

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 Seminars Dallas 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

Manuel Soto-Garcia	Andrea Diaz	Patrick Bodnar	Dana Hollandsworth
Louisa Nicola	Chelsea Felton	Brad Glowaki	Kyl Smith
Alex Vidan	Frank Lopez	Jay Ferguson	Jason Hulme
Greg May	Richard Harris	Ashley Ragsdale	Jake Mills
Josh Satterlee	Greg Rose	John Cho	Cody Dimak
Celia Maguire	Anna McAlinn	MaryAnne Dimak	Joe Lintz
Brett Winchester			

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 Seminars Dallas 2026
2. **Organization sponsoring the course:** Parker University
3. **Course Objective:** To enhance the expertise of the Chiropractic Professional.
4. **Study hours required:** 48 DC hours in total/16 DC hours possible
5. **Instructor(s):**

Manuel Soto-Garcia	Andrea Diaz	Patrick Bodnar	Dana Hollandsworth
Louisa Nicola	Chelsea Felton	Brad Glowaki	Kyl Smith
Alex Vidan	Frank Lopez	Jay Ferguson	Jason Hulme
Greg May	Richard Harris	Ashley Ragsdale	Jake Mills
Josh Satterlee	Greg Rose	John Cho	Cody Dimak
Celia Maguire	Anna McAlinn	MaryAnne Dimak	Joe Lintz
Brett Winchester			

6. Educational background and experience of 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):** Dallas, TX
11. **Date(s):** October 2, 3, & 4, 2026



PARKER SEMINARS

KAIROS

DALLAS 2026

October 2-4, 2026 | Parker University | Dallas, TX

[Register Now >](#)

	PAIN(LESS) PERSPECTIVE	CARE FOR EVERY STAGE	FROM GUESSWORK TO GAMEPLAN	ADJUSTING FOR THE LONG RUN	HEAD TO HEEL	PRACTICE WITH PURPOSE	TISSUE TACTICS
7am-8am	REGISTRATION OPEN						
8am-10am	Inputs, Pain, & Plasticity: Clinical Care Beyond the Adjustment <i>Manuel Soto-Garcia</i> TBD DC CE	The Adaptable Adjustment: From Pediatric Patients to Atypical Presentations <i>Andrea Diaz</i> TBD DC CE	Stop Guessing: How to Make Better Business Decisions in Chiropractic <i>Kristy Carbonelli</i> TBD NO CE	Adjust Smarter, Not Harder - Biomechanics, Injury Prevention, & Efficiency for HVLA Longevity <i>Dana Hollandsworth</i> TBD DC CE	PCOS is now PMOS: The Metabolic-MSK Connection from Diagnosis to Perimenopause <i>Anna McAlinn</i> TBD DC CE CA CE	Starting A Practice Without a Loan <i>Marcus Tamez</i> TBD NO CE	Unlock the Upper Extremity with Fascia & Function: Understanding Injury Through Biomechanics & Myofascial Release <i>Chelsea Felton</i> TBD DC CE MT CE
10am-10:30am	EXPO OPEN						
10:30am-12pm	 Atomic Chiropractor: Harnessing the Power of the Adjustment Through Science, Philosophy, & Clinical Credibility Brad Glowaki Main Stage						1 HOUR DC CE 1 HOUR CA CE
12pm-1:30pm	LUNCH BREAK						
1:30pm-3:30pm	Looking for Pain in All the Wrong Places <i>Kyl Smith</i> TBD DC CE	Aging Strong: Strength Training for Women Over 50 <i>MaryAnne Dimak</i> TBD NSCA CE DC CE CA CE	Be The Orthopedic Expert <i>Alex Vidan</i> TBD DC CE CA CE	Mastering the Transitions: Assessment & Adjustment of the Spine's Key Junctions <i>Frank Lopez</i> TBD DC CE	Thinking Like an Anatomist: Looking at Familiar Anatomy with Fresh Eyes <i>Jay Ferguson</i> TBD DC CE CA CE MT CE	Leading a Remarkable Chiropractic Practice: A Leadership Playbook for Sustainable Growth <i>Joseph & Jordan Adams</i> TBD NO CE	Palpatory Prowess: Developing Clinical Confidence with the Iliopsoas <i>Greg May</i> TBD DC CE MT CE
3:30pm-4pm	EXPO BREAK						
4pm-5:30pm	 Peptides: Miracle or Marketing? Richard Harris Main Stage						1 HOUR DC CE 1 HOUR CA CE

	IMAGING INSIGHTS	THE ADJUSTMENT APPROACH	FORE BETTER MOVEMENT	DATA IN, DATA OUT	INTAKE TO IMPACT
7am-8am	REGISTRATION OPEN				
8am-10am	More Than a Mechanical Problem: The Role of Ultrasound in Clinical Decision Making	Beyond the Bump: Adapting Chiropractic Care During Pregnancy	Swing Better, Hurt Less - Practical Sports Medicine for Golfers	Exploring the Impact of ChatGPT on Primary Care Practice: Implications for Chiropractic Professionals	The 1% Patient Protocols - The Intake Secrets Most Doctors Never Learn
	Ashley Ragsdale TBD DC CE SONO CME	Andrea Diaz TBD DC CE	Jason Hulme TBD NSCA CE DC CE	Joe Lintz TBD DC CE CA CE	Josh Satterlee TBD DC CE
10am-10:30am	EXPO OPEN				
10:30am-12pm	Maximizing Athletic Performance Through Sport Science Greg Rose Main Stage 1 HOUR NSCA CE 1 HOUR DC CE 1 HOUR CA CE				
12pm-1:30pm	LUNCH BREAK				
1:30pm-3:30pm	Elevating Lower Extremity Diagnosis: Diagnostic Insights & Live MSK Ultrasound Scanning	Move Worse, Get Better: A Case Against Movement Perfectionism in the Management of Shoulder Impingement Syndrome	Understanding Golf Swing Biomechanics for Injury Prevention & Performance	The Right Angle: Radiologic Positioning Lessons from Challenging Diagnostic Cases	Lumbar Spine Rehabilitation Through Strength Training
	John Cho TBD DC CE SONO CME	Jake Mills TBD DC CE	Brett Winchester TBD NSCA CE DC CE	Celia Maguire TBD DC CE	Cody Dimak TBD NSCA CE DC CE
3:30pm-4pm	EXPO BREAK				
4pm-5:30pm	The Cognitive Edge: How the World's Highest Performers Protect & Train Their Brains Louisa Nicola Main Stage 1 HOUR DC CE 1 HOUR CA CE				

COMPLIANCE: THE FINE PRINT

7am-8am

REGISTRATION OPENS/BREAKFAST PROVIDED

8am-10am

Medical Errors in Chiropractic Practice: Clinical Judgment, Documentation Failures & Professional Risk
Patrick Bodnar | TBD

DC CE

CA CE

10-10:15am

BREAK

10:15am-2:15pm

Staying Compliant in Texas Chiropractic Practice: Ethics, Risk Management, Documentation & Coding
Texas Mandatory
Patrick Bodnar | TBD

INCLUDES TEXAS REQUIRED TOPICS

TEXAS DC CE

Doctor of Chiropractic CE ATTENDANCE VOUCHER

Course Title: Parker Seminars Dallas 2026

Course No.:

Location: Dallas, TX

Seminar Dates: 10/2/2026 8:00am-5:30pm

10/3/2026 8:00am-5:30pm

10/4/2026 8:00am-2:15pm

STATE [only one per voucher]: _____

YOUR STATE DC LICENSE #: _____

Time	Instructors Name	Topic of Discussion	CE Hours
Friday, October 2, 2026			
8:00AM – 10:00AM	Manuel Soto	Inputs, Pain, & Plasticity: Clinical Care Beyond the Adjustment	2hrs- General (Public Health)
8:00AM – 10:00AM	Andrea Diaz	The Adaptable Adjustment: From Pediatric Patients to Atypical Presentations	2hrs- General (Principles or Practice of Chiropractic)
8:00AM – 10:00AM	Kristy Carbonelli	Stop Guessing: How to Make Better Business Decisions in Chiropractic	
8:00AM – 10:00AM	Dana Hollandsworth	Adjust Smarter, Not Harder: Biomechanics, Injury Prevention, & Efficiency for HVLA Longevity	2hrs- General (Principles or Practice of Chiropractic)
8:00AM – 10:00AM	Anna McAlinn	PCOS is Now PMOS: The Metabolic-MSK Connection from Diagnosis to Perimenopause	2hrs- General (Public Health)
8:00AM – 10:00AM	Marcus Tamez	Starting a Practice Without a Loan	
8:00AM – 10:00AM	Chelsea Felton	Unlock the Upper Extremity with Fascia & Function: Understanding Injury Through Biomechanics & Myofascial Release	2hrs- General (Principles or Practice of Chiropractic)
11:00AM – 12:00PM	Brad Glowaki	Atomic Chiropractor: Harnessing the Power of the Adjustment Through Science, Philosophy, & Clinical Credibility	1hr- General (Public Health)
1:30 PM – 3:30 PM	Kyl Smith	Looking for Pain in All the Wrong Places	2hrs- General (Neuro-Muscular Diagnosis)
1:30 PM – 3:30 PM	MaryAnne Dimak	Aging Strong: Strength Training for Women Over 50	2hrs- General (Public Health)
1:30 PM – 3:30 PM	Alex Vidan	Be the Orthopedic Expert	2hrs- General (Public Health)
1:30 PM – 3:30 PM	Frank Lopez	Mastering the Transitions: Assessment & Adjustment of the Spine's Key Junctions	2hrs- General (Principles or Practice of Chiropractic)
1:30 PM – 3:30 PM	Jay Ferguson	Thinking Like an Anatomist: Looking at Familiar Anatomy with Fresh Eyes	2hrs- General (Public Health)
1:30 PM – 3:30 PM	Joseph & Jordan Adams	Leading a Remarkable Chiropractic Practice: A Leadership Playbook for Sustainable Growth	
1:30 PM – 3:30 PM	Greg May	Palpatory Prowess: Developing Clinical Confidence with the Iliopsoas	2hrs- General (Neuro-Muscular Diagnosis)
4:30 PM – 5:30 PM	Richard Harris	Peptides: Miracle or Marketing?	1hr- General (Public Health)

