

## State Board of Chiropractic Examiners

To Whom It May Concern:

This letter is to state that through a contract with Parker University and the Director of Parker Professional Programs, the below instructor(s) are of post-graduate level and affiliated with Parker University to teach the courses covered for “Parker Seminar Vegas 2026”. 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](http://www.parker.edu)

Brandon Steele	Camille Reagan	Kent Werner	Greg Rose
Russel Surasky	Robynne Chutkan	Lindsay Mumma	William Li
Steve Rallis	Richard Harris	John Floyd	Alex Vidan
Anna Cabeca	Jeff Cavaliere	MaryAnne Dimak	Elise Hewitt
Sara Griffin	Cliff Tao	Brad Glowaki	Celia Maguire
Mike Boyle	Kyler Brown	Tommy Wood	Michael Easter
John Cho	Nicky Kirk	Chris Cantu	Simon Wang
Andy Galpin	Nichelle Gurule	Mat Fraser	Ashlee Kates-Ascioti
William E. Morgan	Cassie Holmes	Shawn Thistle	Thomas DeLauer
Jake Cooke	Scott Munsterman	Ulrik Sandstrom	Rhonda Patrick
Jessica Shepherd	Scott Forbes	Jake Mills	Linda May
Tim Bertelsman	Mark Charrette	Jay Ferguson	Bret Contreras
Cody Dimak	Kyl Smith	Nicole Zipay	Doug Goldstein
Dan Garner			

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

Sincerely,



Phyllis Frase-Charrette  
Director of Professional Programs

## **METHOD OF CERTIFYING ATTENDANCE AT THE SEMINAR**

1. **Name of Course:** Parker Seminar Vegas 2026
2. **Organization sponsoring the course:** Parker University
3. **Course Objective:** To enhance the expertise of the Chiropractic Professional.
4. **Study hours required:** 15 DC hours physically possible, 89 DC hours total
5. **Instructor(s):**

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Continuing Education  
2540 Walnut Hill Lane  
Dallas, Texas 75229  
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Cody Dimak	Kyl Smith	Nicole Zipay	Doug Goldstein
Dan Garner			

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):** Las Vegas, NV

CLINICAL SCIENCE	LIFESTYLE WELLNESS	FUNCTIONAL HEALTH	BUSINESS PRINCIPLES	WOMEN'S HEALTH	CHIROPRACTIC ASSISTANTS	THE SCIENCE OF HUMAN PERFORMANCE	DIAGNOSTIC IMAGERY	PREMIER TRACK Additional Fee Required
7:30am-8:30am REGISTRATION/EXPO OPEN								
Radiculopathy Reimagined: Proven Techniques to Diagnose & Decompress Nerves  <b>Brandon Steele</b> TBD	From Vivitrol to Innate: A Neurologist's Medical Breakthrough that Could Redefine Chiropractic Forever  <b>Russell Surasky</b> TBD	The Metabolic Adjustment: Targeted Functional Medicine Protocols for Chronic Neurological Conditions  <b>Steve Rallis</b> TBD	Chiropractic on the Go: Exploring Mobile Options for Animals & Humans  <b>Elizabeth Scott</b> TBD	Hormones, Diet & Menopause  <b>Anna Cabeca</b> TBD	Making Systems Work for You: Organizational Strategies to Build a Happy, High Performance Office  <b>Sara Griffin</b> TBD	Training Adults for Longevity  <b>Mike Boyle</b> Main Stage	MSK Ultrasound of the Ankle: Beyond the Ankle Sprain  <b>John Cho</b> TBD	My Favorite Speeder Board Adjustments For the Extremities Part I  <b>Mark Charrette</b> TBD
8:30am-9:30am EXPO BREAK								
9:30am-10am   Kairos in Clinical Decision-Making <b>William E. Morgan</b>   Main Stage  <span style="float: right;">1 HOUR MD/RN CE 1 HOUR CA CE 1 HOUR DC CE</span>								
10am-11:30am LUNCH BREAK								
Out of Balance: How Visual Dominance Contributes to Pain, Dizziness, & Increased Stress  <b>Jake Cooke</b> TBD	Hormonal Transitions & Menopause: Evidence-Based & Integrative Approaches to Midlife Health  <b>Jessica Shepherd</b> TBD	Lumbar Instability: The Missing Link in Low Back Pain Recovery  <b>Tim Bertelsman</b> TBD	New Patient Power-Up: Start Care Now  <b>Alex Vidan</b> TBD	Glow: Tools for Improving Women's Health  <b>Linda May</b> TBD	Risky Business: Navigating the Financial Risks in Healthcare  <b>Ray Foxworth</b> TBD	Lumbar Spine Rehabilitation Through Strength Training  <b>Cody Dimak</b> Main Stage	MSK Ultrasound of the Knee: Beyond the Meniscal Tear  <b>John Cho</b> TBD	My Favorite Speeder Board Adjustments For the Extremities Part II  <b>Mark Charrette</b> TBD
1pm-3pm EXPO BREAK								
Strapping Fast Functional Fixes for Sport Injuries  <b>Camille Reagan</b> TBD	Inside Out: How the Gut Microbiome Shapes Cancer Risk & Recovery  <b>Robynne Chutkan</b> TBD	What Your Doctor Isn't Telling You About Labs  <b>Richard Harris</b> TBD	Performance Storytelling: The New Era of Hero's Trials  <b>Chris Williams</b> TBD	Exercise Prescription for Pregnancy & Postpartum  <b>Linda May</b> TBD	The 4 R's Strategy: Retention, Reactivation, Referrals, & Reviews  <b>Cindy Parks</b> TBD	FOREVER FIT: The Unbreakable Laws of Longevity  <b>Jeff Cavaliere</b> Main Stage	Radiology Mindset  <b>Cliff Tao</b> TBD	My Favorite Speeder Board Adjustments For the Extremities Part III  <b>Mark Charrette</b> TBD
3:30pm-4:30pm EXPO BREAK								
4:30pm-5pm   Decoding the Kairos Moments of a CEO <b>Steven Bartlett</b>   Main Stage  <span style="float: right;">NO CE</span>								

## COLOR KEY:

 Healthcare Professionals Outside of Chiropractors, MDs, PTs, & RNs

 Women's Health & Pediatric

 Military & Sports

 Entrepreneurs & Business





PARKER SEMINARS PRESENTS

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**Caesars Forum Event Center**

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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 Las Vegas  
2026

Course No.:

Location: Las Vegas, NV

Seminar Dates:

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

Time	Instructors Name	Topic of Discussion	CE Hours
<b>Thursday, February 26, 2026</b>			
8:30am - 9:30am	Brandon Steele	Radiculopathy Reimagined: Proven Techniques to Diagnose & Decompress Nerves	1
8:30am - 9:30am	Russell Surasky	From Vivitrol to Innate: A Neurologist's Medical Breakthrough that Could Redefine Chiropractic Forever	1
8:30am - 9:30am	Steve Rallis	The Metabolic Adjustment: Targeted Functional Medicine Protocols for Chronic Neurological Conditions	1
8:30am - 9:30am	Anna Cabeca	Hormones, Diet & Menopause	1
8:30am - 9:30am	Mike Boyle	Training Adults for Longevity	1
8:30am - 9:30am	John Cho	MSK Ultrasound of the Ankle: Beyond the Ankle Sprain	1
8:30am - 9:30am	Mark Charrette	My Favorite Speeder Board Adjustments For the Extremities Part I	1
10:00am - 11:00am	William E. Morgan	Kairos in Clinical Decision Making	1
1:00pm - 3:00pm	Jake Cooke	Out of Balance: How Visual Dominance Contributes to Pain, Dizziness, & Increased Stress	2
1:00pm - 3:00pm	Jessica Shepherd	Hormonal Transitions & Menopause: Evidence-Based & Integrative Approaches to Midlife Health	2
1:00pm - 3:00pm	Tim Bertelsman	Lumbar Instability: The Missing Link in Low Back Pain Recovery	2
1:00pm - 3:00pm	Linda May	Glow: Tools for Improving Women's Health	2
1:00pm - 3:00pm	Cody Dimak	Lumbar Spine Rehabilitation Through Strength Training	2
1:00pm - 3:00pm	John Cho	MSK Ultrasound of the Knee: Beyond the Meniscal Tear	2
1:00pm - 3:00pm	Mark Charrette	My Favorite Speeder Board Adjustments For the Extremities Part II	2
3:30pm - 4:30pm	Camille Reagan	Strapping Fast Functional Fixes for Sport Injuries	1
3:30pm - 4:30pm	Robynne Chutkan	Inside Out: How the Gut Microbiome Shapes Cancer Risk & Recovery	1
3:30pm - 4:30pm	Richard Harris	What Your Doctor Isn't Telling You About Labs	1

3:30pm - 4:30pm	Linda May	Exercise Prescription for Pregnancy & Postpartum	1
3:30pm - 4:30pm	Jeff Cavaliere	FOREVER FIT: The Unbreakable Laws of Longevity	1
3:30pm - 4:30pm	Cliff Tao	Radiology Mindset	1
3:30pm - 4:30pm	Mark Charrette	My Favorite Speeder Board Adjustments For the Extremities Part III	1

**Friday, February 26, 2026**

8:30am - 9:30am	Kyler Brown	Beyond the Adjustment: Clinical Protocols to Modernize Your Practice & Integrate with the Sports & Longevity Communities	1
8:30am - 9:30am	Nicky Kirk	Perception in Motion: Integrative Strategies for Neuroperformance	1
8:30am - 9:30am	Nichelle Gurule	Infant Adjusting Essentials Assessment, Treatment, & Feeding, Airway & Cranial Care	1
8:30am - 9:30am	Cassie Holmes	Happier Hour – How to Invest Your Time for a More Meaningful Life	1
8:30am - 9:30am	Scott Munsterman	Effective Patient History & Documentation	1
8:30am - 9:30am	Scott Forbes	Creatine for Exercise, Performance, & Health	1
8:30am - 9:30am	Andy Galpin, Dan Garner, Doug Goldstein	Assessing & Correcting Muscle Asymmetries & Imbalances - Part I	1
8:30am - 9:30am	Christine Foss	Sports Concussion	1
1:00pm - 3:00pm	Kyl Smith	Get Sleep Right to Win the Chronic Pain Fight	2
1:00pm - 3:00pm	Kent Werner	Sleep, Glymphatics, and Neurodegeneration After TBI	2
1:00pm - 3:00pm	Nichelle Gurule	Brain-Based Pediatrics with Movement, Primitive Reflex Integration, & Chiropractic Care	2
1:00pm - 3:00pm	Lindsay Mumma	CA to RehabCA: Leveling Up	2
1:00pm - 3:00pm	John Floyd	Professional Ethics & Legal Responsibilities in Healthcare	2
1:00pm - 3:00pm	MaryAnne Dimak	Rehabilitation of the Female Athlete	2
1:00pm - 3:00pm	Andy Galpin, Dan Garner, Doug Goldstein	Assessing & Correcting Muscle Asymmetries & Imbalances - Part II	2
1:00pm - 3:00pm	Christine Foss	Sports Concussion conditions & Shoulder Girdle Assessment and Coupled Chiropractic Technique	2
3:30pm - 4:30pm	Brad Glowaki	Practice Authenticity	1
3:30pm - 4:30pm	Tommy Wood	The Stimulated Mind	1
3:30pm - 4:30pm	Nichelle Gurule	Breastfeeding & TOTS in Practice Functional Suckle Assessment & Bodywork for DCs	1
3:30pm - 4:30pm	Chris Cantu	Patient Care Starts Here: Elevating the CA's Role in Clinical Excellence	1
3:30pm - 4:30pm	Scott Munsterman	Comprehensive Physical Examination Techniques	1
3:30pm - 4:30pm	Mat Fraser	Hard Work Pays Off: The Anatomy of Human Performance & Power of Purpose	1

3:30pm - 4:30pm	Andy Galpin, Dan Garner, Doug Goldstein	Assessing & Correcting Muscle Asymmetries & Imbalances - Part III	1
3:30pm - 4:30pm	Christine Foss	Shoulder Girdle Assessment and Coupled Chiropractic Technique	1
5:00pm - 6:00pm	Andy Galpin	New Insights into Muscle Health, Quality, & Function	1

**Saturday, February 26, 2026**

8:30am - 9:30am	Shawn Thistle	Cervicogenic Dizziness: Clinical Implications	1
8:30am - 9:30am	Ulrik Sandstrom	Reading the Nervous System: Tailoring Treatment Through Real-Time Neurological Feedback Part I	1
8:30am - 9:30am	Jake Mills	Deconstructing Shoulder Impingement The Case Against Movement Perfection	1
8:30am - 9:30am	Jay Ferguson	Anatomy in Action: The Chiropractic Assistant's Guide to Understanding the Body	1
8:30am - 9:30am	Scott Munsterman	Preventing & Managing Medical Errors	1
8:30am - 9:30am	Nicole Zipay	Knee-d to See It - How Musculoskeletal Ultrasound Brings Diagnosis to Life	1
8:30am - 9:30am	Bret Contreras	Optimal Gluteus Maximus Training: From Rehab to High Performance	1
8:30am - 9:30am	Greg Rose	Assessing & Treating Golfers – Assessing & Improving Hip Mobility	1
8:30am - 9:30am	Christine Foss	Rehab and Taping Techniques	1
10:00am - 11:00am	William Li	Food as Medicine From Health to Longevity	1
1:00pm - 2:00pm	Alex Vidan	Clinical Gold: Orthopedic Exam Pearls	1
1:00pm - 2:00pm	Ulrik Sandstrom	Reading the Nervous System: Tailoring Treatment Through Real-Time Neurological Feedback Part II	1
1:00pm - 2:00pm	Elise Hewitt	Modern Pediatric Chiropractic Care: Etiology of Joint Dysfunction in Young Children Part I	1
1:00pm - 2:00pm	Scott Munsterman	Ethical Practices in Billing & Coding Part I	1
1:00pm - 2:00pm	Celia Maguire	Images to insight: Challenging Cases in Chiropractic Radiology	1
1:00pm - 2:00pm	Michael Easter	The Power of Leaving Your Comfort Zone	1
1:00pm - 2:00pm	Greg Rose	Assessing & Treating Golfers – Increasing Power - What Every Golfer Wants	1
1:00pm - 2:00pm	Christine Foss	Soft Tissue Techniques Shoulder, Elbow, Wrist and Hand Part I	1
2:30pm - 3:30pm	Simon Wang	Helping Patients Who Have Tried Everything. Removing Barriers to Recovery Through a Clinical Ergonomics Lens	1
2:30pm - 3:30pm	Ulrik Sandstrom	Reading the Nervous System: Tailoring Treatment Through Real-Time Neurological Feedback Part III	1
2:30pm - 3:30pm	Elise Hewitt	Modern Pediatric Chiropractic Care: Etiology of Joint Dysfunction in Young Children Part II	1
2:30pm - 3:30pm	Scott Munsterman	Ethical Practices in Billing & Coding Part II	1
2:30pm - 3:30pm	Ashlee Kates-	Winning the Diagnostic Game: Spinal Imaging	1

	Ascioti	Features of Arthritides	
2:30pm - 3:30pm	Thomas DeLauer	Advancing Our Mitochondria for Fat Loss & Performance	1
2:30pm - 3:30pm	Greg Rose	Assessing & Treating Golfers – Your Best Clients The Body-Swing Connection	1
2:30pm - 3:30pm	Christine Foss	Soft Tissue Techniques Shoulder, Elbow, Wrist and Hand Part II	1
4:00pm – 5:00pm	Rhonda Patrick	Reprogramming Aging: Leveraging Micronutrients, Phytochemicals, & Exercise for Longevity & Health Span	1

Board Approval Number: \_\_\_\_\_

*Phyllis Frase Charrette*

Phyllis Frase Charrette, Director Parker Professional Programs

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

**SAMPLE**

**Instructor: Brandon Steele**

**1 Hour**

**Course Title: Radiculopathy Reimagined: Proven Techniques to Diagnose and Decompress Nerves.**

**Course Description:** Discover fast, practical strategies for diagnosing and treating cervical radiculopathies. Learn simple, evidence-based neurodynamic tests, nerve release, and flossing techniques to quickly reduce pain, numbness, and paresthesia—making you the go-to provider for nerve pain.

**Learning Objectives:**

- Identify cervical and upper extremity radiculopathies through thorough physical, orthopedic, neurologic, and neurodynamic evaluations.
- Differentiate between radiculopathy, neuropathy, and musculoskeletal referral patterns to ensure accurate diagnosis.
- Apply evidence-based treatment strategies using manual therapy, neurodynamic mobilization, and rehabilitative exercise.
- Enhance patient outcomes through education, activity modification, and consistent communication that encourages active participation in recovery

**Outline:**

0:00 – 0:15 | Foundations of Neural Anatomy and Symptom Generation

Review the anatomy of cervical nerve roots and peripheral pathways.

Discuss mechanisms of nerve compression and resulting sensory and motor symptoms.

Correlate anatomic regions with clinical presentations of radiculopathy

0:15 – 0:30 | Physiologic Response to Nerve Compression

Examine the cellular and vascular effects of mechanical compression on neural tissue.

Explore the progression from irritation to ischemia, inflammation, and demyelination.

Connect physiologic changes to clinical signs such as paresthesia, weakness, and pain patterns.

0:30 – 0:45 | Practical Neurodynamics and Upper Limb Tension Testing

Demonstrate key neurodynamic assessment principles for cervical and upper extremity nerves.

Review standard upper limb nerve tension tests (median, radial, ulnar)

Interpret test findings and integrate them into differential diagnosis.

0:45 – 1:00 | Cervical Radiculopathy: From Assessment to Management

Summarize the relevant anatomy, pathology, and etiology of cervical radiculopathy.

Discuss evidence-based orthopedic and neurologic assessments.

Present conservative management strategies, including manual therapy, neurodynamic exercises, and patient education

**Curriculum Vitae**  
Dr. Brandon Steele DC, FACO

**Contact Information:**

Premier Rehab  
4460 N Illinois St.  
Swansea, IL 62226  
(618) 236-3738  
[steelebc@gmail.com](mailto:steelebc@gmail.com)  
IL Lic #: 038-011753

**Education:**

D.C. Chiropractic Medicine, Logan College of Chiropractic 2006-2009  
B.S. Human Biology, Logan University 2006-2008  
B.A. Biology, Saint Louis University 2000-2004

**Licensure:**

Licensed Chiropractic Physician in the State of Illinois 2010-present  
Board Certified: Diplomate in Orthopedics

**Memberships:**

Illinois Chiropractic Society Board Member 2010-present  
Illinois Chiropractic Society Member  
American Chiropractic Association

**Specialty & Subspecialty Certifications:**

Dept of Health & Human Services (OHRP) Human Subject Assurance Training courses. 2009  
NIH Clinical Research Training Certification. 2009  
Radiology Technique & Analysis Certification, Logan University. 2009  
Physiologic Therapeutics Certification, Logan University. 2009  
Head, Neck and Orofacial Rehabilitation, Central Institute for Human Performance. 2008, 2009  
Musculoskeletal Pain in Pregnancy, Central Institute for Human Performance. 2009  
Building the Ultimate Back by Stuart McGill: From Rehabilitation to Performance, Central Institute of Human Performance—2009  
International Symposium on Musculoskeletal Pain and Motor Control by McGill and Kolar, Central Institute of Human Performance—2010  
Active Release Technique Certification, Spine—2008  
Active Release Technique Certification, Lower Extremity—2009  
Gait Analysis Master's Series, National University, 2009  
Lower Quadrant Functional Screening, National University, 2008  
Full Spine Analysis & Adjustive Technique, National University, 2008  
Extremity Adjusting, National University, 2007  
Cervical & Thoracic Spine Analysis & Adjustive Technique, National University, 2008  
Full Spine Analysis & Adjustive Technique, National University, 2007  
Exercise and the Athlete: Reflexive, Rudimentary & Fundamental Strategies by Liebenson and Kolar, International Society of Clinical Rehabilitation Specialists, 2009  
Indiana Spine Group Conference on Pain Management and Surgical considerations, 2011  
Illinois Chiropractic Society Symposium, 2010, 2011, 2012  
McKenzie Directional Therapy, Part A 2012  
Diplomate, Fellow of the Academy of Chiropractic Orthopedists (FACO), 2016

**Publications:**

Journal of the Illinois Chiropractic Society, Regular Columnist, 2014-Present

Journal of Chiropractic Orthopedists, Peer Reviewer

**Speaking Engagements:**

- Illinois Chiropractic Society- Evidence Based Evaluation and Treatment. Oct. 2013
- Illinois Chiropractic Society- Mastering The Rotator Cuff. Mar. 2014
- Indiana State Chiropractic Association- Low Back Continuum, Oct. 2014
- American College of Chiropractic Orthopedists- Mastering The Rotator Cuff. April 2015
- Kentucky Association of Chiropractors- The LBP Continuum, Mastering the Rotator Cuff, Sept. 2015
- Illinois Chiropractic Society- Exceptional Outcomes, Oct 2015
- University of Bridgeport- Exceptional Outcomes, Oct 2015
- North Carolina Chiropractic Association- Exceptional Outcomes, Maximizing Productivity, Nov. 2015
- Missouri State Chiropractic Association- Mastering the Rotator Cuff, January 2016
- Logan College of Chiropractic Spring Symposium- Exceptional Outcomes, April 2016
- Arizona Association of Chiropractic- Mastering the Rotator Cuff, June 2016
- South Carolina Chiropractic Association- Exceptional Outcomes, Mastering the Rotator Cuff, LBP Continuum June 2016
- University of Illinois Medical School Carle Clinic: Back Pain Forum- Integrating Chiropractic Into Mainstream Care August 2016
- Wisconsin Chiropractic Association- Best Practice Evidence for Managing LBP, September 2016
- Wisconsin Chiropractic Association- Mastering the Rotator Cuff, April 2017
- Illinois Chiropractic Society- Becoming the Provider of Choice in Your Medical Community June 2017
- American Chiropractic Association Sports Council- Exceptional Outcomes to Maximizing Productivity, September 2017
- American Chiropractic Association (NCLC)- Real World Outcomes for Treating LBP, March 2018
- Iowa Chiropractic Association, Exceptional Outcomes, April 2018
- Canadian Chiropractic Association- Recognizing Threatening Conditions that Mimic Common Complaints,
- Exceptional Outcomes! Resolving 7 Commonly Overlooked Functional Musculoskeletal Problems that Delay Recovery, April 2018
- Texas Chiropractic Association, Mastering the Rotator Cuff Diplomate Program- August 2018
- Wisconsin Chiropractic Association- Mastering the Rotator Cuff Diplomate Program, September 2018
- Saskatchewan Chiropractic Association- Threatening Diagnoses From Childhood to Old Age. October 2018
- Las Vegas Diplomate in Orthopedics- Mastering the Rotator Cuff, November 2018
- Alaska Chiropractic Association- Mastering the Rotator Cuff: A Sports-Based Workshop for Practical Best Practice Management, February 2019
- Wisconsin Chiropractic Association- Resolving 7 Hidden Musculoskeletal Problems that Delay Recovery, March 2019
- Connecticut Chiropractic Association- Mastering the Rotator Cuff: A Sports-Based Workshop for Practical Best Practice Management, April 2019
- Iowa Chiropractic Association- Evaluation & Management of the Most Common Sports Injuries & Extremity Disorders, April 2019
- Indiana Chiropractic Association- Evaluation & Management of the Most Common Sports Injuries & Extremity Disorders June 2019

**Instructor: Russell Surasky**

**Title:** From Vivitrol to Innate: A Neurologist's Medical Breakthrough that Could Redefine Chiropractic Forever

**Description:** Addiction has now been proven to be a neurological brain disease. Dr. Surasky, double board-certified neurologist and addiction specialist, pioneered breakthrough medication protocols now used in centers nationwide. In a unique partnership with NYCC, he discovered that a precisely delivered chiropractic adjustment can restore systemic coherence and unlock integrated healing throughout the brain and body.

**Learning Objective:**

- Deepen understanding of addiction as a neurological condition rather than a moral or psychological failing, fostering greater empathy and clinical awareness.
- Describe how addictive substances hijack limbic-cortical circuits, driving unrelenting compulsions to seek and use drugs despite ongoing destruction to a person's life.
- Learn the critical differences between medication-assisted treatments, including Suboxone, Sublocade, and Vivitrol—highlighting protocols that help significantly improve prognosis.
- Identify six neurological conditions that optimize the nervous system's ability to integrate a chiropractic adjustment, resulting in better health outcomes.

**Outline:**

## 0–15 Minutes: The Neurological Basis of Addiction

- Review of diagnostic criteria for substance use disorders, including clinical indicators and behavioral patterns as defined by DSM-5.
- Comparison of older models of addiction with the modern understanding of addiction as a chronic, relapsing brain disease.
- How drugs of abuse hijack the limbic system and drive unrelenting, compulsive cravings—often leading to recurring relapses and death.

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15–30 Minutes: Integrating Chiropractic into Addiction Recovery

- Understanding the key differences between forms of medication-assisted treatment for opioid and alcohol use disorders, including Suboxone, Sublocade, and Vivitrol.
- Introduction to new protocols utilizing these medications that dramatically improve patient survival and sustained sobriety.
- Identifying the right time to incorporate counseling and behavioral interventions for optimal long-term outcomes.

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### 30–45 Minutes: Chiropractic Integration and Clinical Outcomes

- Dr. Surasky's collaboration with New York Chiropractic College to introduce chiropractic care into multidisciplinary addiction treatment programs.
- Review of chiropractic protocols applied and the neurological rationale for their use in addiction recovery.
- Outcomes observed following chiropractic integration—including widespread, measurable improvements in mood, sleep, retention, and autonomic regulation—illustrated through clinical cases from Dr. Surasky's treatment centers.

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### 45–60 Minutes: The Signal That Rewires – Neurological Conditions That Maximize Adjustment Impact

- Key observations Dr. Surasky made while overseeing chiropractic care in addiction treatment facilities, including the striking disparity in outcomes—some patients experienced dramatic, system-wide improvements, while others showed minimal change.
- Clinical conclusions drawn from these observations, identifying the neurological conditions that determine a patient's ability to receive and integrate the adjustment.
- Understanding the adjustment as a signal-based intervention—delivering information to the nervous system capable of initiating system-wide change.
- Emphasizing chiropractic's unique capacity and mission to serve a suffering humanity.



New York Neurology and Medical Services, P.C.

Russell S. Surasky DO, FAAN, FASAM

Board-Certified Neurologist | Board-Certified in Addiction Medicine

15 Barstow Road ♦ Great Neck, NY 11021 ♦ Tel: 516.487.9414 ♦ Fax: 516.487.2302

# Curriculum Vitae

## Office Address

New York Neurology and Medical Services, P.C.  
15 Barstow Road  
Great Neck, New York, 11021  
Tel. 516.487-4464  
Fax. 516.487-4950

**DATE OF BIRTH**

July 06, 1981

## PLACE OF BIRTH

Manhasset, NY

## **Education:**

09/1998-05/2003 Bachelor of Arts  
Hofstra University

## Medical School:

08/2005-05/2009      Doctor of Osteopathic Medicine  
                            New York College of Osteopathic Medicine  
                            Old Westbury, NY

## Medical Internship

07/2009 - 06/2010 Internal Medicine  
Mount Sinai – Queens Hospital Center  
Jamaica, NY



### **New York Neurology and Medical Services, P.C.**

Russell S. Surasky DO, FAAN, FASAM

Board-Certified Neurologist | Board-Certified in Addiction Medicine

15 Barstow Road ♦ Great Neck, NY 11021 ♦ Tel: 516.487.9414 ♦ Fax: 516.487.2302

## **Neurology Residency Program**

07/2010-06/2013      North Shore – Long Island Jewish Hospital System  
Manhasset, NY

## **Board Certifications**

09/2013      American Board of Psychiatry and Neurology: Neurologist

12/2015      American Board of Addiction Medicine

07/2017      American Board of Preventative Medicine:  
Sub-specialty - Addiction Medicine

## **Medical Licenses:**

04/2011      Physician Licensure – New York

05/2011      DEA Licensure

10/2012      Buprenorphine Certification Data Waver

04/2014      Buprenorphine Certification Data Waver to Treat Up to 100 Patients

## **Medical Societies**

American Academy of Neurology

New York Neurological Society

American Osteopathic Association

American Society of Addiction Medicine (Fellow)

Nassau County Medical Society

**Instructor: Steve Rallis**

**1 Hour**

**Title: The Metabolic Adjustment: Targeted Functional Medicine Protocols for Chronic Neurological Conditions**

**Description:** Dr. Rallis presents The Metabolic Adjustment, a clinically focused framework integrating functional nutrition and targeted therapeutic protocols for neuropathy, migraine, concussion, and cognitive decline. This presentation moves beyond theory, offering concrete, evidence-informed tools attendees can apply to improve clinical outcomes in chiropractic and functional medicine settings.

**Learning Objective:**

- Describe the biochemical and metabolic mechanisms underlying chronic neurological dysfunction.
- Interpret key laboratory markers related to inflammation, oxidative stress, and nutrient deficiency.
- Identify evidence-informed nutritional and metabolic interventions that support neuroplasticity and repair.
- Apply targeted functional medicine protocols for neuropathy, migraine, concussion, and cognitive decline.
- Integrate metabolic and neurorepair strategies into chiropractic and functional medicine models to enhance clinical outcomes.

**Outline:**

**0–15 Minutes | Introduction & Clinical Rationale**

- Reframe chronic neurological conditions as metabolic and inflammatory disorders.
- Introduce The Metabolic Adjustment framework.
- Discuss pathophysiology: mitochondrial stress, oxidative damage, and neuroinflammation.

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**15–30 Minutes | Biochemical Pathways & Assessment**

- Review key pathways affecting neuroplasticity and repair (methylation, oxidative balance, ketone metabolism).
- Discuss relevant laboratory markers and interpretation (B12, homocysteine, HbA1c, inflammatory panels).
- Link clinical intake to functional deficits and patient presentation.

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**30–45 Minutes | Targeted Functional Medicine Protocols**

- Outline step-by-step therapeutic protocols for neuropathy, migraine, concussion, and cognitive decline.

- Discuss dosing, sequencing, and safety considerations for nutrient and metabolic therapies.
- Review patient communication and compliance strategies.

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#### **45–60 Minutes | Integration & Clinical Application**

- Apply case examples illustrating lab-to-protocol decision making.
- Integrate metabolic and neurological care within chiropractic practice.
- Key takeaways and Q&A.



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

## EDUCATION

Canadian College of Naturopathic Medicine

Toronto, ON

## *Doctor of Naturopathic Medicine*

May 2015

Parker University

## *Doctor of Chiropractic*

January 1999

Dallas, TX

## Western University

London, ON

## *Bachelor of Science (Biology)*

May 1995

## LICENSURE AND CERTIFICATION

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

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

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

Successful completion of Canadian Licensure –Canadian Chiropractic Examining Board

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

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

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

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

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

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

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

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

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#### CLINICAL FOCUS

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

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#### PEER REVIEW PUBLICATIONS

1. Rallis S. Optimizing glycemic control in type 2 diabetic patients through the use of a low-carbohydrate, high-fat ketogenic diet: a review of two patients in primary care. *Diabetes Metab Syndr Obes.* 2019 Mar 5;12:299-303
2. Rallis S, Nikolovski A: Impact of dairy elimination on pediatric atopic dermatitis. *J Nutri Med Diet Care* 6:044. doi.org/10.23937/2572-3278. 1510044
3. Rallis, S, Uruthirakumar, Yashcuk K, Manahan K, Geisler J. High dose Intravenous Vitamin C as an adjunct to chemotherapy: a review (pending publication)

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#### AUTHOR

1. *When Oranges Become Apples: What Your Oncologist Won't Tell You About IV Vitamin C and Cancer.* Dandelion Ink Publishing © 2024

# Hormones, Diet & Menopause

**Instructor:** Dr. Anna Cabeca, DO, OBGYN, FACOG, ABAARM

**Duration:** 1 Hour

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## Course Description:

This one-hour course introduces the key hormonal, nutritional, and lifestyle factors that influence women's health during perimenopause and menopause. Participants will gain a clear understanding of how hormonal shifts affect mood, metabolism, cognition, and sexual function. The session will highlight the science behind estrogen and progesterone balance, the brain's adaptive changes during menopause, and the benefits of integrative approaches such as the Keto-Green® lifestyle. Practical tools for diet, stress management, and clinical support will be shared.

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## Course Objectives:

- Recognize the major hormonal changes and symptoms associated with menopause.
- Understand how estrogen and progesterone interact with mood, cognition, and metabolism.
- Review research linking hormonal balance with brain health and inflammation.
- Explore nutrition and lifestyle strategies that optimize hormonal function.
- Apply key takeaways to patient education and clinical guidance.

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## Course Outline:

### 1. Introduction to Hormonal Transitions (10 Minutes)

- a. Overview of menopause and perimenopause
- b. "The Seven Faces of Menopause" – symptom overview
- c. How hormonal shifts impact energy, mood, and metabolism

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## **2. Hormonal Imbalance and Brain Health (15 Minutes)**

- a. Estrogen dominance: causes and common symptoms
- b. Neuroendocrine changes: findings from the Mosconi et al. (2024) estrogen receptor study
- c. Cognitive and emotional effects of declining hormones

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## **3. Nutrition and the Keto-Green® Approach (15 Minutes)**

- a. Role of diet in balancing hormones and reducing inflammation
- b. The Keto-Alkaline® framework: key principles and benefits
- c. Intermittent fasting and metabolic health
- d. Case examples: real-life improvements in weight, mood, and vitality

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## **4. Stress, Sleep, and Lifestyle Optimization (15 Minutes)**

- a. The hormone-neurotransmitter connection: serotonin, melatonin, oxytocin
- b. Managing adrenal stress and cortisol regulation
- c. Environmental and behavioral strategies for restoring balance

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## **5. Clinical Integration and Q&A (5 Minutes)**

- a. Testing and assessment: “Test, don’t guess!”
- b. Core strategies for supporting mood, libido, and energy
- c. Closing summary and discussion

## **Curriculum Vitae**

Name: Anna M. Cabeca, D.O., F.A.C.O.G., A.B.A.A.R.M., A.B.o.I.M.

Clinical Office Address: Carpathia Collaborative, Dallas, TX

Telephone: 912-577-8432

Mailing Address: 1316 Highland Rd, Dallas, TX 75218

Texas Address: 1316 Highland Rd, Dallas, TX 75218

E-Mail Address: [DrCabeca@CabecaHealth.com](mailto:DrCabeca@CabecaHealth.com)

Website Address: [www.DrAnna.com](http://www.DrAnna.com)

Citizenship: U.S. Citizen

### **Current Titles and Affiliations:**

Medical Director, Vida Pura Health, Golden Isles Medical, Inc. St. Simons Island, Georgia, 2004 to present

Ob/Gyn Physician Solo Practice, Anna Cabeca DO PC, Brunswick, Georgia, December 2000 to 2014

President, Garrett V Bivens Foundation, St. Simons Island, Georgia, 2006 to present

Couch Talk Podcast media series, 2012 to present

Planning Committee, Age Management Medicine Group, July 2008 to 2014

Scientific board of Advisors, Xymogen, Inc. Jan 2013 to 2018

Medical board of Advisors, Life Extension Foundation, July 2013 to 2017

Board of Directors, Dr. John Lee Institute, Atlanta, GA 2010 to 2013

Expert Medical Consultant, 360 Women's Health, 2009 to 2012

Expert Medical Consultant, Fabulously Forty, 2008 to 2012

Medical Consultant, Wellcare Advisory Committee, Atlanta, Georgia, 2008

President of VidaPura Products, Creator of Mighty Maca drink supplement. 2009- Present

Consultant Cenegenics Institute 2012

### **Previous Academic and Professional Appointments:**

Ob/Gyn Physician Solo Practice, Brunswick GA, September 1999 to August 2014

Ob/Gyn Physician Solo Practice, Darien Georgia, December 2000 to April 2006

Clinical Faculty, Department of Gynecology and Obstetrics, Emory University School of Medicine, September 2000 to 2008

Consultant, Metametrix Clinical Laboratories, Atlanta, Georgia, May 2006 to 2007

Board of Directors, YWCA, Brunswick, Georgia, December 2005 to June 2006

Ob/Gyn Physician, Women's Health Group, Brunswick, Georgia, August 1999 to November 2000

**Licensure/Boards:**

State of Texas license issued June 14, 2023 - current

State of Georgia license issued October 3, 1996 - current

State of Virginia license issued October 22, 2009 - 2017 status retired

State of Florida license issued 2012- 2017 status retired

State of NY license issued 2012 - 2017 status retired

American Board of Obstetricians and Gynecologists, January 2002

ABOG Recertification, January 2007, annually to present

ABOIM, August 2017

ABAARM board certified, April, 2010

Certification in Functional Medicine, 2005

**Education:**

Residency, Department of Gynecology and Obstetrics, Emory University School of Medicine, Atlanta, Georgia, July 1, 1995 through June 30, 1999

Nova-Southeastern University of the Health Sciences, College of Osteopathic Medicine, N. Miami Beach, Florida

Doctor of Osteopathic Medicine Degree, May, 1995

Temple University, Philadelphia, Pennsylvania

Completed graduate course work in Epidemiology and Environmental Medicine, 1991

George Washington University, Washington D.C.

Completed graduate course work in Epidemiology in the College of Public Health, 1990

Foundation for Advanced Education in the Sciences, at the National Institute of Health, Bethesda, Maryland

**Instructor: Michael Boyle**

**Title:** Training Adults for Longevity

**Description:** Learn what separates adults from athletes and why it's essential to prioritize the "adult first" approach when designing fitness programs. Explore the Mike Boyle strength training model and understand its core principles for effective and sustainable performance. Discover how to design programs that can be completed in one hour while remaining fully scalable to each client's needs and abilities. Gain practical strategies to improve client outcomes, enhance retention, and build smarter, more efficient training systems.

**Learning Objective:**

- Learn what separates adults from athletes and why we need to think adult first.
- Learn the Mike Boyle Strength training recipe.
- Learn to design programs that can be completed in an hour and scaled to the client.

**Outline:**

**0:00–0:15 | Introduction: Who Is the Client?**

- Define the difference between the "adult client" and the "athlete" and how mindset shapes program design.
- Explore why practitioners believe what they believe — the influence of personal experience, traditional models, and confirmation bias.
- Discuss how understanding client goals, injury history, and lifestyle informs proper program progression.
- Establish the "Adult First" framework for safe and effective long-term results.

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**0:15–0:30 | The Workout Part 1 – Tissue Preparation**

- Review the importance of dynamic warm-ups and mobility training for joint health and movement efficiency.
- Introduce soft tissue techniques and activation drills to improve stability and reduce injury risk.
- Demonstrate proper sequencing of warm-up elements: foam rolling, stretching, mobility, and activation.
- Explain how effective tissue preparation primes the body for power and strength development.

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**0:30–0:45 | The Workout Part 2 – Training for Power & Strength**

- Understand the role of power training in maintaining neuromuscular function and overall performance.
- Discuss safe and scalable power movements appropriate for adults, such as medicine ball throws or kettlebell swings.
- Transition into strength training principles — progressive overload, form, and volume

management.

- Explore the Mike Boyle strength training recipe and its application for various client populations.

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#### **0:45–1:00 | The Workout Part 3 – Conditioning & Conclusion: Safe and Smart**

- Learn how to structure conditioning that enhances endurance without overtraining.
- Compare interval versus steady-state conditioning and when to apply each method.
- Reinforce the importance of recovery, injury prevention, and long-term adherence to training programs.
- Conclude with key takeaways for building safe, smart, and efficient one-hour sessions adaptable to every client.

# **Michael Boyle**

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

## **Professional Profile**

### **Mike Boyle Strength and Conditioning, Woburn, Ma**

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

### **Boston Red Sox**

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

### **Boston University, Boston, Ma**

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

### **Elite Conditioning Inc, Reading Ma.**

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

### **Boston Bruins, Boston, Ma**

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

### **Additional Professional Experiences**

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

## **Education**

1977-1982 Springfield College, Springfield, Ma

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

## **National and International Presentations**

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

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

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

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

October 2008 Netherlands Olympic Committee- Training for Olympic Sports

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

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

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

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

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

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## **Books and DVD's**

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Designing Strength Training Programs and Facilities ( 2<sup>nd</sup> Edition), 2023 On Target

New Functional Training for Sports ( 2<sup>nd</sup> Edition) , 2016 Human Kinetics

Advances in Functional Training, 2009 On Target Publications

Functional Training for Sports , 2003 Human Kinetics

Designing Strength Training Programs and Facilities, 2005 Perform Better

Strength and Power for Sport DVD, 2008

Joint by Joint Approach to Movement and Training DVD, 2008

Power Development for Golf DVD, 2008

Advanced Program Design 5 DVD set, 2007

Functional Strength Coach Volume 3.0 2009

Functional Strength Coach Volume 2, 5 DVD set, 2006

Functional Strength Coach Volume 1, 10 DVD set, 2005

New Concepts in Core Training DVD, 2004

Foam Roller Techniques DVD, 2004

Plyometric Training DVD, 2004

Developing Linear Speed DVD, 2003

Developing Lateral Speed and Direction Change DVD, 2003

**Instructor:** Dr. John Cho

**Title:** MSK Ultrasound of the Ankle- Beyond the Ankle Sprain

**Course Description:** This one-hour presentation will provide an in-depth review of ankle ultrasound anatomy, optimal scanning technique, and discussion of complex ankle injuries and pathologies beyond the common ankle sprain.

**Learning Objective:**

- Review ankle ultrasound anatomy
- Discuss ultrasound scanning technique of the ankle
- Discuss complex ankle injuries/pathologies beyond the ankle sprain

**Outline:**

**A. Review of Ankle Ultrasound Anatomy (0-15 minutes)**

**a. Anterior Compartment**

- Anterior Inferior Tibiofibular Ligament (AITFL)
- Ankle joint recess (anterior joint capsule and synovial space)

**b. Lateral Compartment**

- Anterior process of calcaneus
- Anterior Talofibular Ligament (ATFL)
- Calcaneofibular Ligament (CFL)
- Peroneus brevis and longus tendons

**c. Medial Compartment**

- Tarsal tunnel anatomy:
  - Tibialis posterior tendon
  - Flexor digitorum longus tendon
  - Posterior tibial artery and veins
  - Tibial nerve
  - Flexor hallucis longus tendon

**d. Posterior Compartment**

- Achilles tendon
- Paratenon (paratenonitis assessment)

**B. Scanning Technique (15-30 minutes)**

**a. Systematic Approach**

- **Anterior:** Assess joint recess and ATFL
- **Lateral:** Evaluate ATFL, CFL, peroneal tendons, and anterior process
- **Medial:** Trace tarsal tunnel structures and neurovascular bundle
- **Posterior:** Examine Achilles tendon and paratenon in longitudinal and transverse planes

### **C. Cases – Complex Ankle Injuries/Pathologies (30-60 minutes)**

#### **a. Anterior Compartment**

- PVNS (Pigmented Villonodular Synovitis) vs Hemarthrosis

#### **b. Lateral Compartment**

- Anterior process of calcaneus fracture
- Peroneus brevis split tear
- Salter-Harris Type I fracture of lateral malleolus
- Occult distal fibular fracture
- Leiomyoma (soft-tissue mass evaluation)

#### **c. Medial Compartment**

- Tennis leg (gastrocnemius–soleus junction tear)
- Post-op saphenous nerve impingement
- Schwannoma
- Deep Vein Thrombosis (DVT)

#### **d. Posterior Compartment**

- Achilles tear
- Achilles paratenonitis

# **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™)

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: Mark N. Charrette**

**Parker Seminars Las Vegas**

**1 Hour**

**Course Title: My Favorite Speeder Board Adjustments For The Extremities-Part I-8:30am-9:30am**

**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 I will cover the speeder board adjustments for the navicular, cuboid, and talus on the foot. 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, and Talus.

**Outline:**

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#### **0:00–0:15 | Joint Dysfunction and Dysafferentation**

- Define joint dysfunction and its relationship to altered neuromuscular control
- Understand the causes and mechanisms of joint dysfunction and dysafferentation
- Discuss how sensory input changes impact motor output and overall joint stability

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#### **0:15–0:30 | Speeder Board Components and Basic Use**

- Identify the components and setup of the speeder board
- Review the foundational techniques for using the speeder board in practice
- Demonstrate adjustments for the navicular, cuboid, and talus using proper mechanics

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#### **0:30–0:45 | Foot Adjustments**

- Review proper patient positioning for foot adjustments
- Identify doctor hand contact locations and stabilization points
- Reinforce the role of speeder board components during lower extremity adjustments

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#### **0:45–1:00 | Patient and Doctor Position Demonstration**

- Demonstrate proper doctor and patient positioning for navicular, cuboid, and talus adjustments
- Conduct hands-on workshop practice for precision, control, and safety
- Review key takeaways for implementing foot adjustment techniques in daily 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 re licensure seminars. Chiropractic college student presentations.

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

September 1987 to present

Presented over 1,700 post-graduate re licensure 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.

## **Syllabus: Kairos in Clinical Decision-Making**

**Instructor:** Dr. William E. Morgan

**Duration:** 60 minutes

**CE Type:** Clinical Decision-Making / Patient Management

**Audience:** Chiropractors, DC students, and healthcare professionals

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### **Course Description:**

This course introduces the concept of *Kairos*—recognizing and acting at the opportune moment—and applies it to patient care. It examines how chiropractors can improve clinical outcomes by understanding when to intervene, escalate, defer, or change care plans. Participants will explore case scenarios involving spine and extremity injuries, neurological changes, red flags, recovery milestones, and performance optimization.

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### **Learning Objectives:**

At the end of this course, attendees will be able to:

1. Apply the concept of Kairos to clinical decision-making and care timing.
2. Identify clinical situations where timing is critical to patient outcomes (e.g., acute disc herniation, post-concussion syndrome).
3. Evaluate and adjust treatment frequency and intensity based on the patient's phase of healing.
4. Integrate neurological and biomechanical milestones into care progression.
5. Improve communication with patients regarding timing, urgency, and pacing of care.

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### **Course Outline (60 Minutes):**

<b>Time</b>	<b>Topic</b>
0–10 min	<b>Introduction to Kairos in Health Care</b> – Difference between Kairos (opportune timing) and Chronos (calendar time) – Consequences of mistimed interventions (under-treatment vs over-treatment)
10–20 min	<b>Clinical Case Examples: Missed and Seized Moments</b> – Early intervention in discogenic radiculopathy

<b>Time</b>	<b>Topic</b>
<ul style="list-style-type: none"> <li>– Timing return-to-play after concussion</li> <li>– Deferred care in sub-acute conditions</li> </ul>	
20–30 min	<b>The Healing Continuum: Adjusting Care Timing</b>
<ul style="list-style-type: none"> <li>– Acute → Subacute → Chronic phase transitions</li> <li>– Matching frequency, modality, and load to physiological state</li> <li>– When to pause, intensify, or co-manage care</li> </ul>	
30–40 min	<b>Red Flags, Reassessment, and Escalation Timing</b>
<ul style="list-style-type: none"> <li>– Neurological red flags and referral thresholds</li> <li>– When imaging, labs, or specialist referral is most appropriate</li> </ul>	
40–50 min	<b>Kairos and Adaptive Clinical Strategy</b>
<ul style="list-style-type: none"> <li>– Using patient milestones to time care plan updates</li> <li>– Decision points: when to discharge, refer, or transition to wellness care</li> </ul>	
50–60 min	<b>Interactive: Case Walkthrough + Q&amp;A</b>
<ul style="list-style-type: none"> <li>– Attendees apply Kairos framework to sample case</li> <li>– Wrap-up discussion: embedding Kairos in daily practice</li> </ul>	

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## **Clinical Applications Emphasized:**

- Timing spinal manipulation appropriately by condition phase
- Prioritizing care in multi-system complaints (e.g., TBI + cervical dysfunction)
- Evaluating recovery trajectory for return-to-sport/work
- Integrating timing of diagnostic referrals to avoid delay or overutilization
- Adjusting care during plateaus or regression

# Curriculum Vitae

**Name:** William E. Morgan, D.C.

**Address and Phone Number:**

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

(240) 750-3891, Mobile

Work Email: [Wmorgan@Parker.edu](mailto:Wmorgan@Parker.edu)  
Private Email: [MorganDC@gmail.com](mailto:MorganDC@gmail.com)

**SSN:** XXX XX 6420

**National Provider Identification Number:** 1841251436

**Marital Status:** Married to Fellow Chiropractor Clare Morgan since 1987

**Education:**

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

**Post-Doctoral Credentials:**

Fellowship in Integrated Medicine (2000 hours). National Naval Medical Center, Bethesda	May 31, 2004
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Texas Chiropractic College credentialed this fellowship  
Texas Chiropractic College  
5912 Spencer Highway  
Pasadena, Texas 77505-1699

Diplomate American Academy of Pain Management (DAAAPM), 2004	July 19, 2004
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American Academy of Pain Management  
13947 Mono Way #A  
Sonora, CA 95370

Battlefield Acupuncture/Articular Acupuncture Camp David Medical Department Thurmont, Maryland	January 15, 2014
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Selective Functional Movement Assessment

September 6, 2014

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

Graston Myofascial Release  
Certification Course 2002

### **Employment History**

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

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

(2) U.S. Navy National Naval Medical Center (NNMC) Bethesda, Maryland 1998-2011 Walter Reed National Military Medical Center 2011-Present	1998	2016
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Work Performed: Chiropractic care, department head responsibilities (NNMC), research coordinator, patient advocacy, lecturing, supervision of other clinic personnel, provide care to distinguished visitors, and implementation of rehabilitation programs.

