

State Board of Chiropractic Examiners

To Whom It May Concern:

This letter is to state that through a contract with Parker University and the Director of Parker Professional Programs, the below instructor(s) are of post-graduate level and affiliated with Parker University to teach the courses covered for “Parker Seminar Miami 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

Nicky Kirk	Jake Mills	Anna McAlinn	MaryAnne Dimak
Alex Vidan	Christine Foss	Lindsay Mumma	Annie O'Connor
William E. Morgan	Jeff Langmaid	Robynne Chutkan	Troy Briscoe
Josh Satterlee	Kent Werner	John Cho	Lisa Goodman
Mike Boyle	Dana Hollandsworth	J. Donald Dishman	Dale Buchberger
Nichelle Gurule	Cody Dimak	Billy Sticker	Andy Galpin
Richard Harris	Jason Hulme	Beau Pierce	Brandon Steele
Brett Winchester	Grant Elliott	Matthew Walker	Patrick Bodnar
Kevin Fogarty			

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

Sincerely,



Phyllis Frase-Charrette
Director of Professional Programs

METHOD OF CERTIFYING ATTENDANCE AT THE SEMINAR

1. **Name of Course:** Parker Seminar Miami 2026
2. **Organization sponsoring the course:** Parker University
3. **Course Objective:** To enhance the expertise of the Chiropractic Professional.
4. **Study hours required:** 17 Non FL DC hours physically possible,
20 FL DC hours physically possible
92 Total hours of CE content

5. **Instructor(s):**

Nicky Kirk	Jake Mills	Anna McAlinn	MaryAnne Dimak
Alex Vidan	Christine Foss	Lindsay Mumma	Annie O'Connor
William E. Morgan	Jeff Langmaid	Robynne Chutkan	Troy Briscoe
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Richard Harris	Jason Hulme	Beau Pierce	Brandon Steele
Brett Winchester	Grant Elliott	Matthew Walker	Patrick Bodnar
Kevin Fogarty			

6. The educational background and experience of the instructor(s) are on file in the University offices.
7. **Attendance verification method and certifying officer:** A photo identification is required to obtain the sign-in and out badge/card. The attendees' card/badge is time-stamped each time the attendee enters and exits the lecture room. Full credit for attendance is contingent upon full attendance. Attendance is certified through the use of an attendance credit voucher, which is certified by an authorized monitor appointed by Phyllis Frase-Charrette, Director of CE, and remitted to the state and/or doctor.
8. **Textbooks and/or equipment required:** N/A
9. **Outline of material covered:** Attached
10. **Location(s):** Miami, FL
Date(s): June 12-14, 2026

Miami 2026
Friday, June 12, 2026

		Brain Power	Clinical Pearls	Womens Health	The Science of Human Performance	Patient Protocol or Adjusting	Premier Track
7 - 8AM		Registration Opens					
8:00 to 10:00 AM	2	Perception in Motion: A Brain-First Framework for Performance & Recovery Nicky Kirk DC CE	Move Worse, Get Better: A Case Against Movement Perfectionism in the Management of Shoulder Impingement Syndrome Jake Mills DC CE	Under the Influence: Hormones & the Female Musculoskeletal System Anna McAlinn DC CE	Core to Floor: Lower Extremity Integration for the Female Athlete MaryAnne Dimak DC CE & NSCA	Be the Orthopedic Expert Alex Vidan DC CE	Anatomy & Function of Pelvic Floor & Surrounding Tissues Lindsay Mumma & Annie O'Connor DC CE
10:00 to 10:30		Break, Expo Opens					
10:30 to 11:30 AM	1	Kairos in Clinical Decision-Making William E. Morgan DC & CA CE					
11:30 -12:30 PM		Lunch					
12:30 - 2:30 PM	2	Spine Surgery Demystified: What Every Chiropractor Should Know About Surgical Indications, Imaging, Risks, & Communication Jeff Langmaid DC & CA CE	Does Cancer Begin in the Gut? Robynne Chutkan DC CE	Aging Strong: Strength Training for Women Over 50 MaryAnne Dimak DC CE	The Kairos of Recovery: Unlocking Peak Performance After Injury Troy Briscoe & William E. Morgan DC CE & NSCA	The 1% Patient Protocols: The Intake Secrets Most Doctors Never Learn Josh Satterlee DC CE	Pain Mechanism Classification System (PMCS) in Pelvic Floor Pain Ongoing Assessment & Treatment Lindsay Mumma & Annie O'Connor DC CE
2:30 - 3:00 PM		Break					
3:00 - 5:00 PM	2	Understanding Sleep Physiology and the Glymphatic System New Clinical & Research Directions Kent Werner DC CE	Beyond the Bone: Elevating Lower Extremity Diagnosis with MSK Ultrasound John Cho DC CE	Hidden Drivers of Low Back Pain in Women: Why We Must Think Beyond the Obvious Lisa Goodman DC CE	Training Adults – It Starts With Why Mike Boyle DC CE & NSCA	Adjust Smarter, Not Harder: Biomechanics, Injury Prevention, & Efficiency for HVLA Longevity Dana Hollandsworth DC CE	Breathing, Posture & Silent Suffering Lindsay Mumma & Annie O'Connor DC CE
5:00 to 5:30 PM		Break					
5:30 to 6:30 PM	0	Insights with Tim Tebow Tim Tebow NO CE					

7 HRS

0

Miami 2026
Saturday, June 13, 2026

		Shoulder Rehabilitation	Pediatrics Made Simple	BioMechanics of Golf	Business Strategies	Premier Track	
7 - 8AM		Registration Opens					
8:00 to 10:00 AM	2	Utilization of Electrodiagnostics in Clinical Practice J. Donald Dishman DC CE	Sports Injuries of the Shoulder: Awareness Dale Buchberger DC CE	Primitive Reflexes in Pediatric Practice: Brain Development, Movement, & Clinical Application Nichelle Gurule DC CE	Strength Training for Golf: Improving Force Production & Building Capacity Cody Dimak DC CE & NSCA	Plain-English Guide to AI, Documentation, & HIPAA Billy Sticker DC & CA CE	Pelvic Floor Nociception & Peripheral Neurogenic Pain Mechanisms Lindsay Mumma & Annie O'Connor DC CE
10:00 to 10:30 AM		Break					
10:30 to 11:30 AM	1	Healthy Muscle, Healthy Person: The Science of Building Quality Muscle Andy Galpin DC & CA CE & NSCA					
11:30 -12:30 PM		Lunch					
12:30 - 2:30 PM	2	Biomarkers & Biometrics for Longevity Richard Harris DC CE	Sports Injuries of the Shoulder: Assessment Dale Buchberger DC CE	Foundations of Infant Chiropractic Care: Assessment, Feeding, Airway, & Milestone Development Nichelle Gurule DC CE	Swing Better, Hurt Less: Practical Sports Medicine for Golfers Jason Hulme DC CE & NSCA	The High-Performance Chiropractic Blueprint Beau Pierce DC & CA CE	Trigger Points & Scar Tissue Management Lindsay Mumma & Annie O'Connor DC CE
2:30 - 3:00 PM		Break					
3:00 - 5:00 PM	2	A Streamlined Approach to Diagnosing & Managing Upper Extremity Nerve Dysfunction Brandon Steele DC CE	Sports Injuries of the Shoulder: Management Dale Buchberger DC CE	The Chiropractor's Role in Breastfeeding Success: Evaluation, Bodywork, & Treatment Strategies Nichelle Gurule DC CE	Understanding Golf Swing Biomechanics for Injury Prevention & Performance Brett Winchester DC CE & NSCA	Hybrid Care Models in Chiropractic Practice: Improving Efficiency, Access, & Patient Outcomes Grant Elliott DC & CA CE	Brain's Role in Pelvic Floor Protection + Case Examples Lindsay Mumma & Annie O'Connor DC CE
3:00 - 5:00 PM		Break					
5:30 to 6:30 PM	1	Sleep as a Non-Negotiable Matthew Walker DC & CA CE					

8 HRS

Miami 2026

Sunday, June 14, 2026

		Documentation & Florida Mandatory Hours
7 - 8AM		Registration Opens/Breakfast Provided
8:00 am - 10:00 AM	2	Medical Errors in Chiropractic Practice: Clinical Judgment, Documentation & Professional Risk Patrick Bodnar DC & CA CE FLORIDA DC & FLORIDA CA
10:00-10:15 AM		Break
10:15 to 11:15 AM	1	Risk Management- Avoiding Malpractice Kevin Fogarty FLORIDA DC & FLORIDA CA ONLY
11:15-11:30 AM		Break
11:30-1:30 PM	2	Understanding Florida Laws & Rules & How to Navigate Them Kevin Fogarty FLORIDA DC & FLORIDA CA ONLY

5 hours

Doctor of Chiropractic CE ATTENDANCE VOUCHER

Course Title: Parker Seminars Miami 2026

Course No.:

Location: Miami, FL

Seminar Dates: June 12-14, 2026

Friday: 8:00am-5:00pm

Saturday: 8:00am-6:30pm

Sunday: 8:00am-1:15pm

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

Time	Instructors Name	Topic of Discussion	CE Hours
Friday, June 12, 2026			
8:00am – 10:00am	Nicky Kirk	Perception in Motion: A Brain-First Framework for Performance & Recovery	2
8:00am – 10:00am	Jake Mills	Move Worse, Get Better: A Case Against Movement Perfectionism in the Management of Shoulder Impingement Syndrome	2
8:00am – 10:00am	Anna McAlinn	Under the Influence: Hormones & the Female Musculoskeletal System	2
8:00am – 10:00am	MaryAnne Dimak	Core to Floor: Lower Extremity Integration for the Female Athlete	2
8:00am – 10:00am	Alex Vidan	Be the Orthopedic Expert	2
8:00am – 10:00am	Christine Foss	Shoulder Girdle Assessment and Coupled Chiropractic Technique	2
8:00am – 10:00am	Lindsay Mumma & Annie O'Connor	Anatomy & Function of Pelvic Floor and Surrounding Tissues	2
10:30am – 11:30am	William E. Morgan	Kairos in Clinical Decision-Making	1
12:30pm – 2:30pm	Jeff Langmaid	Spine Surgery Demystified: What Every Chiropractor Should Know About Surgical Indications, Imaging, Risks, & Communication	2
12:30pm – 2:30pm	Robynne Chutkan	Does Cancer Begin in the Gut?	2
12:30pm – 2:30pm	MaryAnne Dimak	Aging Strong: Strength Training for Women Over 50	2
12:30pm – 2:30pm	Troy Briscoe & William E. Morgan	The Kairos of Recovery: Unlocking Peak Performance After Injury	2
12:30pm – 2:30pm	Josh Satterlee	The 1% Patient Protocols: The Intake Secrets Most Doctors Never Learn	2
12:30pm – 2:30pm	Christine Foss	Soft Tissue Techniques Shoulder, Elbow, Wrist & Hand	2
12:30pm – 2:30pm	Lindsay Mumma & Annie O'Connor	Pain Mechanism Classification System (PMCS) in Pelvic Floor Pain Ongoing Assessment & Treatment	2
3:00pm – 5:00pm	Kent Werner	Understanding Sleep Physiology and the Glymphatic System New Clinical & Research Directions	2
3:00pm – 5:00pm	John Cho	Beyond the Bone: Elevating Lower Extremity Diagnosis with MSK Ultrasound	2
3:00pm – 5:00pm	Lisa Goodman	Hidden Drivers of Low Back Pain in Women: Why We Must Think Beyond the Obvious	2
3:00pm – 5:00pm	Mike Boyle	Training Adults – It Starts With Why	2
3:00pm – 5:00pm	Dana Hollandsworth	Adjust Smarter, Not Harder: Biomechanics, Injury Prevention, & Efficiency for HVLA Longevity	2
3:00pm – 5:00pm	Christine Foss	Hand & Fingers Assessment, Technique, Elbow Assessment & Coupled Chiropractic Technique	2
3:00pm – 5:00pm	Lindsay Mumma & Annie O'Connor	Breathing, Posture & Silent Suffering	2
Saturday, June 13, 2026			

8:00am – 10:00am	J. Donald Dishman	Utilization of Electrodiagnostics in Clinical Practice	2
8:00am – 10:00am	Dale Buchberger	Sports Injuries of the Shoulder: Awareness	2
8:00am – 10:00am	Nichelle Gurule	Primitive Reflexes in Pediatric Practice: Brain Development, Movement, & Clinical Application	2
8:00am – 10:00am	Cody Dimak	Strength Training for Golf: Improving Force Production & Building Capacity	2
8:00am – 10:00am	Billy Sticker	Plain-English Guide to AI, Documentation, & HIPAA	2
8:00am – 10:00am	Christine Foss	Wrist/Hand Coupled Chiropractic Technique	2
8:00am – 10:00am	Lindsay Mumma & Annie O'Connor	Pelvic Floor Nociception & Peripheral Neurogenic Pain Mechanisms	2
10:30am – 11:30am	Andy Galpin	Healthy Muscle, Healthy Person: The Science of Building Quality Muscle	1
12:30pm – 2:30pm	Richard Harris	Biomarkers & Biometrics for Longevity	2
12:30pm – 2:30pm	Dale Buchberger	Sports Injuries of the Shoulder: Assessment	2
12:30pm – 2:30pm	Nichelle Gurule	Foundations of Infant Chiropractic Care: Assessment, Feeding, Airway, & Milestone Development	2
12:30pm – 2:30pm	Jason Hulme	Swing Better, Hurt Less: Practical Sports Medicine for Golfers	2
12:30pm – 2:30pm	Beau Pierce	The High-Performance Chiropractic Blueprint	2
12:30pm – 2:30pm	Christine Foss	Sports Concussion	2
12:30pm – 2:30pm	Lindsay Mumma & Annie O'Connor	Trigger Points & Scar Tissue Management	2
3:00pm – 5:00pm	Brandon Steele	A Streamlined Approach to Diagnosing & Managing Upper Extremity Nerve Dysfunction	2
3:00pm – 5:00pm	Dale Buchberger	Sports Injuries of the Shoulder: Management	2
3:00pm – 5:00pm	Nichelle Gurule	The Chiropractor's Role in Breastfeeding Success: Evaluation, Bodywork, & Treatment Strategies	2
3:00pm – 5:00pm	Brett Winchester	Understanding Golf Swing Biomechanics for Injury Prevention & Performance	2
3:00pm – 5:00pm	Grant Elliott	Hybrid Care Models in Chiropractic Practice: Improving Efficiency, Access, & Patient Outcomes	2
3:00pm – 5:00pm	Christine Foss	Rehab & Taping Techniques	2
3:00pm – 5:00pm	Lindsay Mumma & Annie O'Connor	Brain's Role in Pelvic Floor Protection + Case Examples	2
5:30pm – 6:30pm	Matthew Walker	Sleep as a Non-Negotiable	1
Sunday, June 14, 2026			
8:00am – 10:00am	Patrick Bodnar	Medical Errors in Chiropractic Practice: Clinical Judgment, Documentation & Professional Risk	2
10:15am – 11:15am	Kevin Fogarty	Risk Management- Avoiding Malpractice	1
11:30am – 1:30pm	Kevin Fogarty	Understanding Florida Laws & Rules & How to Navigate Them	2
TOTAL CE HOURS			92 Hours

Board Approval Number: _____

Phyllis Frase Charrette

Phyllis Frase Charrette, Director Parker Professional Programs

PLEASE VERIFY UPON RECEIPT. INQUIRIES REGARDING ANY DISCREPANCIES WILL BE ACCEPTED UP TO 6 MONTHS AFTER THE CLOSING DATE OF THE SEMINAR. ANY REPLACEMENT OF THIS VOUCHER, COPY OR FAX WILL INCUR A FEE OF \$50 PER VOUCHER.



PARKER SEMINARS
KAIROS
M I A M I 2 0 2 6

June 12-14, 2026 | JW Marriott Miami Turnberry | Miami, Florida

[Register Now >](#)

[Learn More >](#)

Save 30% when you register your group of 3 or more.

Perception in Motion:

A Brain-First Framework for Performance and Recovery

Parker Seminars Miami | Brain Track | 2-Hour CEU Seminar

Presenter: Dr. Nicky Kirk, Parker Performance Institute

Session Overview

This 2-hour seminar presents an integrated neurophysiological model connecting system readiness, respiratory regulation, oxygen delivery, and fatigue classification to evidence-informed recovery and performance strategies. Participants will leave with a clinical framework they can apply immediately, grounded in the Fick equation, CO₂ tolerance, NIRS monitoring, and brain-based fatigue mechanisms.

HOOR 1 | Recovery Through a Neurophysiological Lens

0:00–0:15 | System Readiness, Recovery, and the Glass Model

Participants will be able to:

- Articulate a working clinical definition of recovery and explain why the absence of one limits intervention precision.
- Differentiate internal versus external load across physiological systems.
- Describe the Glass Model of readiness and identify when system capacity is approaching overflow.

0:15–0:30 | Respiratory Function, CO₂ Tolerance, and Oxygen Delivery

Participants will be able to:

- Explain how breathing mechanics and CO₂ sensitivity influence fatigue perception and recovery state.
- Apply the Fick equation to describe the relationship between oxygen delivery, cardiac output, and extraction.
- Apply breath pacing strategies to shift autonomic tone and support parasympathetic recovery.

0:30–0:45 | Oxygen Utilization and Practical Application of NIRS

Participants will be able to:

- Describe factors that enhance oxygen delivery and utilization and link aerobic development to recovery speed and repeatability.
- Use NIRS technology to interpret SmO₂ and tHb data in real time.
- Distinguish between compression, occlusion, and recovery patterns in muscle oxygenation and apply those findings to adjust session intensity or recovery timing.

0:45–1:00 | The Recovery Continuum, Tools, and BFR Application

Participants will be able to:

- Describe the recovery continuum from acute bounce-back to long-term resilience across tissue, neuromuscular, autonomic, and cognitive domains.
- Select active, passive, and perception-based recovery tools appropriate to the phase and fatigue type.
- Apply passive and redistributive BFR protocols to elevate tHb and sustain work density without driving systemic fatigue accumulation.

HOOR 2 | Cognitive Fatigue and Neuroperformance

1:00–1:15 | Fatigue Typing: Metabolic, Mechanical, and Central

Participants will be able to:

- Classify fatigue into mechanical, metabolic, and central categories.
- Explain biochemical contributors including H⁺, CO₂, and pH shifts and their systemic effects.
- Describe central fatigue mechanisms involving the anterior cingulate cortex and effort computation.

1:15–1:30 | Blood Flow Restriction and Perception Modulation

Participants will be able to:

- Explain how BFR alters mechanical load while increasing perceived effort.
- Apply BFR for neuromuscular and vascular adaptation in low-load environments.
- Evaluate BFR's role in recovery, compliance, and perceptual tolerance.

1:30–1:45 | Recovery Strategies and Oxygen Kinetics

Participants will be able to:

- Match recovery strategies including steady-state work, breath work, and ESTIM to fatigue type.
- Interpret Moxy and subjective data to assess recovery efficacy.
- Choose appropriate interventions for rapid post-effort reset.

1:45–2:00 | Adaptive Planning and Case Integration

Participants will be able to:

- Integrate data from perception, oxygenation, and physical metrics into clinical decision-making.
- Adjust training and recovery dosage based on dynamic readiness markers.
- Design case-specific interventions for complex fatigue and recovery scenarios.

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

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

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

Title: Move Worse, Get Better: A Case Against Movement Perfectionism in the Management of Shoulder Impingement Syndrome

2 Hours

Instructor: Jake Mills. DC

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 exactly that, but I will warn you: if all goes well during this session, you'll leave 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.

In this talk, I will be discussing strategies to help you evaluate and adjust the shoulder joint complex as effectively as possible. Then we'll systematically dismantle your confidence in whether any of it actually matters. Consider it the full experience: building competence followed immediately by existential doubt.

If you want to learn how to approach shoulder pain through ambiguity, nuance, and a deliberate lack of certainty—while still walking away with practical tools you can use (or thoughtfully choose not to)—then this is the talk for you.

Course Learning Objectives

- Understand the basic biomechanics of the shoulder joint complex, including the GH joint, AC joint, SC joint, and ST joint.
- Analysis and orthopedic evaluation of the shoulder joint complex
- Review the traditional theories and mechanisms of shoulder impingement syndrome
- Scapular dyskinesia and its relationship to impingement syndrome
- Adjustment strategies for dyskinesia
- 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 on Following Page)

Outline:

1. (0-15 minutes) Normal Shoulder Biomechanics
 - a. Biomechanics and morphology of the shoulder complex
 - b. Anatomical variation as the norm, not the exception
 - c. How individual morphology influences movement patterns
2. (15-25 minutes) Introduction to Impingement
 - a. Traditional Definitions vs more modern definitions
3. (25-55 minutes) Diagnosing Impingement
 - a. Practice of diagnostic cluster orthopedic tests (group participation)
 - b. How to rule it in vs how to rule it out
4. (55- 65 Minutes) Common Narratives around Impingement
 - a. Introduction of the overhead/overuse dilemma and scapular dyskinesia
5. (65-90 minutes) The Dyskinesia 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
 - d. How to adjust the scapula (group participation)
6. (90-100 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
7. (100-120 minutes) Clinical Implications and Final Thoughts
 - a. Moving beyond structural diagnoses
 - b. Focus on movement capacity and control
 - c. Patient education regarding normal variation
 - d. Room for questions from the group

Patient Outcomes:

-Alternative rehabilitation and adjustive 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
Doctor of Chiropractic
2018
Dallas, TX

Parker University
Bachelor of Science – Health and Wellness
2018
Dallas, TX

Parker University
Bachelor of Science – Human Anatomy
2016
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

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.

Full Name

Dr Anna McAlinn DC

Course Title

Under the Influence: Hormones and the Female Musculoskeletal System

Course Description

A comprehensive review of the hormonal and neurological mechanisms underlying musculoskeletal health in women, including an examination of how estrogen, progesterone, relaxin, and thyroid hormones influence bone density, collagen synthesis, muscle function, and pain processing. The role of cyclic hormonal fluctuation across the female lifespan — from puberty through the menopausal transition — in modulating joint laxity, injury susceptibility, and tissue healing will be explored. Hormonal dysregulation and its contribution to a spectrum of musculoskeletal conditions will also be examined.

Learning Objectives

- Describe the role of hormones in musculoskeletal tissue health, including bone remodeling, collagen synthesis, and pain modulation.
 - Explain how cyclic hormonal fluctuations across the menstrual cycle affect joint laxity, injury risk, and tissue healing in female patients.
 - Identify the musculoskeletal manifestations of common hormonal and endocrine conditions
 - Recognize the MSK implications of perimenopause and menopause,
 - Differentiate the neurological and hormonal mechanisms underlying musculoskeletal pain in female patients.
-

Course Outline (2 Hours | Organized in 15-Minute Increments)

0:00–0:15 | Introduction and the case for women’s MSK health

- Welcome and session roadmap
 - Prevalence of MSK conditions in women
 - Framing the hormone-MSK connection
-

0:15–0:30 | Overview of female sex hormones

- The HPG axis
 - Estrogen, Progesterone & Androgens in women
 - Hormone fluctuation across the lifespan: puberty – reproductive years – perimenopause – menopause
-

0:30–0:45 | How hormones influence musculoskeletal tissue

- Hormonal effects on bones, cartilage, muscle and connective tissue
 - Cyclical changes
-

0:45–1:00 | Menstrual cycle dysfunction and the Female Athlete Triad (REDs)

- Description of the female athlete triad and relative energy deficiency
-

1:00–1:15 | Perimenopause and menopause – the MSK transition

- Changes in hormonal profile
 - MSK conditions – osteoporosis, joint pain, frozen shoulder
 - Treatment options
-

1:15–1:30 | Thyroid Disorders and MSK manifestations

- Thyroid disease prevalence in women
 - MSK effects of hypothyroidism
 - MSK effects of hyperthyroidism
-

1:30–1:45 | Hormones and MSK Pain

- The influence of sex hormones and pain perception in males vs. females
 - Fibromyalgia
 - HPA axis dysregulation
-

1:45–2:00 | Wrap Up & Final thoughts

Anna McAlinn, DC, MS

Curriculum Vitae

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EDUCATION

Doctor of Chiropractic

December 2023

Parker University — Dallas, TX

- Valedictorian, December 2023 graduating class
- Recipient, Research Excellence Award, 2023

Master of Science, Neuroscience

Parker University — Dallas, TX

Bachelor of Science, Health and Exercise Science

University of Oklahoma — Norman, OK

ACADEMIC APPOINTMENTS

Assistant Professor, Basic Sciences

Aug 2024 – Present

Parker University — Dallas, TX

- Redesigned and developed curriculum for lecture and laboratory courses in Physiology I and II
- Facilitate content, activities, assessment, and discussion in both in-person and online modalities
- Connect clinical chiropractic applications with foundational physiological concepts
- Collaborate with faculty to ensure content continuity across the curriculum
- Serve as faculty mentor for new Basic Sciences faculty hires

Adjunct Faculty — Chiropractic, Clinical & Basic Sciences

Jan 2024 – Present

Parker University — Dallas, TX

- Lead Physiology II lab instructor across multiple lab sections
- Assist in Chiropractic, Clinical, and Basic Science labs; participate in discussion, student practice, and assessment of practical examinations
- Develop and implement curriculum for lab courses, ensuring alignment with overall course objectives
- Mentor students in academic and practical aspects of chiropractic and basic sciences

TEACHING

Parker University — Dallas, TX

Course	Role	Format
Physiology I	Course Director	Traditional
Physiology II	Course Director	Traditional

Physiology I	Course Director	Blended
Physiology II	Content and Filmed Delivery	Blended
Physiology II Lab	Lead Lab Instructor	Multiple Sections
Chiropractic & Clinical Sciences Labs	Assisting Instructor	Various
Principles of Biomedical Sciences	Co-Developer	Traditional & Blended

RESEARCH & SCHOLARLY ACTIVITY

Poster Presentation

Parker University Research Excellence Event

“Use of Force Sensing Table Technology for Training Kinetic Skills in First-Trimester Chiropractic Students, a Preliminary Study”

- Research project member and poster presenter
- Recipient, Research Excellence Award, Parker University, 2023

AWARDS & HONORS

- Faculty of the Year — Chiropractic Sciences, Parker University Faculty Executive Committee (2024–2025)
- Valedictorian, December 2023 Doctorate of Chiropractic Graduating Class, Parker University
- Research Excellence Award, Parker University (2023)
- Course Instructor, Assessor, and Presenter of the Year — Les Mills International

CERTIFICATIONS & LICENSURE

- Webster Technique — International Chiropractic Pediatric Association (ICPA), Certified 2024
- Certified Peer Tutor — Parker University, Certified 2022

CURRICULUM DEVELOPMENT

- Co-developed Principles of Biomedical Sciences course, Parker University
- Co-developed International Training Module, Les Mills International
- Redesigned Physiology I & II lecture and lab curriculum, Parker University (2024)
- Developed blended and filmed course content for Physiology I & II, Parker University

INSTITUTIONAL SERVICE

- Faculty Mentor for Basic Sciences new faculty hires, Parker University
- Certified Peer Tutor, Parker University (2021–2023): Led large-group (up to 100 students) Physiology I tutoring sessions; provided small-group and individual tutoring in Physiotherapy 2, Functional Assessment Protocol, Physiology 1 & 2, Neuroscience, Clinical Neuroscience, and Biomechanics
- Collaborated with course directors to tailor lesson plans for tutoring and course functionality

Instructor: MaryAnne Dimak

2 Hour

Course Title: Core to Floor: Lower Extremity Integration for 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. This is for everyone, but through a female-focused lens.

Learning Objectives:

1. Acknowledge current research on women's health and non-communicable diseases.
2. Explore current musculoskeletal injury trends in the female population.
3. Recall female physiology and hormonal fluctuations that impact health and activity levels throughout the life cycle.
4. Identify motivational interviewing techniques that will allow more connection, better goal setting, and influence long-term retention of benefits.
5. 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.