8:00AM – 10:00AM	Ashley Ragsdale	More Than a Mechanical Problem: The Role of Ultrasound in Clinical Decision Making	2hrs- General (Imaging technique or interpretation)
8:00AM – 10:00AM	Andrea Diaz	Beyond the Bump: Adapting Chiropractic Care During Pregnancy	2hrs- General (Principles or Practice of Chiropractic)
8:00AM – 10:00AM	Jason Hulme	Swing Better, Hurt Less: Practical Sports Medicine for Golfers	2hrs- General (Principles or Practice of Chiropractic)
8:00AM – 10:00AM	Joe Lintz	Exploring the Impact of ChatGPT on Primary Care Practice: Implications for Chiropractic Professionals	2hrs- Record Keeping/Documentation and Coding
8:00AM – 10:00AM	Josh Satterlee	The 1% Patient Protocols: The Intake Secrets Most Doctors Never Learn	2hrs- General (Imaging technique or interpretation)
11:00AM – 12:00PM	Greg Rose	Maximizing Athletic Performance Through Sport Science	1hr- General (Public Health)
1:30 PM – 3:30 PM	John Cho	Elevating Lower Extremity Diagnosis: Diagnostic Insights & Live MSK Ultrasound Scanning	2hrs- General (Imaging technique or interpretation)
1:30 PM – 3:30 PM	Jake Mills	Move Worse, Get Better: A Case Against Movement Perfectionism in the Management of Shoulder Impingement Syndrome	2hrs- General (Principles or Practice of Chiropractic)
1:30 PM – 3:30 PM	Brett Winchester	Understanding Golf Swing Biomechanics for Injury Prevention & Performance	2hrs- General (Principles or Practice of Chiropractic)
1:30 PM – 3:30 PM	Celia Maguire	The Right Angle: Radiologic Positioning Lessons from Challenging Diagnostic Cases	2hrs- General (Imaging technique or interpretation)
1:30 PM – 3:30 PM	Cody Dimak	Lumbar Spine Rehabilitation Through Strength Training	2hrs- General (Principles or Practice of Chiropractic)
4:30 PM – 5:30 PM	Louisa Nicola	The Cognitive Edge: How the World's Highest Performers Protect & Train Their Brains	1hr- General (Public Health)
8:00am – 10:00am	Patrick Bodnar	Medical Errors in Chiropractic Practice: Clinical Judgment, Documentation Failures & Professional Risk	2hrs- Risk Management
10:15am – 2:15pm	Patrick Bodnar	Staying Compliant in Texas Chiropractic Practice: Ethics, Risk Management, Documentation & Coding	
TOTAL CE HOURS			48

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.

General (Public Health) 14
 General (Principles or Practice of Chiropractic) 18
 General (Neuro-Muscular Diagnosis) 4
 General (Imaging technique or interpretation) 8
 Record Keeping/Documentation and Coding 2
 Risk Management 2

Chiropractic Assistant CE ATTENDANCE VOUCHER

Course Title: Parker Seminars Dallas 2026

Course No.:

Location: Dallas, TX

Seminar Dates: 10/2/2026 8:00am-5:30pm

10/3/2026 8:00am-5:30pm

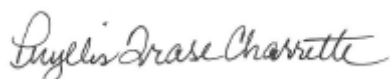
10/4/2026 8:00am-2:15pm

STATE [only one per voucher]: _____

YOUR STATE DC LICENSE #: _____

Time	Instructors Name	Topic of Discussion	CE Hours
Friday, October 2, 2026			
8:00AM – 10:00AM	Anna McAlinn	PCOS is Now PMOS: The Metabolic-MSK Connection from Diagnosis to Perimenopause	2hrs- General (Public Health)
11:00AM – 12:00PM	Brad Glowaki	Atomic Chiropractor: Harnessing the Power of the Adjustment Through Science, Philosophy, & Clinical Credibility	1hr- General (Public Health)
1:30 PM – 3:30 PM	MaryAnne Dimak	Aging Strong: Strength Training for Women Over 50	2hrs- General (Public Health)
1:30 PM – 3:30 PM	Alex Vidan	Be the Orthopedic Expert	2hrs- General (Public Health)
1:30 PM – 3:30 PM	Jay Ferguson	Thinking Like an Anatomist: Looking at Familiar Anatomy with Fresh Eyes	2hrs- General (Public Health)
4:30 PM – 5:30 PM	Richard Harris	Peptides: Miracle or Marketing?	1hr- General (Public Health)
Saturday, October 3, 2026			
8:00AM – 10:00AM	Joe Lintz	Exploring the Impact of ChatGPT on Primary Care Practice: Implications for Chiropractic Professionals	2hrs- Record Keeping/Documentation and Coding
11:00AM – 12:00PM	Greg Rose	Maximizing Athletic Performance Through Sport Science	1hr- General (Public Health)
4:30 PM – 5:30 PM	Louisa Nicola	The Cognitive Edge: How the World's Highest Performers Protect & Train Their Brains	1hr- General (Public Health)
Sunday, October 4, 2026			
8:00am – 10:00am	Patrick Bodnar	Medical Errors in Chiropractic Practice: Clinical Judgment, Documentation Failures & Professional Risk	2hrs- Risk Management
TOTAL CE HOURS			16 Total / 12 Possible

Board Approval Number: _____



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.

Full Name *

Dr. Manuel Soto-Garcia

Course Title *

Inputs, Pain, & Plasticity: Clinical Care Beyond the Adjustment

Course Description (400 characters or less) *

This 2-hour clinical application presentation explores the adjustment as one therapeutic input within a broader neurophysiological model of care. The course examines how clinical interventions, patient physiology, environmental factors, and perception influence pain processing, neuroplasticity, autonomic regulation, and recovery.

Participants will learn to distinguish between the source of pain and the broader drivers of the pain experience, including sensitization, fear, stress, lifestyle factors, and other physiological influences that may affect recovery. Emphasis will be placed on clinical reasoning and matching the appropriate intervention to the patient's current neurological and physiological state.

Learning Objectives (Bulleted List) *

- Describe spinal manipulation as a neurophysiological input involving mechanoreceptors, nociceptors, muscle spindles, Golgi tendon organs, cutaneous receptors, and spinal cord modulation.
- Explain how adjustments may influence pain through segmental inhibition, dorsal horn modulation, descending pain modulation, motor output, autonomic responses, and changes in sensory interpretation.
- Differentiate nociception from pain and explain why pain is influenced by biological, psychological, and social factors rather than tissue damage alone.
- Identify factors that may drive the pain experience, such as sensitization, fear, stress, lifestyle factors, metabolic state, movement tolerance, and other physiological influences.
- Discuss how activities and environment may influence inflammation, mitochondrial function, gene expression, and neuroplasticity.
- Apply a clinical reasoning framework to determine when a patient may benefit from adjustment, graded sensory input, movement-based care, nutritional support, patient education, emotional regulation strategies, or referral.

Patient Outcomes: Relates to specific outcomes to patient treatment (Bulleted List)

- Participants will be able to explain why clinical care should evaluate both the pain source and the factors driving the pain experience.
- Participants will be able to distinguish nociception from pain and explain why pain intensity does not always equal tissue damage.
- Participants will be able to identify key receptor and spinal cord mechanisms involved in manipulation-related pain modulation.

- Participants will be able to describe how spinal manipulation may influence pain, movement, muscle tone, and autonomic regulation.
- Participants will be able to recognize when a patient may need graded sensory input rather than immediate high-velocity manipulation.
- Participants will be able to explain how nutrition and inflammation may influence pain sensitivity, recovery capacity, and response to care.
- Participants will be able to describe how lifestyle and movement inputs may influence neuroplasticity, gene expression, and clinical adaptation.
- Participants will be able to apply a neurophysiological and biopsychosocial framework to determine whether adjustment, movement, nutrition, education, emotional regulation, or referral is most appropriate.

Course Outline (organized in 15 minute increments)

Please add supporting details to describe your content fully.

0 to 15 min – Clinical Care Beyond the Adjustment

Introduce the adjustment as one clinical tool within a broader model of pain, physiology, and recovery.

15 to 30 min – Pain Is Not Just Tissue Damage

Review pain as a sensory and emotional experience influenced by biological, psychological, and social factors. Differentiate nociception from pain and introduce threat perception.

30 to 45 min – Neurophysiology of the Adjustment

Discuss mechanoreceptors, nociceptors, muscle spindles, Golgi tendon organs, joint receptors, cutaneous receptors, and dorsal horn modulation.

45 to 60 min – Spinal, Brain, Motor, and Autonomic Effects

Discuss segmental inhibition, descending pain modulation, muscle guarding, motor output, corticospinal excitability, autonomic responses, and neuroendocrine considerations.

60 to 75 min – When Input Helps vs Overloads

Discuss why some patients respond well to adjustment while others may need graded input first. Include central sensitization, dysregulated nervous system states, fear, poor sleep, and low recovery capacity.

75 to 90 min – Nutrition, Inflammation, and the Internal Environment

Discuss nutrition as chemical signaling. Include inflammatory mediators.

