- Titleist Performance Institute, TPI Certification - 2023

Speaker/Presenter Experience

- **Speaker** Webexercises Webinar **"**Prenatal Care by Trimester How to Stay Injury Free During Pregnancy" 2018
- **Panelist** ACA Pediatrics Council, Dallas, TX 2018 "Diagnosis of Cancer in a Pediatric Patient 2 Case Studies"
- **Panelist** ACA Pediatrics Council, Myrtle Beach, SC 2019 "Integrative Approaches in Pediatrics"
- **Speaker** ACA Pediatrics Council 2020 "Kinesiology Taping in Pediatrics"
- **Speaker** ACA Pediatrics Council 2021 "Infant Birth Trauma"
- **Speaker** Parker Seminars, Orlando, FL 2022 "Post Birth Infant Exam and Treatment"
- **Speaker** Parker Seminars, Orlando, FL 2022 "The True Value in Hiring or Becoming an Associate"
- **Speaker** Parker Seminars, Dallas, TX 2022 "Kinesiology Taping in Pediatrics"
- **Speaker** ACA Sports Council, Denver, CO 2022 "Chiropractic Evaluation and Management of Common Pediatric Sports Injuries"
- **Speaker** Parker Seminars Las Vegas, NV 2023 "Your Brand is Yours Forever", "Career Opportunities in Chiropractic", "Tackling Pediatric Sports Injuries", "Pediatric Kinesiology Taping Part 1 and 2"
- **Speaker** Parker Seminars, Orlando, FL 2023 "Be Your Brand & Build Your Business"
- **Speaker** Southern Chiropractic Conference / Tennessee Chiropractic Association, TN 2023 "Advanced Techniques in Kinesiology Taping"
- **Speaker** ACA Live Webinar August 15, 2022 "Chiropractic Evaluation and Management of Common Pediatric Sports Injuries"
- **Speaker** Parker Seminars, Dallas, TX 2023 "Creating the Ultimate Patient Experience" and "How CAs are Building Community in Practice"
- **Speaker** Mexican Congress of Sports Medicine, Cancun MX 2023 "
- **Speaker** Parker Seminars Las Vegas, NV 2024 "Creating the Ultimate Patient Experience" and "How CAs are Building Community in Practice"
- **Speaker** Parker Seminars, Orlando, FL 2024 "A Year in the Life of a CA - An Events Based Practice"
- **Speaker** ACA Sports Council, Denver, CO October 2024 "Ignite your Passion, a Fireside Chat on Business, Creativity and Growth"

Instructor: J. Donald Dishman

Title: Chiropractic Management of the Dizzy patient

Description: This two-hour course will discuss the anatomy and physiology of balance and how the DC may most effectively manage those oftentimes complex cases. A review of literature regarding the efficacy of manual treatment of dizzy will be discussed. A detailed discussion of the anatomy of the vestibular system and how to combine traditional vestibular rehabilitation with chiropractic adjustments to maximize outcomes will be performed. A thorough review of available vestibular evaluation techniques as well as therapeutic maneuvers will be demonstrated.

Learning Objective:

- Understand past studies on spinal manipulation and dizziness
- Appreciate the neurology of the cervical spine and its relationship to the vestibular system
- Understand the role of various structures of the nervous system in balance
- Appreciate the level of differential diagnosis involved in the dizzy patient
- Understand the anatomy and physiology of the vestibular system
- Identify types of eye movements and the influence of the vestibular system on them
- Interpret and understand several diagnostic maneuvers and techniques to isolate vestibular lesions
- Understand selected therapeutic techniques for vestibular dysfunction.

Outline:
Hour One

1. Discussion and review of past literature on the effects of spinal maniupaltion on the dizzy patient – 15 minutes

2. Various conditions other than vestibular that can cause dizziness – red flags – 15 minutes

3. Review of vestibular peripheral and central anatomy – 15 minutes

4. The eye movements and the effect of the vestibular system – 15 minutes

Hour Two

1. Review of various diagnostic maneuvers for vestibular function – 30 minutes

2. Review videonystagmography findings in the evaluation of vestibular function – 15 minutes

3. Review various therapeutic maneuvers for habituation, gaze stability and balance training – 15 minutes

CURRICULUM VITAE

J. Donald Dishman, D.C., M.Sc., D.I.B.C.N., F.I.A.C.N., F.I.B.E.

Personal Information :

James Donald Dishman
229 Piedra Road
Blowing Rock, NC 28605
edxdoc@yahoo.com
admin@CNinstitute.org

Academic Appointments:

Professor and Dean of Graduate Neuroscience Degree Programs
Parker University
Dallas, Texas
2019- present

Professor
Department of Life Sciences
Palmer College of Chiropractic Florida
Port Orange, Florida
2004 - 2019

Director of Life Sciences
Palmer College of Chiropractic Florida
Port Orange, Florida
2009 – 2011

Director of Research
Palmer College of Chiropractic Florida
Port Orange, Florida
2004 - 2007

Adjunct Professor
Department of Research
New York Chiropractic College
Seneca Falls, New York
2004 – present

Professor
Department of Post-Graduate and Continuing Education
New York Chiropractic College
Seneca Falls, New York
2004 - present

Adjunct Associate Professor
Department of Bioengineering and Neuroscience
L.C. Smith College of Engineering and Computer Science
Institute for Sensory Research
Syracuse, University
Syracuse, New York
2000 – present

Professor
Department of Basic Sciences
New York Chiropractic College
Seneca Falls, New York
2003-2004

Associate Professor
Department of Clinical Sciences
New York Chiropractic College
Seneca Falls, New York
1995-2003

Assistant Professor
Department of Clinical Sciences
New York Chiropractic College
Seneca Falls, New York
1991- 1995

Education:

Life University, College of Chiropractic – 1986 – **Doctor of Chiropractic (D.C.)**

Instructor: Ashlee Kates-Ascioti
2 hours
Title: Managing Common Pitfalls in Diagnostic Imaging Interpretation

Course Description: This two-hour live course will discuss a basic approach to musculoskeletal radiographic interpretation. It will address ways to combat common pitfalls in interpreting musculoskeletal radiology through case examples. Additionally, examples of how to identify commonly missed diagnoses will be discussed.

Learning Objectives:
• Understand the use of a search pattern in radiographic interpretation.
• Identify common pitfalls in musculoskeletal radiology interpretation.
• Identify strategies to mitigate common pitfalls in musculoskeletal radiology interpretation.
• Identify commonly missed diagnoses on musculoskeletal radiography.
• Identify strategies to address commonly missed diagnoses on musculoskeletal radiography.

Outline:

I. Introduction to Musculoskeletal Radiography Search Patterns (15 Minutes)

- **The ABCS Approach**
  - **A**lignment
  - **B**one
  - **C**artilage
  - **S**oft tissues

II. Common Pitfalls in Radiographic Interpretation

A. Satisfaction of Search (15 Minutes)

- **Completing a Thorough Search Pattern**
  - Case examples with multiple abnormalities
- **Edge-of-Film Findings**
  - Case examples highlighting missed diagnoses at film margins

B. Anatomic Variants (15 Minutes)

- **Common Variants** and their clinical significance
- **Case Examples** to differentiate normal from pathology
- **Tips for Recognizing Variants** and avoiding misdiagnosis

C. Age-Related Findings (15 Minutes)

- **Growth Plate vs. Fracture vs. Apophysitis**
  - Case examples illustrating key differences
- **Growth Arrest Lines**
  - Recognizing normal vs. pathological appearances
- **Degenerative Changes**

- Identifying early vs. advanced findings

D. Improper Contralateral Comparison (15 Minutes)

- **When is Contralateral Radiography Appropriate?**
  - Case examples demonstrating its necessity

E. Postoperative Findings (15 Minutes)

- **Surgical Artifacts & Complications**
  - Case examples showing expected vs. abnormal findings

F. Image Artifacts & Patient Positioning (15 Minutes)

- **Common Artifact Examples**
- **Patient Positioning Errors & Corrections**

G. Failure to Review Prior or Concurrent Imaging & Clinical History (15 Minutes)

- **When Clinical History Impacts Diagnosis & Follow-up**
- **Comparing to Prior Imaging** for progression or resolution
- **Concurrent Imaging Comparison** for a comprehensive assessment

H. Incorrect Study Ordered or Failure to Complete Imaging (15 Minutes)

- **Case Examples** demonstrating misordered studies
- **Resources for Selecting Appropriate Imaging** based on clinical history

III. Summary of Top Tips to Avoid Pitfalls (15 Minutes)

- **Follow a Structured Search Pattern**
- **Consider Patient History** in interpretation
- **Review Prior & Concurrent Imaging Studies**
- **Properly Gown Patients** to prevent missed findings
- **Utilize Imaging Appropriateness Resources** for proper study selection
- **Leverage Interpretation Assistance Tools & References**

IV. Easy-to-Miss & Occult Diagnoses (15 Minutes)

- **Trauma-Related Findings**
- **Atraumatic Conditions** with subtle radiographic signs
- **Missing Anatomy & Hidden Pathologies**

CURRICULUM VITAE

Ashlee L. Kates-Ascioti, DC, MS, DACBR
Associate Professor
Department of Clinical Sciences
College of Chiropractic
Parker University
2540 Walnut Hill Lane
Dallas, TX 75229
(315) 651-0707
ashleeascioti@parker.edu

EDUCATION

Master of Science in Diagnostic Imaging — August 2019
Northeast College of Health Sciences
Formerly New York Chiropractic College

Doctor of Chiropractic — July 2016
Northeast College of Health Sciences
Formerly New York Chiropractic College

Bachelor of Professional Studies, Health Sciences — December 2014
Northeast College of Health Sciences
Formerly New York Chiropractic College

Diploma in Practical Nursing — June 2011
Central Maine Community College

LICENSES AND CERTIFICATIONS

State of Texas, Doctor of Chiropractic
License # 14268
Issued 2019, Current

American Chiropractic Board of Radiology, Diplomate
Issued 2019, Current

State of New York, Doctor of Chiropractic
License # 012868
Issued 2016, Voluntarily Inactive

State of New York, Licensed Practical Nurse
License # 322916
Issued 2015, Voluntarily Inactive

State of Maine, Licensed Practical Nurse
License #: LPN13075
Issued 2011, Voluntarily Inactive

PROFESSIONAL EXPERIENCE

Associate Professor September 2023 to Present
Assistant Professor September 2019 to August 2023
Department of Clinical Sciences
College of Chiropractic
Parker University
Dallas, TX

Adjunct Grader July 2021 to January 2023
Parker Clinics
Parker University
Dallas, TX

Independent Contractor, Imaging Interpretation February 2020 to February 2021
Cliff Tao DC DACBR Chiropractic Radiologist, Inc.
Irvine, CA

Resident, Master of Science in Diagnostic Imaging September 2016 to August 2019
Northeast College of Health Sciences
Formerly New York Chiropractic College
Seneca Falls, NY

Chiropractic Intern February 2016 to April 2016
Veterans Administration
Buffalo, NY

Licensed Practical Nurse October 2015 to July 2016
Rosa Coplon Living Center
Getzville, NY

Chiropractic Intern September 2015 to July 2016
Depew Health Center
Northeast College of Health Sciences
Formerly New York Chiropractic College
Depew, NY

MODERN PEDIATRIC CHIROPRACTIC CARE:
Key History Questions to Document the Potential Presence of Joint Dysfunction in Children

Speaker: Elise G. Hewitt, DC, DICCP, FICC
2 hours of lecture presentation for: Parker Seminars
June 7, 2025
Location: Miami, FL

Summary

Have you ever been denied reimbursement for providing chiropractic care to a young child? Dr. Hewitt is here to help! After reviewing the etiology of joint dysfunction in children, Dr. Hewitt will use this information to introduce attendees to key questions to ask during the history to document the potential presence of joint dysfunction in children. Dr. Hewitt will also discuss what the evidence tells us about the safety of chiropractic care for children and what we can learn from the literature about the impact of chiropractic care on pediatric health, so you can approach care for pediatric patients from an evidence-informed perspective. As always, throughout her presentation Dr. Hewitt will pepper her instruction with clinical pearls from her 37 years of experience in pediatric practice.