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

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

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

Research investigator.

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

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

**Instructor: Jake Cooke**

**Title:** Out of Balance: How Visual Dominance Contributes to Pain, Dizziness, and Increased Stress

**Description:** In this presentation, I will explore how the brain integrates input from the visual, vestibular, and proprioceptive systems to maintain movement, balance, and posture. We'll examine why the human brain often defaults to visual dominance, and how this tendency can contribute to dizziness, pain, and heightened stress. I'll describe how over-reliance on visual input disrupts sensory integration and share practical clinical strategies to reduce visual dominance by strengthening vestibular and proprioceptive processing. Finally, we'll look at how rebalancing sensory systems can improve function and reduce symptoms, particularly in conditions such as Persistent Postural-Perceptual Dizziness (PPPD) and vestibular migraine.

**Learning Objective:**

- How the brain uses vision, the vestibular system and proprioception to control movement, balance, and posture.
- How the human brain leans towards visual dominance.
- How visual dominance contributes to dizziness, pain and increased stress.\The diagnostic criteria for PPPD and vestibular migraine.
- Strategies to reduce visual dominance.

**Outline:**

**0:00–0:15 | Introduction to Sensory Integration**

- Overview of how the brain integrates input from the **visual, vestibular, and proprioceptive systems** to maintain movement, posture, and balance.
- Discussion of how the brain dynamically **weights sensory input** based on environmental and internal conditions.
- Examine examples of sensory reweighting in daily activities such as walking in the dark, reading while moving, or balancing on uneven ground.

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**0:15–0:30 | Visual Dominance: Mechanisms and Clinical Relevance**

- Define **visual dominance** and explain how it develops as a learned preference through repeated visual reliance.
- Discuss the **neurological mechanisms** behind visual dependence, including cortical integration and vestibular suppression.
- Explore **symptoms** of visual dominance such as dizziness, motion sensitivity, eye strain, and balance difficulties.
- Review the role of visual dominance in **common clinical conditions** including **Persistent Postural-Perceptual Dizziness (PPPD)** and **Vestibular Migraine**.

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### **0:30–0:45 | Assessment of Visual Dominance**

- Identify **screening and assessment tools** used to evaluate sensory weighting and visual dependence (e.g., Foam and Dome, Fukuda Step Test, Dynamic Visual Acuity).
- Learn how to observe **postural strategies and eye movement behavior** that reveal overreliance on visual input.
- Discuss case examples illustrating how assessment findings guide individualized treatment planning.

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### **0:45–1:00 | Treatment Strategies and Clinical Application**

- Review **treatment techniques** for reducing visual dominance, including vestibular and proprioceptive retraining exercises.
- Explore **practical interventions** such as gaze stabilization, balance training on variable surfaces, and visual-vestibular integration drills.
- Discuss **patient education** on sensory balance and self-awareness strategies for daily function.
- Conclude with **Q&A and key takeaways** to reinforce understanding and support Monday-morning clinical application.

## **Jake Cooke MChiro, MScAPP, DACNB, FRCC, FEAC.**

43 The Riding, Woking, Surrey, GU21 5TA

Tel: 07958 197979 DOB 05/12/1986

Email: [jake@neuromuscularclinic.co.uk](mailto:jake@neuromuscularclinic.co.uk) Website: <https://neuromuscularclinic.co.uk>

Curious and consistent, I regularly devote time to reflect on my current skills and the needs of others. I regularly plan a course of action to learn, improve, implement changes and review the results.

My focus is on chronic pain and dizziness/balance disorders. I'm the current Chairman for the European Academy of Chiropractic's neurology special interest group, with the goal of showing how neurology can be used to improve assessment, treatment and outcomes.

### **Education:**

2022 < Chairman of the European Academy of Chiropractic's neurology group.

2018-2021 Masters in MSK Neuroscience.

2014 < Diplomate of the American Chiropractic Neurology Board.

2011< Carrick institute - 600+ hours of seminars.  
Eight weeks spent at the Carrick Brain Center, Atlanta.  
Three weeks with Dr Keiser in Gouda, The Netherlands.

2005 - 2009 Anglo European College of Chiropractic.  
Master of Chiropractic with Merit.

### **Employment:**

Created a vestibular rehabilitation app called Well-Balanced 2022 - present

Clinic owner: February 2019 - present.

The Neuro-Muscular Clinic - our focus is on chronic pain and dizziness.

Business owner: January 2015 - present.

Clinical Neurology Seminars - teaching small groups of chiropractors with the goal of encouraging them to engage with neurology and further their learning.

Date of employment: January 2015 - January 2020.

Address: The Chiropractic Clinic, New Malden, Surrey, KT3 4LU.

Date of employment: January 2015 - July 2019.

Address: Neuroworks, Ealing, London, W5 2PX.

## **Personal Interests:**

### **Chiropractic:**

- During my first seminar with Prof. Carrick in Amsterdam, I witnessed profound changes in three separate patients with serious neurological lesions. The experience was so powerful that from that moment I have dedicated myself to studying neurology. This has been an unwavering area of fascination for me.
- I enjoy treating a wide range of patients. Neurology patients are my passion but I keep up to date with functional movement patterns and rehabilitation exercises.
- I have always worked closely with athletes. I currently treat a range of national level sportsmen and women including England Rugby 7's and Gold medal paralympics.

### **Sport/ Hobbies:**

- I'm a collector of hobbies, but for the last year I have been a keen gardener. I'm aware that many find this a dull activity but I think it's an excellent combination of creativity, mindfulness and physical exercise.
- I love rock climbing, most things outdoors and a range of sports and exercise.

### **Other Accomplishments:**

- 2022 I was awarded Fellow of the Royal College of Chiropractors (FRCC).
- 2022 I was awarded Fellow of the European Academy of Chiropractic (FEAC).
- 2018 and 2019, I was nominated for the 'chiropractor's chiropractor award' for the British Chiropractic Association.

### **References:**

Nick Meltcalfe - owner of The Chiropractic Clinic, New Malden. +4420 8715 1133 [contact@nickjmetcalfe.com](mailto:contact@nickjmetcalfe.com)

**Instructor:** Dr. Jessica Shepherd, MD, FACOG

**Duration:** 1 Hour

**Title:**

**Hormonal Transitions and Menopause: Evidence-Based and Integrative Approaches to Midlife Health**

**Course Description:**

This accredited educational session provides clinicians with a comprehensive understanding of menopause as a multidimensional transition that impacts hormonal, metabolic, and psychosocial health. Participants will explore current evidence surrounding estrogen decline and its influence on cardiovascular, cognitive, and musculoskeletal systems. The program emphasizes the integration of hormonal and non-hormonal therapies, lifestyle medicine, and patient-centered communication to optimize outcomes and quality of life for women in midlife and beyond.

**Target Audience:**

Physicians, nurse practitioners, physician assistants, registered nurses, and other healthcare professionals involved in women's health, endocrinology, and primary care.

**Learning Objectives:**

Upon completion of this activity, participants will be able to:

1. **Describe** the physiological and hormonal changes that occur during perimenopause and menopause.
2. **Recognize** the systemic effects of estrogen deficiency on cardiovascular, cognitive, and bone health.
3. **Differentiate** between hormone therapy options and identify patient-specific considerations for use.
4. **Evaluate** non-hormonal treatment modalities for vasomotor, genitourinary, and mood-related symptoms.
5. **Integrate** lifestyle, nutrition, and stress-modulation strategies into comprehensive menopause management.

**Course Outline:**

**0–15 Minutes: Defining the Menopausal Transition**

- Review of stages: perimenopause, menopause, post-menopause
- Hormonal physiology and the decline of estrogen and progesterone
- Common symptom patterns and early recognition

**15–30 Minutes: Systemic Impacts of Hormonal Decline**

- Cardiometabolic health and lipid profile changes

- Neurocognitive and mood alterations
- Bone density loss and musculoskeletal implications

### **30–45 Minutes: Therapeutic Strategies**

- Hormone therapy: current guidelines, risks, and benefits
- Bioidentical and conventional formulations
- Non-hormonal pharmacologic and botanical options

### **45–60 Minutes: Integrative and Lifestyle Approaches**

- Nutrition, movement, and stress management for hormonal balance
- Sleep and sexual wellness optimization
- Communication strategies for shared decision-making and patient empowerment

**Jessica Shepherd M.D, MBA, FACOG**  
[info@herviewpoint.com](mailto:info@herviewpoint.com)

**WORK EXPERIENCE**

**Hers, San Francisco, CA**  
Chief Medical Officer, 2024-present

**Verywell Health, New York, NY**  
Chief Medical Officer, 2021-2024

**Sanctum Med + Wellness, Dallas, TX**  
CEO, Founder, 2020-present

**Baylor University Medical Center, Dallas, TX**  
Minimally Invasive Gynecology, 2018-present

**University of Illinois at Chicago, Chicago, IL**  
Assistant Professor OB/GYN  
Director of Minimally Invasive Gynecology, 2011-2017

**University of Louisville, Louisville, KY**  
Clinical Professor, 2009-2011

**Hologic Inc, Boston MA**  
Medical Consultant, 2013-2020

**Abbvie Inc, Chicago, IL**  
Speaker and Consultant, 2017-present

**Rappore New York, NY**  
Medical Advisor

**Women's Health Magazine New York, NY**  
Medical Committee

**HealthyOrg Washington, DC**  
Medical Committee

**Texas Women's Foundation Dallas, TX**  
Advocacy Committee

**Ascend Dallas, TX**  
Board of Directors

**Dallas Symphony Orchestra Dallas, TX**  
Board of Directors

## MEDICAL TRAINING

**Drexel University College of Medicine/ Hahnemann University Hospital Philadelphia, PA**  
Resident, Obstetrics and Gynecology- 2005-2009

**University of Louisville School of Medicine Louisville, KY**  
Fellow and Clinical Faculty, Minimally Invasive Pelvic Surgery- 2009-2011

## EDUCATION

**University of Louisville Louisville, KY**  
Masters of Business Administration 2011

**Ross University- School of Medicine Commonwealth of Dominica**  
Doctor of Medicine June 2005

**University of Oklahoma Norman, OK**  
Bachelor of Science, Health and Sport Sciences June 1998

## LICENSURES AND CERTIFICATIONS

ABOG certified  
State of Texas  
Basic Life Support (BLS)  
USMLE Step I, II, III completed  
ECFMG certified

## PROFESSIONAL AFFILIATIONS

2015-present	International Society of Gynecologic Endoscopy (ISGE)
2005- present	American College of Obstetrics and Gynecology (ACOG)
	Committee on Gynecologic Practice 2011-2012
	District V Junior Fellow Chair 2009-2011
	District III Junior Fellow Chair 2008-2009
	PA Section Junior Fellow Chair 2008
	PA Section Junior Fellow Vice- Chair 2007
2006- present	American Association of Gynecologic Laparoscopists (AAGL)
2004- 2016	American Medical Association (AMA)
2010-2016	Association of Professors of Gynecology and Obstetrics (APGO)
2010- 2011	Kentucky Medical Association (KMA)
2007-2009	National Medical Association (NMA)
2007- 2009	Society of Reproductive Surgeons (SRS)
2010	Kentucky Medical Association (KMA) Resident and Fellow Governing Council

## PUBLICATIONS

**Shepherd J, Shiozawa A, Schild, A, Singh D, Mancuso S**, “Retrospective Text and Qualitative Analysis of Patient Experience and Management of Vasomotor Symptoms Due To Menopause: Voices From The PatientsLikeMe Community.” 2024

**Shepherd J**, Biscette S. (2016). Minimally Invasive Gynecologic Surgery: Evidence-Based Laparoscopic, Hysteroscopic and Robotic Surgeries. J. Einarsson & A. Wattiez (Eds.), Laparoscopy in Pregnancy (pp. 65-68). London: JP Medical Ltd.

Small A, Pinkard L, **Shepherd J**. “Current Trends in Microlaparoscopy.” Current Opinion in OBGYN 28;4,2016

**Instructor: Tim Bertelsman**

**Title:** Lumbar Instability: The Missing Link in Low Back Pain Recovery

**Description:** Most low-back pain segments are hypomobile and respond to mobility care, but research shows many painful segments are hypermobile. This class teaches how to recognize when stability, not movement, is the answer. Learn proven tests, treatments, and rehab tools to resolve tough cases and improve long-term outcomes.

**Learning Objective:**

- The ability to differentiate between hypomobile and hypermobile lumbar segments through orthopedic and functional testing.
- Knowledge of evidence-based assessments and treatment strategies to identify and manage lumbar instability.
- The ability to implement targeted stabilization exercises and home programs that improve patient outcomes and long-term spinal function.
- Reduced pain intensity and frequency through targeted spinal stabilization.
- Decreased recurrence of low back pain episodes.
- Improved functional performance in activities of daily living and work tasks.

**Outline:**

**0:00-0:15 — Identifying Core and Spinal Instability**

- Identify **functional deficits** that contribute to core and spinal instability
- Assess **dysfunctional breathing patterns** that undermine trunk stability

**0:15-0:30 — Breathing and Lumbar Instability**

- Manage **dysfunctional breathing** and train **diaphragmatic control**
- Recognize **signs and symptoms of lumbar instability**

**0:30-0:45 — Assessment and Testing**

- Perform the **most sensitive and specific orthopedic and functional tests** for lumbar instability

**0:45-1:00 — Clinical Decision-Making**

- Determine **when to use manipulation** versus **stabilization** approaches

**1:00-1:15 — In-Office Management and Education**

- Apply **in-office management strategies** for functional stability
- Provide **patient education** to support stabilization and posture control

#### 1:15-1:30 — Home Rehabilitation Design

- Design **practical home rehab programs** to restore:
  - **Strength**
  - **Endurance**
  - **Neuromuscular control**

#### 1:30-1:45 — Progression and Integration

- Progress from **motor control training** to **strength development** and **functional integration**

#### 1:45-2:00 — Addressing Biomechanical Comorbidities

- Identify and correct **biomechanical contributors**, such as:
  - **Hip abductor weakness**
  - **Foot hyperpronation**

## Curriculum Vitae

Timothy J Bertelsman, DC, CCSP, DACO

### **Contact Information:**

Premier Rehab  
4460 North Illinois St  
Swansea, IL 62226  
(618) 236-3738  
[tbertelsman@gmail.com](mailto:tbertelsman@gmail.com)  
IL lic # 038-006949

### **Education:**

Logan College of Chiropractic 1988-1991  
BS – Human Biology  
DC – Doctor of Chiropractic, Cum Laude

Logan College of Chiropractic 1991-1994  
Certified Chiropractic Sports Physician Program  
Chiropractic Sports Diplomate Program

### **Licensure:**

Licensed Chiropractic Physician State of Illinois 1992-present

### **Certification:**

Certified Chiropractic Sports Physician (CCSP)  
Diplomate - Academy of Chiropractic Orthopedists (DACO)  
Diplomate - International Academy of Neuromusculoskeletal Medicine (DIANM) (*Formerly DACO*)

### **Memberships:**

Illinois Chiropractic Society  
Executive Committee 2011- 2020  
President 2017- 2018  
1<sup>st</sup> Vice President 2015- 2016  
Southern District President 2008  
American Chiropractic Association  
American College of Chiropractic Orthopedists  
International Academy of Neuromusculoskeletal Medicine

## Curriculum Vitae

Timothy J Bertelsman DC, CCSP, DACO

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### **Memberships (con't):**

American Back Society

Former Symposium Faculty Presenter

### **Awards and Recognitions:**

Academy of Chiropractic Orthopedists – 2018 Presidents Award

Illinois Chiropractic Society – 2019 Chiropractic Physician of the Year

### **Publications:**

Journal of the Illinois Chiropractic Society

Regular Columnist: Clinical Topics 2011- Present

Georgia Chiropractic Association, Fall 2013

Differentiation of Lateral Epicondylopathy and Radial Tunnel Syndrome

The Montana Chiropractor, Dec 2013

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

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

Shoulder Anterior Impingement Syndrome

Chiropractic Economics, July 2018

Your Ability to Diagnose Functional Deficiencies is an Essential Skill

### **CME Presentations:**

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

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

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

Illinois Chiropractic Society, Mastering the Rotator Cuff, March 2014

Indiana State Chiropractic Association, Low Back Continuum, October 2014

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

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

**Instructor:** Dr. Linda May

**Title:** Glow: Tools for Improving Women's Health

**Course Description:** A comprehensive review of the four pillars to maintain or improve women's health, especially through life changes postpartum, perimenopause, and menopause. We will learn and discuss tools to improve women's health for ourselves, and for our moms, daughters, sisters, and neighbors.

**Learning Objectives:**

- Participants will be able to describe the 4 pillars of health.
- Participants will become familiar with case studies specific to women's health issues (i.e., infertility, pregnancy/postpartum, peri- and menopause).
- Participants will be able to explain how to use tools to maintain or improve the 4 pillars of health.

**2 hr Outline:**

- **0-20 minutes: Introduction to women-specific issues – case studies**
  - Perimenopause/Menopause, Infertility, Pregnancy, Postpartum, Hormone Issues
- **20-40 Minutes: 4 Pillars of Health**
  - Nutrition, Movement, Sleep/Recovery, Mindset/Stress
  - Why are they important
    - Each pillar represents a core area that influences daily function and long-term health.
- **40-75 Minutes: Understanding the Pillars of Health**
  - Tools to address and improve the pillars of health
  - Application of these tools and practice with
- **75-120 Minutes: Discussion of Tools to apply personally and professionally**
  - Options for treatment
    - Lifestyle-based interventions, Clinical or medical interventions, & Supportive modalities

**Curriculum Vitae:**  
**Linda E. May, M.S., Ph.D., FAHA, FACSM**  
Professor, Tenured  
Department of Kinesiology  
Adjunct, Department of Obstetrics and Gynecology

**Business Address:**  
East Carolina University  
Ward Sports Medicine Building, 371A  
Greenville, NC 27834  
Phone: 252-737-7072  
Email: [mayl@ecu.edu](mailto:mayl@ecu.edu)  
Fax: 252-737-4689  
Website: <https://exercisefortwo.ecu.edu/>  
Cell: 816-805-3556

**Education:**

1999-2005	Ph.D.	Physiology, Kent State University (KSU), Kent, OH Dissertation: "The development of the cardiac beta-adrenergic system in BAX and NGF knockout mice"
1995-1998	M.S.	Exercise Physiology (graduated Cum Laude), University of Florida (UF), Gainesville, FL Thesis: "Exercise tolerance in cardiac transplant recipients with and without rate responsive pacing."
1992-1995	B.S.	Sports Administration (graduated with Honors), University of Florida, Gainesville, FL

**Professional Employment:**

2024-current	<u>Professor</u> , Tenure, Department of Kinesiology College of Health and Human Performance East Carolina University (ECU)
2023-current	<u>Director</u> , Human Performance Lab – East Carolina University (ECU)
2022-current	<u>Associate Professor</u> , Tenure Track, Department of Kinesiology College of Health and Human Performance East Carolina University (ECU)
2022-current	MS, Kinesiology – Exercise Physiology <u>Concentration Director</u> College of Health and Human Performance East Carolina University (ECU)
2019-2022	<u>Interim Department Chair</u> , Foundational Sciences and Research (tenured) School of Dental Medicine (SoDM) East Carolina University (ECU)
2017-2022	<u>Associate Professor, Tenured</u> , Foundational Sciences and Research School of Dental Medicine (SoDM) East Carolina University (ECU)
2016-current	Graduate <u>Faculty member, Bioenergetics and Exercise Science Doctoral Program</u> , Department of Kinesiology, College of Health and Human Performance- exercise physiology, East Carolina University (ECU)
2014-current	<u>Adjunct Professor</u> , Department of Obstetrics and Gynecology Brody School of Medicine (secondary), East Carolina University (ECU)

2013-2017	<u>Associate Graduate Faculty member</u> , Graduate Studies East Carolina University (ECU)
2012-2017	<u>Assistant Professor</u> , Foundational Sciences and Research (tenure track) School of Dental Medicine (SoDM) East Carolina University (ECU)
2012-2022	<u>Assistant Professor</u> , Department of Kinesiology (Adjunct) College of Health and Human Performance- Exercise Physiology (secondary), East Carolina University (ECU)
2005-2012	<u>Associate Professor</u> , Department of Anatomy (non-tenure track) <u>Assistant Professor</u> , Department of Anatomy (non-tenure track) College of Medicine- Histology and Gross Anatomy (primary), College of Biosciences- Physiology (secondary) Kansas City University of Medicine and Biosciences (KCUMB)

#### **Research Experience:**

##### **Peer Reviewed Journal Articles:**

1. Sanchez-Parente, S, Castro-Pinero, J, Solaguren-Beaskoa, S, Baena-Garcia, L, Gross McMillan, A, May, LE. (2025). Effect of a supervised-concurrent exercise training during pregnancy on one-month infant neuromotor skills based on maternal body mass index. *Sport Medicine Open* In print.
2. Claiborne, A, Jevtovic, F, Biagiioni, E, Wisseman, B, Roenker, B, Kern, K, Steen, D, Rossa, L, Ollman, C, McDonald, S, Strom, C, Newton, E, DeVente, Mouro, S, J, Collier, D, Kelley, GA, Maples, J, O'Tierney-Ginn, P, Broskey, N, Hounard, J, **May, LE.** (2025). The Influence of Prenatal Exercise Modes on Resting Maternal Blood Lactate. *Physiological Reports* In print.
3. Nowell, Kallie; Dlugonski, Deirdre; Defranco, Emily A.; May, Linda E ; Hoch, Johanna. (2025). Interventions to Increase Self-Reported Physical Activity During Pregnancy: A Systematic Review. *Women's Health – In print.*
4. Claiborne, A, Jevtovic, F, Biagiioni, E, Wisseman, B, Steen, D, Kern, K, Roenker, B, Rossa, L, Ollman, C, DeVente, O'Tierney-Ginn, P, Kaneko-Tarui, T, Kelley, GA, Hounard, J, Broskey, N, **May, LE.** (2025). Prenatal Exercise Regulates Influence of Parental Body Mass Index on Birth Outcomes. *Early Human Development* In print.
5. Wisseman, B, Mottola, MF, Zeczycki, T, DeVente, J, Newton, E, Mouro, S, May, LE. (2025). The Effect of Exercise Mode on Inflammation Markers during Pregnancy: A Narrative Review. *Advanced Exercise and Health Science* In Print.
6. Kern K, **Claiborne A**, Jevtovic F, Wisseman B, Steen D, Strom C, Lilley A, Newton E, deVente J, Mouro S, Collier D, DuBose K, Gross McMillan A, May LE. (2025). Exercise FITT-V During Pregnancy; 1-Month Infant Neuromotor Outcomes. *Infant Behavior and Development* in print.
7. Biagiioni, B, Rowe, JC, Yendamuri, S, Wisseman, B, Zheng, D, Zhang, G-F, Muoio, D, DeVente, J, Fisher-Wellman, K, Neufer, PD, May, LE, and Broskey, N. (2025). Effect of *in utero* Metformin Exposure in Gestational Diabetes Mellitus on Infant Mesenchymal Stem Cell Metabolism. *AJP-Endo & Metab.* In Print
8. Claiborne A, Wisseman B, Steen D, Kelley, G, Jevtovic F, McDonald, S, Strom, C, Newton E, DeVente J, Mouro S, Whiteside, J, Muhammad, J, Collier, D, Kuehn D, Kern K, **May LE.** (2025). Exercise During Pregnancy FITT-V: Birth Outcomes in Women at Risk of Hypertensive Disorders of Pregnancy. *AJOG Global Reports.* In Print
9. Chrest, BR, Montgomery, MM, Aruleba, RT, Hagen, JT, Vandiver, KJ, Alexander, MK, Williamson, N, Tung, K, Taylor, JG, Bessetti, RN, Belcher, HA, Krassovskaia, P, Jevtovic, F, Terwilliger, ZS, Minchew,

**Instructor: Cody Dimak**

**Title:** Lumbar Spine Rehabilitation Through Strength Training

**Description:** This two-hour course will walk clinicians through how to utilize a patient-centered history, lumbar spine load sensitivity assessments, and lower extremity strength exercises for patients with low back pain within the chiropractic office to improve long-term health goals. We will simplify the biomechanics of lower body strength exercises, teach how to utilize patient-centered assessment findings for exercise selection, and show modifications of those exercises that reach the same goal to improve the patients' goals and limited activities of daily living.

**Learning Objective:**

- Understand the minimal physical activity guidelines, why meeting them influences patient outcomes, and how to help patients hit those guidelines to improve health span.
- Understand how a patient-centered history and exam is key to improving patient outcomes.
- Understand how to perform lumbar sensitivity assessments and how to use their results in core and strength exercise selection for the patient.
- Understand strength exercise biomechanics and how to choose coach around sensitive movements.
- Understand hip anatomy variations and their impact on lumbar spine rehabilitation.
- Understand how to modify a strength training program provided assessment results.

**Outline:**

**0:00–0:15 | Why Strength Training is Important for Lumbar Spine Rehabilitation**

- Statistics on lumbar spine disability
- Statistics on sedentary behavior and low back pain risk

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**0:15–0:30 | Why Strength Training is Important for Lumbar Spine Rehabilitation**

**(Continued)**

- Minimal physical activity guidelines
- Patient-centered goal setting

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**0:30–0:45 | Lumbar Spine Load Sensitivity Assessment Considerations**

- Directional preference of pain in the low back
- Motion vs. moment in biomechanics

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**0:45–1:00 | Lumbar Spine Load Sensitivity Assessment Considerations (Continued)**

- Compression sensitivity test

- Posterior to anterior shear sensitivity test
- Lateral shear sensitivity test
- Load sharing into hypomobile areas of the spine

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#### **1:00–1:15 | Hip Anatomy Variation and Influences in Exercise Selection**

- Acetabular anatomy variations, assessment, and impact on biomechanics
- Femoral neck variations, assessment, and impact on biomechanics

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#### **1:15–1:30 | Lower Body Strength Exercise Integration and Demonstration**

- Deadlift variations for lumbar rehabilitation
- Single-leg deadlift variations for lumbar rehabilitation

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#### **1:30–1:45 | Lower Body Strength Exercise Integration and Demonstration (Continued)**

- Squat variations for lumbar rehabilitation
- Single-leg squat variations for lumbar rehabilitation

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#### **1:45–2:00 | Lower Body Strength Exercise Integration and Demonstration (Continued)**

- Loaded carry variations for lumbar rehabilitation
- Load management and dosage for strength exercises

# Cody A. Dimak, DC

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

# Curriculum Vitae

## EDUCATION:

8.2012

<b>Doctor of Chiropractic</b> , Logan College of Chiropractic, Chesterfield, MO	
<u>Techniques</u>	
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

2013

**Perform Better Functional Training Summit**, Long Beach, CA

**Functional Movement Screen Certification**, Online, Costa Mesa, CA

**Prague School to Athletic Development**, Craig Liebenson DC

**Faulty Movement Patterns**, San Francisco, CA

**Prague School to Athletic Development**, Craig Liebenson DC

**Rehab of the Athlete**, San Francisco, CA

**Perform Better Functional Training Summit**, Long Beach, CA

**Prague School to Athletic Development**, Craig Liebenson DC

**Continuum of Care**, San Francisco, CA

2014

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

	Liebenson DC, Chris Powers PT PhD, Movement Performance Institute, Los Angeles, CA
	<b>Assessing Movement</b> , Gray Cook PT, Pr. Stuart McGill, Craig Liebenson DC, Stanford Sports Medicine, Palo Alto, CA
	<b>Lateral Agility and Power: Assessment and Creating a Training Program</b> , Koichi Sato, ATC, Los Angeles, CA
	<b>Perform Better Functional Training Summit</b> , Long Beach, CA
2015	<b>Dynamic Neuromuscular Stabilization Exercise 1</b> , Petra Valouchova PT, Michael Rintala DC, Southern California University of Health Sciences, Whittier, CA
	<b>Prague School to Athletic Development</b> , Craig Liebenson DC, <b>Part A: Core</b> , Los Angeles, CA
	<b>The Frontal Plane</b> , Koichi Sato ATC, Los Angeles, CA
	<b>Prague School to Athletic Development</b> , Craig Liebenson DC, <b>Part B: Extremities</b> , Los Angeles, CA
	<b>Perform Better Functional Training Summit</b> , Long Beach, CA
	<b>Assistant, Prague School to Athletic Development Part A: Core</b> , Craig Liebenson DC, Vancouver, BC, Canada
	<b>McGill Level 1: Building the Ultimate Back: From rehabilitation to high performance</b> , Pr. Stuart McGill, Portland, OR
	<b>Application of Advanced Biomechanics</b> , Brett Winchester DC, Functional Biomechanics, Phoenix, AZ
2016	<b>Assistant, Prague School to Athletic Development Part B: Extremities</b> , Craig Liebenson DC, Vancouver, BC, Canada
	<b>McKenzie Institute- McKenzie Method Overview Course</b> , Online, Costa Mesa, CA
	<b>Rehab2Performance, Clinical Audit Process</b> , Justin Dean DC, Huntington Beach, CA
	<b>StrongFirst One Day Course</b> , Paul Daniels CSCS Senior SFG, Rancho Santa Margarita, CA
	<b>The Frontal Plane</b> , Koichi Sato ATC, Los Angeles, CA
	<b>Movement Skills Workshop</b> , Michael Rintala DC, Tim Brown DC, Costa Mesa, CA
	<b>Perform Better Functional Training Summit</b> , Long Beach, CA
	<b>Fundamental Capacity Screen</b> , Gray Cook PT, Phil Plisky PT, Los Angeles, CA
	<b>McGill Level 1: Building the Ultimate Back: From rehabilitation to performance</b> , Pr. Stuart McGill, Vancouver, BC, Canada
	<b>McGill Level 2: The Detailed Back Assessment: Reducing pain and enhancing performance</b> , Pr. Stuart McGill, Vancouver, BC, Canada
	<b>Prague School at EXOS</b> , Craig Liebenson DC, Giancarlo Russo PT, Anna Hartman ATC, Guido van Ryssegem ATC, Brian Carroll CSCS, Chris Duffin CSCS, EXOS, Phoenix, AZ
	<b>Application of Advanced Biomechanics</b> , Brett Winchester DC, Functional Biomechanics, Phoenix, AZ
2017	<b>Selective Functional Movement Assessment</b> , Greg Rose DC, San Diego, CA
	<b>Perform Better Functional Training Summit</b> , Long Beach, CA
	<b>Athletic Sustainability: From Clinical to Performance</b> , Brian Carroll CSCS,

**Instructor:** Dr. John Cho

**Title:** MSK US of the Knee- Beyond the Meniscal Tear

**Course Description:** This two-hour presentation will provide a comprehensive review of the sonographic anatomy of the knee, highlight optimal scanning techniques, and discuss the ultrasound evaluation of complex knee injuries and pathologies beyond meniscal tears. The session will conclude with a live ultrasound demonstration.

**Learning Objective:**

- Review knee ultrasound anatomy
- Present ultrasound scanning technique of the knee with live demonstration
- Present knee injuries/pathologies beyond the meniscal tear

**Outline:**

**A. Review of Knee Ultrasound Anatomy (0-15 minutes)**

**a. Anterior Compartment**

- Quadriceps tendon
- Patella and patellar tendon
- Pre-patellar bursa
- Deep infrapatellar bursa

**b. Medial Compartment**

- Medial collateral ligament (MCL)
- Medial meniscus
- Pes anserinus tendons

**c. Lateral Compartment**

- Lateral collateral ligament (LCL)
- Lateral meniscus
- Iliotibial band (ITB)

**d. Posterior Compartment**

- Popliteal fossa
- Semimembranosus and gastrocnemius tendons
- Baker's cyst and adjacent structures

## **B. Scanning Technique (15-30 minutes)**

### **a. Systematic evaluation of:**

- **Anterior:** Quadriceps tendon, patella, patellar tendon, bursae
- **Medial:** MCL, medial meniscus, pes anserinus
- **Lateral:** LCL, lateral meniscus, ITB
- **Posterior:** Popliteal fossa, gastrocnemius–semimembranosus, Baker's cyst

## **C. Cases – Injuries/Pathologies (30-90 minutes)**

### **a. Anterior Compartment**

- Painful bipartite patellar synchondrosis
- Patellar fracture
- Anterior parameniscal cyst
- Patellar tendon rupture
- Pre-patellar bursitis
- Deep infrapatellar bursitis
- Patellar paratenonitis

### **b. Medial Compartment**

- Meniscal tear visible only with weight-bearing
- Parameniscal cyst
- Medial tibial plateau fracture with hemarthrosis
- Meniscal dislocation

### **c. Lateral Compartment**

- Osteochondroma with ITB friction syndrome

### **d. Posterior Compartment**

- Baker's cyst

## **D. Live Demonstration (90-120 minutes)**

- Real-time scanning of:
  - Anterior knee structures (quadriceps, patella, patellar tendon, bursae)
  - Medial structures (MCL, medial meniscus, pes anserinus)
  - Lateral structures (LCL, lateral meniscus, ITB)
  - Posterior structures (popliteal fossa, Baker's cyst)

# **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™)

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: Mark N. Charrette**

**Parker Seminars Las Vegas**

**2 hours**

**Course Title: My Favorite Speeder Board Adjustments For The Extremities- - Part II**

**1pm – 3pm**

**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 knee, hip, wrist. This lively presentation will be presented in a workshop format.

**Learning Objectives:**

- Understand and Demonstrate the adjustments for the knee listings: Medial Condyle, Lateral Condyle, and Posterior Tibia.
- Understand and Demonstrate the Hip Speeder Board adjustment.
- Understand and Demonstrate the adjustment for the wrist segments: Scaphoid, Triquetrum, Lunate, Radius-Ulna
- 

**Outline:**

**0:00–0:15 | The Knee Adjustment**

- **Indicators:** Review clinical signs and functional tests that signal the need for knee adjustments, including restricted motion, pain with flexion or extension, and asymmetrical tracking.
- **Listings:** Discuss common knee listings such as medial condyle, lateral condyle, and posterior tibia misalignments, and how to identify them through palpation and motion analysis.
- **Do's and Don'ts:** Outline best practices for joint line contact, patient safety, and stabilization during adjustments, as well as common errors to avoid when mobilizing the knee joint.

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**0:15–0:30 | Continuation – Knee Adjustment**

- **Patient Position and Segmental Contact Points:** Demonstrate proper patient positioning for each knee listing to ensure comfort, accuracy, and effective force application.
- **Doctor Hand Contact Location:** Identify appropriate hand placements and vectors of correction for different knee conditions while emphasizing ergonomics and control.
- **Reinforcement through Demonstration:** Observe and discuss live or video demonstrations to reinforce correct adjustment mechanics.

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**0:30–0:45 | Hands-On Workshop – Knee Adjustments**

- **Indicators:** Apply learned indicators to live or simulated cases to confirm appropriate adjustment necessity.
- **Speeder Board Set-Up:** Learn proper speeder board height and angle for optimal leverage and patient support.
- **Adjustments of Knee Listings:** Practice adjustments for medial condyle, lateral condyle, and posterior tibia corrections under instructor supervision to refine hand speed, contact, and follow-through.

### 0:45–1:00 | The Hip Adjustment

- **Indicators:** Identify functional and structural imbalances in the hip joint, including leg length discrepancies, restricted motion, or sacroiliac compensation patterns.
- **Listings:** Review typical listings such as anterior or posterior ilium and femoral head misalignments with emphasis on palpation and motion testing.
- **Do's and Don'ts:** Highlight safe patient positioning, proper stabilization, and contraindications for high-velocity thrusts in the hip region.

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### 1:00–1:15 | Practical Workshop – Hip Adjustment

- **Indicators:** Apply evaluation techniques to identify when a hip adjustment is clinically indicated.
- **Speeder Board Set-Up:** Practice setting up and stabilizing the speeder board for hip adjustment techniques.
- **Adjustments of Hip Listings:** Perform hands-on adjustments for identified hip listings, focusing on precise contact, direction of thrust, and patient safety.

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### 1:15–1:30 | Speeder Board Wrist Adjustments

- **Indicators for Scaphoid, Triquetrum, and Lunate:** Review common wrist dysfunctions, pain patterns, and mobility restrictions that signal the need for carpal adjustments.
- **Doctor and Patient Contacts:** Demonstrate hand placement for scaphoid, triquetrum, and lunate corrections, emphasizing stabilization and control.
- **Do's and Don'ts:** Cover common errors in wrist adjusting, including excessive pressure, poor line of drive, and improper stabilization.

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### 1:30–2:00 | Practical Workshop – Wrist Adjustments

- **Indicators:** Assess wrist restrictions through orthopedic and motion palpation tests before performing adjustments.
- **Speeder Board Set-Up:** Configure the speeder board for optimal wrist alignment and comfort during correction.
- **Adjustments of Scaphoid, Triquetrum, and Lunate:** Practice precision adjustments for each carpal bone using proper contact points, thrust angles, and patient stabilization techniques.
- **Instructor Feedback:** Receive real-time feedback to refine adjustment speed, control, and specificity for safe and effective application.

**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 re licensure seminars. Chiropractic college student presentations.

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

September 1987 to present

Presented over 1,700 post-graduate re licensure 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:** Dr. Camille Reagan DACBSP, CCEP

**Title:** Strapping: Fast Functional Fixes for Sports Injuries

**Course Description:** Step up your clinical game in just one hour! This focused session breaks down the mechanics behind ATFL sprains, Achilles tendinitis, and tennis leg injuries—then shows you exactly how to support them with strapping techniques that restore alignment, reduce strain, and speed recovery. Watch live demos and leave ready to apply what you've learned for better, faster results treating your athletes and active patients.

**Learning Objectives:**

- Understand the biomechanics of lower leg sport injuries
- Recognize how the injuries create malpositions of the foot and ankle

Learn how strapping can be utilized for joint repositioning and tissue unloading to help relieve pain, speed healing and improve patient outcomes.

**Outline**

- **Introduction to Strapping (0-15 min)**
  - **Type of tape to be utilized:** Overview of athletic and kinesiology tapes, their key properties, and when each is most effective for different injuries.
  - **How to prep the patient:** Proper skin cleaning, drying, and positioning techniques to ensure comfort and optimal tape adhesion.
  - **Precautions to consider:** Review contraindications such as skin irritation or poor circulation and how to monitor for excessive pressure or discomfort.
- **Discussion of ATFL sprain (15-30 min)**
  - **Biomechanics of the injury:** Outline common inversion mechanisms and how ATFL damage affects ankle stability and movement control.
  - **How strapping can correct joint positioning:** Demonstrate taping methods that limit inversion, improve lateral stability, and enhance proprioceptive feedback.
- **Discussion of Achilles tendonitis (30-45 min)**
  - **Biomechanics of the injury:** Highlight overuse forces that overload the Achilles tendon, including repetitive plantarflexion and poor gait mechanics.
  - **How strapping can unload strained tissue:** Show taping approaches that reduce tendon tension, improve alignment, and support the calf complex during recovery.
- **Discussion of Tennis Leg (medial gastroc strain) (45-60 min)**
  - **Biomechanics of the injury:** Explain how sudden push-off or eccentric loading leads to strain at the medial gastroc junction.
  - **How strapping can aid tissue unloading:** Demonstrate tape placement to decrease tension, support healing, and promote safe return to activity.

# CURRICULUM VITAE

## **CAMILLE REAGAN DC, DACBSP, CCEP, FIAMA**

13396 PRESTON RD. DALLAS, TX 75240

214. 280. 8763

DRCAMILLEREAGAN@GMAIL.COM

WWW.CHIROSPORTCENTER.COM

### Education

Chiropractic – DC, Parker College of Chiropractic, Dallas, TX, August 2001

Undergraduate – Bachelor of Science in Life Science and Public Health, University of Minnesota, Minneapolis, MN, June 1997

### Licensures, Certifications & Appointments

- ◆ Fellowship by the International Academy of Medical Acupuncture – 2015
- ◆ USA Triathlon Sports Performance Staff, 2009 – 2014, USAT Elite Race coverage, ITU Washington DC – May '09, ITU Hamburg – July '09, ITU London – August '09, ITU Gold Coast World Championships – September '09, ITU Seoul – May '10, ITU Madrid – June '10, ITU Kitzbuel – August '10, ITU Budapest World Championships – September '10, ITU Auckland World Championships – October '12, US Olympic Trials - ITU San Diego – May '13
- ◆ 2011 Pan American Games, United States Olympic Committee appointed event chiropractor, Puerto Vallarta, Mexico – October 2011.
- ◆ Dry Needling Certified, Institute of Dry Needling, 2011, Kineticore Level I, 2014
- ◆ USA Taekwondo Olympic Trials – US Olympic Training Center, Colorado Springs, CO – November 2010
- ◆ Clinical Rotation at the Olympic Training Center, Colorado Springs, CO – November 2010
- ◆ 2008 Olympic Games, Team Chiropractor for Colombian Olympic Committee, Beijing, China – August 2008
- ◆ Official Chiropractor of the AVP Pro Beach Volleyball Tour, Dallas, TX – April 2008
- ◆ 2007 Pan American Games, Credentialled through the Costa Rican Olympic Committee, Rio De Janeiro, Brazil – July 2007
- ◆ Diplomate American Chiropractic Board of Sports Physician®, Palmer College of Chiropractic, Dallas, TX – May 2007

- ◆ Appointed to the Parker College of Chiropractic Alumni Board – January 07, Treasurer 2008, Vice President 2009- 2011
- ◆ Certified Chiropractic Sports Practitioner®, Palmer College of Chiropractic, San Jose, CA – March 2006
- ◆ Certified Chiropractic Extremity Practitioner, Texas College of Chiropractic, Houston, TX – March 2004
- ◆ USTA Men's Challenger, Event Chiropractor, T Bar M Racquet Club, Dallas, TX – February 2004 - 2007
- ◆ Women's Tri-Fitness Federation Medical Advisory Board, 2002 – 2008
- ◆ Women's Tri-Fitness Federation; World Championships, Event Chiropractor, Las Vegas, NV – July 11-13, 2002, Eastern States Championships, Event Chiropractor, Tampa, FL – 2003
- ◆ Preferred Provider of the Dallas Sidekicks, 2002 – 2003
- ◆ State of TX Chiropractic License #9065, October 2001 – Present
- ◆ Certified Strength & Conditioning Specialist, December 2000 – Present

## Professional Experience

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### Practice

- ◆ Private, traveling chiropractor for various professional NBA, NFL & UFC athletes, 2014 – Present
- ◆ Reagan Integrated Sports Medicine, formerly known as Reagan ChiroSport Center (practice was integrated in 2020), Dallas, TX, January 2008 – Present
- ◆ Performance & Wellness Center at TBarM Racquet Club, Dallas, TX, – January 2004 – January 2008
- ◆ Vitality Chiropractic & Pilates Studio, Plano, TX, Private Practice December 2002 – January 2004

### Lecture

- ◆ Puerto Rico Annual Chiropractic Congress, “*Strapping: Fast, Functional Fixes for Lower Extremity Injuries*”, October 2025
- ◆ Parker Seminars, “*Strapping Techniques to Enhance Foot & Ankle Biomechanics*”, Orlando, FL – February 2023
- ◆ Parker Seminars, “*Strapping Techniques to Enhance Foot & Ankle Biomechanics*”, Las Vegas, NV – February 2023
- ◆ Parker University Homecoming, “*Learn Strapping to Solve Plantar Fasciitis*”, Dallas, TX – November 2019
- ◆ Parker University Power Event, Dallas, TX – July 2018, 2019, 2022, 2023

## **Instructor: Robynne Chutkan**

**1 Hour**

### **Course Title: Inside Out: How the Gut Microbiome Shapes Cancer Risk & Recovery**

**Course Description:** Join gastroenterologist Dr. Robynne Chutkan for an inspiring, science-based look at how your gut microbiome influences cancer risk and recovery. Learn how the trillions of bacteria inside your body shape inflammation, immunity, and resilience — and how simple daily choices can nurture a healthier, more protective inner ecosystem.

#### **Learning Objectives:**

- Understand the role and function of the gut microbiome
- Discover how the gut and cancer are linked
- Explore how gut bacteria influence response to chemotherapy and immunotherapy
- Gain insights in how to create a cancer-protective microbiome
- Learn about the future of "Microbiome Medicine"

#### **Outline:**

##### **1. Opening: A New Way of Thinking About Cancer (15 min)**

- What if your gut bacteria could help prevent — or even treat — cancer?
- Cancer isn't just genetic; it's also influenced by internal ecosystems like our microbiome.
- Function of the gut microbiome: digestion, immunity, hormone balance, detoxification.
- What happens when that balance is lost — dysbiosis.

##### **2. How the Gut and Cancer Are Linked (15 min)**

- Gut health is connected to cancer through clear, relatable pathways
- Inflammation: chronic inflammation is a known cancer risk factor, and the microbiome controls much of it.
- Immune function: 70% of the immune system is in the gut — it's the body's command center for defense.
- Metabolites: gut bacteria produce chemicals that can either protect cells or damage DNA.
- Examples: colon cancer, breast, and liver cancer.

##### **3. The Microbiome and Cancer Treatment (15 min)**

- Gut bacteria influence how people respond to chemotherapy and immunotherapy.
- "Good bugs" can improve immune response and reduce side effects; antibiotics or poor diet can have the opposite effect.
- In the near future oncologists may test a patient's microbiome before choosing treatment.
- How to Support a Cancer-Protective Microbiome:
  - Eat a wide variety of plants (fiber feeds good bacteria)
  - Limit processed foods and sugar
  - Minimize unnecessary antibiotics
  - Manage stress, sleep well, and spend time outdoors — all support microbial balance
- Examples of people improving their gut health during cancer recovery

##### **4. Looking Ahead: The Future of Microbiome Medicine (15 min)**

- Clinical trials testing "microbiome therapy" for cancer.
- Microbial signatures as early warning systems.
- The potential for personalized, microbiome-guided prevention.

**Robynne Chutkan, MD, FASGE**  
Founder, Digestive Center for Wellness, LLC  
Assistant Professor, Georgetown University Hospital

**EDUCATION:**

1987-1991	Columbia College of Physicians & Surgeons, New York; M.D.
1983-1987	Yale University, Connecticut; B.S.