*Core Rehabilitation

*Core Strength

*Thoracic Mobility

*Hip Mobility

*Single Leg Strength

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 **Dynamic Neuromuscular Stabilization Exercise 1**, Southern California University of Health Sciences, Whittier, CA
Prague School to Athletic Development, Craig Liebenson DC,
Part A: Core, Los Angeles, CA
Part B: Extremities, Los Angeles, CA
Active Release Technique Diagnosis Course/SFMA I, Oceanside, CA
Perform Better Functional Training Summit, Long Beach, CA
The Frontal Plane, Koichi Sato ATC, Los Angeles, CA
Assistant, Prague School to Athletic Development, Craig Liebenson, DC, Vancouver, BC, Canada
Functional Biomechanics Skills Review, Brett Winchester, DC, Functional Biomechanics, Phoenix, AZ

2016 **Dynamic Neuromuscular Stabilization Yoga and Rehabilitation**, Carlsbad, CA
Assistant, Prague School to Athletic Development, Craig Liebenson, DC Vancouver, BC, Canada
Rehab2Performance, Clinical Audit Process, Justin Dean, DC, Huntington Beach, CA
The Frontal Plane, Koichi Sato ATC, Los Angeles, CA
Perform Better Functional Training Summit, Long Beach, CA
Functional Movement Systems, Functional Capacity Screen, Gray Cook PT, Los Angeles, CA
Building the Ultimate Back: From rehabilitation to performance, Stuart McGill, PhD, Vancouver, BC, Canada
The Detailed Back Assessment: Reducing pain and enhancing performance, Stuart McGill, PhD, Vancouver, BC, Canada
Prague School at EXOS Craig Liebenson, DC, Giancarlo Russo, PT, Anna Hartman, ATC, Guido vanRyssen, ATC, EXOS, Phoenix, AZ
Functional Biomechanics Skills Review, Brett Winchester, DC Functional Biomechanics, Phoenix, AZ

2017 **Selective Functional Movement Assessment (Audit)**, San Diego, CA
Perform Better Functional Training Summit, Long Beach, CA
Athletic Sustainability: From Clinical to Performance, Brian Carroll CSCS, Craig Liebenson, DC, Los Angeles, CA
RockStock: RockTape Summit, Huntington Beach, CA
Assistant, Prague School to Athletic Development, Craig Liebenson, DC, Calgary, AB, Canada
Functional Biomechanics Skills Review, Brett Winchester, DC, Functional Biomechanics, Phoenix, AZ

2018 **Rehab2Performance Symposium**, Phillip Snell DC, Steve Capobianco DC, Jason Brown DC, Brennan Ghassemieh CSCS, Project MOVE, Denver, CO

2019 **Parker Seminars**, Las Vegas, NV
Rehab2Performance Symposium, Richard Ulm DC, Jimmy Yuan DC, Erin McGuire PT, Phoenix, AZ
Parker Seminars Dallas, Dallas TX

2020 **Rehab2Performance Virtual Symposium**, Brett Winchester DC, Courtney Conley DC, Richard Ulm, DC

Instructor: Alex Vidan

2 Hours

Be The Orthopedic Expert: Advanced Spinal Masterclass

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.

- 1. Introduction & The Shift to Specificity** **15min**
 - a. The "why" behind high-accuracy exams
 - b. Defining a *Clinical Pearl* vs. a *Routine Screen*
 - c. Why most doctors guess and experts know. Moving from "Doing a test" to "Building a Case." Introduction to \$LR+\$ (Rule In) and \$LR-\$ (Rule Out)

- 2. Cervical Spine: Rooting Out Radiculopathy** **15min**
 - a. Differentiating local pain from nerve involvement
 - b. The most common pain generators
 - c. The specific combination of tests that maximizes sensitivity/specificity
 - d. How to perform and interpret tests
 - e. Red Flag Screen

- 3. Cervical Cluster Mastery** **15min**
 - a. The subtle art of measuring rotation accurately
 - b. The specific sequence of the "Power of 4" to ensure maximum validity.

- 4. ULTT: The Neural Layer** **15min**
 - a. Tension vs. Irritation: Advanced median nerve bias
 - b. How the Ear-to-Shoulder move (contralateral side-bend) confirms the dural source.

- 5. Advanced C-Spine Relief** **15min**
 - a. Distraction & Shoulder Abduction: Mastering the relief signs
 - b. Differentiating a "soft disc" from "bony stenosis" based on immediate relief response.

- 6. Upper Motor Neuron Screens:** **15min**
 - a. Hoffmann's, Inverted Supinator, and Babinski.
 - b. Why these are mandatory for every headache and neck pain patient.

- 7. Lumbar Spine: Mechanical vs. Compressive** **15min**

- a. Differentiating simple mechanical back pain from critical compressive pathology
- b. The Lumbar Tests that yield the highest clinical utility
- c. Pain vs. Centralization/Peripheralization

8. The Specificity Factor

15min

- a. Specific movements that confirm nerve root involvement
- b. Low-Yield vs. High-Yield Tests
- c. Slump vs. SLR: Why the Slump wins the sensitivity battle.
- d. Actionable Takeaways - Creating your 5-minute "Expert Screen" for daily practice.
- e. The Diagnostic Tree: Synthesis of conflicting data.

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 exams** to establish clinical certainty in spinal diagnosis
- **Appraise** the clinical significance of "Likelihood Ratios" ($\$LR+\$$ and $\$LR-\$$) to prioritize high-yield orthopedic tests while eliminating low-value diagnostic "noise."
- **Evaluate** conflicting clinical findings by applying an evidence-based "Diagnostic Tree" for complex cases involving the C-spine and L-spine.
- **Formulate** a prioritized treatment plan based on "Directional Preference" and centralization/peripheralization patterns observed during dynamic orthopedic testing.

Alexander Vidan, DC
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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, Oklahoma 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, 27th 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: Christine Foss

2 hours

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.

Outline:

Shoulder: ROM, Orthopedic testing, Manual Muscle testing

- **15 Minutes** – Manual Muscle Testing of the Shoulder Flexors and Extensors
- **15 Minutes** - Practice
- **15 Minutes** – Manual Muscle Testing of the Shoulder Abductors and Adductors
- **15 Minutes** - Practice

- **15 Minutes** - Complexes Orthopedic testing
- **15 Minutes** - Practice
- **15 Minutes** - Coupled Chiropractic HVLA for the shoulder joint complexes.
- **15 Minutes** – Practice

Curriculum Vitae

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

18 Newark Pompton Tpk.

Riverdale, NJ 07457

DrCFoss@Gmail.com

Office: 973-616-4555

Cell: 201-213-6983

Education:

Doctor of Medicine: University of Health Sciences; Antigua V.I. BWI	2003-2007
Doctor of Chiropractic: New York Chiropractic College Honor Society Phi Chi Omega Recipient	1991-1994
Master of Science: Education/ Sports Medicine: Old Dominion University, Norfolk VA	1987-1988
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

Duration: 2 Hours

Course Title: Anatomy & Function of the Pelvic Floor and Surrounding Tissues

Instructors: Lindsay Mumma & Annie O'Connor

Course Description:

This course provides a foundational overview of pelvic floor anatomy, function, and its relationship to surrounding structures. Attendees will gain a clear understanding of how the pelvic floor integrates with the core system, observe and practice assessment strategies, and develop baseline awareness to support future clinical application and patient care.

Learning Objectives:

- Identify the key anatomical structures of the pelvic floor and their relationship to surrounding tissues
 - Understand the functional roles of the pelvic floor in stability, movement, and continence
 - Recognize how breathing, posture, and surrounding systems influence pelvic floor function
 - Demonstrate basic assessment and awareness techniques, including mirror-based exercises
 - Establish a baseline understanding of pelvic floor function to support future evaluation and treatment
-

Course Outline:

0:00–0:15 — Introduction to Pelvic Floor Anatomy

- Overview of pelvic floor structure
 - Key muscles, layers, and basic anatomical landmarks
 - Importance of understanding pelvic floor anatomy in clinical practice
-

0:15–0:30 — Surrounding Tissue Relationships

- Relationship between pelvic floor, hips, spine, diaphragm, and abdominal wall
 - How surrounding tissues influence pelvic floor function
 - Introduction to integrated system approach
-

0:30–0:45 — Functional Overview of Pelvic Floor Muscles

- Roles in support, stability, continence, and core function
 - Coordination with breathing and movement
 - Introduction to common dysfunction patterns
-

0:45–1:00 — Functional Integration & Movement Patterns

- How pelvic floor muscles interact during daily activities
 - Connection to posture, load transfer, and movement efficiency
 - Clinical implications of poor coordination
-

1:00–1:15 — Mirror Exercise Demonstration

- Instructor-led demonstration of mirror-based pelvic awareness exercise
 - Visual identification of muscle activation and relaxation
 - Cueing strategies for patient understanding
-

1:15–1:30 — Participant Practice: Mirror Exercise

- Guided participant practice
 - Coaching on correct engagement and relaxation
 - Troubleshooting common errors
-

1:30–1:45 — Building Awareness & Baseline Function

- Helping patients develop awareness of pelvic floor engagement
 - Identifying baseline control, strength, and coordination
 - Discussion of normal vs. dysfunctional patterns
-

1:45–2:00 — Establishing Baseline for Future Sessions

- Summarizing key anatomical and functional concepts
- Establishing baseline understanding for subsequent sessions
- Q&A and clinical application discussion

Lindsay S. Mumma, DC, DNSP

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

Profile of Qualifications	Experienced chiropractor with knowledge and clinical skills regarding human biomechanics from birth through high-level athletic activity Certified DNS Practitioner Author of best-selling book <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
Education	Prague School of Rehabilitation, Prague, Czech Republic Certified DNS Practitioner (DNSP) September 2023 Palmer College of Chiropractic, Davenport, IA: Doctorate of Chiropractic Graduated June 2011 Clinical Excellence Award Recipient Kent State University, Kent, OH: Bachelor of Arts Graduated December 2007, cum laude Crestview High School, Columbiana, OH: Diploma Graduated May 2004, Valedictorian
Continuing Education 1206.25 Hours Total	2024 Courses Motion Palpation Institute Sports Summit: The Shoulder DNS Exercise Course Part 2 - Examination Passed DNS Pediatrics 1 - Examination Passed Motion Palpation Institute Adjustathon: Spine Academy of Shockwave Excellence 2023 Courses Parker Seminar - Vegas - The Body-Sport Connection, Myth Busters: Fat Loss Edition; Loading the Painful Patient: How Coaching Can Maximize Results; Beyond Pain: Movement and Environmental Vital Signs for the Modern Provider; Red Flags, Recovery, and Rehabilitation for CAs and DCs Motion Palpation Institute Sports Summit: The Lumbar Spine Dynamic Neuromuscular Stabilization: B DNS Applied to Klapp Crawling DNS Exercise Course Part 1 - Examination Passed Non-Surgical Hip Replacement - TCA Texpo DNS Online Seminar - Pelvic Floor Self-Treatment Dynamic Neuromuscular Stabilization: D Barral Institute Visceral Manipulation 1 Women Chiropractors Unconvention - Clinical Pearls - Women, Aging, and Cardiometabolic Health 2022 Courses

Lindsay S. Mumma, DC, DNSP

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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)

Education / Residency:

- 1993: (9 week) Orthopedic Physical Therapy Residency at Physical Therapy Orthopedic Specialists, Inc., Minneapolis, Minnesota.
- 1993: Northwestern University Graduate Orthopedic Program in Physical Therapy; Chicago, IL; completed all requirements for Master's Orthopedic Physical Therapy
- 1986: St. Louis University; St. Louis, Missouri. Bachelor of Science Degree in Physical Therapy

Professional Experience:

- **2024 – Present: Carelon Medical Benefits Management of Elevance Health Insurance Company – Clinical Account Director Back and Joint Pain Program**
 - Clinical account management for groups of clients (80% 1-5k, 20% 5k segment).
 - Provides consultative expert information on 360 Health Programs.
 - Presents prepared reports to clients to demo clinical program value.
 - Manages clinical service issues to ensure that performance guarantees are met and clinical issues resolved.
 - Builds relationship with internal and external stakeholders
 - Participates in process of clinical program implementation, clinical Lead for multidiscipline weekly Grand Rounds
 - Manages issues specific to client, applying knowledge, insight, experience into strategic recommendation's
 - Manages the business processes that the system supports.
- **2021 – 2024: Carelon Medical Benefits Management of Elevance Health Insurance Company – Physical Therapy Manager of the Back and Joint Pain Guide Program**
 - Advise and develop evidence-based standards of care for spine and joint pain prevention initiative.
 - Coordinate digital platform coaching vendors and oversee weekly grand rounds for Anthem members.
 - Supervise nurse and physical therapy case managers for Back and Joint Pain Guide Program.
 - Oversee national program fully insured 14 states with 3.4 million lives.
 - Clinical Practice oversee of all members actively in Back and Joint Pain Guide Program
 - Clinical Lead for multidiscipline Weekly Grand Rounds
- **2002 – Present: World of HURT LLC – Founder and CEO**
 - Publisher for World of Hurt Book
 - Consultant and Research Advisor for Pain Mechanism Classification System integration
 - Tele health Persistent Pain Wellness Coach
 - In home, In clinic Private Physical Therapy Practice
 - Primary Instructor and Author
 - Interdisciplinary (MD, DO, DC, Psychology, PT, OT, ATC, Massage Therapy) post graduate education.
 - CEU provider for 1 and 2-day courses both USA and International.
 - "a World of HURT (WoH): A Guide to Classifying Pain" – instructor of six training courses
 1. WoH: A Guide to Classifying Pain Course: An Overview course
 2. WoH: Nociceptive Pain Mechanisms: Mechanical to Functional Exercise Prescriptions
 3. WoH: Peripheral Neurogenic Pain: Neural Entrapment to Neural Dysfunction Exercise Prescriptions
 4. WoH: Central Nervous System Pain Mechanisms Patient Education & Exercise Prescriptions
 5. WoH: A Non-Pharmacy approach to the Neurological Patient's Pain and Spasticity
 6. WoH: "Foods" a Non-Pharmacy Intervention for Pain & Chronic Illness

- **2018 – Present: Greentree Mind company – Advisory Board Member**
 - Advising standards of care for musculoskeletal physical and occupational therapy clinical practice.
 - Consultant for outpatient rehabilitation operations, standard of care training and mentoring programs
- **2020 – 2023: Governor State University – Adjunct Faculty Physical Therapy Program**
 - Current Issues in Physical Therapy – Pain Mechanism Classification System (PMCS) utilization in pain, hypertonia, persistent symptoms and disability.
 - Course Number: PHYT 8811; Credit Hours: Two (2)
 - Catalog Description: Covers advanced examination and intervention techniques for patients who have impairments or disabilities. Explores current literature and research in the field.
 - Evaluation: Grading will be based upon the following:
 - 1. Posttest after each self-reading and taped webinar of each mechanism.
 - 2. Group activity literature review and journal club presentation of each mechanism applied to a case.
- **2018 – 2021: Shirley Ryan Ability Lab – Clinical Manager Musculoskeletal Partnerships**
 - Advise standards of care in MSK physician, physical and occupational clinical practice.
 - Advise research questions and active practice-based research projects in clinical practice.
 - Supervise and participate in clinical mentorship program for inpatient, outpatient PT & OT clinicians for problems of pain, spasticity, functional exercise progression.
 - Manage the IMC/R&Q/Empatha collaboration with SRALAB
 - Clinical Practice Orthopedic and Neurological Outpatients
- **2018 – 2021: AIM Specialty Health- National based healthcare company – Specialty Panel Physical Therapy Member**
 - Advising standards of care for musculoskeletal physical and occupational therapy clinical practice.
 - Advising research questions and projects of special interest to Medical Director.
 - Consultant for outpatient rehabilitation operations, standard of care training and mentoring programs
- **2016 – 2021: My Abilities- Ontario-based healthcare data analytics company – Research and Advisory Board Member**
 - Advising clinical practice standards of care for artificial intelligence technology platform.
 - Advising clinical practice research questions and forums for use of artificial intelligence technology platform.
 - Advisement of its AI data-driven Software-as-a-Service (SaaS) helping employers, insurance companies, healthcare providers and injured workers prevent workplace injuries and expediting return to work and reduction of claims while promoting a healthy and fit workforce.
- **2015 – 2018: 10X25 Initiative Spine Foundation, North American Spine Society (NASS) – Active Member Tactile Committee**
 - Tactile National Committee to reduce spine related disability 10% by 2025.
- **2013 – 2018: Shirley Ryan Ability Lab formerly known as Rehabilitation Institute of Chicago (RIC) – River Forest Outpatient Center - Clinical Manager**
 - Supervise and Manage Multidisciplinary Orthopedic and Neurological Rehabilitation Team and Operations.
 - Experience in JCAHO and CARF accreditation.
 - Maintain Quality Improvement projects, Marketing and Continuing Education Budget and Plans.
 - 50% Outpatient Musculoskeletal Clinical Practice
- **2002 – 2018: Rehabilitation Institute of Chicago (RIC), Chicago, IL - Corporate Director Musculoskeletal Practice**
 - Develop, Implement, and maintain Core Competency Curriculum for Allied Health Staff to ensure Best Practice Standards and Competencies for Musculoskeletal Rehabilitation.
 - Maintain Quality Improvement projects associated with employee and patient satisfaction.
 - Monitor outcomes for musculoskeletal rehabilitation programs at six-outpatient centers.

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

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.

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.

Course Outline (60 Minutes):

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

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

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
Private Email: MorganDC@gmail.com

SSN: XXX XX 6420

National Provider Identification Number: 1841251436

Marital Status: Married to Fellow Chiropractor Clare Morgan since 1987

Education:

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

Post-Doctoral Credentials:

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

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

Graston Myofascial Release Certification Course 2002

Employment History

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

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

(2) U.S. Navy 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.

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

Full Name

Dr Jeff Langmaid

Course Title

Spine Surgery Demystified: What Every Chiropractor Should Know About Surgical Indications, Imaging, Risks, and Communication

Course Description

Spine surgery is often misunderstood by both patients and providers. In this course, Dr. Jeff Langmaid draws on his experience reviewing spinal MRIs and working with major surgical centers to explain when spine surgery is appropriate, when it is overused, how to interpret imaging findings, and how chiropractors can confidently educate patients and collaborate with surgical providers.

Learning Objectives

- Identify the most common indications for elective spine surgery
 - Recognize red flags and neurological findings that warrant surgical referral
 - Understand the basic mechanics and goals of common spine surgeries including discectomy, laminectomy, and fusion
 - Interpret common MRI findings and terminology relevant to surgical decision making
 - Explain the risks, complications, and long-term outcomes associated with spine surgery
 - Distinguish between appropriate surgical candidates and cases where surgery may be unnecessary
 - Communicate clearly with patients about surgical options, expectations, and alternatives
 - Position chiropractic care as a valuable part of the spine care continuum
-

Patient Outcomes

- Improved patient understanding of when spine surgery is truly necessary
- Reduced fear and confusion surrounding surgical recommendations
- More informed patient decision-making regarding conservative care vs surgery
- Earlier identification of true surgical red flags requiring referral

- Improved patient trust and confidence in their chiropractor's clinical guidance
 - Better coordination between chiropractors and spine surgeons
 - Increased utilization of evidence-based conservative spine care
-

Course Outline (2 Hours | Organized in 15-Minute Increments)

0–15 Minutes | The Current State of Spine Surgery

- Why spine surgery remains controversial
 - National trends in spine surgery utilization
 - Why elective spine surgery is frequently overperformed
 - The financial, clinical, and patient-expectation drivers behind surgical volume
 - Where chiropractors fit within the spine care ecosystem
-

15–30 Minutes | Understanding Surgical Indications

- Absolute vs relative surgical indications
 - Neurological deficits and progressive symptoms
 - Cauda equina syndrome and surgical emergencies
 - When conservative care is appropriate
 - The clinical decision-making process used by surgeons
-

30–45 Minutes | MRI Review for Chiropractors

- Common lumbar MRI findings explained simply
 - Disc herniations vs bulges vs protrusions vs extrusions
 - Central canal stenosis and foraminal stenosis
 - Degenerative disc disease and facet changes
 - Imaging findings that often look severe but are clinically irrelevant
-

45–60 Minutes | Correlation: Imaging vs Symptoms

- Why MRI findings often do not match symptoms
- The high prevalence of asymptomatic abnormalities
- Avoiding overdiagnosis and unnecessary fear
- Clinical correlation strategies chiropractors should use

- Communicating imaging findings to patients responsibly
-

60–75 Minutes | Common Spine Surgeries Explained

- Microdiscectomy
 - Laminectomy
 - Spinal fusion
 - Artificial disc replacement
 - Goals of each procedure and what surgeons are actually trying to accomplish
-

75–90 Minutes | Risks and Complications of Spine Surgery

- Infection
 - Nerve injury
 - Failed back surgery syndrome
 - Adjacent segment disease
 - Long-term outcomes and revision rates
 - Realistic patient expectations
-

90–105 Minutes | Why Elective Spine Surgery is Often Overdone

- Financial incentives within surgical systems
 - Imaging-driven treatment decisions
 - Patient expectations and demand for quick fixes
 - The “surgical cascade” problem
 - Research comparing surgical vs conservative outcomes
-

105–120 Minutes | How Chiropractors Can Lead the Spine Care Conversation

- How to discuss surgical recommendations with patients
- Helping patients navigate second opinions
- Educating patients about conservative care pathways
- Communicating with surgeons professionally
- Positioning chiropractic as the first line of spine care

JEFF LANGMAID, DC

T: 813-382-4114 | Tampa, FL | jeff@TheEvidenceBasedChiropractor.com | DrJeffLangmaid.com

EXPERIENCE

FOUNDER, THE EVIDENCE BASED CHIROPRACTOR. TAMPA, FL, 2012-

One of the most followed and trusted brands in the chiropractic industry.

SPEAKER/WRITER, FEATURED AT CHIROPRACTIC EVENTS WORLDWIDE. 2012-

Delivering powerful content and inspiring messages to chiropractors worldwide.

CO-FOUNDER, THE SMART CHIROPRACTOR. TAMPA, FL 2017-

The #1 automated patient reactivation software in chiropractic.

CO-FOUNDER, SPARK. TAMPA, FL 2024-

An automated patient engagement platform with live scheduling via partnership with Sked

CO-FOUNDER, AOMSI SPINAL DIAGNOSTICS. TAMPA, FL, 2018-

Providing functional spinal imaging (vertebral motion analysis) throughout Florida, New Mexico, and Georgia.

EDITORIAL BOARD, JOURNAL OF CONTEMPORARY CHIROPRACTIC 2019-

Member of the editorial review board for this peer-reviewed research publication.

MARKETING DIRECTOR, CHIRO MATCH MAKERS. ALBUQUERQUE, NM, 2020-

Professional staffing and recruiting firm focused on DC/CA placement and Virtual Chiropractic Assistants.

CO-FOUNDER, MVMT HEALTH. TAMPA, FL, 2023-

Healthcare practice focused on helping people overcome chronic pain.

HOST, THE EVIDENCE BASED CHIROPRACTOR AND THE SMART CHIROPRACTOR PODCASTS. 2015-

Research and marketing podcasts with over 2,000,000 total downloads

AUTHOR, "THE PAYDAY PRACTICE". 2022

The #1 book in chiropractic showcasing how doctors can start generating recurring revenue.

FOUNDER, CHIRO OFFICE COVERAGE. TAMPA, FL, 2016-2020

Nationwide relief and coverage solutions for chiropractors. Acquired by ChiroMatchMakers in 2020.

CONSULTING PHYSICIAN, ORCA HEALTH. 2013- 2018

Advisor for the #1 Medical App in iTunes.

DIRECTOR, TOTAL SPINE CARE NETWORK. LASER SPINE INSTITUTE. TAMPA, FL, 2014 - 2017

Member of executive leadership team which developed Total Spine Care within the largest surgical spine practice in the world.

AUTHOR, "MARKETING CHIROPRACTIC TO MEDICAL DOCTORS". 2014

A top-selling book focused on helping chiropractors create and maintain referral relationships.

CHIROPRACTIC PHYSICIAN, FLORIDA ORTHOPAEDIC INSTITUTE. TAMPA, FL, 2012-2014

Chiropractic physician and co-director of the Orthopedic Total Wellness Program.

CHIROPRACTIC PHYSICIAN, MMA CHIROPRACTIC COVERAGE, 2011

Provided chiropractic coverage throughout Florida.

OWNER/CHIROPRACTOR, LANGMAID CHIROPRACTIC. PROVIDENCE, RHODE ISLAND, 2007-2010
Boutique private practice located on the East Side of Providence, RI.

CHIROPRACTIC PHYSICIAN, WARREN CHIROPRACTIC. WARWICK, RI – 2006-2007
Directed an established high-volume practice while the owner attempted to summit Mount Everest.

EDUCATION

Palmer College of Chiropractic Florida, Port Orange, FL- Doctor of Chiropractic, 2006

University of Tampa, Tampa, FL- Bachelor of Science, 2002

BOARD CERTIFICATION, LICENSURE, ASSOCIATIONS

OnBaseU, Hitting Certification Level I 2019-

Active Physician License: State of Florida, Doctor of Chiropractic

Inactive Physician License: State(s) of Pennsylvania, Oklahoma, Arizona, Missouri, Kentucky, Ohio, Indiana, Rhode Island

Member of the Medical Group Management Association 2016- 2018

Developer of the Post-Surgical Spine Rehabilitation Certificate Program. American Chiropractic Association. 2015

Member of the Hillsborough County Chiropractic Society 2015-

Member of the Tampa Bay Birth Network- 2013-

Board of Directors, Valrico/Fish Hawk Chamber of Commerce- 2013

Official Physician of the Skatepark of Tampa- 2012

Official Physician of Bloomingdale High School Football- 2012

Member of the University of Tampa Alumni Association- 2012-

Official Physician of the Alternative Press Fall Tour- 2011

Rhode Island Governor's Award of Recognition- 2010

Member of the Rhode Island Birth Network- 2007-2009

Member of the Providence Chamber of Commerce- 2008

National Board of Chiropractic Examiners- Parts I, II, III, IV, and Physiotherapy, 2006

SPEAKING ENGAGEMENTS

"How to Reactivate More Families in Your Practice" PedCon. Atlanta, GA March 2024

"Patient Reactivation Counter-Intelligence" ChiroLife. Minneapolis, MN December 2023

Instructor: Robynne Chutkan

2 Hours

Course Title: Does Cancer Begin in the Gut?

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 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 the influence of gut bacteria on response to chemotherapy and immunotherapy
- Learn about the future of "*Microbial Oncology*"
- Gain the skills to assess cancer risk and create a cancer-protective microbiome in your patients

Outline:

1. Pre-test: Gastrointestinal Risk Factors for Cancer (5 min)

- Multiple choice questions designed to test your knowledge about the gut-cancer connection

2. Introduction: A New Way of Thinking About Cancer (20 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 the microbiome is disrupted — the far-reaching implications of dysbiosis

3. How the Gut and Cancer Are Linked (20 min)

- Gut health is connected to cancer through clear, relatable pathways
- Inflammation: chronic inflammation is a known cancer risk factor, and the microbiome plays an important role in most inflammatory pathways
- Immune function: 70% of the immune system is in your gut — it's your body's command center for defense against pathogens — and cancer
- Metabolites: gut bacteria produce chemicals that can either protect cells or damage DNA
- Examples of microbiome-originated cancers

4. The Microbiome and Cancer Treatment (20 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
- "*Microbial Oncology*" is an emerging field that utilizes engineered bacteria and viruses to treat cancer, leveraging their ability to target, colonize, and kill tumor cells

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.

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

Aging Strong: Strength Training for Women Over 50
MaryAnne Dimak DC, MS

We've left the aging woman behind. We've known for years the downside risk of decreased bone mineral density and sarcopenia yet haven't made any significant shifts in the integration of preventative measures that have both short-term and long-term direct benefits for the aging female. This course is designed to inspire the attendee by presenting an idea of how to support their aging female patients through developing strength training and biohacking approaches that are influenced by female physiology.

1. Acknowledge current research on women's health and non-communicable diseases and how strength training impacts health markers.
 2. Recall female physiology and hormonal fluctuations that impact health and activity levels throughout the life cycle.
 3. Identify motivational interviewing techniques that will allow more connection, better goal setting, and influence long-term retention of benefits.
 4. Create strength training interventions that are influenced by female physiology through the life span so can be better target towards that population.
-
1. Women's Health Today (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. Drivers and Motivations (15 min)
 - a. Motivational Interviewing techniques to best identify the goals involved.
 - b. The soft skill of empathy while also playing the role of the movement advocate.
 - c. Applications for the practitioner to bridge the gap between rehabilitation and strength training.
 3. How Does Strength Training Play A Role (15 min)
 - a. Current research showing benefits of strength training during female-specific life cycle periods specifically menopause.
 - 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. Strength Training Introduction (15 min)

- a. Fundamentals of Coaching Exercise
 - b. Basic Training Elements
 - c. What equipment is the baseline for introducing exercises in a healthcare environment.
5. Core and Carry Implementation (15 min)
- a. Anatomy and biomechanics review of the trunk and core.
 - b. Fundamental exercises to address the core.
 - c. Common concerns/injuries in the female population that require accommodation or modification in the strength training environment.
6. Squat and Hinge Implementation (15 min)
- a. Anatomy and biomechanics review of the hip and lower extremity.
 - b. Fundamental exercises that qualify as squat and hinging.
 - c. Common concerns/injuries in the female population that require accommodation or modification in the strength training environment.
7. Push and Pull Implementation (15 min)
- a. Anatomy and biomechanics review of the shoulder and upper extremity.
 - b. Fundamental exercises that qualify as push and pull.
 - c. Common concerns/injuries in the female population that require accommodation or modification in the strength training environment.
8. General Physical Activity Guideline Application (15 min)
- a. How to set female patients up for success by utilizing an on ramp to meet current physical activity guidelines.
 - b. The hand off between rehabilitation-focused strength training and life-long training habits.
 - c. Community physical activity advocacy.