Course Learning Objectives

Attendees will be able to...

1. Interpret the published literature regarding the incidence of adverse events following manual therapies in children.
2. Appraise the scientific literature regarding the efficacy of chiropractic care for selected common health conditions in childhood.
3. Discuss the impact of intrauterine constraint on the fetal musculoskeletal (MSK) system.
4. Explain potential fetal impacts of medical induction of labor
5. Recognize the possible impacts of length of labor on neonatal MSK health.
6. Identify potential impacts of fetal malposition and malpresentation on neonatal MSK health.
7. Examine the potential impacts of assisted delivery on neonatal MSK health.
8. Explain the etiology of spinal and cranial joint dysfunction in newborns.

1851 Schoettler Road, Chesterfield, MO 63017
(636) 227 -2100 | www.logan.edu

Outline

0-15 minutes: Review of evidence regarding incidents of adverse events in chiropractic pediatrics, part 1

- Review study by Miller et al. (2008)
- Review study by Jevne et al. (2014)
- Review study by Todd et al. (2015)

15-30 minutes: Review of evidence regarding incidents of adverse events in chiropractic pediatrics, part 2

- Review study by Vos et al. (2021)
- Review study by Corso et al (2020)
- Review findings of Safer Care Victoria Independent Review (2019)

30-45 minutes: Review of selected scientific literature regarding the impact of chiropractic care on pediatric health, part 1

- Review Holm et al (2021) examining impact of chiropractic care on colic
- Review Hawk et al (2018) and Miller et al (2009) examining effect of manual therapies on suboptimal breastfeeding

45-60 minutes: Review of selected scientific literature regarding the impact of chiropractic care on pediatric health, part 2

- Review Pohlman et al (2102) literature review of otitis media and spinal manipulative therapy.
- Review Cade et al (2021) examining impact of spinal manipulation on reading speed in children with ADHD.

60-75 minutes: Impacts of fetal position during pregnancy

- Define and describe intrauterine constraint
- Identify normal and atypical fetal position during pregnancy
- Describe potential impacts of atypical fetal positioning
- Review key questions to ask parents regarding intrauterine positioning

75-90 minutes: Impacts of medical induction of labor

- Describe natural onset of labor
- Highlight potential consequences of medical induction
- Review key questions to ask parents regarding medical induction

90-105 minutes: Impacts of fetal position and length of labor

- Identify forms of fetal malposition and malpresentation
- Describe potential impacts of prolonged and precipitous labor
- Review key questions to ask parents regarding fetal position and length of labor

105-120 minutes: Impacts of instrument-assisted delivery

- Describe four types of assisted delivery
- Compare forceps and vacuum extraction
- Highlight potential impacts of assisted delivery
- Review key questions to ask parents regarding fetal position and length of labor

LOGAN UNIVERSITY | MASTER OF SCIENCE IN CHIROPRACTIC PEDIATRICS
1851 Schoettler Road, Chesterfield, MO 63017
(636) 227 -2100 | www.logan.edu

CURRICULUM VITAE

Elise G. Hewitt, DC, DICCP, FICC
Board Certified Pediatric Doctor of Chiropractic
Craniosacral Therapist
Fellow, International College of Chiropractors
Founding Program Director, MS in Chiropractic Pediatrics, Logan University
Past President, ACA Pediatrics Council

Contact Information

Portland Chiropractic Group
2031 E. Burnside Street
Portland, Oregon 97214
(503) 224-2100
DrElise@PortlandChiropracticGroup.com
www.PortlandChiropracticGroup.com
www.DrEliseHewitt.com

Logan University
1851 Schoettler Road
Chesterfield, MO 63017
(636) 230-1847
elise.hewitt@logan.edu
www.Logan.edu

Licensure Information

1988 – Present	Oregon Board of Chiropractic Examiners: Status – Active. License #2473.
2022 – Present	Missouri State Board of Chiropractic Examiners: Status – Active. License #2022015644.

Educational Background

2001	Board Certification in Chiropractic Pediatrics (DICCP), International College of Chiropractic Pediatrics.
1999	Certification in Craniosacral Therapy (CST), Upledger Institute, Palm Beach Gardens, Florida.
1988	Doctor of Chiropractic (DC), Western States Chiropractic College, Portland, Oregon - Graduated Summa Cum Laude.
1982	Bachelor of Environmental Design (B.Envd.), University of Colorado, Boulder, Colorado - Graduated with Honors.
1978 – 1980	Pre-medicine major, Brandeis University, Waltham, Massachusetts - Dean's List 1978 & 1979.

Leadership Experience

2016 – 2018	Immediate Past President, American Chiropractic Association Council on Chiropractic Pediatrics. (www.acapedscouncil.org).
2006 – 2016	President, American Chiropractic Association Council on Chiropractic Pediatrics. (www.acapedscouncil.org).
2006 – 2016	Member, House of Delegates, American Chiropractic Association (ACA) (www.acatoday.org).
2010 – 2016	Member, Bylaws Committee, American Chiropractic Association.

Leadership Experience (continued)

2007 – 2009	Member, Board of Directors, Integrative Pediatrics Council (www.integrativepeds.org); Executive Committee Secretary 2008.
2007 – 2008	Pediatrics Council representative to ACA American Board of Chiropractic Specialties (ABCS)

Professional Experience

2021 – Present	Founding Program Director, Master of Science in Chiropractic Pediatrics, Logan University.
2020 – Present	Health Advisory Board member, WholeHealthEd (www.wholehealthed.org)
2016 – Present	Editorial Board member, Journal of Chiropractic Medicine.
2015 – Present	Adjunct Professor, College of Chiropractic, University of Western States.
2015	Steering Committee member, "Pediatric Chiropractic Practice Guidelines and Parameters Consensus Project 2015", update funded by NCMIC Foundation (National Chiropractic Mutual Insurance Company).
2014 – 2015	Steering Committee member, "Core Competencies of the Certified Pediatric Doctor of Chiropractic: Results of a Delphi Panel", international project initiated by the American Chiropractic Association's Pediatrics Council.
2012 – 2014	Editorial Board member, Global Advances in Health and Medicine.
2009 – Present	Member, NCMIC Speaker's Bureau; Specialty: Chiropractic Pediatrics.
2008 – Present	Peer reviewer for JMPT (Jour Manip Physiol Therap), JCM (Jour Chiro Med), JCCA (Jour Canadian Chiro Assn), and Explore: Journal of Science and Healing.
2008 – 2009	Steering Committee member, "Pediatric Chiropractic Practice Guidelines and Parameters Consensus Project", national project funded by FCER (Foundation for Chiropractic Education and Research).
2005 – 2007	Co-Investigator, Dysfunctional nursing research project, Western States Chiropractic College.
2005 – Present	Member, University of Western States Postgraduate Speakers Bureau; Specialty: Chiropractic Pediatrics.
1999	Writer/Producer educational video & pamphlet "Chiropractic Care for Children".
1992 – Present	Educator and Author on topics related to chiropractic pediatrics (details below).
1988 – Present	Pediatric Doctor of Chiropractic, Portland, Oregon; practice limited to pediatrics.

Awards and Honors

2024 Research Scholar, Logan University

2023 Academician of the Year, American Chiropractic Association (ACA)

2019 Pediatric Chiropractor of the Year, American Chiropractic Association's (ACA) Pediatrics Council

2017 Rising Star Award, American Public Health Assn. (APHA) Section on Chiropractic Health Care

2016 Oregon Chiropractor of the Year, Oregon Chiropractic Association (OCA)

2016 Presidential Award, American Chiropractic Association (ACA)

2014 Named one of Portland's Top Doctors, Portland Monthly Magazine

2013 Presidential Award, American Chiropractic Association (ACA)

2013 Specialty Council of the Year Award, ACA (recognized as president of ACA Pediatrics Council)

2008 Fellow, International College of Chiropractors (ICC)

Valedictorian, Pediatric Diplomate degree recipients, International College of Chiropractic Pediatrics, 2001

Valedictorian and Summa Cum Laude honors, Western States Chiropractic College, 1988

Clinical Excellence Award, Western States Chiropractic College, 1987

Textbook Publications

Hewitt, EG. (2022). Chiropractic Care of Infants with Suboptimal Breastfeeding. In CA Anrig & and G Plaugher (Eds.). *Pediatric Chiropractic* (3rd ed.). Wolters Kluwer. ISBN: 978-1975163105.

Erickson K, Hewitt E, et al. (2009) Pediatric Chiropractic. In T Culbert & K Olness, eds. *Integrative Pediatrics*. New York City: Oxford University Press. (a volume in the Andrew Weil Integrative Medicine Library series.) ISBN: 978-0195384727.

Scientific Publications

Johnson CD, Green BN, Konarski-Hart KK, Hewitt, EG, et al. Response of practicing chiropractors during the early phase of the COVID-19 pandemic: a descriptive report. *Jour Manip & Physiol Therap* 2020;43(5); 403e1-21.

Triano JJ, Lester S, Starmer D, Hewitt EG. Manipulation peak forces across spinal regions for children using mannequin simulators. *Jour Manip Phys Ther* 2017;40:139-146.

Hawk C, Schneider M, Vallone S, Hewitt E. Best practices for chiropractic care of children: a consensus update. *Jour Manip & Physiol Therap* 2016; 39(3):158-168.

Scientific Publications (continued)

Hewitt E, Hestbaek L, Pohlman KA. Core competencies of the certified pediatric doctor of chiropractic: results of a Delphi consensus process. *J Evid Based Complementary and Altern Med* 2016; 21(2):110-114.

Hawk C, Schneider M, Ferrance R, Hewitt E, et al. Best practices recommendations for chiropractic care for infants, children and adolescents: results of a consensus process. *Jour Manip & Physiol Therap* 2009; 32(8):639-647.

Hewitt, E. Clinical Roundup: How Do You Manage Otitis Media In Your Practice? *Alternative and Complementary Therapies* 2008; 14(5): 248-250. http://www.liebertonline.com/doi/pdfplus/10.1089/act.2008.14507

Spegman A, Haas M, Hewitt EG. Exploring the effectiveness of chiropractic treatments for young infants with ongoing breastfeeding difficulties. In: *Proceedings of the 134th Annual Meeting of the American Public Health Association*. Washington, D.C.: APHA. Washington, D.C., Nov 4-7, 2007: http://apha.confex.com/apha/135am/techprogram/paper_151981.htm

Hewitt EG. Chiropractic Care and the Irritable Infant. *Jour Clin Chiro Pediatrics* 2004; 6(2):394-397.

Hewitt EG. Pediatric Chiropractic: A Contemporary Choice for Infant Health Care. *Int'l Jour of Childbirth Educ* 2002; 17(3):14-15.

Hewitt EG. Chiropractic Care For Infants With Dysfunctional Nursing: A Case Series. *Jour Clin Chiro Pediatrics* 1999; 4(1):245-247.

Hewitt EG. Chiropractic Care Of A 13-Year-Old With Headache And Neck Pain: A Case Report. *Jour Can Chiro Assn* 1994; 38(3):160-162.

Hewitt EG. Chiropractic Treatment Of A 7-Month-Old With Chronic Constipation: A Case Report. *Chiro Technique* 1993; 3:101-3.