90 to 105 min – Movement, Epigenetics, and Neuroplasticity

Explain how internal and environmental inputs can influence gene expression, mitochondria, tissue adaptation, and nervous system plasticity.

105 to 120 min – Emotion, Threat, and Clinical Integration

Connect the limbic system, autonomic regulation, HPA axis, patient expectation, clinician communication, and perceived safety to pain and prognosis.

Manuel Soto-Garcia, DC, DIBCN, BCN, CSNS

817-706-1194

dr.msotogarcia@gmail.com

Education:

Palmer College of Chiropractic – Florida Campus, Port Orange, FL
Degree Received: *Doctor of Chiropractic (DC)*
Graduation Date: March 2020

Clinical Neuroscience Institute, Port Orange, FL
Post-Doctoral Studies in Clinical Neuroscience
Completion Date: August 2019

Midwestern State University, Wichita Falls, TX
Degree Received: *Bachelor of Science in Exercise Physiology (BSEP)*
Graduation date: December 2016

Certifications & Licensure:

Chiropractic Licenses

1. State of Texas
2. State of Florida
3. State of California

Expiration May 1, 2027
Expiration March 31, 2026
Expiration May 31, 2021

CPR/AED for Professional Rescuers

Expiration June 2026

Board-Certified in EEG/Neurofeedback (BCN)

Expiration December 31, 2026

Certified by the Society for Sports Neuroscience (CSNS)

October 2020 — Present

Diplomate, International Board of Chiropractic Neurology (DIBCN)

March 2021 — Present

Speaking Engagements:

Rehabilitation of Traumatic Brain Injury & Post-Concussive Syndrome with Florida Surgery Consultants —
Florida Bar Association — July 2021

Rehabilitation of Traumatic Brain Injury & Post-Concussive Syndrome — International Academy of Chiropractic
Neurology — February 2024

Traumatic Brain Injury Management Panel Speaker — Florida Bar Association — February 2024

Neurology Application for Daily Clinical Practice — Palmer College of Chiropractic — November 2024

Publications:

Shaw, Trevor; Soto-Garcia, Manuel: Chiropractic management of toe-walking in an 8-year-old male diagnosed with autism spectrum disorder utilizing a functional approach: A case study. *Journal of Bodywork & Movement Therapies*. 2021(26);538-541. 10.1016/j.jbmt.2021.03.014

Soto-Garica, MA; Chapin, T; Holdridge, CN; Aponte, A: Resolution of Chronic Vestibular Migraines With Conservative Rehabilitative Management. 2024. Manuscript submitted for publication.

Teaching Experience:

Assistant Professor, Parker University – College of Chiropractic, Dallas, TX

Neuroscience

Fall 2025

Neuroscience Lab

Fall 2025

Gross Anatomy I Lab

Winter 2025 – Present

Gross Anatomy II Lab

Winter 2025 – Spring 2025

Physiology I Lab

Winter 2025

Microbiology Lab

Winter 2025

Adjunct Faculty – College of Health Professions, Anesthesia Sciences, South University, Orlando, FL

Anatomy & Physiology I

Spring 2024 – Summer 2024

Anatomy & Physiology I Lab

Spring 2024 – Summer 2024

Anatomy & Physiology II

Summer 2023 – Fall 2024

Anatomy & Physiology II Lab

Summer 2023 – Fall 2024

Adjunct Clinical Faculty – Palmer College of Chiropractic Clinics, Port Orange, FL

Clinic Internship

October 2023 — December 2024

Practical Experience:

Parker University, Dallas, TX

January 2025 — Present

Assistant Professor

Palmer College of Chiropractic Clinics - Florida, Port Orange, FL

October 2023 — December 2024

Adjunct Faculty Clinician

South University, Orlando, FL

June 2023 — December 2024

Adjunct Faculty for College of Health Professions

Orlando Chiropractic Neurology Center, Orlando, FL

November 2020 — December 2024

Chiropractic Neurologist/Owner

100% Chiropractic – Winter Garden, Winter Garden, FL

November 2021 — August 2022

Clinic Director

The Vault Performance Consultants, Winter Garden, FL

September 2020 — November 2021

Sports Performance Chiropractic Physician (Contractor)

Florida Surgery Consultants, Tampa, FL

February 2021 — November 2021

Brain Injury Laboratory and Rehabilitation Director (Contractor)

Neurolink Chiropractic, San Mateo, CA

April 2020 — August 2020

Chiropractor

Apex Brain Centers, Asheville, NC

January 2020 — March 2020

Chiropractic Neurology Student Intern

Palmer College of Chiropractic Clinics, Port Orange, FL

April 2019 — January 2020

Chiropractic Student Intern

GMR Marketing, Dallas-Fort Worth, TX

January 2016 – November 2016

Brand Ambassador

360 Events and Promotions, Dallas-Fort Worth, TX

March 2016 – November 2016

Brand Ambassador

Instructor: Andrea Diaz

The Adaptable Adjustment: From Pediatric Patients to Atypical Presentations

Course Description

This two-hour course explores how chiropractic adjusting techniques can be adapted to meet the individual needs of pediatric patients and patients who cannot tolerate traditional positioning or procedures. Participants will learn to modify assessment, positioning, contacts, force, and technique based on age, development, anatomy, body size, mobility, comfort, and clinical presentation.

Learning Objectives

- Explain why chiropractic adjusting techniques should be adapted to the individual patient rather than applied using a one-size-fits-all approach.
- Identify developmental and anatomical differences that influence chiropractic assessment and adjusting procedures in pediatric patients.
- Modify adjusting force, contact, positioning, and technique based on a pediatric patient's age, development, and level of activity.
- Recognize patient characteristics and clinical circumstances that may require modification of traditional chiropractic adjusting procedures.
- Modify patient positioning, doctor stance, contact points, force, amplitude, and technique based on individual patient needs.
- Apply alternative adjusting approaches when standard prone, supine, or side-posture positioning is not appropriate, comfortable, or possible.
- Incorporate patient comfort, communication, consent, safety, and clinical judgment into technique selection and modification.

Course Outline

0:00–0:15 | The Adaptable Adjustment: Why One Size Does Not Fit All

A. Understanding the Individual Patient

- Introduction to the concept of adaptable chiropractic technique.
- Why standardized technique setups may not be appropriate for every patient.
- Recognizing that age, development, anatomy, body size, mobility, comfort, and clinical presentation influence technique selection.
- Differentiating the intended clinical objective from the specific technique used to accomplish it.

B. What Can Be Modified?

- Patient position.
- Doctor position and stance.
- Contact point and stabilization.
- Line of drive.
- Preload and tissue tension.
- Force, speed, and amplitude.
- Use of pillows, bolsters, drop tables, and instruments.

C. The Clinical Goal

- Maintain specificity while adapting the technique.
 - Achieve the intended biomechanical objective without forcing a traditional setup.
 - Prioritize patient safety, comfort, tolerance, and consent.
 - Recognize when an alternative technique—or no adjustment—is the appropriate clinical decision.
-

0:15–0:30 | The Pediatric Patient: Not Just a Smaller Adult

A. Who Is the Pediatric Patient?

- Understanding the pediatric population from infancy through adolescence.
- Developmental stages and their influence on chiropractic care.
- Changes in activity, mobility, and physical demands throughout childhood.

B. Developmental and Anatomical Differences

- Differences between the developing and mature musculoskeletal systems.
- Ongoing skeletal growth and ossification.
- Joint structure and mobility.
- Ligamentous characteristics.
- Head-to-body proportions.
- Changes in spinal curves throughout development.

C. Clinical Implications

- Why adult adjusting techniques should not simply be scaled down.
 - Matching technique selection to anatomy and developmental stage.
 - Understanding how age, size, and development influence patient positioning and force application.
-

0:30–0:45 | Pediatric Assessment and Adjusting Considerations

A. Pediatric History and Assessment

- Birth and developmental history.
- Developmental milestones.
- Current health concerns.
- Mechanism of injury when applicable.
- Activity level and physical demands.
- Age-appropriate examination and communication.

B. Preparing the Pediatric Patient

- Establishing comfort and trust.
- Communicating at an age-appropriate level.
- Parent or caregiver involvement.
- Adapting the clinical environment.
- Recognizing fear, apprehension, and limited cooperation.

C. Pediatric Adjusting Principles

- Age-appropriate contact points.
 - Modification of force and amplitude.
 - Patient positioning based on age and development.
 - Use of manual, table-assisted, and instrument-assisted approaches when appropriate.
 - Clinical reassessment following intervention.
-

0:45–1:00 | Adapting the Adjustment Through Pediatric Development

A. Infant

- Positioning considerations.
- Supporting the head and developing spine.
- Gentle contacts and low-force approaches.
- Adapting assessment and adjusting procedures to limited voluntary movement.

B. Toddler and Young Child

- Working with increased mobility and limited attention span.
- Alternative positioning when the child will not remain on the table.
- Incorporating movement and caregiver assistance when appropriate.
- Adapting technique to the child's comfort and cooperation.

C. School-Age Child and Preteen

- Changes in posture, activity, and physical demands.

- Sports participation and repetitive stress.
- Increasing similarity to adult techniques while continuing to modify force and positioning.

D. Adolescent

- Growth spurts and changing biomechanics.
 - Sports injuries and postural stress.
 - Determining when adult-style techniques may be appropriate and when modifications remain necessary.
-

1:00–1:15 | Beyond Pediatrics: Recognizing the Atypical Adjustment

A. What Makes an Adjustment “Atypical”?

- A patient who cannot tolerate the traditional setup.
- A patient whose anatomy or mobility makes the standard technique impractical.
- A situation in which the doctor cannot safely or effectively perform the preferred technique.