**POSTDOCTORAL TRAINING:**

1995-1997	Fellow in Gastroenterology The Mount Sinai Medical Center, New York
1994-1995	Chief Resident in Internal Medicine Columbia Presbyterian Medical Center, New York
1992-1994	Resident in Internal Medicine Columbia Presbyterian Medical Center, New York
1991-1992	Intern in Internal Medicine Columbia Presbyterian Medical Center, New York

**FACULTY APPOINTMENTS:**

1997-present	Division of Gastroenterology Georgetown University Hospital, Washington D.C.
1997-2002	National Institutes of Health Digestive Diseases Branch

**CERTIFICATION:**

2006	Fellow of the American Society for Gastrointestinal Endoscopy (FASGE)
1997	Board Certified, Gastroenterology
1995	Board Certified, American Board of Internal Medicine
1992	Diplomate, National Board of Medical Examiners

**HONORS:**

1998	“The Outstanding Visit Award” for Excellence in Teaching House-Officers the Art and Science of Medicine Georgetown University Medical Center, Washington D.C.
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**Robynne Chutkan, MD, FASGE**

1997 Teaching Fellow Award; "Fellow of the Year"  
The Mount Sinai Medical Center, New York.

1996 Recipient of the ACG/Astra Merck Senior Fellow Award, ACG meeting Seattle  
"Best Abstract by a Fellow-In-Training"

**CONSULTING:**

2016-2019 uBiome  
Medical Advisory Board

2010-2019 Dr Oz Show  
Medical Advisory Board, Featured GI expert

2010-2017 Sharecare.com  
Medical Expert

2010-2014 Ladies Home Journal  
Medical Advisory Board

2007 National Geographic  
Medical Consultant

2004-2005 Discovery Health Channel  
Medical Consultant

2001-2002 National Institutes of Health Clinical Roundtable  
Moderator (CME satellite broadcast program)

**COMMITTEES & BOARDS – EXTRAMURAL:**

2021-2022 Director  
Squash and Education Alliance

2010-2012 Chair, Public & Member Outreach Committee  
American Society for Gastrointestinal Endoscopy

2009-2011 Practice Management & Economics Committee  
American Gastroenterological Association

2009-2015 Founder and President  
Gutrunners Foundation (non-profit)

2006-2009 Councilor, Governing Board  
American Society for Gastrointestinal Endoscopy

Instructor: Richard Harris

1 hours

## Title: What Your Doctor Isn't Telling You About Labs

**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, the 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 data that impart disease risk and what we can do to lower that disease risk.

### Learning Objectives:

- Identify 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 biomarker
- Be able to apply these measurements to your patients.

### *Outline:*

#### Introduction (0-5 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 Data Will drive Advances in Medicine**
  - Leveraging data and analytics to optimize care and outcomes.
  - De-risking patients by identifying key health metrics and interventions.

#### Biomarkers Overview (5-15 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) (15-30 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) (30-35 Minutes)

- **Monocyte/HDL Ratio, Testosterone, SHBG:** Emerging biomarkers of interest.

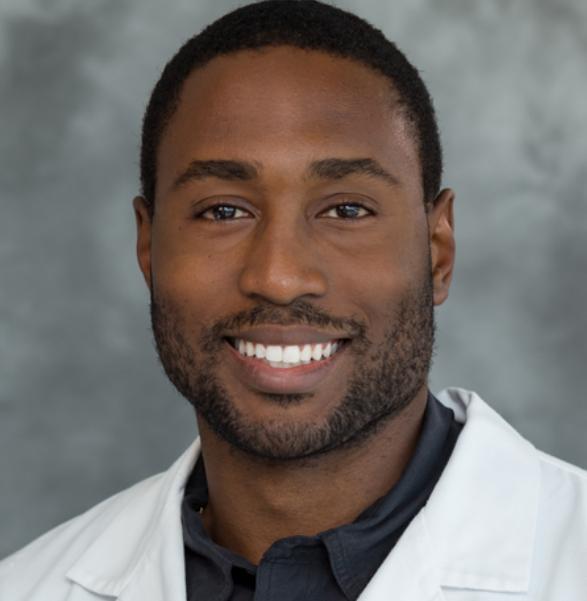
- Understanding the role of immune function, hormone levels, and their impact on health.
- De-risking strategies for patients based on these biomarkers.

## **Emerging Markers of Interest (35-40 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 (40-50 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**



Hello, my name is

# RICHARD HARRIS

## MD, PHARM D, MBA

### CLINICAL EXPERIENCE

#### **Kelsey - Seybold Clinic/Village MD - Houston, Texas** *Internal Medicine Physician*

July 2016 - May 2018 June 2021 - Present

September 2021 - Present

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

#### **TeamHealth/Memorial Hermann Medical Group - Houston, Texas**

*PT Hospitalist*

June 2018 - Feb 2021

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

#### **The University of Texas M.D. Anderson Cancer Center - Houston, Texas** *Inpatient Pharmacist*

July 2008 - August 2009, June 2010 - August 2011

- Dispensing medications prescribed by providers

### ENTREPRENEURIAL EXPERIENCE

#### **Harris Medical Consultants, LLC**

*Founder*

March 2021 - Current

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

#### **40 Acres Fund, LLC**

*Co-Founder*

March 2021 - Current

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

#### **Nimbus Healthcare Corporation**

*CMO*

March 2021 - Current

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

#### **Great Health and Wellness, PLLC**

*Founder*

March 2018 - Current

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

### ABOUT ME

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

### MY CONTACT

#### **Cell:**

(512) 913-1401

#### **Email:**

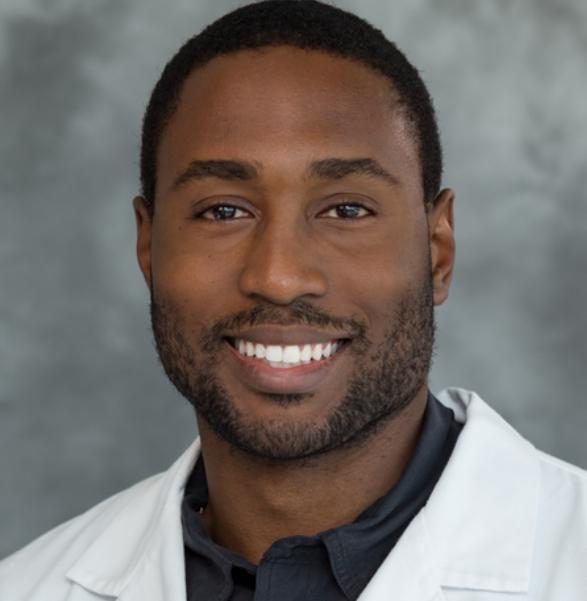
rharris701@gmail.com

#### **Social Media:**

@drharrismd

#### **Address:**

3139 W Holcombe Blvd PMB 8051  
Houston, Texas 77025



Hello, my name is

# RICHARD HARRIS

## MD, PHARM D, MBA

### EDUCATION

**The University of Houston - Houston, Texas**  
*Masters of Business Administration, Global Leadership*  
 July 2018 - May 2020

**The University of Texas Medical Branch - Galveston, Texas**  
*Internal Medicine Residency*  
 June 2013 - June 2016

**McGovern School of Medicine - Houston, Texas**  
*Doctor of Medicine*  
 August 2008 - May 2013

**The University of Texas at Austin - Austin, Texas**  
*Doctor of Pharmacy*  
 August 2001 - May 2008

### LEADERSHIP

**Parker University Board of Trustees**  
*Member Academic Committee*  
 Nov 2021 - Current  

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

**Life and Breath Foundation**  
*Board of Directors & Clinical Advisory Board*  
 July 2020 - Current  

- Supporting patients and their families with sarcoidosis

**West Houston Leadership Institute**  
*Lifetime Member*  
 Jan 2018 - Current  

- Community leadership organization focused on civic engagement

**Karma International, Houston Chapter**  
*Membership Chair & Vice President*  
 April 2017 - Feb 2020  

- Private membership organization for social and professional networking

### ABOUT ME

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

### MY CONTACT

**Cell:**  
 (512) 913-1401

**Email:**  
 harrismedicalconsultants@gmail.com

**Social Media:**  
 @drharrismd

**Address:**  
 3139 W Holcombe Blvd PMB 8051  
 Houston, Texas 77025

**Instructor:** Dr. Linda May

**Title:** Exercise Prescription for Pregnancy & Postpartum

**Course Description:** A comprehensive review of the state of current recommendations for exercise in pregnancy and postpartum. What can be done to “write a prescription” of exercise and its contribution to addressing multiple gestational conditions? What can be done to “write a prescription” for postpartum exercise?

**Learning Objectives:**

- Participants will explain the current guidelines and recommendations for exercise during pregnancy and postpartum.
- Participants will discuss what to do to “write a prescription” of exercise for pregnancy/postpartum.
- Participants will describe the process of modifications for gestational conditions and normal pregnancy and postpartum changes.

**Outline:**

- **0-15 minutes: Introduction to US and Worldwide recommendations for Exercise in Pregnant and Postpartum Women**
  - What are the current and global recommendations?
  - What does it do for maternal, placental, and child health?
- **15-30 Minutes: Exercise Prescription Pregnancy**
  - Steps to “write” the exercise prescription and follow through
  - What are the modifications for normal pregnancy and common gestational conditions
- **30-45 Minutes: Exercise Prescription Postpartum**
  - Steps to “write” the exercise prescription and follow through
  - What are the modifications for normal postpartum and common postnatal conditions
- **45-60 Minutes: Discussion on specific exercise, modifications, applications**
  - Options for treatment

**Curriculum Vitae:**  
**Linda E. May, M.S., Ph.D., FAHA, FACSM**  
Professor, Tenured  
Department of Kinesiology  
Adjunct, Department of Obstetrics and Gynecology

**Business Address:**  
East Carolina University  
Ward Sports Medicine Building, 371A  
Greenville, NC 27834  
Phone: 252-737-7072  
Email: [mayl@ecu.edu](mailto:mayl@ecu.edu)  
Fax: 252-737-4689  
Website: <https://exercisefortwo.ecu.edu/>  
Cell: 816-805-3556

**Education:**

1999-2005	Ph.D.	Physiology, Kent State University (KSU), Kent, OH Dissertation: "The development of the cardiac beta-adrenergic system in BAX and NGF knockout mice"
1995-1998	M.S.	Exercise Physiology (graduated Cum Laude), University of Florida (UF), Gainesville, FL Thesis: "Exercise tolerance in cardiac transplant recipients with and without rate responsive pacing."
1992-1995	B.S.	Sports Administration (graduated with Honors), University of Florida, Gainesville, FL

**Professional Employment:**

2024-current	<u>Professor</u> , Tenure, Department of Kinesiology College of Health and Human Performance East Carolina University (ECU)
2023-current	<u>Director</u> , Human Performance Lab – East Carolina University (ECU)
2022-current	<u>Associate Professor</u> , Tenure Track, Department of Kinesiology College of Health and Human Performance East Carolina University (ECU)
2022-current	MS, Kinesiology – Exercise Physiology <u>Concentration Director</u> College of Health and Human Performance East Carolina University (ECU)
2019-2022	<u>Interim Department Chair</u> , Foundational Sciences and Research (tenured) School of Dental Medicine (SoDM) East Carolina University (ECU)
2017-2022	<u>Associate Professor, Tenured</u> , Foundational Sciences and Research School of Dental Medicine (SoDM) East Carolina University (ECU)
2016-current	Graduate <u>Faculty member, Bioenergetics and Exercise Science Doctoral Program</u> , Department of Kinesiology, College of Health and Human Performance- exercise physiology, East Carolina University (ECU)
2014-current	<u>Adjunct Professor</u> , Department of Obstetrics and Gynecology Brody School of Medicine (secondary), East Carolina University (ECU)

2013-2017	<u>Associate Graduate Faculty member</u> , Graduate Studies East Carolina University (ECU)
2012-2017	<u>Assistant Professor</u> , Foundational Sciences and Research (tenure track) School of Dental Medicine (SoDM) East Carolina University (ECU)
2012-2022	<u>Assistant Professor</u> , Department of Kinesiology (Adjunct) College of Health and Human Performance- Exercise Physiology (secondary), East Carolina University (ECU)
2005-2012	<u>Associate Professor</u> , Department of Anatomy (non-tenure track) <u>Assistant Professor</u> , Department of Anatomy (non-tenure track) College of Medicine- Histology and Gross Anatomy (primary), College of Biosciences- Physiology (secondary) Kansas City University of Medicine and Biosciences (KCUMB)

#### **Research Experience:**

##### **Peer Reviewed Journal Articles:**

1. Sanchez-Parente, S, Castro-Pinero, J, Solaguren-Beaskoa, S, Baena-Garcia, L, Gross McMillan, A, May, LE. (2025). Effect of a supervised-concurrent exercise training during pregnancy on one-month infant neuromotor skills based on maternal body mass index. *Sport Medicine Open* In print.
2. Claiborne, A, Jevtovic, F, Biagiioni, E, Wisseman, B, Roenker, B, Kern, K, Steen, D, Rossa, L, Ollman, C, McDonald, S, Strom, C, Newton, E, DeVente, Mouro, S, J, Collier, D, Kelley, GA, Maples, J, O'Tierney-Ginn, P, Broskey, N, Hounard, J, **May, LE.** (2025). The Influence of Prenatal Exercise Modes on Resting Maternal Blood Lactate. *Physiological Reports* In print.
3. Nowell, Kallie; Dlugonski, Deirdre; Defranco, Emily A.; May, Linda E ; Hoch, Johanna. (2025). Interventions to Increase Self-Reported Physical Activity During Pregnancy: A Systematic Review. *Women's Health – In print.*
4. Claiborne, A, Jevtovic, F, Biagiioni, E, Wisseman, B, Steen, D, Kern, K, Roenker, B, Rossa, L, Ollman, C, DeVente, O'Tierney-Ginn, P, Kaneko-Tarui, T, Kelley, GA, Hounard, J, Broskey, N, **May, LE.** (2025). Prenatal Exercise Regulates Influence of Parental Body Mass Index on Birth Outcomes. *Early Human Development* In print.
5. Wisseman, B, Mottola, MF, Zeczycki, T, DeVente, J, Newton, E, Mouro, S, May, LE. (2025). The Effect of Exercise Mode on Inflammation Markers during Pregnancy: A Narrative Review. *Advanced Exercise and Health Science* In Print.
6. Kern K, **Claiborne A**, Jevtovic F, Wisseman B, Steen D, Strom C, Lilley A, Newton E, DeVente J, Mouro S, Collier D, DuBose K, Gross McMillan A, May LE. (2025). Exercise FITT-V During Pregnancy; 1-Month Infant Neuromotor Outcomes. *Infant Behavior and Development* in print.
7. Biagiioni, B, Rowe, JC, Yendamuri, S, Wisseman, B, Zheng, D, Zhang, G-F, Muoio, D, DeVente, J, Fisher-Wellman, K, Neufer, PD, May, LE, and Broskey, N. (2025). Effect of *in utero* Metformin Exposure in Gestational Diabetes Mellitus on Infant Mesenchymal Stem Cell Metabolism. *AJP-Endo & Metab.* In Print
8. Claiborne A, Wisseman B, Steen D, Kelley, G, Jevtovic F, McDonald, S, Strom, C, Newton E, DeVente J, Mouro S, Whiteside, J, Muhammad, J, Collier, D, Kuehn D, Kern K, **May LE.** (2025). Exercise During Pregnancy FITT-V: Birth Outcomes in Women at Risk of Hypertensive Disorders of Pregnancy. *AJOG Global Reports.* In Print
9. Chrest, BR, Montgomery, MM, Aruleba, RT, Hagen, JT, Vandiver, KJ, Alexander, MK, Williamson, N, Tung, K, Taylor, JG, Bessetti, RN, Belcher, HA, Krassovskaia, P, Jevtovic, F, Terwilliger, ZS, Minchew,

# FOREVER FIT: The Unbreakable Laws of Longevity

**Instructor:** Jeff Cavaliere, M.S.P.T., C.S.C.S.

**Duration:** 1 Hour

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## Course Description:

Longevity isn't just about living longer—it's about moving, performing, and feeling your best for life. In this course, Jeff Cavaliere breaks down the *15 Unbreakable Laws of Longevity*, principles that redefine how we train, recover, and sustain strength through every decade. Participants will learn how to optimize strength, mobility, balance, and intensity through evidence-based training and practical application, ensuring both performance longevity and physical resilience.

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## Course Objectives:

By the end of this course, participants will be able to:

1. Identify and apply the 15 key training and recovery principles that support strength and longevity.
2. Recognize the role of balance, stability, and isometrics in long-term musculoskeletal health.
3. Develop progressive strategies for maintaining muscle and joint integrity with age.
4. Implement practical training methods that reduce injury risk while maximizing performance.
5. Understand how training intensity, recovery, and neuromuscular control influence healthy aging.

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## Course Outline:

### 1. Introduction: The Foundation of Longevity (5 Minutes)

- a. Jeff's background and professional experience
- b. Why longevity matters more as we age
- c. Reframing "fitness" from aesthetics to sustainability

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### 2. Longevity Law #1 – Train to Gain (But Remember... Maintaining Can Be Gaining) (5 Minutes)

- a. Understanding the difference between progress and maintenance phases
- b. How consistency and recovery promote long-term growth

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### **3. Longevity Law #2 – Don’t Make Your Warmup a Workout (But Don’t Work Your Way Out of One Either) (5 Minutes)**

- a. Specific movement prep for known limitations
- b. “System check” warmup sets and how to use load to prime the body

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### **4. Longevity Law #3 – Become as Absolutely Strong as Possible (5 Minutes)**

- a. Relative vs. absolute strength
- b. Strength standards and benchmarks for lifelong lifting
- c. The link between total-body strength and functional independence

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### **5. Longevity Law #4 – Isometric Tension for Lifelong Strength (5 Minutes)**

- a. Isometric contractions and neural recruitment
- b. Time under tension: why “6-second holds” matter
- c. Movement-specific applications for joint stability

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### **6. Longevity Law #5 – Strength is Everything, But Not the Only Thing (Think Tree, Not Pyramid) (5 Minutes)**

- a. The “strength tree” concept—building strong roots for resilience
- b. Balancing force production with mobility and control

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### **7. Longevity Law #6 – The Balance Blindspot (You’re NOT Training If Your Eyes Are Open) (5 Minutes)**

- a. How vision dominance affects balance
- b. Closed-eye training for proprioceptive enhancement
- c. The “Old Man Test” and balance drills for aging athletes

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## **8. Longevity Law #7 – Avoid the Leg Day Lie (Why Bilateral Lifting Isn’t Enough) (5 Minutes)**

- a. The bilateral deficit and its implications
- b. Single-leg training for performance symmetry and joint protection

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## **9. Longevity Law #8 – Stop Moving, Start Stabilizing (The Core Confusion Epidemic) (5 Minutes)**

- a. Redefining “core training” beyond movement
- b. Anti-rotation and stabilization drills to bulletproof the back

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## **10. Longevity Law #9 – Hanging is Healing (Your Spine’s Daily Reset Button) (5 Minutes)**

- a. Benefits of bar hangs for spinal decompression
- b. Active vs. passive hanging variations
- c. Sample 3-day hanging protocol

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## **11. Longevity Law #10 – Trade Volume for Intensity (Mileage Matters) (3 Minutes)**

- a. Avoiding overuse by emphasizing intensity and recovery
- b. The relationship between effort, fatigue, and adaptation

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## **12. Longevity Law #11–15 (7 Minutes)**

- a. **Make Light Weights Feel Heavy** – Using tempo and tension as performance tools
- b. **Don’t Just Count Reps** – The concept of “effective reps”
- c. **Structure vs. Stability** – Using tempo to reveal weak links
- d. **Speed Up What You Slow Down** – Training explosively for neuromuscular health
- e. **Get In The Zone** – Understanding and applying Zone 5 cardio for cardiovascular longevity

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## **13. Summary and Q&A (5 Minutes)**

- a. Recap of all 15 Laws
- b. Integrating longevity principles into everyday training
- c. Key takeaways for sustainable performance.

**Jeff Cavaliere, MSPT**  
**Norwalk, Connecticut**

**EDUCATION:**

**University of Connecticut**

Masters Physical Therapy (MSPT), Physical Therapy Masters Physical Therapy (MSPT),  
Physical Therapy 1997 – 2000

**University of Connecticut**

Bachelor of Applied Science (B.A.Sc.), Physio neurobiology (Pre-medicine Studies) 1993 – 1997

**EXPERIENCE:**

Founder/President ATHLEAN-X Training  
June 2009- Present

Men's Fitness  
Contributing Writer  
January 2004-Present

Head Physical Therapist/Assistant Strength Coach  
New York Mets  
January 2006-November 2009

**Instructor: Cliff Tao**

**1 Hour**

**Title: Radiology Mindset**

**Description:** Having the right mindset when interpreting diagnostic imaging plays a prominent role in proper diagnosis. There are many reasons why we may not be in the right mindset, but we can have a plan or system to ensure we are.

**Learning Objective:**

- Learn why mindset in radiology can have a profound effect on patients.
- Review the various factors that can influence our mindset.
- Build systems to ensure consistent mindset when interpreting images.

**Outline:**

**0:00–0:15 | Importance of Proper Mindset**

- Define what “mindset” means in the context of radiologic interpretation and clinical decision-making.
- Discuss how cognitive bias, fatigue, and overconfidence can influence diagnostic accuracy.
- Examine the difference between a “checking the box” mentality and a “critical thinking” mindset.
- Explore how awareness and mental preparedness impact patient outcomes and professional credibility.

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**0:15–0:30 | Factors Affecting Proper Mindset in Radiology**

- Review internal factors such as stress, workload, and experience level that contribute to interpretive variability.
- Identify external factors including technology limitations, image quality, and time constraints.
- Discuss the impact of interdisciplinary communication—how collaboration with clinicians, technologists, and staff supports accuracy.
- Explore how environmental factors like workspace setup and interruptions affect concentration and focus.

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**0:30–0:45 | Imaging Cases of Radiologic Error**

- Analyze real-world case examples where mindset contributed to missed or incorrect findings.
- Identify common patterns in radiologic error such as satisfaction of search, perceptual bias, and premature closure.
- Discuss lessons learned from each case and how a shift in cognitive approach could have

altered the outcome.

- Highlight the ethical and patient-care implications of diagnostic mistakes.

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#### **0:45–1:00 | Strategies to Minimize Error Through the Right Mindset**

- Introduce practical techniques for maintaining focus and critical thinking during image review.
- Discuss structured reading protocols and checklists that promote consistency and thoroughness.
- Explore the role of continuing education, peer review, and mentorship in cultivating diagnostic excellence.
- Summarize actionable steps attendees can implement immediately to strengthen their professional mindset and reduce errors in practice.

# CLIFF TAO

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

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## ***PROFESSIONAL LICENSE/CERTIFICATION***

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### **California Board of Chiropractic Examiners**

License # 27648

### **Nevada Chiropractic Physician Board**

License # B01909

### **Diplomate, American Chiropractic Board of Radiology**

Board Certification # 0279

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## ***WORK EXPERIENCE***

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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

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## ***EDUCATION***

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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

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## ***CONTINUING EDUCATION***

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Sept 2023

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

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

#### **PUBLICATIONS**

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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**

**1 hour**

**Course Title: Part III-A New Look at Speeder Board Extremity Adjusting-3:30pm-4:30pm**

**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 the speeder board adjustments for the shoulder. This lively presentation will be presented in a workshop format.

**Learning Objectives.**

Understand and Demonstrate the Shoulder adjustments for the Glenohumeral Joint, Sterno-clavicular Joint, and Costo-scapular Joint.

**Outline:**

**0:00–0:15 | Shoulder Adjustments – Explanation**

- Glenohumeral joint anatomy and common dysfunctions
- Sterno-clavicular joint movement patterns and alignment considerations
- Costo-scapular mechanics and how they relate to shoulder mobility and stability

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**0:15–0:30 | Adjustments and Indicators**

- Patient positioning for safe and effective shoulder adjustments
- Doctor hand contact locations and stabilization points
- Key indicators and motion cues used to determine when and where to adjust

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**0:30–0:45 | Practical Workshop – Shoulder Adjustments**

- Doctor and patient contact points for proper leverage and control
- Step-by-step demonstration of adjustments for the Glenohumeral, Sterno-clavicular, and Costo-scapular joints
- Hands-on guided practice emphasizing precision and safety

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**0:45–1:00 | Foot Adjustments and Demonstration**

- Review of patient positioning and doctor hand contact for lower extremity adjustments
- Identification and function of speeder board components
- Doctor workshop focusing on Navicular, Cuboid, and Talus adjustments with live demonstration

**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 re licensure seminars. Chiropractic college student presentations.

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

September 1987 to present

Presented over 1,700 post-graduate re licensure 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: Kyler Brown**

**1 Hour**

**Course Title: Beyond the Adjustment: Clinical Protocols to Modernize your practice and integrate with the Sports and Longevity communities.**

**Course Description:** This course presents Dr. Brown's multidisciplinary protocols for active rehabilitation, offering practical tools for immediate clinical use. Dr. Brown will share his proven framework, treatment strategies, and progression/regression techniques, implemented daily in his integrated clinics. Attendees will also gain insights from his collaborations with leading sports medicine and longevity experts, exploring future industry trends and actionable steps for modern physical rehab professionals to excel in a multidisciplinary landscape.

**Learning Objectives:**

- Master a framework for evaluating musculoskeletal conditions from both local and biomechanical perspectives.
- Analyze common diagnoses, addressing soft tissue, joint, and motor control components.
- Assess the role of case-specific history and patient capacity profiles in personalized treatment.
- Integrate modalities into comprehensive care plans tailored to specific diagnoses.
- Design exercise progressions and regressions with effective client communication strategies.
- Apply isometric, eccentric, and reactive neuromuscular exercises alongside manual therapy and joint mobilization.
- Discuss protocols that include blood flow restriction, dry needling, and timing considerations around sport and performance.

**Outline:**

**0:00 – 0:15 | Introduction and Framework for Addressing MSK Conditions**

- Overview of Kyler's clinic structure and treatment philosophy for managing musculoskeletal (MSK) disorders.
- Introduction to the framework used to assess, diagnose, and treat common MSK conditions.
- Discussion on the importance of integrating functional movement assessment, patient education, and corrective exercise into clinical decision-making.
- Setting learning objectives and outlining the progression of topics for the session.

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**0:15 – 0:30 | Lateral Epicondylitis and Shoulder Impingement**

- Review of anatomy and biomechanics related to the elbow and shoulder complex.
- Understanding common causes and contributing factors of lateral epicondylitis and shoulder impingement.
- Demonstration of evidence-based treatment interventions, including soft-tissue techniques, mobility drills, and activity modification.
- Exercise progressions and regressions to restore strength, stability, and functional movement patterns.
- Key clinical cues for identifying faulty movement and promoting sustainable recovery.

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**0:30 – 0:45 | Spinal Engine and Low Back Diagnoses**

- Explanation of the spinal engine concept and how coordinated motion between the spine, hips, and pelvis influences performance and pain.
- Common low-back diagnoses and functional implications for movement and stability.
- Step-by-step review of manual and exercise-based interventions that target mobility, motor control, and load management.
- Exercise progressions and regressions emphasizing posture, core stability, and kinetic chain integration.
- Clinical application: identifying compensations and restoring efficient spinal mechanics.

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**0:45 – 1:00 | Integration and Interdisciplinary Collaboration**

- Discussion on bridging the gap between rehabilitation and performance for optimal patient outcomes.
- Case examples of collaborative care involving chiropractors, physical therapists, strength coaches, and medical professionals.
- Strategies for building professional networks and improving communication between providers.
- Open Q&A and group discussion on applying these methods within different clinical settings.
- Summary of key takeaways and next steps for implementing the framework in daily practice.

# Kyler Brown, DC, CCSP

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Austin, TX | (512) 987-4409 | kyler.brown@wellsport.com

## Professional Experience

### Co-Founder, 10 Squared - Austin, TX (2022 - Present)

- Developed and implemented high-performance healthspan strategies for executives and athletes.

### Clinic Director / Owner, Wellsport - Austin, TX (2019 - Present)

- Led a multidisciplinary team in delivering elite-level rehabilitation and performance care.
- Collaborated with top surgeons, coaches, and medical professionals.

### Director of Corporate Wellness, Austin Sports Therapy - Austin, TX (2015 - Present)

- Designed and managed wellness initiatives for corporate partners.

### Owner / Partner, Austin Sports Therapy - Austin, TX (2008 - Present)

- Oversaw clinical operations, staff development, and patient care.

### Associate Chiropractor, DeStefano Chiropractic and Associates - New York, NY (2006 - 2008)

## Education

- Certified Chiropractic Sports Physician (CCSP), Palmer Institute of Professional Advancement (2007)
- Doctor of Chiropractic, Palmer College of Chiropractic West - San Jose, CA (2003-2006)
- Bachelor of Arts, University of California, San Diego (1998-2002)

## Certifications & Specialized Training

- Functional Range Conditioning/Release/Assessment (FRC/FRA/FRR)
- Titleist Performance Institute: Medical I, II, III & Fitness I, II
- DNS: Exercise I, II, III, Golf, Strength
- FMS & SFMA: Levels I & II

- Anatomy in Motion | Postural Restoration Institute
- Gait Happens Levels I & II | ART (Full Body, Nerve Entrapment, Masters)
- Fascial Distortion Model | Graston Level 1 | Neurodynamics Upper & Lower
- Dermal Traction | K3 Combat Movement | ELD0A Level 1 & Golf
- First Principles of Movement | CPR - BLS | NBCE Board Certified
- Physiotherapy Board Certified - NBCE

## Consulting & Notable Events

- Medical institutions: Early Medical, Texas Orthopedics
- Corporate wellness: Apple Wellness (2015-Present); UTC/Collins Aerospace (2018-Present); Code Ranch (2021-Present)
- Rehab provider for NCAA, NFL, NHL, NBA, MLB, PGA, LPGA, professional Cycling and professional Tennis athletes
- Consultant: Adidas Track & Field Olympians (2010-2018), San Diego Padres (2023)
- Ironman World Championships (2009-2013), USGA US Open (2019), Masters Tournament (2013) FedEx Cup (multiple)

**Instructor:** Nicky Kirk

**1 Hour**

## **Course Title: Perception in Motion: Integrative Strategies for Neuroperformance**

### **Course Description:**

This 1-hour course provides an evidence-informed framework for understanding how perception, respiration, oxygen utilization, and fatigue mechanisms influence human performance and rehabilitation outcomes. Participants will learn practical clinical strategies to modulate effort, improve repeatability, and optimize recovery without reliance on high-tech tools.

### **Course Objectives:**

- Differentiate internal vs. external load and describe their contribution to system readiness and fatigue.
- Explain how breathing mechanics and CO<sub>2</sub> tolerance influence perception and neuromuscular coordination.
- Describe key determinants of oxygen utilization and apply aerobic interventions in clinical practice.
- Classify fatigue into mechanical, metabolic, and central categories and match interventions appropriately.
- Apply low-load perceptual training strategies, including BFR and breath pacing, to improve compliance and adaptation

### **One-Hour Outline:**

#### **0:00 – 0:15 | Foundations of System Readiness**

- Lecture with applied examples
- Identify internal vs. external load
- Explain system readiness and the “Glass Model” of fatigue overflow
- Recognize perceptual markers clinicians can observe without technology

#### **0:15 – 0:30 | Respiratory Function, CO<sub>2</sub> Tolerance, and Oxygen Utilization**

- Lecture + Breathing demonstration
- Explain how breathing mechanics influence neuromuscular coordination and perceived effort
- Describe physiological drivers of oxygen delivery and utilization
- Apply breath pacing strategies for autonomic regulation and recovery

#### **0:30 – 0:45 | Fatigue Typing: Metabolic, Mechanical, and Central**

- Lecture
- Classify fatigue type based on presentation

- Describe biochemical contributors ( $H^+$ , pH,  $CO_2$ , metabolites)
- Identify central fatigue and “effort computation” concepts

#### **0:45 – 1:00 | Low-Load Perception Modulation, BFR & Recovery Strategies**

- Lecture + Case Integration
- Explain how BFR amplifies neuromuscular and vascular adaptation at low loads
- Match recovery strategies to fatigue types (steady-state, breath work, light aerobic, ESTIM)
- Design case-specific interventions to improve repeatability and confidence

# 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**

**July 2021 to Present**

**RESPONSIBILITIES:**

- 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**

*M.Sc. Human Performance Program, Parker University*

**December 2019 to Present**

**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

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Blood Flow Restriction Training Clinical 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 Restriction – 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

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

**Instructor: Nichelle Gurule**

**1 Hour**

**Course Title:** Infant Adjusting Essentials: Assessment, Treatment, and Feeding, Airway & Cranial Care

**Course Description:** Learn about adjusting infants 0–12 months that integrates history taking (pregnancy/birth/feeding/sleep/allergy flags), functional oral-motor & breastfeeding screens (tongue-tie/airway considerations), and age-appropriate low-force adjusting & cranial techniques. Learn clear red/yellow flags, co-management pathways (IBCLC/SLP/ENT/peds), parent communication, and documentation pearls you can use Monday.

**Learning Objectives:**

- Take a focused infant history: pregnancy/birth factors, feeding/latch, spit-up/reflux, stooling/constipation, sleep, growth, allergy/intolerance clues (eczema, blood/mucus in stool), and airway signs (snoring, mouth posture).
- Perform a 10–15 min infant exam: tone & primitive reflex snapshot (ATNR, STNR, TLR, Rooting, Palmar), cranium/shape, cervical/thoracolumbar/pelvic assessment, rib & diaphragm motion, oral-motor observation (tongue/lips/cheeks).
- Apply age-appropriate, low-force spinal and cranial contacts with indications/contraindications and pressure scales.
- Screen for tongue-tie/feeding dysfunction (function > appearance), recognize airway contributors, and know when/how to refer (IBCLC, peds, SLP, ENT, dentistry).

**Outline:**

**0:00 – 0:15 | Why Infants, Why Now**

- Scope, ethics/consent, risk management
- What parents care about: feeding, comfort, sleep
- Background on health of parents at conception, during pregnancy and beyond

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**0:15 – 0:30 | History That Matters**

- Birth: position, instrument, C-section
- Feeding/latch sides, spit-up/reflux
- Stooling, sleep, growth
- Allergy flags (eczema, rashes, colic patterns)
- Airway hints

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## 0:30 – 0:45 | Exam Fast-Path (Live Overview)

- Tone & primitive reflex check
- Cranium/shape
- Cervical/rib/diaphragm/pelvis
- Oral-motor look (tongue lift/lat, lip seal, cheek recoil)
- Red/yellow flags

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## 0:45 – 1:00 | Gentle Adjusting & Cranial Care / Feeding, Airway & Co-Management

- Pressure scale, sustained contacts, fingertip recoil
- Occipital release, rib mobilization, sacrum/ilium
- Cranial molding & diaphragm work; positioning/holds
- Functional tie clues (latch pain, click, loss of seal, fatigue)
- When to refer: IBCLC vs ENT/SLP
- Parent instructions; quick SOAP, outcomes; Q&A

**Nichelle Gurule**  
5639 County Road 5  
Erie, CO 80516  
720-934-3906  
Hello@liveloudlife.com  
Liveloudlife.com

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## OBJECTIVE

Position as a professional speaker at conferences for the health profession.

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## EDUCATION

### **Palmer College of Chiropractic - West Campus, San Jose, CA**

Doctorate of Chiropractic

*December 2013*

Magna Cum Laude (GPA 4.0), Valedictorian, Presidential Scholar, Deans Award 2010 - 2013  
Chiropractic Internship, Walter Reed National Military Medical Center, Bethesda, MD, 2013

### **University of Colorado at Boulder, Boulder, CO**

BS in Integrative Physiology

BS in Psychology and Neuroscience

*May 2010*

Dean's List Award 2005-2009

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## EMPLOYMENT

### **Live Loud Chiropractic, Lafayette, CO**

*January 2015 - Present*

#### **Co-Owner and Chiropractor**

- Specialty in prenatal and postpartum care
- Co-manage business operations
- Manage 3 business locations
- Provide service to patients via phone and email
- Manage patient contact newsletters, social media, blogs, website development.

### **Gaia Health Academy, Louisville, CO**

*January 2020 – Present*

#### **Founder and Educator**

- Online educational platform for preconception, prenatal and postpartum information
- Clinical based courses for prenatal care and postpartum care
- Courses for patients on prenatal fitness and postpartum healing

### **Professional Speaker, Various Locations, USA**

*May 2017 – Present*

- Presenting on new topics to large communities of clinicians
- Specialized topics for the prenatal and postnatal population

**Gaia Health, Louisville, CO**

*January 2016 – Merged in 2020*

**Owner and Chiropractor**

- Specialty in prenatal, postpartum, pediatric care
- Manage all business operations
- Produce webinars for prenatal care and postpartum healing
- Produce videos for education on YouTube
- Conduct clinics and courses on postpartum healing

**CID Management**

*November 2015 - January 2018*

**Clinical Reviewer**

- Reviewed medical cases for medical necessity
- Researched medical guidelines
- Wrote reports for medical necessity determination

**Moov CrossFit, Louisville, CO**

*November 2015 - October 2016*

**Personal Trainer/Coach**

- Created specialized fitness class, MomFIT
- Provided specialized coaching for postpartum fitness classes
- Enrolled 70 women in 10 months

**Symmetry Sports Therapy, Los Gatos, CA**

*January 2014 - November 2014*

**Associate Chiropractor**

- Provided chiropractic and rehab care
- Provided mobility clinics at local gyms
- Wrote blogs and filmed rehab videos

**Body Firm, Los Gatos, CA**

*January 2014 - November 2014*

**Personal Trainer**

- Provided one-on-one personal training
- Scheduled clients for personal schedule
- Maintained a clean and organized gym space

**Walter Reed National Military Medical Center, Department of Defense, Bethesda, MD**

*June 2013 - December 2013*

**Chiropractic Student Intern**

- Completed 750 internship hours
- Completed rotations in various units throughout the hospital
- Provided chiropractic services for wounded warriors and active duty servicemen

**Name**

Professor Cassie Holmes

**Course Title**

HAPPIER HOUR – How to Invest Your Time for a More Meaningful Life

**Duration:** 1 hour

**Short Course Description**

Our most precious resource isn't money—it's time. Based on her academic research and bestselling book, *Happier Hour*, Professor Holmes will share how to immediately improve your life by changing how you perceive and invest your time. Toolled with empirically based insights, you will learn how to experience greater moments of joy and design your schedule with purpose—all so that you can look back on your days with satisfaction and your life without regret. You will see how small changes can have an enormous impact, helping you feel less overwhelmed, more present, and happier.

**Longer Course Description**

Our most precious resource isn't money—it's time. We're allotted just twenty-four hours a day, and we live in a culture that keeps us feeling rushed and like we never have enough. Since we can't add more hours to the day, how can we optimally spend the time we do have and feel confident in our decisions and more fulfilled in our lives?

Based on her academic research, wildly popular MBA course at UCLA, and bestselling book, *Happier Hour*, Professor Holmes will share how to immediately improve your life by changing how you perceive and invest your time. Toolled with empirically based insights, you will learn how to experience greater moments of joy and to design your schedule with purpose—all so that you can look back on your days with satisfaction and your life without regret. You will see how small changes can have an enormous impact, helping you feel less overwhelmed, more present, and happier.

**Learning Objectives**

- Recognize the effects of time poverty and know how to counteract them and become more time rich.
- Identify worthwhile and wasteful ways of spending to inform future time allocations.
- Be equipped with tools to make the days' hours feel happier and your life more fulfilling.

**Course Outline****Course Outline**

- 1) The Problem (Min 0-15)
  - a) Happiness – its definition and benefits (i.e., improving workplace performance, interpersonal relationships, and health)

- b) Time poverty – its definition, prevalence, and negative consequences
- c) Relationship between discretionary time and happiness

- 2) Solution I – Invest Better (Min 16-45)
  - a) Importance of prioritization – time jar analogy
  - b) Time tracking to identify worthwhile activities
  - c) Sources of happiness – social connection, ritual, exercise, outdoors, flow, work with purpose
- 3) Solution II – Be Invested (Min 46-60)
  - a) Hedonic adaptation
  - b) Count times left

# CASSIE MOGILNER HOLMES

cassie.holmes@anderson.ucla.edu

## EMPLOYMENT

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UCLA Anderson School of Management	
<i>Bud Knapp Chaired Professorship in Marketing</i>	07/2023 – present
<i>Full Professor</i>	07/2020 – present
<i>Donnalisa '86 and Bill Barnum Endowed Term Chair in Management</i>	07/2018 – 06/2021
<i>Associate Professor</i>	04/2016 – 07/2020
Wharton, University of Pennsylvania	
<i>Associate Professor</i>	07/2015 – 03/2016
<i>Assistant Professor</i>	07/2009 – 06/2015

## EDUCATION

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Stanford University, Graduate School of Business, <i>Ph.D., Marketing</i>	06/2009
Columbia University, <i>B.A., Cum Laude, Psychology</i>	05/2002

## AWARDS & RECOGNITION

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- Female Career Award, HEC Lausanne, 2024
- Marketing Science Institute Scholar, 2023
- Favorite MBA Professors, Poets & Quants, 2020
- Most Forward-Thinking Business Courses, Poets & Quants, 2019
- Top 40 Business Professors Under 40, Poets & Quants, 2018
- Journal of Consumer Research Best Article Award, 2017
- Society of Consumer Psychology Early Career Award, 2017
- Association of Consumer Research Early Career Award, 2016
- Dorinda and Mark Winkelman Distinguished Scholar Award, 2014
- Journal of Consumer Research Outstanding Reviewer Award, 2014
- Marketing Science Institute Young Scholar, 2013
- Excellence in Teaching Award for Undergraduates, Wharton, 2011
- Ferber Award, Honorable Mention, 2010
- Dean's Research Grant, Wharton, "Time, Money, and Happiness," 2010, 2011, 2012, 2013, 2014
- AMA-Sheth Foundation Doctoral Consortium Fellow, 2008
- Jaedeke Award, Stanford GSB, 2004

## BOOK

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Holmes, Cassie (September 2022), *Happier Hour: How to Beat Distraction, Expand Time, and Focus on What Matters Most*, Gallery Books, Simon & Schuster.

- *Wall Street Journal* Bestseller
- Selected as an Amazon Best Book of 2022 in Business & Leadership
- Selected as a "Must-Read" by *Forbes*, *The Financial Times*, *The Washington Post*, *TIME*, *Library Journal*, *Next Big Idea Club*
- U.K. edition published by Penguin Life (January 2023)
- Licensed for translation in 13 languages

## JOURNAL PUBLICATIONS

\*denotes equal author contribution

Bergstrom, Tayler, Joseph Reiff, Cassie Mogilner, and Hal Hershfield (2024), “A Broad View of Time Predicts Greater Subjective Well-Being,” *Personality and Individual Differences*, 225. DOI: 10.1016/j.paid.2024.112663

Joe Gladstone\*, Emily Garbinsky\*, and Cassie Mogilner (2022), “Pooling Finances and Relationship Satisfaction,” *Journal of Personality and Social Psychology*, 123(6), 1293-1314. DOI: 10.1037/pspi0000388

Catapano, Rhia, Jordi Quoidbach, Cassie Mogilner, and Jennifer Aaker (2022), “Financial Resources Impact the Relationship between Meaning and Happiness,” *Emotion*. DOI: 10.1037/emo0001090

Sharif, Marissa, Cassie Mogilner, and Hal Hershfield (2021), “Having Too Little or Too Much Time is Linked to Lower Subjective Well-Being,” *Journal of Personality and Social Psychology*, 121 (4), 933-947. DOI: 10.1037/pspp0000391

West, Colin\*, Cassie Mogilner\*, and Sanford DeVoe\* (2021), “Happiness from Treating the Weekend Like a Vacation,” *Social Psychology and Personality Science*, 12(3), 346-356. DOI: 10.1177/1948550620916080

Greenberg, Adam and Cassie Mogilner (2021), “Consumer Debt and Satisfaction in Life,” *Journal of Experimental Psychology: Applied*, 27(1), 57-68. DOI: 10.1037/xap000276

Dai, Hengchen, Cindy Chan, and Cassie Mogilner (2020), “People Rely Less on Consumer Reviews for Experiential than Material Purchases,” *Journal of Consumer Research*, 46(6), 1052-1075. DOI: 10.1093/jcr/ucz042

Mogilner, Cassie (2019), “It’s Time for Happiness,” *Current Opinion in Psychology*, 26, 80-84. DOI 10.1016/j.copsyc.2018.07.002

Mogilner, Cassie and Michael Norton (2018), "Preferences for Experienced versus Remembered Happiness," *Journal of Positive Psychology*, 14 (2), 244-251. DOI: 10.1080/17439760.2018.1460688

\*Mogilner, Cassie, \*Hal Hershfield, and Jennifer Aaker (2017), “Rethinking Time for Well-Being,” *Consumer Psychology Review*. DOI: 10.1002/arcp.1003

Chan, Cindy and Cassie Mogilner (2017), “Experiential Gifts Foster Stronger Social Relationships Than Material Gifts,” *Journal of Consumer Research*, 43 (April), 913-931. DOI: 10.1093/jcr/ucw067

- Ferber Award, 2017

Etkin, Jordan and Cassie Mogilner (2016), “Does Variety Among Activities Increase Happiness?” *Journal of Consumer Research*, 43 (August), 210-229. DOI: 10.1093/jcr/ucw021

- Lead article

\*Hershfield, Hal, \*Cassie Mogilner, and Uri Barnea (2016), “People Who Choose Time Over Money Are Happier,” *Social Psychological and Personality Science*, 7 (September), 697-706. DOI: 10.1177/1948550616649239

Mogilner, Cassie and Michael Norton (2016), “Time, Money, and Happiness,” *Current Opinion in Psychology*, 10, 12-16. DOI: 10.1016/j.copsyc.2015.10.018

**Speaker Name:** Scott Munsterman

**Course Title:** Effective Patient History & Documentation

### **Course Description**

In this one-hour course, Dr. Munsterman will explain the importance of taking a thorough history from a new patient and will illustrate the required elements of the history. He will also discuss the meaning of medical necessity and how we can achieve it in very little time.

### **Course Objectives**

1. Define the Problem-Oriented Medical Record (POMR).
2. Demonstrate taking a complete patient history.
3. Define the concept of functional outcome assessments in clinical practice.
4. Illustrate methods of determining medical necessity.

### **Syllabus**

1. Problem Oriented Medical Record – **15 minutes**
2. Documenting a Thorough History – **15 minutes**
  - a. Onset, Provocative/Palliative, Quality
3. Documenting a Thorough History – **15 minutes**
  - a. Radiating, Site/Severity, Timing
4. Utilizing Functional Outcome Assessments – **15 minutes**

## 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](http://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

- 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".

**Instructor: Scott Forbes**

**1 Hour**

**Course Title:** Creatine for Exercise Performance and Health

**Course Description:** Creatine is one of the most widely studied and utilized dietary supplements in the world. In this course, Dr. Forbes will review how creatine functions at the cellular level to support energy production and overall physiological performance. Participants will explore emerging research showing how creatine supplementation may enhance exercise performance while supporting muscle, bone, and brain health. The session will conclude with practical recommendations and considerations for safe and effective use in clinical and athletic settings.

**Learning Objectives:**

- Discuss what creatine is and how it works in various cells.
- Highlight emerging research examining the performance and therapeutic benefits of creatine on muscle, bone, and brain health.
- Discuss practical recommendations and considerations.

**Outline:**

**0:00 – 0:15 | Understanding the Basics of Creatine**

- Discuss the basics of creatine.
- What is creatine?
- How do we make creatine within our bodies?
- Where do we get creatine from in our diet?
- What happens when we start to take a creatine supplement?