Public Speaking Highlights (Specific titles, hours and locations available upon request)

Universities and Colleges:

Birthing Way College of Midwifery, Portland, OR
Canadian Memorial Chiropractic College, Toronto, Canada
Feevale University College of Chiropractic, Novo Hamburgo, Brazil
Logan University College of Chiropractic, St. Louis, MO
National University of Natural Medicine (NUNM), Portland, OR
Northeast College of Health Sciences (formerly New York Chiropractic College), Seneca Falls, NY
Palmer College of Chiropractic (PCC), Davenport, IA
Parker University, College of Chiropractic, Dallas, TX
Portland Community College (PCC), Portland, OR
Real Centro Univ. (RCU) – Mª Cristina College of Chiropractic, San Lorenzo de El Escorial, Spain
Texas Chiropractic College (TCC), Pasadena, TX
Universidad Anhembi Morumbi, São Paulo, Brazil
Universidad Estatal del Valle de Ecatepec (UNEVE), Mexico City, Mexico
University of Western States (UWS), Portland, OR

Public Speaking Highlights (continued)

International Organizations:
- Brazilian Chiropractic Association (ABQ)
- British Columbia Chiropractic Association (BCCA)
- Chiropractic Association of South Africa (CASA)
- Latin America Chiropractic Federation (FLAQ)
- Ontario (Canada) Chiropractic Association (OCA)
- World Congress of Chiropractic Students (WCCS)
- World Federation of Chiropractic (WFC)

National Organizations:
- American Black Chiropractic Association (ABCA)
- American Chiropractic Association (ACA)
- ACA Council on Chiropractic Pediatrics
- American Chiropractic Board of Sports Physicians
- American Holistic Medical Association (AHMA)
- Association of Chiropractic Colleges (ACC-RAC)
- Breastfeeding Support Consultants (BSC) - Center for Lactation Education
- Foundation for Chiropractic Progress (F4CP)
- Integrative Pediatrics Council (IPC)
- International Chiropractors Association (ICA) Pediatrics Council
- National Chiropractic Malpractice Insurance Company (NCMIC)

State Organizations:
- Alaska Chiropractic Society (ACS)
- Arizona Association of Chiropractic (AAC)
- Arkansas Chiropractic Physicians Association (ACPA)
- California Chiropractic Association (CCA)
- Chiropractic Association of Louisiana (CAL)
- Florida Chiropractic Association (FCA)
- Florida Chiropractic Society (FCS)
- Idaho Association of Chiropractic Physicians (IACP)
- Illinois Chiropractic Association
- Indiana State Chiropractic Association (ISCA)
- Iowa Chiropractic Society (ICS)
- Kansas Chiropractic Association (KCA)
- Chiropractic Association of Louisiana (CAL)
- Minnesota Chiropractic Association (MCA)
- Missouri State Chiropractors Association (MSCA)
- New York State Chiropractic Association (NYSCA)
- North Carolina Chiropractic Association (NCCA)
- North Dakota Chiropractic Association (NDCA)
- Ohio State Chiropractic Association (OSCA)
- Oklahoma State Chiropractic Independent Physicians Association (OSCIPA)
- Oregon Chiropractic Association (OCA)
- Oregon Pediatric Nutrition Practice Group (OPNPG) (chapter of the American Dietetic Assn.)
- Oregon Washington Lactation Association (OWLA)
- Oregon X-Ray Council (OXC)
- South Carolina Chiropractic Association (SCCA)
- Unified Virginia Chiropractic Association (UVCA)
- Washington State Chiropractic Association (WSCA)
- Wisconsin Chiropractic Association (WCA)
- Wyoming Chiropractic Association (WCA)

Other Organizations and Events:

Annual North American Conference of Lactation Consultants, Atlanta, GA
Brain Injury Alliance of Oregon, Washington, Idaho, and Alaska
National Chiropractic Leadership Conference, Washington, DC
Nursing Mothers Counsel, Portland, OR
Oregon Collaborative for Integrative Medicine (OCIM) SPARC conference, Portland, OR
SACA Women's Leadership Forum, Washington, DC
Student Alliance for Integrative Medicine (SAIM), Portland, OR

Selected Speaking Topics (ranging from 2-12 hours)

- Full Spine Adjusting Techniques for the Pediatric Patient.
- History-Taking and Physical Examination, including Newborn Neurological Assessment, for the Young Pediatric Patient.
- Cranial Techniques for Infants and Children: A Hands-On Workshop.
- Chiropractic Management of Infants with Suboptimal Breastfeeding.
- Evidence-Based Musculoskeletal Care for Pediatric Health Conditions
- In-Office Chiropractic Management of the Post-Concussive Pediatric Patient.
- Chiropractic Management of Common Pediatric Sports and Extremity Injuries.
- Key History Questions to Document the Potential Presence of Joint Dysfunction in Babies and Young Children.
- Chiropractic Care for Otitis Media: Clinical Rationale, State of Research and Patient Management.
- Asthma in the Pediatric Patient: Chiropractic Management, including Clinical Rationale and State of Research.
- Chiropractic Management of Infants with Congenital Torticollis, including Cervical and Thoracic Spinal Adjusting Techniques.
- Chiropractic Management of Common Pediatric Conditions.
- Understanding the Chiropractic Physician's Role in Children's Healthcare: A Primer for Pediatricians.
- The Use of Chiropractic to Address Pediatric Reflux and GERD.

Selected Media Appearances

"Logan University's New Master of Science in Integrative Pediatrics Degree with Dr. Elise Hewitt", Logan University's President's Podcast, November 2022.

"Interview with Dr. Elise Hewitt", The American Chiropractor's Tac-Tic-Talk Podcast.

"Dr. Elise Hewitt Develops First Master of Science in Integrative Pediatrics Program in the U.S." by Maggie Teson, The American Chiropractor, November 1, 2022.

Selected Media Appearances (continued)

"Natural Remedies for Children's Health", by Angela Sabarese, Natural Practitioner. October 8, 2021.

"Logan University Announces Master's in Integrative Pediatrics", Quarterly World Report, World Federation of Chiropractic, October 2021, p.36.

"Safety and Effectiveness of Pediatric Chiropractic" by Gina Shaw, ACA News Magazine, October 2014 http://mydigimag.rrd.com/publication/?i=225883

"The Basics of Chiropractic Care: A Chat with Elise Hewitt, DC, DICCP" by Carrie Steingruber, Dallas Child Magazine, November, 2014 http://www.pageturnpro.com/Dallas-Child-Magazine/61812-FortWorthChild_November2014/puredefault.html#page/22

"The Dangers of Heavy Backpacks – and How Kids Can Wear Them Safely" by Jessica Samakow, The Huffington Post, August 27, 2014 http://www.huffingtonpost.com/2014/08/27/what-heavy-backpacks-are-doing-to-kids-bodies-_n_5700485.html?1409170556

Radio interview on Wiseman Family Practice Health Talks, host Lindsey Berkson, Austin Talk Radio AM1370 FM96.3, August 11, 2013, "Chiropractic Care for Children" http://media.talkradio1370am.com/a/79331728/wiseman-family-practice-healthtalk-8-11-13-pediatric-chiropractic-care-dr-elise-hewitt.htm

Wang, Amy. "Kids and chiropractic: What parents should know" The Oregonian, March 30, 2013. http://www.oregonlive.com/kiddo/index.ssf/2013/03/kids_and_chiropractic_what_par.html

Featured in *Champions of Chiropractic* series (Jessi Scofield), Foundation for Chiropractic Progress, May 2012-present.

Lewis, Morgan. "Specialty Practice – Is it Right for You?" Chiropractic Economics, March 2012; http://www.chiroeco.com/chiropractic/news/12397/1678/specialty%20practice%20-%20is%20it%20right%20for%20you-/

McLeod, Ramon G. "Working with Kids: Pediatric Care and Your Practice" Practice Insights, November 2010: 22-25.

Pevzner, Holly. "Can Colic be Cured?" Parenting Magazine, October 2010: 124-128.

Laliberte, Rich. "Chiropractors for Kids?" Parents Magazine, August 2009: 206-210.

Chapman-Smith, David. "Chiropractic Management of Children and Infants" The Chiropractic Report. July 2009: Vol. 23 No. 4. www.chiropracticreport.com

Television interview "Chiropractic Care for Children" Health Watch story by reporter Jenny Hannson for KOIN-TV News 6 (CBS affiliate) Original air date: February 2009.

"Increasing Number of Children Receive Pediatric Chiropractic Care" Reuters News, January 29, 2009 http://www.reuters.com/article/pressRelease/idUS229007+29-Jan-2009+PRN20090129

Selected Media Appearances (continued)

"Kids find a new way to adjust: Chiropractors" by Kim Painter, USA Today, January 19, 2009 http://www.usatoday.com/news/health/painter/2009-01-18-your-health_N.htm

Radio interview (live) on The Mommy Muse Is In, host Christy Cuellar-Wentz, VoiceAmerica Internet Radio, November 18, 2008, "Chiropractic Approach to Nursing Difficulties". http://www.modavox.com/voiceamericacms/WebModules/HostModaview.aspx?ScheduleTime=12&BroadcastId=40453&ShowId=927&Flag=1 http://www.mommy-muse.com/guestEliseHewitt.html

Print interview with Drs. Elise and Randy Hewitt: Kline CM. "Practice-based public relations, part II" Journal American Chiropractic Assn 2008 August; 45(6);2-7. http://www.acatoday.org/JacaDisplay1.cfm?CID=3017&DisType=Text

Professional Affiliations

ACA Council on Chiropractic Pediatrics, founding member & Past President, current
American Chiropractic Association (ACA), current
American Public Health Association (APHA), current
Oregon Chiropractic Association, current
ICA Council on Chiropractic Pediatrics, founding member 6/2024

Instructor: Cody Dimak, DC
2 hours
Title: The Quest for Club Head Speed

Course Description: This two-hour course will walk clinicians through internal and external factors that may hinder some golfers from increasing their club head speed. This course will focus on exercises to improve strength and swing biomechanics for increased rotational Power. We will also cover practice strategies to help transfer the increase in speed to the course.

Learning Objectives:
Understand the importance of efficient swing biomechanics and club head speed.
Understand what "X-Factor" is and how it may help increase club head speed.
Understand how Mobility, power limitations, and inappropriate swing sequencing will impact rotational Power.
Understand what exercises can help increase swing speed.
Understand how the focus of attention can impact the golf swing and club head speed.
Understand how to transfer rotational Power to the course.

0-15 minutes: The "Long Game"
a. Why distance off the tee is important
b. Why transfer of training takes so long

15-30 minutes: Components of X-Factor in the Golf Swing
a. What is X-Factor?
b. Key invariants for X-Factor

30- 45 minutes: Identify the gaps in rotational Power
a. Mobility
b. Power
c. Sequencing

45-60 minutes: Mobility Exercises for improving rotational biomechanics
a. Thoracic Spine Mobility
b. Hip Mobility

60-75 minutes: Power exercises for improving rotational biomechanics
a. Benefits of strength training for force production
b. Strength exercises
c. Power exercises

75-90 minutes: Sequencing drills and exercises for improving rotational biomechanics
a. Sequencing drills for the golf swing
b. Sequencing exercises for the golf swing

90-105 minutes: How to transfer training to the course
a. Identifying intrinsic and extrinsic information
b. Differentiating focus of attention and sensation

105-120 minutes: Structure of practice for skill acquisition
a. Deliberate practice
b. Representative design of practice for skill transfer

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

2013 **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

2015 **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

2016 **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 Ryssegem ATC, Brian Carroll CSCS, Chris Duffin CSCS, EXOS, Phoenix, AZ

Application of Advanced Biomechanics, Brett Winchester DC, Functional Biomechanics, Phoenix, AZ

2017 **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,

Instructor: Tammy Fogarty
2 hours
Title: Optimizing Patient Care: Nutrition & Lifestyle Strategies for Optimal Health and Menopause Management

Course Description: This two-hour session provides healthcare professionals with a comprehensive approach to integrating nutrition strategies into patient care, with a special focus on managing perimenopause and menopause. Attendees will learn evidence-based techniques to guide patients through dietary and lifestyle changes that enhance metabolic health, hormonal balance, and overall well-being. This session covers goal-setting, sleep hygiene, physical activity, stress management, and personalized care planning for improved patient outcomes.