B. Common Reasons for Modification

- Differences in body size and body composition.
- Limited mobility or flexibility.
- Acute pain.
- Previous injury or surgery.
- Pregnancy.
- Age-related changes.
- Physical disabilities or mobility limitations.
- Patient apprehension or inability to relax.
- Significant doctor-patient size differences.

C. Identifying the Problem

- What part of the traditional setup is not working?
 - Is the limitation related to position, movement, contact, force, or doctor mechanics?
 - Can the provocative component be removed while preserving the clinical objective?
-

1:15–1:30 | Atypical Cervical and Thoracic Adjustments

A. Cervical Challenges

- Limited cervical range of motion.
- Difficulty relaxing in the supine position.
- Inability to tolerate extension or rotation.
- Patient apprehension or discomfort.

B. Cervical Modifications

- Seated cervical adjusting.
- Modified supine positioning.
- Semi-reclined positioning.
- Reducing rotational components.
- Modifying doctor stance, contact, preload, and amplitude.

C. Thoracic and Rib Challenges

- Difficulty lying prone or supine.
- Breast or chest sensitivity.
- Limited shoulder mobility.
- Kyphosis or postural changes.
- Difficulty crossing the arms.
- Patient and doctor size differences.

D. Thoracic Modifications

- Seated thoracic adjustments.
- Modified supine techniques.
- Side-lying alternatives.
- Prone and table-assisted modifications.
- Adapting contacts and leverage while minimizing unnecessary compression.

1:30–1:45 | Atypical Lumbar and Pelvic Adjustments

A. Challenges With Traditional Side Posture

- Limited hip or knee mobility.
- Acute pain.
- Difficulty rolling or transferring.
- Larger body size.
- Pregnancy or abdominal considerations.
- Fear or intolerance of rotational positioning.
- Previous surgery or joint replacement.

B. Side-Posture Modifications

- Reducing rotational components.
- Modifying leg placement and patient setup.
- Using the table and gravity to assist positioning.
- Modifying stabilization and doctor stance.
- Creating leverage without relying on excessive force.

C. Alternatives to Traditional Side Posture

- Prone lumbar and pelvic adjustments.
- Supine pelvic techniques.
- Drop-table approaches.
- Seated techniques.
- Instrument-assisted alternatives.

D. Protecting the Patient and the Doctor

- Avoiding excessive force to compensate for poor positioning.
- Using efficient doctor mechanics.
- Recognizing when the setup should be abandoned or changed.

1:45–2:00 | Clinical Integration: The Art of Adapting the Adjustment

A. The Clinical Modification Process

For each patient or clinical challenge:

1. Identify the intended clinical or biomechanical objective.
2. Determine what prevents the traditional technique from being performed safely or comfortably.
3. Identify which component of the setup can be modified.
4. Select an alternative position, contact, or technique.
5. Explain the modification and obtain patient consent.
6. Perform the intervention.
7. Reassess the patient.

B. Clinical Scenarios

- The pediatric patient who will not lie on the table.
- The patient who cannot lie prone.
- The patient who cannot tolerate side posture.
- The patient who cannot cross the arms for a thoracic adjustment.
- The patient with limited shoulder, hip, or knee mobility.
- The patient who is significantly larger or smaller than the doctor.
- The patient who becomes uncomfortable during the setup.

- The traditional adjustment that is unsuccessful despite appropriate assessment and setup.

C. Safety and Clinical Judgment

- Avoid forcing the patient into a textbook setup.
- Recognize when patient discomfort requires modification or discontinuation.
- Maintain patient dignity and appropriate communication.
- Recognize contraindications and red flags.
- Know when not to adjust and when referral or co-management is appropriate.

D. Course Review and Questions

- Key principles of adaptable chiropractic technique.
- Clinical pearls and practical applications.
- Questions and discussion.

Course Timing Summary

Section	Time
The Adaptable Adjustment: Why One Size Does Not Fit All	15 minutes
The Pediatric Patient: Not Just a Smaller Adult	15 minutes
Pediatric Assessment and Adjusting Considerations	15 minutes
Adapting the Adjustment Through Pediatric Development	15 minutes
Beyond Pediatrics: Recognizing the Atypical Adjustment	15 minutes
Atypical Cervical and Thoracic Adjustments	15 minutes
Atypical Lumbar and Pelvic Adjustments	15 minutes
Clinical Integration: The Art of Adapting the Adjustment	15 minutes
Total Course Time	120 minutes

Andrea M. Diaz Rivera, DC

Pronouns She / Her / Hers

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Education	<i>Master of Science in Equity and Diversity in Education</i> <i>University of Nevada, Reno</i>	<i>December 2022</i>
	<i>Doctor of Chiropractic</i> <i>Life University, Marietta, GA</i>	<i>December 2015</i>
	<i>Bachelor of Science, Chemistry</i> <i>University of Puerto Rico, Mayagüez, PR</i>	<i>December 2006</i>

Career History & Accomplishment

Parker University (Dallas, TX)

Assistant Professor, Chiropractic Sciences

April 2022 - present

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

Life University (Marietta, GA)

Bilingual Support Professional

April 2016 – Aug 2021

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

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

Rubin Family Chiropractic (Marietta, GA)

Chiropractic Associate

Feb 2017 – Aug 2020

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

Blu Caribe Pharmaceuticals (Dorado, PR)

Laboratory Analyst

2011 - 2012

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

Walgreens (Vega Baja, PR)

Elizabeth Arden Beauty Consultant

2010 - 2011

- Provided customer service and promote products

Pfizer Pharmaceuticals (Vega Baja, PR)

Laboratory Analyst

2007 - 2010

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

Hard and Soft Skills

Ability to Work Under Pressure
Approachability
Bilingual (Spanish / English)
Communication
Creative Thinking

Problem-Solving Oriented
Self-motivated & Dynamic
Time Management & Organizational skills
Proficient in Microsoft Office and Google Suite

Volunteer/Leadership/Certifications Experience

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

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.
-

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: Dr Anna McAlinn DC

2 Hours

Course Title:

PCOS is now PMOS: The Metabolic-MSK Connection from Diagnosis to Perimenopause

Course Description:

PCOS has a new name: PMOS. This session covers the physiology behind the rename, PMOS's musculoskeletal manifestations (connective tissue, joint hypermobility, myofascial pain), and its full treatment landscape — plus how PMOS shifts as patients enter perimenopause. Learn to spot this hidden driver behind confusing MSK presentations.

Learning Objectives:

- Explain the clinical rationale behind the 2026 renaming of PCOS to PMOS (polyendocrine metabolic ovarian syndrome) and its implications for patient assessment
- Describe the core physiology of the HPG axis and female sex hormones as a foundation for understanding PMOS-specific dysregulation
- Identify the key pathophysiological mechanisms underlying PMOS, including insulin resistance, hyperandrogenism, and HPO axis dysregulation
- Recognize the systemic consequences of PMOS, including cardiometabolic risk, endometrial risk, and mental health burden
- Correlate PMOS physiology with specific musculoskeletal manifestations, including connective tissue changes, joint hypermobility, and myofascial pain patterns
- Summarize the treatment landscape for PMOS patients, from first-line lifestyle interventions through pharmacological management
- Identify appropriate referral triggers and opportunities for interdisciplinary collaboration in PMOS patient care
- Describe how PMOS physiology and associated risk profiles shift as patients transition into perimenopause

Outline:

1. Opening and Renaming Rationale (15 min)

- Framework for the discussion
- WHY PCOS became PMOS and why it matters

2. Female Hormone Physiology Primer (15 min)

- What SHOULD be happening with female hormones
- HPG Axis
- Physiological roles of each female hormone

3. PMOS Pathophysiology (15 min)

- Insulin resistance as central hub
- Hyperandrogenism mechanisms
- HPO axis dysregulation & PMOS phenotypes

4. System Consequences (15 min)

- Cardiometabolic risk
- Endometrial Risk
- Mental Health

5. MSK Relevance Part 1 (15 min)

- Insulin resistance and connective tissue/collagen quality
- Joint hypermobility associations

6. MSK Relevance Part 2 (15 min)

- Myofascial pain patterns
- Inflammatory load

7. Treatment Approaches for PMOS Patients (15 min)

- First line lifestyle and metabolic interventions
- Pharmacological management - what are they getting from their OBGYN?
- Chiropractic relevant treatment
- Interdisciplinary collaboration & referral triggers

8. Closing bridge --> into perimenopause (15 min)

- How the physiology shifts
- Recalculated cardiometabolic risk
- Treatment-approach implications
- Wrap up & Closing

Anna McAlinn, DC, MS

Curriculum Vitae

armcalinn@gmail.com • annamcalinn@parker.edu • (254) 498-7808
2820 Lakemont Dr • Flower Mound, Texas 75022

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: Dr. Chelsea Felton

Title: Unlock the Upper Extremity with Fascia & Function: Understanding Injury Through Biomechanics & Myofascial Release

Description:

Through current evidence, biomechanical analysis, and hands-on application, this course explores common upper extremity musculoskeletal injuries from a functional perspective. Participants will learn how movement dysfunction, fascial restrictions, and altered biomechanics contribute to pain and dysfunction throughout the scapulothoracic, shoulder and elbow regions.

This interactive course emphasizes clinical reasoning and practical myofascial release techniques that can be immediately integrated into practice. Attendees will gain a greater understanding of treating the source of dysfunction rather than simply managing symptoms while improving patient outcomes through movement-based rehabilitation and soft tissue intervention.