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**0:15 – 0:30 | Mechanisms of Action**

- Once creatine is taken up into the muscle or other cells in the body, how does creatine work?
- Review the main mechanisms and physiological functions.

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**0:30 – 0:45 | Evidence and Research on Creatine**

- Examine current evidence on the efficacy of creatine to enhance muscle, bone, and brain health.
- Highlight recent systematic reviews and key manuscripts.

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## 0:45 – 1:00 | Practical Use, Safety, and Common Questions

- Discuss practical recommendations and considerations (recommended dose, timing, and form of creatine).
- Review the safety of creatine supplementation.
- Address common questions and misconceptions.

## *Curriculum Vitae*

**Scott C. Forbes, Ph.D., FISSN**

**Canadian Society for Exercise Physiology (CSEP)-Clinical Exercise Physiologist**

**(\*High Performance Specialization)**

**Certified Sport Nutritionist – International Society of Sport Nutrition (ISSN)**

**International Olympic Committee Diploma in Sport Nutrition**

### *Personal Information*

#### **Contact Information**

Email: [forbesS@brandonu.ca](mailto:forbesS@brandonu.ca)

Office Phone: 204-727-9639

Cell: 204-901-3432

Mail: 85 Lakeview Dr., Brandon, MB, Canada, R7B4G8

#### **Professional Employment**

- **Full Professor**, Physical Education Studies, Faculty of Education, Brandon University
- Associate Professor, Physical Education, Faculty of Education, Brandon University
- Assistant Professor, Physical Education, Faculty of Education, Brandon University
- College Professor: Human Kinetics, Biology Department, Okanagan College
- Sessional lecturer: University of Alberta, Physical Education and Recreation

#### **Academic Affiliations:**

- **Adjunct Professor**, Faculty of Kinesiology and Health Studies, University of Regina, 2018-Present
- **Research Affiliate**, University of Manitoba, Centre on Aging, 2019-present
- International Society for Sport Nutrition (ISSN) **Scientific Advisor – Sport Nutrition Advisor**. 2023-present
- **Fellow of the International Society for Sport Nutrition (2024-present)**

#### **Industry Affiliations:**

- Creatine for Health. Alzchem. **Scientific Affiliate and Advisor**. 2021-present
- BearBalanced - **Scientific Advisor**. 2023-present
- Doctors formula - **Scientific Advisor**: 2018-2020

#### **Education**

- **Post-Doctoral Fellowship (Faculty of Medicine)**: University of Calgary, 2013-2014
- **International Olympic Committee diploma in Sport Nutrition**: 2014-2016
- **Ph.D. (Physical Education and Recreation)**: University of Alberta, 2007 – 2012
- **M.Sc. (Kinesiology)**: University of Saskatchewan, 2005-2007
- **B.Sc. (Kinesiology)**: University of Saskatchewan, 2001-2005

**Research**  
**Google Scholar Metrics:**  
**<https://scholar.google.com/citations?user=8Swd-egAAAAJ&hl=en>**

**Manuscripts (Total Published Articles = 152 [36 as first author]):**

1. Kazeminasab, F.; Kerchi, A.B.; Sharafifard, F.; Zarreh, M.; **Forbes, S.C.**; Camera, D.M.; Lanhers, C.; Wong, A.; Nordvall, M.; Bagheri, R.; et al. The Effects of Creatine Supplementation on Upper- and Lower-Body Strength and Power: A Systematic Review and Meta-Analysis. *Nutrients* **2025**, *17*, 2748. <https://doi.org/10.3390/nu17172748>
2. Ashtary-Larky, D.; Mohammadi, S.; Mousavi, S.A.H.; Hajizadeh, L.; Candow, D.G.; **Forbes, S.C.**; Afrisham, R.; Farrokhi, V.; Antonio, J.; Suzuki, K. Effects of Citrulline or Watermelon Supplementation on Body Composition: A Systematic Review and Dose-Response Meta-Analysis. *Nutrients* **2025**, *17*, 3126. <https://doi.org/10.3390/nu17193126>
3. Ashtary-Larky D, Candow DG, Forbes SC, Hajizadeh L, Peacock CA, Kalman D, Ricci T, Antonio J. Creatine Supplementation in Combat Sport Athletes: A Narrative Systematic Review. *J Diet Suppl.* 2025 Aug 3:1-26. doi: 10.1080/19390211.2025.2539880. Epub ahead of print. PMID: 40755023.
4. Mozafarinia M, Sasanfar B, Toorang F, Forbes SC, Salehi-Abargouei A, Zendehdel K. A large-scale case-control study on the association between dietary fat quality indices and risk of breast cancer. *Sci Rep.* 2025 Jul 31;15(1):27963. doi: 10.1038/s41598-025-12395-8. PMID: 40744981; PMCID: PMC12313901.
5. Ribeiro F, Forbes SC, Candow DG, Perim P, Lira FS, Lancha AH Jr, Rosa Neto JC. Creatine supplementation and muscle-brain axis: a new possible mechanism? *Front Nutr.* 2025 Jul 23;12:1579204. doi: 10.3389/fnut.2025.1579204. PMID: 40771202; PMCID: PMC12325066.
6. Candow DG, Ostojic SM, Chilibeck PD, Longobardi I, Gualano B, Tarnopolsky MA, Wallimann T, Moriarty T, Kreider RB, Forbes SC, Schlattner U, Antonio J. Creatine monohydrate supplementation for older adults and clinical populations. *J Int Soc Sports Nutr.* 2025 Sep;22(sup1):2534130. doi: 10.1080/15502783.2025.2534130. Epub 2025 Jul 17. PMID: 40673730; PMCID: PMC12272710.
7. Forbes, SC. Combining creatine and protein supplementation to enhance resistance training adaptations? A narrative review. *Journal of Fitness, Wellness and Human Performance.* Accepted July 3<sup>rd</sup>, 2025.
8. Zhang B, Grau M, Puta C, Arvidsson D, Arz M, Böcker J, Chilibeck P, Forbes SC, Kaiser-Stoltz C, McLaurin N, Miyamoto-Mikami E, Pesta D, Pustowalow W, Tanaka H, Rittweger J, Bloch W. Post-COVID-19 Condition in Track and Field Master Athletes: Severity, Symptoms, and Associations With Quality of Life and C-Reactive Protein Levels. *Scand J Med Sci Sports.* 2025 Jul;35(7):e70106. doi: 10.1111/sms.70106. PMID: 40650463; PMCID: PMC12254908.
9. Ashtary-Larky, D., Candow, D. G., Forbes, S. C., Hajizadeh, L., Antonio, J., & Suzuki, K. (2025). Effects of Creatine and  $\beta$ -Alanine Co-Supplementation on Exercise Performance and Body Composition: A Systematic Review. *Nutrients*, *17*(13), 2074. <https://doi.org/10.3390/nu17132074>
10. Arnold Prieto Martínez, Michelle Coutiño Diaz, Reza Zare, Ali Ali Redha, Scott C.

**Instructor: Andy Galpin, Dan Garner, Doug Goldstein**

**Title: Assessing and Correcting Muscle Asymmetries and Imbalances: Groundbreaking measurement technologies**

## **Course Description:**

This course explores the latest advancements in identifying and addressing muscular asymmetries and imbalances that impact performance, posture, and patient outcomes. Participants will learn how groundbreaking measurement technologies can enhance clinical assessment and guide precise corrective strategies. Through lecture and demonstration, attendees will discover practical tools to integrate objective data into treatment planning. The session will conclude with strategies for applying these findings to optimize functional movement and patient recovery.

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## **Course Objectives:**

1. Identify common causes and clinical presentations of muscular asymmetries and imbalances.
2. Understand the role of emerging measurement technologies in assessing muscle performance and function.
3. Apply evidence-based corrective strategies to restore symmetry and improve overall biomechanics.

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## **1-Hour Outline**

### **0:00 – 0:15 | Introduction & Foundations**

- Overview of muscular balance and functional symmetry
- Common causes and clinical implications of asymmetries
- How muscle imbalance affects performance and patient outcomes

### **0:15 – 0:30 | Groundbreaking Measurement Technologies**

- Overview of current measurement tools and innovations
- How data-driven assessment enhances accuracy
- Interpreting objective findings in a clinical context

### **0:30 – 0:45 | Clinical Application & Corrective Strategies**

- Correlating assessment results with functional movement
- Techniques to restore muscular balance
- Case examples of successful correction

#### **0:45 – 1:00 | Integration & Q&A**

- Incorporating technology and assessment into daily practice
- Practical tips for implementation
- Open discussion and Q&A

# Andrew J. Galpin

Phone: 657-278-2112  
Email: [agalpin@fullerton.edu](mailto:agalpin@fullerton.edu)

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## PROFESSIONAL EXPERIENCE

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**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

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## EDUCATION

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**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<sub>2</sub>-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.

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## TEACHING

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### 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

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### **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

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### **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

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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.

# DOUGLAS J. GOLDSTEIN

4080 S. Cherry Street  
Cherry Hills Village, Colorado  
217-821-3684  
Doug@measuredmotion.com

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## PROFESSIONAL EXPERIENCE:

### FOUNDER

Altitude Performance Institute, PLLC

01/2018 - Present  
Cherry Hills Village, CO

- Founded and built a concierge, cash-based clinic that integrates evidence-based physical therapy with performance coaching for clients from youth athletes to Olympians, specializing in professional-athlete rehabilitation and development
- Deliver one-on-one, out of network care that spans injury recovery, return to play, and ongoing performance optimization

### VENTURE PARTNER

Anthropy Partners

05/2025 – present  
Denver, CO

- Source and evaluate early-stage startups in human performance tech including wearables, neuro-training, and AI sports analytics by leveraging 15 years of clinical practice and performance-coaching insight to judge scientific soundness and market fit
- Guide and mentor portfolio founders, using hands-on sales experience and deep knowledge of clinical and performance technology to shape pricing, channel strategy, and product-market positioning

### INDEPENDENT CONSULTANT

Rapid Health Optimization

08/2024 - present  
Cherry Hills Village, CO

- Support athlete care within Rapid's high precision Optima program, coordinating bespoke rehab and performance plans for elite athletes and executives
- Translate Springbok Analytics' 3-D muscle maps into targeted interventions, using objective musculoskeletal data to guide training and accelerate return-to-play timelines
- Partner with Rapids' multidisciplinary team to convert clinical and performance data into clear, outcome-drive protocols that raise strength symmetry and reduce injury risk for enrolled clients

### PERFORMANCE LEAD

Springbok Analytics

02/2023 – 06/2024  
Charlottesville, VA

- As one of a two-person team, defined the sales strategy and actively sold Springbok's 3-D muscle analytics platform to NBA, NFL, MLS, EPL, MLB, collegiate, top longevity clinics and optimization centers, turning complex MRI data into actionable performance and health insights
- Delivered live technical demos and targeted sales strategies that drove investments from professional sports leagues and opened league-wide buying channels
- Partnered with product, engineering, and customer-success teams to remove adoption barriers, increased sales efficiency, and drive adoption, renewals and upsells across performance and longevity accounts

### FOUNDER

Measured Motion

01/2025 - present  
Cherry Hills Village, CO

- Turn Springbok Analytics muscle data into clear rehab, performance, and strength plans while supporting the build of end-to-end systems, from athlete intake to return-to-play, that keep medical, strength and conditioning, and coaching teams aligned
- Lead applied research on intramuscular dry needling and ultrasound markers (pennation angle, fascicle length, force output), translating findings into hands-on protocol for practitioners

### CO-FOUNDER/COO

Launchpad Fitness

07/2021 - present  
Denver, CO

- Created an at-home hardware-and-software training platform that uses motion-capture technology and guided workouts for youth athletes, closing a gap in age-appropriate fitness options and helping kids build sport-ready strength and mobility
- Directed product research and end-to-end software development, UX design, content creation, and prototype testing, to turn coaching into gamified workouts kids can follow at home and with a companion app
- Raised \$600K in angel funding and earned a place in the Techstars Indianapolis Sports Tech Accelerator, leading investor outreach
- Part of a three-person team that ran day-to-day accelerator operations, including customer discovery, sprint planning, and program development, while forging partnerships

### ADVISORY BOARD

Springbok Analytics

06/2024 - present  
Charlottesville, VA

- As Senior Advisor for Human Performance & Development, I consult with Springbok Analytics' sales and business-development teams to turn to company's 3-D muscle-analytics data into clear, compelling value propositions for pro teams, clinics, and wellness centers

**ADVISORY BOARD**

EXER – Artificial Intelligence

01/2019 - present  
Denver, CO

- Advise executive staff on integration of software in orthopedic sectors including recreational and medical
- Developing a road map for strategic placement of this technology in the medical community
- Involved in the innovative design process geared toward product launch
- Helped to build the database library for the application available to the medical market

**ADVISORY BOARD**

Eva Medtec Inc.

01/2019 - present  
Bloomington, MN

- Responsible for strategic guidance for expansion into new markets
- Created and completed a multi subject case study to support the new market approach
- Worked closely with the founder and CEO during the FDA approval process
- Member of the core team focused on branding and go to market strategy

**AFFILIATED FACULTY**

University of Colorado School of Medicine – Physical Therapy Program - Aurora, CO  
Regis University – Reuckert Hartman School of Health Professions – Denver, CO

2012 – present

- Instruct the lab component within the orthopedic field of study
- Monitor student progress and facilitate participation in learning activities
- Assess student performance on practical examinations both oral and written components
- Communicate with lead course instructor to ensure consistency with content delivery and testing

**PHYSICAL THERAPIST**

Greenwood Athletic and Tennis Club Physical Therapy

01/2014 - 01/2018  
Greenwood Village, CO

- Provide Physical Therapy services in an outpatient setting to patients ranging from children to geriatric
  - Fellowship trained Physical Therapist ~1,100 total Fellows in the world
- Generate referrals by implementing marketing and sale strategies focused on both physicians and consumers
  - Responsible for 40% of all referrals for a clinic that has 1,300 visits per month
- Deliver high level of care with strong outcomes to ensure continued success and word of mouth referrals
- Coordinate and maintain on ongoing dialogue with treating physicians on patient progress
- Attend operating room procedures in orthopedic and spine to collaborate about patient care management
- Manage all support staff schedules and daily activities to ensure support labor costs are within established budget
- Track changes in health care prices, utilization, and spending for target market
- Assist in the development of operating budget for a clinic with net revenue of 1.3 million dollars

**PHYSICAL THERAPIST**

Physiotherapy Associates

07/2011 - 12/2013  
Greenwood Village, CO

- Provide Physical Therapy services in an outpatient setting to patients ranging from children to geriatric
  - Awarded Clinician of the Quarter for the state of Colorado in 2012
  - Board Certified in Orthopedic Physical Therapy
- Director of Littleton and Arapahoe High School Athletic Training Departments
  - Coordinated on site care for daily treatments and during games

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**EDUCATIONAL BACKGROUIND :**

REGIS UNIVERSITY – Reuckert Hartman School of Health Professions –Denver, CO  
Fellowship Training – American Academy of Orthopedic Manual Physical Therapists

- Completed July 2016

EVIDENCE IN MOTION – Institute of Health Professions - Schertz, TX  
Orthopedic Physical Therapy Residency

- Completed January 2013 – Obtained Board Certification in Orthopedic Physical Therapy

UNIVERSITY OF COLORADO SCHOOL OF MEDCINE - Denver, CO  
Doctorate of Physical Therapy

- Completed May 2011

MILLIKIN UNIVERSITY – Decatur, IL  
Bachelor of Science in Biology

- Completed Cum Laude December 2006

Instructor: Christine Foss

1 hour

Title: Sports Concussion

**Course Description:** The instructor will lead the participants through a range of techniques for assessing sport concussions. The learner will: become familiar with head injuries in sports, review head injury assessment procedures, concussion evaluation procedures in the office, understand the difference in assessment of vestibular, cervical and oculomotor symptoms as it relates to concussion, and take part in the concussion lab to practice and demonstrate concussion evaluation skills.

**Learning Objectives:**

- Identify and describe common head injuries in sports and their associated symptoms, including vestibular, cervical, and oculomotor components.
- Demonstrate knowledge of standardized procedures for assessing sport-related head injuries and conducting concussion evaluations in clinical and field settings.
- Apply concussion assessment techniques through hands-on practice in a lab setting, effectively evaluating and differentiating between various symptom presentations.

**Outline:**

**Sports Concussion:** Motion palpation and coupled chiropractic technique.

**0:00 – 0:15 | Review of Head Injuries**

Overview of common sports-related concussion mechanisms

Key signs and symptoms indicating possible traumatic brain injury

Understanding acute vs. delayed presentation of concussion symptoms

Importance of early recognition and appropriate referral pathways

How head injury biomechanics relate to cervical spine dysfunction

**0:15 – 0:30 | Introduction to SCAT6**

Purpose and structure of the Sport Concussion Assessment Tool 6

What changed from SCAT5 → SCAT6 and why the update matters

Components of the tool: symptoms, cognitive screening, neurological exam, balance testing

Role of chiropractors and movement-based providers within concussion assessment

**0:30 – 0:45 | Application of SCAT6**

Demonstrating practical step-by-step SCAT6 administration

Identifying red flags that require immediate medical evaluation

Comparing baseline vs. post-injury SCAT6 results

Integrating motion palpation findings with SCAT6 outcomes

Brief hands-on practice (paired or instructor demonstration)

**0:45 – 1:00 | Application of SCOAT6**

Overview of the SCOAT6 (Sports Concussion Office Assessment Tool) for subacute follow-up

Differentiating SCOAT6 from SCAT6 and when each should be used

Mapping SCOAT6 findings to cervical, vestibular, and oculomotor dysfunction

Clinical integration: using coupled chiropractic technique with SCOAT6 patterns

## Curriculum Vitae

**Christine Foss DC, DACBSP, M.S.Ed., ATC, ICSC**

18 Newark Pompton Tpk.

Riverdale, NJ 07457

[DrCFoss@Gmail.com](mailto:DrCFoss@Gmail.com)

Office: 973-616-4555

Cell: 201-213-6983

### **Education:**

**Doctor of Medicine:** University of Health Sciences; 2003-2007  
Antigua V.I. BWI

**Doctor of Chiropractic:** New York Chiropractic College 1991-1994  
Honor Society Phi Chi Omega Recipient

**Master of Science:** Education/ Sports Medicine: 1987-1988

Old Dominion University, Norfolk VA

**Bachelor of Science:** Physical Education/Sports Medicine  
Montclair State University; Montclair NJ 1984-1987

### **Professional Experience:**

**Advanced Sports Medicine & Physical Therapy Center-** Clinic director and co-owner in office combining chiropractic, sports injuries, rehabilitation, acupuncture, physical and occupational therapy. Staff training and education. Riverdale, NJ (2001-Present)

**Kids Therapy Center-** Clinic director and co-owner in office. The clinic provides treatment for children with a myriad of disabilities and special needs offering chiropractic, physical therapy and occupational therapy. Riverdale, NJ (2005-Present)

**Breakthrough Coaching-** Providing education to physicians in HIPPA compliance and practice management. Lectures on Protocol and Rehabilitation Techniques (1997-1998)

**Foss Sports Medicine & Chiropractic Center-** Clinic director Co-Owner in office combining chiropractic, sports injuries and rehabilitation. Towaco NJ(1995-2001)

**Livingston Chiropractic & Rehabilitation Center-** Co-Owner in office combining chiropractic and rehabilitation. Livingston NJ (1998-1999)

**Olympic Training Center-** Volunteer Athletic Trainer; Colorado Springs 1992

**Olympic Training Center –** Volunteer Chiropractic Physician Colorado Springs CO– 2013, 2014

**Olympic Training Center –** Volunteer Chiropractic Physician Chula Vista CA- 2016

**Olympic Training Center –**Volunteer Chiropractic Physician Colorado Springs 2017 David Shultz International Wrestling Tournament

**University of Notre Dame** – Athletic Trainer for Division one athletes, South Bend Indiana (1990-1991

**Palm Beach Sports Medicine & Physical Therapy Center**- Athletic Trainer- In charge of sports medicine department. Observed Surgeries, Rehab of Athletes and coverage of athletes on the field.

**New York Chiropractic College**- Director and lead instructor- Certified Chiropractic Sports Physician Program 2019

#### **Continuing Education**

- Certified Chiropractic Sports Physician
- CSCS Exam prep symposia
- DACBSP program
- Electrodiagnosis 12 Modules (Licensed in NJ)
- Advanced Electrodiagnosis (diplomate eligible)
- Musculoskeletal Ultrasound Certification Upper and Lower Extremity
- Applied Kinesiology (100 Hours)
- Electromyography and Neuromuscular Medicine Harvard Medical School
- Electro diagnostic Medicine Evaluation Jefferson Medical School
- Chiropractic Neurology Diplomate class #13 (Live), multiple online modules Northwestern Health Sciences Univ.
- Case based Advanced Electro diagnosis
- Electro diagnosis upper and lower extremity module 2
- CPR certification American Heart Association
- Emergency Procedures and athletic care interventions
- Challenges and Complexities of Overweight and obese patient
- Primal Rehab
- Low Tech rehabilitation
- Concussion evaluation and treatment
- FAKTR Technique
- Nutrition for the Athlete
- Knee Injuries and assessment
- Shoulder Evaluation and Surgical Intervention
- Metabolic Pathways for Inflammation
- SFMA level 1, 2
- Treatment of the athlete's elbow
- Neurokinetic Therapy 2017 Level 1, 2
- Postural Restoration Institute, Myokinematics of the pelvis 2018

#### **Professional Activities/Awards**

- Team USA Track and Field Medical Staff – U23 Championships – 2019 Queretaro Mexico
- Austrian Bobsleigh Medical Staff – World Cup 2019- Lake Placid NY
- North American Representative FICS- 2019
- Member of the 2013 and 2014, 2016, 2017 United States Olympic Committee Chiropractic Volunteer Program
- ACBSP Exam Writing Workshop – 2016, 2017, 2018
- Kellogg's Tour of Gymnastic Champions PA, NY 2016 – Medical Staff for athletes
- Stand-up Paddle Marathon NY – 2013, 2014, 2016 Medical Staff

**Instructor: Kyl Smith**

**2 Hour**

**Course Title: Get Sleep Right to Win the Chronic Pain Fight**

**Course Description:** This two-hour session explores the current peer-reviewed science regarding the importance and influence of sleep quality on metabolic health, inflammation, musculoskeletal health and chronic pain. The many factors that negatively affect sleep quality in otherwise healthy adults are identified. How poor slow wave sleep negatively affects metabolic health and contributes to chronic pain is discussed. Then, methods of improving sleep quality, slow wave sleep, and metabolic health are discussed providing practitioners with numerous methods and science-based tools to identify, address, and improve patient outcomes.

**Learning Objectives:**

- Understand and explain how disordered sleep affects metabolic health.
- Understand and explain how poor metabolic health causes chronic pain.
- Understand and explain methods of measuring and identifying sleep quality.
- Understand and explain methods that improve deep restorative sleep.
- Explore how improving sleep quality measurably improves metabolic health, relieves chronic pain, reverses sarcopenia, and improves health outcomes.
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**Outline:**

I. Introduction: The Powerful Influence of Sleep on The Perception of Pain – 15 minutes

A. Definition and consequences of disordered sleep quality

B. Poor sleep quality is common in otherwise healthy adults

C. Deep sleep (SWS) and REM sleep deficits contribute to pain

II. Sleep Quality Directly Influences Metabolic Health – 15 minutes

A. Consequences of disordered sleep on metabolic health

B. Common methods of measuring and assessing metabolic health

C. The connection between stress, disordered sleep, and metabolic health

III. The Stress Mess: Cortisol Rhythm Disruptions – 15 minutes

A. The significance of a healthy morning cortisol peak and gradual decline

B. Ultradian pulses, and fundamental keys to balance the HPA axis

C. Factors to influence and restore a healthy circadian rhythm

IV. Darkness Deficiency? Winning the Battle Against Poor Sleep – 15 minutes

A. Effects of overexposure to artificial blue light

B. Reduced melatonin secretion and influences on circadian rhythm

C. Lifestyle factors to naturally improve endogenous melatonin

V. Into The Light: How Sunlight Significantly Improves Sleep – 15 minutes

- A. Mechanisms in support of enhanced melatonin regulation
- B. Methods of circadian rhythm synchronization
- C. Healthy cortisol, mood, and benefits way beyond sleep

VI. Lifestyle Factors That Improve Sleep Quality – 15 minutes

- A. Light, timing, schedules, and circadian rhythm resets
- B. How exercise can benefit and restore REM and (SWS) deep sleep
- C. The powerful influence of diet and feeding timing on sleep quality

VII. Nutritional Factors that Influence Sleep Quality – 15 minutes

- A. The role of insulin sensitivity in deep (SWS) and REM sleep
- B. How diet, stress, and cortisol influence circadian rhythm
- C. Mineral and electrolyte balance influence slow wave sleep

VIII. Practice Factors That Support Metabolic Health – 15 minutes

- A. The benefits of infrared sauna and heat shock proteins
- B. Cryotherapy may significantly improve metabolic health
- C. Research review on significance of red-light therapy and LED



## **CV for Dr. Kyl Smith**

### **CONTACT INFORMATION:**

Creative Health Institute, Inc.  
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Corinth, Texas 76210  
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### **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.nutritionjnl.com/article/S0899-9007\(14\)00452-3/abstract](http://www.nutritionjnl.com/article/S0899-9007(14)00452-3/abstract)

**Instructor:** Dr. Kent Werner **Duration:** 2 hours

**Title:** Sleep, Glymphatics, and Neurodegeneration After TBI

**Course Description:** A detailed exploration of the intersection between sleep, the glymphatic system, and long-term neurological health. This 2-hour lecture will begin with a review of fundamental sleep and glymphatic physiology before establishing the link between sleep disturbance and neurodegenerative diseases. The course will then pivot to Traumatic Brain Injury (TBI), analyzing its impact on both sleep architecture and glymphatic function. Participants will explore the complex relationships between TBI, subsequent sleep disruption, and the accelerated risk for dementia. The lecture will bridge theory and practice by presenting a clinical case, discussing novel management approaches, and showcasing preliminary data from new clinical trials aimed at addressing sleep dysfunction post-TBI.

### **Learning Objectives:**

- Participants will be able to describe the core principles of human sleep physiology.
- Participants will be able to explain the function and mechanisms of the glymphatic system.
- Participants will understand the established relationship between sleep disruption and neurodegeneration.
- Participants will be able to analyze the impact of TBI on both sleep and glymphatic function.
- Participants will master the conceptual framework linking TBI, mediated by sleep disturbance, to increased dementia risk.
- Participants will learn to apply these principles through a clinical case study and identify novel management strategies.
- Participants will become familiar with current research efforts and clinical trials targeting sleep as a therapeutic intervention post-TBI.

### **Outline:**

- **0-15 minutes: Introduction to Sleep Physiology**
  - Sleep stages (NREM, REM), sleep architecture, and homeostatic/circadian regulation
  - Introductory sleep neurophysiology
- **15-30 minutes: The Glymphatic System**
  - Introduction to glymphatic physiology (the brain's waste clearance system)
  - The critical dependence of glymphatic function on sleep state
- **30-45 minutes: Sleep, Glymphatics, and Neurodegeneration**
  - The established link between sleep disruption and neurodegenerative disease
  - Mechanism: Impaired clearance of metabolic byproducts (e.g., amyloid-beta and tau)
- **45-60 minutes: Traumatic Brain Injury (TBI) and its Impact**
  - Introduction to Traumatic Brain Injury (TBI) pathophysiology
  - The specific and profound impact of TBI on sleep architecture

- The corresponding impact of TBI on glymphatic function
- **60-75 minutes: TBI and Dementia Risk**
  - Exploring the triad: TBI, chronic sleep disturbance, and accelerated dementia risk
  - Positioning glymphatic dysfunction as a primary proposed mechanism
- **75-90 minutes: Clinical Application and Case Study**
  - Clinical Case Study: Illustrating these principles in a patient
  - Walking through the diagnostic and management challenges
- **90-105 minutes: Novel Approaches and Research Efforts**
  - Discussion of novel management approaches for post-TBI sleep disruption
  - Overview of current research efforts targeting sleep as a therapeutic intervention
- **105-120 minutes: Clinical Trials, Summary, and Q&A**
  - Showcasing preliminary data from new clinical trials
  - Final summary: Sleep dysfunction as a critical, modifiable target post-TBI
  - Open Q&A

**Personal Statement:**

I am a Navy physician-scientist board certified in neurology and sleep medicine. My research and clinical interests lie in the study and treatment of sleep disorders in the context of traumatic brain injury (TBI). I am pursuing the above in my laboratory with additional focus on the operational needs of the DoD, while serving in a full-time academic research and teaching position at the Uniformed Services University (USU). Additionally, I remain involved in patient care and medical education, attending in the inpatient wards and maintaining outpatient sleep and neurology clinics focusing on patients with TBI.

As a prior deployed Surface Warfare Officer, I can relate to DoD stakeholders and help shape the role that neuroscience and sleep research should play in military operations and their considerations in human performance. At USU, I aim to further develop medical curriculum, advance scientific investigation, and enhance patient care in the as they relate to military operations and traumatic brain injury.

**Educational History:**

MD,PhD	8/03-5/12	Cellular & Molecular Medicine Mentor: Solomon H. Snyder, MD, Department of Neuroscience	Johns Hopkins University
BS	7/97-5/01	Chemistry and Spanish	United States Naval Academy
Clinical GME	7/12-7/13	Osler Internal Medicine Internship	Johns Hopkins University
	7/13-7/14	Neurology Residency	Johns Hopkins University
	7/18-7/19	Sleep Medicine Fellowship	Walter Reed Medical Center

**Professional Experience**

10/2024-present	Asst. Specialty Leader, Sleep Subspecialty, BUMED
8/2024-present	Vice Chair for Research, Department of Neurology, Uniformed Services University
11/2022-present	Associate Professor, Department of Neurology, Uniformed Services University
7/2020 - present	Co-Director, Biomarker Repository, Military Traumatic Brain Injury Initiative
10/2021-10/2022	Associate Program Director, Sleep Fellowship, Walter Reed Nat'l Military Medical Ctr
3/2017-11/2022	Assistant Professor, Department of Neurology, Uniformed Services University
7/2019-present	Director of Research, Sleep Disorders Center, Walter Reed Nat'l Military Medical Ctr
5/2015-present	CEO and Founder, Cogentis Therapeutics, Columbia, MD
5/2017-7/2018	Chief, Department of Neurology, Fort Belvoir Community Hospital
7/2016-5/2017	Staff Neurologist, Fort Belvoir Community Hospital
7/2012-6/2016	Internship and Residency, Johns Hopkins Hospital, Baltimore, MD.
9/2007-10/2012	Physics and Chemistry Instructor and Instructor Trainer, Examcrackers Inc.
7/2005-9/2006	Fellow, Howard Hughes Medical Institute Research Program, Baltimore MD
9/2003-5/2012	HPSP MD, PhD Student, Johns Hopkins University, Baltimore, MD.
4/2003-8/2003	Undersea Medicine Intern, Naval Med. Rsrch. Ctr, Forest Glen, MD
11/2001-4/2003	Division Officer, USS MAHAN (DDG-72), 9 months deployed at sea
6/2001-10/2001	Intern to the Naval Attaché, U.S. Embassy, Madrid, Spain
7/1997-5/2001	Midshipman, United States Naval Academy, Annapolis, MD

**Professional Service**

04/2024	Symposium Chair – ARO – Glymphatics Multidisc. University Research Initiative
11/2023-present	DARPA STRENGTHEN Independent Verification & Validation Scientific Panel
10/2023-present	USUHS Research Advisory Committee, Representing the School of Medicine
1/2023-present	Sleep Fellowship Program Dir. Selection Committee, San Antonio USHEC
12/2022-present	Scientific Reviewer, Brain and Behavior
12/2022-present	Invited lecturer, Neuroscience course, United States Naval Academy
11/2022-present	Sleep SME, Traumatic Brain Injury Center of Excellence Advisory Council
5/2022-present	Scientific Reviewer, Frontiers in Pharmacology

5/2022-present	Scientific Reviewer, <i>Frontiers in Psychiatry</i>
3/2022-present	Scientific Reviewer, <i>JAMA Network Open</i>
2/2022-present	Scientific Reviewer, <i>Frontiers in Neurology</i>
12/2021-present	Neurology/Sleep SME in BUMED NMSK Human Performance working group
1/2021-present	Navy SME, DHA/USAMMDA TBI-Field Intervention and En Route Care Working Group
9/2021-present	USU School of Medicine Candidate interviewer
8/2021-present	Scientific Reviewer, <i>Neurocritical Care</i>
2/2021-present	Scientific Reviewer, <i>Biological Psychiatry</i>
1/2020-present	Scientific Reviewer, United States – Israel Binational Science Foundation
1/2020-present	Scientific Reviewer, <i>Journal of Neurology</i>
1/2020-present	Scientific Reviewer, <i>Neurology, Journal of the American Academy of Neurology</i>
10/2019-present	Scientific Reviewer, <i>Journal of Neurotrauma</i>
9/2019-present	Scientific Reviewer, <i>Journal of Alzheimer's Disease</i>
8/2019-present	Scientific Reviewer, <i>Archives of Physical Medicine and Rehabilitation</i>
7/2019-present	Member, USU Executive Curriculum Committee, Innovation Subcommittee
7/2019-7/2022	Chair, Constitution and Bylaws Committee, USU Faculty Senate
7/2019-7/2022	USU Faculty Senate, Research Policy Committee Member
6/2019-present	Navy SME, USAMMDA Brain Health Point of Injury/Integrated Product Working Group
5/2019-7/2019	Scientific Reviewer, <i>Frontotemporal Dementia Study Section - CDMRP</i>
3/2018-present	Defense Veterans Brain Injury Center Executive Working Group, TBI and SLEEP
1/2018-present	Scientific Reviewer, <i>Sleep and Breathing</i>
12/2013-present	Candidate Interviewer, Health Professions Scholarship Program
5/2012-4/2013	Candidate Recruiter, Health Professions Scholarship Program

### **Medical and Navy Professional Qualifications**

4/2018	Transcranial Magnetic Stimulation certification, Drs. Holly Lisanby and Bruce Luber, NIH
8/2016	Sphenopalatine ganglion block, certified with SphenoCath (>40)
6/2012	Arterial Puncture/Central line/Venipuncture/Lumbar puncture(>200)
6/2016	Lumbar drain (>20), Peripheral nerve block for cephalgia (>50)
5/2016	Botulinum toxin administration for migraine (>100)
11/2002	Surface Warfare Officer Qualification, USS MAHAN (DDG-72)
9/2000	Spanish Fluency, Defense Language Proficiency Test Qualified

### **Honors/Invited Talks:** (Invited international presentations **in bold**, awards underlined)

2/2025	Speaker, TBICoE Brain Injury Awareness Month
1/2025	Speaker, NICoE TBI Grand Rounds
1/2025	Speaker, TBICoE Clinical Affairs Day
1/2025	Presenter, Johns Hopkins Psychiatry and Behavioral Research Conference
11/2024	Speaker, DARPA STRENGTHEN panelist
10/2024	Presenter, ARPA-H Pitch Competition for Women's Health Spark, Boston, MA.
9/2024	Presenter, Glymphatics measurements NIRS, Euro.Sleep Research Soc. <b>Seville, Spain</b>
8/2024	Invited Speaker, Military Health Sciences Research Symposium, Novel Glymphatics Tech.
6/2024	Invited Speaker, North Atlantic Treaty Organization (NATO) Human Factors &Medicine Conf.
6/2024	Invited Speaker, Association of Professional Sleep Scientists annual meeting - Glymphatics
5/2024	Invited Attendee, Neuroscience School of Advanced Sciences, <b>Venice, Italy</b>
4/2024	Invited Speaker, American Academy of Neurology, Sleep in Specialty Populations
1/2024	Invited Speaker, Uniformed Services University, Department of Pathology Seminar Series
1/2024	Speaker, 5th Annual Joint Special Operations Command POTFF Conference 2024
11/2023	Panelist, American Academy of Sleep Medicine Webinar: Career Pathways in Fed. Agen.
11/2023	Speaker, Special Operations Command POTFF Sleep Summit
11/2023	Speaker, Johns Hopkins University Applied Physics Lab ISC Seminar Series
11/2023	Poster (Students: Odafe, Caswell, Roe) at Univ. Pittsburgh Med Ctr. Sleep Circadian Sci. Day
10/2023	Invited Webinar, Dept. of Veterans Affairs WRIISC lecture

**Instructor: Nichelle Gurule**

**2 Hours**

**Course Title:** Brain-Based Pediatrics with Movement, Primitive Reflex Integration, and Chiropractic Care

**Course Description:** This fast, practical course shows how early movement, primitive reflex integration, and chiropractic inputs shape a child's nervous system—and why stabilizing the sensorimotor foundation accelerates posture, visual skills, attention, behavior, and learning. You'll learn a simple pediatric screen, a beginners 5-minute movement plan, and see how targeted movements complement adjustments so families feel results quickly.

**Learning Objectives:**

- Define primitive reflexes and explain how retained patterns impact posture, oculomotor control, behavior, and academics.
- Describe the roles of vestibular, proprioceptive, tactile, and interoceptive systems in early movement development and the Pyramid of Learning.
- Perform a 10-minute pediatric screen: ATNR, STNR, TLR, Spinal Galant + posture/balance + pursuits/saccades/VOR/convergence.
- Apply a stepwise order of operations to improve learning.
- Prescribe brief, daily movement progressions that pair well with chiropractic care.
- Identify red flags and know referral pathways (optometry/OT/SLP/IBCLC/ENT/pediatrics).

**Outline:**

**0:00 – 0:15 | Why Movement First? The Pyramid of Learning in Real Life**

- Early movement and neuroplasticity; why reflexes/sensory/posture form the base for vision, behavior, and academics.
- Brain training vs. visual training; where chiropractic fits (afferent priming, posture, regulation).

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**0:15 – 0:30 | Primitive Reflexes Explained**

- Purpose & timelines: Moro, ATNR, STNR, TLR, Spinal Galant, Palmar, Rooting, Babinski.
- Everyday fallout when retained: line-skipping, slumping, chair wiggle, bedwetting overlap, handwriting fatigue, clumsiness, etc.

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**0:30 – 0:45 | Sensory Foundations that Stabilize Eyes & Attention**

- Vestibular (VOR/head-gravity), proprioception (joint/pressure sense), tactile & interoception (comfort/state).
- Don't miss airway/sleep (mouth-breathing, snoring) as pre-foundation factors.

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## 0:45 – 1:00 | The 10-Minute Pediatric Screen

- Reflex checks (ATNR/STNR/TLR/Galant) + posture/balance + pursuits/saccades/VOR/convergence.
- What's expected vs. red flags; when to refer.

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## 1:00 – 1:15 | Clinical Reasoning & Order of Operations

- Cases that show: regulate → reflex/posture base → vestib/prop “snacks” → visual drills → academics/sport.
- How adjustments open a window for motor learning (timing & pairing cues).

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## 1:15 – 1:30 | Intervention I: Daily Movement (Eyes → Head → Body)

- Teach 5 core drills with cues/dose: Superman micro-holds, Inchworm, Growing Tree, Puppy-Dog Head Turns, Lizard/crawl variants.
- Coaching: 2×5–8 min/day, “eyes lead, ribs quiet,” stop before slop.

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## 1:30 – 1:45 | Intervention II: Visual & Vestibular Add-Ons (After the Base Calms)

- Pursuits, saccades, near-far, pencil push-ups (with head still) + gentle vestib/prop “snacks” (log rolls, balance line, heavy carries, wall pushes).
- Environment habits: screen hygiene, hydration/constipation, seating tweaks (reduce Galant triggers).

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## 1:45 – 2:00 | Implementation, Parent Wins, Referrals, Q&A

- Visit flow: screen → report with parent language → 2-week plan; adjust + micro-dose each visit.
- Parent-visible KPIs (line skips ↓, copying time ↑, chair wiggle ↓, Superman hold ↑) and referral web that accelerates outcomes.

**Nichelle Gurule**  
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Erie, CO 80516  
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Liveloudlife.com

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## OBJECTIVE

Position as a professional speaker at conferences for the health profession.

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## EDUCATION

### **Palmer College of Chiropractic - West Campus, San Jose, CA**

Doctorate of Chiropractic

*December 2013*

Magna Cum Laude (GPA 4.0), Valedictorian, Presidential Scholar, Deans Award 2010 - 2013  
Chiropractic Internship, Walter Reed National Military Medical Center, Bethesda, MD, 2013

### **University of Colorado at Boulder, Boulder, CO**

BS in Integrative Physiology

BS in Psychology and Neuroscience

*May 2010*

Dean's List Award 2005-2009

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## EMPLOYMENT

### **Live Loud Chiropractic, Lafayette, CO**

*January 2015 - Present*

#### **Co-Owner and Chiropractor**

- Specialty in prenatal and postpartum care
- Co-manage business operations
- Manage 3 business locations
- Provide service to patients via phone and email
- Manage patient contact newsletters, social media, blogs, website development.

### **Gaia Health Academy, Louisville, CO**

*January 2020 – Present*

#### **Founder and Educator**

- Online educational platform for preconception, prenatal and postpartum information
- Clinical based courses for prenatal care and postpartum care
- Courses for patients on prenatal fitness and postpartum healing

### **Professional Speaker, Various Locations, USA**

*May 2017 – Present*

- Presenting on new topics to large communities of clinicians
- Specialized topics for the prenatal and postnatal population

**Gaia Health, Louisville, CO**

*January 2016 – Merged in 2020*

**Owner and Chiropractor**

- Specialty in prenatal, postpartum, pediatric care
- Manage all business operations
- Produce webinars for prenatal care and postpartum healing
- Produce videos for education on YouTube
- Conduct clinics and courses on postpartum healing

**CID Management**

*November 2015 - January 2018*

**Clinical Reviewer**

- Reviewed medical cases for medical necessity
- Researched medical guidelines
- Wrote reports for medical necessity determination

**Moov CrossFit, Louisville, CO**

*November 2015 - October 2016*

**Personal Trainer/Coach**

- Created specialized fitness class, MomFIT
- Provided specialized coaching for postpartum fitness classes
- Enrolled 70 women in 10 months

**Symmetry Sports Therapy, Los Gatos, CA**

*January 2014 - November 2014*

**Associate Chiropractor**

- Provided chiropractic and rehab care
- Provided mobility clinics at local gyms
- Wrote blogs and filmed rehab videos

**Body Firm, Los Gatos, CA**

*January 2014 - November 2014*

**Personal Trainer**

- Provided one-on-one personal training
- Scheduled clients for personal schedule
- Maintained a clean and organized gym space

**Walter Reed National Military Medical Center, Department of Defense, Bethesda, MD**

*June 2013 - December 2013*

**Chiropractic Student Intern**

- Completed 750 internship hours
- Completed rotations in various units throughout the hospital
- Provided chiropractic services for wounded warriors and active duty servicemen

**Instructor: Lindsay Mumma**

**1 Hour**

**Course Title: CA to RehabCA: Leveling Up**

**Course Description:** This dynamic course is designed for chiropractors and Chiropractic Assistants (CAs) looking to elevate their roles and enhance patient care through hands-on and rehabilitative techniques. This course provides practical training that empowers CAs to take on more direct patient care responsibilities, improving the overall patient experience while supporting chiropractors in managing their growing caseloads. Through interactive sessions and real-world applications, participants will gain the confidence and skills needed to deliver effective rehabilitation care, ensuring a seamless workflow in the clinic. This course is designed to help doctors and CAs transition CAs into a more active, skilled role in patient rehabilitation.

**Learning Objectives:**

- Understand the role of a RehabCA and how it enhances patient outcomes and clinic efficiency.
- Apply foundational rehabilitation techniques that can be performed by CAs under chiropractor supervision.
- Introduction to clinical skills necessary to provide appropriate care as a team.
- Improve patient communication and engagement through evidence-based rehab strategies.
- Confidently collaborate with chiropractors to offload routine care and focus on higher-level clinical decision-making.

**Outline:**

#### **0:00 – 0:15 | Introduction to the RehabCA Role**

- Overview of the RehabCA's purpose within a modern chiropractic practice and how it integrates into patient care.
- Discuss the benefits this role provides for patients (improved outcomes), chiropractic assistants (expanded skill set), and chiropractors (increased efficiency).
- Outline course objectives, learning outcomes, and expectations for the training session.

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#### **0:15 – 0:30 | Defining the RehabCA in Modern Chiropractic Practice**

- Clarify the responsibilities and boundaries of the RehabCA role and how it differs from traditional CA duties.
- Explore how the RehabCA supports chiropractors by improving patient flow, enhancing care quality, and supporting active care protocols.
- Review legal and ethical considerations, including scope of practice, informed consent, and documentation standards.

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#### **0:30 – 0:45 | Techniques and Therapies within the RehabCA Scope**

- Overview of common rehab techniques CAs may assist with, such as corrective exercise, soft-tissue support, and mobility work.
- Discuss safe parameters for assisting with modalities and exercise-based therapies.
- Review proper use of clinic equipment and communication with supervising chiropractors during rehab sessions.
- Emphasize safety, compliance, and patient-specific modifications.

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**0:45 – 1:00 | Live Demonstration and Guided Practice: The Squat**

- Demonstrate functional assessment and patient setup for bodyweight and assisted squats.
- Identify common compensations and postural faults and how to cue corrections effectively.
- Troubleshoot frequent issues such as knee valgus, poor core activation, and limited mobility.
- Emphasize patient safety, verbal cueing, and documentation of observed progress.

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**1:00 – 1:15 | Live Demonstration and Guided Practice: The High Bear**

- Demonstrate and break down the high bear exercise for stability and mobility improvement.
- Teach proper positioning, breathing mechanics, and patient engagement techniques.
- Discuss progression and regression options for different patient ability levels.
- Focus on maintaining patient comfort and confidence during rehabilitation activities.

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**1:15 – 1:30 | Patient Education and Communication Strategies**

- Learn how to educate patients on the purpose and benefits of rehab exercises.
- Develop strategies for building trust, encouraging compliance, and tracking home exercise adherence.
- Practice clear, motivating communication that aligns with the chiropractor's treatment plan.
- Review examples of how to reinforce consistency and accountability in patient follow-ups.

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**1:30 – 1:45 | Collaboration with Doctors and Clinic Integration**

- Discuss how to work efficiently with doctors to streamline treatment flow and maximize outcomes.
- Identify opportunities for the RehabCA to offload routine care tasks while maintaining quality and compliance.
- Review real-world case studies demonstrating successful RehabCA integration into practice.
- Highlight systems for documentation, progress tracking, and team communication.

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**1:45 – 2:00 | Q&A and Continuing Education Pathways**

- Open discussion and Q&A to address participant questions and clarify clinic-specific scenarios.
- Summarize key takeaways from the course and reinforce the importance of patient-centered rehab.
- Provide reference materials, recommended resources, and continuing education opportunities for CAs seeking advanced certification.
- Encourage ongoing professional growth, confidence, and consistency in applying learned techniques.