Learning Objectives:
1. Understand the interconnectedness of sleep, physical activity, and nutrition in promoting overall health and sustainable weight management.
2. Develop and implement individualized nutrition care plans that align with patients' health goals and lifestyles.
3. Implement micro-goal techniques to facilitate incremental and lasting behavioral changes.
4. Guide patients in improving sleep hygiene and physical activity levels, with specific tools and recommendations.
5. Integrate holistic health strategies into their practice to empower patients to achieve their health goals.

Outline:

Introduction (15 Minutes)

- Welcome and session objectives.
- Importance of **nutrition and lifestyle interventions** in overall health and menopause management.
- How **sleep, movement, stress, and dietary choices** are interconnected and impact patient outcomes.

Section 1: Foundations of Nutrition in Patient Care (15 Minutes)

- The **role of nutrition** in disease prevention and long-term health.
- **Key nutrients** for metabolic health, weight management, and hormonal balance.
- **Evidence-based dietary recommendations** for optimizing patient health.

Section 2: Understanding Menopause and Its Impact on Health (15 Minutes)

- Overview of **perimenopause and menopause** – hormonal changes and health implications.
- **Common symptoms:** weight gain, mood swings, hot flashes, and sleep disturbances.
- Increased **risk of chronic conditions** – bone loss, cardiovascular disease, and metabolic disorders.

Section 3: Personalized Nutrition Strategies for Patient Success (15 Minutes)

- **Nutritional approaches** for hormonal balance: high-fiber, high-protein, and phytoestrogen-rich foods.
- **Foods to limit:** processed sugars, alcohol, caffeine, and inflammatory foods.
- **Practical meal planning** for managing menopausal symptoms.

Section 4: Sleep Hygiene and Stress Management in Patient Care (15 Minutes)

- The impact of **poor sleep** on metabolism, mood, and weight.
- **Strategies to improve sleep hygiene** and support hormonal regulation.
- **Mindfulness and stress management techniques** for better patient outcomes.

Section 5: Physical Activity and Movement for Health Optimization (15 Minutes)

- The role of **movement** in metabolism, bone health, and mental well-being.
- **Best exercises** for menopause, weight management, and long-term health.
- **Simple ways** to incorporate movement into daily routines.

Section 6: Micro-Goal Setting for Lasting Behavior Change (15 Minutes)

- Understanding the **psychology behind sustainable behavior change**.
- **Helping patients set and track** realistic, achievable goals.
- **Tools for monitoring progress:** apps, journals, and wearable technology.

Section 7: Implementing a Holistic, Patient-Centered Care Model (15 Minutes)

- **Integrating nutrition, movement, sleep, and stress management** into practice.
- Developing a **comprehensive care plan** tailored to patient needs.
- **Sharing insights, challenges, and strategies** for effective patient care.

Q&A and Conclusion (15 Minutes)

- Recap of **key takeaways** from the session.
- Open discussion and **resources for further learning**.

Tammy C. Fogarty PhD, RD, LD/N
536 NE 8th Avenue
Deerfield Beach, FL 33441
tammy@tammyfogarty.com
(888) 848-2669

EMPLOYMENT

Aug 2019- Present

Parker University
Dean, Health and Human Performance

- Providing strong leadership and knowledge in the development, management, and assessment of all aspects of academic programming, curriculum, textbook review /selection, and student advising
- Responsible for development of strategic planning, goals, recruiting students and instructors, hiring, supervising and evaluating staff and faculty
- Teach nutrition courses, online

Jan 2015- Present

About Thyme Nutrition
Private Practice

- Provide medical nutrition therapy to individuals with various medical diagnoses
- Weight loss counseling
- Private yoga instructor

Sep 2012-Aug 2019

Florida International University
Adjunct Professor, on-campus

- Teach nutrition courses for Dietetics and Nutrition department
- Doctoral student in Dietetics and Nutrition

Jan 2011- Aug 2019

Palm Beach State College
Adjunct Faculty, online and on-ground

- Teach nutrition and health courses to students earning their nursing and AS degree

Oct 2013- Aug 2019

Everglades University
Adjunct Faculty, online

- Teach various nutrition courses to students earning their BS degree in Alternative Medicine
- Serve on various academic committees such as Curriculum and Program Advisory Committee
- Curriculum development

Nov 2005- Oct 2013	Everglades University Department Chair of Allied Health/ Alternative Medicine Boca Raton, Florida

- Providing strong leadership and knowledge in the development, management, and assessment of all aspects of academic programming, curriculum, textbook review /selection, and student advising.
- Responsible for development of strategic planning, goals, recruiting students and instructors, hiring, supervising and evaluating staff and faculty.
- Prepared annual budget for Allied Health Department.
- Prepared the Allied Health Department for regional accreditation during candidacy and acceptance phase with Southern Association of Colleges and Schools.
- Prepared the department for two reaffirmations with the Accrediting Commission of Career Schools and Colleges.
- Teaching nutrition and complementary and alternative medicine courses.

Oct 2004- Nov 2007	Clinical Dietitian Sodexho/ Delray Medical Center Delray Beach, Florida

- Management duties included supervise dietitians, writing policies and procedures, in-services, scheduling, and training new employees.
- Conduct nutritional assessments for critically ill patients receiving nutrition support in intensive care and trauma setting. Provide diet education and counseling to patients nutritionally at risk.

April 2004- Oct 2004	Clinical Dietitian Broward General Medical Center Fort Lauderdale, Florida

- Conducted nutrition assessments and counseling to patients diagnosed with Cancer and HIV, in inpatient and outpatient settings. Provided dietary consultations for enteral and parenteral nutrition

Aug 2003- April 2004	Florida International University Dietetic Internship

Instructor: Celia Maguire
2 hours
Title: Advanced Radiologic Case Studies in Chiropractic

Course Description: Refining diagnoses requires the ability to integrate clinical findings with advanced imaging results. By honing these skills, students will learn to differentiate between benign and malignant bone lesions, leveraging imaging techniques such as CT scans, MRI, and X-rays. They will also develop the expertise to identify red flags in complex cases, ensuring early detection of serious conditions and improving patient outcomes through precise and timely diagnoses.

Learning Objectives:

- Identify and interpret normal radiographic anatomy of the spine and extremities.
- Recognize common degenerative and traumatic musculoskeletal conditions on imaging.
- Differentiate between normal anatomical variations and potential pathologies.
- Apply fundamental principles of diagnostic imaging to clinical decision-making.

Outline:

• **Introduction (5 minutes):** Overview of the session's objectives and key concepts to be covered in the course.

• **Enchondroma of the knee (10 minutes):** Understanding the radiographic appearance of enchondromas and how to distinguish them from other knee lesions.

• **Renal cancer metastasis to the Lumbar spine (10 minutes):** Identifying imaging features of renal cancer metastases in the lumbar spine and their implications for patient care.

• **Insufficiency fracture of the Fibula (10 minutes):** Discussing the causes, radiographic signs, and clinical significance of fibular insufficiency fractures, particularly in elderly patients.

• **Fifth Metatarsal Fracture (10 minutes):** Analyzing common fractures of the fifth metatarsal and their diagnostic imaging characteristics.

• **Diffuse Idiopathic Skeletal Hyperostosis with CT correlation (10 minutes):** Exploring the radiographic findings of DISH and how CT imaging aids in diagnosis and assessment.

• **Avascular Necrosis with shoulder and hip examples (10 minutes):** Investigating the radiologic features of avascular necrosis in the shoulder and hip, and how imaging guides treatment decisions.

• **Insufficiency fracture of the Tibia (10 minutes):** Reviewing tibial insufficiency fractures, their causes, and their appearance on diagnostic imaging.

- **Ovarian Teratoma found on lumbar x-rays (10 minutes):** Recognizing the rare occurrence of ovarian teratomas visible on lumbar spine radiographs and their clinical implications.

- **Psoriatic Arthritis of the cervical spine (10 minutes):** Examining radiographic features of psoriatic arthritis in the cervical spine and its impact on spinal health.

- **Adult and pediatric elbow fractures (10 minutes):** Understanding the differences in presentation and imaging of elbow fractures in adults and children.

- **Wrap up (5 minutes):** Summary of key takeaways from the session and an opportunity for questions and clarifications.

Celia Plattner Maguire, DC, DACBR

6320 Aspen Estates Dr. Sachse, TX, 75048
Phone: 972-898-6309
email**:** cmaguire@parker.edu

Education:

- Residency in Diagnostic Imaging, Parker College of Chiropractic, 2003
- Doctor of Chiropractic, Parker College of Chiropractic, 2000
- Bachelor of Science, Biomedical Science, Texas A&M University, 1995
    - Research Experience for Undergraduates, Oceanography
- Certificates
    - Leadership Academy, Parker University, 2013-2014
    - Essential Skills in Medical Education, Dundee Medical School 2019

Licensure and Certification:

- Texas Board of Chiropractic Examiners License #8620 2000-current
- Diplomate, American Chiropractic Board of Radiology 2003-current
- Certified in Permanent Impairment Evaluation 2004

Honors and Awards:

- Parker College of Chiropractic
    - Magna Cum Laude Graduate, Valedictorian
    - NCMIC Scholarship, 1999
    - Basic Sciences Academic Achievement Award
- Texas A&M University
    - Presidents Endowed Scholar
    - National Merit Scholarship
    - President, Alpha Gamma Delta Women's Fraternity
    - Order of Omega, Greek Leadership Honor Society

Professional Experience: **Parker University 2000-Present**

Dean of Academics, College of Chiropractic 2019 to Present

Provides inspired leadership and oversight to academic departments supporting the Doctor of Chiropractic program. Collaborates with department chairs to guide faculty, manage teaching and learning processes, ensure alignment with clinic operations, and oversee academic planning and budgeting. Assists with curriculum development to support the university's evolving vision and mission, and reports student learning outcomes for accreditation.

Director of Special Projects/ Professor of Clinical Sciences 2015-2019

Collaborated with the Vice President of the College of Chiropractic to provide leadership and oversight for the Doctor of Chiropractic program. Managed projects with department chairs and faculty, including program assessment, curriculum review, and EHR implementation. Led the selection team in acquiring an EHR system for Parker and contributed to its build and testing as a superuser. Developed online resources for training clinic and academic faculty and facilitated course development and student training on EHR usage.

Interim Director of the Radiology Residency 2017-2018

Responsible for recruiting, developing and supervising residents in diagnostic imaging.

Interim Vice President, College of Chiropractic May 2014-October 2014

Provided management and direction of the College of Chiropractic, Research Department, Wellness Clinics, Community Based Internship Program, Massage School and Library. Duties included budget management, curriculum, and interaction with Board of Trustees to accomplish vision and mission of the College. Served as accreditation liaison during a Council on Chiropractic Education site visit and in the five months prior.

Clinic Radiologist - Parker University, Chiropractic Wellness Centers 2009-2015

Provided oversight to interns on radiology rotation in imaging interpretation. Devised innovative online methods to assess intern competence in radiology interpretation in a variety of clinical environments.

Associate Professor of Clinical Sciences 2008-2015
Assistant Professor of Clinical Sciences 2003-2008

Provided students with foundational knowledge in radiology and related health sciences to prepare them as primary care physicians and leaders in chiropractic wellness. Remediated trimester 8 interns in Associated Clinical Sciences for the inaugural National Boards Success Strategies course.
As Course Director for Radiographic Examination and Applications of Diagnostic Imaging, and Lab Instructor for various courses including Fundamentals of Diagnostic Imaging, Normal Radiographic Anatomy, Bone Pathology I and II, and Soft Tissue Radiology, I enhanced curricula to strengthen clinical radiology skills. Redesigned the Applications of Diagnostic Imaging lab to include NBCE board-style assessments, focusing on practical applications of radiology in clinical settings.