Learning Objectives:

- Explain the role of fascia and biomechanics in common upper extremity musculoskeletal injuries.
- Recognize biomechanical dysfunctions that contribute to shoulder, elbow, wrist, and hand pain.
- Identify common myofascial restrictions and movement compensations associated with upper extremity dysfunction.
- Apply evidence-informed myofascial release techniques to improve mobility, decrease pain, and restore function.
- Integrate biomechanical assessment and myofascial treatment into a comprehensive patient management strategy.

Outline:

0:00–0:15 | Fascia & Function: The Missing Link

- Current understanding of fascia and force transmission
- Why biomechanics matter in musculoskeletal injury
- Regional interdependence of the upper quarter
- Clinical implications for conservative care

0:15–0:35 | Biomechanics of the Upper Extremity

- Functional anatomy review
- Scapulothoracic rhythm and shoulder mechanics
- Kinetic chain influences from the thoracic spine and rib cage
- Common movement compensations leading to injury

0:35–0:55 | Common Upper Extremity Injuries

- Rotator cuff dysfunction
- Shoulder impingement
- Lateral and medial epicondylalgia
- Carpal tunnel syndrome and common nerve entrapments
- Tendinopathies and overuse injuries

0:55–1:10 | Clinical Assessment & Movement Analysis

- Observation and movement assessment
- Functional testing
- Identifying biomechanical drivers versus pain generators
- Clinical decision-making

1:10–1:25 | Myofascial Release Principles

- Evidence supporting myofascial interventions
- Tissue assessment
- Treatment sequencing
- Integrating myofascial release with rehabilitation

1:25–1:45 | Hands-On Workshop: Shoulder & Scapula

- Fascial assessment
- Myofascial release techniques
- Improving scapular mechanics
- Restoring functional movement

1:45–2:05 | Hands-On Workshop: Elbow, Forearm & Wrist

- Fascial restrictions of the forearm
- Treatment for common tendinopathies
- Median, radial, and ulnar nerve considerations
- Functional progression into movement

2:05–2:20 | Clinical Integration & Patient Outcomes

- Combining biomechanics, fascia, and rehabilitation
- Clinical pearls for improving patient outcomes
- Building efficient treatment plans
- Questions and case discussion

Chelsea Felton, DC, CNN

Caddo Mills, TX

(214) 304-1970 | ChelseaFelton@parker.edu

PROFESSIONAL SUMMARY

Doctor of Chiropractic with Certification in Clinical Neurology and over 13 years of experience in clinical practice, leadership, provider development, and higher education. Proven success in improving patient outcomes, mentoring healthcare providers, developing curriculum, and driving clinical and business performance. Passionate educator dedicated to preparing future chiropractors through evidence-based instruction, hands-on clinical training, and professional mentorship.

CORE COMPETENCIES

- Clinical Education & Faculty Instruction
- Differential Diagnosis & Patient Management
- Orthopedics & Clinical Neurology
- Fascia & Functional Movement
- Leadership & Team Development
- Curriculum Development
- Clinical Mentorship & Provider Training
- Practice Growth & Business Strategy
- Public Speaking & Professional Presentations
- Interdisciplinary Collaboration

PROFESSIONAL EXPERIENCE

Assistant Professor, Clinical Sciences

Parker University | 2024–Present

- Course Director for *Fascia and Function* and Lab Instructor for *Differential Diagnosis* and *Patient Management*.
- Previously instructed Clinical Orthopedics, Clinical Neurology, Emergency Care, and Functional Assessment Protocols.
- Develop curriculum, online course content, lectures, laboratory instruction, and student assessments.
- Integrate evidence-based classroom instruction with hands-on clinical education to prepare students for clinical practice.
- Mentor students through academic and professional development.

Regional Clinical Supervisor

Airrosti Rehab Centers | 2020–2023

- Mentored and coached providers across North Texas to improve clinical outcomes, patient satisfaction, and practice performance.
- Designed and implemented clinical and business development training programs.
- Partnered with underperforming clinics to improve treatment outcomes, operational efficiency, and revenue growth.
- Provided leadership in diagnosis, treatment strategies, provider development, and practice management.

Doctor of Chiropractic

Airrosti Rehab Centers | 2014–2023

- Delivered comprehensive evaluation, diagnosis, and evidence-based musculoskeletal care.
- Ranked among the **Top 10 providers regionally**, consistently achieving year-over-year practice growth.
- Directed daily clinical operations while leading multidisciplinary treatment teams.
- Built referral relationships with physicians, orthopedic surgeons, neurosurgeons, and healthcare organizations throughout North Texas.
- Presented educational programs for corporations and community organizations.
- Mentored providers and clinical staff while supporting leadership development.

- Contributed to the practice being recognized as **Richardson's Best Chiropractic Clinic** by *Living Magazine* for five consecutive years.

HONORS & AWARDS

- Honored Faculty, Parker University Graduating Class (April 2026)
- **"TeaCHER of the Year," Parker University (2025)**
- Best of Chiropractic, *Living Magazine* 5 years running (2018–2022)
- Congressional Community Impact Award — Congressman Von Taylor (2023)
- Airrosti Clinical Excellence Awards (2018–2023)
- Regional Airrostifarian Award (2019)
- Award of Practice Excellence (2018, 2019, 2021)
- Recognition for Excellence in Patient Satisfaction, Surgery Prevention, and Patient Referrals

EDUCATION

Doctor of Chiropractic

Parker University | 2013

Bachelor of Science in Health & Wellness

Parker University | 2013

Additional Studies:

- West Texas A&M University
- Angelo State University

Group: *Parker Seminars*

Course Title: *Atomic Chiropractor: Harnessing the Power of the Adjustment Through Science, Philosophy, and Clinical Credibility*

Date: *October 2026*

Format – Lecture with PowerPoint

Instructors: *Brad Glowaki, DC*

Course Description: *The class will cover how to incorporate science and physiology to guide today's practicing chiropractor. This will include chiropractic's role in pain, prevention and performance. This presentation will also focus on developing confidence in the practicing chiropractor to make individual care plans based on the patient's unique needs.*

Overview of Course: *The learning objective is for attendees to learn about the science demonstrates the benefit of chiropractic care for patients. This presentation will focus on several research articles that support chiropractic care. Attendees will have clarity in their care recommendations, adjusting, and outcome measurements that are supported by ethical communication.*

Learning Objectives

1. Review the current science supporting chiropractic care.
2. Discuss the importance of adjustment as dosage in chiropractic care and improve patient outcomes
3. Using evidence to inform your clinical decision making process.
4. Develop effective patient communication strategies.

Patient Outcomes

1. The beneficial effects of manipulation has moderate to strong evidence in comparison to sham manipulation (Hidalgo, 2014)
2. Spontaneous recovery from non-specific LBP occurs in the first 3 months after the onset of LBP in about one-third of patients, but the majority of patients (65%) still experience pain 1 year after onset of LBP. (Itz, 2012)
3. There was a linear dose-response relationship between spinal manipulative therapy (SMT) visits and days with cervicogenic headaches (CGH). For the highest and most effective dose of 18 SMT visits, CGH days were reduced by half, and about 3 more days per month than for the light-massage control. (Haas, 2018)
4. During the 12-month study period, the MC [maintenance care] group reported 12.8 fewer days in total with bothersome LBP compared to the control group. (Eklund, et.al, 2018)
5. Patients who received continued spinal manipulation after initial improvement maintained significantly lower pain levels and greater functional outcomes at 10 months compared to those who stopped care. (Senna & Machaly, 2011)

Course Outline: Pain, prevention, and performance

1. Etiologies and clinical manifestations of subluxation
2. Chiropractic care and back pain
3. Literature review
4. Basic neurology of subluxation and pain.

5. Evaluating the healing progress and understanding the contra-indications of care.
6. Dealing with inflammation.
7. Supporting the patient after the adjustment.
8. The role of posture on biomechanics and physiology
9. Chiropractic care for optimal performance.

Abbreviated list of references

1. Cifuentes, M., Willetts, J., & Wasiak, R. (2011). Health maintenance care in work-related low back pain and its association with disability recurrence. *Journal of Occupational and Environmental Medicine*, 53(4), 396-404.
2. Eklund, A., Jensen, I., Lohela-Karlsson, M., Hagberg, J., Leboeuf-Yde, C., Kongsted, A., ... & Axén, I. (2018). The Nordic Maintenance Care program: Effectiveness of chiropractic maintenance care versus symptom-guided treatment for recurrent and persistent low back pain—A pragmatic randomized controlled trial. *PloS one*, 13(9), e0203029.
3. Haas, M., Bronfort, G., Evans, R., Schulz, C., Vavrek, D., Takaki, L., ... & Neradilek, M. B. (2018). Dose-response and efficacy of spinal manipulation for care of cervicogenic headache: a dual-center randomized controlled trial. *The Spine Journal*, 18(10), 1741-1754.
4. Haavik, H. H., Holt, K., & Murphy, B. (2010). Exploring the neuromodulatory effects of the vertebral subluxation and chiropractic care. *Chiropractic Journal of Australia*, 40(1), 37-44.
5. Hidalgo, B., Detrembleur, C., Hall, T., Mahaudens, P., & Nielens, H. (2014). The efficacy of manual therapy and exercise for different stages of non-specific low back pain: an update of systematic reviews. *Journal of Manual & Manipulative Therapy*, 22(2), 59-74.
6. Itz, C. J., Geurts, J. W., Van Kleef, M., & Nelemans, P. (2013). Clinical course of non-specific low back pain: A systematic review of prospective cohort studies set in primary care. *European journal of pain*, 17(1), 5-15.
7. Koes, B. W., Bouter, L. M., Van Mameren, H., Essers, A. H. M., Verstegen, G. M. J. R., Hofhuizen, D. M., ... & Knipschild, P. G. (1992). The effectiveness of manual therapy, physiotherapy, and treatment by the general practitioner for nonspecific back and neck complaints: a randomized clinical trial. *Spine*, 17(1), 28-35.
8. Meade, T. W., Dyer, S., Browne, W., & Frank, A. O. (1995). Randomised comparison of chiropractic and hospital outpatient management for low back pain: results from extended follow up. *Bmj*, 311(7001), 349-351.
9. Rubinstein, S. M., De Zoete, A., Van Middelkoop, M., Assendelft, W. J., De Boer, M. R., & Van Tulder, M. W. (2019). Benefits and harms of spinal manipulative therapy for the treatment of chronic low back pain: systematic review and meta-analysis of randomised controlled trials. *bmj*, 364.
10. Senna, M. K., & Machaly, S. A. (2011). Does maintained spinal manipulation therapy for chronic nonspecific low back pain result in better long-term outcome?.