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 **Dynamic Neuromuscular Stabilization Exercise 1**, Southern California University of Health Sciences, Whittier, CA
Prague School to Athletic Development, Craig Liebenson DC,
Part A: Core, Los Angeles, CA
Part B: Extremities, Los Angeles, CA
Active Release Technique Diagnosis Course/SFMA I, Oceanside, CA
Perform Better Functional Training Summit, Long Beach, CA
The Frontal Plane, Koichi Sato ATC, Los Angeles, CA
Assistant, Prague School to Athletic Development, Craig Liebenson, DC, Vancouver, BC, Canada
Functional Biomechanics Skills Review, Brett Winchester, DC, Functional Biomechanics, Phoenix, AZ

2016 **Dynamic Neuromuscular Stabilization Yoga and Rehabilitation**, Carlsbad, CA
Assistant, Prague School to Athletic Development, Craig Liebenson, DC Vancouver, BC, Canada
Rehab2Performance, Clinical Audit Process, Justin Dean, DC, Huntington Beach, CA
The Frontal Plane, Koichi Sato ATC, Los Angeles, CA
Perform Better Functional Training Summit, Long Beach, CA
Functional Movement Systems, Functional Capacity Screen, Gray Cook PT, Los Angeles, CA
Building the Ultimate Back: From rehabilitation to performance, Stuart McGill, PhD, Vancouver, BC, Canada
The Detailed Back Assessment: Reducing pain and enhancing performance, Stuart McGill, PhD, Vancouver, BC, Canada
Prague School at EXOS Craig Liebenson, DC, Giancarlo Russo, PT, Anna Hartman, ATC, Guido vanRyssen, ATC, EXOS, Phoenix, AZ
Functional Biomechanics Skills Review, Brett Winchester, DC Functional Biomechanics, Phoenix, AZ

2017 **Selective Functional Movement Assessment (Audit)**, San Diego, CA
Perform Better Functional Training Summit, Long Beach, CA
Athletic Sustainability: From Clinical to Performance, Brian Carroll CSCS, Craig Liebenson, DC, Los Angeles, CA
RockStock: RockTape Summit, Huntington Beach, CA
Assistant, Prague School to Athletic Development, Craig Liebenson, DC, Calgary, AB, Canada
Functional Biomechanics Skills Review, Brett Winchester, DC, Functional Biomechanics, Phoenix, AZ

2018 **Rehab2Performance Symposium**, Phillip Snell DC, Steve Capobianco DC, Jason Brown DC, Brennan Ghassemieh CSCS, Project MOVE, Denver, CO

2019 **Parker Seminars**, Las Vegas, NV
Rehab2Performance Symposium, Richard Ulm DC, Jimmy Yuan DC, Erin McGuire PT, Phoenix, AZ
Parker Seminars Dallas, Dallas TX

2020 **Rehab2Performance Virtual Symposium**, Brett Winchester DC, Courtney Conley DC, Richard Ulm, DC

Syllabus

Instructors:

Troy Briscoe, DC

William E. Morgan, DC

Title:

The Kairos of Recovery: Unlocking Peak Performance After Injury

Duration:

2 Hours

Course Description:

This course explores the transition from injury to performance, focusing on clinical decision-making, identification of barriers to loading the spine, and the application of progressive strategies to restore function and capacity. Emphasis will be placed on integrating examination findings, imaging when appropriate, and hands-on and movement-based interventions to guide patients toward resilience and long-term performance.

Learning Objectives:

- Recognize key factors that influence recovery and performance after injury
- Identify common barriers to loading and functional progression
- Apply clinical reasoning to guide management and intervention strategies
- Understand the role of progressive loading in restoring capacity and resilience
- Understand the role of chiropractic management in addressing limitations and supporting functional recovery

Course Outline:

I. The Kairos of Recovery (15 minutes)

- Definition of *kairos*: timing, readiness, and opportunity
 - Biological vs. chronological healing timelines
 - Identifying patient readiness (clinical signs vs. subjective reports)
 - Risks of mistimed interventions (too early vs. too late)
 - Clinical decision-making frameworks for timing progression
-

II. Loading and Human Performance (20 minutes)

- Definition of loading (mechanical, neurological, metabolic)
 - Principles of adaptation (progressive overload, specificity, variability)
 - Tissue response to load (bone, tendon, muscle, nervous system)
 - Acute vs. chronic workload concepts
 - Role of loading in both rehab and performance optimization
-

III. Barriers to Loading (20 minutes)

- **Structural barriers**
 - Tissue healing constraints
 - Joint integrity and mobility restrictions
 - **Neurologic barriers**
 - Pain modulation and central sensitization
 - Motor control deficits
 - **Functional barriers**
 - Movement compensations
 - Psychological factors (fear, avoidance, confidence)
 - Identifying primary vs. secondary limiting factors
-

IV. Clinical Strategies (25 minutes)

- Restoring foundational movement patterns
 - Improving mobility vs. stability (when and why)
 - Pain management strategies that support loading
 - Motor control retraining and cueing
 - Building patient tolerance and confidence
 - Monitoring and adjusting interventions in real time
-

V. Progressive Loading and Return to Performance (20 minutes)

- Designing graded exposure to load
 - Bridging rehab to performance (capacity vs. demand)
 - Objective criteria for progression
 - Return-to-play/performance frameworks
 - Building resilience and reducing reinjury risk
 - Long-term load management strategies
-

VI. Case-Based Application (20 minutes)

- Walkthrough of 1–2 clinical cases
 - Initial presentation
 - Identifying barriers
 - Designing a loading progression
- Group discussion or guided reasoning
- Adjusting plan based on patient response
- Translating theory into practical decision-making

Troy Briscoe, DC, MS, CSCS

✉ troytaylorbriscoe@gmail.com 📞 972.999.3315

EDUCATION

Parker University 12/2025
Doctor of Chiropractic Dallas, TX
MS in Strength & Human Performance

Texas A&M University 05/2021
BS in Kinesiology - Applied Exercise Physiology College Station, TX
Overall GPA: 3.5

CERTIFICATIONS

Certified Functional Strength Coach (CFSC-1) (2024 - Present)	Selective Functional Movement Assessment (SFMA) Level 1 (2023 - Present)	National Strength & Conditioning Association (NSCA) Certified Strength & Conditioning Specialist (CSCS) (2022 - Present)
TRX Qualified Coach (2020 - Present)	National Academy of Sports Medicine (NASM) Corrective Exercise Specialist (2019 - Present)	American Council on Exercise (ACE) Personal Trainer (2017 - 2024)
American Heart Association BLS CPR & AED (2017 - Present)		

WORK EXPERIENCE

Parker Performance Institute (PPI) 2026 – Present
Clinical Fellow Frisco, TX
(Feb 2026 - Present)

- Deliver integrative chiropractic care emphasizing the intersection of functional neurology and musculoskeletal active rehabilitation
- Perform comprehensive examinations incorporating orthopedic testing, movement analysis, and neurologic assessment of sensory-motor integration
- Apply functional neurologic principles to address cortical, vestibular, cerebellar, and proprioceptive contributions to movement dysfunction
- Design individualized active care programs integrating joint manipulation, soft tissue therapy, motor control retraining, and graded exposure to load
- Implement neuroplasticity-informed rehabilitation strategies to improve coordination, balance, reaction time, and motor output
- Integrate progressive strength and conditioning principles within rehabilitation to support return-to-sport and performance optimization

The FARM: Functional Athletic Rehabilitation & Movement

Chiropractic Intern

(Sept 2025 - Nov 2025)

- Assisted in the assessment, treatment, and performance training of athletes and active individuals through evidence-based functional rehabilitation methods.

2025
Birmingham, AL

ParkerFit

Personal Trainer & Head Coach

(May 2023 - Dec 2025)

- Program for and train clientele based on exercise goals and needs-based movement & functional assessments

2023 – 2025
Dallas, TX

TruFit Athletic Clubs

Personal Trainer

(Oct 2021 - May 2022)

- Assessed clients' goals, health history, movement mechanics, muscular imbalances, and body composition in order to construct and progress through highly effective exercise programming for a wide variety of unique clientele

2021 – 2022
College Station, TX

Huffines Institute for Sports Medicine & Human Performance - Dept. of Health & Kinesiology

Testing Specialist (Sept 2021 - May 2022), Lead Administrative Assistant (Aug 2020 - Dec 2020), Executive Producer (Aug 2019 - Aug 2020), Producer (Jan 2019 - Aug 2015), Volunteer (Aug 2018 - Dec 2018)

- Performed exercise stress-testing on collegiate athletes, coaches, police officers, and firefighters, which included conducting pulmonary function testing, running dual-energy x-ray absorptiometry (DEXA) scans, analyzing ECGs, finding resting & exercise blood pressures, and administering endurance exercise & body composition tests
- Trained Huffines staff on job duties, delegated various responsibilities, created office schedules
- Managed all purchases, filed paperwork, and pioneered the creation of a pass-back for future employees
- Planned and coordinated annual Hilliard Discussions, a sports medicine event with \$20,000 budget and roughly 100-500 attendees annually
- Maintained website, media, and marketing to 800+ faculty subscribers
- Collaborated with graphic designer to create 2018-2019 & 2019-2020 Annual Reports for donors, department heads, faculty, and coaches
- Produced weekly sports medicine podcasts, TexAgs Radio & KAMU Radio content, and text articles from Huffines Sponsored doctoral candidates for The Eagle Newspaper

2018 – 2022

Strength & Conditioning Department - Texas A&M Rec Sports

Personal Trainer

(Sept 2018 - Dec 2020)

2018 – 2020

Curriculum Vitae

Name: William E. Morgan, D.C.

Address and Phone Number:

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

(240) 750-3891, Mobile

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

SSN: XXX XX 6420

National Provider Identification Number: 1841251436

Marital Status: Married to Fellow Chiropractor Clare Morgan since 1987

Education:

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

Post-Doctoral Credentials:

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

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

Graston Myofascial Release Certification Course 2002

Employment History

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

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

(2) U.S. Navy 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.

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

The 1% Patient Protocols: The Intake Secrets Most Doctors Never Learn

Joshua Satterlee, DC
Parker Seminars Miami
June 2026

Stop treating the intake and history as just a review of paperwork and start treating it as your most powerful diagnostic tool. This session dismantles the transactional approach to new patient visits and replaces it with a framework rooted in the ethics of communication, psychological safety, and clinical precision. We will focus on how anxiety, trust, and rapport directly impact the accuracy of the history you collect, and how that accuracy cascades into better diagnosis and superior treatment outcomes. Learn how to transform every initial visit into a foundation of clarity, compliance, and lasting patient relationships.

- **Introduction & The Ethics of First Contact**
15min
 - The "why" behind ethical communication at the initial visit
 - Defining *Therapeutic Rapport* vs. *Clinical Transaction*
 - Why most doctors collect data and experts collect *truth*.
 - Moving from "Taking a History" to "Building a Patient Story"
- **The Anxiety-Accuracy Inverse**
15min
 - Introduction to the Anxiety-Accuracy Inverse: how patient stress distorts the clinical picture
 - The psychology of vulnerability: why new patients withhold, minimize, or exaggerate
 - Identifying the three most common anxiety profiles in a chiropractic setting
- **Reading the Guarded Patient**
15min
 - The specific verbal and non-verbal cues that signal a guarded patient
 - How unresolved anxiety leads to incomplete history
 - How incomplete history leads to misdiagnosis: a direct clinical chain
- **The Ethical Obligation to Reduce Anxiety**
15min
 - Why creating psychological safety is a clinical duty, not a courtesy
 - Active listening vs. passive hearing: the difference patients feel immediately
 - Reducing False Negatives in clinical intakes
- **The Communication Framework: Open-Ended History Taking**
15min
 - The specific sequence of open-ended questions that maximize history accuracy
 - High-yield vs. low-yield intake questions: cutting the noise

- Letting the patient build the narrative — and when to redirect
 - **Red Flags Through the Patient's Own Words**
15min
 - How red flag identification improves when patients feel safe to speak
 - The symptoms patients *don't* mention — and why
 - Structuring your questions to surface what anxiety buries
 - **The Accurate History: Where Ethics Meets Diagnosis**
15min
 - Why history accuracy is the highest-yield diagnostic tool in your arsenal
 - How a complete, unguarded history changes your diagnostic pathway
 - The direct link between what the patient tells you and what you find on examination
 - **From Diagnosis to Treatment: The Communication Cascade**
15min
 - Connecting the dots: rapport → accuracy → diagnosis → treatment
 - Case-based application: two patients, same complaint, opposite histories — different outcomes
 - How ethical communication at the initial visit improves long-term treatment compliance
 - **The Actionable Communication Protocol**
15min
 - Designing your personal 5-minute rapport framework for every new patient
 - Ethical documentation: recording not just *what* was said, but *how* it was communicated
 - Setting expectations that reduce anxiety and increase compliance with care plans
 - **Synthesis, The Ethical Diagnostic Tree & Q&A**
15min
 - The Ethical Diagnostic Tree: synthesizing what patients *say*, *show*, and *withhold*
 - Building a culture of trust that improves outcomes beyond the first visit
 - Open Q&A and group discussion: real-world scenarios from practice
-

Learning Objectives:

- **Distinguish** ethical patient communication from routine clinical intake, and articulate why the distinction matters for diagnostic accuracy.
- **Identify** the verbal and non-verbal markers of patient anxiety that compromise history reliability at the initial visit.
- **Apply** a structured communication framework designed to reduce patient anxiety and increase the completeness of reported symptoms.
- **Recognize** how psychological safety directly influences the accuracy of the patient history and, by extension, the quality of diagnosis.
- **Differentiate** high-yield intake questions from low-yield screening noise to build a more clinically precise patient narrative.

- **Evaluate** the ethical obligations of the chiropractor in creating an environment where patients feel safe, heard, and accurately understood.
- **Construct** a personalized initial visit communication protocol that integrates rapport-building, active listening, and red flag screening.
- **Demonstrate** how accurate history-taking, rooted in trust and ethical communication, produces a direct and measurable improvement in treatment planning and patient outcomes.

Patient Outcomes:

The Patient Feels Safe Enough to Tell the Truth. Anxiety is recognized and reduced before history-taking begins, so nothing clinically relevant gets withheld, minimized, or lost.

The Patient's Complete Story Drives the Diagnosis. A full, unguarded history means the doctor is solving the real problem, not an anxious or incomplete version of it.

The Patient's Red Flags Get Caught . Symptoms that would have gone unmentioned in a guarded environment are surfaced, dramatically reducing the risk of a missed or delayed diagnosis.

The Patient's Treatment Hits the Right Target From Day One. A precise diagnosis eliminates trial-and-error, reducing unnecessary visits and accelerating recovery.

The Patient Actually Follows Through. Patients who feel heard and respected comply with their care plan at a significantly higher rate, producing measurably better outcomes.

The Patient's Relationship With Their Doctor Compounds Over Time. Trust built at the initial visit creates a lifetime patient, not a one-time appointment, and they bring the people they love with them.

Joshua Satterlee, DC

Chiropractor

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

Personal Data:

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

Education:

Montana State University- Bozeman
Studied for BS: Biomechanics/Exercise Science
1996-2002

Southern California University of Health Sciences
Graduate, Doctor of Chiropractic program
2003-2006

Board Certification:

Nevada Board of Chiropractic Examiners
March, 2007
License: Active

Additional Training:

Active Release Techniques
Full-Body Certification
2008

Titleist Performance Institute
Medical Level 3 Certification
2011

Functional Movement Systems
SFMA Certified
2012

Teaching Positions:

Titleist Performance Institute
Instructor, 2012- Present

Functional Movement Systems

SFMA National Instructor, 2012- Present

North American Institute of Sports Medicine

National Instructor, SFMA, Foundation to Function
2012 to Present

Active Release Techniques

Assistant Instructor, 2011-2015

Instructor: Christine Foss

2 hours

Title: Soft Tissue Techniques Shoulder, Elbow, Wrist and Hand

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:

Taping methods and their use to support athletes and physically active people.

- **30 Minutes** - Acute, and subacute
- **30 Minutes** - Chronic phases of care of the most common sports injuries
- **30 Minutes** - Contraindications in each phase of care
- **30 Minutes** - Lab practice and techniques

Curriculum Vitae

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

18 Newark Pompton Tpk.

Riverdale, NJ 07457

DrCFoss@Gmail.com

Office: 973-616-4555

Cell: 201-213-6983

Education:

Doctor of Medicine: University of Health Sciences; Antigua V.I. BWI	2003-2007
Doctor of Chiropractic: New York Chiropractic College Honor Society Phi Chi Omega Recipient	1991-1994
Master of Science: Education/ Sports Medicine: Old Dominion University, Norfolk VA	1987-1988
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: Lindsay Mumma & Annie O'Connor

Title: Pain Mechanism Classification System (PMCS) in Pelvic Floor Pain Ongoing Assessment & Treatment

Course Description:

This session explores the Pain Mechanism Classification System (PMCS) and its application to pelvic floor dysfunction. Participants will learn to classify pain presentations and apply frameworks to guide assessment and patient education.

Learning Objectives:

- Understand PMCS phenotypes
- Apply classification systems to pelvic floor assessment
- Develop patient-centered education strategies

Outline:

Introduction (0–5 Minutes)

- Overview of classification systems in pain management
 - Importance of accurate pain classification
-

Pain Mechanism Classification System (5–120 Minutes)

5–25 Minutes

- PMCS Phenotypes Overview
 - o Nociceptive vs. neuropathic vs. nociplastic
 - o Clinical relevance in pelvic floor dysfunction
 - o Identifying dominant pain drivers

25–45 Minutes

- Patient Case Examples
 - o Classification of real-world cases
 - o Identifying overlapping pain mechanisms
 - o Clinical decision-making based on phenotype

45–65 Minutes

- WoH Approach
 - o Collaboration of classification systems
 - o Integrating multiple frameworks into practice
 - o Reducing diagnostic uncertainty

65–85 Minutes

- Application to Ongoing Assessment
 - Reassessment strategies over time
 - Monitoring symptom behavior and trends
 - Adjusting care plans based on classification

85–105 Minutes

- Yellow Flag Risk Form (YFRF)
 - Identifying psychosocial risk factors
 - Screening for fear, avoidance, and distress
 - Incorporating findings into care

105–120 Minutes

- Personalized Patient Education Strategies
 - Communicating pain mechanisms effectively
 - Improving patient buy-in and adherence
 - Case-based application
- Q&A

Lindsay S. Mumma, DC, DNSP

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

Profile of Qualifications	Experienced chiropractor with knowledge and clinical skills regarding human biomechanics from birth through high-level athletic activity Certified DNS Practitioner Author of best-selling book <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
Education	Prague School of Rehabilitation, Prague, Czech Republic Certified DNS Practitioner (DNSP) September 2023 Palmer College of Chiropractic, Davenport, IA: Doctorate of Chiropractic Graduated June 2011 Clinical Excellence Award Recipient Kent State University, Kent, OH: Bachelor of Arts Graduated December 2007, cum laude Crestview High School, Columbiana, OH: Diploma Graduated May 2004, Valedictorian
Continuing Education 1206.25 Hours Total	2024 Courses Motion Palpation Institute Sports Summit: The Shoulder DNS Exercise Course Part 2 - Examination Passed DNS Pediatrics 1 - Examination Passed Motion Palpation Institute Adjustathon: Spine Academy of Shockwave Excellence 2023 Courses Parker Seminar - Vegas - The Body-Sport Connection, Myth Busters: Fat Loss Edition; Loading the Painful Patient: How Coaching Can Maximize Results; Beyond Pain: Movement and Environmental Vital Signs for the Modern Provider; Red Flags, Recovery, and Rehabilitation for CAs and DCs Motion Palpation Institute Sports Summit: The Lumbar Spine Dynamic Neuromuscular Stabilization: B DNS Applied to Klapp Crawling DNS Exercise Course Part 1 - Examination Passed Non-Surgical Hip Replacement - TCA Texpo DNS Online Seminar - Pelvic Floor Self-Treatment Dynamic Neuromuscular Stabilization: D Barral Institute Visceral Manipulation 1 Women Chiropractors Unconvention - Clinical Pearls - Women, Aging, and Cardiometabolic Health 2022 Courses

Lindsay S. Mumma, DC, DNSP

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

Parker Seminar - Vegas

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

ICPA Postpartum Care: Improving Diaphragm, Core, and Pelvic Floor Function

DNS Baby Handling

DNS Women's Health Yoga

Clinic Gym Hybrid Advanced Rehab & Active Care

Parker Seminar - Orlando

- The Science of the Adjustment

Dynamic Neuromuscular Stabilization: A

Dynamic Neuromuscular Stabilization: C

2021 Courses

MPI Spine

MPI Spine

Parker University Skill-Up

MPI Spine

MPI Integration - Lower

MPI Integration - Upper

MPI Extremities

Parker Seminar - Orlando

- TMJ, Foot & Ankle Adjusting, Shoulder Rehabilitation, Neuroplasticity, Establishing Functional Goals

MPI Pregnancy & Pediatrics

Compliance & Cultural Competency Training

Parker Seminar - Dallas

- Science of the Adjustment, Impulse Control, Pain Science & Nutrition, Insulin Resistance

DNS Women's Health

2020 Courses

Parker University Skill-Up

NCCA Spring Convention

- The Pendulum is Swinging Again
- Kinetic Chain from the Ground Up
- Communicating Chiropractic: Applying the Science of Chiropractic to Clinical Practice

HNS Compliance (Fraud, Waste and Abuse, HIPAA)

NCCA Fall Convention

- Clinical Risk Management: Manifestations of COVID19
- Supporting Optimal Immune System Health

2019 Courses

NCCA Spring Conference (presenter and participant)

HNS Compliance Training (Fraud, Waste and Abuse, HIPAA)

Managing for Success A Step Further: Improving Quality & Treatment Outcomes & Clinical Care and Risk Management

Myofascial Trigger Point Dry Needling A Diagnostic and Treatment Modality for The Manual Medicine Practice

MindBridge Neurolinguistic Programming (NLP) Practitioner Training (Modules 4-6)

Education / Residency:

- 1993: (9 week) Orthopedic Physical Therapy Residency at Physical Therapy Orthopedic Specialists, Inc., Minneapolis, Minnesota.
- 1993: Northwestern University Graduate Orthopedic Program in Physical Therapy; Chicago, IL; completed all requirements for Master's Orthopedic Physical Therapy
- 1986: St. Louis University; St. Louis, Missouri. Bachelor of Science Degree in Physical Therapy

Professional Experience:

- **2024 – Present: Carelon Medical Benefits Management of Elevance Health Insurance Company – Clinical Account Director Back and Joint Pain Program**
 - Clinical account management for groups of clients (80% 1-5k, 20% 5k segment).
 - Provides consultative expert information on 360 Health Programs.
 - Presents prepared reports to clients to demo clinical program value.
 - Manages clinical service issues to ensure that performance guarantees are met and clinical issues resolved.
 - Builds relationship with internal and external stakeholders
 - Participates in process of clinical program implementation, clinical Lead for multidiscipline weekly Grand Rounds
 - Manages issues specific to client, applying knowledge, insight, experience into strategic recommendation's
 - Manages the business processes that the system supports.
- **2021 – 2024: Carelon Medical Benefits Management of Elevance Health Insurance Company – Physical Therapy Manager of the Back and Joint Pain Guide Program**
 - Advise and develop evidence-based standards of care for spine and joint pain prevention initiative.
 - Coordinate digital platform coaching vendors and oversee weekly grand rounds for Anthem members.
 - Supervise nurse and physical therapy case managers for Back and Joint Pain Guide Program.
 - Oversee national program fully insured 14 states with 3.4 million lives.
 - Clinical Practice oversee of all members actively in Back and Joint Pain Guide Program
 - Clinical Lead for multidiscipline Weekly Grand Rounds
- **2002 – Present: World of HURT LLC – Founder and CEO**
 - Publisher for World of Hurt Book
 - Consultant and Research Advisor for Pain Mechanism Classification System integration
 - Tele health Persistent Pain Wellness Coach
 - In home, In clinic Private Physical Therapy Practice
 - Primary Instructor and Author
 - Interdisciplinary (MD, DO, DC, Psychology, PT, OT, ATC, Massage Therapy) post graduate education.
 - CEU provider for 1 and 2-day courses both USA and International.
 - "a World of HURT (WoH): A Guide to Classifying Pain" – instructor of six training courses
 1. WoH: A Guide to Classifying Pain Course: An Overview course
 2. WoH: Nociceptive Pain Mechanisms: Mechanical to Functional Exercise Prescriptions
 3. WoH: Peripheral Neurogenic Pain: Neural Entrapment to Neural Dysfunction Exercise Prescriptions
 4. WoH: Central Nervous System Pain Mechanisms Patient Education & Exercise Prescriptions
 5. WoH: A Non-Pharmacy approach to the Neurological Patient's Pain and Spasticity
 6. WoH: "Foods" a Non-Pharmacy Intervention for Pain & Chronic Illness

- **2018 – Present: Greentree Mind company – Advisory Board Member**
 - Advising standards of care for musculoskeletal physical and occupational therapy clinical practice.
 - Consultant for outpatient rehabilitation operations, standard of care training and mentoring programs
- **2020 – 2023: Governor State University – Adjunct Faculty Physical Therapy Program**
 - Current Issues in Physical Therapy – Pain Mechanism Classification System (PMCS) utilization in pain, hypertonia, persistent symptoms and disability.
 - Course Number: PHYT 8811; Credit Hours: Two (2)
 - Catalog Description: Covers advanced examination and intervention techniques for patients who have impairments or disabilities. Explores current literature and research in the field.
 - Evaluation: Grading will be based upon the following:
 - 1. Posttest after each self-reading and taped webinar of each mechanism.
 - 2. Group activity literature review and journal club presentation of each mechanism applied to a case.
- **2018 – 2021: Shirley Ryan Ability Lab – Clinical Manager Musculoskeletal Partnerships**
 - Advise standards of care in MSK physician, physical and occupational clinical practice.
 - Advise research questions and active practice-based research projects in clinical practice.
 - Supervise and participate in clinical mentorship program for inpatient, outpatient PT & OT clinicians for problems of pain, spasticity, functional exercise progression.
 - Manage the IMC/R&Q/Empatha collaboration with SRALAB
 - Clinical Practice Orthopedic and Neurological Outpatients
- **2018 – 2021: AIM Specialty Health- National based healthcare company – Specialty Panel Physical Therapy Member**
 - Advising standards of care for musculoskeletal physical and occupational therapy clinical practice.
 - Advising research questions and projects of special interest to Medical Director.
 - Consultant for outpatient rehabilitation operations, standard of care training and mentoring programs
- **2016 – 2021: My Abilities- Ontario-based healthcare data analytics company – Research and Advisory Board Member**
 - Advising clinical practice standards of care for artificial intelligence technology platform.
 - Advising clinical practice research questions and forums for use of artificial intelligence technology platform.
 - Advisement of its AI data-driven Software-as-a-Service (SaaS) helping employers, insurance companies, healthcare providers and injured workers prevent workplace injuries and expediting return to work and reduction of claims while promoting a healthy and fit workforce.
- **2015 – 2018: 10X25 Initiative Spine Foundation, North American Spine Society (NASS) – Active Member Tactile Committee**
 - Tactile National Committee to reduce spine related disability 10% by 2025.
- **2013 – 2018: Shirley Ryan Ability Lab formerly known as Rehabilitation Institute of Chicago (RIC) – River Forest Outpatient Center - Clinical Manager**
 - Supervise and Manage Multidisciplinary Orthopedic and Neurological Rehabilitation Team and Operations.
 - Experience in JCAHO and CARF accreditation.
 - Maintain Quality Improvement projects, Marketing and Continuing Education Budget and Plans.
 - 50% Outpatient Musculoskeletal Clinical Practice
- **2002 – 2018: Rehabilitation Institute of Chicago (RIC), Chicago, IL - Corporate Director Musculoskeletal Practice**
 - Develop, Implement, and maintain Core Competency Curriculum for Allied Health Staff to ensure Best Practice Standards and Competencies for Musculoskeletal Rehabilitation.
 - Maintain Quality Improvement projects associated with employee and patient satisfaction.
 - Monitor outcomes for musculoskeletal rehabilitation programs at six-outpatient centers.

Instructor: Dr. Kent Werner

Duration: 2 hours

Title: Understanding Sleep Physiology and the Glymphatic System New Clinical & Research Directions

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 <i>Mentor: Solomon H. Snyder, MD, Department of Neuroscience</i>	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'I 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'I 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, Frontiers in Psychiatry
3/2022-present Scientific Reviewer, JAMA Network Open
2/2022-present Scientific Reviewer, Frontiers in Neurology
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, Neurocritical Care
2/2021-present Scientific Reviewer, Biological Psychiatry
1/2020-present Scientific Reviewer, United States – Israel Binational Science Foundation
1/2020-present Scientific Reviewer, Journal of Neurology
1/2020-present Scientific Reviewer, Neurology, Journal of the American Academy of Neurology
10/2019-present Scientific Reviewer, Journal of Neurotrauma
9/2019-present Scientific Reviewer, Journal of Alzheimer's Disease
8/2019-present Scientific Reviewer, Archives of Physical Medicine and Rehabilitation
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, Frontotemporal Dementia Study Section - CDMRP
3/2018-present Defense Veterans Brain Injury Center Executive Working Group, TBI and SLEEP
1/2018-present Scientific Reviewer, Sleep and Breathing
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 cephalalgia (>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. **Seville, Spain**
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, **Venice, Italy**
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

Parker Miami 2026 Course Outline

Chin-Suk (John) Cho, DC, DACBR, RMSK

2-Hour Outline; June 12, 2026, Friday, 3-5PM

Course Title:

Beyond the Bone: Elevating Lower Extremity Diagnosis with MSK Ultrasound

Course Description:

This two-hour presentation will provide an in-depth review of ankle/knee ultrasound anatomy, optimal scanning technique, and discussion of complex injuries and pathologies of the lower extremity.