Clinic Radiologist - Parker College of Chiropractic 2003-2005

Supervised Radiologic Technologists and served on the Clinic Directors committee. Overhauled intern assessments for radiology skills, developed a new radiology section for the clinic entrance exam, and revamped the technical component. Administered radiology practical exams for clinic entrance and exit and remediated unsuccessful students. As chair of the Clinic CCE committee, contributed to the self-study report.

Resident in Diagnostic Imaging - Parker College of Chiropractic 2000-2003

Participated in program leading to eligibility for the American Chiropractic Board of Radiology exam, while instructing chiropractic students in radiology and related health subjects. Provided lecture and lab instruction, supervised students, and served as a professional role model.

Instructors: Dr. Andy Galpin and Dan Garner
2 hours
Title: Part I Functional Hypertrophy - Lecture & Workout

Course Description: Elevate your skills & get a great workout with the "Functional Hypertrophy" sessions. This session dives deep into crafting effective muscle-building routines tailored to individual needs and goals. Learn how to build and executive muscle-building exercise protocols that do not compromise joint health and increase longevity. The course comes with a complete 12-week workout plan and enables you to practice some of the movements under the direct guidance of Dr. Galpin and Mr. Garner. Whether you're a health provider, fitness professional, or everyday enthusiast, this seminar will equip you with the knowledge and skills to elevate your results!

Course Objectives:

- Understand the foundational principles of hypertrophy training, including volume, intensity,
- and progression.
- Learn how to design a balanced week of hypertrophy training tailored to specific goals and fitness levels.
- Explore effective training splits and recovery strategies for optimal muscle growth.
- Gain practical insights into structuring workouts that challenge muscles in innovative ways.
- Leave with actionable strategies to maximize muscle-building potential in real-world scenarios.

Course Outline:

0-15 minutes Introduction to Functional Hypertrophy Program Design

- Definition of Hypertrophy

15-30 minutes Functional Hypertrophy Concepts

- Why does Hypertrophy matter to the body

30-45 minutes Functional Hypertrophy Methods

- How to stimulate the muscles

45-60 minutes Transition to Workout

- Injury prevention

60-75 minutes Warm-Up

- The benefits of a warm-up

75-90 minutes Workout

- Advanced reps

90-105 minutes Cool down

- Muscle building and recovery

105-120 minutes Specific Demonstrations

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 NH_2-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:

PROFILE

Dan Garner is the founder of Team Garner, Inc. and Garner Innovations Inc. which offer high-precision online training, nutrition, and lab analysis for world-class results.

His coaching experience includes working with dozens of professional athletes in 14 different sports. Within his clientele he has worked with three Superbowl champions, two UFC title winners, one NBA championship winner, four Olympic medalists, two WWE champions, a major PGA tournament champion, IFBB pro bodybuilders, two MLB MVP winners, three hall-of-fame inductees, and two MARVEL Superheroes.

CONTACT

PHONE:
519-777-8517

Social:
Instagram: @dangarnernutrition

EMAIL:
dangarner88@gmail.com

HOBBIES

Strength Training
Publishing Research
Creating Content
Walking The Dog
Watching UFC
Playing With Daughter

DAN GARNER

Lab Analyst + Performance Coach

EDUCATION

Mohawk College: Health, Wellness, and Fitness Diploma
Graduated with Honors in 2011.
Tutored the Year 2 students while I was in Year 1.
Earned three health certifications on top of the curriculum.

Continuing Education
Earned 22 certifications in training, physiology, medicine, and nutrition.
Personally mentored by doctors, researchers, and elite coaches.
Creator of currently recognized health education programs.

WORK EXPERIENCE

Team Garner Inc.
Title: President
Lab Analyst and coach for professional athletes, CEOs, and celebrities.
International lecturer, course creator, and Fullerton University advisor. .

Garner Innovations Inc.
Title: President
Scientifically published author.
Contributor to prestigious research reviews.
Developer of lab interpretation software for health and performance.

Joint Ventures
Title: Equity Holder and Co-Founder
Vitality Blueprint: Founder and Chief Innovations Officer
RAPID Health Optimization: Lab Analyst and Program Designer.
XPT Life: Advisor and Nutrition Expert.
BioMolecular Athlete: Innovative Research & Development.

ADDITIONAL NOTES

Editor and reviewer of the Precision Nutrition Level 1 Certification.
Featured in over 1000 YouTube videos, articles, and podcasts.
Western University has accepted my PhD application.
Have letters of attestation from Dr. John Berardi and Dr. Andy Galpin.
Received multiple shoutouts on The Joe Rogan Experience Podcast.
Nutrition advisor at a NASA multiplanetary travel symposium.
Partner of Genova Diagnostics Laboratories.

Instructor: Nicky Kirk, DC
2 hours
Title: Occlusion Training 2.0: Blood Flow Restriction in Clinical Practice

Course Description: Blood Flow Restriction (BFR) Therapy. This 2-hour intensive workshop is designed for clinicians who want to stay on the cutting edge of performance recovery, post-operative care, and muscle reconditioning.
Participants will gain a strong foundation in the science and safety behind BFR — and then take it a step further. Through real-time demonstrations, you'll see how to apply BFR in clinical settings, design protocols for various patient populations, and integrate them with your existing rehab strategies.

Learning Objectives:
By the end of this course, participants will be able to:
Understand the physiological principles behind Blood Flow Restriction (BFR) therapy.
Identify appropriate clinical indications and contraindications for BFR use.
Apply safe and effective BFR protocols using appropriate pressure and equipment.
Design BFR-based rehabilitation plans for both lower and upper extremity conditions
Integrate BFR with functional movements and mobility drills in real-world settings.
Troubleshoot common challenges and modify BFR sessions for individual patient needs
Evaluate clinical outcomes and interpret research supporting BFR in rehab.
Experience BFR firsthand to better empathize with patient perception and response.

Outline with Practical Demonstrations
0–15 minutes: Introduction to Blood Flow Restriction Therapy
Overview of BFR concepts and physiological mechanisms
Indications, contraindications, and safety protocols
15–30 minutes: Practical Demo 1 – Cuff Placement, Pressure Settings, and Safety Checks
Demonstrate equipment setup, limb occlusion pressure calibration, and patient prep.
30–45 minutes: Clinical Application of BFR in Rehabilitation
Use of BFR for muscle hypertrophy, strength gains, and early-stage rehab
Benefits in post-op and deconditioned populations
45–60 minutes: Practical Demo 2 – Lower Extremity BFR Training
Sample protocol: quad/hamstring activation using bands and light loads
Monitoring fatigue, pain scale, and patient response
60–75 minutes: Advanced BFR Strategies in Rehab Settings
Integrating BFR with neuromuscular re-education, manual therapy, and mobility drills
Special populations and protocol modifications
75–90 minutes: Practical Demo 3 – Upper Extremity Protocols and Functional Movements
Shoulder/arm BFR protocols using tubing, dumbbells, or bodyweight
Emphasis on controlled tempo and quality of movement
90–105 minutes: Evidence-Based Practice and Program Design
Review of literature: clinical outcomes, risk mitigation, and dosing parameters
Designing a phased BFR program for different patient goals
105–120 minutes: Practical Demo 4 – Full BFR Session Walkthrough + Troubleshooting
From warm-up to BFR application to post-session recovery strategies
Fielding real-time questions and adapting protocols on the fly

CONFIDENTIAL RÉSUMÉ

Dr Nicky Kirk D.C MSC BSC

Sports Medicine Specialist

Contact Info

1612 Mack Lane, Little Elm, Tx 75068

+1 972 679-7894

Nickymathewkirk@gmail.com

Profile

I am a chiropractic sports physician who has worked internationally with top performance from a variety of disciplines. I have been a clinician for 20 years with a special focus on performance and rehabilitation. In addition to my clinical work, I have been engaged in education for the past 5 years as an assistant professor at Parker University supervising chiropractic interns and adjunct professor instructing at post graduate degree programs including Advanced Strength and Conditioning, Cardiovascular Health and Exercise and Health.

I have provided sports medicine services to both professional athletes and high-level organizations. In addition to my consultancy work, I was also regional assessor for the Gatorade Sports Science Institute Latin America and Caribbean.

I am currently a clinical specialist at Parker Performance Institute and lead clinician on the Human Performance program at Parker Clinics, Frisco, Texas and completed a masters degree in clinical neuroscience, August 2020.

I continue to be engaged in clinical research, teaching and consultancy with a special focus on soccer, and the application of recovery modalities.

Career Experience

Clinic Director *Parker Performance Institute, Frisco Tx.* **KEY RESPONSIBILITIES:** **July 2021 to Present**

- Oversee the clinical neurology and sports performance departments within a multidisciplinary clinic.
- Preparation of care plans and rehabilitative programs for patients and athletes.
- Supervise clinical interns during their rotation at the clinic and performance center.

LEAD INSTRUCTOR **December 2019 to Present**

M.Sc. Human Performance Program, Parker University

KEY RESPONSIBILITIES:

- Lead instructor Bachelor of Science Program, Ex. Physiology, Biomechanics, Kinesiology and Exercise Prescription.
- Lead Instructor Masters of Human Performance Program, Cardiovascular Rehabilitation and Endocrine Physiology.
- Development of Masters level modules, cardiovascular health and exercise, exercise physiology, biomechanics, exercise prescription and kinesiology.
- Lead Clinician for Human Performance Program.
- Experienced with blackboard and LMT.

Doctor of Chiropractic TX #14039
Owen's Recovery Science BFR Certified
Certified Chiropractic Sports Physician,
Functional Range Release/Functional Range Conditioning,
Functional Neurologic Orthopaedic Rehabilitation
Registered Practitioner Chiropractic UK #2138

Selected Health Talks and Seminars

Blood Flow Restrction Training Clincal Applications, F.I.M.S, Conade, Guadalajara, Mexico
September, 2022
Neurovisual Training: Parker University, Orlando Florida
June, 2022
4 hour workshop on Blood Flow Restriction Concepts: Texas Chiropractic College
July, 2021
Blood Flow Restriction Concepts: Rehab 2 Performance invited speaker
July, 2020
Running Mechanics Professional - Biomechanics of Running, Andrew's Institute, Plano, TX
Nov, 2019
Private Seminar Blood Flow Restricion – Club Atletico Nacional, Medellin, Colombia,
Oct, 2019
Evaluación Integral del Atleta y Aplicación de Técnicas de Rehabilitación – La Federación Mexicana de Medicina Del Deporte, 2nd Congreso Mexicano De Medicina Del Deporte (Merida, Mexico)
3 al 6 de Julio, 2019
The Complete Athlete Care Model - Keynote Sports Chiropractic Australia Annual Symposium (Perth, Australia)
May 2019
Recovery and Regeneration in the footballer. F.I.C.S. Assembly and Symposium, Berlin
March, 2019
Science of Recovery – Mastermind series webinar (Australia)
Feb 2018
Recovery and Regeneration—featured speaker, American Sports Chiropractic Association (Minnesota)
Aug 2017

Education

M.Sc. Clinical Neuroscience, Parker University	**2020**
PGDip., University of South Wales, Sports Medicine	**2015**
C.C.S.P.Palmer College of Chiropractic, Davenport, Iowa, USA, Sports Physician	**2013**
M.Sc., University of Surrey, England, Chiropractic	**2004**
B.Sc., University of Dundee, Dundee, Scotland, Physiological Science	**2000**

Instructor: David Seaman, DC
2 hour Course

Title: Matching up individual joint movement patterns to determine your ideal swing

Course Description: The golf swing is a complex movement pattern that can be fluid only if the movement pattern of each joint suits the unique biomechanics of an individual golfer. Pros and elite amateurs do this naturally, while the rest of us don't because movements of the key links in our kinetic chain do not "match up." This presentation will outline the identification and determination of which movement pattern suits an individual golfer.