Bradley M. Glowaki, B.S., D.C.
13001 Seal Beach Boulevard Suite 300
Seal Beach, CA, 90740
U.S.A
(562) 596-GLOW

EDUCATION

Los Angeles College of Chiropractic
Whittier, CA 8/95-12/98

- Doctorate of Chiropractic December 1998
- Dean's List

University of Delaware 8/91-5/95

- B.S. in Biology, 1995
- Athletic scholarship in lacrosse
- Division 1 lacrosse team captain

LICENSE California - Active in good standing NO. DC26054

WORK EXPERIENCE

Champion Chiropractic Seal Beach, CA 1999-present

- Sole proprietor

State Association Speaker for Re-Licensing Credit

- California 2009-2011
- Washington 2008-2011
- Ohio 2009
- All 50 US states in 2010 (except Nevada)

2008 California Chiropractor of the Year

- "Boderman Award" for elevating the professional image of chiropractic in the state of California.

2010 Chiropractic Leadership Alliance (CLA)

- International Ambassador of Chiropractic

2012 Parker Seminar Speaker

- 2012 Parker Seminars "Chiropractor of the Year"

2012 International Chiropractor of the Year

This Curriculum Vitae is true and correct as of January 1, 2019
Dr. Brad Glowaki B.S., D.C.

Instructor: Dr. Kyl Smith

2 Hours

Course Title:

Looking for Pain in All the Wrong Places

Course Description:

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

Learning Objectives:

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

Patient Outcomes:

- Measurably improves metabolic health.
- Improves musculoskeletal health and decreases chronic pain.
- Improves deep sleep (slow wave) and REM sleep.
- Improving sleep quality measurably improves metabolic flexibility, improves mitochondrial health, helps to reverse sarcopenia, and improves health outcomes.

Outline:

1. Introduction: The Powerful Influence of Sleep on the Perception of Pain (15 min)

- Definition and consequences of disordered sleep quality
- Poor sleep quality is common in otherwise healthy adults
- Deep sleep (SWS) and REM sleep deficits contribute to pain

2. Sleep Quality Directly Influences Metabolic Health (15 min)

- Consequences of disordered sleep on metabolic health
- Common methods of measuring and assessing metabolic health
- The connection between stress, disordered sleep, and metabolic health

3. The Stress Mess: Cortisol Rhythm Disruptions (15 min)

- The significance of a healthy morning cortisol peak and gradual decline
- Ultradian pulses, and fundamental keys to balance the HPA axis
- Factors to influence and restore a healthy circadian rhythm

4. Darkness Deficiency? Winning the Battle Against Poor Sleep (15 min)

- Effects of overexposure to artificial blue light
- Reduced melatonin secretion and influences on circadian rhythm
- Lifestyle factors to naturally improve endogenous melatonin

5. Into The Light: How Sunlight Significantly Improves Sleep (15 min)

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

6. Lifestyle Factors That Improve Sleep Quality (15 min)

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

7. Nutritional Factors that Influence Sleep Quality (15 min)

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

8. Practice Factors That Support Metabolic Health (15 min)

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



CV for Dr. Kyl Smith

CONTACT INFORMATION:

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

EDUCATION:

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

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

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

NATIONAL CERTIFICATION / STATE LICENSE:

National Board of Chiropractic Examiners
Certification Received: August 1993

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

AWARDS & RECOGNITION:

- 2003: Most notably, with the support of some of the top scientists in the world, including a former senior scientist for the American Medical Association, Dr. Kyl Smith filed a "Health Claim Petition" for the brain-nutrient Phosphatidylserine, which was approved by the Food and Drug Administration (FDA). This represents the first and only nutrient-based Qualified Health Claim for cognitive function to be approved in the FDA's history.
- 2005: Recipient of the James Lind Scientific Achievement Award – Acknowledges the accomplishments of those who have contributed to the scientific advancement of natural medicine and are helping to reshape the structure of American health care.
- 2008: Recipient of the Dr. James W. Parker Award. (Founder's Award received from Parker University, Dallas, Texas)
- 2014 – 2017: Member of the Presidential Advisory Council at Parker University, Dallas, Texas.

ACCOMPLISHMENTS / PROFESSIONAL HIGHLIGHTS:

Author of Four Books:

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

Published in PubMed Peer-Reviewed Research:

- Glade MJ, Smith K. Oxidative stress, nutritional antioxidants, and testosterone secretion in men. *Ann Nutr Dis Ther* 2015;2:1019. <http://austinpublishinggroup.com/nutrition-metabolism/>
- Glade MJ, Smith K. Phosphatidylserine and the human brain. *Nutrition*, Volume 31, Issue 6 , 781–786. [http://www.nutritionjrnal.com/article/S0899-9007\(14\)00452-3/abstract](http://www.nutritionjrnal.com/article/S0899-9007(14)00452-3/abstract)

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 vanRyssengem, ATC, EXOS, Phoenix, AZ Functional Biomechanics Skills Review, Brett Winchester, DC Functional Biomechanics, Phoenix, AZ
2017	Selective Functional Movement Assessment (Audit), San Diego, CA Perform Better Functional Training Summit, Long Beach, CA Athletic Sustainability: From Clinical to Performance, Brian Carroll CSCS, Craig Liebenson, DC, Los Angeles, CA RockStock: RockTape Summit, Huntington Beach, CA Assistant, Prague School to Athletic Development, Craig Liebenson, DC, Calgary, AB, Canada Functional Biomechanics Skills Review, Brett Winchester, DC, Functional Biomechanics, Phoenix. AZ
2018	Rehab2Performance Symposium, Phillip Snell DC, Steve Capobianco DC, Jason Brown DC, 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

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
2230 S Brentwood, Brentwood, MO 63144
Phone: 314-678-9355
Fax: 314-721-9559
dralex@drvidan.com
www.drvidan.com

SELECTED OCCUPATIONAL HISTORY

International/National Lecturer in Chiropractic Care, 2013 - Present

Chiropractor and Clinic Director, Vidan Family Chiropractic, Clayton, Missouri, 2004 - Present

KSDK 5 News, Show Me St. Louis, Health and Wellness Advisor, St. Louis, MO, 2019-Present

Fox 2 News, Health and Wellness Advisor, St Louis, Missouri, 2008 - 2018

Team Physician for the St. Louis Rams Cheerleaders, Edward Jones Dome, St. Louis, Missouri, 2012 - 2016

Team Physician for the St. Louis Cardinals, Busch Stadium, St Louis, Missouri, 2010 - 2013

EDUCATION AND LICENSURE

Doctor of Chiropractic, Licensed in the State of Missouri, License #2004030635, 2004- Present

Doctor of Chiropractic, Logan College of Chiropractic, Chesterfield, Missouri, 2004

Internship, Logan College of Chiropractic Health Center, St Peters, Missouri, 2003 - 2004

Bachelor of Science in Human Biology, Logan College of Chiropractic, Chesterfield, Missouri, 2002

Bachelor of Science in Kinesiology Human Movement, Louisiana State University, Baton Rouge, Louisiana, 2000

SELECTED TEACHING/INSTRUCTING/LECTURING/CONSULTING

Seminar, Temporomandibular Joint Dysfunction – diagnosis, treatment, and rehabilitation, Various International Cities, 2014 to Present

Lecturer, Specifics in Adjusting TMJD Patients, Parker Seminars, Las Vegas, February 2022

Lecturer, What Your Doctor Wishes You Knew, Parker Seminars, Orlando, FL, June 2022

Lecturer, Get on the News..., Gibson Plus Seminar, Las Vegas, December 2021

Lecturer, TMJ Disorders, Parker Seminars, Orlando, FL, June 2021

Lecturer, All In On TMJD Care, Academy of Missouri Chiropractors, April 2021

Lecturer, TMJ Disorders, Parker Seminars, Live and Pre-Recorded Webinar, February 2021

Lecturer, TMJ Disorders, Chiropractic Society of Wisconsin, Wisconsin Dells, October 2020

Lecturer, Get on the News and Become the Cultural Authority on Health, FOCUS, 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: Dr. Frank Lopez

2 Hours

Course Title: Mastering the Transitions: Assessment & Adjustment of the Spine's Key Junctions

Course Description:

Master the transition areas that make or break spinal adjustments, the upper cervical region, cervicothoracic junction, and thoracolumbar junction, in this hands-on workshop for students and clinicians ready to move beyond static listings. Through live demonstration and supervised practice, you'll sharpen motion palpation, movement assessment, and setup efficiency while cutting wasted force and building real psychomotor skills through repetition and feedback. Leave with a sharper clinical eye and a repeatable framework you can use in practice immediately.