# Lindsay S. Mumma, DC, DNSP

Triangle Chiropractic and Rehabilitation Center, PLLC  
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<b>Profile of Qualifications</b>	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 <i>Your Pelvic Floor Sucks</i> and <i>The Trimester Series</i> as well as Top 50 in Health Substack publication <i>Dr. Lindsay Mumma's Newsletter</i> 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
<b>Education</b>	<b>Prague School of Rehabilitation, Prague, Czech Republic</b> Certified DNS Practitioner (DNSP) September 2023 <b>Palmer College of Chiropractic, Davenport, IA: Doctorate of Chiropractic</b> Graduated June 2011 Clinical Excellence Award Recipient <b>Kent State University, Kent, OH: Bachelor of Arts</b> Graduated December 2007, cum laude <b>Crestview High School, Columbiana, OH: Diploma</b> Graduated May 2004, Valedictorian
<b>Continuing Education</b> <b>1206.25 Hours Total</b>	<b>2024 Courses</b> 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 <b>2023 Courses</b> Parker Seminar - Vegas <ul style="list-style-type: none"><li>- The Body-Sport Connection, Myth Busters: Fat Loss Edition;</li><li>- Loading the Painful Patient: How Coaching Can Maximize Results;</li><li>- Beyond Pain: Movement and Environmental Vital Signs for the Modern Provider; Red Flags, Recovery, and Rehabilitation for CAs and DCs</li></ul> 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 <ul style="list-style-type: none"><li>- Clinical Pearls</li><li>- Women, Aging, and Cardiometabolic Health</li></ul> <b>2022 Courses</b>

# Lindsay S. Mumma, DC, DNSP

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## 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)

**Speaker Name:** John Floyd

**Course Title:** Professional Ethics & Legal Responsibilities in Healthcare

**Course Description:** This presentation is designed to provide the chiropractic physician with an update on the applicable rules and regulations governing the chiropractic profession and implementation of various protocols to assist with compliance. In addition, we will address topics in sexual allegation claims. Lastly, we will review various strategies available to the chiropractor in the defense of malpractice claims with an emphasis on stroke related injuries. ion that will address the various strategies associated with the defense of these types of cases.

**Course Objectives:**

- \* Update on California's Rules and Regulations governing the chiropractic profession
- \* Address Ethical considerations and compliance
- \* Educate the chiropractor on legal issues in the profession which includes standard of care
- \* Provide the chiropractor with the necessary tools to avoid non-compliance
- \* Provide suggestions to avoid a malpractice claim
- \* Overview of defending the chiropractic stroke case with actual trial video

**Course Outline:**

I. Introduction to Professional Negligence claims **(15 minutes)**

- A. What is Malpractice and What is Not
- B. Causation
- C. Frequent claims that can be avoided

II. Rules & Regulations governing the chiropractic profession with an emphasis on the state of California.

We will go over the ethics and laws associated with advertising, professional boundaries, mandatory reporting, sexual boundaries, records and retention. **(15 minutes)**

- i. The Reviewing attorney
- ii. State Health Board

iii. Insurance Audits

B. Treating Employees

C. Hiring and Retention of Employees

D. Collection Proceedings

E. Establish Professional Relationships

**III. Developing Topics in Sexual Allegations Claims (**15 minutes**)**

A. Office Emergency Plan

B. Insurance Coverage and recommendations

C. Basic asset protection

**IV. Informed Consent & Ethical Issues associated with the same (**15 minutes**)**

A. Expert Retention and Cross-Examination

B. Utilization of the literature

C. Getting committed to the defense

## **CURRICULUM VITAE**

### **JOHN F. FLOYD, SR.**

#### **EDUCATION:**

Undergraduate Degree: University of Tennessee - Knoxville, TN  
Bachelor of Arts Honors- 1987  
Major: Political Science

University of South Florida - Tampa, FL  
National Student Exchange - 1986  
U.S. Intelligence/Espionage/Pre-Law

Graduate Degree: University of Tennessee College of Law - Knoxville, TN  
Doctor of Jurisprudence - 1990  
Member National Trial Team - 1989-1990  
American Jurisprudence Award - Trial Practice

#### **LEGAL EXPERIENCE:**

**Tried over 100 Jury Trials (professional negligence and business litigation) to Verdict since 1990.**

September 2019 – Present Shareholder Wicker Smith O’Hara McCoy & Ford PA  
3990 Hillsboro Pike, Suite 300  
Nashville, TN 37215

July 2017-September 2019 Shareholder Floyd Law Group PLC  
Nashville, TN

December 1997 – June 2017 Shareholder Todd & Floyd PLC  
Nashville, TN

June 1995 -  
December 1997: Partner Manier, Herod, Hollabaugh & Smith  
Nashville, TN

July 1990-1995: Associate Manier, Herod, Hollabaugh & Smith  
Nashville, TN

## **AREAS OF PRACTICE:**

Civil trial practice in federal and state courts, administrative agencies, and health care boards. Practice includes Corporate and Business Litigation, Employment Litigation, Professional Liability Litigation, including medical and legal negligence claims, Insurance Coverage Litigation and Personal Injury. Admitted to practice before The United States Supreme Court, State Trial and Appellate Courts, United States District Court for the Eastern, Middle and Western Districts of Tennessee, United States Court of Appeals Sixth Circuit, Department of Veterans Affairs and the Supreme Court of Tennessee.

## **PROFESSIONAL ASSOCIATIONS**

American College of Trial Lawyers (ACTL)  
Federation of Defense and Corporate Counsel (FDCC)  
    Professional Liability Section Member  
International Association of Defense Counsel (IADC) (2017 – 2023)  
Professional Liability Defense Federation (PLDF)  
Claims & Litigation Management Alliance (CLM) (2014 – 2017)  
Tennessee Defense Lawyers Association (TDLA)  
Defense Research Institute (DRI)  
American Bar Association (1990–2015)  
Tennessee Bar Association  
Nashville Bar Association  
Tennessee Hearing Committee Member for Attorney Disciplinary Hearings  
Litigation Counsel of America – Senior Fellow

## **BOARD CERTIFICATION AND RECOGNITION:**

### **The National Board of Civil Trial Advocacy**

Certified Civil Trial Specialist (12.1.1996)  
Certified Civil Pretrial Specialist (4.25.2012)

### **The American Board of Professional Liability Attorneys**

Certified Medical Professional Liability Specialist (2.12.1996)

### **The Tennessee Commission on Continuing Legal Education & Specialization**

Certified Civil Trial Specialist (2.6.96)  
Certified Medical Malpractice Specialist (4.10.2000)  
Certified Civil Pretrial Practice (4.25.12)

**Mid-South Super Lawyers: 2006 – Present Business & Corporate Litigation**

**Nashville Post Publication Top 101 Lawyers: Litigation 2011 – Present.**

**Nashville Lifestyle Top 50 Attorneys: 2017 – Present.**

**Tennessee Top 100 Lawyers Mid-South Lawyers: 2016 – Present.**

**Nashville Top 50 Lawyers Mid-South Super Lawyers: 2015 – Present.**

**Best Lawyers America – Medical Malpractice Defense: 2023 – Present.**

**Instructor: MaryAnne Dimak**

**2 Hour**

**Course Title: Rehabilitation of the Female Athlete**

**Course Description:** Through research review and practical workshop, this course explores current injury trends, rehabilitation opportunity areas, and strength training of the female athlete. From a preventative perspective, the course will also include an idea of how to attempt to create antifragility in patients through strength training and biohacking approaches that are influenced by female physiology. These principles have application across gender but will be presented through a female-focused lens.

**Learning Objectives:**

- Acknowledge current research on women's health and non-communicable diseases.
- Explore current musculoskeletal injury trends in the female population.
- Recall female physiology and hormonal fluctuations that impact health and activity levels throughout the life cycle.
- Identify motivational interviewing techniques that will allow more connection, better goal setting, and influence long-term retention of benefits.
- Create rehabilitative interventions that are influenced by female physiology so can be better target towards that population.

**Outline:**

1. Women's Health Current Trends (15 min)
  - a. Status of women's health and longevity in the literature including activity levels, disease levels, and resilience.
  - b. Common barriers to improvements in health.
  - c. Female-specific factors that are not present or significantly different in the male population.
  - d. Barriers to strength training from a physiology perspective and a biopsychosocial perspective.
2. Common Trends in Musculoskeletal Rehab (15 min)
  - a. Current research on most common injuries of the female athlete.
  - b. Current trends in rehabilitation approaches for common injuries.
3. How Does Strength Training Play A Role (15 min)
  - a. Current research showing benefits of strength training during female-specific life cycle periods and disorders such as pregnancy, menopause, PCOS.
  - b. How to Integrate appropriate strength training programs into health care environments.
  - c. Building community and identifying referral partners and comanagement partners within the strength and conditioning field.

4. Practical Application and Integration: Core (15 min)

- a. Biomechanics Review
- b. Influences of the Lumbar Spine and Thoracic Spine
- c. Fundamental Rehabilitation Opportunities

5. Workshop: Core (15 min)

- a. Thoracic Mobility
- b. Functional Rehabilitation Focus: Breathing Patterns
- c. Functional Rehabilitation: Anti Extension and Anti Rotation

6. Practical Application and Integration: Hips (15 min)

- a. Biomechanics Review
- b. Influences by the Lumbar Spine and Trunk
- c. Fundamental Rehabilitation Opportunities

7. Workshop: Hips (15 minutes)

- a. Lumbar Spine/Hip Dissociation
- b. Functional Rehabilitation Focus: Frontal Plane
- c. Functional Rehabilitation: Single Leg Strength

8. Long Term Goals (15 min)

- a. Recap on the origin of the principle of antifragility.
- b. What does antifragility look like in the musculoskeletal rehabilitation space.
- c. How muscle and bone physiology is a perfect example of antifragility.

# MaryAnne Harrington Dimak, MS, DC

605.299.6058 | mdimak@parker.edu

## Curriculum Vitae

### EDUCATION:

12.2011 **Doctor of Chiropractic**, Logan College of Chiropractic, Chesterfield, MO. Graduated Cum Laude.

12.2013 **Masters of Science in Nutrition and Human Performance**, Logan University, Chesterfield, MO. Graduated with Distinction.

4.2014 **Masters of Science in Sports Science and Rehabilitation**, Logan College of Chiropractic, Chesterfield, MO. Graduated with Distinction.

4.2009 **Bachelors of Science in Human Biology**, Logan College of Chiropractic, Chesterfield, MO.

5.2008 **Bachelors of Science in Biological Sciences**, University of Nebraska-Lincoln.

### LICENSURES AND CERTIFICATIONS:

**Texas State Board of Chiropractic Examiners**  
**National Board of Chiropractic Examiners, Parts I-IV**  
**Physiotherapy of the National Boards**  
**Full Body Certification**, Active Release Technique  
**Webster Technique Certification**  
**CPR Basic Life Support Certification**

### CONTINUING EDUCATION:

2010 **Active Release Technique Upper Extremity**, St. Louis, MO  
**Active Release Technique Spine**, St. Louis, MO

2011 **ProSport Chiropractic**, Las Vegas, NV  
**Active Release Technique Lower Extremity**, Memphis, TN  
**Carpal Tunnel Syndrome (Non-Surgical & Surgical Treatment Options)**, Southeast Missouri Hospital, Cape Girardeau, MO  
**200 Hr Yoga Teacher Training**, Clayton, MO  
**Dynamic Neuromuscular Stabilization A**, Phoenix, AZ

2012 **Active Release Technique Lower Extremity**, San Diego, CA

2013 **Prague School to Athletic Development**, Craig Liebenson, DC  
**Faulty Movement Patterns**, San Francisco, CA  
**Continuum of Care**, San Francisco, CA

2013 **Perform Better Functional Training Summit**, Long Beach, CA  
**Active Release Technique Upper Extremity**, San Diego, CA

2014 **Assessing Movement**, Gray Cook, PT, Pr. Stuart McGill, Stanford Sports Medicine, Palo Alto, CA  
**Perform Better Functional Training Summit**, Long Beach, CA  
**Active Release Technique Recertification**

2015	<p><b>Dynamic Neuromuscular Stabilization Exercise 1</b>, Southern California University of Health Sciences, Whittier, CA</p> <p><b>Prague School to Athletic Development</b>, Craig Liebenson DC,  <b>Part A: Core</b>, Los Angeles, CA  <b>Part B: Extremities</b>, Los Angeles, CA</p> <p><b>Active Release Technique Diagnosis Course/SFMA I</b>, Oceanside, CA</p> <p><b>Perform Better Functional Training Summit</b>, Long Beach, CA</p> <p><b>The Frontal Plane</b>, Koichi Sato ATC, Los Angeles, CA</p> <p><b>Assistant, Prague School to Athletic Development</b>, Craig Liebenson, DC, Vancouver, BC, Canada</p> <p><b>Functional Biomechanics Skills Review</b>, Brett Winchester, DC, Functional Biomechanics, Phoenix, AZ</p>
2016	<p><b>Dynamic Neuromuscular Stabilization Yoga and Rehabilitation</b>, Carlsbad, CA</p> <p><b>Assistant, Prague School to Athletic Development</b>, Craig Liebenson, DC Vancouver, BC, Canada</p> <p><b>Rehab2Performance, Clinical Audit Process</b>, Justin Dean, DC, Huntington Beach, CA</p> <p><b>The Frontal Plane</b>, Koichi Sato ATC, Los Angeles, CA</p> <p><b>Perform Better Functional Training Summit</b>, Long Beach, CA</p> <p><b>Functional Movement Systems, Functional Capacity Screen</b>, Gray Cook PT, Los Angeles, CA</p> <p><b>Building the Ultimate Back: From rehabilitation to performance</b>, Stuart McGill, PhD, Vancouver, BC, Canada</p> <p><b>The Detailed Back Assessment: Reducing pain and enhancing performance</b>, Stuart McGill, PhD, Vancouver, BC, Canada</p> <p><b>Prague School at EXOS</b> Craig Liebenson, DC, Giancarlo Russo, PT, Anna Hartman, ATC, Guido vanRyssengem, ATC, EXOS, Phoenix, AZ</p> <p><b>Functional Biomechanics Skills Review</b>, Brett Winchester, DC Functional Biomechanics, Phoenix, AZ</p>
2017	<p><b>Selective Functional Movement Assessment (Audit)</b>, San Diego, CA</p> <p><b>Perform Better Functional Training Summit</b>, Long Beach, CA</p> <p><b>Athletic Sustainability: From Clinical to Performance</b>, Brian Carroll CSCS, Craig Liebenson, DC, Los Angeles, CA</p> <p><b>RockStock: RockTape Summit</b>, Huntington Beach, CA</p> <p><b>Assistant, Prague School to Athletic Development</b>, Craig Liebenson, DC, Calgary, AB, Canada</p> <p><b>Functional Biomechanics Skills Review</b>, Brett Winchester, DC, Functional Biomechanics, Phoenix, AZ</p>
2018	<p><b>Rehab2Performance Symposium</b>, Phillip Snell DC, Steve Capobianco DC, Jason Brown DC, Brenan Ghassemieh CSCS, Project MOVE, Denver, CO</p>
2019	<p><b>Parker Seminars</b>, Las Vegas, NV</p> <p><b>Rehab2Performance Symposium</b>, Richard Ulm DC, Jimmy Yuan DC, Erin McGuire PT, Phoenix, AZ</p> <p><b>Parker Seminars Dallas</b>, Dallas TX</p>
2020	<p><b>Rehab2Performance Virtual Symposium</b>, Brett Winchester DC, Courtney Conley DC, Richard Ulm, DC</p>

**Instructor: Andy Galpin, Dan Garner, Doug Goldstein**

**Title: Assessing and Correcting Muscle Asymmetries and Imbalances: Physical testing & Corrections**

## **Course Description:**

This course explores practical methods for identifying and correcting muscular asymmetries and imbalances commonly found in clinical and athletic settings. Participants will learn how to perform focused physical assessments to detect dysfunctions affecting posture, mobility, and performance. Emphasis will be placed on understanding the underlying causes of imbalances and implementing corrective strategies through manual and movement-based interventions. Attendees will leave with evidence-informed techniques to enhance patient outcomes and restore functional symmetry.

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## **Course Objectives:**

By the end of this course, participants will be able to:

1. Perform targeted physical assessments to identify key muscular asymmetries and imbalances.
2. Analyze functional movement patterns to determine contributing factors to muscular dysfunction.
3. Apply appropriate corrective techniques to restore balance and optimize patient or athlete performance.

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## **1-Hour Course Outline**

### **0:00 – 0:15 | Understanding Muscle Asymmetries and Imbalances**

- Overview of muscular asymmetry: definitions and clinical relevance
- Common causes: posture, injury, and repetitive stress
- Impact on movement efficiency and patient outcomes

### **0:15 – 0:30 | Physical Testing and Functional Assessment**

- Demonstration of key assessment techniques (postural, range of motion, strength testing)
- Identifying compensatory movement patterns
- Interpreting assessment results for clinical decision-making

### **0:30 – 0:45 | Corrective Strategies and Techniques**

- Manual therapy and soft tissue correction approaches
- Activation and inhibition techniques
- Integrating corrective exercises into patient care

#### **0:45 – 1:00 | Clinical Application and Case Review**

- Case study: assessment to correction process
- Troubleshooting common challenges
- Q&A and discussion on integrating techniques into daily practice

# Andrew J. Galpin

Phone: 657-278-2112  
Email: [agalpin@fullerton.edu](mailto:agalpin@fullerton.edu)

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## PROFESSIONAL EXPERIENCE

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**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

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## EDUCATION

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**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<sub>2</sub>-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.

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## TEACHING

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### 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

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### **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

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### **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

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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.

# DOUGLAS J. GOLDSTEIN

4080 S. Cherry Street  
Cherry Hills Village, Colorado  
217-821-3684  
Doug@measuredmotion.com

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## PROFESSIONAL EXPERIENCE:

### FOUNDER

Altitude Performance Institute, PLLC

01/2018 - Present  
Cherry Hills Village, CO

- Founded and built a concierge, cash-based clinic that integrates evidence-based physical therapy with performance coaching for clients from youth athletes to Olympians, specializing in professional-athlete rehabilitation and development
- Deliver one-on-one, out of network care that spans injury recovery, return to play, and ongoing performance optimization

### VENTURE PARTNER

Anthropy Partners

05/2025 – present  
Denver, CO

- Source and evaluate early-stage startups in human performance tech including wearables, neuro-training, and AI sports analytics by leveraging 15 years of clinical practice and performance-coaching insight to judge scientific soundness and market fit
- Guide and mentor portfolio founders, using hands-on sales experience and deep knowledge of clinical and performance technology to shape pricing, channel strategy, and product-market positioning

### INDEPENDENT CONSULTANT

Rapid Health Optimization

08/2024 - present  
Cherry Hills Village, CO

- Support athlete care within Rapid's high precision Optima program, coordinating bespoke rehab and performance plans for elite athletes and executives
- Translate Springbok Analytics' 3-D muscle maps into targeted interventions, using objective musculoskeletal data to guide training and accelerate return-to-play timelines
- Partner with Rapids' multidisciplinary team to convert clinical and performance data into clear, outcome-drive protocols that raise strength symmetry and reduce injury risk for enrolled clients

### PERFORMANCE LEAD

Springbok Analytics

02/2023 – 06/2024  
Charlottesville, VA

- As one of a two-person team, defined the sales strategy and actively sold Springbok's 3-D muscle analytics platform to NBA, NFL, MLS, EPL, MLB, collegiate, top longevity clinics and optimization centers, turning complex MRI data into actionable performance and health insights
- Delivered live technical demos and targeted sales strategies that drove investments from professional sports leagues and opened league-wide buying channels
- Partnered with product, engineering, and customer-success teams to remove adoption barriers, increased sales efficiency, and drive adoption, renewals and upsells across performance and longevity accounts

### FOUNDER

Measured Motion

01/2025 - present  
Cherry Hills Village, CO

- Turn Springbok Analytics muscle data into clear rehab, performance, and strength plans while supporting the build of end-to-end systems, from athlete intake to return-to-play, that keep medical, strength and conditioning, and coaching teams aligned
- Lead applied research on intramuscular dry needling and ultrasound markers (pennation angle, fascicle length, force output), translating findings into hands-on protocol for practitioners

### CO-FOUNDER/COO

Launchpad Fitness

07/2021 - present  
Denver, CO

- Created an at-home hardware-and-software training platform that uses motion-capture technology and guided workouts for youth athletes, closing a gap in age-appropriate fitness options and helping kids build sport-ready strength and mobility
- Directed product research and end-to-end software development, UX design, content creation, and prototype testing, to turn coaching into gamified workouts kids can follow at home and with a companion app
- Raised \$600K in angel funding and earned a place in the Techstars Indianapolis Sports Tech Accelerator, leading investor outreach
- Part of a three-person team that ran day-to-day accelerator operations, including customer discovery, sprint planning, and program development, while forging partnerships

### ADVISORY BOARD

Springbok Analytics

06/2024 - present  
Charlottesville, VA

- As Senior Advisor for Human Performance & Development, I consult with Springbok Analytics' sales and business-development teams to turn to company's 3-D muscle-analytics data into clear, compelling value propositions for pro teams, clinics, and wellness centers

**ADVISORY BOARD**

EXER – Artificial Intelligence

01/2019 - present  
Denver, CO

- Advise executive staff on integration of software in orthopedic sectors including recreational and medical
- Developing a road map for strategic placement of this technology in the medical community
- Involved in the innovative design process geared toward product launch
- Helped to build the database library for the application available to the medical market

**ADVISORY BOARD**

Eva Medtec Inc.

01/2019 - present  
Bloomington, MN

- Responsible for strategic guidance for expansion into new markets
- Created and completed a multi subject case study to support the new market approach
- Worked closely with the founder and CEO during the FDA approval process
- Member of the core team focused on branding and go to market strategy

**AFFILIATED FACULTY**

University of Colorado School of Medicine – Physical Therapy Program - Aurora, CO  
Regis University – Reuckert Hartman School of Health Professions – Denver, CO

2012 – present

- Instruct the lab component within the orthopedic field of study
- Monitor student progress and facilitate participation in learning activities
- Assess student performance on practical examinations both oral and written components
- Communicate with lead course instructor to ensure consistency with content delivery and testing

**PHYSICAL THERAPIST**

Greenwood Athletic and Tennis Club Physical Therapy

01/2014 - 01/2018  
Greenwood Village, CO

- Provide Physical Therapy services in an outpatient setting to patients ranging from children to geriatric
  - Fellowship trained Physical Therapist ~1,100 total Fellows in the world
- Generate referrals by implementing marketing and sale strategies focused on both physicians and consumers
  - Responsible for 40% of all referrals for a clinic that has 1,300 visits per month
- Deliver high level of care with strong outcomes to ensure continued success and word of mouth referrals
- Coordinate and maintain on ongoing dialogue with treating physicians on patient progress
- Attend operating room procedures in orthopedic and spine to collaborate about patient care management
- Manage all support staff schedules and daily activities to ensure support labor costs are within established budget
- Track changes in health care prices, utilization, and spending for target market
- Assist in the development of operating budget for a clinic with net revenue of 1.3 million dollars

**PHYSICAL THERAPIST**

Physiotherapy Associates

07/2011 - 12/2013  
Greenwood Village, CO

- Provide Physical Therapy services in an outpatient setting to patients ranging from children to geriatric
  - Awarded Clinician of the Quarter for the state of Colorado in 2012
  - Board Certified in Orthopedic Physical Therapy
- Director of Littleton and Arapahoe High School Athletic Training Departments
  - Coordinated on site care for daily treatments and during games

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**EDUCATIONAL BACKGROUIND :**

REGIS UNIVERSITY – Reuckert Hartman School of Health Professions –Denver, CO  
Fellowship Training – American Academy of Orthopedic Manual Physical Therapists

- Completed July 2016

EVIDENCE IN MOTION – Institute of Health Professions - Schertz, TX  
Orthopedic Physical Therapy Residency

- Completed January 2013 – Obtained Board Certification in Orthopedic Physical Therapy

UNIVERSITY OF COLORADO SCHOOL OF MEDCINE - Denver, CO  
Doctorate of Physical Therapy

- Completed May 2011

MILLIKIN UNIVERSITY – Decatur, IL  
Bachelor of Science in Biology

- Completed Cum Laude December 2006

**Instructor: Christine Foss**

**2 hour**

**Title: Sports Concussion conditions & Shoulder Girdle Assessment and Coupled Chiropractic Technique**

**Course Description:** This course provides a comprehensive, hands-on approach to assessing sports concussions and evaluating the shoulder complexes through motion palpation and coupled chiropractic techniques. Participants will review mechanisms of head injuries in sports, concussion assessment procedures, and differentiation of vestibular, cervical, and oculomotor symptom patterns. Learners will also practice clinical evaluation skills through a structured concussion lab. In addition, the course will guide participants through shoulder complex assessments, manual muscle testing, orthopedic procedures, and the application of high-velocity, low-amplitude (HVLA) techniques. Emphasis will be placed on identifying contraindications, determining when referral is necessary, and improving the ability to evaluate joint motion in athletes and physically active individuals.

## **Learning Objectives**

1. **Identify and differentiate** vestibular, cervical, and oculomotor symptom patterns in athletes with suspected concussion and apply appropriate clinical assessment procedures.
2. **Demonstrate proficiency** in manual muscle testing, orthopedic evaluation, motion palpation, and coupled chiropractic techniques for the shoulder complexes.
3. **Integrate assessment findings** to determine appropriate clinical management, recognize contraindications, and identify when referral or further diagnostic evaluation is necessary.

**Outline 2 hours:**

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### **0:00 – 0:15 | Foundations of Sports Concussion Assessment**

- Overview of concussion mechanisms in sports and common injury patterns
- Key red-flag symptoms requiring immediate referral
- Introduction to vestibular, cervical, and oculomotor symptom categories
- Importance of comprehensive assessment beyond symptom checklists

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### **0:15 – 0:30 | Concussion Evaluation Procedures**

- Office-based evaluation steps and documentation essentials
- Demonstration of oculomotor testing (saccades, pursuits, convergence)
- Overview of cervical assessment as it relates to post-concussive symptoms
- Incorporating balance and vestibular screening into clinical workflow

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## **0:30 – 0:45 | Concussion Lab – Hands-On Practice**

- Guided practice of concussion examination procedures
- Partner-based application of visual, vestibular, and cervical tests
- Recognizing patterns that distinguish concussion from cervicogenic symptoms
- Instructor feedback on technique accuracy and interpretation

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## **0:45 – 1:00 | Manual Muscle Testing: Shoulder Flexors & Extensors**

- Review of functional anatomy and kinetic chain considerations
- Demonstration of proper patient positioning and stabilization
- Identifying weakness patterns associated with athletic injury
- Understanding when muscle test findings indicate referral

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## **1:00 – 1:15 | Practice Session – Flexors & Extensors**

- Partner practice refining hand placement and clinician body mechanics
- Troubleshooting common errors in testing procedures
- Discussing functional interpretation of strength deficits
- Applying findings toward sport-specific movement restrictions

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## **1:15 – 1:30 | Manual Muscle Testing: Abductors & Adductors**

- Detailed review of scapulohumeral rhythm and stabilizer involvement
- Testing protocols for shoulder abductors and adductors
- Identifying compensatory patterns during resisted testing
- Clinical indicators of soft tissue vs. articular dysfunction

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## **1:30 – 1:45 | Practice Session – Abductors & Adductors**

- Hands-on partner drills reinforcing accurate muscle testing
- Interpreting asymmetries and determining need for imaging or referral
- Integrating muscle test outcomes into broader shoulder evaluation
- Safety considerations during resisted testing in injured athletes

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## **1:45 – 2:00 | Orthopedic Testing & HVLA Coupled Chiropractic Techniques**

- Orthopedic tests for shoulder complexes: impingement, instability, labral signs
- Motion palpation review for identifying hypomobility and joint dysfunction
- Demonstration of HVLA coupled chiropractic techniques for the shoulder region
- Contraindications, post-treatment reassessment, and clinical integration

## Curriculum Vitae

**Christine Foss DC, DACBSP, M.S.Ed., ATC, ICSC**

18 Newark Pompton Tpk.

Riverdale, NJ 07457

[DrCFoss@Gmail.com](mailto:DrCFoss@Gmail.com)

Office: 973-616-4555

Cell: 201-213-6983

### **Education:**

**Doctor of Medicine:** University of Health Sciences; 2003-2007  
Antigua V.I. BWI

**Doctor of Chiropractic:** New York Chiropractic College 1991-1994  
Honor Society Phi Chi Omega Recipient

**Master of Science:** Education/ Sports Medicine: 1987-1988

Old Dominion University, Norfolk VA

**Bachelor of Science:** Physical Education/Sports Medicine  
Montclair State University; Montclair NJ 1984-1987

### **Professional Experience:**

**Advanced Sports Medicine & Physical Therapy Center-** Clinic director and co-owner in office combining chiropractic, sports injuries, rehabilitation, acupuncture, physical and occupational therapy. Staff training and education. Riverdale, NJ (2001-Present)

**Kids Therapy Center-** Clinic director and co-owner in office. The clinic provides treatment for children with a myriad of disabilities and special needs offering chiropractic, physical therapy and occupational therapy. Riverdale, NJ (2005-Present)

**Breakthrough Coaching-** Providing education to physicians in HIPPA compliance and practice management. Lectures on Protocol and Rehabilitation Techniques (1997-1998)

**Foss Sports Medicine & Chiropractic Center-** Clinic director Co-Owner in office combining chiropractic, sports injuries and rehabilitation. Towaco NJ(1995-2001)

**Livingston Chiropractic & Rehabilitation Center-** Co-Owner in office combining chiropractic and rehabilitation. Livingston NJ (1998-1999)

**Olympic Training Center-** Volunteer Athletic Trainer; Colorado Springs 1992

**Olympic Training Center –** Volunteer Chiropractic Physician Colorado Springs CO– 2013, 2014

**Olympic Training Center –** Volunteer Chiropractic Physician Chula Vista CA- 2016

**Olympic Training Center –**Volunteer Chiropractic Physician Colorado Springs 2017 David Shultz International Wrestling Tournament

**University of Notre Dame** – Athletic Trainer for Division one athletes, South Bend Indiana (1990-1991

**Palm Beach Sports Medicine & Physical Therapy Center**- Athletic Trainer- In charge of sports medicine department. Observed Surgeries, Rehab of Athletes and coverage of athletes on the field.

**New York Chiropractic College**- Director and lead instructor- Certified Chiropractic Sports Physician Program 2019

#### **Continuing Education**

- Certified Chiropractic Sports Physician
- CSCS Exam prep symposia
- DACBSP program
- Electrodiagnosis 12 Modules (Licensed in NJ)
- Advanced Electrodiagnosis (diplomate eligible)
- Musculoskeletal Ultrasound Certification Upper and Lower Extremity
- Applied Kinesiology (100 Hours)
- Electromyography and Neuromuscular Medicine Harvard Medical School
- Electro diagnostic Medicine Evaluation Jefferson Medical School
- Chiropractic Neurology Diplomate class #13 (Live), multiple online modules Northwestern Health Sciences Univ.
- Case based Advanced Electro diagnosis
- Electro diagnosis upper and lower extremity module 2
- CPR certification American Heart Association
- Emergency Procedures and athletic care interventions
- Challenges and Complexities of Overweight and obese patient
- Primal Rehab
- Low Tech rehabilitation
- Concussion evaluation and treatment
- FAKTR Technique
- Nutrition for the Athlete
- Knee Injuries and assessment
- Shoulder Evaluation and Surgical Intervention
- Metabolic Pathways for Inflammation
- SFMA level 1, 2
- Treatment of the athlete's elbow
- Neurokinetic Therapy 2017 Level 1, 2
- Postural Restoration Institute, Myokinematics of the pelvis 2018

#### **Professional Activities/Awards**

- Team USA Track and Field Medical Staff – U23 Championships – 2019 Queretaro Mexico
- Austrian Bobsleigh Medical Staff – World Cup 2019- Lake Placid NY
- North American Representative FICS- 2019
- Member of the 2013 and 2014, 2016, 2017 United States Olympic Committee Chiropractic Volunteer Program
- ACBSP Exam Writing Workshop – 2016, 2017, 2018
- Kellogg's Tour of Gymnastic Champions PA, NY 2016 – Medical Staff for athletes
- Stand-up Paddle Marathon NY – 2013, 2014, 2016 Medical Staff

**Instructor: Brad Glowaki**

**1 Hour**

**Course Title: Practice Authenticity**

**Course Description:** The class will cover how to incorporate science and physiology to guide today's practicing chiropractor. This will include chiropractic's role in pain, prevention and performance. This presentation will also focus on developing confidence in the practicing chiropractor to make individual care plans based on the patient's unique needs. The learning objective is for attendees to learn about the science demonstrates the benefit of chiropractic care for patients. This presentation will focus on several research articles that support chiropractic care. Attendees will have clarity in their care recommendations, adjusting, and outcome measurements that are supported by ethical communication.

**Learning Objectives:**

- Review current research and evidence supporting chiropractic care.
- Discuss the role of adjustment dosage in improving patient outcomes.
- Apply evidence-based principles to guide clinical decision-making.
- Develop effective patient communication strategies, including education, activity modification, and use of digital tools to support self-management.

**Outline:**

**0:00–0:15 | Pain, Prevention, and Performance: Foundations of Subluxation and Back Pain**

- Overview of pain mechanisms and the relationship between prevention and performance in chiropractic care
- Etiologies and clinical manifestations of subluxation, including mechanical, neurological, and biochemical factors
- How subluxation affects functional movement patterns and overall musculoskeletal health
- Chiropractic care and back pain — understanding common causes, evidence-based interventions, and patient expectations
- Discussion of how chiropractic adjustments restore motion, reduce pain, and improve overall performance

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**0:15–0:30 | Neurology and Clinical Application of Subluxation and Pain**

- Review of current literature supporting the chiropractic model of care and its outcomes in pain management
- Basic neurology of subluxation and pain — exploring the role of afferent and efferent pathways, proprioception, and central sensitization
- Understanding how chiropractic adjustments influence the nervous system and pain modulation
- Evaluating healing progress and identifying contraindications to care, including red flags for referral and patient safety protocols
- The importance of individualized care plans based on neurological assessment and patient response

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### **0:30–0:45 | Managing Inflammation and Supporting Recovery**

- The physiological role of inflammation in injury, healing, and chronic pain cycles
- How chiropractic care supports the natural resolution of inflammation
- Integrating adjunctive therapies such as soft tissue techniques, cryotherapy, and exercise-based interventions
- Supporting the patient after the adjustment — lifestyle modifications, ergonomic advice, and patient education for long-term results
- Case examples demonstrating improved outcomes through integrated inflammation management

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### **0:45–1:00 | Posture, Biomechanics, and Long-Term Performance**

- The role of posture in maintaining spinal biomechanics and optimal physiological function
- How chronic postural adaptations contribute to pain, dysfunction, and subluxation patterns
- Clinical strategies to retrain posture through corrective exercises, proprioceptive training, and neuromuscular re-education
- The connection between spinal alignment, breathing mechanics, and performance enhancement
- Summary and key takeaways: integrating pain prevention, performance optimization, and chiropractic principles into daily practice

**Bradley M. Glowaki, B.S., D.C.**  
**13001 Seal Beach Boulevard Suite 300**  
**Seal Beach, CA, 90740**  
**U.S.A**  
**(562) 596-GLOW**

## EDUCATION

**Los Angeles College of Chiropractic**  
**Whittier, CA 8/95-12/98**

- Doctorate of Chiropractic December 1998
- Dean's List

**University of Delaware 8/91-5/95**

- B.S. in Biology, 1995
- Athletic scholarship in lacrosse
- Division 1 lacrosse team captain

**LICENSE California - Active in good standing NO. DC26054**

## WORK EXPERIENCE

**Champion Chiropractic Seal Beach, CA 1999-present**

- Sole proprietor

**State Association Speaker for Re-Licensing Credit**

- California 2009-2011
- Washington 2008-2011
- Ohio 2009
- All 50 US states in 2010 (except Nevada)

**2008 California Chiropractor of the Year**

- "Boderman Award" for elevating the professional image of chiropractic in the state of California.

**2010 Chiropractic Leadership Alliance (CLA)**

- International Ambassador of Chiropractic

**2012 Parker Seminar Speaker**

- 2012 Parker Seminars "Chiropractor of the Year"

**2012 International Chiropractor of the Year**

*This Curriculum Vitae is true and correct as of January 1, 2019*  
**Dr. Brad Glowaki B.S., D.C.**

**Speaker Name:** Tommy Wood

**Course Title:** The Stimulated Mind

**Course Description:** Though we are often told that this is not the case, all the latest neuroscience suggests that we have a huge amount of control over how our brains function, including our memory, decision making, and ability to focus. Rethinking about how we use our brains to structure it more like the way that athletes train and develop their bodies for optimal performance, this talk will provide evidence-based strategies leveraging the principles of arousal and neuroplasticity to better understand how we can perform at our best each day.

**Course Objectives:**

- Discuss modifiable factors that influence cognitive function
- Assess the evidence that cognitive function can be enhanced, and the role of cognitive stimulus in cognitive enhancement
- Discover how to approach cognitive function over the long- and short-term to optimize performance at any time

**Course Outline:**

**0-15 minutes**

- What is cognitive function?
- What are the factors that determine cognitive function?

**15-30 minutes**

- How does neuroplasticity work in the adult brain?

**30 to 45 minutes**

- Stimulus as a primary driver of tissue function, including the brain
- Demand-driven adaptations to stimulus and their role in promoting cognitive function and slowing brain aging
- The interplay between stimulus and recovery to build cognitive reserve

**45-60 minutes**

- The 3-S model of brain function – a practical framework for behavior and lifestyle modification to enhance cognitive function
- Structuring your year/week/day to optimize cognitive performance like athletes optimize physical performance

## CURRICULUM VITAE

### Thomas Ragnar Wood, BM BCh, PhD

#### **CONTACT INFORMATION**

Thomas Wood  
University of Washington Department of Pediatrics  
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Box 356320  
Seattle  
98195 WA  
Email: [tommyrw@uw.edu](mailto:tommyrw@uw.edu)  
Phone: (704) 589-3882

#### **1. PERSONAL DATA**

**Birthplace** Evanston, Illinois  
**Citizenship** USA, UK, Icelandic

#### **2. EDUCATION**

<b>10/2004-07/2007</b>	Bachelor of Arts, Natural Sciences (Biochemistry) University of Cambridge, UK
<b>09/2007-07/2011</b>	BM BCh (Medical Degree - Graduate Entry) University of Oxford Medical School, UK
<b>09/2013-09/2016</b>	PhD Fellow Department of Physiology, University of Oslo, Norway <b>Thesis title:</b> On the physiology of experimental hypoxic-ischaemic brain injury Supervisor: Prof. Marianne Thoresen MD, PhD
<b>09/2021-06/2022</b>	Postgraduate Certificate in Applied Biostatistics University of Washington, Seattle, WA, USA

#### **3. POSTGRADUATE TRAINING**

<b>08/2011 - 08/2012</b>	Academic Foundation Year 1 Doctor Guy's and St. Thomas' Hospitals, London, UK Vascular surgery, Orthopaedic surgery, Elderly Care, General Medicine
<b>08/2012 – 08/2013</b>	Academic Foundation Year 2 Doctor St. Thomas' Hospital, London, UK

**Emergency Medicine, General Medicine, Toxicology**

<b>08/2013 – 09/2013</b>	Locum Senior House Officer (General Medicine) St. Thomas' Hospital, London, UK
<b>10/2016 – 03/2017</b>	Visiting Scientist Division of Neonatology, University of Washington
<b>04/2017 – 04/2018</b>	Senior Fellow (postdoc) Division of Neonatology, University of Washington
<b>04/2018 – 12/2018</b>	Research Scientist Division of Neonatology, University of Washington

**4. FACULTY POSITIONS HELD**

<b>12/2018 – 03/2023</b>	<b>Research Assistant Professor</b> Department of Pediatrics, Division of Neonatology University of Washington Seattle, WA
<b>04/2023 – 06/2024</b>	<b>Assistant Professor (Faculty Scientist)</b> Department of Pediatrics, Division of Neonatology University of Washington Seattle, WA
<b>07/2024 – Present</b>	<b>Associate Professor (Faculty Scientist)</b> Department of Pediatrics, Division of Neonatology University of Washington Seattle, WA

**5. HOSPITAL POSITIONS HELD**

None

**6. CURRENT (NON-UW) EMPLOYMENT**

None

**7. HONORS**

<b>2005, 2007</b>	Ellen Delf-Smith Prize in Biological Natural Sciences - Girton College, Cambridge
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**Instructor: Nichelle Gurule**

**1 Hour**

**Course Title:** Breastfeeding & TOTS in Practice: Functional Suckle Assessment and Bodywork for DCs

**Course Description:** Learn how chiropractors can address breastfeeding problems through a function-first lens. Learn how to spot tethered oral tissues (TOTS) that matter clinically, functionally assess the suck–swallow–breathe pattern, and apply gentle neuromusculoskeletal bodywork to improve latch, transfer, and infant comfort—while knowing when and how to co-manage with IBCLC/SLP/ENT.

**Learning Objectives:**

- Distinguish function vs. appearance in TOTS and identify key breastfeeding red/yellow flags.
- Perform a 5–7 min functional SSB assessment (lip seal, tongue lift/lateralization/cupping, suck quality, pacing, nasal patency).
- Apply low-force bodywork (occipital/cervical comfort, rib/diaphragm mobilization, gentle cranial holds, positioning coaching) that supports latch and breathing.
- Create a clear co-management pathway with IBCLC/SLP/ENT/peds dentistry and document outcomes simply and defensibly.

**Outline:**

**0:00 – 0:15 | Breastfeeding & TOTS: Function First**

- What “good latch & transfer” look like; common dysfunction signals (clicking, loss of seal, prolonged feeds, maternal pain, fatigue).
- TOTS quick scan: lingual/labial/buccal ties—function over frenulum look; high/narrow palate, mouth-breathing, nasal patency.
- Scope, consent, documentation; immediate medical red flags (FTT, apnea/cyanosis, bilious vomiting).

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**0:15 – 0:30 | Functional Suckle (SSB) Assessment (in DC scope)**

- Observe & feel: lip seal, buccal tone, tongue lift/lateralization/protrusion/cupping, suck on gloved finger (strength, rhythm, fatigue).
- SSB pacing: suck-swallow-breathe coordination, pauses, breath holds.
- Airway overlay: resting lip seal, snoring/noisy sleep, open-mouth posture; history essentials (birth, feed sides/duration, spit-up vs vomit, stooling, weight trend).

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## 0:30 – 0:45 | Bodywork That Changes Outcomes

- Neuro-MSK sequence: occipital decompression → gentle cervical sustained contacts → rib cage & diaphragm mobilization → cranial molding vectors → sacrum positioning.
- Positioning coaching: koala/laid-back, side-lying, paced bottle, midline support; tummy-time micro-doses and burp strategies.
- Dosing & safety: infant pressure scale, comfort cues, when not to proceed.

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## 0:45 – 1:00 | Co-Management & Case Flow

- Who/when: IBCLC first for latch optimization; SLP for function; ENT/peds dentistry for airway/tie when indicated.
- Mini-cases:
  - Painful latch + clicking, normal stools → IBCLC + DC bodywork; reassess function before release.
  - Poor seal + mouth-breathing + high palate → airway screen; ENT/SLP + DC rib/diaphragm/cranial support.
- Simple SOAP & outcomes: seal/transfer/comfort, feed duration, maternal pain, weight trajectory; parent language that sets expectations.

**Nichelle Gurule**  
5639 County Road 5  
Erie, CO 80516  
720-934-3906  
Hello@liveloudlife.com  
Liveloudlife.com

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## OBJECTIVE

Position as a professional speaker at conferences for the health profession.

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## EDUCATION

### **Palmer College of Chiropractic - West Campus, San Jose, CA**

Doctorate of Chiropractic

*December 2013*

Magna Cum Laude (GPA 4.0), Valedictorian, Presidential Scholar, Deans Award 2010 - 2013  
Chiropractic Internship, Walter Reed National Military Medical Center, Bethesda, MD, 2013

### **University of Colorado at Boulder, Boulder, CO**

BS in Integrative Physiology

BS in Psychology and Neuroscience

*May 2010*

Dean's List Award 2005-2009

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## EMPLOYMENT

### **Live Loud Chiropractic, Lafayette, CO**

*January 2015 - Present*

#### **Co-Owner and Chiropractor**

- Specialty in prenatal and postpartum care
- Co-manage business operations
- Manage 3 business locations
- Provide service to patients via phone and email
- Manage patient contact newsletters, social media, blogs, website development.

### **Gaia Health Academy, Louisville, CO**

*January 2020 – Present*

#### **Founder and Educator**

- Online educational platform for preconception, prenatal and postpartum information
- Clinical based courses for prenatal care and postpartum care
- Courses for patients on prenatal fitness and postpartum healing

### **Professional Speaker, Various Locations, USA**

*May 2017 – Present*

- Presenting on new topics to large communities of clinicians
- Specialized topics for the prenatal and postnatal population

**Gaia Health, Louisville, CO**

*January 2016 – Merged in 2020*

**Owner and Chiropractor**

- Specialty in prenatal, postpartum, pediatric care
- Manage all business operations
- Produce webinars for prenatal care and postpartum healing
- Produce videos for education on YouTube
- Conduct clinics and courses on postpartum healing

**CID Management**

*November 2015 - January 2018*

**Clinical Reviewer**

- Reviewed medical cases for medical necessity
- Researched medical guidelines
- Wrote reports for medical necessity determination

**Moov CrossFit, Louisville, CO**

*November 2015 - October 2016*

**Personal Trainer/Coach**

- Created specialized fitness class, MomFIT
- Provided specialized coaching for postpartum fitness classes
- Enrolled 70 women in 10 months

**Symmetry Sports Therapy, Los Gatos, CA**

*January 2014 - November 2014*

**Associate Chiropractor**

- Provided chiropractic and rehab care
- Provided mobility clinics at local gyms
- Wrote blogs and filmed rehab videos

**Body Firm, Los Gatos, CA**

*January 2014 - November 2014*

**Personal Trainer**

- Provided one-on-one personal training
- Scheduled clients for personal schedule
- Maintained a clean and organized gym space

**Walter Reed National Military Medical Center, Department of Defense, Bethesda, MD**

*June 2013 - December 2013*

**Chiropractic Student Intern**

- Completed 750 internship hours
- Completed rotations in various units throughout the hospital
- Provided chiropractic services for wounded warriors and active duty servicemen

**Instructor: Chris Cantu**

**Title:** Patient Care Starts Here: Elevating the CA's Role in Clinical Excellence

**Description:** The goal of this training is to empower chiropractic assistants with a deep understanding of their critical role in the patient care process, specifically during intake, documentation, and new patient exams. As the first point of contact, CAs set the tone for the patient experience, ensuring accurate information is gathered and recorded with professionalism and empathy. Proper documentation not only supports clinical decision-making but also ensures compliance with legal and ethical standards. By mastering these foundational skills, chiropractic assistants contribute directly to the efficiency, safety, and success of the practice, while enhancing patient trust and outcomes.

**Learning Objective:**

- Understand proper documentation protocols to ensure compliance, accuracy, and continuity of care.
- Identify common documentation errors made by chiropractic assistants and how to prevent them.
- Review the step-by-step flow of the exam process and the CA's role in patient preparation and data collection.
- Recognize appropriate clinical boundaries—what the CA can and cannot perform during exams.
- Learn best practices for managing efficient patient flow from check-in through the exam process.
- Understand how scheduling, pre-exam screening, and preparation impact clinic productivity.