Learning Objectives:
Understand and explain the concept of the kinetic chain.
Describe the key links of the kinetic chain of the golf swing and how to identify the possible movement patterns.
Describe ground reaction forces, momentum transfer, elastic energy, and power generation.

Outline:

0-15 minutes: Introduction and Basic Terminology
- The kinetic chain
- How it affects the biomechanics of the body

15- 30 minutes: Key links in the golf swing chain
- Feet, Legs, and hips
- Hands, wrist, and elbow
- Shoulders

30-45 minutes: Kinesiological concepts
- Ground reaction forces
- Transfer of momentum issues and the reaction of elastic energy

45-60 minutes: Injury Prevention
- Common Injuries
- Stretching

60-75 minutes: Lower quarter links
- Feet movement options
- Hip movement options

75-90 minutes: Upper quarter links
- Hand-grip movement options
- Nerve reaction

90-105 minutes: Elbow movement motion options
- Golfers elbow
- Rotation of the elbow

105-120 minutes: Shoulder movement motion options
- Biomechanics of the shoulder
- Practical applications
- Question and Answers

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

Instructor: Richard Harris
2 hours
Title: Utilizing Biometric & Biomarker Data to Assess & De-risk Patients

Course Description: A wise man once said an ounce of prevention is worth a pound of cure. We can collect more data on our patients than ever before, yet oftentimes, disease seems to "come out of nowhere" to patients. The future of patient care is data-driven, allowing early risk mitigation and just-in-time delivery of care to patients who need it most. Our discussion will focus on the levels of biomarker and biometric data that impart disease risk and what we can do to lower that disease risk.

Learning Objectives:
- Identify biometric and biomarker data that can be used to risk stratify patients
- Identify the inputs that may be able to lessen the risk imparted by a particular biometric or biomarker
- Be able to apply these measurements to your patients.

Outline:

Introduction (0-15 Minutes)

- **Why a Data-Driven Approach is Necessary**
  - Overview of the importance of data analytics in modern medicine.
  - The role of data in patient risk assessment and management.
- **How Advances in Medicine Will Be Driven by Data**
  - Leveraging data and analytics to optimize care and outcomes.
  - De-risking patients by identifying key health metrics and interventions.

Biometrics Overview (15-30 Minutes)

- **Grip Strength**: Importance, breakpoints, and factors affecting it.
  - How grip strength can be an indicator of overall health and frailty.
  - De-risking strategies for improving strength and mobility.
- **Body Fat Percentage**: Understanding thresholds and influences.
  - The relationship between body fat percentage, metabolic health, and disease risk.
  - Practical ways to address excess body fat in at-risk patients.

Biometrics (Continued) (30-45 Minutes)

- **BRI (Body Resilience Index)**: What it measures and its relevance.
  - Understanding how BRI correlates with health risks and patient outcomes.
  - Strategies to improve body resilience and mitigate health risks.
- **Heart Rate (HR)**: Identifying abnormal breakpoints and their significance.
  - Understanding the relationship between HR and cardiovascular health.
  - Ways to de-risk patients by managing HR variability.

Biometrics (Continued) (45-60 Minutes)

- **Blood Pressure (BP)**: Breakpoints for optimal health and risk assessment.
    - The impact of BP on long-term health and chronic disease management.
    - De-risking strategies for patients with abnormal BP.
- **Total Sleep Time & Deep Sleep Time**: Key factors for recovery and overall health.
    - Importance of sleep duration and quality in managing health risks.
    - Methods for improving sleep to reduce disease burden.

Biometrics (Continued) (60-75 Minutes)

- **Sleep Latency**: What it reveals about a patient's overall health.
    - The connection between sleep latency and mental health, cardiovascular health, etc.
    - How to reduce sleep latency and promote better sleep hygiene for at-risk patients.

Biomarkers Overview (75-90 Minutes)

- **Uric Acid, Homocysteine, and Apo B**: Breakpoints and their clinical significance.
    - How these biomarkers correlate with inflammation, cardiovascular disease, and metabolic disorders.
    - Methods to manage and de-risk patients with elevated levels.
- **Triglycerides, LDL-C, and HDL-C**: Understanding lipid markers.
    - Managing cholesterol and triglyceride levels to reduce heart disease risk.
    - De-risking patients through lifestyle interventions and monitoring.

Biomarkers (Continued) (90-105 Minutes)

- **IGF-1, Glucose, Insulin, A1c, HOMA-IR**: Key biomarkers for metabolic health.
    - Identifying risk for diabetes, metabolic syndrome, and other chronic conditions.
    - De-risking strategies for patients with high glucose or insulin resistance.
- **Sodium, Albumin, Vitamin D**: Electrolyte balance and nutrient status.
    - Monitoring and adjusting sodium levels, albumin levels, and vitamin D for patient well-being.

Biomarkers (Continued) (105-120 Minutes)

- **Monocyte/HDL Ratio, Testosterone, SHBG**: Emerging biomarkers of interest.
    - Understanding the role of immune function, hormone levels, and their impact on health.
    - De-risking strategies for patients based on these biomarkers.

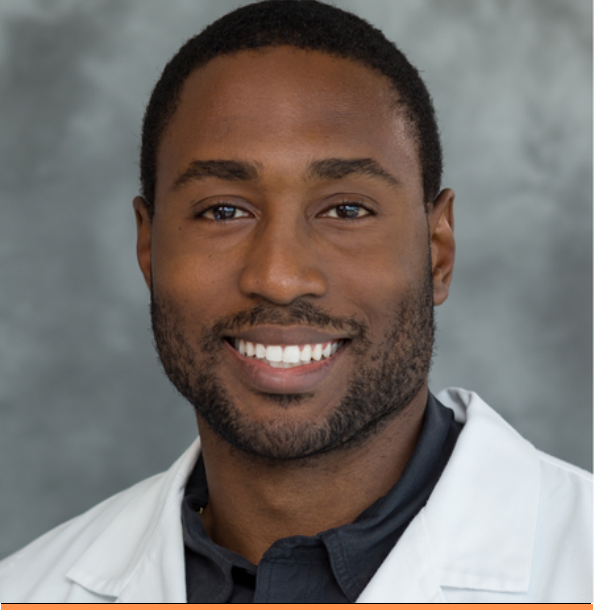
Emerging Markers of Interest (120-135 Minutes)

- **What Biomarkers Are on the Horizon?**
    - New and emerging biomarkers that may become critical in patient care.

    - Why these biomarkers could be useful in patient risk management in the near future.

Conclusion (135-150 Minutes)

- **Recap of Key Points**
    - Summary of important biomarkers and metrics for patient de-risking.
- **Future of Data in Medicine**
    - Discussing the potential impact of further advancements in data-driven healthcare.
- **Q&A and Final Thoughts**



RESUME

Hello, my name is

RICHARD HARRIS

MD, PHARMD, MBA

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

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

Instructor: Nicole Zipay, DC
2 Hour Course

Title: Musculoskeletal Ultrasound for the Chiropractor: Implementation Protocols: Shoulder, Knee & Ankle

Course Description: This session explores the role of standardized protocols in musculoskeletal ultrasound (MskUS). As a growing tool in integrative healthcare, MskUS offers accessibility, affordability, and accuracy with minimal risk. However, operator variability remains a challenge. Learn how established protocols enhance diagnostic accuracy and gain practical tips for implementing MskUS in chiropractic practice.

Learning Objectives:

- Explain the importance of using established protocols for musculoskeletal ultrasonography to ensure consistency and improve accuracy.
- Discuss the advantages and limitations of musculoskeletal ultrasonography in evaluating patients in a chiropractic setting.
- Describe common themes in sonographic protocols and their application.
  Demonstrate proper scanning techniques consistent with standardized musculoskeletal ultrasound protocols.
  Recognize the characteristic sonographic appearances of commonly assessed musculoskeletal structures and associated pathologies within the selected ultrasound protocols.
  Prepare learners for future hands-on continuing education courses in musculoskeletal ultrasound.

Outline:

0-15 minutes: Introduction of UltraSound Devices and terminology

- Review common types of ultrasound machines and devices.
- Define key terminology used to describe appearances on sonographic imaging.
  Identify the protocol regions to be covered.

15 to 30 minutes: Strengths and weaknesses of ultrasonography

- Review strengths of diagnostic ultrasonography.
  Identify limitations and potential challenges of diagnostic ultrasonography.
  Highlight the importance of protocol adherence and the pitfalls of non-adherence.
  Compare common themes among protocols.

30-45 minutes: Shoulder protocol

- Identify common patient populations and highlight key clinical considerations.
  Discuss anatomic limitations of diagnostic ultrasonography for shoulder pathology.
  Review protocol and procedure for a sonographic evaluation of the Shoulder.
  Describe the typical appearances of evaluated structures in the Shoulder.

45-60 minutes: Shoulder case study review

- Analyze key cases with sonographic diagnosis
- Appropriate management strategies.

60-75 minutes Knee protocol

- Identify common patient populations and highlight key clinical considerations.
  Discuss anatomic limitations of diagnostic ultrasonography for knee pathology.
  Review protocol and procedure for a sonographic evaluation of the knee.
  Describe the typical appearances of evaluated structures in the knee.

75-90 minutes: Knee case study review

- Analyze key cases with sonographic diagnosis
- Appropriate management strategies

90-105 minutes: Ankle protocol

- Identify common patient populations and highlight key clinical considerations.
  Discuss anatomic limitations of diagnostic ultrasonography for ankle pathology.
  Review protocol and procedure for a sonographic evaluation of the ankle.
  Describe the typical appearances of evaluated structures in the ankle.

105-120 minutes: Ankle case study review

- Analyze key cases with sonographic diagnosis
- Appropriate management strategies
- Key Takeaways of Clinical Applications

Nicole Zipay, DC DACBR RMSK

7505 Mapleleaf Dr
North Richland Hills, TX 76182

nzipay@parker.edu
3307176663

Academic Degrees

Palmer College of Chiropractic, Davenport, IA
Professional Doctorate, Chiropractic, February 2019

Youngstown State University, Youngstown, OH
B.S., Human Performance and Exercise Science, 2014

Professional Licensure and Certifications

Doctor of Chiropractic, Texas — License: TX-14122

Diplomate of the American Chiropractic Board of Radiology — Certificate: #352

Registered in Musculoskeletal (RMSK) sonography certification by APCA — Certificate: #283060

Professional Experience / Training

Parker University Clinical Sciences Department, Dallas, TX — September 2024 - Present
Associate Professor in Radiology - Clinical Sciences Department, College of Chiropractic

Parker University Clinical Sciences Department, Dallas, TX — September 2021 - September 2024
Assistant Professor in Radiology - Clinical Sciences Department, College of Chiropractic

Zipay Radiology, LLC, Dallas, TX — July 2022 - Present
Owner and Chiropractic Radiologist

Ugorji Radiology Consultants, LLC — April 2023 - July 2024
Independent contractor - Chiropractic radiologist

Cliff Tao DC DACBR Chiropractic Radiologist — January 2022 - June 2023
Independent contractor - Chiropractic radiologist

Parker University Clinical Sciences Department, Dallas, TX — March 2019 - January 2022
Teaching Resident in Radiology - Clinical Sciences Department, College of Chiropractic

Palmer College of Chiropractic Clinical Radiology Department, Davenport, IA — February 2018 - February 2019
Student Intern-Clinical Radiology

Palmer College of Chiropractic Academic Radiology Department, Davenport, IA — November 2017 - February 2019
Teaching Assistant - Radiographic Positioning

Palmer College of Chiropractic PASS Program, Davenport, IA — March 2016-February 2019
Tutor- Gross Anatomy

Sylvan Learning Center, Niles, OH — August 2008-October 2015
Instructor

Paramount Physical Therapy, New Castle, PA — March 2015 - September 2015
Physical Therapy Aide

Specialty Orthopaedics, Hermitage, PA — January 2014 - May 2014
Orthopedic rehabilitation and wellness center.
Wellness Intern

Nicole Zipay, DC DACBR RMSK

7505 Mapleleaf Dr
North Richland Hills, TX 76182

nzipay@parker.edu
3307176663

Publications:

- **Zipay NM**, Roecker CB, Nightingale LM, Derby DC. 2020 The influence of online review videos on gross anatomy course performance among doctor of chiropractic students. J Chiropr Educ. Volume 34 Issue 2, 147-155.
- Smoley CL, Cho CS, Graff W, **Zipay NM** 2024*,* Sonographic Evaluation of Spondylolisthesis: Technique Description and Verification Study. J Can Chiropr Assoc. Volume 68 Issue 2, 122–130.
- **Zipay NM,** Cho CS *Accepted for publication October 2024*, Implementing diagnostic ultrasonography in an educational clinic: Use and Attitudes. J Can Chiropr Assoc.