Learning Objectives:

- Understand the biomechanics/arthrokinematics of the occiput-atlas C0/C1, cervicothoracic C/T, and the thoracolumbar T/L junctions, and why these regions carry clinical importance
- Perform seated and supine motion palpation for each region to accurately analyze the restriction
- Apply the same form to each of the three junctions, contact, traction, sink-in, relax and thrust
- Practice region specific adjustive setups, seated C0/C1 lateral flexion and flexion/extension adjustments, stand and prone C/T adjustments, and prone T/L body drop.
- Discuss recognizing red flags and safety considerations for upper cervical adjustments, considering when to and not to adjust.

Outline:

1. Warm up [20 min]
 - a. Housekeeping, disclaimers, goals
 - b. Why we are going over the three joints: the transitional regions
 - c. Roadmap
 - d. Adjusting mechanics: contact, traction, sink in, relax, thrust
2. Occiput C0/C1 [35 mins]
 - a. Instruction: biomechanics/ arthrokinematics of the C0/C1 joint, palpation of the joint, seated and supine setup.
 - i. External ques of the adjustment
 - b. Break out, partner setup and practice
3. C/T junction [30 mins]
 - a. Instruction: biomechanics/ arthrokinematics, palpation setup, adjustment setup seated and supine.
 - i. External ques of the adjustment
 - b. Break out, partner setup and practice

4. T/S junction [30 mins]
 - a. Instruction: biomechanics/ arthrokinematics, palpations setup, prone body drop technique/ swimmer setup
 - b. Instruction: biomechanics/ arthrokinematics, palpation setup, adjustment setup seated and supine.
 - i. External ques of the adjustment
5. Closing thank you [5 min]
 - a. Recap of the HVLA instructions for the three regiones, control, relax, speed.
 - b. Tye up the three segments
 - c. Thank you!

FRANK LOPEZ

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WORK EXPERIENCE

Whole Health Partners	Dec of 2019- May of 2021
The Joint Chiropractic	May of 2021-May of 2023
Parker University	May of 2023 - Current
Private Office	Sept. of 2025- Current

EDUCATION

Parker University	
Degree: Doctorate of Chiropractic	09/2016 – 12/2019
Honors: Research Honors	
Parker University	
Degree: B.S. in Anatomy, B.S. Health Science	09/2016 – 12/2019
Honors: Research Honors	
University of North Texas	
Degree: None – Major in Allied Health	08/2013 - 08/2014
North Central Texas College	
Degree: None – Major in Allied Health	08/2011 - 08/2014

AWARDS

Parker University – Research Honors, Outstanding Student Leader Award	2018 - 2019
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WORK RELATED EXPERIENCE

Student Research Assistant	2018 – 2019
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Acknowledgements for an “Upper Extremity Balance Study”

CLINICAL AND PROFESSIONAL EXPERIENCE

Parker University Clinic, Dallas, Texas	
<i>Student Chiropractic Intern</i>	01/2019 - 12/2019

Texas Health Presbyterian Hospital, Denton, Texas
Shadow Opportunity – Doctors and Nurses

11/2011

VOLUNTEER WORK

CASA

2022-2023

Meals on Wheels

09/2016

Parker Orientation Lead

05/2017 - 05/2019

Dallas Community Care Center

09/2017

Fort Worth Botanical Garden

09/2018

Dallas Goodwill Center

09/2019

CASA of Tarrant County

02/2022-02/2024

PARKER UNIVERSITY CLUBS/ORGANIZATION

Parker's Motion Palpation Club

President [2017 – 2018] /Member

09/2016 – 12/2019

Parker's Process of Integrating Evidence

Executive Committee Member

09/2017 – 09/2018

Parker's Adjust Club

Member

09/2016 – 12/2019

LANGUAGES

English

Native Language

Spanish

Speak, read and write with basic competence

POST-GRADUATE TRAINING/EDUCATION

Motion Palpation Referral Base Training Seminars:

Motion Palpation – Full Spine

07/22-23, 2017

10/1-2, 2018

1/19-20, 2019

Motion Palpation – Master Series

09/29-30, 2018

Motion Palpation – Upper Integration

05/7-8, 2018

Motion Palpation – Lower Integration

10/20-21, 2018

Motion Palpation- Extremities

5/31-1, 2019

Motion Palpation- Adjustathon

10/1-2, 2018

Title: Thinking Like an Anatomist: Looking at Familiar Anatomy with Fresh Eyes

2 Hours

Instructor: Dr. Jay Ferguson DC

Course Description

This two-hour session invites chiropractors and chiropractic students to step back into the anatomy lab and rediscover familiar anatomical structures through the eyes of an anatomist. The presentation emphasizes applied anatomy, curiosity, and appreciation for the remarkable design of the musculoskeletal system. Participants will revisit tissues that often receive less attention—including the periosteum, joint capsules, entheses, synovium, fat pads, retinacula, bursae, peripheral nerves, and connective tissues—and explore why their anatomy matters. This session encourages attendees to observe more carefully, think more deeply, and leave with a renewed appreciation for the human body.

Course Learning Objectives

- Recognize underappreciated anatomical structures within the musculoskeletal system.
- Describe the gross anatomy, histology, innervation, vascularity, and functional significance of selected tissues.
- Develop a greater appreciation for how anatomical structure supports function.
- Apply an anatomist's observational mindset to familiar anatomy.
- Rediscover anatomical concepts that can enrich lifelong learning and clinical reasoning.

Outline:

1. **(0–10 minutes) Welcome & Setting the Stage**
 - a. Introduction and session philosophy
 - b. "We're all anatomists for the next two hours. Let's rediscover something together."
 - c. Students and clinicians: a shared journey of curiosity
 - d. Today's goal: not learning more anatomy—but seeing anatomy differently.
2. **(10–25 minutes) Thinking Like an Anatomist**
 - a. What questions does an anatomist ask?
 - b. Structure, function, design, and adaptation
 - c. Introducing the recurring framework: Think Like an Anatomist → Anatomical Insight → What Would an Anatomist Notice?
3. **(25–95 minutes) Rediscovering the Forgotten Tissues**
 - a. Periosteum
 - b. Joint capsules
 - c. Synovium
 - d. Fat pads
 - e. Entheses
 - f. Retinacula
 - g. Peripheral nerves
 - h. Bursae and selected connective tissues
4. **(95–110 minutes) Looking at Familiar Anatomy with Fresh Eyes**
 - a. Common anatomical assumptions revisited

- b. Elegant design principles across tissues
- c. Audience reflection and discussion
- 5. **(110–120 minutes) Closing Reflections & Questions**
 - a. Key take-home messages
 - b. "Keep thinking like an anatomist."
 - c. Questions and discussion

Patient Outcomes:

- Renewed appreciation for underappreciated musculoskeletal tissues and their anatomical significance, fostering deeper anatomical observation and clinical reasoning.

Dr. Jay Ferguson, DC

7865 Firefall Way, Apt 3308, Dallas, TX 75230
214-507-7788

jferguson@parker.edu

Employment History

- September 2022 – present | Full time **Associate** Professor, and course and lab director in Basic Sciences (Development and Applied Anatomy) at Parker University (Dallas, TX), College of Chiropractic
- June 2019 – August 2022 | Full time Assistant Professor, and course and lab director in Basic Sciences (Development and Applied Anatomy) at Parker University (Dallas, TX), College of Chiropractic
- September 2016 – June 2019 | Full Time Faculty/Academic Adviser at Parker University (Dallas, TX) Teaching undergraduate Anatomy & Physiology courses (On campus and Online), as well as advising pre-chiropractic and general education students
- November 2010 – September 2017 | Owner and manager of Parker Family Chiropractic, P.A. (Garland, TX)
- 2008 – 2016 | Adjunct instructor at Parker University (Dallas, TX) Teaching primarily Anatomy & Physiology for various programs
- 2010 – present | Continuing education provider through Dynamic Body Institute (Dallas, TX)
- 2008 – 2010 | Associate Doctor of Chiropractic with Lorenzen Chiropractic Clinic (Richardson, TX)
- 2007 – 2009 | Adjunct instructor at North Texas School of Massage (Arlington, TX)
- 2007 – 2008 | Doctor of Chiropractic with Kurban Chiropractic (Arlington, TX)
- 2007 | Associate Doctor of Chiropractic with Red Oak Chiropractic & Therapy (Red Oak, TX)
- 2005 – 2006 | Student Intern at Parker College of Chiropractic, Outpatient Clinic (Dallas, TX)
- 2004 Student Intern at Parker College of Chiropractic, Student Clinic (Dallas, TX)
- 2002 – 2005 | Systemic Anatomy Head Teaching Assistant at Parker College of Chiropractic (Dallas, TX)

Teaching Responsibilities

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

Education History

- 2006 | Graduated with a **Doctorate of Chiropractic** degree from Parker College of Chiropractic (Dallas, TX)
- 2008 | Received **Bachelors in Anatomy** degree from Parker University (Dallas, TX)

Credentials

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

Research Interests

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

Instructor: Gregory May

Title: Palpatory Prowess: Developing Clinical Confidence with the Iliopsoas

Description:

Discover why the iliopsoas—Dr. Janet Travell's "Hidden Prankster"—continues to challenge clinicians. This evidence-informed session combines advanced anatomy, MRI research, palpatory precision, trigger point patterns, entrapment syndromes, and practical manual therapy techniques to develop greater clinical confidence in assessing and treating this influential muscle complex.

Learning Objectives:

- Develop an advanced anatomical understanding of the iliopsoas and its surrounding structures.
- Interpret current MRI research related to manual access and palpation of the iliopsoas.
- Identify common trigger point referral patterns, entrapment syndromes, and functional presentations associated with iliopsoas dysfunction.
- Improve palpatory accuracy using clinically relevant anatomical landmarks and assessment strategies.
- Apply effective manual therapy techniques to address iliopsoas dysfunction with greater confidence and precision.