Learning Objectives:

- Review ankle/knee ultrasound anatomy
- Discuss ultrasound scanning technique of the ankle/knee
- Discuss complex ankle/knee injuries and pathologies

- | | |
|---|------------|
| A. Review of ankle ultrasound anatomy | 15 minutes |
| a. Anterior compartment: AITFL, joint recess | |
| b. Lateral compartment: Anterior process, ATFL, CFL, peroneus brevis/longus | |
| c. Medial compartment: Tarsal tunnel anatomy | |
| d. Posterior compartment: Achilles tendon/paratenon | |
| B. Scanning technique | 15 minutes |
| a. Anterior, lateral, medial, posterior compartments | |
| C. Cases- Complex ankle injuries/pathologies | 30 minutes |
| a. Anterior compartment | |
| i. Anterior impingement syndrome | |
| ii. PVNS vs hemarthrosis | |
| b. Lateral compartment | |
| i. Anterior process of calcaneus fracture | |
| ii. Peroneus brevis split tear | |
| iii. Salter Harris 1 of lateral malleolus | |

- iv. Distal fibular fracture-occult
 - v. Leiomyoma
 - c. Medial compartment
 - i. Tennis leg
 - ii. Post-op saphenous nerve impingement
 - iii. Schwannoma
 - iv. DVT
 - d. Posterior compartment
 - i. Achilles tear
 - ii. Achilles paratenonitis

- D. Review of knee ultrasound anatomy 15 minutes
 - i. Anterior compartment
 - ii. Medial compartment
 - iii. Lateral compartment
 - iv. Posterior compartment

- E. Scanning technique 15 minutes
- F. Cases- Injuries/pathologies 30 minutes
 - b. Anterior compartment
 - i. Painful bipartite synchondrosis
 - ii. Patellar fracture
 - iii. Anterior parameniscal cyst
 - iv. Patellar tendon rupture
 - v. Pre-patellar bursitis
 - c. Medial compartment
 - i. Meniscal tear only visible with weight-bearing
 - ii. Parameniscal cyst
 - iii. Medial tibial plateau fracture with hemarthrosis
 - iv. Meniscal dislocation
 - d. Lateral compartment
 - i. Osteochondroma with ITB friction syndrome
 - e. Posterior compartment
 - i. 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

Hidden Drivers of Low Back Pain in Women: Why We Must Think Beyond the Obvious

Dr. Lisa Goodman
Two Hour Outline

Course Description

Low back pain in women is often approached from a primarily mechanical perspective, yet many presentations are influenced by physiological transitions, visceral and systemic factors, and non-obvious clinical drivers that can affect both symptom patterns and recovery. This course will use a decade-of-life-based framework to help chiropractors recognize when deeper investigation is warranted and how to integrate this thinking into everyday practice.

Participants will review relevant anatomy and clinical reasoning strategies, discuss practical chiropractic management approaches, and explore the importance of clear patient communication and thoughtful collaboration with other healthcare providers. The goal is to support more confident assessment, stronger therapeutic alliances, and improved functional outcomes for women experiencing complex low back pain.

Learning Objectives

- Recognize patterns of low back pain in women that may suggest non-mechanical or multifactorial contributors.
- Apply lifespan-based clinical reasoning to better understand changing pain presentations across different decades of life.
- Differentiate mechanical lumbar pain from presentations influenced by physiological, systemic, or sensitization-related factors.
- Perform focused history-taking and examination strategies that help uncover less obvious drivers of symptoms.
- Integrate appropriate chiropractic management approaches, including manual care, movement reassurance, and load modification.
- Identify clinical indicators that support timely referral or collaborative management with other healthcare providers.
- Communicate complex findings clearly and confidently during the report of findings to improve patient understanding and trust.
- Support long-term function and patient self-efficacy through education, expectation setting, and individualized care planning.

Understanding Pain: Mechanical, Referred, Acute & Chronic

15 Minutes

- Differentiating mechanical lumbar pain from referred, systemic, and sensitization-driven

presentations

- Recognizing acute vs chronic pain patterns
- Avoiding diagnostic shortcuts by maintaining curiosity about non-obvious contributors

Consistent Clinical Assessment: History, Physical & Pattern Recognition 15 Minutes

- Performing a thorough and structured repeatable history
- Key physical examination components
- Hands-on partner activity = 6-10 Minute Exam
- Imaging options, referral steps, special testing

Teens & 20s: Early Drivers and Emerging Pain Narratives 15 Minutes

- Mechanical factors in developing and highly active spines
- Common visceral and non-mechanical low back pain causes and treatments
- Exam, advanced diagnostics, red flags, referral and treatment

30s: Accumulated Load and Visceral Pain Drivers 15 Minutes

- Mechanical factors from life-load demands
- Common visceral and non-mechanical contributors to low back pain including endometriosis, pregnancy-related adaptations, and post-surgical guarding, with treatment considerations
- Exam, advanced diagnostics, red flags, referral and treatment

40s: Physiological Transition and Complex Pain Presentations 15 Minutes

- Mechanical load intolerance and changing tissue tolerance with reduced recovery capacity
- Common visceral and non-mechanical contributors including fibroid-related referral patterns, perimenopausal variability, and post-gynecologic surgical adaptations, with treatment considerations
- Exam, advanced diagnostics, red flags, referral and treatment

50s: Systemic Influences and Functional Resilience 15 Minutes

- Mechanical contributors related to declining strength reserve and fear-driven movement reduction
- Common non-mechanical contributors including menopausal hormonal change, sleep disturbance, and metabolic or inflammatory factors, with treatment considerations
- Exam, advanced diagnostics, red flags, referral and treatment

Communicating Complex Low Back Pain to Female Patients 15 Minutes

- Clear explanations of multifactorial pain and recovery expectations

- Positioning chiropractic care within a collaborative plan
- Educating patients to understand pain drivers, build confidence and support long-term function

Collaboration & Clinical Integration in Women's Spine Care

15 Minutes

- Recognizing when imaging/co-management is appropriate and referring
- Building relationships with women's health, primary care, and other providers
- Integrating decade-based pattern recognition into daily practice flow, retention strategies, and long-term patient support

Curriculum Vitae

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

Current Employment

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

Licenses

Chiropractor - Colorado CO 5067

Education

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

Certifications

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

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

Speaker/Presenter Experience

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

Instructor: Michael Boyle

Title: Training Adults – It Starts With Why

Course 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:

0:00–0:20 | 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.

0:20–0:40 | 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.

0:40–1:20 | 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.
- Discuss specific exercise progressions, regressions and lateralizations
- Explore the Mike Boyle strength training recipe and its application for various client populations.

1:20-1:40 | 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.

1:40-2:00 – Question and Answer

Michael Boyle

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

Professional Profile

Mike Boyle Strength and Conditioning, Woburn, Ma

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

Boston Red Sox

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

Boston University, Boston, Ma

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

Elite Conditioning Inc, Reading Ma.

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

Boston Bruins, Boston, Ma

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

Additional Professional Experiences

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

Education

1977-1982 Springfield College, Springfield, Ma

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

National and International Presentations

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

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

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

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

October 2008 Netherlands Olympic Committee- Training for Olympic Sports

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

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

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

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

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

Books and DVD's

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

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

Advances in Functional Training, 2009 On Target Publications

Functional Training for Sports , 2003 Human Kinetics

Designing Strength Training Programs and Facilities, 2005 Perform Better

Strength and Power for Sport DVD, 2008

Joint by Joint Approach to Movement and Training DVD, 2008

Power Development for Golf DVD, 2008

Advanced Program Design 5 DVD set, 2007

Functional Strength Coach Volume 3.0 2009

Functional Strength Coach Volume 2, 5 DVD set, 2006

Functional Strength Coach Volume 1, 10 DVD set, 2005

New Concepts in Core Training DVD, 2004

Foam Roller Techniques DVD, 2004

Plyometric Training DVD, 2004

Developing Linear Speed DVD, 2003

Developing Lateral Speed and Direction Change DVD, 2003

Full Name

Dr. Dana Hollandsworth

Course Title

Adjust Smarter, Not Harder: Biomechanics, Injury Prevention, and Efficiency for HVLA Longevity

Course Description

If adjusting hurts the chiropractor, something is wrong. It's usually in the setup, not the technique. This hands on, movement focused seminar shows DCs how to optimize their own biomechanics to reduce wrist, shoulder, and low back strain while delivering effective HVLA adjustments. Learn practical, region specific setup strategies for lumbopelvic, thoracic, and cervical adjustments, and leave with changes you can apply in practice immediately.

Learning Objectives

- Recognize common chiropractor overuse injury patterns related to inefficient HVLA setup.
 - Evaluate their own adjusting biomechanics to identify setup related strain.
 - Apply efficient HVLA setup strategies for lumbopelvic, thoracic, and cervical regions.
 - Incorporate practical adjustments that reduce cumulative stress and support long term career longevity.
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Course Outline (2 Hours | Organized in Time Blocks)

0–10 min | Opening & Mindset Reset

Why Adjusting Shouldn't Hurt You

- The most common overuse injuries in DCs (and why they're predictable)
- Why strength, hand size, and gender are not limiting factors
- Course roadmap: where pain actually comes from and how we fix it

10–20 min | HVLA Efficiency Fundamentals

What Actually Creates a Good Thrust

- Velocity vs force vs amplitude (plain language physics)
 - Why repeated thrusts increase injury risk
 - How setup efficiency protects both doctor and patient
-

20–35 min | Live Setup Block #1

Table Height & Center of Mass Lab

Hands On (Pairs or Small Groups):

- Table height checks for different body sizes
 - Stacking wrist → elbow → shoulder → hips
 - Identifying when shoulders vs body weight are doing the work
-

35–50 min | Lumbo Pelvic HVLA

Protecting Your Low Back While Adjusting Theirs

- Why side posture hurts DCs
 - Short lever vs long lever lumbar mechanics
 - Hip hinge or body drop vs forced spinal flexion
 - When to choose drop or modified techniques
-

50–65 min | Live Setup Block #2

Lumbo Pelvic Setup Lab

Hands On (Tables):

- Side posture setup with neutral spine
 - Pelvic positioning without shoulder strain
 - Identifying and correcting “reaching” errors
-

65–80 min | Thoracic HVLA

Supine vs Prone: Efficiency Trade Offs

- Why supine thoracic favors petite adjusters
 - Gravity assisted cavitation
 - Prone thoracic common set-up force discussion
 - Using the table as an ally
-

80–95 min | Live Setup Block #3

Thoracic Supine & Prone Lab

Hands On (Split Room):

- Supine thoracic positioning and body drop
 - Prone thoracic line of drive correction
 - Drop assistance vs manual thrust discussion
 - Focus on wrists, shoulders, and fatigue perception
-

95–110 min | Cervical HVLA

Precision Without Thumb and Wrist Pain

- Common thumb, wrist, and elbow overload errors
 - Preload vs over gripping
 - Sitting vs standing
-

110–120 min | Final Integration

The Adjuster Longevity Checklist

- Pain → mechanical cause → setup correction self-check
- Between patient self checks
- Technique rotation strategies for high volume days
- Q&A and clinical takeaway summary

DANA M. HOLLANDSWORTH, DC, MS, cAVCA
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Education

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

Certifications and Course Completions

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

Awards/Honors

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

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

Work Experience

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

Instructor: Christine Foss

2 hours

Title: Hand and Fingers Assessment, Technique, Elbow Assessment and Coupled Chiropractic Technique

Course Description: In this unit, students will practice assessment techniques for the elbow joint complex, focusing on accurate diagnosis and identifying any potential contraindications or need for referral. A variety of methods will be introduced to evaluate joint movement in athletes or physically active individuals. Emphasis will be placed on developing motion palpation and coupled chiropractic technique skills specific to the upper extremities, with targeted application to the elbow region. Additionally, students will be guided by the instructor in practicing assessments for the hand joint complex, using similar techniques to assess movement and identify any contraindications or need for referral, with a focus on applying motion palpation and chiropractic skills to the hand region.

Learning Objectives:

- Perform comprehensive assessments of the elbow joint complex to accurately diagnose conditions and identify any contraindications or need for referral, using a variety of evaluation methods.
- Apply motion palpation and coupled chiropractic techniques to the elbow region, demonstrating proficiency in assessing joint movement for athletes or physically active individuals.
- Conduct assessments of the hand joint complex to diagnose movement dysfunctions, identify contraindications, and determine the need for referral, with an emphasis on motion palpation and chiropractic techniques specific to the hand region.

Outline:

Hand: ROM, Orthopaedic testing, Manual Muscle testing (including intrinsic muscles)

- **15 Minutes** – Manual Muscle Testing of Flexion, Extension, Radial and Ulnar Deviation, Pronation, and Supination
- **15 Minutes** - Complexes Orthopaedic testing
- **15 Minutes** - Coupled Chiropractic HVLA for the hand region joints
- **15 Minutes** - Practice

Elbow: ROM, Orthopaedic testing, Manual Muscle testing

- **15 Minutes** – Elbow Flexors
- **15 Minutes** - Practice
- **15 Minutes** – Elbow Extensors
- **15 Minutes** - Practice

Curriculum Vitae

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

18 Newark Pompton Tpk.

Riverdale, NJ 07457

DrCFoss@Gmail.com

Office: 973-616-4555

Cell: 201-213-6983

Education:

Doctor of Medicine: University of Health Sciences; Antigua V.I. BWI	2003-2007
Doctor of Chiropractic: New York Chiropractic College Honor Society Phi Chi Omega Recipient	1991-1994
Master of Science: Education/ Sports Medicine: Old Dominion University, Norfolk VA	1987-1988
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: Lindsay Mumma & Annie O'Connor

Title: Breathing, Posture & Silent Suffering

Course Description:

This session examines the relationship between breathing, posture, and pelvic floor dysfunction. Emphasis is placed on identifying silent suffering patterns and integrating functional strategies into care.

Learning Objectives:

- Apply breathing techniques to pelvic health
- Identify postural influences on dysfunction
- Recognize patterns of silent suffering

Outline:

Introduction (0–5 Minutes)

- Overview of breathing and postural influence
 - Clinical relevance to pelvic floor dysfunction
-

Breathing & Posture Integration (5–120 Minutes)

5–25 Minutes

- Full Core Breathing Techniques
 - Diaphragmatic breathing mechanics
 - Coordination with pelvic floor
 - Rib cage and abdominal expansion

25–45 Minutes

- TMJ & Perineal Palpation
 - Connection between jaw tension and pelvic floor
 - Phonetic cueing strategies
 - Neuromuscular coordination patterns

45–65 Minutes

- Demonstration and Guided Practice
 - Instructor-led breathing drills
 - Patient cueing techniques
 - Identifying faulty patterns

65–85 Minutes

- Common Patterns of Silent Suffering

- o Chronic tension and guarding
- o Behavioral and emotional contributors
- o Clinical presentation patterns

85–105 Minutes

- Integration of Breathing with Posture
- o Static vs. dynamic posture
- o Movement-based breathing strategies
- o Functional carryover into daily activity

105–120 Minutes

- Clinical Application
- o Case-based examples
- o Implementation strategies
- Q&A

- o Reassessment strategies over time
- o Monitoring symptom behavior and trends
- o Adjusting care plans based on classification

85–105 Minutes

- Yellow Flag Risk Form (YFRF)
- o Identifying psychosocial risk factors
- o Screening for fear, avoidance, and distress
- o Incorporating findings into care

105–120 Minutes

- Personalized Patient Education Strategies
- o Communicating pain mechanisms effectively
- o Improving patient buy-in and adherence
- o Case-based application
- Q&A

Lindsay S. Mumma, DC, DNSP

Triangle Chiropractic and Rehabilitation Center, PLLC
2011 Falls Valley Drive, Suite 102
Raleigh, NC 27615
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Profile of Qualifications	Experienced chiropractor with knowledge and clinical skills regarding human biomechanics from birth through high-level athletic activity Certified DNS Practitioner Author of best-selling book <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
Education	Prague School of Rehabilitation, Prague, Czech Republic Certified DNS Practitioner (DNSP) September 2023 Palmer College of Chiropractic, Davenport, IA: Doctorate of Chiropractic Graduated June 2011 Clinical Excellence Award Recipient Kent State University, Kent, OH: Bachelor of Arts Graduated December 2007, cum laude Crestview High School, Columbiana, OH: Diploma Graduated May 2004, Valedictorian
Continuing Education 1206.25 Hours Total	2024 Courses Motion Palpation Institute Sports Summit: The Shoulder DNS Exercise Course Part 2 - Examination Passed DNS Pediatrics 1 - Examination Passed Motion Palpation Institute Adjustathon: Spine Academy of Shockwave Excellence 2023 Courses Parker Seminar - Vegas - The Body-Sport Connection, Myth Busters: Fat Loss Edition; Loading the Painful Patient: How Coaching Can Maximize Results; Beyond Pain: Movement and Environmental Vital Signs for the Modern Provider; Red Flags, Recovery, and Rehabilitation for CAs and DCs Motion Palpation Institute Sports Summit: The Lumbar Spine Dynamic Neuromuscular Stabilization: B DNS Applied to Klapp Crawling DNS Exercise Course Part 1 - Examination Passed Non-Surgical Hip Replacement - TCA Texpo DNS Online Seminar - Pelvic Floor Self-Treatment Dynamic Neuromuscular Stabilization: D Barral Institute Visceral Manipulation 1 Women Chiropractors Unconvention - Clinical Pearls - Women, Aging, and Cardiometabolic Health 2022 Courses

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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)

Education / Residency:

- 1993: (9 week) Orthopedic Physical Therapy Residency at Physical Therapy Orthopedic Specialists, Inc., Minneapolis, Minnesota.
- 1993: Northwestern University Graduate Orthopedic Program in Physical Therapy; Chicago, IL; completed all requirements for Master's Orthopedic Physical Therapy
- 1986: St. Louis University; St. Louis, Missouri. Bachelor of Science Degree in Physical Therapy

Professional Experience:

- **2024 – Present: Carelon Medical Benefits Management of Elevance Health Insurance Company – Clinical Account Director Back and Joint Pain Program**
 - Clinical account management for groups of clients (80% 1-5k, 20% 5k segment).
 - Provides consultative expert information on 360 Health Programs.
 - Presents prepared reports to clients to demo clinical program value.
 - Manages clinical service issues to ensure that performance guarantees are met and clinical issues resolved.
 - Builds relationship with internal and external stakeholders
 - Participates in process of clinical program implementation, clinical Lead for multidiscipline weekly Grand Rounds
 - Manages issues specific to client, applying knowledge, insight, experience into strategic recommendation's
 - Manages the business processes that the system supports.
- **2021 – 2024: Carelon Medical Benefits Management of Elevance Health Insurance Company – Physical Therapy Manager of the Back and Joint Pain Guide Program**
 - Advise and develop evidence-based standards of care for spine and joint pain prevention initiative.
 - Coordinate digital platform coaching vendors and oversee weekly grand rounds for Anthem members.
 - Supervise nurse and physical therapy case managers for Back and Joint Pain Guide Program.
 - Oversee national program fully insured 14 states with 3.4 million lives.
 - Clinical Practice oversee of all members actively in Back and Joint Pain Guide Program
 - Clinical Lead for multidiscipline Weekly Grand Rounds
- **2002 – Present: World of HURT LLC – Founder and CEO**
 - Publisher for World of Hurt Book
 - Consultant and Research Advisor for Pain Mechanism Classification System integration
 - Tele health Persistent Pain Wellness Coach
 - In home, In clinic Private Physical Therapy Practice
 - Primary Instructor and Author
 - Interdisciplinary (MD, DO, DC, Psychology, PT, OT, ATC, Massage Therapy) post graduate education.
 - CEU provider for 1 and 2-day courses both USA and International.
 - "a World of HURT (WoH): A Guide to Classifying Pain" – instructor of six training courses
 1. WoH: A Guide to Classifying Pain Course: An Overview course
 2. WoH: Nociceptive Pain Mechanisms: Mechanical to Functional Exercise Prescriptions
 3. WoH: Peripheral Neurogenic Pain: Neural Entrapment to Neural Dysfunction Exercise Prescriptions
 4. WoH: Central Nervous System Pain Mechanisms Patient Education & Exercise Prescriptions
 5. WoH: A Non-Pharmacy approach to the Neurological Patient's Pain and Spasticity
 6. WoH: "Foods" a Non-Pharmacy Intervention for Pain & Chronic Illness

- **2018 – Present: Greentree Mind company – Advisory Board Member**
 - Advising standards of care for musculoskeletal physical and occupational therapy clinical practice.
 - Consultant for outpatient rehabilitation operations, standard of care training and mentoring programs
- **2020 – 2023: Governor State University – Adjunct Faculty Physical Therapy Program**
 - Current Issues in Physical Therapy – Pain Mechanism Classification System (PMCS) utilization in pain, hypertonia, persistent symptoms and disability.
 - Course Number: PHYT 8811; Credit Hours: Two (2)
 - Catalog Description: Covers advanced examination and intervention techniques for patients who have impairments or disabilities. Explores current literature and research in the field.
 - Evaluation: Grading will be based upon the following:
 - 1. Posttest after each self-reading and taped webinar of each mechanism.
 - 2. Group activity literature review and journal club presentation of each mechanism applied to a case.
- **2018 – 2021: Shirley Ryan Ability Lab – Clinical Manager Musculoskeletal Partnerships**
 - Advise standards of care in MSK physician, physical and occupational clinical practice.
 - Advise research questions and active practice-based research projects in clinical practice.
 - Supervise and participate in clinical mentorship program for inpatient, outpatient PT & OT clinicians for problems of pain, spasticity, functional exercise progression.
 - Manage the IMC/R&Q/Empatha collaboration with SRALAB
 - Clinical Practice Orthopedic and Neurological Outpatients
- **2018 – 2021: AIM Specialty Health- National based healthcare company – Specialty Panel Physical Therapy Member**
 - Advising standards of care for musculoskeletal physical and occupational therapy clinical practice.
 - Advising research questions and projects of special interest to Medical Director.
 - Consultant for outpatient rehabilitation operations, standard of care training and mentoring programs
- **2016 – 2021: My Abilities- Ontario-based healthcare data analytics company – Research and Advisory Board Member**
 - Advising clinical practice standards of care for artificial intelligence technology platform.
 - Advising clinical practice research questions and forums for use of artificial intelligence technology platform.
 - Advisement of its AI data-driven Software-as-a-Service (SaaS) helping employers, insurance companies, healthcare providers and injured workers prevent workplace injuries and expediting return to work and reduction of claims while promoting a healthy and fit workforce.
- **2015 – 2018: 10X25 Initiative Spine Foundation, North American Spine Society (NASS) – Active Member Tactile Committee**
 - Tactile National Committee to reduce spine related disability 10% by 2025.
- **2013 – 2018: Shirley Ryan Ability Lab formerly known as Rehabilitation Institute of Chicago (RIC) – River Forest Outpatient Center - Clinical Manager**
 - Supervise and Manage Multidisciplinary Orthopedic and Neurological Rehabilitation Team and Operations.
 - Experience in JCAHO and CARF accreditation.
 - Maintain Quality Improvement projects, Marketing and Continuing Education Budget and Plans.
 - 50% Outpatient Musculoskeletal Clinical Practice
- **2002 – 2018: Rehabilitation Institute of Chicago (RIC), Chicago, IL - Corporate Director Musculoskeletal Practice**
 - Develop, Implement, and maintain Core Competency Curriculum for Allied Health Staff to ensure Best Practice Standards and Competencies for Musculoskeletal Rehabilitation.
 - Maintain Quality Improvement projects associated with employee and patient satisfaction.
 - Monitor outcomes for musculoskeletal rehabilitation programs at six-outpatient centers.

Session: Utilization of Electrodiagnostics in Clinical Practice

Instructor: J.D. Dishman

Course Description:

This two-hour lecture reviews the use of electrodiagnostic (EDX) procedures in the diagnosis and management of mononeuropathies, polyneuropathies, and cervical and lumbar radiculopathies. Emphasis is placed on clinical application for carpal tunnel syndrome, ulnar neuropathy, and commonly presenting polyneuropathies. The diagnostic yield of EDX testing in cervical and lumbar radiculopathies is also explored.

Learning Objectives:

- Understand the anatomy of the median and ulnar nerves
 - Characterize motor and sensory nerve conduction study techniques
 - Compare F-wave and H-reflex applications in mononeuropathy, polyneuropathy, and radiculopathy
 - Identify common mononeuropathy locations in the upper and lower limbs
 - Recognize clinical signs of carpal tunnel syndrome and ulnar lesions
 - Select appropriate nerve conduction studies for suspected CTS or ulnar neuropathy
 - Distinguish genetic versus acquired polyneuropathy
 - Apply needle EMG studies in radiculopathy evaluation
 - Interpret differences between nerve conduction and EMG findings in neuropathy versus radiculopathy
-

Electrodiagnostic Procedures Overview (5–120 Minutes)

5–25 Minutes: Median Nerve & Carpal Tunnel Syndrome

- Review of median nerve anatomy
- Clinical signs and symptoms of CTS
- Best practices for nerve conduction study (NCS) selection

25–45 Minutes: Median Nerve EDX Application

- Using a combined index for CTS
- Utilization of needle EMG for CTS
- Case-based interpretation examples

45–65 Minutes: Ulnar Nerve Anatomy & Neuropathy

- Review of ulnar nerve anatomy
- Clinical signs and symptoms of ulnar neuropathy
- Selection of NCS techniques for ulnar neuropathy

65–85 Minutes: Ulnar Nerve EDX Application

- Utilization of needle EMG for ulnar neuropathy
- Clinical interpretation and discussion

85–105 Minutes: Polyneuropathy Evaluation

- Common causes of polyneuropathy
- Typical EDX findings in polyneuropathy
- NCS test selection and the use of late responses (F-wave, H-reflex)
- Strengths and limitations of EDX in polyneuropathy

105–120 Minutes: Cervical and Lumbar Radiculopathy

- Cervical and lumbar plexus anatomy review
- Common radiculopathy presentations (cervical and lumbar)
- Diagnostic yield/value of EDX procedures in radiculopathy
- Needle EMG application and late response evaluation
- Integration: differentiating neuropathy vs. radiculopathy
- Q&A and clinical pearls



CURRICULUM VITAE

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

Personal Information :

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

Academic Appointments:

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

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

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

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

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

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

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

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

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

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

Education:

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

Instructor: Dale J. Buchberger, DC, PT, CSCS, DACBSP (2 Hours)

Title: Sports Injuries of the Shoulder: Awareness

Course Description:

A thorough understanding of shoulder anatomy and biomechanics is essential for recognizing injury patterns in athletic populations. This course focuses on the structural and functional components of the shoulder, emphasizing mechanisms of instability, impingement, and degenerative conditions. Participants will gain insight into how these issues develop and how to identify early risk factors.

Learning Objectives:

- Identify key anatomical structures and biomechanical principles of the shoulder
- Differentiate between instability and laxity
- Recognize common shoulder pathologies and their mechanisms
- Understand contributing factors to degenerative and overuse injuries

Outline:

Introduction (0–5 Minutes)

- Overview of shoulder injuries in sports medicine
 - Importance of early recognition and prevention
-

Functional Anatomy and Biomechanics (5–60 Minutes)

- Instability vs. Laxity
 - o Static vs. Dynamic Stability
 - o SLAP Lesions
 - o Capsulolabral Lesions
-

Common Shoulder Pathologies (60–120 Minutes)

- Impingement Syndromes, Rotator Cuff Tears, Degenerative Lesions
 - o Primary vs. Secondary, Internal Impingement
 - o Rotator Cuff Tears: Mechanisms
 - o Overuse Degeneration: Osseous vs. Tendinous

Dale J. Büchberger, MS, PT, DC, CSCS, DACBSP®
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Curriculum Vitae

Experience:

December 2018 to Present
University of Western States
Online Adjunct Instructor

September 2010 to present
Active Chiropractic Solutions
President/CEO

February 2009 to present
Active Physical Therapy Solutions PC
President/CEO

2006 August 14 to 2008 December 31:
Victory Sports Medicine and Orthopedics, Skaneateles, NY
Director of Physical Therapy

2006 to 2012
Parker College of Chiropractic
Post Graduate Faculty

2003 to Present:
Palmer College of Chiropractic
Post Graduate Faculty

2002 to 2012:
Southern California Health Sciences University
Post Graduate Faculty

2001 to 2012:
Northwestern Health Sciences University
Post Graduate Faculty

1999 to 2004 (April):
New York Chiropractic College - Faculty appointment
Associate Professor, Student Health Center/Research Dept./Technique Dept.
Post Graduate Faculty

1997 (Jan) to 1999
New York Chiropractic College - Faculty appointments:
Assistant Professor, Student Health Center/Research Dept./Diagnosis Dept.
Post Graduate Faculty

1991 to 1996
Private Practice: Büchberger Sports Chiropractic
South River, NJ

Teaching experience:

1) Diagnosis and Management of Extremity Disorders (TCH6706)

a) **September 2000 to December 2003**

b) 2 hours lecture, 2 hours of laboratory

2) Clinical Anatomy Course: Upper extremity (ANA6706)

a) **January 2001 to April 2002**

b) 2 three (3) hour laboratories

3) Correlative Differential Diagnosis (DX0713)

a) This course has been eliminated from the curriculum effective August 2000.

b) Previously taught from **September 1998 to August 2000.**

c) 4 hours of lecture

1991 to 1996

Team physician St. Peters High School (New Brunswick, N.J.) Athletic Department.