Presentations:

- **Zipay NM,** Graff, W - Guest Presenter - Resident Training Session - Neuroradiology, American College of Chiropractic Radiologists - Annual Workshop - June 8, 2024
- **Zipay NM,** Cho CS, Monier Z, Malaya CA, Cedillos A, Dimak M, Hollandsworth G, Morgan WE, Wong A, Pohlman K**.** Parker Seminars Vegas - Abstracts for Clinical Evidence (ACE). Invited presentation. February 22-24, 2024.
- **Zipay NM.** Parker University SACA - Diplomate series: Diplomate of the American Board of Chiropractic Radiology. Invited presentation. November 29, 2023. Dallas, TX.
- **Zipay NM,** Kates-Ascioti A - Parker University Faculty Convocation -August 11, 2023 - Rapid fire presenter. Lasso-ing Students Attention and Steer-ing Them in the Right Direction
- **Zipay NM,** Jordan S. Panel Discussion: Challenge of the Unknown. Invited moderator. American College of Chiropractic Radiologists Annual Conference. September 13-16, 2023. Atlanta, Georgia.
- **Zipay NM.** Panel Discussion: Challenge of the Unknown. Invited panelist. American College of Chiropractic Radiologists Annual Conference. October 19-22, 2022. Overland Park, Kansas.
- Galante A, Tollefson LJ, **Zipay NM**. Splenic calcifications in a patient with Systemic Lupus Erythematosus, an imaging case review. Guest presenter. Association of Chiropractic Colleges Educational Conference and Research Agenda Conference. July 24-27, 2022.
- **Zipay NM,** Cho CS. Implementing Diagnostic Ultrasonography in an Educational Clinic: Use and Attitudes Platform Presentation at: Association of Chiropractic Colleges Educational Conference and Research Agenda Conference. March 26-27, 2021. Virtual Conference. American College of Chiropractic Radiologists Annual Conference September 9-11, 2021. Minneapolis, Minnesota. World Federation of Chiropractic/Association of Chiropractic Colleges Education Conference, November 2-5, 2022. St. Louis, Missouri.
- **Zipay NM.** Case presentation: Hoffa Syndrome. Resident presentation at: American Chiropractic College of Radiology Annual Workshop September 24-27, 2020. Virtual conference.
- **Zipay NM.** Case Presentation: Intraneural Ganglion. Resident presentation at: American Chiropractic College of Radiology Annual Workshop October 3-5, 2019; St. Louis, Missouri.
- **Zipay NM**, Roecker CB, Derby DC, Nightingale LM. The influence of online review videos on students' gross anatomy performance and attitudes. Platform presentation at: World Federation of Chiropractic/Association of Chiropractic Colleges Education Conference October 24-27, 2018; London, U.K. Invited Presentation at: Palmer College of Chiropractic Research Honors Seminar series. February 5, 2019; Davenport, Iowa. Invited presentation at: Parker University Process of Integrating Evidence: Faculty research presentation, virtual event: September 24, 2020.

Editorial/Peer Review:

- Journal of the Canadian Chiropractic Association, peer reviewer, 2024
- Anatomical Sciences Education, peer reviewer, 2024
- Association of Chiropractic Colleges Educational Conference and Research Agenda Conference, peer reviewer, 2023
- Anatomical Sciences Education, peer reviewer, 2023
- American Chiropractic College of Radiology, Annual Conference, peer reviewer, 2023
- Journal of Chiropractic Education, peer reviewer, 2023

Instructors Dr. Andy Galpin and Dan Garner
2 hours
Course Title: Part II Functional Endurance - Lecture & Workout

Course Description: Master the essentials of safe, effective, and efficient muscular endurance exercise with the new "Functional Endurance " seminar. Guided by cutting-edge science and practical application, this in-person course teaches the critical principles of endurance exercise principles that deliver results but do not cause excessive joint pain or injuries. The course comes with a complete 12-week workout plan and enables you to practice some of the movements under the direct guidance of Dr. Galpin and Mr. Garner.

Course Objectives:

- Understand the foundational principles of muscular endurance training, including exercise technique.
- Understand the difference between true failure/fatigue and technical failure/fatigue.
- Learn how to modify program variables based on individual goals and needs
- Build confidence in executing an endurance program without creating injuries
- Gain practical insights into structuring workouts that challenge muscles in innovative ways.
- Leave with actionable strategies in real-world scenarios.

Course Outline:

0-15 minutes Introduction to Functional Endurance Program Design
- How do we have and get endurance

15-30 minutes Functional Endurance Concepts
- Principles of Endurance Exercises

30-45 minutes Functional Endurance Methods
- Systematic ways to incorporate into your everyday life
- How to get patients to exercise

45-60 minutes Transition to Workout
- Correct posture and stance

60-75 minutes Workout
- Prevention of injuries

75-90 minutes Warm-Up
- Challenging the muscles for endurance

90-105 minutes Workout
- 12-week workout plan

105-120 minutes Wrap-up and Q&A

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 NH_2-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:

PROFILE

Dan Garner is the founder of Team Garner, Inc. and Garner Innovations Inc. which offer high-precision online training, nutrition, and lab analysis for world-class results.

His coaching experience includes working with dozens of professional athletes in 14 different sports. Within his clientele he has worked with three Superbowl champions, two UFC title winners, one NBA championship winner, four Olympic medalists, two WWE champions, a major PGA tournament champion, IFBB pro bodybuilders, two MLB MVP winners, three hall-of-fame inductees, and two MARVEL Superheroes.

CONTACT

PHONE:
519-777-8517

Social:
Instagram: @dangarnernutrition

EMAIL:
dangarner88@gmail.com

HOBBIES

Strength Training
Publishing Research
Creating Content
Walking The Dog
Watching UFC
Playing With Daughter

DAN GARNER

Lab Analyst + Performance Coach

EDUCATION

Mohawk College: Health, Wellness, and Fitness Diploma
Graduated with Honors in 2011.
Tutored the Year 2 students while I was in Year 1.
Earned three health certifications on top of the curriculum.

Continuing Education
Earned 22 certifications in training, physiology, medicine, and nutrition.
Personally mentored by doctors, researchers, and elite coaches.
Creator of currently recognized health education programs.

WORK EXPERIENCE

Team Garner Inc.
Title: President
Lab Analyst and coach for professional athletes, CEOs, and celebrities.
International lecturer, course creator, and Fullerton University advisor. .

Garner Innovations Inc.
Title: President
Scientifically published author.
Contributor to prestigious research reviews.
Developer of lab interpretation software for health and performance.

Joint Ventures
Title: Equity Holder and Co-Founder
Vitality Blueprint: Founder and Chief Innovations Officer
RAPID Health Optimization: Lab Analyst and Program Designer.
XPT Life: Advisor and Nutrition Expert.
BioMolecular Athlete: Innovative Research & Development.

ADDITIONAL NOTES

Editor and reviewer of the Precision Nutrition Level 1 Certification.
Featured in over 1000 YouTube videos, articles, and podcasts.
Western University has accepted my PhD application.
Have letters of attestation from Dr. John Berardi and Dr. Andy Galpin.
Received multiple shoutouts on The Joe Rogan Experience Podcast.
Nutrition advisor at a NASA multiplanetary travel symposium.
Partner of Genova Diagnostics Laboratories.

Instructor: Heidi Haavik
1 hour
Title: The Latest Brain Science of Chiropractic Care

Course Description: Join Dr. Heidi Haavik, a renowned chiropractor and neurophysiologist, as she unpacks the latest scientific insights into how chiropractic adjustments influence brain function. As Vice President of Research at the New Zealand College of Chiropractic, Dr. Haavik has led pioneering studies revealing how spinal dysfunction can disrupt brain activity—and how chiropractic care can help restore optimal function. In this engaging session, she will break down complex neuroscience into clear, practical concepts, explaining the contemporary brain model of vertebral subluxation based on published research. You'll discover how high-velocity, low-amplitude (HVLA) adjustments impact the prefrontal cortex—an essential brain region responsible for movement control, pain processing, mental health, immune function, and even chronic disease regulation. Whether you're a student, chiropractic assistant, or doctor of chiropractic, this talk will equip you with a deeper understanding of how to integrate the latest brain science into your practice. Don't miss this opportunity to learn from one of the most sought-after speakers in the chiropractic profession!

Learning Objectives:
1. Understand the Brain-Spine Connection in Chiropractic Care By the end of the session, participants will be able to explain the neurological relationship between spinal function and brain activity, including how spinal dysfunction can disrupt communication and overall health.
2. Apply Neuroscientific Insights to Chiropractic Practice Participants will be able to describe the impact of chiropractic adjustments on key brain areas—such as the prefrontal cortex—and effectively communicate the brain-based benefits of chiropractic care to patients and other healthcare professionals.

Outline:

First 15 Minutes: The Brain-Spine Connection and Spinal Dysfunction

- **Introduction to the Brain-Spine Connection**: How chiropractic care influences brain-spinal communication.
- **The Brain's Role in Regulating Spinal Function**: Understanding the connection between spinal health and overall well-being.
- **Spinal Dysfunction's Impact on Brain Function**: Insights from the contemporary model of vertebral subluxation and recent scientific findings.

Second 15 Minutes: Chiropractic Adjustments and the Prefrontal Cortex

- **Research on Chiropractic Adjustments and Brain Health**: How chiropractic care influences the prefrontal cortex and key brain areas.
- **Importance of the Prefrontal Cortex**: Its role in cognitive function, movement, pain processing, and mental health.
- **Impact of Spinal Adjustments on Brain Communication**: How chiropractic adjustments support brain health by altering network communication for overall well-being.

Third 15 Minutes: Communicating Chiropractic's Brain-Based Benefits

- **Strategies for Communicating Chiropractic Science**: Effective ways to share the neurological benefits of chiropractic care with patients.
- **Explaining the Science to Patients and Healthcare Providers**: How to clearly articulate the neurological effects of chiropractic adjustments.
- **Patient Education Techniques**: Building trust and improving outcomes through informed patient communication.

Fourth 15 Minutes: Implications and Future Directions

- **The Evolving Role of Chiropractic in Brain and Body Health**: Current and potential future contributions of chiropractic care.
- **Breakthroughs in Chiropractic Neuroscience**: Discussing the latest research and its potential impact on chiropractic practice.