**Outline:**

0:00–0:10 – Welcome & Training Objectives

- Introduce the purpose of the training
- Discuss the CA's role in patient care
- Set expectations and outcomes

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0:10–0:20 – The Patient Journey & Intake Essentials

- Importance of first impressions and intake
- How CAs influence trust and comfort
- Key components of intake: personal, medical, insurance info
- HIPAA compliance and confidentiality

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0:20–0:30 – Documentation Fundamentals

- Importance of documentation: legal, clinical, operational
- Common errors and how to avoid them
- Best practices for clear and compliant notes

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0:30–0:40 – New Patient Exam & Vital Signs

- CA's legal role in exams
- Room and patient prep

- Taking vitals and recognizing abnormal findings
- Communicating with the chiropractor

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0:40–0:50 – Role-Play & Scenario Practice

- Simulated intake and documentation
- Using forms and digital systems
- Peer feedback and instructor tips

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0:50–1:00 – Review, Q&A, and Next Steps

- Recap key takeaways
- Open Q&A
- Provide reference materials
- Encourage ongoing learning

# Dr. Christopher-Andrew Cantu

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4107 Pine Glen Rd



Christopher.Cantu@Hotmail.com

Corinth, TX 76208

## OBJECTIVE

To effect a positive change to as many individuals' lives by leading by example

## Degrees

Parker University  
Doctor of Chiropractic

Dallas, TX  
25 April, 2014

Parker University  
Bachelor of Sciences, Anatomy

Dallas, TX  
25 April, 2014

Parker University  
Bachelor of Science, Health and Wellness

Dallas, TX  
25 April, 2014

**EXPERIENCE**

<b>Parker University</b> <u>Associate Professor</u>	Dallas, TX	Oct 2019 – Present
- Course director for Physiotherapy I - Educate Students in the proper usage of physiotherapy equipment - Create and maintain a university level course - Collaborate with fellow professors across multiple disciplines - Develop and online education process that is capable of matching in person requirements - Specialized in restoring function using Chiropractic adjustments and exercise.		
<b>Get Right Chiropractic</b> <u>Chiropractic Provider</u>	San Augustine, TX	Oct 2019 – Dec 2021
- Chiropractic care specializing in acute and chronic pain physical rehabilitation - Manually adjusted patients' spines to correct neuro-musculoskeletal system problems - Educated patients in nutrition, diet, and weight loss overall health and wellness. - Health/Educational marketing and public speaking lectures. - Specialized in restoring function using Chiropractic adjustments and exercise.		
<b>Get Right Equine Sports Massage Therapy</b> <u>Equine Massage Therapist</u>	San Augustine, TX	Oct 2019 – Dec 2021
- Massage therapy specializing in acute and chronic soft tissue conditions in the equine population. - Use of low-level laser to increase healing of equine patients. - Performed kinesiology tape for edema and soft tissue support on equine patients. - Health/Educational marketing and public speaking to western rodeo participants on horse maintenance. - Specialized in restoring function using massage therapy and soft tissue modalities.		
<b>Baylor College of Medicine</b> <u>Chiropractic Provider</u>	San Augustine, TX	Nov 2017 – Oct 2019
- Chiropractic care specializing in acute and chronic pain physical rehabilitation - Manually adjusted patients' spines to correct neuro-musculoskeletal system problems - Educated patients in nutrition, diet, and weight loss overall health and wellness. - Health/Educational marketing and public speaking lectures. - Specialized in restoring function using Chiropractic adjustments and exercise.		
<b>CHI St. Luke's</b> <u>Chiropractic Provider</u>	San Augustine, TX	Aug 2014 – Nov 2017
- Chiropractic care specializing in acute and chronic pain physical rehabilitation - Manually adjusted patients' spines to correct neuromusculoskeletal system problems - Educated patients in nutrition, diet, and weight loss. - Specialized in restoring function using Chiropractic adjustments and exercise.		
<b>Parker University</b> <u>Internship Rotation</u>	Dallas, TX	2013 - 2014
- Perform as a Chiropractic intern in the application of care and treatment for patients - Primary care intern responsible for patient diagnosis and care with emphasis on noninvasive musculoskeletal treatments - Military liaison for Parker University in effecting changes in policies and procedures as to the financial responsibility of the veteran patients and Parker clinic - Assist in patient acquisition and instruction on general health concepts - Organizer and presenter for patient specific community Health Fairs		

**Speaker Name:** Scott Munsterman

**Course Title:** Comprehensive Physical Examination Techniques

### **Course Description**

In this one-hour course, Dr. Munsterman will explain the ortho/neuro examination, the P.A.R.T. examination and how to document them. He will also discuss the required method of tracking a patient's progress throughout their treatment.

### **Course Objectives**

1. Define the ortho/neuro part of the physical examination.
2. Discuss the medical necessity part of the physical examination.
3. Demonstrate proper documentation of the physical examination.
4. Illustrate the P.A.R.T. examination.

### **Syllabus**

1. Ortho/Neuro Exam – **15 minutes**
2. The Exam that Tracks Patient Progress – **15 minutes**
3. Documenting the Physical Examination – **15 minutes**
4. Performing and documenting the P.A.R.T. Examination – **15 minutes**

## 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](http://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

- 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".

**Instructor: Mat Fraser**

**1 Hour**

**Course Title:** Hard Work Pays Off: The Anatomy of Human Performance & Power of Purpose

### **Course objectives**

This session explores the principles, habits, and mindset that drive human performance at the highest levels. Through Mat Fraser's personal stories and lessons, attendees will learn how purpose, focus, discipline, and resilience shape long-term success. The presentation connects elite training insights to everyday practice, emphasizing how providers guide people through limitations toward their full potential. Participants will leave with strategies that translate directly into patient care, motivation, and performance outcomes.

### **Learning Objectives**

1. Understand how purpose and human potential shape long-term performance and patient outcomes.
2. Learn how consistency, recovery, feedback, and mental focus influence goal achievement.
3. Recognize how fortitude, discipline, and resilience drive progress when motivation fades.
4. Apply principles of toughness, self-awareness, adaptability, and preparation to support patient success.

### **1-Hour Outline (15-Minute Increments)**

#### **0:00 – 0:15 | Power of Purpose (Open)**

- Story Hook - Mat outline setbacks
- Broken Back during Lifting career
- 2nd place multiple times in a row at CFGames
- This pain introduced me to my purpose/gave me my focus
- Set the tone with the message of - Everyone attending works with human limitations and potential
- It isn't about winning but what it takes to build humans that reach their potential and perform at their best

#### **0:15 – 0:30 | Structure/Anatomy of Human Performance**

- By definition Human Performance is physical, mental and emotional alignment towards a goal.
- Keys to accomplishing
  - Consistency - daily steps toward goal
  - Recovery/Wellness - sleep, movement quality, and professional care (relation to the audience)
  - Data/feedback - objectively measuring against targets and adjusting to track
- Bridge to audience - you work with people in pain or with physical limitations
- Pain/limitations = Data and a opportunity, not defeat/loss
- Examples of how this worked for Mat with his sport career

#### **0:30 – 0:45 | Mental Focus - training the most important muscle, the mind/brain**

- The mind fatigues faster than the body
- Train focus like you would any other muscle

- Examples from Mat career
  - Visualization
  - Breath work
  - Journaling
  - Simplification
- Actionable
  - Focus on what's in your control (Process, not outcome)
  - Build routine/process to eliminate fatigue on decision making/thinking
  - discomfort is a signal, not a definitive sign (Train and learn this)
- Bridge to Audience - Mental focus is your client/patients first important area of focus - if they don't believe whatever the goal or target is, is possible, the recovery/pursuit of goal will never begin.

## 0:45 – 1:00 | Fortitude & Toughness (Close)

### Fortitude - When motivation runs out

- By definition is the discipline to show up long after inspiration/motivation has faded.
- Examples from Mat Career
  - Injuries - overcoming/recovering/prevention
  - Monotony of training when no one is looking and the goal/target is hard to connect with (distant)
  - Doing things we don't want to do when we don't want to do them (4am wake up to train, travel)
- Quote - 'Motivation gets you started, Discipline keeps you consistent. Fortitude finishes the work/job.
- Takeaway - resilience is built in routine/monotony/boredom
- Bridge to audience - your clients see results when it's hard, not when it's easy, when you hold them accountable through these hard times.

### Toughness - redefining and structuring what it means to be hard/tough

- By definition it is about being relentless, untreatable, unwavering no matter the challenge and condition
- Elements of Toughness
  - Self-Awareness - knowing your limits can be pushed. Identifying those and pushing past them safely
  - Adaptability - control what you can, pivot when necessary
  - Compassion - care deeply enough about what you are doing to not let yourself, or your clients, settle for less than what the pursuit/goal is
- Bridge to audience - we can't demand performance from a body that we don't properly care for - recovery/preparation/self-care is the definition of toughness

# MATHEW EDWARD FRASER

## EDUCATION

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**University of Vermont**, Burlington, VT

**Bachelor of Science in Mechanical Engineering**

**Bachelor of Science in Business Administration**

Majors: Mechanical Engineering, Engineering Management

Minors: Math, Business

## PROFESSIONAL EXPERIENCE

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**HWPO Training**

**Spring 2022**

*Co-Founder*

- Global fitness subscription business offering a variety of programs for all different levels of fitness

**While on Earth**

**Fall 2024**

*Co-Founder*

- Performance wellness brand offering footwear and apparel

## ATHLETIC ACHIEVEMENTS

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**Junior National Team Weightlifter**

**2009**

- 77kg category
- Junior National Champion (2009)
- Resident athlete at Olympic training center (2008-2009)

**CrossFit Games Athlete**

**2014 - 2020**

- Rookie of the Year award recipient (2014)
- CrossFit Games Runner-up (2014, 2015)
- CrossFit Games Champion (2016, 2017, 2018, 2019, 2020)
- Only male athlete to have won five CrossFit Games titles
- Won a record 29 total individual events
- Won a record 14 individual events during 2020 CrossFit Games
- Nike Sponsored Athlete (2014-2023)

**Instructor: Andy Galpin, Dan Garner, Doug Goldstein**

**Title: Assessing and Correcting Muscle Asymmetries and Imbalances: Soft tissue, joint manipulations, and training programs**

## **Course Description:**

This course explores the identification and correction of muscle asymmetries and imbalances through a combination of soft tissue techniques, joint manipulations, and targeted training interventions. Participants will learn to recognize common patterns of dysfunction that contribute to poor biomechanics and increased injury risk. The session integrates clinical assessment strategies with practical applications to restore balance and improve movement efficiency. Emphasis will be placed on developing individualized treatment plans that combine manual therapy with corrective exercise programming.

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## **Course Objectives:**

1. Identify and assess common muscle asymmetries and imbalances using clinical and functional evaluation techniques.
2. Apply appropriate soft tissue and joint manipulation methods to address identified asymmetries.
3. Design and implement corrective training programs to promote long-term balance and functional movement integrity.

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## **1-Hour Course Outline:**

### **0:00 – 0:15 | Understanding Muscle Asymmetry and Imbalance**

- Overview of common causes and compensatory patterns
- How asymmetries affect joint health and movement efficiency
- Key assessment principles and observation strategies

### **0:15 – 0:30 | Assessment Techniques**

- Hands-on palpation and range-of-motion testing
- Functional movement assessments
- Interpreting findings to determine soft tissue vs. joint involvement

### **0:30 – 0:45 | Corrective Interventions: Soft Tissue & Joint Manipulation**

- Practical application of soft tissue release and mobilization
- Joint manipulation and adjustment techniques for restoring symmetry
- Case examples and safety considerations

#### **0:45 – 1:00 | Integrating Corrective Training Programs**

- Exercise selection for muscle re-education and balance restoration
- Progression strategies and patient compliance tips
- Review and Q&A discussion

# Andrew J. Galpin

Phone: 657-278-2112  
Email: [agalpin@fullerton.edu](mailto:agalpin@fullerton.edu)

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## PROFESSIONAL EXPERIENCE

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**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

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## EDUCATION

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**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<sub>2</sub>-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.

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## TEACHING

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### 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

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### **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

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### **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

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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.

# DOUGLAS J. GOLDSTEIN

4080 S. Cherry Street  
Cherry Hills Village, Colorado  
217-821-3684  
Doug@measuredmotion.com

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## PROFESSIONAL EXPERIENCE:

### FOUNDER

Altitude Performance Institute, PLLC

01/2018 - Present  
Cherry Hills Village, CO

- Founded and built a concierge, cash-based clinic that integrates evidence-based physical therapy with performance coaching for clients from youth athletes to Olympians, specializing in professional-athlete rehabilitation and development
- Deliver one-on-one, out of network care that spans injury recovery, return to play, and ongoing performance optimization

### VENTURE PARTNER

Anthropy Partners

05/2025 – present  
Denver, CO

- Source and evaluate early-stage startups in human performance tech including wearables, neuro-training, and AI sports analytics by leveraging 15 years of clinical practice and performance-coaching insight to judge scientific soundness and market fit
- Guide and mentor portfolio founders, using hands-on sales experience and deep knowledge of clinical and performance technology to shape pricing, channel strategy, and product-market positioning

### INDEPENDENT CONSULTANT

Rapid Health Optimization

08/2024 - present  
Cherry Hills Village, CO

- Support athlete care within Rapid's high precision Optima program, coordinating bespoke rehab and performance plans for elite athletes and executives
- Translate Springbok Analytics' 3-D muscle maps into targeted interventions, using objective musculoskeletal data to guide training and accelerate return-to-play timelines
- Partner with Rapids' multidisciplinary team to convert clinical and performance data into clear, outcome-drive protocols that raise strength symmetry and reduce injury risk for enrolled clients

### PERFORMANCE LEAD

Springbok Analytics

02/2023 – 06/2024  
Charlottesville, VA

- As one of a two-person team, defined the sales strategy and actively sold Springbok's 3-D muscle analytics platform to NBA, NFL, MLS, EPL, MLB, collegiate, top longevity clinics and optimization centers, turning complex MRI data into actionable performance and health insights
- Delivered live technical demos and targeted sales strategies that drove investments from professional sports leagues and opened league-wide buying channels
- Partnered with product, engineering, and customer-success teams to remove adoption barriers, increased sales efficiency, and drive adoption, renewals and upsells across performance and longevity accounts

### FOUNDER

Measured Motion

01/2025 - present  
Cherry Hills Village, CO

- Turn Springbok Analytics muscle data into clear rehab, performance, and strength plans while supporting the build of end-to-end systems, from athlete intake to return-to-play, that keep medical, strength and conditioning, and coaching teams aligned
- Lead applied research on intramuscular dry needling and ultrasound markers (pennation angle, fascicle length, force output), translating findings into hands-on protocol for practitioners

### CO-FOUNDER/COO

Launchpad Fitness

07/2021 - present  
Denver, CO

- Created an at-home hardware-and-software training platform that uses motion-capture technology and guided workouts for youth athletes, closing a gap in age-appropriate fitness options and helping kids build sport-ready strength and mobility
- Directed product research and end-to-end software development, UX design, content creation, and prototype testing, to turn coaching into gamified workouts kids can follow at home and with a companion app
- Raised \$600K in angel funding and earned a place in the Techstars Indianapolis Sports Tech Accelerator, leading investor outreach
- Part of a three-person team that ran day-to-day accelerator operations, including customer discovery, sprint planning, and program development, while forging partnerships

### ADVISORY BOARD

Springbok Analytics

06/2024 - present  
Charlottesville, VA

- As Senior Advisor for Human Performance & Development, I consult with Springbok Analytics' sales and business-development teams to turn to company's 3-D muscle-analytics data into clear, compelling value propositions for pro teams, clinics, and wellness centers

**ADVISORY BOARD**

EXER – Artificial Intelligence

01/2019 - present  
Denver, CO

- Advise executive staff on integration of software in orthopedic sectors including recreational and medical
- Developing a road map for strategic placement of this technology in the medical community
- Involved in the innovative design process geared toward product launch
- Helped to build the database library for the application available to the medical market

**ADVISORY BOARD**

Eva Medtec Inc.

01/2019 - present  
Bloomington, MN

- Responsible for strategic guidance for expansion into new markets
- Created and completed a multi subject case study to support the new market approach
- Worked closely with the founder and CEO during the FDA approval process
- Member of the core team focused on branding and go to market strategy

**AFFILIATED FACULTY**

University of Colorado School of Medicine – Physical Therapy Program - Aurora, CO  
Regis University – Reuckert Hartman School of Health Professions – Denver, CO

2012 – present

- Instruct the lab component within the orthopedic field of study
- Monitor student progress and facilitate participation in learning activities
- Assess student performance on practical examinations both oral and written components
- Communicate with lead course instructor to ensure consistency with content delivery and testing

**PHYSICAL THERAPIST**

Greenwood Athletic and Tennis Club Physical Therapy

01/2014 - 01/2018  
Greenwood Village, CO

- Provide Physical Therapy services in an outpatient setting to patients ranging from children to geriatric
  - Fellowship trained Physical Therapist ~1,100 total Fellows in the world
- Generate referrals by implementing marketing and sale strategies focused on both physicians and consumers
  - Responsible for 40% of all referrals for a clinic that has 1,300 visits per month
- Deliver high level of care with strong outcomes to ensure continued success and word of mouth referrals
- Coordinate and maintain on ongoing dialogue with treating physicians on patient progress
- Attend operating room procedures in orthopedic and spine to collaborate about patient care management
- Manage all support staff schedules and daily activities to ensure support labor costs are within established budget
- Track changes in health care prices, utilization, and spending for target market
- Assist in the development of operating budget for a clinic with net revenue of 1.3 million dollars

**PHYSICAL THERAPIST**

Physiotherapy Associates

07/2011 - 12/2013  
Greenwood Village, CO

- Provide Physical Therapy services in an outpatient setting to patients ranging from children to geriatric
  - Awarded Clinician of the Quarter for the state of Colorado in 2012
  - Board Certified in Orthopedic Physical Therapy
- Director of Littleton and Arapahoe High School Athletic Training Departments
  - Coordinated on site care for daily treatments and during games

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**EDUCATIONAL BACKGROUIND :**

REGIS UNIVERSITY – Reuckert Hartman School of Health Professions –Denver, CO  
Fellowship Training – American Academy of Orthopedic Manual Physical Therapists

- Completed July 2016

EVIDENCE IN MOTION – Institute of Health Professions - Schertz, TX  
Orthopedic Physical Therapy Residency

- Completed January 2013 – Obtained Board Certification in Orthopedic Physical Therapy

UNIVERSITY OF COLORADO SCHOOL OF MEDCINE - Denver, CO  
Doctorate of Physical Therapy

- Completed May 2011

MILLIKIN UNIVERSITY – Decatur, IL  
Bachelor of Science in Biology

- Completed Cum Laude December 2006

**Instructor: Christine Foss**

**1 hour**

**Title: Shoulder Girdle Assessment and Coupled Chiropractic Technique**

**Course Description:** Practice assessments for the shoulder complexes which will lead to diagnosis and any possible contraindications or need for referral. Students will use a range of techniques that will support the ability to check the movement of the joints of an athlete or physically active person. Motion palpation and coupled chiropractic technique skills of the upper extremities as it applies to the shoulder region will be covered.

**Learning Objectives:**

- Perform comprehensive assessments of the shoulder complex to identify potential dysfunctions, formulate a preliminary diagnosis, and recognize any contraindications or indicators for referral to another healthcare provider.
- Apply a range of clinical techniques to evaluate joint movement and function in athletes or physically active individuals, with an emphasis on identifying abnormalities in shoulder mechanics.
- Demonstrate proficiency in motion palpation and coupled chiropractic techniques relevant to the upper extremities, with specific application to the shoulder region, to support accurate assessment and treatment planning.

**0:00 – 0:15 | Manual Muscle Testing of the Shoulder Flexors and Extensors**

- Review key functional anatomy related to flexion and extension strength.
- Identify common patterns of inhibition seen in post-concussive athletes.
- Demonstrate proper positioning and clinician hand contact for accurate testing.
- Discuss how altered neuromuscular control following concussion affects shoulder performance.

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**0:15 – 0:30 | Practice Session**

- Guided partner practice applying flexor/extensor testing procedures.
- Compare normal vs. dysfunctional muscle tone and activation.
- Instructor feedback to refine hand placements, stabilization, and force direction.
- Documenting findings for clinical relevance in concussion management.

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### **0:30 – 0:45 | Manual Muscle Testing of the Shoulder Abductors and Adductors**

- Review the neurological pathways impacting abduction/adduction post-concussion.
- Demonstrate testing procedures focusing on symmetry, timing, and control.
- Discuss compensatory patterns that may appear after head trauma.
- Relate findings to shoulder girdle stability and overhead movement quality.

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### **0:45 – 1:00 | Practice Session**

- Hands-on repetition of abduction/adduction assessment.
- Evaluate strength deficits and compare bilateral performance.
- Identify red flags that may warrant modified care or referral.
- Strategies for integrating testing into a full post-concussion screening.

## Curriculum Vitae

**Christine Foss DC, DACBSP, M.S.Ed., ATC, ICSC**

18 Newark Pompton Tpk.

Riverdale, NJ 07457

[DrCFoss@Gmail.com](mailto:DrCFoss@Gmail.com)

Office: 973-616-4555

Cell: 201-213-6983

### **Education:**

**Doctor of Medicine:** University of Health Sciences; 2003-2007  
Antigua V.I. BWI

**Doctor of Chiropractic:** New York Chiropractic College 1991-1994  
Honor Society Phi Chi Omega Recipient

**Master of Science:** Education/ Sports Medicine: 1987-1988

Old Dominion University, Norfolk VA

**Bachelor of Science:** Physical Education/Sports Medicine  
Montclair State University; Montclair NJ 1984-1987

### **Professional Experience:**

**Advanced Sports Medicine & Physical Therapy Center-** Clinic director and co-owner in office combining chiropractic, sports injuries, rehabilitation, acupuncture, physical and occupational therapy. Staff training and education. Riverdale, NJ (2001-Present)

**Kids Therapy Center-** Clinic director and co-owner in office. The clinic provides treatment for children with a myriad of disabilities and special needs offering chiropractic, physical therapy and occupational therapy. Riverdale, NJ (2005-Present)

**Breakthrough Coaching-** Providing education to physicians in HIPPA compliance and practice management. Lectures on Protocol and Rehabilitation Techniques (1997-1998)

**Foss Sports Medicine & Chiropractic Center-** Clinic director Co-Owner in office combining chiropractic, sports injuries and rehabilitation. Towaco NJ(1995-2001)

**Livingston Chiropractic & Rehabilitation Center-** Co-Owner in office combining chiropractic and rehabilitation. Livingston NJ (1998-1999)

**Olympic Training Center-** Volunteer Athletic Trainer; Colorado Springs 1992

**Olympic Training Center –** Volunteer Chiropractic Physician Colorado Springs CO– 2013, 2014

**Olympic Training Center –** Volunteer Chiropractic Physician Chula Vista CA- 2016

**Olympic Training Center –**Volunteer Chiropractic Physician Colorado Springs 2017 David Shultz International Wrestling Tournament

**University of Notre Dame** – Athletic Trainer for Division one athletes, South Bend Indiana (1990-1991

**Palm Beach Sports Medicine & Physical Therapy Center**- Athletic Trainer- In charge of sports medicine department. Observed Surgeries, Rehab of Athletes and coverage of athletes on the field.

**New York Chiropractic College**- Director and lead instructor- Certified Chiropractic Sports Physician Program 2019

#### **Continuing Education**

- Certified Chiropractic Sports Physician
- CSCS Exam prep symposia
- DACBSP program
- Electrodiagnosis 12 Modules (Licensed in NJ)
- Advanced Electrodiagnosis (diplomate eligible)
- Musculoskeletal Ultrasound Certification Upper and Lower Extremity
- Applied Kinesiology (100 Hours)
- Electromyography and Neuromuscular Medicine Harvard Medical School
- Electro diagnostic Medicine Evaluation Jefferson Medical School
- Chiropractic Neurology Diplomate class #13 (Live), multiple online modules Northwestern Health Sciences Univ.
- Case based Advanced Electro diagnosis
- Electro diagnosis upper and lower extremity module 2
- CPR certification American Heart Association
- Emergency Procedures and athletic care interventions
- Challenges and Complexities of Overweight and obese patient
- Primal Rehab
- Low Tech rehabilitation
- Concussion evaluation and treatment
- FAKTR Technique
- Nutrition for the Athlete
- Knee Injuries and assessment
- Shoulder Evaluation and Surgical Intervention
- Metabolic Pathways for Inflammation
- SFMA level 1, 2
- Treatment of the athlete's elbow
- Neurokinetic Therapy 2017 Level 1, 2
- Postural Restoration Institute, Myokinematics of the pelvis 2018

#### **Professional Activities/Awards**

- Team USA Track and Field Medical Staff – U23 Championships – 2019 Queretaro Mexico
- Austrian Bobsleigh Medical Staff – World Cup 2019- Lake Placid NY
- North American Representative FICS- 2019
- Member of the 2013 and 2014, 2016, 2017 United States Olympic Committee Chiropractic Volunteer Program
- ACBSP Exam Writing Workshop – 2016, 2017, 2018
- Kellogg's Tour of Gymnastic Champions PA, NY 2016 – Medical Staff for athletes
- Stand-up Paddle Marathon NY – 2013, 2014, 2016 Medical Staff

**Instructor:** Andy Galpin

**1 Hour**

## **Course Title: New Insights into Muscle Health, Quality, and Function**

### **Course Description:**

This one-hour presentation explores the evolving science behind muscle health and function, with a focus on understanding what defines “high-quality” muscle. Participants will learn how muscle quality differs from muscle size, and why this distinction is crucial for long-term mobility, strength, and metabolic health. The course reviews current research on objective testing methods and clinical tools used to evaluate muscle function. Finally, attendees will gain insight into the latest evidence-based strategies for building and maintaining high-quality muscle across the lifespan.

### **Course Objectives:**

1. Define the concepts of muscle quality and muscle health, and explain how they differ from muscle mass.
2. Identify current methods and technologies used to assess and measure muscle function objectively.
3. Summarize recent scientific findings and practical applications for improving muscle quality and overall musculoskeletal performance.

### **One-Hour Outline:**

#### **0:00 – 0:15 | Understanding Muscle Quality and Health**

- Definition and distinction between muscle quantity vs. quality
- Physiological and functional components of muscle health
- Clinical importance in aging, injury prevention, and rehabilitation

#### **0:15 – 0:30 | Assessing and Measuring Muscle Function**

- Objective testing methods: strength-to-mass ratios, ultrasound, EMG, and functional performance tests
- Emerging biomarkers and imaging technologies
- Case examples and clinical interpretation

#### **0:30 – 0:45 | The Science of Building Quality Muscle**

- Overview of current research on muscle protein synthesis, mitochondrial efficiency, and neuromuscular adaptations
- The role of nutrition, recovery, and hormonal factors
- Practical applications for clinicians and patients

**0:45 – 1:00 | Integrating Insights into Practice**

- Translating research into patient-centered care strategies
- Exercise prescription for quality over quantity
- Discussion, Q&A, and key takeaways for clinical implementation

# Andrew J. Galpin

Phone: 657-278-2112  
Email: [agalpin@fullerton.edu](mailto:agalpin@fullerton.edu)

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## PROFESSIONAL EXPERIENCE

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**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

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## EDUCATION

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**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<sub>2</sub>-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.

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## TEACHING

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### 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:

**Instructor:** Shawn Thistle

**Title:** Cervicogenic Dizziness: Clinical Implications

**Description:** Join Dr. Shawn Thistle for this informative session, where he will outline the complex interplay linking cervical spine function with dizziness, vertigo and neck pain. You will leave this session with an enhanced understanding of cervicogenic dizziness, including when to diagnose it and how to manage it for your patients.

**Learning Objective:**

- Differentiate dizziness and vertigo via clinical symptoms.
- Review common differential diagnoses and clinical assessment strategies for vertigo and dizziness.
- Summarize our contemporary understanding of the assessment, diagnosis and management of cervicogenic dizziness.

**Outline:**

*0:00 – 0:15 | Understanding Dizziness and Vertigo*

- Define and differentiate between dizziness, vertigo, and imbalance.
- Review the anatomy and physiology of balance — including vestibular, visual, and proprioceptive inputs.
- Discuss how miscommunication between sensory systems leads to dizziness or vertigo sensations.
- Identify the common differential diagnoses of vertigo (BPPV, vestibular neuritis, cervicogenic dizziness, etc.).
- Highlight key patient complaints and symptom patterns that aid in distinguishing cervicogenic from vestibular causes.

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*0:15 – 0:30 | Accurate Diagnosis and Cervical Contributions*

- Review essential steps for obtaining a precise diagnosis in dizziness and vertigo cases.
- Understand how cervical spine dysfunction may contribute to dizziness through proprioceptive mismatch.
- Examine relevant components of the physical and neurological examination, including oculomotor testing, balance assessment, and cervical joint position sense testing.
- Discuss red flag indicators that require referral or imaging.

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*0:30 – 0:45 | Pathophysiology and Evidence for Cervicogenic Dizziness*

- Outline the proposed pathophysiology of cervicogenic dizziness and the role of cervical mechanoreceptors.
- Identify clinical indicators that suggest cervicogenic origin — including neck pain, stiffness, and dizziness aggravated by neck movement.
- Review the current literature supporting diagnosis and management approaches for cervicogenic dizziness.
- Discuss how to integrate findings from history, examination, and outcome measures to support diagnosis.

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*0:45 – 1:00 | Treatment and Rehabilitation Strategies*

- Explore deficit-specific interventions for enhancing recovery (manual therapy, proprioceptive retraining, vestibular rehabilitation, and postural exercises).
- Review treatment sequencing: address cervical mobility, then vestibular and balance retraining.
- Discuss patient education strategies and home-based exercises to reinforce recovery.
- Summarize evidence-based treatment principles and expected outcomes.
- Conclude with clinical pearls for integrating cervical and vestibular rehabilitation techniques into practice.

## CURRICULUM VITAE – Dr. Shawn Thistle (2022)

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

*Founder & CEO*  
RRS Education  
[www.rrseducation.com](http://www.rrseducation.com)

*Lecturer, Department of Orthopedics*  
Canadian Memorial Chiropractic College  
6100 Leslie St. Toronto ON MH2 3J1  
416-482-2340

### 1) EDUCATION

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

### 2) EMPLOYMENT HISTORY

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

### 3) HONOURS

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

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

#### **4) SCHOLARLY AND PROFESSIONAL ACTIVITIES**

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

#### **5) SPEAKING ENGAGEMENTS & TEACHING EXPERIENCE**

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

**Instructor: Ulrik Sandstrom**

**Title:** Reading the Nervous System: Tailoring Treatment Through Real-Time Neurological Feedback Part I

**Description:** Research guides cohorts, but real care happens one nervous system at a time. Discover how manual muscle testing, range, and pain assessment reveal real-time neurological feedback, guiding the Test–Treat–Retest approach to make manual therapy measurable, meaningful, and patient-specific.

**Learning Objective:**

- Understand the neurological feedback loops that govern controlled and safe movement.
- Explain how adjustments and other manual therapy produces real-time neurological changes that influence pain, strength, and range of motion.
- Apply the Test–Treat–Retest framework to evaluate immediate functional outcomes in clinical practice.
- Use manual muscle testing, range, and pain assessment to interpret neurological feedback and guide treatment choices.
- Watch real live demonstration of the 'magic' of hands-on treatment.

**Outline:**

**0:00 – 0:15 | Introduction & Objectives**

- Welcome and session overview
- Define the “Test–Treat–Retest” framework and its clinical value
- Discuss the importance of outcome-based care in real-world practice
- Set the context: why testing and retesting builds clinician confidence and patient trust
- Learning objectives and expected takeaways

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**0:15 – 0:30 | Manual Therapy – What the Evidence Really Says**

- Review of current literature on manual therapy effectiveness
- Clarify what manual therapy *does* influence — pain modulation, range of motion, and motor control
- Explore common misconceptions and outdated models
- Discuss where manual therapy fits within a neurological and systems-based approach
- Key takeaway: manual input as information to the nervous system

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**0:30 – 0:45 | The Nervous System and Control**

- How the brain and spinal cord integrate sensory input and motor output
- Overview of safety signaling, threat perception, and adaptive control

- Role of afferent feedback in coordination and stabilization
- Clinical implications: testing as a window into nervous system readiness
- Linking movement variability to clinical performance

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## 0:45 – 1:00 | Principles of Test–Treat–Retest

- Core logic: assess → apply → reassess
- Building clinical evidence one patient at a time (the n=1 model)
- Recognizing positive, neutral, and negative responses
- How to avoid bias and misinterpretation during retesting
- Transition into hands-on demonstration

# Curriculum Vitae

Name: Ulrik Sandstrøm BSc DC ICCSD FRCC FBCA FEAC

Profession: Chiropractor

DOB: 27/03/1966

Contact: 2 Main Road  
Watnall  
Nottingham  
NG16 1HT  
UK  
Mob: 07940 537492

e-mail: [ulrik@sandstrom.com](mailto:ulrik@sandstrom.com)

Qualifications and awards:  
BSc (chiropractic) degree from AECC, Bournemouth (1991)  
Fellow of the Royal College of Chiropractors (Sports Faculty)  
Fellow of the British Chiropractic Association  
Fellow of the European Academy of Chiropractic  
International Chiropractic Sports Science Diploma

Sports Experience Athletes Village Polyclinic Chiropractor to the 2012 London and 2016 Rio de Janeiro Olympic Games  
2020 – present: 1<sup>st</sup> team chiropractor to Leicester City FC  
2009 – 2020: 1<sup>st</sup> Team Chiropractor to Leicester Tigers Rugby Club  
2015-2017: 1<sup>st</sup> Team Chiropractor to Derby County Football Club  
Previous work includes Chelsea Football Club, Sheffield Wednesday Football Club, Sheffield Sharks Basketball Team, England Rugby Team, Great Britain Basketball Team, UK Athletics.

Lecturing Has lectured extensively both nationally and internationally on Sports Chiropractic, Manual Muscle Testing, Taping, Patient Communication amongst many and is a senior lecturer for the FICS ICCSP Programme. Lecture invitations include National Association Chiropractic Conferences in Denmark, Norway, UK and South Africa; ECU conferences in Oslo 2016, Cyprus 2017 and Budapest 2018 and the 2017 WFC Congress in Washington DC, WFC/ECU congress in Berlin 2019 and WFC centenary in Copenhagen 2025.

Affiliation 2015 – 2023: Board member of the British Chiropractic Association  
2023 - 2025: Vice-president of the British Chiropractic Association

**Title:** Deconstructing Shoulder Impingement: The Case Against Movement Perfection

**1 Hour**

**Instructor:** Dr. Jake Mills

### Course Description

What if I told you that everything you think you know about shoulder impingement syndrome is wrong? Well... I'm not going to tell you that, but I will warn you: if all goes well, you'll leave this talk with LESS clarity on how to handle shoulder impingement than you have right now. But don't worry—this deconstruction of clarity serves an important purpose that will ultimately help you treat your patients more effectively. If you want to learn how to approach shoulder pain through ambiguity, nuance, and a deliberate lack of certainty, then this is the talk for you.

### Course Learning Objectives

- Understand the basic biomechanics of the shoulder joint complex
- Review the traditional theories and mechanisms of shoulder impingement syndrome
- Scapular dyskinesia and its relationship to impingement syndrome
- The biomechanics of overhead loading
- The compression theory of rotator cuff degeneration and how it could be masquerading as impingement
- The importance of controlled movement strategies for sustained shoulder health

### Outline:

1. (0-15 minutes) Normal Shoulder Biomechanics + Introduction to Impingement
  - a. Biomechanics and morphology of the shoulder complex
  - b. Anatomical variation as the norm, not the exception
  - c. How individual morphology influences movement patterns
  - d. Overview of impingement theory (scap dyskinesia theory + overhead overuse theory).
2. (15-30 minutes) The Dyskinesis Disconnect
  - a. Critical analysis of the evidence (or lack thereof)
  - b. Anatomical variation as a driver of normal asymmetry
  - c. Why scapular control and active movement quality matter more than bilateral symmetry
3. (30-45 minutes) Debunking Overhead Demonization
  - a. Compression theory of tendinopathy: mechanical loading vs "impingement"
  - b. Biomechanical studies showing a lack of tendon-acromion approximation during abduction
  - c. Poor outcomes of surgical decompression
4. (45-60 minutes) Clinical Implications
  - a. Moving beyond structural diagnoses
  - b. Focus on movement capacity and control
  - c. Patient education regarding normal variation

**Patient Outcomes:**

-Alternative rehabilitation strategies/narratives that could be useful for patients with impingement-like symptoms.

# Jacob Mills

C: 214-876-4490 // jacobmills@parker.edu

Languages: English/Spanish

## EDUCATION

Parker University	2018
Doctor of Chiropractic	Dallas, TX
Parker University	2018
Bachelor of Science – Health and Wellness	Dallas, TX
Parker University	2016
Bachelor of Science – Human Anatomy	Dallas, TX

## PROFESSIONAL EXPERIENCE

Assistant Professor – Department of Chiropractic Sciences, Parker University, Dallas, TX	January 2024 – Present
Lab Instructor – Department of Chiropractic Sciences, Parker University, Dallas, TX	May 2023 – December 2023
Affiliate Telehealth Consultant – The Pole Physio,	October 2022- Present

I was invited to join a team of physical therapists based out of Australia to offer pain and injury telehealth consultations to pole dancers and aerialists located all around the world. As a part of this team I have received invaluable mentorship and guidance that has improved my ability to work with sports and injury rehabilitation. The experience I have gained from virtually treating these patients has given me huge insights into the world of rehabilitating circus performers, contortionists, pole dancers, aerialists, and much more. Besides the unique patient base that I have the privilege of working with, doing online telehealth consultations has given me a deeper appreciation for the role that quality communication and attention to detail plays in achieving favorable patient outcomes.

Owner – Autoclave Chiropractic, Lima, Peru	January 2019 – May 2023
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After graduation, I moved to Peru and opened up a private chiropractic clinic which included all the responsibilities of ownership, management, and patient care. Although I was operating in a country with no government regulation for chiropractors, I ran my business to the highest scrutiny as if I were being audited in the US. I am proud to say that my standards for documentation, ethical patient care, and evidence-based guidelines never faltered and I was able to run one of the only evidence-based practices in the whole country. Due to unfortunate

political circumstances, Peru became unstable and unsafe to live in after the pandemic, therefore I decided to close the business and move back to the US in 2023.

Assistant Professor – University of San Ignacio de Loyola,  
La Molina, Peru

March 2022 – March 2023

During my time in Peru, I sought out the opportunity to teach at one of the local universities. I was responsible for teaching one class, Total Health and Wellness, which was intended to be an elective for students wanting to transfer their college credit to a US degree program. I taught this class for 1 academic year consisting of two semesters. Each class had an average of 20 students and my class was consistently rated by the students as their favorite, and most informative class.

## PRESENTATIONS

*Injury-Proof Your Students; Modern Strategies for Diverse Athletic Populations (October, 2024).* I gave this presentation at the American Circus Educators (ACE) annual conference EdCon. This was an international meetup of circus teachers, coaches, and performers in Dallas, TX acting as a time for collaboration, education, and discussion about the future of circus education and sustainability. I was the primary healthcare representative acting both as a speaker and as a panel contributor about the health concerns and considerations that go into circus apparatus training.

*Injury Prevention and Athletic Sustainability Panel (September, 2025)*  
I was invited as a panelist to speak on health and sustainable athleticism at the International Pole Convention in Denver, CO. This event is the largest convention centered around pole and aerial sport, drawing thousands of athletes from around the world. This 3 person panel included me and two other healthcare specialists where we discussed common injury patterns, prevention strategies, sustainability techniques, and so on for a 2 hour session. This was an honor to be invited to this event to represent the chiropractic profession as one of only 3 healthcare speakers for the entire conference.

## COMMITTEES

Hiring Committee June 2023 – July 2023  
Chaired by Dr. Colin Runyun. Responsibilities included reviewing CVs, asking interview questions, attending the teaching presentations, and giving my input on the selection.

Hiring Committee Co-Chair February 2024 – March 2024  
Responsibilities included reviewing CVs, asking interview questions, attending the teaching presentations, and giving my input on the selection.

**Instructor: Dr. Jay Ferguson**

**Title: Anatomy in Action: The Chiropractic Assistant's Guide to Understanding the Body**

**Course Description:** This engaging session helps Chiropractic Assistants understand how anatomy connects to everyday practice. Through clear explanations of spinal structure, nerve pathways, and key muscles, CAs learn to recognize pain patterns, communicate effectively, support patient education, and enhance collaboration with chiropractors.

**Learning Objectives:**

- Understand the basic regions of the spine and nerves, and how they relate to common areas of pain.
- Learn where common nerve compressions happen and what signs or symptoms patients might describe.
- Recognize important muscles that help with posture and movement.
- Practice explaining simple anatomy terminology in ways patients can understand.
- Use anatomy knowledge to better help the chiropractor with patient comfort, positioning, and observation.

**Outline:**

**(0:00 – 0:05 minutes) | Welcome + Why Anatomy Matters for CAs**

Set expectations: “We’re not going to memorize everything but understand the big picture of how structure affects function.” •

- Talk objective: Help CAs better recognize patterns in pain, assist with patient education, and communicate effectively with the chiropractor.

**(0:05 – 0:20 minutes) | The Spine, Nerves & Subluxations Focus Areas:**

- Spinal anatomy: Cervical, thoracic, lumbar regions + vertebral landmarks
- Nerve roots: Dermatomes, myotomes, and common irritation points
- Disc and facet joint anatomy
- Subluxation overview: how misalignment may affect nerves and muscles

**(0:20 – 0:35 minutes) | Common Nerve Entrapments & Related Anatomy Teach CAs the anatomy + symptoms + what they might hear from patients.**

**Carpal Tunnel Syndrome**

- **Nerve Involved:** Median nerve

- **Location:** Wrist, under the transverse carpal ligament
- **Common Complaints:**
  - Numbness or tingling in thumb, index, and middle fingers
  - Often **worse at night** or with repetitive hand use

### Thoracic Outlet Syndrome (TOS)

- **Nerve Involved:** Brachial plexus (can also involve vessels)
- **Location:** Between neck and shoulder (scalene muscles, first rib, clavicle)
- **Common Complaints:**
  - Tingling, numbness, or weakness in arm or hand
  - **Worse with overhead motion** or carrying heavy bags

### Sciatic Nerve Compression (Lumbar Spine Origin)

- **Nerve Involved:** Sciatic nerve
- **Location:** Nerve roots L4–S3, running down the posterior leg
- **Common Complaints:**
  - **Radiating pain down one leg** (buttock → thigh → foot)
  - May describe **sharp, shooting, or burning pain**

### Piriformis Syndrome

- **Nerve Involved:** Sciatic nerve (compressed by piriformis muscle)
- **Location:** Deep gluteal region
- **Common Complaints:**
  - **Deep buttock pain**, especially with sitting or climbing stairs
  - Sometimes radiates down the back of the thigh

### Cubital Tunnel Syndrome

- **Nerve Involved:** Ulnar nerve
- **Location:** Inside of elbow (funny bone area)
- **Common Complaints:**
  - **Tingling or numbness** in ring and pinky fingers
  - Worse when elbow is bent (e.g., on phone or sleeping)

### (0:35 – 0:45 minutes) | Muscles That Matter Some Examples of Key Muscles CAs Should Know:

- Trapezius (upper, mid, lower)
- Scalenes
- Levator scapulae
- Piriformis

- Iliopsoas
- Erector spinae group Teach anatomy + role + how dysfunction leads to nerve or joint issues.

#### **(0:45 – 0:55 minutes) | Clinical Application: The CA's Role**

- Translating complaints into useful descriptions for the chiropractor
- Helping with patient education: explaining in easy terms
- Recognizing red flags (e.g., progressive weakness, loss of bladder control)
- Assisting with positioning, understanding doctor cues

#### **(0:55 – 60 minutes) | Wrap-Up + Q&A**

- Review key takeaways: o Structure affects function o Nerves = symptom maps o Anatomy helps you be a better assistant!

# Dr. Jay Ferguson, DC

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214-507-7788

jferguson@parker.edu

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## 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

**Speaker Name:** Scott Munsterman

**Course Title:** Preventing & Managing Medical Errors

### **Course Description**

In this one-hour course, Dr. Munsterman will explain the meaning of malpractice and how we can protect both the patient and the doctor from medical/chiropractic errors. He will also discuss how critical the documentation is to accomplish this.

### **Course Objectives**

1. Discuss the definition of malpractice
2. Discuss history findings that may alert the doctor to potential issues
3. Illustrate the thought process of malpractice attorneys
4. Illustrate how social media can be used by attorneys
5. Discuss what doctors can do to minimize errors
6. Discuss the need for proper documentation after poor outcomes

### **Course Content**

1. Case Study – Vertebral Artery Dissection – **15 minutes**
  - A. The Story, What the Doctor Did
2. Avoiding Medical Errors – **30 minutes**
  - A. Informed Consent
  - B. Red Flags
3. Case Study – Vertebral Artery Dissection – **15 minutes**
  - A. The Outcome
  - B. Social Media
  - C. What We Can Learn

## 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](http://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

- 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".

**Instructor: Nicole Zipay**

**Title:** Knee-d to See It – How Musculoskeletal Ultrasound Brings Diagnosis to Life

**Description:** This session explores how musculoskeletal ultrasound enhances assessment of common knee complaints. With its real-time, affordable imaging, point of care MSkUS is a powerful adjunct when used with standardized protocols. Attendees will learn how consistent, structured scanning reduces variability, improves diagnostic confidence, and supports clinical decision-making.

**Learning Objective:**

- 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 the evaluation of common knee complaints within a chiropractic setting.
- Describe common themes in sonographic protocols and their application.
- Demonstrate proper scanning techniques consistent with standardized musculoskeletal ultrasound protocols for the knee.
- Recognize the characteristic sonographic appearances of commonly assessed structures and associated pathologies within the knee ultrasound protocol.
- Prepare learners for future hands-on continuing education courses in musculoskeletal ultrasound.

**Outline:**

**0:00–0:15 | Introduction and Foundations of Musculoskeletal Ultrasound**

- Welcome attendees and introduce instructor background and experience with diagnostic ultrasonography.
- Review session learning objectives, key takeaways, and course agenda.
- Define essential sonographic terminology and image interpretation concepts, including echogenicity, anisotropy, and artifact recognition.
- Review common ultrasound devices used in chiropractic and musculoskeletal settings, highlighting differences between portable and console-based units.
- Identify common knee complaints—such as meniscal injury, tendinopathy, bursitis, and effusion—and discuss their clinical presentation in a chiropractic practice.

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**0:15–0:30 | Strengths, Limitations, and Protocol Adherence in Diagnostic Ultrasound**

- Review the advantages of diagnostic ultrasonography for evaluating soft tissue, ligaments, tendons, and dynamic movement of the knee joint.
- Identify limitations, including operator dependency, acoustic shadowing, and restricted visualization of deep or intra-articular structures.
- Discuss common pitfalls in knee sonography and the clinical implications of protocol non-adherence.
- Emphasize the importance of using standardized scanning protocols to ensure diagnostic

accuracy and reproducibility.

- Compare ultrasound findings with other imaging modalities (MRI, X-ray) and discuss when referral or additional imaging is appropriate.

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### **0:30–0:45 | Knee Protocol and Live Demonstration**

- Identify common patient populations—athletes, post-surgical patients, and older adults—and highlight key clinical considerations for each.
- Review detailed scanning protocols for anterior, medial, lateral, and posterior compartments of the knee.
- Discuss anatomic limitations and normal sonographic appearances of evaluated structures, including quadriceps and patellar tendons, bursae, menisci, and collateral ligaments.
- Perform a live or guided demonstration of proper scanning technique, transducer placement, and image optimization.
- Emphasize ergonomic and infection-control considerations during scanning.

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### **0:45–1:00 | Clinical Case Review, Application, and Wrap-Up**

- Analyze real or sample cases demonstrating common pathologies visualized on ultrasound—such as patellar tendinopathy, bursitis, effusion, or meniscal tears.
- Discuss appropriate management strategies based on sonographic findings and how to integrate results into chiropractic care plans.
- Review key takeaways and clinical pearls from the session.
- Discuss future learning opportunities for skill advancement in musculoskeletal ultrasonography.
- Conclude with open Q&A and participant discussion.

# *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

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North Richland Hills, TX 76182

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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: Intraneurral 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

**Instructor:** Bret Contreras

1 hour

**Title:** Optimal Gluteus Maximus Training: From Rehab to High Performance

**Course Description:** The gluteus maximus is the largest and arguably most important muscle in the human body. How we train the gluteus maximus has evolved considerably in the past two decades. But how much of this evolution is it based on solid evidence versus theory? This course will review the pivotal research that has emerged over the past decade about the gluteus maximus and explore the glute training practices of top physique, strength, and physique athletes.

### **Learning Objectives**

By the end of this course, the participant will be able to:

1. Identify key research findings from the past decade regarding gluteus maximus biomechanics and function.
2. Differentiate evidence-based glute training methods from theoretical or unsupported practices.
3. Apply principles of rehabilitation and high-performance training to develop effective, progressive gluteus maximus programs.