Duties include: Perform pre-season pre-participation screenings
Sideline triage and treatment for boys varsity football, basketball and baseball.
Pre-game taping, bracing and treatment.
Establish in-season and off-season strength and conditioning programs.
Maintain records of pre-participation screenings and injuries reported.

1992 to 1996

The first Doctor of Chiropractic appointed by the Garden State Medical Group/HIP of New Jersey Health Plan to provide chiropractic care in a multi disciplinary setting with primary care physicians, pediatricians, orthopedic surgeons and rheumatologists.

1992 to 1996

Team physician East Brunswick Vocational and Technical High School Baseball Team.

Duties include: Establish in-season and off-season strength and conditioning programs.
On field triage and treatment of injuries.
In office triage and treatment of injuries.
Pre-game taping, stretching and treatment.

1992 to 1996

Medical Director - Greater Middlesex Conference Senior All-star Baseball Game.

Duties include: Establish and coordinate a multi-disciplinary medical team comprised, of certified athletic trainers and sports chiropractors.
Provide triage and appropriate medical care as needed.

1992 and 1993

Attending physician - NJSIAA Jake Bornheimer Boys Varsity Basketball Tournament

Duties included: Sideline coverage, triage, emergency care and pre-game taping.

1994

Attending physician - NJSIAA East Coast Prime Time Shoot Out, Boys Varsity Basketball Tournament

Duties included: Sideline coverage, triage, emergency care and pre-game taping.

1994 to 1996

Medical Director - Greater Middlesex Conference Senior All-star Basketball Game

Duties include: Establish and coordinate a multi-disciplinary medical team comprised of certified athletic trainers and sports chiropractors.
Provide triage and appropriate medical care as needed.

Awards

2009

American Chiropractic Board of Sports Physicians (ACBSP®)

Sports Chiropractor of the Year

2005

Instructor: Dr. Nichelle Gurule

Duration: 2 Hours

Course Title: Primitive Reflexes in Pediatric Practice: Brain Development, Movement, and Clinical Application

Course Description:

This course provides a practical, brain-based overview of primitive reflexes and their role in pediatric development, behavior, posture, learning, and movement. Attendees will learn why retained reflexes matter, how to screen and score key reflexes, and how to use movement, lifestyle strategies, and age-appropriate interventions to support integration and real-world outcomes.

Learning Objectives:

- Understand the role of primitive reflexes in pediatric development
 - Identify signs and implications of retained reflexes
 - Learn how to screen and score key primitive reflexes
 - Explore movement-based and lifestyle strategies for reflex integration
 - Apply reflex integration concepts to clinical decision-making and patient outcomes
-

Outline:

1. Why Primitive Reflexes Matter (15 min)

- Introduce what can change when reflex integration is addressed, including regulation, posture, coordination, visual skills, behavior, and learning
-

2. Brain Development + Pyramid of Learning (15 min)

- Cover how the brain develops, key developmental milestones, and why movement is essential for wiring the brain well
 - Introduce the Pyramid of Learning and explain why higher-level skills depend on a strong sensory-motor foundation
-

3. Primitive Reflex Foundations (15 min)

- Define primitive reflexes, their purpose in early life, and how they should naturally become

integrated as the brain matures

- Explain why pediatricians do not typically test reflexes in this functional way and why retained reflexes can still matter clinically
-

4. Why Reflexes Stay Retained + Real-World Impact (15 min)

- Discuss the many reasons reflexes may remain active, including birth factors, lack of movement opportunities, injury, stress, sensory challenges, illness, developmental delay, and modern lifestyle patterns
 - Connect retained reflexes to posture, coordination, clumsiness, emotional dysregulation, visual strain, fine motor struggles, and attention challenges
-

5. How Reflexes Integrate + Prevention Strategies (15 min)

- Teach how reflexes are integrated through movement, repetition, sensory input, maturation, and developmentally appropriate play
 - Discuss strategies for toddlers versus early childhood, including movement-rich environments and play
-

6. Lifestyle Factors That Shape Brain Development (15 min)

- Review the role of sleep, nutrition, screen time, outdoor play, sensory experiences, regulation, and lifestyle habits in nervous system development
 - Discuss what needs to change in everyday life to support reflex integration
-

7. Reflex Breakdown I & II: Moro, ATNR, TLR, STNR, Spinal Galant, Babinski (15 min)

- Definition, timeline, purpose, and retained presentation
 - Demonstrate testing and scoring, review positive findings
 - Introduce movement-based integration strategies
-

8. Reflex Breakdown III: Rooting and Palmar + Clinical Application (15 min)

- Timing, purpose, retained signs, testing, and scoring
- Integration exercises
- Clinical application: translating findings into movement prescriptions and functional outcomes for children and families

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

OBJECTIVE

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

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

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

Strength Training for Golf: Improving Force Production and Building Capacity

Dr. Cody Dimak DC

Two-Hour Outline

Course Description

This two-hour course will walk clinicians through how to utilize lumbar spine load sensitivity assessments, core exercises, and lower extremity strength exercises to improve lumbar spine tissue capacity in a painful golfer. We will simplify the biomechanics of lower body strength exercises, teach how to utilize person-centered assessment findings for exercise selection, and show modifications of those exercises that reach the same goal to improve force production in the golf swing.

Learning Objectives

- Understand spinal loads and forces in the golf swing.
 - Understand how a person-centered exam is key to improving tissue capacity and resilience.
 - Understand how to perform lumbar sensitivity assessments and how to use their results in core and strength exercise selection for the golfer.
 - Understand strength exercise biomechanics and how to 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.
 - Understand how to dose exercises to improve force production in the golf swing.
- I. What are the loads and forces that occur in the spine during the golf swing? (15 minutes)
 - a. Compression forces
 - b. Movements and moments during the golf swing
 - II. Lumbar Spine Load Sensitivity Assessment Considerations (15 minutes)
 - a. Directional Preference of pain in the low back
 - b. Movement vs. Moment in biomechanics
 - III. Lumbar Spine Load Sensitivity Assessment Considerations Cont. (15 minutes)
 - a. Compression sensitivity test
 - b. Posterior to Anterior Shear sensitivity test
 - c. Lateral Shear sensitivity test
 - d. Load Sharing into hypomobile areas of the spine
 - IV. Core Exercise Selection for Load Sensitivity (15 minutes)
 - a. Building flexion moment tolerance capacity
 - b. Building extension moment tolerance capacity
 - c. Building lateral flexion moment tolerance capacity
 - d. Building torsional moment tolerance capacity
 - V. Hip Anatomy Variation and Influences in Exercise Selection (15 minutes)
 - a. Acetabular anatomy variations, assessment, and impact on biomechanics
 - b. Femoral neck variations, assessment, and impact on biomechanics

- VI. Lower Body Strength Exercise Integration and Demonstration (15 minutes)
 - a. Deadlift variations for lumbar rehabilitation
 - b. Single leg deadlift variations for lumbar rehabilitation

- VII. Lower Body Strength Exercise Integration and Demonstration Cont. (15 minutes)
 - a. Squat variations for lumbar rehabilitation
 - b. Single leg squat variations for lumbar rehabilitation
 - c. Load carry variations for lumbar rehabilitation

- VIII. Lower Body Strength Exercise Integration and Demonstration Cont. (15 minutes)
 - a. Load management and dosage for strength exercises
 - b. Example of programing for improving ground reaction forces in golf swing

Cody A. Dimak, DC

Curriculum Vitae

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

EDUCATION:

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

Techniques

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

Research:

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

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

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

LICENSURES AND CERTIFICATIONS:

Doctor of Chiropractic, Texas (License # 13841)

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

Rehab 2 Performance - The Functional Approach

National Board of Chiropractic Examiners, Parts I-IV

Physiotherapy of the National Boards

Active Release Technique- Spine (2011-2012)

CPR Basic Life Support Certification

CONTINUING EDUCATION:

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

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

Perform Better Functional Training Summit, Long Beach, CA

Functional Movement Screen Certification, Online, Costa Mesa, CA

Prague School to Athletic Development, Craig Liebenson DC

Faulty Movement Patterns, San Francisco, CA

Prague School to Athletic Development, Craig Liebenson DC

Rehab of the Athlete, San Francisco, CA

Perform Better Functional Training Summit, Long Beach, CA

Prague School to Athletic Development, Craig Liebenson DC

Continuum of Care, San Francisco, CA

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

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

Instructor: Billy Sticker

Title: Plain-English Guide to AI, Documentation, and HIPAA

Description

Learn how AI chat and AI agents can help chiropractors document faster, market smarter, and operate more efficiently — without being reckless with patient data. This session breaks down the difference between AI chat and AI agents in plain language, walks through real SOAP note examples, and gives providers a practical, HIPAA-aware framework for using AI across documentation, marketing, content, and operations.

Learning Objectives

- Understand the difference between AI chat and AI agents and when to use each.
- See a side-by-side SOAP note example using both approaches.
- Identify which AI tasks require HIPAA safeguards and which do not.
- Apply a safer documentation workflow with human review built in.
- Recognize high-value non-PHI use cases for marketing, content, retention, and operations.
- Leave with a clear action plan for Monday morning.

Outline

1. The Real Problem and How Can AI Help (15 min)

- Documentation drag is killing providers, not the technology itself
- Mental weight at the end of 30 visits is the real enemy
- Speed is only useful if it's also safe

2. AI Chat vs. AI Agents (15 min)

- Chat = low setup, inconsistent / Agents = more setup, more repeatable
- Don't ask how to build an agent — ask what you want done the same way every time
- Where individuals begin vs. where systems begin

3. SOAP Note Example (20 min)

- Chat version — paste de-identified notes, prompt to SOAP format, review
- Agent version — structured input, fixed template, guardrails built in
- Same output, very different level of control

4. AI Without PHI: Marketing & Content (15 min)

- AI can freely assist with non-clinical content — no PHI, no HIPAA exposure
- Marketing use cases: website copy, SEO pages, Google Business Profile posts, ad copy, landing pages, lead magnets, referral outreach
- Content use cases: video scripts, reel hooks, email newsletters, patient education, condition explainers, FAQs, new patient onboarding, workshop materials

5. AI Without PHI: Operations & Retention (10 min)

- Retention use cases: reactivation copy, review request sequences, lead follow-up, reminder sequences, nurture campaigns
- Operations use cases: SOPs, staff training docs, hiring materials, internal playbooks, market research summaries, report summaries
- Internal automations that do not touch PHI are among the lowest-risk, highest-leverage AI applications

6. HIPAA Reality Check (15 min)

- Pasting raw patient data into a random AI tool is not a strategy
- PHI, BAA, de-identification — plain English, no legal jargon
- “HIPAA-compliant AI” is marketing — compliance covers the whole workflow

7. A Safer Workflow (10 min)

- Capture inside your system, scrub PHI, let AI draft, clinician finalizes
- AI drafts — you decide — that’s the rule
- Assisted documentation with guardrails, not hands-off automation

8. Action Steps (5 min)

- One bottleneck, one use case, one policy
- Never bypass HIPAA thinking just to save time
- Build toward a governed workflow, not random AI usage

9. Q&A (15 min)

Billy Sticker

Speaker, Business Advisor, Author, and Entrepreneur

[Website](#) | [LinkedIn](#) | [Instagram](#) | [TikTok](#) | [Facebook](#)

Email: billy@chirocandy.com

Professional Summary

Billy Sticker is a globally recognized speaker, business advisor, and multiple award-winning entrepreneur. With a passion for helping coaches, consultants, agency owners, and authors, Billy empowers them to launch and scale multiple six-to-seven figure businesses. As the author of titles such as *The Blessed Entrepreneur* and *AI-Powered Chiropractic Marketing*, Billy combines expertise and innovation to make a meaningful impact in the business world.

Work Experience

Founder & CEO

ChiroCandy Marketing (2015 – Present)

- Built and scaled a multiple seven-figure agency, earning the Multiple 7-Figure Agency Award.
- Developed innovative AI-driven marketing solutions, leading to 200,000+ monthly patient visits globally.
- Recognized as an industry leader in chiropractic marketing and patient outreach.

Chiropractic Office Professional

(Previous Role)

- Gained extensive experience managing operations in a multi-location chiropractic office.
 - Fostered a deep appreciation for the chiropractic profession, shaping future endeavors in marketing and consulting.
-

Education & Certifications

- *Industry Expertise and Self-Published Author:*
 - *The Blessed Entrepreneur: 5 Steps to Launch & Scale a Business With Impact*
 - *AI-Powered Chiropractic Marketing & Tribe of Patients*
- Awards:

- Two-Comma Club Award (ClickFunnels): Recognized for generating over \$1M in revenue through online sales.
-

Skills

- Business Strategy and Scaling
 - AI-Driven Marketing Solutions
 - Public Speaking and Leadership
 - Coaching and Mentorship
-

Media Features & Speaking Engagements

- Featured in: *Forbes*, *ABC*, *CBS*, *Fox*.
 - Guest on leading podcasts: *Internet Business Mastery*, *Seven-Figure Agency*, *The Christian Entrepreneur*.
 - Speaker at global industry events in the USA, London, and Paris.
-

Interests

Billy enjoys discovering new vacation destinations for his family.

Instructor: Christine Foss

2 hours

Title: Wrist/Hand Coupled Chiropractic Technique

Course Description: In this unit, students will be guided by the instructor in practicing assessments for both the wrist and hand joint complexes, focusing on accurate diagnosis and identifying any contraindications or need for referral. A variety of techniques will be introduced to assess joint movement in athletes or physically active individuals. Emphasis will be placed on developing motion palpation and coupled chiropractic technique skills, with specific applications to the wrist and hand regions of the upper extremities. Students will gain practical experience in evaluating and treating these areas to support optimal movement and performance.

Learning Objectives:

- Perform comprehensive assessments of the wrist and hand joint complexes, accurately diagnosing conditions and identifying contraindications or the need for referral in athletes or physically active individuals.
- Utilize a variety of assessment techniques to evaluate joint movement in the wrist and hand regions, focusing on the functional needs of athletes or physically active individuals.
- Develop proficiency in motion palpation and coupled chiropractic techniques, applying them specifically to the wrist and hand regions to support optimal movement and performance in the upper extremities.

Outline:

Wrist: ROM, Orthopaedic testing, Manual Muscle testing

- **15 Minutes** – Manual Muscle Testing of the Wrist Flexors and Extensors
- **15 Minutes** - Complexes Orthopaedic testing
- **15 Minutes** - Practice
- **15 Minutes** - Coupled Chiropractic HVLA for the wrist region joints
- **15 Minutes** - Practice

Hand: ROM, Orthopaedic testing, Manual Muscle testing (including intrinsic muscles)

- **15 Minutes** – Manual Muscle Testing of Flexion, Extension, Radial and Ulnar Deviation, Pronation, and Supination
- **15 Minutes** - Complexes Orthopaedic testing
- **15 Minutes** - Coupled Chiropractic HVLA for the hand region joints
- **15 Minutes** - Practice

Curriculum Vitae

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

18 Newark Pompton Tpk.

Riverdale, NJ 07457

DrCFoss@Gmail.com

Office: 973-616-4555

Cell: 201-213-6983

Education:

Doctor of Medicine: University of Health Sciences; Antigua V.I. BWI	2003-2007
Doctor of Chiropractic: New York Chiropractic College Honor Society Phi Chi Omega Recipient	1991-1994
Master of Science: Education/ Sports Medicine: Old Dominion University, Norfolk VA	1987-1988
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: Lindsay Mumma & Annie O'Connor

Title: Pelvic Floor Nociception & Peripheral Neurogenic Pain Mechanisms

Course Description:

This session focuses on differentiating nociceptive and peripheral neurogenic pain mechanisms in pelvic floor dysfunction and applying targeted assessment strategies.

Learning Objectives:

- Differentiate nociceptive vs. neurogenic pain
- Apply directional preference testing
- Identify spinal vs. pelvic floor drivers of pain

Outline:

Introduction (0–5 Minutes)

- Overview of pain mechanisms
 - Importance of differential diagnosis
-

Nociception & Neurogenic Pain (5–120 Minutes)

5–25 Minutes

- Subjective Characteristics of Nociception
 - o Pain descriptors and behavior
 - o Aggravating and easing factors
 - o Symptom patterns

25–45 Minutes

- Objective Findings and Clinical Indicators
 - o Physical exam findings
 - o Tissue sensitivity and reactivity
 - o Movement-based assessment

45–65 Minutes

- Patient Education and Active Care Strategies
 - o Explaining pain mechanisms
 - o Encouraging active participation
 - o Reducing fear and avoidance

65–85 Minutes

- Directional Preference Lab

- o Movement testing strategies
- o Identifying directional preference
- o Symptom modification techniques

85–105 Minutes

- Identifying Spinal Referral vs. Pelvic Floor Origin
- o Differentiation strategies
- o Regional interdependence
- o Clinical decision-making

105–120 Minutes

- Peripheral Neurogenic Presentations
- o “Stuck, Stiff, or Sensitive” classifications
- o Treatment implications
- Q&A

Lindsay S. Mumma, DC, DNSP

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

Profile of Qualifications	Experienced chiropractor with knowledge and clinical skills regarding human biomechanics from birth through high-level athletic activity Certified DNS Practitioner Author of best-selling book <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
Education	Prague School of Rehabilitation, Prague, Czech Republic Certified DNS Practitioner (DNSP) September 2023 Palmer College of Chiropractic, Davenport, IA: Doctorate of Chiropractic Graduated June 2011 Clinical Excellence Award Recipient Kent State University, Kent, OH: Bachelor of Arts Graduated December 2007, cum laude Crestview High School, Columbiana, OH: Diploma Graduated May 2004, Valedictorian
Continuing Education 1206.25 Hours Total	2024 Courses Motion Palpation Institute Sports Summit: The Shoulder DNS Exercise Course Part 2 - Examination Passed DNS Pediatrics 1 - Examination Passed Motion Palpation Institute Adjustathon: Spine Academy of Shockwave Excellence 2023 Courses Parker Seminar - Vegas - The Body-Sport Connection, Myth Busters: Fat Loss Edition; Loading the Painful Patient: How Coaching Can Maximize Results; Beyond Pain: Movement and Environmental Vital Signs for the Modern Provider; Red Flags, Recovery, and Rehabilitation for CAs and DCs Motion Palpation Institute Sports Summit: The Lumbar Spine Dynamic Neuromuscular Stabilization: B DNS Applied to Klapp Crawling DNS Exercise Course Part 1 - Examination Passed Non-Surgical Hip Replacement - TCA Texpo DNS Online Seminar - Pelvic Floor Self-Treatment Dynamic Neuromuscular Stabilization: D Barral Institute Visceral Manipulation 1 Women Chiropractors Unconvention - Clinical Pearls - Women, Aging, and Cardiometabolic Health 2022 Courses

Lindsay S. Mumma, DC, DNSP

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

Parker Seminar - Vegas

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

ICPA Postpartum Care: Improving Diaphragm, Core, and Pelvic Floor Function

DNS Baby Handling

DNS Women's Health Yoga

Clinic Gym Hybrid Advanced Rehab & Active Care

Parker Seminar - Orlando

- The Science of the Adjustment

Dynamic Neuromuscular Stabilization: A

Dynamic Neuromuscular Stabilization: C

2021 Courses

MPI Spine

MPI Spine

Parker University Skill-Up

MPI Spine

MPI Integration - Lower

MPI Integration - Upper

MPI Extremities

Parker Seminar - Orlando

- TMJ, Foot & Ankle Adjusting, Shoulder Rehabilitation, Neuroplasticity, Establishing Functional Goals

MPI Pregnancy & Pediatrics

Compliance & Cultural Competency Training

Parker Seminar - Dallas

- Science of the Adjustment, Impulse Control, Pain Science & Nutrition, Insulin Resistance

DNS Women's Health

2020 Courses

Parker University Skill-Up

NCCA Spring Convention

- The Pendulum is Swinging Again
- Kinetic Chain from the Ground Up
- Communicating Chiropractic: Applying the Science of Chiropractic to Clinical Practice

HNS Compliance (Fraud, Waste and Abuse, HIPAA)

NCCA Fall Convention

- Clinical Risk Management: Manifestations of COVID19
- Supporting Optimal Immune System Health

2019 Courses

NCCA Spring Conference (presenter and participant)

HNS Compliance Training (Fraud, Waste and Abuse, HIPAA)

Managing for Success A Step Further: Improving Quality & Treatment Outcomes & Clinical Care and Risk Management

Myofascial Trigger Point Dry Needling A Diagnostic and Treatment Modality for The Manual Medicine Practice

MindBridge Neurolinguistic Programming (NLP) Practitioner Training (Modules 4-6)

Education / Residency:

- 1993: (9 week) Orthopedic Physical Therapy Residency at Physical Therapy Orthopedic Specialists, Inc., Minneapolis, Minnesota.
- 1993: Northwestern University Graduate Orthopedic Program in Physical Therapy; Chicago, IL; completed all requirements for Master's Orthopedic Physical Therapy
- 1986: St. Louis University; St. Louis, Missouri. Bachelor of Science Degree in Physical Therapy

Professional Experience:

- **2024 – Present: Carelon Medical Benefits Management of Elevance Health Insurance Company – Clinical Account Director Back and Joint Pain Program**
 - Clinical account management for groups of clients (80% 1-5k, 20% 5k segment).
 - Provides consultative expert information on 360 Health Programs.
 - Presents prepared reports to clients to demo clinical program value.
 - Manages clinical service issues to ensure that performance guarantees are met and clinical issues resolved.
 - Builds relationship with internal and external stakeholders
 - Participates in process of clinical program implementation, clinical Lead for multidiscipline weekly Grand Rounds
 - Manages issues specific to client, applying knowledge, insight, experience into strategic recommendation's
 - Manages the business processes that the system supports.
- **2021 – 2024: Carelon Medical Benefits Management of Elevance Health Insurance Company – Physical Therapy Manager of the Back and Joint Pain Guide Program**
 - Advise and develop evidence-based standards of care for spine and joint pain prevention initiative.
 - Coordinate digital platform coaching vendors and oversee weekly grand rounds for Anthem members.
 - Supervise nurse and physical therapy case managers for Back and Joint Pain Guide Program.
 - Oversee national program fully insured 14 states with 3.4 million lives.
 - Clinical Practice oversee of all members actively in Back and Joint Pain Guide Program
 - Clinical Lead for multidiscipline Weekly Grand Rounds
- **2002 – Present: World of HURT LLC – Founder and CEO**
 - Publisher for World of Hurt Book
 - Consultant and Research Advisor for Pain Mechanism Classification System integration
 - Tele health Persistent Pain Wellness Coach
 - In home, In clinic Private Physical Therapy Practice
 - Primary Instructor and Author
 - Interdisciplinary (MD, DO, DC, Psychology, PT, OT, ATC, Massage Therapy) post graduate education.
 - CEU provider for 1 and 2-day courses both USA and International.
 - "a World of HURT (WoH): A Guide to Classifying Pain" – instructor of six training courses
 1. WoH: A Guide to Classifying Pain Course: An Overview course
 2. WoH: Nociceptive Pain Mechanisms: Mechanical to Functional Exercise Prescriptions
 3. WoH: Peripheral Neurogenic Pain: Neural Entrapment to Neural Dysfunction Exercise Prescriptions
 4. WoH: Central Nervous System Pain Mechanisms Patient Education & Exercise Prescriptions
 5. WoH: A Non-Pharmacy approach to the Neurological Patient's Pain and Spasticity
 6. WoH: "Foods" a Non-Pharmacy Intervention for Pain & Chronic Illness

- **2018 – Present: Greentree Mind company – Advisory Board Member**
 - Advising standards of care for musculoskeletal physical and occupational therapy clinical practice.
 - Consultant for outpatient rehabilitation operations, standard of care training and mentoring programs
- **2020 – 2023: Governor State University – Adjunct Faculty Physical Therapy Program**
 - Current Issues in Physical Therapy – Pain Mechanism Classification System (PMCS) utilization in pain, hypertonia, persistent symptoms and disability.
 - Course Number: PHYT 8811; Credit Hours: Two (2)
 - Catalog Description: Covers advanced examination and intervention techniques for patients who have impairments or disabilities. Explores current literature and research in the field.
 - Evaluation: Grading will be based upon the following:
 - 1. Posttest after each self-reading and taped webinar of each mechanism.
 - 2. Group activity literature review and journal club presentation of each mechanism applied to a case.
- **2018 – 2021: Shirley Ryan Ability Lab – Clinical Manager Musculoskeletal Partnerships**
 - Advise standards of care in MSK physician, physical and occupational clinical practice.
 - Advise research questions and active practice-based research projects in clinical practice.
 - Supervise and participate in clinical mentorship program for inpatient, outpatient PT & OT clinicians for problems of pain, spasticity, functional exercise progression.
 - Manage the IMC/R&Q/Empatha collaboration with SRALAB
 - Clinical Practice Orthopedic and Neurological Outpatients
- **2018 – 2021: AIM Specialty Health- National based healthcare company – Specialty Panel Physical Therapy Member**
 - Advising standards of care for musculoskeletal physical and occupational therapy clinical practice.
 - Advising research questions and projects of special interest to Medical Director.
 - Consultant for outpatient rehabilitation operations, standard of care training and mentoring programs
- **2016 – 2021: My Abilities- Ontario-based healthcare data analytics company – Research and Advisory Board Member**
 - Advising clinical practice standards of care for artificial intelligence technology platform.
 - Advising clinical practice research questions and forums for use of artificial intelligence technology platform.
 - Advisement of its AI data-driven Software-as-a-Service (SaaS) helping employers, insurance companies, healthcare providers and injured workers prevent workplace injuries and expediting return to work and reduction of claims while promoting a healthy and fit workforce.
- **2015 – 2018: 10X25 Initiative Spine Foundation, North American Spine Society (NASS) – Active Member Tactile Committee**
 - Tactile National Committee to reduce spine related disability 10% by 2025.
- **2013 – 2018: Shirley Ryan Ability Lab formerly known as Rehabilitation Institute of Chicago (RIC) – River Forest Outpatient Center - Clinical Manager**
 - Supervise and Manage Multidisciplinary Orthopedic and Neurological Rehabilitation Team and Operations.
 - Experience in JCAHO and CARF accreditation.
 - Maintain Quality Improvement projects, Marketing and Continuing Education Budget and Plans.
 - 50% Outpatient Musculoskeletal Clinical Practice
- **2002 – 2018: Rehabilitation Institute of Chicago (RIC), Chicago, IL - Corporate Director Musculoskeletal Practice**
 - Develop, Implement, and maintain Core Competency Curriculum for Allied Health Staff to ensure Best Practice Standards and Competencies for Musculoskeletal Rehabilitation.
 - Maintain Quality Improvement projects associated with employee and patient satisfaction.
 - Monitor outcomes for musculoskeletal rehabilitation programs at six-outpatient centers.