CURRICULUM VITAE

NAME: Heidi Haavik

PREVIOUS NAME: Heidi Haavik Taylor

CAREER STATEMENT:

I am a chiropractor (New Zealand College of Chiropractic graduate; 1999) who has also gained a PhD in human neurophysiology (University of Auckland graduate; 2008). I have provided research leadership for the New Zealand College of Chiropractic (NZCC) since 2006, first as their Director of Research and then as of late 2021 as Vice President Research and Dean of Research. At the College I am part of the leadership team where I take part in the strategic plan development and implementation. I am also responsible for the research direction, quality and quantity at both the Centre for Chiropractic Research as well as for all faculty at the College. The NZCC research program is internationally renowned. I have been an integral part of designing, developing, coordinating and teaching multiple courses within the curriculum at the College. Knowledge translation is also passion of mine, and I have author a book called 'The Reality Check: A quest to Understand Chiropractic from the inside out' (www.heidihaavik.com). This book describes in easy-to-understand language what happens in the brain when a chiropractor adjusts dysfunctional segments in the spine. I am also the director of a company called Haavik Research Ltd which is aimed at practicing clinicians to become better consumers of the relevant scientific literature. I held an Adjunct Professor position at the University of Ontario, Institute of Technology in Oshawa, Canada from 2017-2019 and was on the Research Council for the World Federation of Chiropractic for ten years (2009-2018). I currently serve as the Chair of the Research workgroup on the Future of Chiropractic Strategic Vision and Planning Project, a USA based collaboration of all Chiropractic State Associations. I maintain many strong collaborative research relationships with multiple scientists in the fields of neurophysiology, bioengineering, and spinal pain. I have received numerous research awards and has published a number of papers in chiropractic and neurophysiology journals and I have presented my work to both chiropractic and neuroscience communities around Australasia, Africa, North America and Europe. I have become one of the most sought-after speakers within the chiropractic profession. I am on the Editorial Board of the Journal of Manipulative and Physiological Therapeutics and Journal of Chiropractic Education and am a Review Editor in Movement Science and Sport Psychology for Frontiers in Psychology and Sports Science. I was named Chiropractor of the year in 2007 by both the New Zealand Chiropractic Association and the New Zealand College of Chiropractic Alumni Association. I am highly motivated and have a strong inner drive and passion for my work. I have a natural ability to lead and work well independently and in group settings.

CURRENT POSITIONS:

Vice President Research and Dean of Research, New Zealand College of Chiropractic, 6 Harrison Road, Mt Wellington, Auckland, New Zealand since 2021. Director of Research since 2006.

Director of Haavik Research Limited since 2014.

Leadership Committee Member (Chair of Research Workgroup), Future of Chiropractic Strategic Vision and Planning Project, a USA based collaboration of all Chiropractic State Associations.

Part-time Chiropractic practice at Haavik Research, Browns Bay, Auckland, New Zealand since 1999.

PREVIOUS POSITIONS HELD:

2006 -2021	Director of Research, New Zealand College of Chiropractic, 6 Harrison Road, Mt Wellington, Auckland, New Zealand since 2006.
2017-2019	Adjunct Professor, Master of Health Sciences Program, University of Ontario Institute of Technology, Ontario, Canada.
2009 – 2018	World Federation of Chiropractic Research Council Member
2007 – 2012	Head of Neuroscience Department, New Zealand College of Chiropractic
2011- 2013	Associate Graduate Faculty Member, Master of Health Sciences Program, University of Ontario Institute of Technology, Ontario, Canada.

EDUCATIONAL QUALIFICATIONS:

2017	Auckland University of Technology, Certificate in Adult Education
2008	University of Auckland PhD
2003	University of Auckland, PG Dip (Science) (A+ grade average)
2000	New Zealand School of Chiropractic, BSc (Chiropractic)
1999	University of Auckland, BSc, Physiology and Psychology

SIGNIFICANT DISTINCTIONS / AWARDS

2023	Kent S. Greenawalt Legacy Award. Foundation for Chiropractic Progress. In order to recognize the accomplishments of individuals making progress to advance the profession.
2020	Stuart Rynsberger award for Outstanding Service to the Profession from the United Chiropractic Association, United Kingdom.
2019	Chiropractic Innovation Award from MaxLiving in USA
2018	Chiropractic Advocate Award from the Michigan Association of Chiropractors, Traverse City, Michigan, USA
2016	First place award winning paper at The Parker Experience Seminar in Las Vegas, USA.
2015	Scott Haldeman Research Award (prize money of USD $12,000): Award winning paper at the at the World Federation of Chiropractic's 13th Biennial Congress in Athens, Greece.

Instructor: Scott Munsterman
2 hours
Title: Medical Errors

Course Description: First do no harm is the oath providers take and applying this intentionally in the practice as a safeguard for patient safety is of high importance. This course provides a foundation for understanding adverse events, how they emerge, and the process to bring into the practice to prevent medical errors from occurring. A review of the office workflows of patient intake, evaluation process, and overall standard of care is discussed. In addition, discussion around the methods for detecting failure across the diagnostic process and understanding of the Dual Process theory and diagnosis and the role this plays in avoiding harm to patients.

Learning Objectives:
● Common reasons/causes for clinical errors
● Detecting failure in the diagnostic process
● Evaluation process: vitals, history, etc. and the role these duties play in screening patients who may be at risk – including x-ray indications, etc.
● Informed consent and the role it plays in patient safety

Outline 15 min increments:
● Common reasons/causes for clinical errors: Understanding the Swiss Cheese Model of clinical errors, which highlights how multiple small failures can align to cause significant mistakes. Explore systemic issues (such as communication breakdowns, inadequate staffing, and workflow inefficiencies) and human factors (such as fatigue, cognitive overload, and lack of experience) that contribute to errors in clinical practice.

● Detecting failure in the diagnostic process: Examining Heuristic Biases (e.g., anchoring, availability, and confirmation bias) that can mislead clinical judgment. Understanding the Dual Process Theory and how intuitive vs. analytical thinking affects diagnosis. Discussing the role of professional boundaries in preventing clinical errors, including how interprofessional communication and teamwork can mitigate misdiagnosis or oversight.

● Evaluation process: The importance of vital signs, patient history, and physical examinations in screening high-risk patients. Covering specific red flags in patient history that should raise concerns (e.g., prior medical conditions, family history, lifestyle factors). Discussing when imaging (e.g., X-rays, CT scans) is warranted and how guidelines help avoid unnecessary exposure while ensuring proper diagnosis. Addressing how early detection of risk factors improves patient outcomes and prevents misdiagnosis.

● Informed consent and the role it plays in patient safety: Reviewing the informed consent process, including mandatory requirements such as explaining risks, benefits, and alternatives to treatment. Exploring how material changes in a patient's condition should prompt a reassessment of consent, particularly in cases where gaps in care occur. Discussing legal and ethical obligations in ensuring patients fully understand their choices, as well as strategies to improve patient comprehension and engagement in decision-making.

Scott D. Munsterman, DC, FICC, CPCO
2303 Goldenrod Trail
Brookings, South Dakota 57006
605-691-9930

Professional Education

1979-1981	Undergraduate study at University of Minnesota, Morris
1981-1984	Graduate of Northwestern College of Chiropractic, Bloomington, Mn.
2017	Certified Professional Compliance Officer (AAPC)

Professional Certifications

- National Committee for Quality Assurance Patient-centered Medical Home and Accountable Care Organization guideline certification
- URAC Patient-centered Health Care Home Core Standards/Auditor, Utilization Management Health and Worker's Compensation Certification
- Achieved National Committee for Quality Assurance Partner in Quality status for Best Practices Academy, LLC
- Certified Professional Compliance Officer (AAPC)

Professional Experience

1985 - 2009	Full-time Clinical Chiropractic Practice in Brookings, South Dakota
1991 - 2009	Professional Advisor for the Pre-Chiropractic Curriculum Program, South Dakota State University
1991	Expanded Solo Chiropractic Practice into group practice.
1993	Co-founded Dakota Healing Arts; a multi-disciplinary healthcare facility.
1999	Certified to perform Manipulation Under Anesthesia
2005 – 2009	Established Brookings Therapeutic and Surgery Center, an integrated health care facility (DC, MD, PT, DPM professional collaborations)
2005 – 2013	Served as Vice-Chair of the Board of Trustees, Northwestern Health Sciences University
2010-present	Founded/Incorporated the Best Practices Academy, LLC (www.bestpracticesacademy.com), CEO/President (present)
2010-present	Frequent presenter to numerous state associations and licensing board requests across the United States, sharing expertise in pain management, comprehensive compliance program topics (HIPAA, OSHA, OIG/Medicare, etc.), coding and documentation, legislative and public policy activities, and other health care topics upon request (10-15 events annually).
2013 - 2015	Chief of Care Delivery, Northwestern Health Sciences University
2016	Developed EHR within iPatientCare platform for integrated clinical practice settings.
2018	Co-Founded ClinicArmor, LLC (comprehensive clinical compliance program)
2022	Clinical Advisor of BioMagnetic Sciences, LLC (medical device company start-up Eden Prairie, Mn.)
2024	Accepted in the Safety, Quality, Informatics, and Leadership Program Harvard Medical School Postgraduate Program (in process)

Professional Achievements

- Member of the American Chiropractic Association since 1985
- Member of the South Dakota Chiropractors Association since 1985
- Founding Chairman of the "South Dakota Occupational Health and Safety Conference"
- Past President, South Dakota Chiropractors Association
- Awarded South Dakota Chiropractor of the Year, 2003

Scott D. Munsterman, DC, FICC, CPCO
2303 Goldenrod Trail
Brookings, South Dakota 57006
605-691-9930

- Awarded a Fellow of the International College of Chiropractors (FICC), 2006
- Past Vice Chair, Board of Trustees, Northwestern Health Science University
- Honored with the Distinguished Alumnus Award by the Northwestern Health Science University Alumni Association (2012)

Community Achievements

- Elected to Brookings City Council four-year term of office (2000)
- Elected Mayor, City of Brookings to a three-year term (2003)
- Re-elected for a second term to Mayor, City of Brookings (2006)
- Republican Candidate for Governor, State of South Dakota (2010)
- Elected (re-elected) State House of Representatives, District 7 (2010, 2012, 2014)
- Past Chair of the House Health and Human Services Committee State of South Dakota (2012-2016)
- Past Chair of the Legislative Planning Committee State of South Dakota (2014-2016)
- Served on House State Affairs Committee State of South Dakota (2012-2016)
- Served as Majority Whip Leader, House of Representatives (2012-2014)
- Appointed Interim Mayor of the City of Brookings (January – May 2017)

Brief Bio

Scott Munsterman, DC, FICC, CPCO

Dr. Scott Munsterman is an acknowledged expert on the transforming model of health care delivery and compliance. Dr. Munsterman is a founder of Best Practices Academy, a clinical improvement organization providing focused leadership to equip providers to improve clinical outcomes and integrate into the transformed care delivery system. Dr. Munsterman is also co-founder and principal consultant of ClinicArmor, LLC, a comprehensive clinical compliance program to bring chiropractic and medical practices into compliance with regulatory standards.

Dr. Munsterman is a graduate of Northwestern Health Sciences University, where he has served as Vice-Chair of the Board of Trustees and on the President's Cabinet as Chief of Care Delivery, which involved implementing an integrated clinical model in the clinic system. He has been awarded Chiropractor of the Year in South Dakota and the Fellow of the International College of Chiropractors (FICC). He is a certified professional compliance officer credentialed through the AAPC. Dr. Munsterman served two terms as Mayor of the City of Brookings and three consecutive terms in the South Dakota Legislature's House of Representatives, where he chaired both the House Health and Human Services Committee and the Legislative Planning Committee, serving as a Majority Whip Leader as well. He is author of the books "A Vision for South Dakota" and "Unfinished Business".