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### **1-Hour Outline (15-Minute Increments)**

#### **0:00 – 0:15 | Foundational Review of the Gluteus Maximus**

- Overview of anatomy and primary functions
- Evolution of glute training over the past two decades
- Discussion: evidence vs. theory in glute training trends

#### **0:15 – 0:30 | Review of Pivotal Research**

- Key findings from recent EMG, biomechanics, and comparative studies
- How research informs activation, loading, and exercise selection
- Limitations and misconceptions highlighted by current literature

#### **0:30 – 0:45 | Evidence-Based Training Practices**

- Training methods used by top physique, strength, and performance athletes
- Progressions from rehab to performance
- Integrating research findings into practical programming

**0:45 – 1:00 | Application, Programming, and Q&A**

- Sample training progressions
- Bridging rehabilitation and high-performance strategies
- Summary, clinical application, and participant questions

# BRET CONTRERAS, PhD, CSCS



6533 Rio Vista St., Las Vegas, NV 89131

Phone: (480) 310-8379 Email: [bretcontreras@gmail.com](mailto:bretcontreras@gmail.com)

## EDUCATION

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2013-2015	<b><a href="#">Auckland University of Technology</a></b>	Auckland, NZ
	<ul style="list-style-type: none"><li>▪ PhD, Sports Science</li><li>▪ Focus: Biomechanics</li><li>▪ Thesis: <a href="#">Kinematics, Kinetics, And Electromyography of Vertical and Horizontal Hip Extension Exercises and Their Transference to Acceleration and Power</a></li></ul>	
2000-2002	<b><a href="#">Arizona State University</a></b>	Phoenix, AZ
	<ul style="list-style-type: none"><li>▪ Master of Education in Secondary Education</li><li>▪ Focus: Curriculum and Instruction</li><li>▪ Graduated Summa Cum Laude</li></ul>	
1997-1999	<b><a href="#">Northern Arizona University</a></b>	Flagstaff, AZ
	<ul style="list-style-type: none"><li>▪ Bachelor of Science in Elementary Education</li><li>▪ Minor in Mathematics</li><li>▪ Graduated Cum Laude</li></ul>	

## WORK EXPERIENCE

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2007-present	<b>Founder, B.C. Athletics</b>	Phoenix, AZ & San Diego, CA
	<ul style="list-style-type: none"><li>▪ Owner of <a href="#">The Glute Lab</a><ul style="list-style-type: none"><li>• Glute Focused Gyms in San Diego, Las Vegas, and Fort Lauderdale (formerly <i>Lifts Studio</i> in Scottsdale, AZ)</li><li>• Experimentation, testing of prototypes, data collection, showroom, personal training, lifting</li><li>• Headquarters for monthly <i>Glute Lab Seminars</i> and <i>Booty by Bret</i> videos</li><li>• Selected as a Top 20 Gym in the United States by <a href="#">Men's Health Magazine</a></li><li>• Inventor of <a href="#">Hip Thruster</a> and receiver of <a href="#">U.S. patent</a> for apparatus</li><li>• Receiver of 5 Trademarks: <i>Lifts</i>, <i>Skorcher</i>, <i>Glute Lab</i>, <i>Glute Loop</i>, and <i>Booty by Bret</i></li><li>• Train <i>Glute Squad</i> members per month</li><li>• Founder of <a href="#">BC Strength</a> and <a href="#">BC Academy</a></li><li>• Creator of <a href="#">StrongLifting</a></li><li>• Helped develop and sell Thruster Pro, Thruster 3.0, Glute Rack, Glute Benches (2 sizes), Glute Loops (2 sizes with 3 strengths/size), BC T-Bell, Thruster Bars (3 sizes), Thruster Plates, Plates Skorcher, Thruster Lite, Thruster Band, BC Bar, BC Wedge, Glute Band, Resistance Bands, Ankle Weights, BC Bench, Blocks, BC Sponge, Ankle Cuffs, Thruster Pad, Mat, Dip Belt, Nordic Ham Curl, 45 Hyper, Foam Bench, Hammy Roller &amp; Track, Parallel Bars, Suspension System, Thruster Pad Bar, BC Box, Sponge Pro, and Pad Pro</li><li>• Licensed intellectual property to Nautilus (Glute Drive), BootyBuilder, GluteBuilder, Matrix (Glute Trainer), and Atlantis</li><li>• Co-creator of <a href="#">StrongLifting Certification</a></li></ul></li></ul>	

- Founder of [BretContreras.com](#) (2009-2020)
  - Author of over 500 articles on the site
  - Creator of regular content/blogposts
  - Send out weekly newsletters
  - Manage social media ([Instagram](#), [Facebook](#), [Twitter](#), [TikTok](#), and [YouTube](#)) accounts
  - Former regular contributor to [T-Nation](#), [Men's Health](#), and [FitnessRx for Women](#)
  - Co-author of [Growing Your Glutes Without Growing Your Legs](#)
  - Co-author of [Glute Lab: The Art & Science of Strength & Physique Training](#)
  - Author of [Bodyweight Strength Training Anatomy](#) (translated into over 10 languages)
  - Author of [Bodyweight Strength Training Anatomy 2nd Edition](#)
  - Co-author of [Strong Curves: A Woman's Guide to Building a Better Butt and Body](#)
  - Author of [Advanced Techniques in Gluteal Maximization Strengthening](#)
  - Creator of [2x4: Maximum Strength](#)
  - Featured on cover of [Scottsdale Health Magazine](#)
- Founder of [Booty by Bret](#) (formerly Strong by Bret)
  - Create and film monthly training programs and videos
  - Film regular *Ask Bret Contreras* and *BBB Live* videos
  - Design approximately 400 custom programs per month
  - Over 12,700 subscribers to BBB and 23,000 private FB page members
  - BBB App launched in 2025
- Co-founder of [Strength & Conditioning Research Review](#) (2012-2017)
  - Sifted through over 90 journals per month in strength & conditioning, biomechanics, physiology, anatomy, motor control, physical therapy, rehabilitation, and sports medicine
  - Selected top 50 articles per month to be summarized
  - Regular funder of ongoing research
  - Co-published over 50 peer-reviewed journal articles
  - Served as Editor-in-Chief of [Personal Training Quarterly](#) for [National Strength & Conditioning Association](#) from 2014-2017
  - Revamped curriculum and served as lead instructor (along with supervisor John Cronin) for Enhancing Muscular Performance course at AUT University
  - Research Associate for [AUT University](#)
  - [NSCA](#) Board of Directors – Personal Trainer position 2019-2021
  - Peer-reviewer for the following journals:
    - [Journal of Strength and Conditioning Research](#)
    - [Strength and Conditioning Journal](#)
    - [Physiology and Behavior](#)
    - [International Journal of Sports Physiotherapy and Performance](#)
    - [Physiotherapy Theory and Practice](#)
    - [Journal of Sports Sciences](#)
    - [PeerJ](#)
    - [Sports Biomechanics](#)
    - [European Journal of Sports Science](#)

2000-2006

**Teacher, [Scottsdale Unified School District](#)**

Scottsdale, AZ

- Taught middle and high school mathematics and exercise science courses
- Created curriculum for block exercise science and resistance training program for SUSD
- Served on Executive Board of Scottsdale Education Association (SEA)

#### **PEER REVIEWED PUBLICATIONS**

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**Instructor: Gregory Rose**

**Parker Seminars Las Vegas**

**1 Hour**

**Course Title: Assessing and Treating Golfers – Your Best Clients: Assessing and Improving Hip Mobility**

**Course Description:** A comprehensive review of how to attract, assess and treat golfers at any skill level. Golfers are your best clients - they are addicted to their sport, will do anything and to improve their swing and they have lots of physical barriers that hinder their progress. This is why all chiropractors should be prepared to evaluate and develop a treatment program for any golfer that enters their practice. This 3-part lecture will focus on connecting their physical assessment to their golf swing, determining where leaks in power are limiting their overall driving distance and improving their hips (the engine of the golf swing).

**Learning Objectives:**

- Participants will understand how physical limitations impact the golf swing (The Body-Swing Connection).
- Participants will become familiar with assessing power strengths and weaknesses in golfers.
- Participants will master the evaluation and treatment of the hip for rotary athletes.
- Participants will learn how to attract more golfers into their practice.

**Outline:**

**0:00 – 0:15 | The Role of the Hip in the Golf Swing**

- Overview of the biomechanics of the hip and its critical contribution to power, balance, and rotation in the golf swing.
- Discussion of how hip mobility limitations can lead to compensations in the lumbar spine, knees, and shoulders.
- Review of common mobility dysfunctions observed in golfers of varying skill levels.
- Introduction to basic assessment tools and movement screens to evaluate hip contribution to swing efficiency.

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**0:15 – 0:30 | Hip Extension: Evaluation and Treatment**

- Understanding the importance of hip extension for creating a full backswing and follow-through.
- Step-by-step assessment techniques to identify limitations in hip extension range of motion.
- Common causes of restriction, including tight hip flexors, gluteal inhibition, and anterior pelvic tilt.
- Demonstration of corrective strategies and manual or active techniques to restore hip extension mobility.

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**0:30 – 0:45 | Hip Flexion: Evaluation and Treatment**

- Role of hip flexion in setup, posture, and load transfer during the golf swing.
- Practical screening methods for assessing hip flexion mobility and strength balance.

- Identifying compensatory patterns, such as lumbar flexion or posterior pelvic tilt.
- Targeted interventions including mobility drills, active stretching, and strengthening techniques for improved hip flexion.

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### **0:45 – 1:00 | Hip Rotation: Evaluation and Treatment**

- How internal and external hip rotation influence swing plane, torque generation, and injury prevention.
- Assessment techniques to measure rotation symmetry and detect mobility asymmetries between lead and trail legs.
- Strategies for improving rotational control and functional range through dynamic drills and corrective exercise.
- Integrating hip mobility work into a golfer's warm-up and ongoing training routine to enhance performance and longevity.

## **Greg Rose, DC**

### **Bio**

Dr. Rose is a board-certified Doctor of Chiropractic and holds an engineering degree from the University of Maryland. Greg is a co-founder of the Titleist Performance Institute, one of the top sport science centers in the world. The TPI golf certification seminar series has made Greg one of the most requested speakers in golf health and fitness. He has lectured in over 24 countries and has been featured in many golf and news publications.

Through the past 26 years, Greg has helped thousands of athletes of all skill levels reach peak athletic performance. His cutting-edge form of functional training combined with sport-specific motor learning drills have made Greg one of sport's top strength and conditioning professionals.

Greg is also a partner in Functional Movement Systems (FMS) and helped develop the Selective Functional Movement Assessment (SFMA), a revolutionary movement assessment that helps identify altered motor control and guides medical practitioners on how to treat patients more efficiently. Greg also founded OnBase University and RacquetFit which teach baseball/softball professionals and tennis professionals respectively how to improve their overall skills by enhancing their physical performance. Greg and his family live in San Diego.

### **Company Ownership**

Co-Founder and President of TPI EDU, LLC – Oceanside, CA

Co-Founder and President of OnBase University, LP – Oceanside, CA

Founder and President of RacquetFit, LP – Oceanside, CA

Co-Founder and President of Sporttree, LP – Oceanside, CA

Co-Owner of Functional Movement Systems (FMS) - Chatham, VA

### **Personal Data**

Address: 6006 Calle Camposeco;  
Rancho Santa Fe, CA 92067

Phone: Cell(760) 594-2366  
E-mail [greg.rose@mytpi.com](mailto:greg.rose@mytpi.com)

### **Licenses and Certifications**

Doctor of Chiropractic License California #DC 29583

### **Education**

Palmer College of Chiropractic 1996 Doctor of Chiropractic  
University of Maryland 1993 B.S. Civil Engineering

### **Peer-Reviewed Publications**

Cheetham P., **Rose GR**, Hinrichs R, Net al. Comparison of kinematic sequence parameters between amateur and professional golfers. Science and Golf V: In: Crews DLutz R. (eds): Proceedings of the world scientific congress of golf. Energy in Motion, Mesa, AZ, 2008

### **Books**

Cook, E. G., Kiesel, K., **Rose, G.**, Burton, L., Bryant, M. Contributing author: *Movement On* Target Publications, Aptos, CA; 2010

Liebenson, C., Contributing Author: **Rose G.**, *Functional Training Handbook / Edition I* LWW Publications, 6/27/2014

### **Employment/Positions Held**

2017-present	President of OnBase University, LP
2016-present	President of RacquetFit, LP
2014-present	President of Sporttree, LP
2014-present	President of TPI, LP
2003-2014	Co-Founder of Titleist Performance Institute, Acushnet Company
1999-2003	Founder and President of ClubGolf, Gaithersburg, Maryland
1996-1999	Founder of Advantage Golf, Rockville, Maryland

Instructor: Christine Foss  
1 hour  
Title: Rehab and Taping Techniques

**Course Description:** In this course, students will examine the acute, subacute, and chronic phases of care for the most common sports injuries affecting each extremity, as reviewed during the assessment of the extremities. This includes understanding the progression of injuries and the appropriate care and rehabilitation strategies for each phase, ensuring a comprehensive approach to treating sports-related injuries.

**Learning Objectives:**

- Analyze the acute, subacute, and chronic phases of care for common sports injuries affecting each extremity, understanding the progression and treatment needs at each stage.
- Identify and apply appropriate care and rehabilitation strategies for managing sports injuries in each phase of recovery (acute, subacute, chronic) specific to the extremities.
- Evaluate the impact of various sports injuries on extremity function and design a comprehensive treatment plan that addresses each phase of injury progression.

**Outline:**

Taping methods and their use to support athletes and physically active people.

- 0:00 – 0:15 | Kinesiology & Ridge Tape Foundations
  - Overview of kinesiology taping principles and clinical applications
  - Introduction to ridge tape and its biomechanical advantages
  - Indications, contraindications, and safety considerations
  - Demonstration of basic taping patterns for stability and neuromuscular activation
- 0:15 – 0:30 | Hands-On Practice: Kinesiology & Ridge Tape
  - Guided practice applying foundational tape patterns
  - Proper tension, direction, and anatomical landmarks
  - Troubleshooting common taping errors
  - Peer feedback and instructor refinement of technique
- 0:30 – 0:45 | Biomechanical / Dynamic Tape Concepts
  - Differences between kinesiology tape and dynamic tape
  - Biomechanical principles: load absorption, force redistribution, and movement assistance
  - Clinical applications for athletic performance and injury management
  - Demonstration of dynamic tape techniques for common regions (e.g., shoulder, lower limb)
- 0:45 – 1:00 | Hands-On Practice: Dynamic Tape
  - Participant practice applying dynamic tape patterns
  - Emphasis on proper anchor points and stretch percentages
  - Evaluating functional changes pre- and post-application
  - Instructor review and technique refinement

## Curriculum Vitae

**Christine Foss DC, DACBSP, M.S.Ed., ATC, ICSC**

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Riverdale, NJ 07457

[DrCFoss@Gmail.com](mailto:DrCFoss@Gmail.com)

Office: 973-616-4555

Cell: 201-213-6983

### **Education:**

**Doctor of Medicine:** University of Health Sciences; 2003-2007  
Antigua V.I. BWI

**Doctor of Chiropractic:** New York Chiropractic College 1991-1994  
Honor Society Phi Chi Omega Recipient

**Master of Science:** Education/ Sports Medicine: 1987-1988

Old Dominion University, Norfolk VA

**Bachelor of Science:** Physical Education/Sports Medicine  
Montclair State University; Montclair NJ 1984-1987

### **Professional Experience:**

**Advanced Sports Medicine & Physical Therapy Center-** Clinic director and co-owner in office combining chiropractic, sports injuries, rehabilitation, acupuncture, physical and occupational therapy. Staff training and education. Riverdale, NJ (2001-Present)

**Kids Therapy Center-** Clinic director and co-owner in office. The clinic provides treatment for children with a myriad of disabilities and special needs offering chiropractic, physical therapy and occupational therapy. Riverdale, NJ (2005-Present)

**Breakthrough Coaching-** Providing education to physicians in HIPPA compliance and practice management. Lectures on Protocol and Rehabilitation Techniques (1997-1998)

**Foss Sports Medicine & Chiropractic Center-** Clinic director Co-Owner in office combining chiropractic, sports injuries and rehabilitation. Towaco NJ(1995-2001)

**Livingston Chiropractic & Rehabilitation Center-** Co-Owner in office combining chiropractic and rehabilitation. Livingston NJ (1998-1999)

**Olympic Training Center-** Volunteer Athletic Trainer; Colorado Springs 1992

**Olympic Training Center –** Volunteer Chiropractic Physician Colorado Springs CO– 2013, 2014

**Olympic Training Center –** Volunteer Chiropractic Physician Chula Vista CA- 2016

**Olympic Training Center –**Volunteer Chiropractic Physician Colorado Springs 2017 David Shultz International Wrestling Tournament

**University of Notre Dame** – Athletic Trainer for Division one athletes, South Bend Indiana (1990-1991

**Palm Beach Sports Medicine & Physical Therapy Center**- Athletic Trainer- In charge of sports medicine department. Observed Surgeries, Rehab of Athletes and coverage of athletes on the field.

**New York Chiropractic College**- Director and lead instructor- Certified Chiropractic Sports Physician Program 2019

#### **Continuing Education**

- Certified Chiropractic Sports Physician
- CSCS Exam prep symposia
- DACBSP program
- Electrodiagnosis 12 Modules (Licensed in NJ)
- Advanced Electrodiagnosis (diplomate eligible)
- Musculoskeletal Ultrasound Certification Upper and Lower Extremity
- Applied Kinesiology (100 Hours)
- Electromyography and Neuromuscular Medicine Harvard Medical School
- Electro diagnostic Medicine Evaluation Jefferson Medical School
- Chiropractic Neurology Diplomate class #13 (Live), multiple online modules Northwestern Health Sciences Univ.
- Case based Advanced Electro diagnosis
- Electro diagnosis upper and lower extremity module 2
- CPR certification American Heart Association
- Emergency Procedures and athletic care interventions
- Challenges and Complexities of Overweight and obese patient
- Primal Rehab
- Low Tech rehabilitation
- Concussion evaluation and treatment
- FAKTR Technique
- Nutrition for the Athlete
- Knee Injuries and assessment
- Shoulder Evaluation and Surgical Intervention
- Metabolic Pathways for Inflammation
- SFMA level 1, 2
- Treatment of the athlete's elbow
- Neurokinetic Therapy 2017 Level 1, 2
- Postural Restoration Institute, Myokinematics of the pelvis 2018

#### **Professional Activities/Awards**

- Team USA Track and Field Medical Staff – U23 Championships – 2019 Queretaro Mexico
- Austrian Bobsleigh Medical Staff – World Cup 2019- Lake Placid NY
- North American Representative FICS- 2019
- Member of the 2013 and 2014, 2016, 2017 United States Olympic Committee Chiropractic Volunteer Program
- ACBSP Exam Writing Workshop – 2016, 2017, 2018
- Kellogg's Tour of Gymnastic Champions PA, NY 2016 – Medical Staff for athletes
- Stand-up Paddle Marathon NY – 2013, 2014, 2016 Medical Staff

## **Food as Medicine: From Health to Longevity**

Instructor: William W. Li, MD

Duration: 1 Hours

### **Program Description:**

Food as medicine is an emerging medical field that employs nutrition to activate the body's health defense systems. This activation leads to improved circulation, metabolism, immunity, gut health, and physiological tissue repair. This keynote will give a state-of-the-art overview of the health defense systems and provide examples of specific foods that can enhance health and amplify medical interventions that fight disease, including cancer. The implications for this new approach to health for longevity will be described.

### **Keynote Objectives:**

- Describe the body's health defense systems
- Identify foods that can activate the health defenses and their health outcomes
- Discuss the role of food as medicine and healthy aging, including longevity

### **Keynote Outline:**

#### **0:00–0:15 | Introduction to Food as Medicine**

- Overview of the concept of “food as medicine” and its growing recognition in both clinical and wellness settings
- Understanding how nutrients, bioactive compounds, and whole foods influence biological systems and disease prevention
- Historical context: how cultures have used food therapeutically across centuries
- Setting learning goals: connecting nutrition science to patient care and practical lifestyle strategies

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#### **0:15–0:30 | Definition of Health and the Role of Health Defenses**

- Defining health beyond the absence of disease—introducing the “five health defense systems”: angiogenesis, regeneration, microbiome, DNA protection, and immunity
- How the body’s innate defense mechanisms interact with nutrition and lifestyle
- Exploring the science behind resilience and repair—how diet influences cellular and systemic health
- Discussing current research on the link between dietary diversity and enhanced health defense activation

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## 0:30–0:45 | Methods Used to Study Food as Medicine

- Overview of research methods: epidemiological studies, clinical trials, and laboratory models
- Understanding biomarkers and outcome measures used in food-as-medicine research
- The importance of evidence-based nutrition—distinguishing between correlation and causation
- Reviewing challenges in nutrition science: confounding factors, dosage, and bioavailability of nutrients

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## 0:45–1:00 | Case Studies: Foods, Data, and Applications for Healthy Aging

### Circulation:

- How foods such as berries, green tea, and dark chocolate promote angiogenesis and vascular health

### Repair and Regeneration:

- Nutrients that activate stem cells and tissue repair—examples from omega-3s, soy, and certain fruits

### Gut Health:

- Role of prebiotics, probiotics, and fiber-rich foods in supporting the microbiome and immune modulation

### Immunity:

- Foods shown to enhance immune surveillance and reduce inflammation through clinical evidence

### Healthy Aging and Longevity:

- Understanding the hallmarks of aging and their nutritional influences
- The role of angiogenesis in aging and how dietary compounds can modulate it
- Evidence-based “super-aging” foods for gut and cellular health—linking diet, longevity, and quality of life
- Summary and key takeaways: integrating food-as-medicine principles into daily practice

## CURRICULUM VITAE

Name: William W. Li

Address: The Angiogenesis Foundation  
One Broadway, 14<sup>th</sup> Floor  
Cambridge, MA 02142 USA

Date of Birth: July 1, 1962

Place of Birth: Pittsburgh, Pennsylvania

Nationality: U.S. Citizen

Education:

1984 A.B. *Cum laude*, Harvard College, Cambridge, MA  
1991 M.D. University of Pittsburgh School of Medicine, Pittsburgh, PA

Additional Education:

1984 Harvard University, Cambridge, Massachusetts, History of Science  
1984 Dumbarton Oaks Center for Byzantine Studies, Washington, DC

Postdoctoral Training:

Internship and Residency:  
1991-92 Intern in Medicine, Massachusetts General Hospital, Boston, MA  
1994-96 Resident in Medicine, Massachusetts General Hospital, Boston, MA

Fellowship:  
1992-94 Clinical Fellow in Medicine, Massachusetts General Hospital, Boston, MA

Licensure and Certification:

1997-present Board of Registration in Medicine, Commonwealth of Massachusetts

## Academic Appointments:

1991-96	Clinical Fellow, Harvard Medical School
1996-2001	Instructor in Medicine, Faculty, Harvard Medical School
1999-2000	Clinical Assistant Professor, Department of Clinical Sciences, Tufts University School of Veterinary Medicine
2003-2009	Visiting Assistant Professor of Medicine, Dartmouth Medical School
2023-2024	Core Faculty, University of California Irvine, Academic Integrative Medicine Fellowship Program

## Hospital Appointments:

1996-99	Staff Physician, Veteran's Administration Medical Center, Manchester, NH
1996-97	Director, Emergency Room, Veteran's Administration Medical Center, Manchester, NH
1997-2001	Associate Physician, Beth Israel-Deaconess Medical Center, Boston, MA

## Other Professional Positions:

1982-86	President, Erymine Graphics
1991-96	Officer, Harvard University
1994-96	President, Cycladic Environments, Incorporated
1994	Founding Board Director, The Angiogenesis Foundation
1994-present	Medical Director, The Angiogenesis Foundation
1997	Visiting Professor, Department of Surgery, University of Pittsburgh
1997-99	Principal Consultant, Neovas, LLC
1999-2001	Advisory Board Member, Centers of Wound Healing Excellence
1999, 2000	Co-Chair, Angiogenesis Expert Panel (Cardiology)
2000-present	President, The Angiogenesis Foundation
2001	Co-Chair, Angiogenesis Expert Panel (Oncology)
2001-03	Wound Healing Advisory Board, Ortho-McNeil Pharmaceuticals
2001-04	Scientific Advisory Board, DOBI Medical Systems, Inc.
2002	Advisory Board, Johnson & Johnson Advanced Wound Care
2003-06	Board of Directors, DOBI Medical International
2002	Member, Avastin National Advisory Board
2002-04	Founding Director, International Fat Applied Technology Society
2004	Consultant, Medtronics
2005	Scientific Advisory Board, Genentech
2005-08	Scientific Advisory Board, Baxter Healthcare Corporation
2005	Scientific Advisory Board, Integra LifeSciences
2005-06	Scientific Advisory Board, Athenagen/Comentis
2007-08	Scientific Advisory Board, Molnlycke
2005-07	Scientific Advisory Board, Procyon/Ambrilia Biopharma
2008	Executive Board, Association for the Advancement of Wound Care
2008	Consultant, Ethicon, Inc.

**Instructor: Alex Vidan**

**1 Hour**

**Course Title: Clinical Gold: Orthopedic Exam Pearls**

**Course Description:** Stop performing general screens and start making definitive diagnoses. This session strips away the outdated procedures and delivers only the highest-yield clinical pearls for spinal orthopedic examinations. We will focus specifically on the Cervical and Lumbar spine, revealing which signs, movements, and test combinations offer the greatest specificity in differentiating mechanical pain, radiculopathy, and critical red flags. Learn how to identify the most potent clinical findings to build unshakable certainty in your diagnosis.

**Learning Objectives:**

- Differentiate high-yield vs. low-yield tests for maximum diagnostic accuracy in spinal orthopedics.
- Identify key clinical findings that distinguish cervical radiculopathy from local mechanical pain.
- Recognize the specific tests that confirm nerve root involvement in the lumbar spine.
- Interpret patient movement patterns to differentiate mechanical back pain from compressive pathology.
- Utilize specific orthopedic exam pearls to establish clinical certainty in spinal diagnosis

**Outline:**

**0:00 – 0:15 | Introduction & The Shift to Specificity**

- Understand the “why” behind high-accuracy orthopedic and neurological exams — how precision impacts outcomes, referrals, and patient confidence.
- Define the difference between a **Clinical Pearl** (targeted insight that changes clinical decision-making) and a **Routine Screen** (broad, general testing with limited specificity).
- Explore how over-testing can dilute diagnostic value and how focusing on the right tests improves efficiency.
- Discuss the evolution from generalized musculoskeletal exams to evidence-based, specificity-driven evaluation.

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**0:15 – 0:30 | Cervical Spine: Rooting Out Radiculopathy**

- Learn how to differentiate **local cervical pain** from **true radicular involvement** through careful history and symptom mapping.
- Review the most common cervical pain generators — facet joints, discs, and nerve roots — and their overlapping presentations.
- Identify the **specific combination of orthopedic and neurological tests** (e.g., Spurling’s, Cervical Distraction, ULTT) that maximize diagnostic accuracy.
- Step-by-step guidance on how to properly perform and interpret each test for consistent, reproducible findings.
- Conduct a **Red Flag Screen** to rule out vascular, infectious, or space-occupying lesions before proceeding with standard care.

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### 0:30 – 0:45 | Lumbar Spine: Mechanical vs. Compressive

- Differentiate **simple mechanical back pain** (muscular, facet, or ligamentous) from **critical compressive pathology** (disc herniation, stenosis, or nerve entrapment).
- Review the **lumbar tests with the highest clinical utility**, including Straight Leg Raise (SLR), Slump Test, and Prone Instability Test.
- Understand the significance of **pain patterns vs. centralization and peripheralization** in identifying discogenic sources.
- Integrate findings from orthopedic, neurological, and functional exams to create a cohesive clinical impression.
- Discuss when imaging or referral is indicated based on test clusters and symptom progression.

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### 0:45 – 1:00 | The Specificity Factor

- Identify the **specific movements and provocation patterns** that confirm nerve root involvement and guide treatment focus.
- Contrast **low-yield vs. high-yield tests**, emphasizing which exam procedures add real diagnostic value and which can be eliminated from routine screening.
- Develop **actionable takeaways** for improving exam precision, reducing false positives, and increasing patient confidence in your assessments.
- Wrap-up discussion on how adopting a specificity mindset transforms both diagnostic accuracy and clinical efficiency.

**Alexander Vidan, DC**  
**2230 S Brentwood, Brentwood, MO 63144**  
**Phone: 314-678-9355**  
**Fax: 314-721-9559**  
**[dralex@drvidan.com](mailto:dralex@drvidan.com)**  
**[www.drvidan.com](http://www.drvidan.com)**

### **SELECTED OCCUPATIONAL HISTORY**

International/National Lecturer in Chiropractic Care, 2013 - Present

Chiropractor and Clinic Director, Vidan Family Chiropractic, Clayton, Missouri, 2004 - Present

KSDK 5 News, Show Me St. Louis, Health and Wellness Advisor, St. Louis, MO, 2019-Present

Fox 2 News, Health and Wellness Advisor, St Louis, Missouri, 2008 - 2018

Team Physician for the St. Louis Rams Cheerleaders, Edward Jones Dome, St. Louis, Missouri, 2012 - 2016

Team Physician for the St. Louis Cardinals, Busch Stadium, St Louis, Missouri, 2010 - 2013

### **EDUCATION AND LICENSURE**

Doctor of Chiropractic, Licensed in the State of Missouri, License #2004030635, 2004- Present

Doctor of Chiropractic, Logan College of Chiropractic, Chesterfield, Missouri, 2004

Internship, Logan College of Chiropractic Health Center, St Peters, Missouri, 2003 - 2004

Bachelor of Science in Human Biology, Logan College of Chiropractic, Chesterfield, Missouri, 2002

Bachelor of Science in Kinesiology Human Movement, Louisiana State University, Baton Rouge, Louisiana, 2000

### **SELECTED TEACHING/INSTRUCTING/LECTURING/CONSULTING**

Seminar, Temporomandibular Joint Dysfunction – diagnosis, treatment, and rehabilitation, Various International Cities, 2014 to Present

Lecturer, Specifics in Adjusting TMJD Patients, Parker Seminars, Las Vegas, February 2022

Lecturer, What Your Doctor Wishes You Knew, Parker Seminars, Orlando, FL, June 2022

Lecturer, Get on the News..., Gibson Plus Seminar, Las Vegas, December 2021

Lecturer, TMJ Disorders, Parker Seminars, Orlando, FL, June 2021

Lecturer, All In On TMJD Care, Academy of Missouri Chiropractors, April 2021

Lecturer, TMJ Disorders, Parker Seminars, Live and Pre-Recorded Webinar, February 2021

Lecturer, TMJ Disorders, Chiropractic Society of Wisconsin, Wisconsin Dells, October 2020

Lecturer, Get on the News and Become the Cultural Authority on Health, FOCUS, Okalhoma City, OK July 2020

Lecturer, Get on the News and Become the Cultural Authority on Health, Parker Vegas, Las Vegas, NV, February 2020

Lecturer, The Winners Edge: Research and Communication for Pro-Athletes, ICA Revolution, Toronto, ON, November 2019

Lecturer, TMJ Disorders: Structuring Your Practice to Grow in a \$4 Billion Market, Alliance for Chiropractic, Ottawa, ON, October 2019

Lecturer, TMJD, Vancouver, WA, ChiroFest, September 2019

Lecturer, Identifying Common TMJ Injuries Caused by Motor Vehicle Crash Injuries, AMTI Module 4 by ICA , Broomfield, CO, August 2019

Lecturer, Addressing the Opioid Epidemic Today, Woman's Foundation and Office of Behavioral Health, Baton Rouge, LA, August 2019

Lecturer, Potential Related to Performance and Competition, VoxxLife Seminar, Niagara Falls, Canada, June 2019

Lecturer, Addressing the Opioid Epidemic Today, Logan University Spring Symposium, St. Louis, MO, May 2019

Lecturer, Addressing the Opioid Epidemic Today, Woman's Foundation and Office of Behavioral Health, Baton Rouge, LA, April 2019

Lecturer, ICA Annual Meeting, Logan University

Lecturer, China King Koil ICA Chiropractic Tour, China, March 2019

Lecturer, 27<sup>th</sup> Annual Arnold Symposium on Natural Fitness and Sports, ICA, Columbus, OH, February 2019

Lecturer, NSCC AGM & Continuing Education Session, Nova Scotia, September 2018

Lecturer, Axiom Seminar, Amsterdam, August 2018

Closing Speaker, Room1, Las Vegas, April 2018

Lecturer, Parker Seminars, Las Vegas, March 2018

Lecturer, China King Koil ICA Chiropractic Tour, China, October 2017

*Previous Years of speaking engagements available upon request.*

**Instructor: Ulrik Sandstrom**

**Title:** Reading the Nervous System: Tailoring Treatment Through Real-Time Neurological Feedback Part II

**Description:** Research guides cohorts, but real care happens one nervous system at a time. Discover how manual muscle testing, range, and pain assessment reveal real-time neurological feedback, guiding the Test–Treat–Retest approach to make manual therapy measurable, meaningful, and patient-specific.

**Learning Objective:**

- Understand the neurological feedback loops that govern controlled and safe movement.
- Explain how adjustments and other manual therapy produces real-time neurological changes that influence pain, strength, and range of motion.
- Apply the Test–Treat–Retest framework to evaluate immediate functional outcomes in clinical practice.
- Use manual muscle testing, range, and pain assessment to interpret neurological feedback and guide treatment choices.
- Watch real live demonstration of the 'magic' of hands-on treatment.

**Outline:****0:00 – 0:15 | Demonstration 1: Manual Muscle Testing Fundamentals**

- Demonstrate key testing positions and stabilization strategies
- Explain common errors and test-retest reliability principles
- Highlight differences between strength and neurological control
- Group observation and discussion of findings

**0:15 – 0:30 | Participant Practice 1**

- Guided partner work: practice manual muscle testing
- Emphasis on positioning, consistency, and observation skills
- Faculty feedback and refinement of technique

**0:30 – 0:45 | Neurology in Action**

- Deep dive into how afferent input shapes muscle tone and performance
- Understanding proprioception and reflex loops in clinical testing
- Small-group discussion: identifying clinical patterns from observed responses
- Bridge theory to next demonstration

**0:45 – 1:00 | Demonstration 2: Applying Test–Treat–Retest**

- Live demonstration: complete clinical sequence (test → treat → retest)
- Real-time commentary on reasoning and decision-making

- Emphasis on adaptability and patient-specific response tracking

# Curriculum Vitae

Name: Ulrik Sandstrøm BSc DC ICCSD FRCC FBCA FEAC

Profession: Chiropractor

DOB: 27/03/1966

Contact: 2 Main Road  
Watnall  
Nottingham  
NG16 1HT  
UK  
Mob: 07940 537492

e-mail: [ulrik@sandstrom.com](mailto:ulrik@sandstrom.com)

Qualifications and awards:  
BSc (chiropractic) degree from AECC, Bournemouth (1991)  
Fellow of the Royal College of Chiropractors (Sports Faculty)  
Fellow of the British Chiropractic Association  
Fellow of the European Academy of Chiropractic  
International Chiropractic Sports Science Diploma

Sports Experience Athletes Village Polyclinic Chiropractor to the 2012 London and 2016 Rio de Janeiro Olympic Games  
2020 – present: 1<sup>st</sup> team chiropractor to Leicester City FC  
2009 – 2020: 1<sup>st</sup> Team Chiropractor to Leicester Tigers Rugby Club  
2015-2017: 1<sup>st</sup> Team Chiropractor to Derby County Football Club  
Previous work includes Chelsea Football Club, Sheffield Wednesday Football Club, Sheffield Sharks Basketball Team, England Rugby Team, Great Britain Basketball Team, UK Athletics.

Lecturing Has lectured extensively both nationally and internationally on Sports Chiropractic, Manual Muscle Testing, Taping, Patient Communication amongst many and is a senior lecturer for the FICS ICCSP Programme. Lecture invitations include National Association Chiropractic Conferences in Denmark, Norway, UK and South Africa; ECU conferences in Oslo 2016, Cyprus 2017 and Budapest 2018 and the 2017 WFC Congress in Washington DC, WFC/ECU congress in Berlin 2019 and WFC centenary in Copenhagen 2025.

Affiliation 2015 – 2023: Board member of the British Chiropractic Association  
2023 - 2025: Vice-president of the British Chiropractic Association

## **MODERN PEDIATRIC CHIROPRACTIC CARE: Etiology of Joint Dysfunction in Young Children Part I**

Speaker: Elise G. Hewitt, DC, DCCP, FICC

1 hour of lecture presentation for: Parker Seminars

February 28, 2026

Location: Las Vegas, Nevada

### **Course Description**

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.

### **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 (2002) 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.

# 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

<b>Contact Information</b>	Portland Chiropractic Group 2031 E. Burnside Street Portland, Oregon 97214 (503) 224-2100 <a href="mailto:DrElise@PortlandChiropracticGroup.com">DrElise@PortlandChiropracticGroup.com</a> <a href="http://www.PortlandChiropracticGroup.com">www.PortlandChiropracticGroup.com</a> <a href="http://www.DrEliseHewitt.com">www.DrEliseHewitt.com</a>	Logan University 1851 Schoettler Road Chesterfield, MO 63017 (636) 230-1847 <a href="mailto:elise.hewitt@logan.edu">elise.hewitt@logan.edu</a> <a href="http://www.Logan.edu">www.Logan.edu</a>
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## 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 - <u>Graduated Summa Cum Laude</u> .
1982	Bachelor of Environmental Design (B.Envd.), University of Colorado, Boulder, Colorado - <u>Graduated with Honors</u> .
1978 – 1980	Pre-medicine major, Brandeis University, Waltham, Massachusetts - <u>Dean's List 1978 &amp; 1979</u> .

## Leadership Experience

2016 – 2018	Immediate Past President, American Chiropractic Association Council on Chiropractic Pediatrics. ( <a href="http://www.acapedscouncil.org">www.acapedscouncil.org</a> ).
2006 – 2016	President, American Chiropractic Association Council on Chiropractic Pediatrics. ( <a href="http://www.acapedscouncil.org">www.acapedscouncil.org</a> ).
2006 – 2016	Member, House of Delegates, American Chiropractic Association (ACA) ( <a href="http://www.acatoday.org">www.acatoday.org</a> ).
2010 – 2016	Member, Bylaws Committee, American Chiropractic Association.

### **Leadership Experience** (continued)

2007 – 2009 Member, Board of Directors, Integrative Pediatrics Council ([www.integrativepeds.org](http://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](http://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.

**Speaker Name:** Scott Munsterman

**Course Title:** Ethical Billing and Coding Part I

**Course Description**

In this one-hour course, Dr. Munsterman will explain the new and established patient exams and when and how they are performed. He will also discuss the required documentation elements of pain and function and specific ways to document them.

**Course Objectives**

1. Discuss the differences between new patient and established patient exams
2. Illustrate the new 2021 rules for Evaluation and Management with regard to time
3. Illustrate the new 2021 rules for Evaluation and Management with regard to medical decision-making
4. Define the federal requirements for documenting pain and function
5. Illustrate functional outcome questionnaires for musculoskeletal complaints

**Course Outline**

New/Existing Patient Exam

1.E/M Based on Time – **15 Minutes**

2.E/M Based on Medical Decision-Making – **15 Minutes**

Assessment of Pain

1. Intensity and Frequency – **15 Minutes**

Assessment of Function

1. Functional Outcome Questionnaires – **15 Minutes**

## 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](http://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

- 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".

**Instructor: Celia Maguire**

**1 Hour**

**Course Title:** Images to Insight: Challenging Cases in Chiropractic Radiology

**Course Description:** This interactive, case-based session explores challenging and uncommon findings in chiropractic radiology, emphasizing the integration of imaging features with clinical presentation to guide diagnosis and management. Participants will review a series of complex musculoskeletal and systemic cases—including benign and malignant bone lesions, metabolic and degenerative disorders, and incidental findings with clinical significance. Through image analysis and discussion, attendees will strengthen their ability to recognize critical radiographic patterns, identify red flags, and make informed decisions regarding further imaging or specialist referral.

**Learning Objectives:**

- Analyze radiographic findings in complex musculoskeletal and systemic conditions.
- Distinguish between benign and malignant bone lesions.
- Integrate clinical and imaging findings to refine differential diagnoses.
- Identify red flags requiring further imaging or specialist referral.

**Outline:**

**1. Introduction (0-5 min)**

- Outline session objectives and the importance of correlating imaging with clinical data.
- Brief overview of topics: benign vs malignant, metabolic, degenerative, and incidental findings.
- Emphasize interactive discussion and critical image interpretation skills.

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**2. Enchondroma of the Knee (5-15 min)**

- Well-defined, lytic lesion with chondroid calcifications (“rings and arcs”).
- Usually benign; differentiate from low-grade chondrosarcoma by cortical changes or pain.
- Typically managed conservatively unless aggressive features are present.

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**3. Renal Cancer Metastasis to Lumbar Spine (15-25 min)**

- Lytic, destructive vertebral lesion—consider metastasis in patients with known cancer.
- Look for red flags: persistent pain, neurological symptoms, or collapse.
- MRI for extent and staging; urgent oncology referral if suspected.

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#### **4. Diffuse Idiopathic Skeletal Hyperostosis (DISH) (25-35 min)**

- Flowing anterior spinal ossification with preserved disc spaces.
- Differentiated from ankylosing spondylitis by lack of sacroiliitis.
- Often asymptomatic but may cause stiffness or dysphagia.

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#### **5. Insufficiency Fracture of the Tibia (35-45 min)**

- Occurs in weakened bone under normal stress (osteoporosis, steroids).
- Subtle radiographic line; MRI often confirms diagnosis.
- Manage with activity modification and treatment of underlying cause.

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#### **6. Ovarian Teratoma Found on Lumbar X-rays (45-55 min)**

- Incidental pelvic calcification resembling bone or teeth on X-ray.
- Suggests mature cystic teratoma—confirm with ultrasound or CT.
- Refer to gynecology; usually benign but may need removal.

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#### **7. Wrap-Up (55-60 min)**

- Review key patterns: benign vs malignant, systemic clues, and red flags.
- Reinforce importance of clinical correlation and appropriate referrals.
- Encourage questions and case reflection.

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Celia Plattner Maguire, DC, DACBR  
6320 Aspen Estates Dr. Sachse, TX, 75048  
Phone: 972-898-6309  
email: cmaguire@parker.edu

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#### **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.

**Instructor: Michael Easter**

**Title: The Power of Leaving Your Comfort Zone**

This talk explores the psychological and physiological benefits of embracing discomfort in a world engineered for ease. Drawing from research in psychology, physiology, mythology, and real-world examples, Michael Easter explains the value of doing hard things. The session examines how modern comfort may contribute to rising dissatisfaction and mental health issues, and how small, intentional acts of hardship can restore meaning, resilience, and clarity.

**Learning Objectives:**

- Understand why humans search for problems and how that impacts us in modern life.
- Learn about the connection between adversity and improved mental health.
- Explore the concept of the 2% mindset and how to apply it to daily life.
- Identify benefits of boredom and how it can be used to increase focus and creativity.
- Understand the value of doing hard things.

**Outline:**

**0–15 Minutes: Introduction to Comfort and Prevalence-Induced Concept Change**

- Explanation of “first-world problems” and how problem thresholds shift.
- Introduction to the concept of comfort creep.

**15–30 Minutes: The 2% Mindset**

- Why humans are wired to do the next easiest, most comfortable thing.
- Overview of the “2% Mindset”: consistent, manageable discomfort.

**30–45 Minutes: Embrace Boredom**

- Media consumption and overstimulation stats.
- How boredom can reduce stress and increase creativity.

**45–60 Minutes: Find Your Misogi**

- The value of doing hard things.
- Adversity’s U-curve: Why no challenge or too much both hurt mental health.
- Closing thoughts: Why leaving your comfort zone might be the best thing you do.

## EXPERIENCE

**AUTHOR**  
**PENGUIN RANDOM HOUSE + HARPER COLLINS**

MARCH 2019 TO PRESENT  
LAS VEGAS, NEVADA

- My two books, The Comfort Crisis and Scarcity Brain, have sold nearly one million copies and reached the New York Times bestseller list.
- I'm currently working on a third book with Harper Collins.
- In promoting my books, I've appeared on some of the world's largest media platforms. For example, the Joe Rogan Experience Podcast, FOX News, Huberman Lab, NPR, New York Times, etc.
- Ideas from The Comfort Crisis have been adopted by NASA, MLB, NCAA D-1 Football, Tier-1 Military Assets, various law schools, Fortune-500 companies, and more. They've been endorsed by Pulitzer Prize winners, national magazine EICs, the former US Director of National Intelligence, the former Commander of US Navy Special Warfare Command, and more.

**FOUNDER**  
**TWO PERCENT WITH MICHAEL EASTER**

MAY 2023 TO PRESENT  
LAS VEGAS, NEVADA

- I founded Two Percent with Michael Easter, the #1 health and wellness Substack Newsletter.
- We send 3 weekly emails to ~135,000 subscribers.

**LECTURER OF JOURNALISM**  
**UNIVERSITY OF NEVADA, LAS VEGAS**

JANUARY 2017 TO PRESENT  
LAS VEGAS, NEVADA

- Teach undergraduate journalism courses in UNLV's Hank Greenspun School of Journalism and Media Studies. Courses include: Health Media, Digital Health Media, Journalism Boot Camp, Entrepreneurial Journalism, Digital Newsroom, History of Journalism, Research Methods, Mass Media & Society, All Things Media: Foundations.
- Teach PhD and master's courses for Doctor of Public Policy and Emergency Crisis Management programs.
- Develop and teach UNLV media training for UNLV leadership.
- Chair the department's journalism/writing curriculum committee.
- Co-chair UNLV's Public Communications Institute.

**CONTRIBUTING EDITOR**  
**MEN'S HEALTH MAGAZINE**

SEPTEMBER 2017 TO PRESENT  
NEW YORK, NEW YORK

- Act as a contributing editor at Men's Health magazine. Duties include reporting and writing roughly one feature story per issue. Topics are varied, but often center around investigative reporting into health trends. Men's Health has 35 editions across 59 countries and reaches 79 million readers each issue. MensHealth.com receives 120 million page views a month.

**SENIOR EDITOR**  
**MEN'S HEALTH MAGAZINE**

APRIL 2011 TO JANUARY 2017  
NEW YORK, NEW YORK

- Oversaw Men's Health's health and fitness coverage. This entailed developing compelling new story and franchise ideas, creating issue lineups, and editing and managing various staffers and a network of freelancer writers.
- Led Men's Health's digital transition team, where I managed the online writing, editing, and story assigning of all print editors and various freelance writers.
- Generated online traffic through written stories. My stories are some of the most viewed of all time at MensHealth.com.
- Developed standard practices for traffic-generating headlines. My innovations were applied across Rodale brands and helped increase unique visits to MensHealth.com by 33%.