Instructor: Andy Galpin

1 Hour

Course Title: Healthy Muscle, Healthy Person: The Science of Building Quality Muscle

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

PROFESSIONAL EXPERIENCE

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

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

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

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

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

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

Consultant: 2011-present

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

EDUCATION

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

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

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

TEACHING

Academic Lecture Courses:

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

Independent Study/Internship:

- KNES 499/599 – *Independent Study (3 credit)*
 - Nicholas Dimarco (S20), Daveena Banda (S20), Madeline Garcia (S20), Chelscie Pacheco (F19), Cody Hamane (F19), Daniel Blake (F19), Kara Lazauskas (S18), Preston Sprimont (S18), Nicole Millar (S18), Gynnae Romo (S18), Jose Gonzalez (S18), Hailey King (F17), Ryan Byrnes (S17), Brandon Maurer (S17), Gynnae Romo (S17), Nathan Serrano (S17), Jaci Shork (F16), Katherine Bathgate (S16), Stratton Kim (S16), Jaci Shork (S16), Kathy Jacobo (F15), David lee (F15), Ryan McManus (F15), Arjan Dougan (F15), Peter Pham (F15), Andre Rodrigues D. Mesquita (F15), Jakob Rosengarten (S15), Jose Arevalo (S15), Katherine Bathgate (S15), RoQue Harmon (S15), David Lee (S15), Andrew Mahlmeister (F14), Christian Salinas (F14), Anthony Galaviz (F14), Keith Enderlein (S14), Adam Manolovitz (S14), Anthony Galaviz (S14), Rachel Flemming (S14), Michael Marisco (S14), Kevin Camara (S14), Camille Croteau (S14), Kyle Davis (S13), Charles Siegel (S13), Grant Uyemura (S13), CJ Peiffer (F12), Anthony Darmiento (F12)
- KNES 550 – *Graduate Internship (3 credit)*
 - Lindsay Gonzalez (S20), Kevin Tiu (S19), Hailey King (S17), Ryan Byrnes (S16), Colleen Gullick (S15), Kathy Jacobo (S15), Jakob Rosengarten (S15), Christian Salinas (S15), Keith Enderlein (S14), Kyle Davis (S13), Blake Whitcomb (S12)

Mentorship:

Instructor: Richard Harris

2 hours

Title: Biomarkers & Biometrics for Longevity

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 biomarkers and biometric that Dr. Harris tracks to prevent disease in his patients.

Learning Objectives:

- Identify biomarkers & biometrics that can be used to risk-stratify patients
- Identify the inputs that may be able to lessen the risk imparted by a particular biomarker or biometric
- 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.

Biometric Overview (0-15 Minutes)

- **Step counts, Total physical activity**
 - How our physical activity helps prevent or encourages disease risk
 - Methods to increase physical activity

Biometrics (Continued) (15-30 Minutes)

- **Body Composition**
 - How body fat percentage measured directly or through surrogate markers impacts metabolic health and mortality
 - Methods to improve body composition
 -

Biometrics (Continued) (30-60 Minutes)

- **Wearable data**
 - How sleep, heart rate, and other wearable data can be used to predict health outcomes
 - Methods to improve various wearable parameters

Biomarkers Overview (60-75 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) (75-90 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) (90-95 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 (95-110 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 (110-120 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 Routine, 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: Dale J. Buchberger, DC, PT, CSCS, DACBSP (2 Hours)

Title: Sports Injuries of the Shoulder: Assessment

Course Description:

Accurate diagnosis of shoulder injuries requires a systematic and comprehensive clinical examination. This course provides a step-by-step approach to evaluating shoulder conditions, including history, physical examination, and imaging. Emphasis is placed on clinical reasoning and differentiating between common injury types.

Learning Objectives:

- Perform a structured clinical shoulder examination
- Apply orthopedic testing to identify specific pathologies
- Interpret findings from physical and radiographic evaluations
- Differentiate between various shoulder conditions using clinical data

Outline:

Introduction (0–5 Minutes)

- Importance of accurate assessment in treatment outcomes
 - Overview of clinical evaluation process
-

Clinical Examination of the Shoulder: Part 1 (5–60 Minutes)

- History
 - Orthopedic Axioms
 - Inspection
 - Range of Motion
 - Manual Muscle Testing
 - Provocative Testing
 - o Impingement
 - o Instability vs. Laxity
 - o Biceps Lesions
 - o AC Joint Lesions
-

Clinical Examination of the Shoulder: Part 2 (60–120 Minutes)

- Continued Provocative Testing
 - o Impingement

- o Instability vs. Laxity
- o Biceps Lesions
- o AC Joint Lesions

- Radiographic Examination
 - o XR Series of the Shoulder
 - o Bony Architecture

Dale J. Büchberger, MS, PT, DC, CSCS, DACBSP®
Active Physical Therapy Solutions PC
91 Columbus St., Auburn, NY 13021
Phone: (315) 515-3117 e-mail: Rotatorcuff@Rochester.rr.com

Curriculum Vitae

Experience:

December 2018 to Present
University of Western States
Online Adjunct Instructor

September 2010 to present
Active Chiropractic Solutions
President/CEO

February 2009 to present
Active Physical Therapy Solutions PC
President/CEO

2006 August 14 to 2008 December 31:
Victory Sports Medicine and Orthopedics, Skaneateles, NY
Director of Physical Therapy

2006 to 2012
Parker College of Chiropractic
Post Graduate Faculty

2003 to Present:
Palmer College of Chiropractic
Post Graduate Faculty

2002 to 2012:
Southern California Health Sciences University
Post Graduate Faculty

2001 to 2012:
Northwestern Health Sciences University
Post Graduate Faculty

1999 to 2004 (April):
New York Chiropractic College - Faculty appointment
Associate Professor, Student Health Center/Research Dept./Technique Dept.
Post Graduate Faculty

1997 (Jan) to 1999
New York Chiropractic College - Faculty appointments:
Assistant Professor, Student Health Center/Research Dept./Diagnosis Dept.
Post Graduate Faculty

1991 to 1996
Private Practice: Büchberger Sports Chiropractic
South River, NJ

Teaching experience:

1) Diagnosis and Management of Extremity Disorders (TCH6706)

a) **September 2000 to December 2003**

b) 2 hours lecture, 2 hours of laboratory

2) Clinical Anatomy Course: Upper extremity (ANA6706)

a) **January 2001 to April 2002**

b) 2 three (3) hour laboratories

3) Correlative Differential Diagnosis (DX0713)

a) This course has been eliminated from the curriculum effective August 2000.

b) Previously taught from **September 1998 to August 2000.**

c) 4 hours of lecture

1991 to 1996

Team physician St. Peters High School (New Brunswick, N.J.) Athletic Department.

Duties include: Perform pre-season pre-participation screenings
Sideline triage and treatment for boys varsity football, basketball and baseball.
Pre-game taping, bracing and treatment.
Establish in-season and off-season strength and conditioning programs.
Maintain records of pre-participation screenings and injuries reported.

1992 to 1996

The first Doctor of Chiropractic appointed by the Garden State Medical Group/HIP of New Jersey Health Plan to provide chiropractic care in a multi disciplinary setting with primary care physicians, pediatricians, orthopedic surgeons and rheumatologists.

1992 to 1996

Team physician East Brunswick Vocational and Technical High School Baseball Team.

Duties include: Establish in-season and off-season strength and conditioning programs.
On field triage and treatment of injuries.
In office triage and treatment of injuries.
Pre-game taping, stretching and treatment.

1992 to 1996

Medical Director - Greater Middlesex Conference Senior All-star Baseball Game.

Duties include: Establish and coordinate a multi-disciplinary medical team comprised, of certified athletic trainers and sports chiropractors.
Provide triage and appropriate medical care as needed.

1992 and 1993

Attending physician - NJSIAA Jake Bornheimer Boys Varsity Basketball Tournament

Duties included: Sideline coverage, triage, emergency care and pre-game taping.

1994

Attending physician - NJSIAA East Coast Prime Time Shoot Out, Boys Varsity Basketball Tournament

Duties included: Sideline coverage, triage, emergency care and pre-game taping.

1994 to 1996

Medical Director - Greater Middlesex Conference Senior All-star Basketball Game

Duties include: Establish and coordinate a multi-disciplinary medical team comprised of certified athletic trainers and sports chiropractors.
Provide triage and appropriate medical care as needed.

Awards

2009

American Chiropractic Board of Sports Physicians (ACBSP®)

Sports Chiropractor of the Year

2005

Instructor: Dr. Nichelle Gurule

Duration: 2 Hours

Course Title: Foundations of Infant Chiropractic Care: Assessment, Feeding, Airway, & Milestone Development

Course Description:

This course provides a practical framework for infant chiropractic care, from building a pediatric practice and taking a strong intake to performing a thorough exam, assessing oral function and airway, delivering full-body treatment, and guiding families with home care and developmental support. Attendees will learn how to evaluate the whole baby, ask better questions, identify key clinical findings, and support milestones beyond the adjustment alone.

Learning Objectives:

- Explain the role of chiropractic care in infant practice, including common reasons infants present for care, key elements of building a pediatric-focused practice, and the importance of parent education, expectations, and office flow
 - Perform a thorough infant intake and examination, including history-taking, observation, oral and airway screening, reflex assessment, and full-body evaluation to guide safe and effective clinical decision-making
 - Apply appropriate treatment, home care, and developmental support strategies for infants, including full-body care, rehab-style recommendations, milestone guidance, lifestyle support, and knowing when additional collaboration or referral may be needed
-

Outline:

1. Why Chiropractic Care for Infants + Building a Pediatric Practice (15 min)

- Discuss why infants benefit from chiropractic care and the common reasons families seek support
 - Cover the nuances of building a pediatric practice, parent education, setting expectations, office flow, and what we wish we would have known earlier when starting in pediatric care
-

2. Taking a Quality Intake and History (15 min)

- Teach how to gather the right information before the exam and why intake quality shapes the entire visit
- Review key questions around pregnancy, birth history, feeding, sleep, digestion, tension

patterns, milestone concerns, regulation, family observations, and what clues help guide clinical reasoning

3. Performing a Thorough Infant Exam (15 min)

- Break down how to fully examine an infant, starting with observation before ever touching the baby
 - Cover what to look for in the car seat, posture, asymmetries, head position, body preferences, tone, regulation, and the major findings that should not be missed during a full-body exam
-

4. Oral Assessment, Feeding, Airway, and Food Considerations (15 min)

- Teach how to ask the right questions and perform a meaningful oral assessment, including tongue, lips, palate, suck pattern, latch, tension, and oral reflexes
 - Discuss how to think through airway concerns, tongue ties versus dysfunctional suck versus body tension, and where food allergies or sensitivities may fit into the bigger clinical picture
-

5. Full-Body Treatment Approach (15 min)

- Review what a full infant treatment looks like and how to approach care safely, gently, and thoroughly
 - Include assessment and treatment considerations for the cervical spine, occiput, cranium, thoracic spine, pelvis, extremities, soft tissue tension, and whole-body mobility patterns
-

6. Reflexes and Neurological Organization in Infants (15 min)

- Cover the major infant reflexes, how to assess them, and why they matter in infant function and development
 - Discuss what reflex findings may mean clinically and how they can guide both treatment and home recommendations
-

7. Home Care, Rehab Strategies, and Lifestyle Support (15 min)

- Explain the role of home care in infant chiropractic practice and what types of rehab-style support can help babies between visits
 - Include positioning, movement support, oral play, tummy time modifications, parent-guided exercises, and lifestyle factors such as sleep, feeding setup, and daily routines
-

8. Milestones, Development, and Next Steps Beyond Chiropractic Care (15 min)

- Review how to check milestones in the first year of life, what to watch for, and why chiropractors should understand development beyond adjusting alone
- Discuss what can be done when a baby is not meeting milestones, including movement support, home strategies, collaborative care, and when referral or additional evaluation may be appropriate

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

OBJECTIVE

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

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

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

Duration: 2 Hours

Course Title: Swing Better, Hurt Less: Practical Sports Medicine for Golfers

Instructor: Dr. Jason Hulme

Course Description:

This course provides clinicians with a practical framework for evaluating and treating golfers. Topics include mobility deficits, corrective strategies, power development, common injuries, and integration of movement analysis tools. Real case examples are used to connect assessment findings to performance outcomes.

Learning Objectives:

- Identify common mobility deficits affecting golf performance
 - Apply corrective strategies to improve movement capacity
 - Explain basic power and sequencing concepts in golfers
 - Recognize and manage common golf related injuries
 - Integrate movement analysis and technology into care
-

Patient Outcomes:

- Improved joint mobility in key regions including hips, thoracic spine, and shoulders
 - Reduced pain during golf specific movements and daily activities
 - Enhanced swing efficiency through better sequencing and body control
 - Increased power generation without compensatory patterns
 - Improved tolerance to rotational and repetitive loading
 - Greater patient understanding of their body limitations and how to address them
 - Improved adherence to home exercise and corrective programs
 - Enhanced overall performance and consistency in golf activities
-

Course Outline:

0:00–0:15 — Introduction and Clinical Framework

- Golf specific demands
 - Pain and performance model
 - Mobility vs adaptation
-

0:15–0:30 — Case Teaser and Movement Problem

- Example of limited body position

- Compensation patterns
 - Quick before and after preview
-

0:30–0:45 — Common Mobility Deficits

- Hips, thoracic spine, shoulders
 - Common swing compensations
-

0:45–1:00 — Assessment and Immediate Correction

- Identify key restriction
 - Apply corrective drill
 - Retest
-

1:00–1:15 — Treatment Strategies That Transfer

- Manual care + active correction
 - Mobility + motor control
 - Retention of changes
-

1:15–1:30 — Power and Sequencing Concepts

- Core vs arm dominance
 - Efficiency and timing
-

1:30–1:45 — Exercise Application and Injury Overview

- Core and rotational drills
 - Posterior core pain
 - Wrist considerations
-

1:45–2:00 — Spine Considerations, Technology, and Case Integration

- Cervical and lumbar patterns
- Kinetic sequence basics
- AI and movement analysis
- Full case breakdown



Jason B. Hulme, DC, DACBSP®, Dip Med Ac

Dedicated to advancing evidence-based chiropractic care, Dr. Hulme specializes in integrating pain science, movement pattern evaluation, treatment rationale, and exercise prescription within modern healthcare. Through clinical practice, teaching, and consulting, Dr. Hulme empowers fellow chiropractors to excel in 21st-century medicine.



Jason B. Hulme

Chiropractic Physician
Diplomate of the American Chiropractic
Board of Sports Physicians
Diplomate Medical Acupuncture
Certified Chiropractic Sports Physician

CONTACT

615-852-7520
drjason@activesports.care

Chiropractic Physician

-Active Sports Therapy
-Nashville Soccer Club

Educator

-SFMA
-Movement Consults
-Private Instructor

Vice President

Tennessee Board of
Chiropractic Examiners

Delegate, TN

Federation of Chiropractic
Licensing Boards
National Board of Chiropractic
Examiners

Medical Director

Hendersonville Half
Marathon

Chiropractor of The Year 2020

Tennessee Chiropractic
Association

EDUCATION

Diplomate of the American Chiropractic Board of Sports Physicians DACBSP®

American Chiropractic Board of Sports Physicians 2025

Certified Chiropractic Sports Physician CCSP®

Southern California University of Health Sciences 2018

Diplomate of Medical Acupuncture

International Academy of Medical Acupuncture 2012

Doctor of Chiropractic

Logan College of Chiropractic 2006-2009

Bachelor of Science in Human Biology

Middle Tennessee State University 2003-2005
Logan University 2006-2007

High School Diploma

Hendersonville High School 1999-2003

CLUBS AND SOCIETIES

Tennessee Chiropractic Association 2009 - Current
West Hartford Group 2009 - Current
FCLB CCCA Committee 2018 - Current
Hendersonville Half Marathon Board Member 2016 - 2018
Hendersonville Lions Club, Founding Board Member 2009 - 2013
Optimist Club, President Hendersonville Chapter 2010 - 2013
Hendersonville Seniors Center, Board Member 2010 - 2012
Motion Palpation Club, President 2009
Motion Palpation Club, Vice President 2008 - 2009

Jason B. Hulme

DC, DACBSP®, Dip Med Ac



Head Chiropractic Physician, Founder

Active Sports Therapy
2009 - Present



Movement Consults / Private Instructor
2012 - Present



Board Member

Tennessee Board of Chiropractic Examiners
2017 - Present



Educator

SFMA
2018 - Present



Delegate, TN

Federation of Chiropractic Licensing Boards
2018 - Present



Medical Director

Hendersonville Half Marathon
2016 - 2025

Team Chiropractic Physician

Nashville Soccer Club
2025 to Current

PUBLICATIONS

The Business of Movement: Principles, Patterns, and Productivity

by Gray Cook, 2022

Contributing content expert in various sections across the book, providing insights on topics including clinical outcomes, engagement strategies, business growth, and mindfulness in pain management. Contributions are referenced on pages 15, 100, 105, 130, 150, 151, 244, 265, 269, 276, 297, 298, 314, and 369.

EXTENSIVE TRAINING

Public Speaking
Cold Laser Therapy
Medical Acupuncture
Perineural Dry Needling
Functional Dry Needling
Concussion Management
Active Release Technique
Trigger Point Dry Needling
Functional Movement Screen
Cognitive Functional Therapy
Preparticipation Physical Exams
Motion Palpation Institute Technique
Emergency Management of the Athlete
McGill Functional Core Stability Protocols
Selective Functional Movement Assessment
Liebenson Functional Rehabilitation Protocols
Dynamic Neuromuscular Stabilization Technique
Graston \ IASTM \ FAKTR-PM Soft Tissue Technique

ADJUNCT APPOINTMENTS

Logan University, St. Louis, MO
Parker University, Dallas, TX
Palmer College of Chiropractic, Davenport, IA
National University of Health Sciences, Chicago, IL
Cleveland College of Chiropractic, Kansas KS



2 General (Principles or Practice of Chiropractic)

Title:

The High-Performance Chiropractic Blueprint

Instructor: Dr. Beau Pierce

Course Description:

In a world where most chiropractors are working harder than ever but still feeling stuck, “The High-Performance Chiropractic Blueprint” offers a clear, proven system for sustainable practice growth.

Led by **Dr. Beau Pierce**, this two-hour experience walks chiropractors through the six key components of a thriving practice—modeled after the “airplane” framework: Leadership (Cockpit), Marketing (Right Engine), Sales (Left Engine), Service Delivery (Wings), Operations (Body), and Cash Flow (Fuel).

This session blends chiropractic philosophy, modern business strategy, and evidence-based management systems to help doctors reclaim control of their practice, their team, and their mindset. Attendees will learn exactly how to diagnose where their practice is stalling, install systems that generate predictable growth, and rediscover the joy of leading with purpose.

By the end, participants will walk away with a practical flight plan—one that allows them to grow their impact, increase profitability, and protect their passion for chiropractic without burning out.

Catalog Description (Polished Version for Catalog):

The High-Performance Chiropractic Blueprint gives chiropractors a clear, proven framework to grow their practice without losing their passion. In this dynamic session, Dr. Beau Pierce reveals how to systematize leadership, marketing, sales, operations, and cash flow so your business runs as smoothly as your adjustments. Leave with a practical flight plan to scale your impact and build a thriving, soul-driven practice.

2-Hour Presentation Breakdown (10–15 Minute Segments)

Chunk 1: Introduction & The Flight Analogy (10 min)

- Why most chiropractors are great clinicians but poor business pilots
 - The Airplane Analogy explained: Cockpit, Engines, Wings, Body, Fuel
 - Setting your “Flight Plan” for the next 12 months
 - *Story:* The real reason most chiropractors stall or crash (burnout, chaos, confusion)
-

Chunk 2: The Cockpit — Leadership & Vision (15 min)

- Defining your mission, vision story, and core values
 - Leading yourself before you lead your team
 - Establishing daily dashboard metrics (KPIs that matter)
 - Creating team alignment around one rallying cry
 - *Exercise:* Write your 1-sentence mission and 3 measurable goals
-

Chunk 3: Right Engine — Marketing That Attracts, Not Chases (15 min)

- StoryBrand marketing for chiropractors
 - Internal vs. external vs. digital marketing—what actually moves the needle
 - Building your “trust flywheel”: testimonials, case studies, and video content
 - Patient education that drives referrals without begging for them
 - *Example:* 30-day calendar that generates consistent new patients
-

Chunk 4: Left Engine — Ethical Sales & Communication (15 min)

- Turning consultations into conversions through clarity, not pressure

- The psychology of influence in healthcare
 - Treatment plan presentation based on evidence and storytelling
 - Overcoming “I’ll think about it” objections without manipulation
 - *Roleplay*: The 5-minute patient presentation that builds certainty
-

Chunk 5: Wings — Service Delivery & Clinical Excellence (15 min)

- Consistency > creativity: why systems outperform charisma
 - Evidence-based care that still honors the art of the adjustment
 - Building hybrid service models (cash + insurance + wellness)
 - Quality assurance: documentation that reflects clinical excellence
 - *Tool*: Patient Experience Audit Worksheet
-

Chunk 6: Body — Operations & Team Systems (15 min)

- Structuring your practice like an organization, not a hobby
 - Hiring, onboarding, and accountability systems that keep everyone flying straight
 - Meeting rhythms that actually work (weekly scorecards, huddles, dashboards)
 - Building a self-managing team
 - *Framework*: The 90-Day Practice Reset
-

Chunk 7: Fuel — Cash Flow & Financial Mastery (15 min)

- The 5-account system that keeps you profitable every month

- Managing A/R without stress
 - Understanding true profit vs. collection illusion
 - When and how to reinvest in growth
 - *Exercise:* Create your own 50/25/25 cash allocation plan
-

Chunk 8: Bonus System — The People System (15 min)

- Building a culture of ownership, not entitlement
 - Leadership development and succession planning
 - Turning staff into ambassadors
 - *Tool:* The CEO Chiropractor's Oath + Team Alignment Card
-

Chunk 9: Integration & Flight Plan for the Future (10–15 min)

- Mapping your next 90 days using the “Flight Plan Framework”
 - Identifying which part of your airplane needs work first
 - Q&A and final takeaway challenge: “Don’t fly by default—fly by design.”
 - *Gift/QR idea:* Downloadable “Practice Flight Plan Workbook”
-

Chunk 10: Optional Deep Dive / Panel (10 min)

- Discussion or case study review (e.g., before/after implementation)
- Invite 2–3 volunteer chiropractors to share their biggest system bottleneck
- Live coaching + resource direction

CV

Beau Pierce

5264 Sycamore Creek Ct

Dr.beau@piercechiropractic.net

(408) 421-3038

Personal Motto: Live Life in Alignment

Education

Palmer of Chiropractic West: Doctor of Chiropractic 2010

San Jose State: Bachelor of Science with a concentration in Kinesiology graduated 2006

Work Experience

Pierce Chiropractic & Sports Injury Center: Owner and Lead Doctor (2010- current)

Office cares for serves over 1,800 patients per month in the Santa Maria Valley of California. The #1 rated sports chiropractic practice in Santa Barbara county

Well Rounded Marketing Agency: Partner (2019- current)

Leads team of 30+ employees with day-to-day tasks, business operations, and coordination of marketing efforts within the profession.

Circle of Docs: CEO (2012- current)

Leads initiatives for content marketing and market penetration. The #1 most read blog in the chiropractic profession.

Revealed Films: Partner (2017- 2019)

Ran day to day operations of this fast-moving film documentary company. Led team of contractors with all digital assets, affiliate relationships, operations, social media marketing, and coordinated viral marketing campaigns resulting in over 10M viewers of our various films.

Instructor: Christine Foss

2 hours

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.

- **15 Minutes** – Review of head injuries
- **15 Minutes** – Introduction to SCAT6
- **15 Minutes** – Application of SCAT6
- **30 Minutes** – Practice
- **15 Minutes** – Application of SCOAT 6
- **30 Minutes** - Practice

Curriculum Vitae

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

18 Newark Pompton Tpk.

Riverdale, NJ 07457

DrCFoss@Gmail.com

Office: 973-616-4555

Cell: 201-213-6983

Education:

Doctor of Medicine: University of Health Sciences; Antigua V.I. BWI	2003-2007
Doctor of Chiropractic: New York Chiropractic College Honor Society Phi Chi Omega Recipient	1991-1994
Master of Science: Education/ Sports Medicine: Old Dominion University, Norfolk VA	1987-1988
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: Lindsay Mumma & Annie O'Connor

Title: Trigger Points & Scar Tissue Management

Course Description:

This session provides hands-on approaches to treating pelvic floor dysfunction through trigger point therapy and scar tissue management across multiple positions.

Learning Objectives:

- Perform trigger point release techniques
- Apply myofascial and positional treatment strategies
- Manage scar tissue effectively

Outline:

Introduction (0–5 Minutes)

- Overview of soft tissue treatment strategies
 - Safety and patient comfort considerations
-

Trigger Points & Scar Tissue (5–120 Minutes)

5–25 Minutes

- Trigger Point Palpation Techniques
 - o Identifying tissue restrictions
 - o Palpation sensitivity and accuracy
 - o Differentiating tissue types

25–45 Minutes

- Trigger Point Release Methods
 - o Sustained pressure techniques
 - o Patient tolerance and feedback
 - o Modifying intensity and duration

45–65 Minutes

- Myofascial Release (MFR) & PIR
 - o External pelvic floor techniques
 - o Neuromuscular re-education
 - o Combining techniques effectively

65–85 Minutes

- Treatment in Multiple Positions
 - o Seated, supine, side-lying, quadruped

- o Position-specific advantages
- o Adapting to patient needs

85–105 Minutes

- Scar Tissue Palpation and Mobilization
 - o Identifying adhesions and restrictions
 - o Mobilization techniques
 - o Functional implications

105–120 Minutes

- Position-Specific Practice
 - o Hands-on integration
 - o Instructor feedback
- Q&A

Lindsay S. Mumma, DC, DNSP

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

Profile of Qualifications	Experienced chiropractor with knowledge and clinical skills regarding human biomechanics from birth through high-level athletic activity Certified DNS Practitioner Author of best-selling book <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
Education	Prague School of Rehabilitation, Prague, Czech Republic Certified DNS Practitioner (DNSP) September 2023 Palmer College of Chiropractic, Davenport, IA: Doctorate of Chiropractic Graduated June 2011 Clinical Excellence Award Recipient Kent State University, Kent, OH: Bachelor of Arts Graduated December 2007, cum laude Crestview High School, Columbiana, OH: Diploma Graduated May 2004, Valedictorian
Continuing Education 1206.25 Hours Total	2024 Courses Motion Palpation Institute Sports Summit: The Shoulder DNS Exercise Course Part 2 - Examination Passed DNS Pediatrics 1 - Examination Passed Motion Palpation Institute Adjustathon: Spine Academy of Shockwave Excellence 2023 Courses Parker Seminar - Vegas - The Body-Sport Connection, Myth Busters: Fat Loss Edition; Loading the Painful Patient: How Coaching Can Maximize Results; Beyond Pain: Movement and Environmental Vital Signs for the Modern Provider; Red Flags, Recovery, and Rehabilitation for CAs and DCs Motion Palpation Institute Sports Summit: The Lumbar Spine Dynamic Neuromuscular Stabilization: B DNS Applied to Klapp Crawling DNS Exercise Course Part 1 - Examination Passed Non-Surgical Hip Replacement - TCA Texpo DNS Online Seminar - Pelvic Floor Self-Treatment Dynamic Neuromuscular Stabilization: D Barral Institute Visceral Manipulation 1 Women Chiropractors Unconvention - Clinical Pearls - Women, Aging, and Cardiometabolic Health 2022 Courses

Lindsay S. Mumma, DC, DNSP

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

Parker Seminar - Vegas

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

ICPA Postpartum Care: Improving Diaphragm, Core, and Pelvic Floor Function

DNS Baby Handling

DNS Women's Health Yoga

Clinic Gym Hybrid Advanced Rehab & Active Care

Parker Seminar - Orlando

- The Science of the Adjustment

Dynamic Neuromuscular Stabilization: A

Dynamic Neuromuscular Stabilization: C

2021 Courses

MPI Spine

MPI Spine

Parker University Skill-Up

MPI Spine

MPI Integration - Lower

MPI Integration - Upper

MPI Extremities

Parker Seminar - Orlando

- TMJ, Foot & Ankle Adjusting, Shoulder Rehabilitation, Neuroplasticity, Establishing Functional Goals

MPI Pregnancy & Pediatrics

Compliance & Cultural Competency Training

Parker Seminar - Dallas

- Science of the Adjustment, Impulse Control, Pain Science & Nutrition, Insulin Resistance

DNS Women's Health

2020 Courses

Parker University Skill-Up

NCCA Spring Convention

- The Pendulum is Swinging Again
- Kinetic Chain from the Ground Up
- Communicating Chiropractic: Applying the Science of Chiropractic to Clinical Practice

HNS Compliance (Fraud, Waste and Abuse, HIPAA)

NCCA Fall Convention

- Clinical Risk Management: Manifestations of COVID19
- Supporting Optimal Immune System Health

2019 Courses

NCCA Spring Conference (presenter and participant)

HNS Compliance Training (Fraud, Waste and Abuse, HIPAA)

Managing for Success A Step Further: Improving Quality & Treatment Outcomes & Clinical Care and Risk Management

Myofascial Trigger Point Dry Needling A Diagnostic and Treatment Modality for The Manual Medicine Practice

MindBridge Neurolinguistic Programming (NLP) Practitioner Training (Modules 4-6)

Education / Residency:

- 1993: (9 week) Orthopedic Physical Therapy Residency at Physical Therapy Orthopedic Specialists, Inc., Minneapolis, Minnesota.
- 1993: Northwestern University Graduate Orthopedic Program in Physical Therapy; Chicago, IL; completed all requirements for Master's Orthopedic Physical Therapy
- 1986: St. Louis University; St. Louis, Missouri. Bachelor of Science Degree in Physical Therapy

Professional Experience:

- **2024 – Present: Carelon Medical Benefits Management of Elevance Health Insurance Company – Clinical Account Director Back and Joint Pain Program**
 - Clinical account management for groups of clients (80% 1-5k, 20% 5k segment).
 - Provides consultative expert information on 360 Health Programs.
 - Presents prepared reports to clients to demo clinical program value.
 - Manages clinical service issues to ensure that performance guarantees are met and clinical issues resolved.
 - Builds relationship with internal and external stakeholders
 - Participates in process of clinical program implementation, clinical Lead for multidiscipline weekly Grand Rounds
 - Manages issues specific to client, applying knowledge, insight, experience into strategic recommendation's
 - Manages the business processes that the system supports.
- **2021 – 2024: Carelon Medical Benefits Management of Elevance Health Insurance Company – Physical Therapy Manager of the Back and Joint Pain Guide Program**
 - Advise and develop evidence-based standards of care for spine and joint pain prevention initiative.
 - Coordinate digital platform coaching vendors and oversee weekly grand rounds for Anthem members.
 - Supervise nurse and physical therapy case managers for Back and Joint Pain Guide Program.
 - Oversee national program fully insured 14 states with 3.4 million lives.
 - Clinical Practice oversee of all members actively in Back and Joint Pain Guide Program
 - Clinical Lead for multidiscipline Weekly Grand Rounds
- **2002 – Present: World of HURT LLC – Founder and CEO**
 - Publisher for World of Hurt Book
 - Consultant and Research Advisor for Pain Mechanism Classification System integration
 - Tele health Persistent Pain Wellness Coach
 - In home, In clinic Private Physical Therapy Practice
 - Primary Instructor and Author
 - Interdisciplinary (MD, DO, DC, Psychology, PT, OT, ATC, Massage Therapy) post graduate education.
 - CEU provider for 1 and 2-day courses both USA and International.
 - "a World of HURT (WoH): A Guide to Classifying Pain" – instructor of six training courses
 1. WoH: A Guide to Classifying Pain Course: An Overview course
 2. WoH: Nociceptive Pain Mechanisms: Mechanical to Functional Exercise Prescriptions
 3. WoH: Peripheral Neurogenic Pain: Neural Entrapment to Neural Dysfunction Exercise Prescriptions
 4. WoH: Central Nervous System Pain Mechanisms Patient Education & Exercise Prescriptions
 5. WoH: A Non-Pharmacy approach to the Neurological Patient's Pain and Spasticity
 6. WoH: "Foods" a Non-Pharmacy Intervention for Pain & Chronic Illness

- **2018 – Present: Greentree Mind company – Advisory Board Member**
 - Advising standards of care for musculoskeletal physical and occupational therapy clinical practice.
 - Consultant for outpatient rehabilitation operations, standard of care training and mentoring programs
- **2020 – 2023: Governor State University – Adjunct Faculty Physical Therapy Program**
 - Current Issues in Physical Therapy – Pain Mechanism Classification System (PMCS) utilization in pain, hypertonia, persistent symptoms and disability.
 - Course Number: PHYT 8811; Credit Hours: Two (2)
 - Catalog Description: Covers advanced examination and intervention techniques for patients who have impairments or disabilities. Explores current literature and research in the field.
 - Evaluation: Grading will be based upon the following:
 - 1. Posttest after each self-reading and taped webinar of each mechanism.
 - 2. Group activity literature review and journal club presentation of each mechanism applied to a case.
- **2018 – 2021: Shirley Ryan Ability Lab – Clinical Manager Musculoskeletal Partnerships**
 - Advise standards of care in MSK physician, physical and occupational clinical practice.
 - Advise research questions and active practice-based research projects in clinical practice.
 - Supervise and participate in clinical mentorship program for inpatient, outpatient PT & OT clinicians for problems of pain, spasticity, functional exercise progression.
 - Manage the IMC/R&Q/Empatha collaboration with SRALAB
 - Clinical Practice Orthopedic and Neurological Outpatients
- **2018 – 2021: AIM Specialty Health- National based healthcare company – Specialty Panel Physical Therapy Member**
 - Advising standards of care for musculoskeletal physical and occupational therapy clinical practice.
 - Advising research questions and projects of special interest to Medical Director.
 - Consultant for outpatient rehabilitation operations, standard of care training and mentoring programs
- **2016 – 2021: My Abilities- Ontario-based healthcare data analytics company – Research and Advisory Board Member**
 - Advising clinical practice standards of care for artificial intelligence technology platform.
 - Advising clinical practice research questions and forums for use of artificial intelligence technology platform.
 - Advisement of its AI data-driven Software-as-a-Service (SaaS) helping employers, insurance companies, healthcare providers and injured workers prevent workplace injuries and expediting return to work and reduction of claims while promoting a healthy and fit workforce.
- **2015 – 2018: 10X25 Initiative Spine Foundation, North American Spine Society (NASS) – Active Member Tactile Committee**
 - Tactile National Committee to reduce spine related disability 10% by 2025.
- **2013 – 2018: Shirley Ryan Ability Lab formerly known as Rehabilitation Institute of Chicago (RIC) – River Forest Outpatient Center - Clinical Manager**
 - Supervise and Manage Multidisciplinary Orthopedic and Neurological Rehabilitation Team and Operations.
 - Experience in JCAHO and CARF accreditation.
 - Maintain Quality Improvement projects, Marketing and Continuing Education Budget and Plans.
 - 50% Outpatient Musculoskeletal Clinical Practice
- **2002 – 2018: Rehabilitation Institute of Chicago (RIC), Chicago, IL - Corporate Director Musculoskeletal Practice**
 - Develop, Implement, and maintain Core Competency Curriculum for Allied Health Staff to ensure Best Practice Standards and Competencies for Musculoskeletal Rehabilitation.
 - Maintain Quality Improvement projects associated with employee and patient satisfaction.
 - Monitor outcomes for musculoskeletal rehabilitation programs at six-outpatient centers.

Instructor: Dr. Brandon Steele

Duration: 2 Hours

Course Title: A Streamlined Approach to Diagnosing and Managing Upper Extremity Nerve Dysfunction

Course Description:

Extremity mechanical peripheral nerve entrapments and neuropathies, including potent neurodynamic tests and treatments. We'll review the etiology and presenting symptoms for the most prevalent, yet often overlooked, nerve entrapments. You'll learn nerve tension testing and neurodynamic treatments, including nerve release and flossing for the most common radiculopathies and neuropathies. You will leave this class with advanced, effective, real-world skills to become the provider of choice for peripheral arm pain, numbness, and paresthesia.

Learning Objectives:

Attendees will leave with the following information:

1. The ability to identify the listed neuropathies via physical, orthopedic, neurologic, and neurodynamic evaluation
 2. Knowledge of current best practice treatment of these problems
 3. Ability to improve outcomes by making the patient an active participant in their recovery through home exercise and ADL advice
-

Patient Outcomes:

- Reduction in pain, numbness, and paresthesia through accurate identification and targeted treatment of upper extremity nerve dysfunctions
 - Improved functional capacity in daily activities and work-related tasks by restoring normal nerve mobility and reducing mechanical irritation
 - Enhanced patient self-management and long-term outcomes through prescribed neurodynamic exercises, nerve gliding techniques, and activity modifications
-

Course Outline:

15 min – Designing a Streamlined Approach

- Overview of managing peripheral neuropathies using current research
- Understanding knowledge transfer systems for both the provider and the patient
- Emphasis on creating efficient evaluation and treatment workflows to maximize patient outcomes

30 min – Cervical Radiculopathy

- Review anatomy of cervical nerve roots and common compression sites
- Presenting symptoms, functional deficits, and red flags
- Assessment tools: orthopedic, neurologic, and neurodynamic testing
- Treatment approaches: nerve mobilization, tension testing, and activity modifications

30 min – Thoracic Outlet Syndrome

- Etiology and contributing factors for neurovascular compression
- Symptom presentation including pain, numbness, and weakness
- Assessment strategies: provocative tests and neurodynamic evaluation
- Treatment techniques: nerve flossing, postural correction, and soft tissue release

15 min – Radial Tunnel Syndrome

- Pathophysiology and common patient complaints
- Key examination steps and differential diagnosis
- Targeted neurodynamic and manual therapy interventions

15 min – Cubital Tunnel Syndrome

- Anatomy and compression sites of the ulnar nerve at the elbow
- Clinical assessment and identifying mechanical restrictions
- Evidence-based treatment strategies including nerve gliding and activity modification

15 min – Carpal Tunnel Syndrome

- Median nerve anatomy and pathophysiology of entrapment
- Assessment: Tinel's, Phalen's, and neurodynamic evaluation
- Treatment strategies: nerve flossing, ergonomic considerations, and home exercises

Curriculum Vitae
Dr. Brandon Steele DC, FACO

Contact Information:

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

Education:

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

Licensure:

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

Memberships:

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

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: Dale J. Buchberger, DC, PT, CSCS, DACBSP (2 Hours)

Title: Sports Injuries of the Shoulder: Management

Course Description:

Effective management of shoulder injuries requires an integration of manual therapy and rehabilitation strategies tailored to the individual athlete. This course focuses on evidence-informed treatment approaches, progression of rehabilitation, and application through real-world case studies.

Learning Objectives:

- Identify appropriate manual therapy techniques for shoulder injuries
- Develop rehabilitation strategies based on injury type and severity
- Apply treatment principles to clinical case scenarios
- Integrate functional movement strategies into recovery plans

Outline:

Introduction (0–5 Minutes)

- Overview of treatment goals and rehabilitation principles
-

Treatment and Rehabilitation Strategies (5–75 Minutes)

- Manual Therapy Strategies
 - Compressive vs. Distractive Techniques
 - Rehabilitation Strategies
 - 90 Degrees to Gravity
 - Compression
 - Brachiation
-

Athletic Case Studies (75–120 Minutes)

- Instability
- Weakness
- Internal Derangement

- Summary and Questions

Dale J. Büchberger, MS, PT, DC, CSCS, DACBSP®
Active Physical Therapy Solutions PC
91 Columbus St., Auburn, NY 13021
Phone: (315) 515-3117 e-mail: Rotatorcuff@Rochester.rr.com

Curriculum Vitae

Experience:

December 2018 to Present
University of Western States
Online Adjunct Instructor

September 2010 to present
Active Chiropractic Solutions
President/CEO

February 2009 to present
Active Physical Therapy Solutions PC
President/CEO

2006 August 14 to 2008 December 31:
Victory Sports Medicine and Orthopedics, Skaneateles, NY
Director of Physical Therapy

2006 to 2012
Parker College of Chiropractic
Post Graduate Faculty

2003 to Present:
Palmer College of Chiropractic
Post Graduate Faculty

2002 to 2012:
Southern California Health Sciences University
Post Graduate Faculty

2001 to 2012:
Northwestern Health Sciences University
Post Graduate Faculty

1999 to 2004 (April):
New York Chiropractic College - Faculty appointment
Associate Professor, Student Health Center/Research Dept./Technique Dept.
Post Graduate Faculty

1997 (Jan) to 1999
New York Chiropractic College - Faculty appointments:
Assistant Professor, Student Health Center/Research Dept./Diagnosis Dept.
Post Graduate Faculty

1991 to 1996
Private Practice: Büchberger Sports Chiropractic
South River, NJ

Teaching experience:

1) Diagnosis and Management of Extremity Disorders (TCH6706)

a) **September 2000 to December 2003**

b) 2 hours lecture, 2 hours of laboratory

2) Clinical Anatomy Course: Upper extremity (ANA6706)

a) **January 2001 to April 2002**

b) 2 three (3) hour laboratories

3) Correlative Differential Diagnosis (DX0713)

a) This course has been eliminated from the curriculum effective August 2000.

b) Previously taught from **September 1998 to August 2000.**

c) 4 hours of lecture

1991 to 1996

Team physician St. Peters High School (New Brunswick, N.J.) Athletic Department.

Duties include: Perform pre-season pre-participation screenings
Sideline triage and treatment for boys varsity football, basketball and baseball.
Pre-game taping, bracing and treatment.
Establish in-season and off-season strength and conditioning programs.
Maintain records of pre-participation screenings and injuries reported.

1992 to 1996

The first Doctor of Chiropractic appointed by the Garden State Medical Group/HIP of New Jersey Health Plan to provide chiropractic care in a multi disciplinary setting with primary care physicians, pediatricians, orthopedic surgeons and rheumatologists.

1992 to 1996

Team physician East Brunswick Vocational and Technical High School Baseball Team.

Duties include: Establish in-season and off-season strength and conditioning programs.
On field triage and treatment of injuries.
In office triage and treatment of injuries.
Pre-game taping, stretching and treatment.

1992 to 1996

Medical Director - Greater Middlesex Conference Senior All-star Baseball Game.

Duties include: Establish and coordinate a multi-disciplinary medical team comprised, of certified athletic trainers and sports chiropractors.
Provide triage and appropriate medical care as needed.

1992 and 1993

Attending physician - NJSIAA Jake Bornheimer Boys Varsity Basketball Tournament

Duties included: Sideline coverage, triage, emergency care and pre-game taping.

1994

Attending physician - NJSIAA East Coast Prime Time Shoot Out, Boys Varsity Basketball Tournament

Duties included: Sideline coverage, triage, emergency care and pre-game taping.

1994 to 1996

Medical Director - Greater Middlesex Conference Senior All-star Basketball Game

Duties include: Establish and coordinate a multi-disciplinary medical team comprised of certified athletic trainers and sports chiropractors.
Provide triage and appropriate medical care as needed.

Awards

2009

American Chiropractic Board of Sports Physicians (ACBSP®)

Sports Chiropractor of the Year

2005

Instructor: Dr. Nichelle Gurule

Duration: 2 Hours

Course Title: The Chiropractor's Role in Breastfeeding Success: Evaluation, Bodywork, & Treatment Strategies

Course Description:

This course gives chiropractors a practical framework for supporting breastfeeding dyads through thoughtful history-taking, functional suck assessment, bodywork, oral screening, and home care. Attendees will learn how tension, reflex organization, oral function, tethered oral tissues, and nervous system balance all influence feeding outcomes, and how to help families navigate care whether or not a revision is pursued.

Learning Objectives:

- Explain the chiropractor's role in supporting breastfeeding success, including how oral function, body tension, nervous system regulation, and reflex organization influence feeding outcomes for both baby and mother
 - Perform a thorough breastfeeding-related assessment, including intake, history, functional suck evaluation, oral and structural screening, and full-body examination to identify the factors contributing to feeding difficulty
 - Apply appropriate chiropractic treatment, home care, and collaborative strategies to support breastfeeding dyads, including bodywork, functional care, revision support when indicated, and practical recommendations to improve feeding outcomes
-

Outline:

1. Why Breastfeeding Support Matters in Chiropractic Practice (15 min)

- Review the benefits of breastfeeding, why oral function matters for development, and why feeding challenges deserve careful attention early on
 - Discuss why chiropractors play an essential role through their influence on tension, restriction, imbalance, nervous system regulation, and reflex organization
-

2. Tethered Oral Tissues and the Bigger Clinical Picture (15 min)

- Define tethered oral tissues and explain how they may contribute to both immediate and long-term feeding and developmental challenges
- Review symptoms seen in baby versus symptoms experienced by mom

- Introduce the idea that feeding issues are often influenced by both oral restriction and whole-body function
-

3. Why Bodywork Matters for Feeding Outcomes (15 min)

- Explore how breastfeeding issues are often connected to tension patterns, movement restrictions, cranial and spinal imbalance, reflex disorganization, and nervous system stress
 - Discuss what chiropractors should be looking for in the neck, spine, cranium, pelvis, and overall body when evaluating babies with feeding concerns
-

4. Intake, History, and Breastfeeding Assessment (15 min)

- Teach how to ask the right questions to understand the breastfeeding story, including latch, pain, clicking, popping off, fatigue, leaking milk, poor transfer, reflux-like symptoms, and maternal concerns
 - Emphasize why history is critical and how the intake helps guide both oral assessment and full-body clinical reasoning
-

5. Functional Suck Assessment and Oral Evaluation (15 min)

- Review how to assess oral function, including tongue movement, lips, cheeks, palate shape, suck quality, coordination, seal, endurance, and oral reflexes involved in feeding
 - Distinguish between a functional assessment and a structural assessment, and explain why both are important when working through breastfeeding issues
-

6. Understanding Ties: Structural Findings and Clinical Relevance (15 min)

- Cover the different types and grades of oral ties, including anterior and posterior tongue ties, lip ties, and buccal ties
 - Discuss what chiropractors should understand about identifying these findings, how palate shape and tissue restriction can influence function, and why structure alone does not tell the whole story
-

7. Treatment Options, Revisions, and Collaborative Decision-Making (15 min)

- Emphasize that there is never one best approach for every baby and that care must fit the child and family
- Break down what care can look like if a family chooses revision, including pre- and post-release support
- Discuss what to prioritize if a family does not pursue revision, including bodywork, functional support, and home care

8. Home Care, Rehab Support, and the Chiropractor's Role (15 min)

- Review the role of home care for all breastfeeding babies, including simple oral exercises, positioning support, body-based strategies, and ways to improve suck function and feeding outcomes between visits
- Close with the bigger message that chiropractors play a powerful role in helping breastfeeding succeed because of how we influence tension, body organization, reflex balance, and nervous system function

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

OBJECTIVE

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

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

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

Duration: 2 Hours

Course Title: Understanding Golf Swing Biomechanics for Injury Prevention and Performance

Instructor: DC Brett Winchester

Course Description:

Although golf is a non-contact sport, injuries are common and often debilitating. Low-back pain is the most common with upper extremity a close second. Chiropractors are a logical choice for treatment and management of these conditions. No different than other sports, biomechanics can play a crucial role in predisposing the golfer to injury. Chiropractors who are specializing in golf need to have a firm understanding of the biomechanics of the swing.

This two-hour course will walk the participants through basic and more advanced biomechanics of the golf swing. Although every golf swing is unique to the individual, there are distinct things that all great golfers do consistently. A thorough breakdown of these key movements will be demonstrated. Often, the golfer will have limiting factors in their joints and soft tissues that will prevent them from being able to move correctly throughout the golf swing. Observation of the swing is not enough to see these musculoskeletal deficiencies. Specific screens are required to identify these nuanced movement faults. As these get addressed by the chiropractor, the golfer must know how to utilize them in their swing.

The golf swing is a kinetic chain of events that requires full expression of joint movement and stabilization. Traditional chiropractic care can be useful, but it is usually not enough to remedy the complex action that is unique to the golf swing. Participants will be shown these key links along with exact palpations and adjustments that address these movement restrictions. Joint motion without motor control and correct stabilization in the golf swing often leads to inadequate performance. Therefore, corrective exercises and rehabilitation are a hallmark to world-class treatment of the golfer. The contemporary chiropractor utilizes this multi-modal approach to work with golfers of all levels. This approach is what has landed chiropractic at the forefront of the treatment of professional and elite golfers. In fact, surveys show that touring professional golfers utilize chiropractic care and often chiropractors play a major role on their medical teams.

Participants will leave this two-hour discussion with the confidence necessary to analyze the golf swing; address key movement restrictions; and apply targeted stabilization exercises. Understanding the biomechanics of the golf swing is a critical prerequisite to world-class treatment. However, chiropractors do not have to be great at golf themselves to be great at treatment. Golf is considered a sport for all ages. The chiropractor can play a vital role in keeping the golfing population healthy and performing better.

Learning Objectives:

- Highlight the key injuries that are unique to golf
- Examine videos of the golf swing and identify pertinent biomechanics
- Understand how to assess key movement restrictions and stability challenges

- Utilize a multi-modal approach in the treatment of the golfer
 - Implement a functional model that addresses golf performance, not just injuries
-

Course Outline:

0:00–0:15 — Introduction to the Golf Swing

- Overview of the golf swing phases
 - Basic biomechanical principles
 - Importance of efficient movement patterns
-

0:15–0:30 — Research on Injuries in Golf

- Common injuries including low-back and upper extremity conditions
 - Mechanisms of injury
 - Relevance to clinical practice
-

0:30–0:45 — Key Areas of Joint Disassociation in the Golf Swing

- Identification of segmental separation
 - Role of hips, thoracic spine, and shoulders
 - Impact on performance and injury risk
-

0:45–1:00 — Matching Adjustments and Rehabilitation to Key Areas

- Chiropractic adjustments for mobility restrictions
 - Introduction to rehabilitation strategies
 - Linking treatment to swing mechanics
-

1:00–1:15 — Matching Adjustments and Rehabilitation to Key Areas

- Continued application of adjustments
 - Progression of rehabilitation techniques
 - Reinforcement of movement corrections
-

1:15–1:30 — Assessing Intra-Abdominal Pressure in the Golf Swing

- Role of intra-abdominal pressure in stability
- Assessment strategies
- Clinical relevance to performance and injury prevention

1:30–1:45 — Teaching Intra-Abdominal Pressure in the Golf Swing

- Cueing strategies for patients
- Breathing and bracing techniques
- Integration into movement

1:45–2:00 — Increasing Golf Performance Beyond Injury Management

- Performance enhancement strategies
- Strength, stability, and coordination focus
- Applying a functional model to long-term improvement

Dr. Brett A Winchester, DC (cert MDT)

Winchester Spine & Sport · Gestalt Education
34 Professional Parkway | Troy, MO 63379
bw@winspaceandsport.com

Dr. Brett Winchester lectures throughout the world, teaching his functional approach to patient care. Combining manual therapy, including joint manipulation and neuromuscular stabilization, with therapeutic exercise, Dr. Winchester effectively treats functional pathologies and acts as a catalyst for patients working to enhance their performance. Dr. Winchester has also served on his local Chamber of Commerce and Rotary Board and volunteers his time with many local organizations.

EXPERIENCE

2004 – PRESENT
OWNER & CHIROPRACTOR:
WINCHESTER SPINE & SPORT

2004 – PRESENT
FACULTY AND BOARD MEMBER:
MOTION PALPATION INSTITUTE

2008 – PRESENT
SENIOR INSTRUCTOR:
DYNAMIC NEUROMUSCULAR
STABILIZATION

2002 – PRESENT
ADJUNCT FACULTY:
LOGAN COLLEGE OF
CHIROPRACTIC
-Clinical Correlation Adjustive Technique
-Advanced Orthopedic and Biomechanics
-Rehab of the Spine: Lab Instructor

2019 – PRESENT
ADJUNCT FACULTY:
MARYVILLE UNIVERSITY
-Advanced Orthopedic and Biomechanics

2016 – 2018
TEAM CHIROPRACTOR:
ST. LOUIS CARDINALS

2006 – 2018
POST-GRADUATE FACULTY:
NATIONAL UNIVERSITY OF HEALTH
SCIENCES

2005 – 2018
POST-GRADUATE FACULTY:
SOUTHERN CALIFORNIA
UNIVERSITY

EDUCATION

1999-2003
DOCTOR OF CHIROPRACTIC:
LOGAN COLLEGE OF
CHIROPRACTIC

1995-1999
BACHELOR OF SCIENCE IN
BUSINESS ADMINISTRATION:
UNIVERSITY OF MISSOURI

2019-2020

MECHANICAL DIAGNOSIS AND
TREATMENT CERTIFICATION:
MCKENZIE INSTITUTE

PROFESSIONAL INVITATIONS & LECTURES

2024

- “DNS Baseball” Prague School of Rehab, Chicago, IL.
- “DNS Exercise 2” Prague School of Rehab, Raleigh, NC.
- “Current Concepts in Abdominal Wall Function” DNS World Congress, St.Louis, MO.
- “DNS Baseball” DNS World Congress, St.Louis, MO.
- “Multi-modal Approach to the Lower Extremity” AECC, Bournemouth, England.
- “DNS Manual Therapy” Prague School of Rehab, Jupiter, FL.
- “Lower Integration” Motion Palpation Institute, Daytona Beach, FL.
- “Contemporary Chiropractic Concepts” (a multi-modal approach), St. Louis, MO.
- “The Shoulder” Sports Summit, Minneapolis, MN.

2022

- “Musculoskeletal Pain: (A Multi-Modal Approach)” Parker University, Orlando, FL.
- “The Lost Art Of Prioritization” Professional Baseball Strength and Conditioning Society, Virtual.
- “Full Spine” Motion Palpation Institute, Life University, Atlanta, GA.
- “Full Spine” Motion Palpation Institute, Palmer University, Daytona Beach, FL.
- “The Oblique Slings: How To Improve Throwing Performance” World Pitching Congress, Virtual.
- “Intra-Abdominal Pressure & Shoulder Stabilization” Motion Palpation Institute, Whitefish, MT.
- “DNS GAIT” Prague School of Rehab, Breckenridge, CO.
- “DNS PRIMER” Prague School of Rehab, Parker University, Dallas, TX.
- “DNS BASEBALL” Prague School of Rehab, Phoenix, AZ.

2021

- “Intra-Abdominal Pressure and Shoulder Stabilization” Detroit Tigers, Virtual.
- “DNS C” Prague School of Rehab/Gestalt Education, Troy, MO.
- “DNS BASEBALL” Prague School of Rehab/Andrews Institute, Dallas, TX.
- “Gait” Motion Palpation Institute, St. Louis, MO.
- “TMD/Orofacial” Gestalt Education, Troy, MO.
- “DNS Exercise I” Prague School of Rehab, Boca Raton, FL.
- “Adjust-a-Thon” Motion Palpation Institute, Kansas City, KS.
- “Current Concepts in Manipulation” Oklahoma Chiropractors’ Association, Afton, OK.
- “DNS Exercise I” Prague School of Rehab/Gestalt Education, Troy, MO.
- “Extremities” Motion Palpation Institute, Life University, Atlanta, GA.
- “DNS A” Prague School of Rehab, Washington DC.
- “Mastering the Adjustment” Texas Chiropractic Association, Dallas, MO.

Instructor: Grant Elliott

Course Title

Hybrid Care Models in Chiropractic Practice: Improving Efficiency, Access, and Patient Outcomes

Course Description

A structured approach to chiropractic business operations that covers lead generation, service design, sales processes, and ongoing patient management using current virtual tools. Emphasizes shifting from visit-based care toward outcome-based models, supported by automation and hybrid delivery systems.

Learning Objectives

- Understand the limitations of traditional visit-based care models and how they impact scalability, patient outcomes, and provider burnout
 - Identify the core components of both organic and paid lead generation systems, including content strategy, funnels, and conversion pathways
 - Develop structured lead follow-up and automation systems to improve conversion rates and reduce lead loss
 - Apply a modern, value-driven sales process framework that aligns with patient psychology and increases high-ticket conversions
 - Design and position outcome-based, high-ticket offers (\$5K–\$10K+) that improve both patient compliance and business performance
 - Understand how to implement a hybrid model (online + in-person) to increase leverage, reduce visit dependency, and improve long-term continuity
-

Patient Outcomes

- Better results
 - Better adherence to care
 - Greater focus on performance and continuity
-

Course Outline (2 Hours | Organized in 15-Minute Increments)

0–15 Minutes | Introduction & Reframe

- Background and growth story
 - Core problem: trading time for money, thinking only you can deliver the service
 - Outcomes vs visits
 - Limiting beliefs
 - Visit-based limitations
 - Inconsistent leads and burnout
 - Model vs skill
-

15–30 Minutes | Lead Generation Organic

- Organic content strategy (social bio, social funnels, website funnel, DM conversions, gym referral system, workshop funnel, flyer funnel)
-

30–45 Minutes | Paid Lead Generation

- Paid lead generation (boost, dm campaign, VSL funnel)
-

45–60 Minutes | Lead Generation Follow Up Sequences

- what happens when you get a lead (automations and FU sequences)
-

60–75 Minutes | Sales Process

- Goal of a sales process
 - Outdated mentality around sales, old sales processes that need updated
 - Psychology of sales
-

75–90 Minutes | Sales Process

- Value-driven sales process that maximizes conversions
-

90–105 Minutes | Offer Design

- Selling outcomes vs visits
 - High-ticket structure
 - Pricing psychology
 - Hybrid model
-

105–120 Minutes | Continuity & Q/A

- Hybrid for continuity, lower visits, online performance, better wellness ROI for everyone

Dr. Grant Elliott, DC, MS, CSCS

Tampa, Florida | grant@therehabfix.com | therehabfix.com | @rehabfix

Professional Summary

Doctor of Chiropractic and founder of RehabFix, a global online rehabilitation company. Built a multi-million dollar business and audience of 3M+ followers. Has helped tens of thousands with low back pain, disc herniation, and sciatica, while mentoring healthcare professionals to scale hybrid and online practices.

Key Achievements

- 3,000+ paid clients and tens of thousands served globally
- 3M+ followers across platforms
- 200+ consultations per week at peak
- \$400,000+ monthly revenue
- Helped providers scale to high-ticket models

Professional Experience

Founder & CEO – RehabFix (2019–Present)

Built and scaled global online rehab platform specializing in low back pain and sciatica.

Chiropractic Practice (2020–2022)

Rehab-focused clinical care specializing in spine conditions.

Business Coach (2014–Present)

Mentors healthcare professionals in scaling online and hybrid models.

Speaking Topics

- Low Back Pain & Sciatica Rehab
- Disc Herniation Recovery
- Hybrid Practice Models
- Selling Outcomes vs Visits
- Scaling Online Health Businesses

Media

Featured on The Model Health Show, Wealthy Way, Dropping Bombs, Office Hours (David Meltzer), and Inside Success TV.