## EDUCATION

MASTER OF ARTS  
NEW YORK UNIVERSITY, ARTHUR L. CARTER JOURNALISM INSTITUTE

AUGUST 2009 TO DECEMBER 2010  
NEW YORK, NEW YORK

BACHELOR OF ARTS *MAGNA CUM LAUDE*  
WHEATON COLLEGE

AUGUST 2005 TO MAY 2009  
NORTON, MASSACHUSETTS

### **Majors**

Graduate: Journalism; Advanced degree in Science and Health Reporting

Undergraduate: Independent Major in Politics, Economics, and Science of Natural Resources

Honors: *Dean's List, Class of 1954 Scholarship, Paresky Writing Fellow, Bodie McDowell Outdoor Writing Fellow*

### OF NOTE

EAGLE SCOUT

PART OF THE MEN'S HEALTH TEAM WHO WON A NATIONAL MAGAZINE AWARD IN GENERAL EXCELLENCE

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**Instructor: Gregory Rose**

**Parker Seminars Las Vegas**

**1 Hour**

**Course Title: Assessing and Treating Golfers – Your Best Clients: Increasing Power – What Every Golfer Wants**

**Course Description:** A comprehensive review of how to attract, assess and treat golfers at any skill level. Golfers are your best clients - they are addicted to their sport, will do anything and to improve their swing and they have lots of physical barriers that hinder their progress. This is why all chiropractors should be prepared to evaluate and develop a treatment program for any golfer that enters their practice. This 3-part lecture will focus on connecting their physical assessment to their golf swing, determining where leaks in power are limiting their overall driving distance and improving their hips (the engine of the golf swing).

**Learning Objectives:**

- Participants will understand how physical limitations impact the golf swing (The Body-Swing Connection).
- Participants will become familiar with assessing power strengths and weaknesses in golfers.
- Participants will master the evaluation and treatment of the hip for rotary athletes.
- Participants will learn how to attract more golfers into their practice.

**Outline:**

**1:00 – 1:15 | Assessing Power Overview**

- Introduction to the concept of “power” as it relates to golf performance—speed, force production, and efficiency.
- Discuss the difference between strength and power, and why power output is the key to distance and consistency.
- Review common assessments used to measure baseline power: vertical jump, seated medicine ball throw, rotational power tests.
- Understand how to interpret results and identify areas of weakness or imbalance that may limit performance.

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**1:15 – 1:30 | Lower Body Power**

- Explore how the lower body serves as the foundation for generating force through the kinetic chain.
- Identify key muscle groups and movement patterns that drive power—hips, glutes, and legs.
- Review exercises that build explosive lower-body strength such as squats, lunges, jumps, and rotational hip drives.
- Discuss mobility and stability requirements for effective energy transfer from the ground up.

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**1:30 – 1:45 | Core Power**

- Examine the role of the core as the link between the lower and upper body in transferring rotational energy.

- Introduce functional movements that enhance trunk rotation, stability, and anti-rotation control.
- Demonstrate power-building core exercises such as medicine ball rotational throws, cable chops, and plank variations.
- Emphasize the importance of sequencing—how timing and coordination amplify power output.

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### **1:45 – 2:00 | Upper Body Power**

- Discuss the upper body's role in delivering the final acceleration to the golf club and ball.
- Review techniques to strengthen shoulders, chest, and arms for controlled, explosive movement.
- Incorporate dynamic upper-body drills such as push-presses, banded swings, and plyometric push-ups.
- Conclude with practical programming strategies for integrating power training into a balanced golf-specific fitness plan.

## **Greg Rose, DC**

### **Bio**

Dr. Rose is a board-certified Doctor of Chiropractic and holds an engineering degree from the University of Maryland. Greg is a co-founder of the Titleist Performance Institute, one of the top sport science centers in the world. The TPI golf certification seminar series has made Greg one of the most requested speakers in golf health and fitness. He has lectured in over 24 countries and has been featured in many golf and news publications.

Through the past 26 years, Greg has helped thousands of athletes of all skill levels reach peak athletic performance. His cutting-edge form of functional training combined with sport-specific motor learning drills have made Greg one of sport's top strength and conditioning professionals.

Greg is also a partner in Functional Movement Systems (FMS) and helped develop the Selective Functional Movement Assessment (SFMA), a revolutionary movement assessment that helps identify altered motor control and guides medical practitioners on how to treat patients more efficiently. Greg also founded OnBase University and RacquetFit which teach baseball/softball professionals and tennis professionals respectively how to improve their overall skills by enhancing their physical performance. Greg and his family live in San Diego.

### **Company Ownership**

Co-Founder and President of TPI EDU, LLC – Oceanside, CA

Co-Founder and President of OnBase University, LP – Oceanside, CA

Founder and President of RacquetFit, LP – Oceanside, CA

Co-Founder and President of Sporttree, LP – Oceanside, CA

Co-Owner of Functional Movement Systems (FMS) - Chatham, VA

### **Personal Data**

Address: 6006 Calle Camposeco;  
Rancho Santa Fe, CA 92067

Phone: Cell(760) 594-2366  
E-mail [greg.rose@mytpi.com](mailto:greg.rose@mytpi.com)

### **Licenses and Certifications**

Doctor of Chiropractic License California #DC 29583

### **Education**

Palmer College of Chiropractic 1996 Doctor of Chiropractic  
University of Maryland 1993 B.S. Civil Engineering

### **Peer-Reviewed Publications**

Cheetham P., **Rose GR**, Hinrichs R, Net al. Comparison of kinematic sequence parameters between amateur and professional golfers. Science and Golf V: In: Crews DLutz R. (eds): Proceedings of the world scientific congress of golf. Energy in Motion, Mesa, AZ, 2008

### **Books**

Cook, E. G., Kiesel, K., **Rose, G.**, Burton, L., Bryant, M. Contributing author: *Movement On* Target Publications, Aptos, CA; 2010

Liebenson, C., Contributing Author: **Rose G.**, *Functional Training Handbook / Edition I* LWW Publications, 6/27/2014

### **Employment/Positions Held**

2017-present	President of OnBase University, LP
2016-present	President of RacquetFit, LP
2014-present	President of Sporttree, LP
2014-present	President of TPI, LP
2003-2014	Co-Founder of Titleist Performance Institute, Acushnet Company
1999-2003	Founder and President of ClubGolf, Gaithersburg, Maryland
1996-1999	Founder of Advantage Golf, Rockville, Maryland

**Instructor: Christine Foss**

**1 hour**

**Title: Soft Tissue Techniques Shoulder, Elbow, Wrist and Hand Part I**

**Course Description:** Students will be considering the acute, subacute, and chronic phases of care of the most common sports injuries of each extremity covered in this course as reviewed in the assessment of the extremity.

**Learning Objectives:**

- Examine the acute phase of care for common sports injuries of each extremity, focusing on immediate treatment and management strategies.
- Analyze the subacute phase of care for extremity injuries, emphasizing rehabilitation techniques and recovery progress.
- Evaluate the chronic phase of care for long-term injury management, focusing on prevention, continued rehabilitation, and return-to-activity strategies.

**Outline:**

**0:00 – 0:15 | Acute & Subacute Phases of Care (Part 1)**

- Overview of the acute inflammatory phase: goals and clinical priorities
- Identifying red flags and determining when imaging or referral is needed
- Immediate injury management: load reduction, stabilization, and protection strategies
- Introduction to subacute transition: controlled mobility and guided tissue loading

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**0:15 – 0:30 | Acute & Subacute Phases of Care (Part 2)**

- Progression criteria from acute to subacute care
- Early rehabilitation strategies: ROM restoration, neuromuscular activation, proprioceptive retraining
- Common pitfalls: overloading healing tissues, improper progression timing
- Sport-specific considerations for lower extremity vs. upper extremity injuries

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**0:30 – 0:45 | Chronic Phase of Care (Part 1)**

- Understanding chronic injury patterns: tendinopathies, overuse injuries, recurrent strains
- Long-term tissue adaptation principles (load tolerance, capacity building)
- Strength progression strategies for return-to-play readiness
- Incorporating motion palpation and functional movement evaluation

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**0:45 – 1:00 | Chronic Phase of Care (Part 2)**

- Advanced rehabilitation: plyometrics, conditioning, and sport-specific drills
- Monitoring response to increased load and adjusting care plans
- Risk reduction and prevention strategies for recurring injuries
- Discharge considerations and criteria for safe return to sport

## Curriculum Vitae

**Christine Foss DC, DACBSP, M.S.Ed., ATC, ICSC**

18 Newark Pompton Tpk.

Riverdale, NJ 07457

[DrCFoss@Gmail.com](mailto:DrCFoss@Gmail.com)

Office: 973-616-4555

Cell: 201-213-6983

### **Education:**

**Doctor of Medicine:** University of Health Sciences; 2003-2007  
Antigua V.I. BWI

**Doctor of Chiropractic:** New York Chiropractic College 1991-1994  
Honor Society Phi Chi Omega Recipient

**Master of Science:** Education/ Sports Medicine: 1987-1988

Old Dominion University, Norfolk VA

**Bachelor of Science:** Physical Education/Sports Medicine  
Montclair State University; Montclair NJ 1984-1987

### **Professional Experience:**

**Advanced Sports Medicine & Physical Therapy Center-** Clinic director and co-owner in office combining chiropractic, sports injuries, rehabilitation, acupuncture, physical and occupational therapy. Staff training and education. Riverdale, NJ (2001-Present)

**Kids Therapy Center-** Clinic director and co-owner in office. The clinic provides treatment for children with a myriad of disabilities and special needs offering chiropractic, physical therapy and occupational therapy. Riverdale, NJ (2005-Present)

**Breakthrough Coaching-** Providing education to physicians in HIPPA compliance and practice management. Lectures on Protocol and Rehabilitation Techniques (1997-1998)

**Foss Sports Medicine & Chiropractic Center-** Clinic director Co-Owner in office combining chiropractic, sports injuries and rehabilitation. Towaco NJ(1995-2001)

**Livingston Chiropractic & Rehabilitation Center-** Co-Owner in office combining chiropractic and rehabilitation. Livingston NJ (1998-1999)

**Olympic Training Center-** Volunteer Athletic Trainer; Colorado Springs 1992

**Olympic Training Center –** Volunteer Chiropractic Physician Colorado Springs CO– 2013, 2014

**Olympic Training Center –** Volunteer Chiropractic Physician Chula Vista CA- 2016

**Olympic Training Center –**Volunteer Chiropractic Physician Colorado Springs 2017 David Shultz International Wrestling Tournament

**University of Notre Dame** – Athletic Trainer for Division one athletes, South Bend Indiana (1990-1991

**Palm Beach Sports Medicine & Physical Therapy Center**- Athletic Trainer- In charge of sports medicine department. Observed Surgeries, Rehab of Athletes and coverage of athletes on the field.

**New York Chiropractic College**- Director and lead instructor- Certified Chiropractic Sports Physician Program 2019

#### **Continuing Education**

- Certified Chiropractic Sports Physician
- CSCS Exam prep symposia
- DACBSP program
- Electrodiagnosis 12 Modules (Licensed in NJ)
- Advanced Electrodiagnosis (diplomate eligible)
- Musculoskeletal Ultrasound Certification Upper and Lower Extremity
- Applied Kinesiology (100 Hours)
- Electromyography and Neuromuscular Medicine Harvard Medical School
- Electro diagnostic Medicine Evaluation Jefferson Medical School
- Chiropractic Neurology Diplomate class #13 (Live), multiple online modules Northwestern Health Sciences Univ.
- Case based Advanced Electro diagnosis
- Electro diagnosis upper and lower extremity module 2
- CPR certification American Heart Association
- Emergency Procedures and athletic care interventions
- Challenges and Complexities of Overweight and obese patient
- Primal Rehab
- Low Tech rehabilitation
- Concussion evaluation and treatment
- FAKTR Technique
- Nutrition for the Athlete
- Knee Injuries and assessment
- Shoulder Evaluation and Surgical Intervention
- Metabolic Pathways for Inflammation
- SFMA level 1, 2
- Treatment of the athlete's elbow
- Neurokinetic Therapy 2017 Level 1, 2
- Postural Restoration Institute, Myokinematics of the pelvis 2018

#### **Professional Activities/Awards**

- Team USA Track and Field Medical Staff – U23 Championships – 2019 Queretaro Mexico
- Austrian Bobsleigh Medical Staff – World Cup 2019- Lake Placid NY
- North American Representative FICS- 2019
- Member of the 2013 and 2014, 2016, 2017 United States Olympic Committee Chiropractic Volunteer Program
- ACBSP Exam Writing Workshop – 2016, 2017, 2018
- Kellogg's Tour of Gymnastic Champions PA, NY 2016 – Medical Staff for athletes
- Stand-up Paddle Marathon NY – 2013, 2014, 2016 Medical Staff

**Instructor: Simon Wang**

**Title:** Helping Patients Who Have Tried Everything. Removing Barriers to Recovery Through a Clinical Ergonomics Lens

**Description:** Have you worked with patients who feel like they've tried everything, yet still struggle to recover? This session is for you. In this one-hour lecture, we'll explore real-world case studies where persistent barriers to recovery were overcome by examining environmental and behavioral ergonomics more deeply. Through evidence-based insights and biomechanical principles, we'll uncover how subtle changes can lead to significant breakthroughs in patient outcomes.

**Learning Objective:**

- Understand injury mechanics of prolonged/repetitive creep loading.
- Understand the current evidence on sitting versus standing and low back pain.
- Describe strategies to help patients with persistent/recurrent pain.
- Discover methods and tips to offload the spine during activities of daily living.
- Match the correct solution to specific barriers to recovery.
- Guide patients with timing instructions for sitting and standing at work.

**Outline:**

**0:00–0:15 | Introduction: Patients Who Should Have Improved**

- Overview of patients who continue to experience pain or limited function despite treatment
- Introduction to the two main approaches for helping these patients—mechanical correction and behavioral modification
- Identifying common overlooked factors that prevent recovery, such as poor posture habits, weak spinal stabilizers, and occupational strain
- Understanding how chronic mechanical stress alters tissue recovery potential and long-term outcomes

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**0:15–0:30 | Recovery, Creep, and Repetitive Loading**

- Explanation of “creep” and how prolonged static positions lead to tissue deformation and microtrauma
- Review of repetitive injury cases and how small mechanical stresses accumulate over time
- Discussion of microdamage, inflammation, and delayed healing in patients with chronic spinal complaints
- Recovery strategies: breaking the repetitive load cycle through spinal support, mobility training, and habit change
- How to educate patients on the importance of rest intervals, ergonomics, and daily recovery habits

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### **0:30–0:45 | Sitting and Standing Desk Research**

- Evaluating the claim: “Is sitting the new smoking?” — reviewing current literature and misconceptions
- Clinical evidence linking prolonged sitting and standing to lumbar, cervical, and postural pain syndromes
- Understanding the biomechanical differences between sitting, standing, and transitional postures
- Solutions for patients: integrating microbreaks, alternating positions, and ergonomic interventions
- Guidance on how to tailor recommendations for office workers, drivers, and manual laborers

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### **0:45–1:00 | Offloading the Spine and Clinical Application**

- Work-related and disc herniation cases: how spinal loading contributes to recurrent symptoms
- Review of spinal biomechanics and strategies for reducing compressive and shear forces
- How counter moments, proper lifting mechanics, and body positioning protect spinal structures
- Simple in-office examinations to assess loading tolerance and spinal support
- Practical offloading techniques and home-based solutions for long-term spinal health
- Summary and key take-home points for immediate clinical application

**Curriculum Vitae**  
**September 2022**

**1) Name**

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

**2) Degrees & Education**

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

**3) Employment History**

2022 to present Chair, Chiropractic Therapeutics department, Canadian Memorial Chiropractic College (CMCC). Appointment involves oversight of curricular content and improvement, interdepartmental communication, implementation of strategic themes and being an example of faculty expectations.

2018 to 2022 Chair, Clinical Diagnosis department, Canadian Memorial Chiropractic College (CMCC). Appointment involves oversight of curricular content and improvement, interdepartmental communication, implementation of strategic themes and being an example of faculty expectations.

2013 to present Private practice, Balanced Body Active Health Centre, Toronto, Ontario

2008 to present Assistant Professor teaching in Biomechanics, Clinical Diagnosis, Clinical Education, Chiropractic Principles and Practice, and Chiropractic Therapeutics departments, Canadian Memorial Chiropractic College (CMCC). This appointment involves course content development, course coordination, lecturing, and tutoring small groups and labs. It also includes performing as a Grand Rounds clinician. This appointment includes roles as a primary investigator as well as a mentorship role for student researchers.

2021, Aug.-Nov. Consultant, Parker University, Dallas, Texas

2020, March  
2019, November  
2018, June Lead instructor for SIM Lab Technique Workshop – Thoracic Spine. (FSTT®) CMCC Continuing Education.

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

#### **4) Honours**

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

#### **6) Teaching Experience - past 5 years**

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

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

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

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

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

**Instructor: Ulrik Sandstrom**

**Title:** Reading the Nervous System: Tailoring Treatment Through Real-Time Neurological Feedback Part III

**Description:** Research guides cohorts, but real care happens one nervous system at a time. Discover how manual muscle testing, range, and pain assessment reveal real-time neurological feedback, guiding the Test–Treat–Retest approach to make manual therapy measurable, meaningful, and patient-specific.

**Learning Objective:**

- Understand the neurological feedback loops that govern controlled and safe movement.
- Explain how adjustments and other manual therapy produces real-time neurological changes that influence pain, strength, and range of motion.
- Apply the Test–Treat–Retest framework to evaluate immediate functional outcomes in clinical practice.
- Use manual muscle testing, range, and pain assessment to interpret neurological feedback and guide treatment choices.
- Watch real live demonstration of the 'magic' of hands-on treatment.

**Outline:****0:00 – 0:15 | Demonstration 2: Continued**

- Continued application across multiple muscle groups or regions
- Compare variations in patient response
- Discuss interpretation and integration of findings

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**0:15 – 0:30 | Clinical Reasoning & Pattern Recognition**

- Identifying consistent response patterns across patients
- When to progress, regress, or change interventions
- Integrating neurological insights into broader care planning
- Building efficiency and precision in clinical decision-making

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**0:30 – 0:45 | Integrating Into Practice**

- Using test–treat–retest to enhance patient communication and engagement
- Incorporating feedback loops into daily practice flow
- Documentation tips for tracking and communicating results
- Empowering patients through visible, measurable progress

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### **0:45 – 1:00 | Summary, Q&A, and Take-Home Messages**

- Recap of key principles and practical applications
- Discussion of barriers and real-world implementation
- Participant Q&A and reflection
- Closing remarks and resources for continued learning

# Curriculum Vitae

Name: Ulrik Sandstrøm BSc DC ICCSD FRCC FBCA FEAC

Profession: Chiropractor

DOB: 27/03/1966

Contact: 2 Main Road  
Watnall  
Nottingham  
NG16 1HT  
UK  
Mob: 07940 537492

e-mail: [ulrik@sandstrom.com](mailto:ulrik@sandstrom.com)

Qualifications and awards:  
BSc (chiropractic) degree from AECC, Bournemouth (1991)  
Fellow of the Royal College of Chiropractors (Sports Faculty)  
Fellow of the British Chiropractic Association  
Fellow of the European Academy of Chiropractic  
International Chiropractic Sports Science Diploma

Sports Experience Athletes Village Polyclinic Chiropractor to the 2012 London and 2016 Rio de Janeiro Olympic Games  
2020 – present: 1<sup>st</sup> team chiropractor to Leicester City FC  
2009 – 2020: 1<sup>st</sup> Team Chiropractor to Leicester Tigers Rugby Club  
2015-2017: 1<sup>st</sup> Team Chiropractor to Derby County Football Club  
Previous work includes Chelsea Football Club, Sheffield Wednesday Football Club, Sheffield Sharks Basketball Team, England Rugby Team, Great Britain Basketball Team, UK Athletics.

Lecturing Has lectured extensively both nationally and internationally on Sports Chiropractic, Manual Muscle Testing, Taping, Patient Communication amongst many and is a senior lecturer for the FICS ICCSP Programme. Lecture invitations include National Association Chiropractic Conferences in Denmark, Norway, UK and South Africa; ECU conferences in Oslo 2016, Cyprus 2017 and Budapest 2018 and the 2017 WFC Congress in Washington DC, WFC/ECU congress in Berlin 2019 and WFC centenary in Copenhagen 2025.

Affiliation 2015 – 2023: Board member of the British Chiropractic Association  
2023 - 2025: Vice-president of the British Chiropractic Association

## **MODERN PEDIATRIC CHIROPRACTIC CARE: Etiology of Joint Dysfunction in Young Children Part I**

Speaker: Elise G. Hewitt, DC, DCCP, FICC

1 hour of lecture presentation for: Parker Seminars

February 28, 2026

Location: Las Vegas, Nevada

### **Course Description**

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.

### **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 (2002) 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.

# 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

<b>Contact Information</b>	Portland Chiropractic Group 2031 E. Burnside Street Portland, Oregon 97214 (503) 224-2100 <a href="mailto:DrElise@PortlandChiropracticGroup.com">DrElise@PortlandChiropracticGroup.com</a> <a href="http://www.PortlandChiropracticGroup.com">www.PortlandChiropracticGroup.com</a> <a href="http://www.DrEliseHewitt.com">www.DrEliseHewitt.com</a>	Logan University 1851 Schoettler Road Chesterfield, MO 63017 (636) 230-1847 <a href="mailto:elise.hewitt@logan.edu">elise.hewitt@logan.edu</a> <a href="http://www.Logan.edu">www.Logan.edu</a>
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## 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 - <u>Graduated Summa Cum Laude</u> .
1982	Bachelor of Environmental Design (B.Envd.), University of Colorado, Boulder, Colorado - <u>Graduated with Honors</u> .
1978 – 1980	Pre-medicine major, Brandeis University, Waltham, Massachusetts - <u>Dean's List 1978 &amp; 1979</u> .

## Leadership Experience

2016 – 2018	Immediate Past President, American Chiropractic Association Council on Chiropractic Pediatrics. ( <a href="http://www.acapedscouncil.org">www.acapedscouncil.org</a> ).
2006 – 2016	President, American Chiropractic Association Council on Chiropractic Pediatrics. ( <a href="http://www.acapedscouncil.org">www.acapedscouncil.org</a> ).
2006 – 2016	Member, House of Delegates, American Chiropractic Association (ACA) ( <a href="http://www.acatoday.org">www.acatoday.org</a> ).
2010 – 2016	Member, Bylaws Committee, American Chiropractic Association.

### **Leadership Experience** (continued)

2007 – 2009 Member, Board of Directors, Integrative Pediatrics Council ([www.integrativepeds.org](http://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](http://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.

**Speaker Name:** Scott Munsterman

**Course Title:** Ethical Billing and Coding Part II

### **Course Description**

In this one-hour course, Dr. Munsterman will discuss the specific ways in which you can justify chiropractic manipulation, modalities and therapeutic procedures that will support the CPT codes.

### **Course Objectives**

1. Demonstrate the proper documentation and coding of chiropractic manipulation
2. Illustrate the proper documentation of passive modalities
3. Discuss the proper documentation and coding of manual therapy and neuromuscular re-education
4. Discuss the proper documentation and coding of therapeutic exercise and therapeutic activities

### **Course Outline:**

#### **Passive Modalities - 15 Minutes**

1. Chiropractic Manipulation
2. Electrical Stimulation. Attended vs. Unattended
3. Ultrasound
4. Spinalator

#### **Therapeutic Procedures - 15 Minutes**

1. Manual Therapy

#### **Therapeutic Procedures - 15 Minutes**

2. Therapeutic Exercise
3. Neuromuscular Reeducation

#### **Therapeutic Procedures - 15 Minutes**

4. Therapeutic Activities
5. Rules for Time-Based Codes

## 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](http://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

- 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".

**Instructor: Ashlee Kates-Ascioti**

**Title:** Winning the Diagnostic Game: Spinal Imaging Features of Arthritides

**Description:** This one-hour live course reviews imaging features of non-inflammatory, inflammatory, and depositional arthritides. Key radiographic features of common diagnoses will be covered, and management options will be discussed.

**Learning Objective:**

- Identify common spinal imaging features of various arthritides.
- Recognize differences between arthritides on imaging.
- Describe the management of common arthritides affecting the spine.

**Outline:**

**0:00 – 0:15 | Introduction and The ABC's of Arthritis**

**A.** Case examples of various arthritides presented side-by-side to highlight visual and clinical similarities and differences without revealing diagnoses.

**B.** Discussion of key distinguishing features among different arthritides, including:

- Alignment and biomechanical changes
- Bone and cartilage alterations
- Distribution of joint involvement
- Erosive versus proliferative patterns
- Soft tissue and periarticular findings

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**0:15 – 0:30 | Non-Inflammatory Arthritis**

**A. Degenerative Arthritis**

- **Typical Findings:** Radiographic hallmarks, progression patterns, and biomechanical implications.
- **Case Examples:** Comparative case studies emphasizing spinal and extremity manifestations.
- **Management:** Evidence-based approaches for conservative and supportive care.

**B. Ossification of the Posterior Longitudinal Ligament (OPLL) and Diffuse Idiopathic Skeletal Hyperostosis (DISH)**

- **Typical Findings:** Radiologic criteria and distinguishing features between OPLL and DISH.
- **Case Examples:** Imaging examples to illustrate diagnostic criteria.
- **Management:** Practical recommendations for clinical evaluation and patient management.

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## 0:30 – 0:45 | Inflammatory Arthritis

### A. Rheumatoid Arthritis

- **Typical Findings:** Early versus late radiographic findings and joint distribution.
- **Case Examples:** Comparative imaging of classic and atypical presentations.
- **Management:** Multidisciplinary and evidence-based care strategies.

### B. Seronegative Spondyloarthropathies

- **Typical Findings:** Sacroiliac and spinal involvement with emphasis on hallmark imaging signs.
- **Case Examples:** Variability across ankylosing spondylitis, psoriatic arthritis, and reactive arthritis.
- **Management:** Integrative care approaches to improve function and quality of life.

### C. Juvenile Idiopathic Arthritis

- **Typical Findings:** Unique pediatric patterns and progression differences.
- **Case Examples:** Imaging progression from early to chronic stages.
- **Management:** Considerations for early detection and referral.

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## 0:45 – 1:00 | Depositional Arthritis and Conclusion

### A. Calcium Pyrophosphate Dihydrate Deposition Disease (CPPD)

- **Typical Findings:** Chondrocalcinosis patterns and crystal deposition indicators.
- **Case Examples:** Diagnostic differentiation from osteoarthritis and gout.
- **Management:** Practical strategies for long-term symptom control.

### B. Hydroxyapatite Deposition Disease (HADD)

- **Typical Findings:** Periarticular calcification and common anatomic sites.
- **Case Examples:** Clinical correlation and radiographic hallmarks.
- **Management:** Imaging-guided interventions and supportive therapies.

### C. Conclusion

- Application of presented principles to identify correct diagnoses for the initial case examples.
- Review of key imaging differences among arthritides to enhance diagnostic accuracy.
- Summary of best practices for integrating imaging findings into clinical decision-making.

# 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**

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

August 2019

Doctor of Chiropractic  
Northeast College of Health Sciences  
Formerly New York Chiropractic College

July 2016

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

December 2014

Diploma in Practical Nursing  
Central Maine Community College

June 2011

## **LICENSES AND CERTIFICATIONS**

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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**

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<b>Associate Professor</b>	September 2023 to Present
<b>Assistant Professor</b>	September 2019 to August 2023
Department of Clinical Sciences	
College of Chiropractic	
Parker University	
Dallas, TX	
 <b>Adjunct Grader</b>	July 2021 to January 2023
Parker Clinics	
Parker University	
Dallas, TX	
 <b>Independent Contractor, Imaging Interpretation</b>	February 2020 to February 2021
Cliff Tao DC DACBR Chiropractic Radiologist, Inc.	
Irvine, CA	
 <b>Resident, Master of Science in Diagnostic Imaging</b>	September 2016 to August 2019
Northeast College of Health Sciences	
Formerly New York Chiropractic College	
Seneca Falls, NY	
 <b>Chiropractic Intern</b>	February 2016 to April 2016
Veterans Administration	
Buffalo, NY	
 <b>Licensed Practical Nurse</b>	October 2015 to July 2016
Rosa Coplon Living Center	
Getzville, NY	
 <b>Chiropractic Intern</b>	September 2015 to July 2016
Depew Health Center	
Northeast College of Health Sciences	
Formerly New York Chiropractic College	
Depew, NY	

**Instructor: Thomas DeLauer**

**Title:** Advancing Our Mitochondria for Fat Loss and Performance: 2026 Science and Beyond

**Course Description:**

This presentation explores the cutting-edge science of mitochondrial optimization for fat loss, performance, and longevity. Participants will gain insights into how mitochondrial biogenesis and metabolic flexibility drive energy efficiency and health. The session will highlight current evidence behind hormetic stressors, exercise modalities, and redox modulators that enhance mitochondrial signaling. Attendees will leave with a practical, evidence-based framework to integrate these strategies into patient care or personal performance routines.

**Course Objectives:**

1. Explain the role of mitochondrial biogenesis and metabolic flexibility in fat loss and performance enhancement.
2. Identify how hormetic stressors and redox modulators improve mitochondrial efficiency and cellular resilience.
3. Apply evidence-based exercise and recovery strategies to support long-term metabolic health and energy optimization.

**One-Hour Outline (15-Minute Increments):**

**0:00 – 0:15 | Mitochondria, Fat Loss, and Performance**

- Overview of mitochondrial biogenesis and metabolic flexibility
- Link between mitochondrial function, insulin sensitivity, and energy expenditure
- Key 2026 research findings shaping next-generation metabolic approaches

**0:15 – 0:30 | Stress, Redox Modulation, and Adaptation**

- How hormetic stressors (cold, heat, fasting) upregulate mitochondrial signaling
- Overview of methylene blue and redox modulators in mitochondrial efficiency
- Clinical applications and safety considerations

**0:30 – 0:45 | Exercise and Recovery Optimization**

- Exercise modalities that activate PGC-1 $\alpha$  and AMPK pathways
- Role of blood flow restriction (BFR) training in mitochondrial density
- Practical integration for minimal joint stress and maximal adaptation

**0:45 – 1:00 | Balancing Performance with Longevity**

- Parasympathetic activation through breathwork and recovery strategies

- Balancing mitochondrial output with systemic resilience
- Building a practical blueprint for long-term fat loss and performance health

## **Thomas DeLauer CV**

### **Educational Background:**

#### **Master/Exercise Science**

California State University May 1989  
1000 E Victoria St, Carson, CA 90747

#### **Bachelors/ Exercise Science- June 1987**

University of California- Santa Barbara  
1212 SAASB  
Santa Barbara, California 93106

### **Experience:**

Private Health and Fitness Lifestyle CoachPrivate Health and Fitness Lifestyle Coach  
National Strength and Conditioning AssociationNational Strength and Conditioning Association  
2006 - Present · 19 yrs

### **President**

DLMedia and ThomasDeLauer.comDLMedia and ThomasDeLauer.comMar 2015 - Present · 9  
yrs 10 mosMar 2015 to Present · 9 yrs 10 mosThousand Oaks, Ca

**Instructor: Gregory Rose**

**Parker Seminars Las Vegas**

**1 Hour**

**Course Title: Assessing and Treating Golfers – Your Best Clients: The Body-Swing Connection**

**Course Description:** A comprehensive review of how to attract, assess and treat golfers at any skill level. Golfers are your best clients - they are addicted to their sport, will do anything and to improve their swing and they have lots of physical barriers that hinder their progress. This is why all chiropractors should be prepared to evaluate and develop a treatment program for any golfer that enters their practice. This 3-part lecture will focus on connecting their physical assessment to their golf swing, determining where leaks in power are limiting their overall driving distance and improving their hips (the engine of the golf swing).

**Learning Objectives:**

- Participants will understand how physical limitations impact the golf swing (The Body-Swing Connection).
- Participants will become familiar with assessing power strengths and weaknesses in golfers.
- Participants will master the evaluation and treatment of the hip for rotary athletes.
- Participants will learn how to attract more golfers into their practice.

**Outline:**

**0:00–0:15 | Philosophy of the Body-Swing Connection**

- Understanding the foundational principles behind the body-swing connection
- Exploring how movement efficiency, balance, and coordination translate into swing performance
- Recognizing the relationship between biomechanics and consistency in athletic motion

**0:15–0:30 | Core Control – The Ability to Transfer Energy from Lower Body to Upper Body**

- Examining how core stability allows for efficient energy transfer during the swing
- Identifying common faults when core engagement is lacking
- Practical demonstrations or examples of exercises to develop functional core control

**0:30–0:45 | Disassociation – The Key to Sequencing and Power Production**

- Understanding disassociation between the upper and lower body as a foundation for powerful, repeatable swings
- Reviewing drills and movement patterns that train proper sequencing
- Discussing how limited mobility or compensation patterns can affect swing mechanics

**0:45–1:00 | The Arms/Impulse – How the Shoulders and Arms Work to Optimize the Swing**

- Examining the role of the arms, shoulders, and hands in directing power and precision
- Understanding timing, release, and acceleration in the swing
- Integrating all components—core, sequencing, and arm mechanics—into a cohesive, efficient movement pattern

## **Greg Rose, DC**

### **Bio**

Dr. Rose is a board-certified Doctor of Chiropractic and holds an engineering degree from the University of Maryland. Greg is a co-founder of the Titleist Performance Institute, one of the top sport science centers in the world. The TPI golf certification seminar series has made Greg one of the most requested speakers in golf health and fitness. He has lectured in over 24 countries and has been featured in many golf and news publications.

Through the past 26 years, Greg has helped thousands of athletes of all skill levels reach peak athletic performance. His cutting-edge form of functional training combined with sport-specific motor learning drills have made Greg one of sport's top strength and conditioning professionals.

Greg is also a partner in Functional Movement Systems (FMS) and helped develop the Selective Functional Movement Assessment (SFMA), a revolutionary movement assessment that helps identify altered motor control and guides medical practitioners on how to treat patients more efficiently. Greg also founded OnBase University and RacquetFit which teach baseball/softball professionals and tennis professionals respectively how to improve their overall skills by enhancing their physical performance. Greg and his family live in San Diego.

### **Company Ownership**

Co-Founder and President of TPI EDU, LLC – Oceanside, CA

Co-Founder and President of OnBase University, LP – Oceanside, CA

Founder and President of RacquetFit, LP – Oceanside, CA

Co-Founder and President of Sporttree, LP – Oceanside, CA

Co-Owner of Functional Movement Systems (FMS) - Chatham, VA

### **Personal Data**

Address: 6006 Calle Camposeco;  
Rancho Santa Fe, CA 92067

Phone: Cell(760) 594-2366  
E-mail [greg.rose@mytpi.com](mailto:greg.rose@mytpi.com)

### **Licenses and Certifications**

Doctor of Chiropractic License California #DC 29583

### **Education**

Palmer College of Chiropractic 1996 Doctor of Chiropractic  
University of Maryland 1993 B.S. Civil Engineering

### **Peer-Reviewed Publications**

Cheetham P., **Rose GR**, Hinrichs R, Net al. Comparison of kinematic sequence parameters between amateur and professional golfers. Science and Golf V: In: Crews DLutz R. (eds): Proceedings of the world scientific congress of golf. Energy in Motion, Mesa, AZ, 2008

### **Books**

Cook, E. G., Kiesel, K., **Rose, G.**, Burton, L., Bryant, M. Contributing author: *Movement On* Target Publications, Aptos, CA; 2010

Liebenson, C., Contributing Author: **Rose G.**, *Functional Training Handbook / Edition I* LWW Publications, 6/27/2014

### **Employment/Positions Held**

2017-present	President of OnBase University, LP
2016-present	President of RacquetFit, LP
2014-present	President of Sporttree, LP
2014-present	President of TPI, LP
2003-2014	Co-Founder of Titleist Performance Institute, Acushnet Company
1999-2003	Founder and President of ClubGolf, Gaithersburg, Maryland
1996-1999	Founder of Advantage Golf, Rockville, Maryland

**Instructor: Christine Foss**

**1 hour**

**Title: Soft Tissue Techniques Shoulder, Elbow, Wrist and Hand Part I**

**Course Description:** Students will be considering the acute, subacute, and chronic phases of care of the most common sports injuries of each extremity covered in this course as reviewed in the assessment of the extremity.

**Learning Objectives:**

- Examine the acute phase of care for common sports injuries of each extremity, focusing on immediate treatment and management strategies.
- Analyze the subacute phase of care for extremity injuries, emphasizing rehabilitation techniques and recovery progress.
- Evaluate the chronic phase of care for long-term injury management, focusing on prevention, continued rehabilitation, and return-to-activity strategies.

**Outline:**

**0:00 – 0:15 | Contraindications in Each Phase of Care (Part 1)**

- Review of acute, subacute, and chronic care phases
- Key red-flag indicators requiring modification or cessation of care
- High-risk patient presentations and when referral is mandatory

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**0:15 – 0:30 | Contraindications in Each Phase of Care (Part 2)**

- Condition-specific contraindications (instability, neurologic deficit, systemic illness)
- Technique-specific contraindications and clinical decision-making
- How to adapt or progress care safely across phases

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**0:30 – 0:45 | Lab Practice & Techniques (Part 1)**

- Demonstration of safe, phase-appropriate techniques
- Hands-on guided practice focusing on clinician mechanics
- Identifying and correcting common technique errors

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## **0:45 – 1:00 | Lab Practice & Techniques (Part 2)**

- Partner drills integrating assessment with technique selection
- Reinforcement of safety measures based on contraindications
- Short debrief and Q&A for clinical application

## Curriculum Vitae

**Christine Foss DC, DACBSP, M.S.Ed., ATC, ICSC**

18 Newark Pompton Tpk.

Riverdale, NJ 07457

[DrCFoss@Gmail.com](mailto:DrCFoss@Gmail.com)

Office: 973-616-4555

Cell: 201-213-6983

### **Education:**

**Doctor of Medicine:** University of Health Sciences; 2003-2007  
Antigua V.I. BWI

**Doctor of Chiropractic:** New York Chiropractic College 1991-1994  
Honor Society Phi Chi Omega Recipient

**Master of Science:** Education/ Sports Medicine: 1987-1988

Old Dominion University, Norfolk VA

**Bachelor of Science:** Physical Education/Sports Medicine  
Montclair State University; Montclair NJ 1984-1987

### **Professional Experience:**

**Advanced Sports Medicine & Physical Therapy Center-** Clinic director and co-owner in office combining chiropractic, sports injuries, rehabilitation, acupuncture, physical and occupational therapy. Staff training and education. Riverdale, NJ (2001-Present)

**Kids Therapy Center-** Clinic director and co-owner in office. The clinic provides treatment for children with a myriad of disabilities and special needs offering chiropractic, physical therapy and occupational therapy. Riverdale, NJ (2005-Present)

**Breakthrough Coaching-** Providing education to physicians in HIPPA compliance and practice management. Lectures on Protocol and Rehabilitation Techniques (1997-1998)

**Foss Sports Medicine & Chiropractic Center-** Clinic director Co-Owner in office combining chiropractic, sports injuries and rehabilitation. Towaco NJ(1995-2001)

**Livingston Chiropractic & Rehabilitation Center-** Co-Owner in office combining chiropractic and rehabilitation. Livingston NJ (1998-1999)

**Olympic Training Center-** Volunteer Athletic Trainer; Colorado Springs 1992

**Olympic Training Center –** Volunteer Chiropractic Physician Colorado Springs CO– 2013, 2014

**Olympic Training Center –** Volunteer Chiropractic Physician Chula Vista CA- 2016

**Olympic Training Center –**Volunteer Chiropractic Physician Colorado Springs 2017 David Shultz International Wrestling Tournament

**University of Notre Dame** – Athletic Trainer for Division one athletes, South Bend Indiana (1990-1991

**Palm Beach Sports Medicine & Physical Therapy Center**- Athletic Trainer- In charge of sports medicine department. Observed Surgeries, Rehab of Athletes and coverage of athletes on the field.

**New York Chiropractic College**- Director and lead instructor- Certified Chiropractic Sports Physician Program 2019

#### **Continuing Education**

- Certified Chiropractic Sports Physician
- CSCS Exam prep symposia
- DACBSP program
- Electrodiagnosis 12 Modules (Licensed in NJ)
- Advanced Electrodiagnosis (diplomate eligible)
- Musculoskeletal Ultrasound Certification Upper and Lower Extremity
- Applied Kinesiology (100 Hours)
- Electromyography and Neuromuscular Medicine Harvard Medical School
- Electro diagnostic Medicine Evaluation Jefferson Medical School
- Chiropractic Neurology Diplomate class #13 (Live), multiple online modules Northwestern Health Sciences Univ.
- Case based Advanced Electro diagnosis
- Electro diagnosis upper and lower extremity module 2
- CPR certification American Heart Association
- Emergency Procedures and athletic care interventions
- Challenges and Complexities of Overweight and obese patient
- Primal Rehab
- Low Tech rehabilitation
- Concussion evaluation and treatment
- FAKTR Technique
- Nutrition for the Athlete
- Knee Injuries and assessment
- Shoulder Evaluation and Surgical Intervention
- Metabolic Pathways for Inflammation
- SFMA level 1, 2
- Treatment of the athlete's elbow
- Neurokinetic Therapy 2017 Level 1, 2
- Postural Restoration Institute, Myokinematics of the pelvis 2018

#### **Professional Activities/Awards**

- Team USA Track and Field Medical Staff – U23 Championships – 2019 Queretaro Mexico
- Austrian Bobsleigh Medical Staff – World Cup 2019- Lake Placid NY
- North American Representative FICS- 2019
- Member of the 2013 and 2014, 2016, 2017 United States Olympic Committee Chiropractic Volunteer Program
- ACBSP Exam Writing Workshop – 2016, 2017, 2018
- Kellogg's Tour of Gymnastic Champions PA, NY 2016 – Medical Staff for athletes
- Stand-up Paddle Marathon NY – 2013, 2014, 2016 Medical Staff

**Instructor: Rhonda Patrick**

**1 Hour**

**Course Title: Reprogramming Aging: Leveraging Micronutrients, Phytochemicals, and Exercise for Longevity and Health Span**

**Course Description:** Aging is not just the accumulation of years but the compounding of cellular damage, metabolic inefficiency, and system-level decline. This talk explores how three modifiable domains, including micronutrient optimization, plant phytochemicals such as sulforaphane, and vigorous exercise, can profoundly influence the trajectory of aging and resilience against age-related diseases.

**Learning Objectives:**

- Explain how low vitamin D levels are associated with increased all-cause mortality and how vitamin D regulates gene expression by modulating over 1,000 genes involved in immune function, inflammation, and cellular repair.
- Interpret how a high omega-3 index ( $\geq 8\%$ ) is associated with increased life expectancy - up to five years compared to a low index ( $< 4\%$ ) and how omega-3s modulate inflammation, membrane fluidity, and cardiovascular risk.
- Describe how magnesium functions as a critical cofactor in DNA repair enzymes and how magnesium deficiency increases cancer risk through genomic instability and impaired tumor suppressor activity.
- Apply evidence-based strategies to optimize vitamin D (via sunlight and supplementation), omega-3 (EPA/DHA intake), and magnesium status (dietary and supplemental forms), including appropriate target ranges and testing.

**Outline:**

**0:00–0:15 | Micronutrients & Mortality Risk**

- Explain how low vitamin D levels are associated with increased all-cause mortality and how vitamin D regulates gene expression by modulating over 1,000 genes involved in immune function, inflammation, and cellular repair.
- Interpret how a high omega-3 index ( $\geq 8\%$ ) is associated with increased life expectancy - up to five years compared to a low index ( $< 4\%$ ) and how omega-3s modulate inflammation, membrane fluidity, and cardiovascular risk.
- Describe how magnesium functions as a critical cofactor in DNA repair enzymes and how magnesium deficiency increases cancer risk through genomic instability and impaired tumor suppressor activity.
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**0:15–0:30 | Sulforaphane for Detoxification**

- Identify sulforaphane as the most potent dietary activator of the NRF2 pathway, describing how it enhances detoxification, boosts antioxidant capacity (via increased glutathione levels), and reduces inflammatory and DNA-damaging processes relevant to aging and disease risk.
- Evaluate clinical evidence demonstrating sulforaphane's role in significantly increasing

carcinogen excretion (e.g., benzene, acrolein) and decreasing biomarkers associated with cancer progression, such as prostate-specific antigen (PSA) doubling time in men with prostate cancer.

- Discuss dietary sources and supplementation strategies (e.g., broccoli sprouts, glucoraphanin supplements with stabilized myrosinase) for optimal sulforaphane bioavailability.

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### **0:30–0:45 | Exercise & Physiological Resilience (Part I)**

- Explain how vigorous exercise increases cardiorespiratory fitness and reverses cardiac aging through structural and functional remodeling.
- Discuss the role of exercise-induced lactate in enhancing brain function, including neurogenesis and cognitive performance.

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### **0:45–1:00 | Exercise & Physiological Resilience (Part II) and Integration**

- Understand the role of “exercise snacks” in maintaining metabolic flexibility and reducing cancer risk through effects on tumor microenvironments and metastasis.
- Integrate micronutrient optimization, detoxification strategies, and exercise science as a combined approach to support healthy aging, disease prevention, and overall physiological resilience.
- Review key takeaways and clinical applications for patient education and lifestyle implementation.

## **Dr. Rhonda Patrick, Ph.D.**

Scientist | Health Educator | Founder of FoundMyFitness

**Website:** [FoundMyFitness.com](http://FoundMyFitness.com) | **Podcast & YouTube:** FoundMyFitness

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## **Profile**

Scientist and public health educator specializing in nutrition, aging, and disease prevention. Founder of FoundMyFitness, a leading platform delivering evidence-based insights on health and longevity to millions worldwide. Recognized for translating complex biomedical research into actionable strategies for improved health outcomes.

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## **Education**

### **Ph.D., Biomedical Science**

St. Jude Children's Research Hospital / University of Tennessee Health Science Center

- Dissertation: *Role of MCL-1 in Mitochondrial Metabolism and Apoptosis*
- Key Finding: Discovered dual mitochondrial localization of MCL-1 protein with distinct functions in respiration and structural maintenance.
- Publication: *Nature Cell Biology*, 2012

### **Postdoctoral Fellowship**

Children's Hospital Oakland Research Institute (with Dr. Bruce Ames)

- Focus: Micronutrient inadequacies, metabolism, inflammation, DNA damage, and aging
- Key Publication: *Vitamin D Regulation of Serotonin Synthesis and Its Relevance to Autism*, *FASEB Journal*, 2014

### **Research Fellowship**

Salk Institute for Biological Studies

- Focus: Insulin signaling and protein misfolding in neurodegenerative diseases

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## **Professional Experience**

### **Founder & CEO, FoundMyFitness**

(2014 – Present)

- Created a multimedia science communication platform with global reach

- Produced hundreds of science-based podcasts and videos on health, longevity, and disease prevention
- Built an audience of millions across digital platforms, driving evidence-based health literacy

### **Associate Scientist & Board Member**

Fatty Acid Research Institute

- Conducting research on omega-3 fatty acids and their impact on aging and disease prevention

### **Research Scientist**

Children's Hospital Oakland Research Institute, Bruce Ames Laboratory

- Investigated micronutrient deficiencies and supplementation effects on metabolic health and aging

### **Graduate Researcher**

St. Jude Children's Research Hospital

- Studied mitochondrial metabolism, apoptosis, and cancer cell biology

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## **Research Interests**

- Genetic influences on dietary responses
- Micronutrient deficiencies and their role in diseases of aging
- Non-pharmacological interventions for depression and stress
- Sleep, omega-3 fatty acids, and neurocognitive health
- Biological stressors (heat, cold, phytochemicals, hormesis) and longevity

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## **Publications (Selected)**

- **Patrick, R.P., Ames, B.N.** (2015). *Role of phosphatidylcholine-DHA in preventing APOE4-associated Alzheimer's disease*. FASEB Journal.
- **Patrick, R.P., Ames, B.N.** (2015). *Vitamin D and Omega-3 Fatty Acids Control Serotonin Synthesis and Action, Part 2: Relevance for ADHD, Bipolar Disorder, Schizophrenia, and Impulsive Behavior*. FASEB Journal.
- **Patrick, R.P., Ames, B.N.** (2014). *Vitamin D Hormone Regulates Serotonin Synthesis. Part 1: Relevance for Autism*. FASEB Journal.
- **Patrick, R.P., et al.** (2013). *Delving Deeper: MCL-1's Contribution to Normal and Cancer Biology*. Trends in Cell Biology.