Instructor: Christine Foss

2 hours

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.

- **30 Minutes:** Kinesiology, and ridge tape
- **30 Minutes:** Practice
- **30 Minutes:** Biomechanical/Dynamic Tape
- **30 Minutes:** Practice

Curriculum Vitae

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

18 Newark Pompton Tpk.

Riverdale, NJ 07457

DrCFoss@Gmail.com

Office: 973-616-4555

Cell: 201-213-6983

Education:

Doctor of Medicine: University of Health Sciences; Antigua V.I. BWI	2003-2007
Doctor of Chiropractic: New York Chiropractic College Honor Society Phi Chi Omega Recipient	1991-1994
Master of Science: Education/ Sports Medicine: Old Dominion University, Norfolk VA	1987-1988
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: Lindsay Mumma & Annie O'Connor

Title: Course Description: Brain's Role in Pelvic Floor Protection + Case Examples

This session explores the brain's role in pelvic floor protection and dysfunction, integrating neurophysiology, movement, and case-based learning into clinical practice.

Learning Objectives:

- Understand brain-driven protective mechanisms
- Apply neurodynamic assessment techniques
- Integrate biopsychosocial frameworks into care

Outline:

Introduction (0–5 Minutes)

- Overview of neuro integration in pelvic health
 - Role of the central nervous system in pain
-

Brain & Pelvic Floor Integration (5–120 Minutes)

5–25 Minutes

- Sensitive Alarm System
 - o Pain as protection
 - o Overprotection patterns
 - o Clinical implications

25–45 Minutes

- Ischemia and Brain-Driven Protective Responses
 - o Blood flow considerations
 - o Guarding and muscular shutdown
 - o Intervention strategies

45–65 Minutes

- Disembodiment
 - o Sensory cortex involvement
 - o Body awareness deficits
 - o Testing and treatment approaches

65–85 Minutes

- Neurodynamic Lab
 - o Nerve mobility assessment

- o Neural tension vs. sensitivity
- o Practical application

85–105 Minutes

- Key Nerves for Assessment
- o Pudendal, ilioinguinal, genitofemoral
- o Clinical relevance
- o Palpation and testing

105–120 Minutes

- Integration of YPFS and WoH Frameworks
- o Case examples
- o Clinical reasoning and synthesis
- Summary and Q&A

Lindsay S. Mumma, DC, DNSP

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

Profile of Qualifications	Experienced chiropractor with knowledge and clinical skills regarding human biomechanics from birth through high-level athletic activity Certified DNS Practitioner Author of best-selling book <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
Education	Prague School of Rehabilitation, Prague, Czech Republic Certified DNS Practitioner (DNSP) September 2023 Palmer College of Chiropractic, Davenport, IA: Doctorate of Chiropractic Graduated June 2011 Clinical Excellence Award Recipient Kent State University, Kent, OH: Bachelor of Arts Graduated December 2007, cum laude Crestview High School, Columbiana, OH: Diploma Graduated May 2004, Valedictorian
Continuing Education 1206.25 Hours Total	2024 Courses Motion Palpation Institute Sports Summit: The Shoulder DNS Exercise Course Part 2 - Examination Passed DNS Pediatrics 1 - Examination Passed Motion Palpation Institute Adjustathon: Spine Academy of Shockwave Excellence 2023 Courses Parker Seminar - Vegas - The Body-Sport Connection, Myth Busters: Fat Loss Edition; Loading the Painful Patient: How Coaching Can Maximize Results; Beyond Pain: Movement and Environmental Vital Signs for the Modern Provider; Red Flags, Recovery, and Rehabilitation for CAs and DCs Motion Palpation Institute Sports Summit: The Lumbar Spine Dynamic Neuromuscular Stabilization: B DNS Applied to Klapp Crawling DNS Exercise Course Part 1 - Examination Passed Non-Surgical Hip Replacement - TCA Texpo DNS Online Seminar - Pelvic Floor Self-Treatment Dynamic Neuromuscular Stabilization: D Barral Institute Visceral Manipulation 1 Women Chiropractors Unconvention - Clinical Pearls - Women, Aging, and Cardiometabolic Health 2022 Courses

Lindsay S. Mumma, DC, DNSP

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

Parker Seminar - Vegas

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

ICPA Postpartum Care: Improving Diaphragm, Core, and Pelvic Floor Function

DNS Baby Handling

DNS Women's Health Yoga

Clinic Gym Hybrid Advanced Rehab & Active Care

Parker Seminar - Orlando

- The Science of the Adjustment

Dynamic Neuromuscular Stabilization: A

Dynamic Neuromuscular Stabilization: C

2021 Courses

MPI Spine

MPI Spine

Parker University Skill-Up

MPI Spine

MPI Integration - Lower

MPI Integration - Upper

MPI Extremities

Parker Seminar - Orlando

- TMJ, Foot & Ankle Adjusting, Shoulder Rehabilitation, Neuroplasticity, Establishing Functional Goals

MPI Pregnancy & Pediatrics

Compliance & Cultural Competency Training

Parker Seminar - Dallas

- Science of the Adjustment, Impulse Control, Pain Science & Nutrition, Insulin Resistance

DNS Women's Health

2020 Courses

Parker University Skill-Up

NCCA Spring Convention

- The Pendulum is Swinging Again
- Kinetic Chain from the Ground Up
- Communicating Chiropractic: Applying the Science of Chiropractic to Clinical Practice

HNS Compliance (Fraud, Waste and Abuse, HIPAA)

NCCA Fall Convention

- Clinical Risk Management: Manifestations of COVID19
- Supporting Optimal Immune System Health

2019 Courses

NCCA Spring Conference (presenter and participant)

HNS Compliance Training (Fraud, Waste and Abuse, HIPAA)

Managing for Success A Step Further: Improving Quality & Treatment Outcomes & Clinical Care and Risk Management

Myofascial Trigger Point Dry Needling A Diagnostic and Treatment Modality for The Manual Medicine Practice

MindBridge Neurolinguistic Programming (NLP) Practitioner Training (Modules 4-6)

Education / Residency:

- 1993: (9 week) Orthopedic Physical Therapy Residency at Physical Therapy Orthopedic Specialists, Inc., Minneapolis, Minnesota.
- 1993: Northwestern University Graduate Orthopedic Program in Physical Therapy; Chicago, IL; completed all requirements for Master's Orthopedic Physical Therapy
- 1986: St. Louis University; St. Louis, Missouri. Bachelor of Science Degree in Physical Therapy

Professional Experience:

- **2024 – Present: Carelon Medical Benefits Management of Elevance Health Insurance Company – Clinical Account Director Back and Joint Pain Program**
 - Clinical account management for groups of clients (80% 1-5k, 20% 5k segment).
 - Provides consultative expert information on 360 Health Programs.
 - Presents prepared reports to clients to demo clinical program value.
 - Manages clinical service issues to ensure that performance guarantees are met and clinical issues resolved.
 - Builds relationship with internal and external stakeholders
 - Participates in process of clinical program implementation, clinical Lead for multidiscipline weekly Grand Rounds
 - Manages issues specific to client, applying knowledge, insight, experience into strategic recommendation's
 - Manages the business processes that the system supports.
- **2021 – 2024: Carelon Medical Benefits Management of Elevance Health Insurance Company – Physical Therapy Manager of the Back and Joint Pain Guide Program**
 - Advise and develop evidence-based standards of care for spine and joint pain prevention initiative.
 - Coordinate digital platform coaching vendors and oversee weekly grand rounds for Anthem members.
 - Supervise nurse and physical therapy case managers for Back and Joint Pain Guide Program.
 - Oversee national program fully insured 14 states with 3.4 million lives.
 - Clinical Practice oversee of all members actively in Back and Joint Pain Guide Program
 - Clinical Lead for multidiscipline Weekly Grand Rounds
- **2002 – Present: World of HURT LLC – Founder and CEO**
 - Publisher for World of Hurt Book
 - Consultant and Research Advisor for Pain Mechanism Classification System integration
 - Tele health Persistent Pain Wellness Coach
 - In home, In clinic Private Physical Therapy Practice
 - Primary Instructor and Author
 - Interdisciplinary (MD, DO, DC, Psychology, PT, OT, ATC, Massage Therapy) post graduate education.
 - CEU provider for 1 and 2-day courses both USA and International.
 - "a World of HURT (WoH): A Guide to Classifying Pain" – instructor of six training courses
 1. WoH: A Guide to Classifying Pain Course: An Overview course
 2. WoH: Nociceptive Pain Mechanisms: Mechanical to Functional Exercise Prescriptions
 3. WoH: Peripheral Neurogenic Pain: Neural Entrapment to Neural Dysfunction Exercise Prescriptions
 4. WoH: Central Nervous System Pain Mechanisms Patient Education & Exercise Prescriptions
 5. WoH: A Non-Pharmacy approach to the Neurological Patient's Pain and Spasticity
 6. WoH: "Foods" a Non-Pharmacy Intervention for Pain & Chronic Illness

- **2018 – Present: Greentree Mind company – Advisory Board Member**
 - Advising standards of care for musculoskeletal physical and occupational therapy clinical practice.
 - Consultant for outpatient rehabilitation operations, standard of care training and mentoring programs
- **2020 – 2023: Governor State University – Adjunct Faculty Physical Therapy Program**
 - Current Issues in Physical Therapy – Pain Mechanism Classification System (PMCS) utilization in pain, hypertonia, persistent symptoms and disability.
 - Course Number: PHYT 8811; Credit Hours: Two (2)
 - Catalog Description: Covers advanced examination and intervention techniques for patients who have impairments or disabilities. Explores current literature and research in the field.
 - Evaluation: Grading will be based upon the following:
 - 1. Posttest after each self-reading and taped webinar of each mechanism.
 - 2. Group activity literature review and journal club presentation of each mechanism applied to a case.
- **2018 – 2021: Shirley Ryan Ability Lab – Clinical Manager Musculoskeletal Partnerships**
 - Advise standards of care in MSK physician, physical and occupational clinical practice.
 - Advise research questions and active practice-based research projects in clinical practice.
 - Supervise and participate in clinical mentorship program for inpatient, outpatient PT & OT clinicians for problems of pain, spasticity, functional exercise progression.
 - Manage the IMC/R&Q/Empatha collaboration with SRALAB
 - Clinical Practice Orthopedic and Neurological Outpatients
- **2018 – 2021: AIM Specialty Health- National based healthcare company – Specialty Panel Physical Therapy Member**
 - Advising standards of care for musculoskeletal physical and occupational therapy clinical practice.
 - Advising research questions and projects of special interest to Medical Director.
 - Consultant for outpatient rehabilitation operations, standard of care training and mentoring programs
- **2016 – 2021: My Abilities- Ontario-based healthcare data analytics company – Research and Advisory Board Member**
 - Advising clinical practice standards of care for artificial intelligence technology platform.
 - Advising clinical practice research questions and forums for use of artificial intelligence technology platform.
 - Advisement of its AI data-driven Software-as-a-Service (SaaS) helping employers, insurance companies, healthcare providers and injured workers prevent workplace injuries and expediting return to work and reduction of claims while promoting a healthy and fit workforce.
- **2015 – 2018: 10X25 Initiative Spine Foundation, North American Spine Society (NASS) – Active Member Tactile Committee**
 - Tactile National Committee to reduce spine related disability 10% by 2025.
- **2013 – 2018: Shirley Ryan Ability Lab formerly known as Rehabilitation Institute of Chicago (RIC) – River Forest Outpatient Center - Clinical Manager**
 - Supervise and Manage Multidisciplinary Orthopedic and Neurological Rehabilitation Team and Operations.
 - Experience in JCAHO and CARF accreditation.
 - Maintain Quality Improvement projects, Marketing and Continuing Education Budget and Plans.
 - 50% Outpatient Musculoskeletal Clinical Practice
- **2002 – 2018: Rehabilitation Institute of Chicago (RIC), Chicago, IL - Corporate Director Musculoskeletal Practice**
 - Develop, Implement, and maintain Core Competency Curriculum for Allied Health Staff to ensure Best Practice Standards and Competencies for Musculoskeletal Rehabilitation.
 - Maintain Quality Improvement projects associated with employee and patient satisfaction.
 - Monitor outcomes for musculoskeletal rehabilitation programs at six-outpatient centers.

Instructor: Matthew Walker

Course Title: Sleep as a Non-Negotiable

Course Description:

This course offers an in-depth exploration of the neuroscience of sleep through the lens of Matthew Walker's groundbreaking book *Why We Sleep*. Students will examine the essential functions of sleep, including its impact on brain health, cognitive performance, memory consolidation, emotional regulation, and physical well-being. The course will cover key sleep mechanisms such as REM and NREM cycles, circadian rhythms, and sleep pressure, while also discussing the consequences of sleep deprivation ranging from increased risk of Alzheimer's and cardiovascular disease to impaired learning and mood disorders. We will analyze how modern lifestyles and workplace culture contribute to poor sleep habits, and how systemic and personal changes can support healthier sleep. Through engaging discussions and practical strategies, students will learn to view sleep not as a luxury, but as a fundamental pillar of human health and performance.

Course Objectives:

1. **Understand the Neuroscience of Sleep:**
Explain the biological processes and mechanisms of sleep, including REM and NREM cycles, circadian rhythms, and sleep pressure, and their role in supporting brain and body function.
2. **Analyze the Consequences of Sleep Deprivation:**
Evaluate the short- and long-term health impacts of insufficient sleep, including its connection to chronic illnesses such as Alzheimer's, cardiovascular disease, and mental health disorders.
3. **Apply Strategies for Improving Sleep Health:**
Identify and implement evidence-based personal and societal strategies for enhancing sleep quality, while critically assessing the influence of modern work culture and lifestyle on sleep behavior.

Cours Outline:

1. **Understanding the Foundations of Sleep (0–15 min)**
We begin by exploring the basic science of sleep, focusing on the roles of REM and NREM cycles, circadian rhythms, and sleep pressure. Students will learn how these systems regulate when and how we sleep, and why they are crucial for mental and physical restoration.
2. **The Benefits of Sleep Across the Lifespan (15–30 min)**
This section highlights the wide-ranging benefits of sleep, from memory consolidation and emotional regulation to immune support and cardiovascular health. We'll discuss how sleep contributes to learning, creativity, and resilience—and how these benefits change across different stages of life.
3. **The Dangers of Sleep Deprivation (30–45 min)**
We examine the consequences of chronic sleep loss, including its links to Alzheimer's disease, heart attack, stroke, obesity, and mental health disorders. Students will also discuss

how even mild, consistent sleep deprivation can impair decision-making, mood, and cognitive function.

4. **Improving Sleep in a Modern World (45–60 min)**

The final segment focuses on solutions. Students will evaluate how lifestyle, technology, and work culture disrupt sleep—and explore practical strategies and systemic changes that can improve sleep health. Walker’s evidence-based sleep tips will be reviewed and contextualized for everyday application.



Dr. Matthew P. Walker

Neuroscientist | Author | Sleep Researcher

Professional Summary

Dr. Matthew Walker is a leading neuroscientist specializing in the science of sleep and its vital impact on health, brain function, and longevity. With over two decades of research experience, Walker has become a prominent voice in public science communication, known for his ability to distill complex neuroscience into accessible insights. He is the author of the bestselling book *Why We Sleep*, which synthesizes decades of sleep research into an engaging and actionable narrative.

Education

- **Ph.D. in Neuroscience**, *Medical Research Council, London, UK*
 - **Medical Studies**, Began as a medical student before transitioning to neuroscience at age 18
-

Academic & Research Background

- Over 20 years of dedicated research into the physiological and cognitive benefits of sleep
- Specialized in brainwave analysis in dementia patients and sleep laboratory setup and methodologies.
- Early research prompted by lack of sleep data in neurodegenerative disease studies
- Self-taught sleep lab methods during Ph.D. to study sleeping brainwave patterns accurately

Publications

- **Author**, *Why We Sleep: Unlocking the Power of Sleep and Dreams*
 - Took ~4.5 years to complete
 - Widely recognized for accessible scientific language using metaphors and analogies
 - Described by Walker as a project sparked by a public moment of validation from a reader's anticipation
 - Book has received critical and public acclaim for increasing awareness about the importance of sleep

Science Communication & Media

- Known for engaging communication style that blends clarity with scientific depth
- Popular speaker and media contributor on the importance of sleep for cognitive and physical health
- Joked that his book may have “the power to put readers to sleep,” showing both the depth and irony of the subject

Instructor: Patrick Bodnar, DC, cAVCA

Duration: 2 Hours

Course Title: Medical Errors in Chiropractic Practice: Clinical Judgment, Documentation & Professional Risk

Course Description:

This course provides a practical, real-world look at medical errors in chiropractic practice, focusing on clinical judgment, documentation, and professional risk. Attendees will learn how errors commonly occur, how regulators evaluate cases, and how to improve clinical reasoning, documentation, and compliance to reduce risk and strengthen patient care.

Learning Objectives:

- Identify common types of medical errors in chiropractic practice, including clinical, documentation, and professional conduct issues
- Understand how regulatory boards evaluate cases and apply standards related to documentation, diagnosis, and medical necessity
- Apply practical strategies to improve clinical reasoning, documentation quality, informed consent, and outcome tracking to reduce professional risk

Section 1: Reframing Medical Errors (0-15m)

Most chiropractic 'medical errors' are not catastrophic injuries but documentation failures, clinical reasoning gaps, boundary violations, and compliance errors.

Interactive Question: What creates more risk—bad care or bad documentation?

Section 2: Thinking Like a Regulator (15m-35m)

Boards evaluate what you can prove, not what you intended.

Key Questions:

- Was there a proper history and exam?
- Was there a defensible diagnosis?
- Was treatment indicated?
- Was consent documented?
- Were outcomes tracked?

Section 3: Clinical Medical Errors (35-65m)

Common issues include failure to diagnose/red flag recognition, inappropriate treatment, and poor clinical reasoning.

Case Example: Low back pain with neurological symptoms treated without referral.

Three Case studies.

Section 4: Documentation Errors (65m-95m)

If it's not documented, it didn't happen.

Top Issues (Case Studies):

- No diagnosis
- No medical necessity
- Copy-paste notes
- No consent documentation
- No outcome tracking

Section 5: Ethical & Professional Errors (95m-110m)

Includes sexual impropriety, boundary violations, scope violations, and personal conduct issues (e.g., fraud, DUI).

Section 6: Prevention System (110m-120m)

1. Think (clinical reasoning)
2. Document (clear SOAP)
3. Connect (diagnosis → treatment)
4. Consent (explain risks/benefits)
5. Track (outcomes)



PATRICK BODNAR DC, cAVCA

PROFILE

As an educator, chiropractor, practice director, and educational administrator, I have helped thousands of patients and students make huge gains in their health and careers. Throughout my career spanning more than twenty years, I am fortunate to have extensive and successful experience in innovative and integrated patient care, health care compliance, educational program design and management, programmatic and regional accreditation, and teaching in person and virtually for both programmatic and continuing education formats.

In 2024, I expanded my focus to equine chiropractic care, blending clinical expertise with a lifelong passion for horses.

I know the true value in both patient and student service is to help people and animals function in such a way that they can pursue greatness wherever they're trying to find it.

EXPERIENCE

OWNER, EQUINE CHIROPRACTIC; FORT WORTH, TEXAS – 2024-PRESENT

As a Doctor of Chiropractic with over 20 years of experience, my passion for promoting health and mobility has naturally extended into my work with animals, specifically equines. In 2024, after completing specialized studies in animal chiropractic care, I entered this field, seamlessly combining my extensive clinical knowledge with my lifelong love for horses.

As a chiropractor who serves horses, I specialize in assessing a horse's posture, gait, biomechanics, and alignment. When necessary, I perform targeted adjustments to the spinal and extremity joints to enhance the horse's comfort, mobility, and overall performance.

My certification by the American Veterinary Chiropractic Association (AVCA) is a mark of excellence in animal chiropractic care, committing my practices to the highest professional standards. Additionally, I serve as an Animal Chiropractic Program Instructor, sharing my

knowledge and skills with chiropractors, veterinarians, and students enrolled in a chiropractic or veterinarian programs.

As a member of the American Quarter Horse Association (AQHA) and the American Paint Horse Association (APHA), I actively participate in organizations that reflect my dedication to the equine community and its values. My hands-on experience as an avid rider and horseman deepens my understanding of horses' unique biomechanics and enhances my ability to address their specific needs effectively.

Working as a Chiropractor who services horses allows me to merge my professional expertise with my personal passion for horses. It is a privilege to contribute to their well-being and to see firsthand the positive impact chiropractic care has on their comfort and performance.

CHIEF COMPLIANCE OFFICER, PARKER UNIVERSITY; DALLAS, TEXAS - 2023-PRESENT

I was transitioned, at Parker, to a new title in 2023, to better unite my functions with academic, departmental, organizational, and research reporting, assessment, and planning but also included my oversight in accreditation, curriculum, and clinical compliance.

The facets of my current role are:

- Academic Leadership. Provide academic management to the Deans overseeing the university's two colleges to ensure:
 - Operation of the academic programs including faculty participation in shared academic governance
 - Universally, learning outcome data is gathered and assessed
 - Programmatic outcomes are reported and reviewed by program leadership and faculty
 - Academic planning including annual action steps occurs based on outcome reporting
 - Program budgeting and enhancements are tied to action steps from the planning process
 - Curricular amendment and the addition of new programs follows the procedures published in the faculty handbook and those submitted to regional and programmatic accreditation bodies
- Mission Leadership. Embrace the university mission and work with Provost, academic leadership team, deans, and faculty to ensure its timely annual review, maintenance, and development.
- Accreditation Management. Manage successful continuance of regional and specialized accreditation for the university, including the quality enhancement plan through SACSCOC, quality patient care initiatives through CCE, and course review process. Work collaboratively with the Center for Teaching and Learning, Deans, and Student Affairs to oversee and guide a culture of academic integrity, ethical behavior, data analysis, and the promotion of best practices.
- Institutional Assessment. Provide leadership to the Senior Director of Institutional Planning and Assessment to achieve efficient and appropriate programmatic, departmental, and

Full Name

Dr Kevin Fogarty

Course Title

Risk Management- Avoiding Malpractice

Course Description

Statement of Purpose and Overview: This two-hour course on risk management will focus on the elements that trigger malpractice lawsuits, administrative complaints, and other risks regarding a chiropractic practice. A discussion will occur regarding the steps that can be taken to manage, prevent or reduce these elements and risks.

To identify ways to reduce those risks and prioritize risk reduction measures based on a strategy

Learning Objectives

Course Objectives:

To help clinicians identify and characterize the threats on a practice from office procedures and actions

To assess the vulnerability, determine the risk and expected likelihood and consequences of specific types of claims

Course Outline (organized in 15 minute increments)

Hour 1

0:00 – 0:15

Introduction

Failure to Diagnose, Equipment related issues, improper treatment, Erroneous, Recommendations

0:15 – 0:30

Malpractice, Professional Negligence, Sexual Misconduct, Vicarious Liability Lawsuits, Libel, Slander, Defamation and Tortuous Interference

0:30 – 0:45

Errors and Omissions, Patient Abandonment, Exploitation of Patient for Financial Gain, Poor Record Keeping, Falling Below the Standard of Care, Failure to Refer, Failure to Diagnose, Over-Utilization

0:45 – 1:00

Deceptive and Misleading Advertising, Fee Disputes, Collection Agencies and Past Due Notices, Ruination or Alteration of Records, Equipment Related Injuries, Patient Falls in Office, Patient Falls Off Table/ Table Injuries to Minors, Equipment Maintenance Records

Conclusion

Final Segment (within remaining time)

Questions and Answers

No Legal Advice will be given

Full Name

Dr Kevin Fogarty

Course Title

Understanding Florida Laws & Rules and How to Navigate Them

Course Description (400 characters or less)

Statement of Purpose and Overview: This two-hour course will focus on Laws and Rules that govern the practice of chiropractic in the state of Florida. There will be a discussion on elements of F.S. 456, F.S. 460, and F.A.C. 64B2 Board Rules. Common violations of the laws and rules will be a focus point. Strategies to prevent these violations will be studied.

Learning Objectives (Bulleted List)

Course Objectives:

1. To help clinicians identify and follow the laws and rules by which they are governed
2. To assist clinicians in understanding the ramifications of not following the Florida laws and rules
3. To reduce the chances of an administrative complaint being filed against a Florida chiropractor

Course Outline (organized in 15 minute increments)

Hour 1

0:00 – 0:15

Introduction

0:15 – 0:30

New law changes affecting practice in the past biennium

0:30 – 0:45

Florida Statutes 456 and Other Administrative Statutes

- a. Scope of practice in Florida
- b. Trust account procedures

0:45 – 1:00

- c. Record Keeping violations
 - d. Sexual misconduct
 - e. Grounds for disciplinary action
 - f. Student loan default
 - g. Massage establishment license
-

Hour 2

1:00 – 1:15

Florida Statutes 460

1:15 – 1:30

Florida Administrative Code 64B2 Board Rules

a. Deceptive and Misleading Advertising

1:30 – 1:45

b. Continuing education updates

c. New laws and rules impacting the practice of chiropractic in the state of Florida

1:45 – 2:00

456.062 Advertisement by a health care practitioner of free or discounted services; required statement.

Legislative Update and Florida Law

Conclusion

Final Segment (within remaining time)

Questions and Answers

No Legal Advice will be given

CURRICULUM VITAE
Kevin Fogarty DC, F.I.C.A. (Hon)
Chiropractic Physician
January 2026S

EDUCATION

Palmer College of Chiropractic, Doctor of Chiropractic 1985
Internship, B.J Palmer Memorial Clinic, Davenport, Iowa 1985

POST GRADUATE EDUCATION

-Fellowship earned in Applied Spinal Biomechanics and Engineering, F.A.S.B.E. 1989
American Academy of Clinical Applied Spinal Biomechanical Engineering, Manchester, NH

- Surface Electromyographic Certification 1993
Advanced Chiropractic Seminars, St Thomas, Virgin Islands

-Certification in Spinal Trauma earning C. C.S. T 1994
Life Chiropractic College West, Pasadena, CA

-Worker's Compensation Certification for State of Florida 1995
Florida Dept of Labor, Orlando, FL

-Legionnaire of Chiropractic Philosophy L. C.P. 2002
Palmer College of Chiropractic, Davenport, IA

- Certified Decompression Therapy 2018

- Certified Non-Surgical Spinal Decompression Therapy 2023

- Certified Non-Surgical Knee Decompression Therapy 2024

- Certified Neuropathy 2025

PROFESSIONAL EXPERIENCE

Post Graduate Continuing Education Speaker 2002 to Present
Parker College of Chiropractic, Life University

Appointed Trustee Life University 2009 to Present
Marietta, GA

Elected Chairman of the Board of Trustees Life University 7/2015 to 3/2026

Member of Palmer College of Chiropractic 1983 to Present
Alumni Association, State and International

Licensed to practice Chiropractic in the State of Florida 1987 to Present

Member of Academy Applied Spinal Biomechanical Engineering 1988 to 2002

Advising Officer of Florida State Council A.S.B.E. 1989

Appointed to the State of Florida Worker's Compensation 1991 to 2002
Peer Review Board

Member of International Pediatric Association	1991 to Present
Expert Medical Advisor for the Division of Worker's Compensation	1995 to 2000
Expert Witness for the Agency for Health Care Administration <i>Consultant, Board of Chiropractic</i>	5/1996 to Present
Appointed as a consultant to the Board of Chiropractic Examiners, <i>Exam Writing Team</i>	12/1997 to 2001
Appointed to the Advisory Council of Medical Physicists	11/1998 to 2002
Appointed Governor's <i>"Florida Commission on Excellence in Health Care"</i>	2000 to 2001
Appointed to Florida Board of Chiropractic Medicine By Governor Rick Scott	9/2011 to 2014
Re-Appointed to Florida Board of Chiropractic Medicine	2014 to 2021
Elected Chair Florida Board of Chiropractic Medicine	11/2013 to 2020
Florida Representative to the Federation of Chiropractic Licensing Boards	5/2013 to Present
Federation of Chiropractic Licensing Board-Bylaws Chairman	2016 to Present
Licensed to practice Chiropractic State of Georgia	2021 to Present

SPECIAL HONORS

Florida Academy of Chiropractic Ambassador Recognition Award	1990
Meritorious Service Award for devoted service to the Chiropractic profession	1993
Voted Fellow in the International Chiropractic FI C.A. (Hon)	1997
ICA President's Award for 2012	2012
Life University Honorary Alumnus Award	2014
Federation of Chiropractic Licensing Boards Arvidson Award	2021
Life University Chiropractor of the Year	2016
New Beginnings, New Jersey Lifetime Achievement Award	2024
International Disc Education, Jupiter, FL	2025

PUBLICATIONS

Paper published "Philosophical Contemplations" thru Palmer Institute for Professional Advancement Palmer University	2002
Paper published in Proceedings as presented at The Conference and Research Symposium in Chiropractic Pediatrics, Gold Coast Australia	2008