Outline:

0:00–0:15 | Iliopsoas - The Hidden Prankster: Clinical Significance

- Clinical significance of the iliopsoas in musculoskeletal dysfunction
 - Historical perspective, including Dr. Janet Travell's "Hidden Prankster"
 - Common pain presentations and functional impairments associated with iliopsoas dysfunction
-

0:15–0:30 | Deep Anatomy of the Iliopsoas Complex- Safe Clinical Access

- Review of iliopsoas anatomy and surrounding structures
 - MRI research related to manual access and palpation
 - Safe clinical access and anatomical landmarks
-

0:30–0:45 | Clinical Assessment, Palpation, & Techniques Demonstration

- Palpatory assessment strategies
- Identifying trigger point referral patterns and entrapment syndromes

- Demonstration of palpation techniques
-

0:45–1:00 | Manual Therapy Technique Demonstration Continued

- Demonstration of manual therapy techniques
 - Treatment considerations and patient positioning
 - Clinical application for improving palpatory confidence
-

1:00–1:15 | Guided Practice of Palpation Group 1

- Instructor-guided palpation practice
 - Identification of anatomical landmarks
 - Feedback on palpatory accuracy and technique
-

1:15–1:30 | Guided Practice of Manual Therapy Group 1

- Supervised manual therapy application
 - Proper clinician body mechanics
 - Technique refinement and instructor feedback
-

1:30–1:45 | Guided Practice of Palpation Group 2

- Continued palpation practice with partner rotation
 - Reinforcement of anatomical landmark identification
 - Clinical discussion of common palpation challenges
-

1:45–2:00 | Guided Practice of Manual Therapy Group 2

- Continued supervised manual therapy practice
- Integration of palpation findings into treatment
- Questions, clinical pearls, and practical application for patient care

Gregory May

📍 Farmers Branch | ✉ gmay@parker.edu | ☎ 14692602206 |
 🌐 <https://MedicalMassageConcept.com>

Professional Summary

Accomplished higher education leader, licensed massage therapist, and program director with over 30 years of experience in academic program development, faculty leadership, and advancing excellence in massage therapy education. Proven success in managing accredited programs, curriculum development, and strategic partnerships with professional sports organizations.

Experience

Parker University School of Massage Therapy, Director Mar 2020 - Jan 2024

- Direct all academic and operational functions for accredited massage therapy programs.
- Lead and supervise 12 faculty and staff.
- Manage an annual operating budget exceeding \$800,000.
- Lead curriculum development, assessment, accreditation, and student success initiatives.
- Oversee licensing, compliance, clinical operations, payroll contracts, and faculty development.
- Directed more than 60 annual outreach and community service events.
- Team Leader, Dallas Cowboys Recovery Massage Team (2023–Present).

Parker University School of Massage Therapy, Assistant Director Dec 2018 - Mar 2020

- Supported academic operations, scheduling, program development, and student success.

Parker University School of Massage Therapy, Assistant Academic Administrator Jul 2013 - Dec 2018

- Managed sports massage partnerships with FC Dallas, Dallas Stars, and the Byron Nelson Golf Championship.
- Supervised sports massage teams and assisted curriculum development.

Hands-On Therapy School of Massage, Director of Education / Advanced Instructor Mar 1995 - Jul 2013

- Developed advanced curriculum and trained massage therapists and instructors across multiple Texas campuses.

Cooper Aerobics Center, Clinical Sports Massage Therapist Jan 1992 - Mar 1995

- Provided sports massage for elite clientele.

Education

Parker University, BSc in Psychology

Parker University, AAS in Massage Therapy

- Outstanding Anatomy & Physiology Student Award
- Phi Theta Kappa Honor Society

Skills

Higher Education Leadership: More than 30 years experience in developing academic programs, leading faculty, mentoring students, and advancing massage therapy education.

Academic Administration: Experienced in directing accredited massage therapy programs, curriculum development, accreditation compliance, faculty leadership, and student success initiatives.

Faculty Development: Led and supervised 12 faculty and staff; responsible for faculty development activities.

Curriculum Design: Developed advanced curriculum and trained massage therapists and instructors; led curriculum development for massage therapy programs.

Accreditation: Managed accreditation compliance and assessment processes.

Budget Management: Managed an annual operating budget exceeding \$800,000.

Clinical Operations: Oversaw licensing, compliance, payroll contracts, and clinical operations.

Blackboard LMS: Experienced in using Blackboard Learning Management System.

Sports Medicine: Specialized in sports massage, including leading sports massage teams for professional sports organizations.

Medical Massage: Trained and experienced in medical massage techniques and therapies.

Neuromuscular Therapy: Certified and trained in neuromuscular therapy and Paul St. John Method.

Anatomy & Physiology: Recognized for outstanding achievement in anatomy and physiology.

Team Leadership: Led teams including faculty and sports massage teams.

Public Speaking: Experienced in public speaking within professional and academic settings.

Achievements

- Outstanding Anatomy & Physiology Student Award
- Phi Theta Kappa Honor Society
- Excellence in Loving Service Award

References

Cleo Bates LMT, MTI, Cleo Bates, 214-449-2899, cleobates1@gmail.com

Parker University, Dr. Drew Riffe, 214-600-0929, driffe@parker.edu

Dallas Cowboys, Harold Nash Jr., 504-722-0600, HNash@dallasCowboys.net

Instructor: Dr. Richard Harris II

1 Hour

Course Title:

Peptides: Miracle or Marketing?

Course Description:

Join us for a practical, evidence-based & evidence-informed review of therapeutic peptides. We'll cover what peptides are, why "research use only" products carry significant risks, how to evaluate a reputable compounding pharmacy, and the real-world use cases and limitations of popular peptides such as BPC-157, MOTS-c, GHK-Cu, and others. Ideal for clinicians and informed consumers seeking science over hype.

Learning Objectives:

- Be able to describe what a therapeutic peptide is.
- Learn why research-only peptides are dangerous for our patients.
- Be able to vet a compounding pharmacy for the peptides they offer.
- Discuss the use case of certain peptides like BPC-157, MOTS-C, GHK-Cu, and others.

Patient Outcomes:

- Be able to discuss peptides with patients when they have questions.
- Refer patients to clinical services where they can be monitored on peptide therapy.
- Understand the physiology and potential use cases for certain therapeutic peptides.

Outline:

1. What is a peptide (5 min)

- Molecular structure
- Mechanism of action

2. Why research only peptides are dangerous (5 min)

3. How to vet compounding pharmacies for their peptide therapies (5 min)

4. Pharmacology and use case of regenerative peptides (15 min)

- BPC-157
- TB-500
- GHK-CU

5. Pharmacology and use case of Growth Hormone peptides (15 min)

- Sermorelin
- Tesamorelin
- CJC/Ipamorelin

6. Pharmacology and use case of cognitive peptides (5 min)

- Selank/Semax
- Dihexa

7. Q&A (10 min)

Hello, my name is

RICHARD HARRIS

MD, PHARM D, MBA

CLINICAL EXPERIENCE

Kelsey - Seybold Clinic/Village MD - Houston, Texas

Internal Medicine Physician

July 2016 - May 2018 June 2021 - Present

September 2021 - Present

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

TeamHealth/Memorial Hermann Medical Group - Houston, Texas

PT Hospitalist

June 2018 - Feb 2021

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

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

Inpatient Pharmacist

July 2008 - August 2009, June 2010 - August 2011

- Dispensing medications prescribed by providers

ENTREPRENEURIAL EXPERIENCE

Harris Medical Consultants, LLC

Founder

March 2021 - Current

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

40 Acres Fund, LLC

Co-Founder

March 2021 - Current

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

Nimbus Healthcare Corporation

CMO

March 2021 - Current

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

Great Health and Wellness, PLLC

Founder

March 2018 - Current

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

ABOUT ME

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

MY CONTACT

Cell:

(512) 913-1401

Email:

rharris701@gmail.com

Social Media:

@drharrismd

Address:

3139 W Holcombe Blvd PMB 8051
Houston, Texas 77025

Hello, my name is

RICHARD HARRIS

MD, PHARM D, MBA

EDUCATION

The University of Houston - Houston, Texas

Masters of Business Administration, Global Leadership

July 2018 - May 2020

The University of Texas Medical Branch - Galveston, Texas

Internal Medicine Residency

June 2013 - June 2016

McGovern School of Medicine - Houston, Texas

Doctor of Medicine

August 2008 - May 2013

The University of Texas at Austin - Austin, Texas

Doctor of Pharmacy

August 2001 - May 2008

LEADERSHIP

Parker University Board of Trustees

Member Academic Committee

Nov 2021 - Current

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

Life and Breath Foundation

Board of Directors & Clinical Advisory Board

July 2020 - Current

- Supporting patients and their families with sarcoidosis

West Houston Leadership Institute

Lifetime Member

Jan 2018 - Current

- Community leadership organization focused on civic engagement

Karma International, Houston Chapter

Membership Chair & Vice President

April 2017 - Feb 2020

- Private membership organization for social and professional networking

ABOUT ME

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

MY CONTACT

Cell:

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Email:

harrismedicalconsultants@gmail.com

Social Media:

[@drharrismd](#)

Address:

3139 W Holcombe Blvd PMB 8051
Houston, Texas 77025

Instructor: Dr Ashley Ragsdale

2 Hours

Course Title: More Than a Mechanical Problem: The Role of Ultrasound in Clinical Decision Making

Course Description: Musculoskeletal pain is not always mechanical in origin. This advanced course explores the use of diagnostic ultrasound to differentiate common musculoskeletal conditions from serious systemic and pathological disorders. Through ultrasound image interpretation and case-based discussions, participants will learn to recognize key sonographic findings, identify clinical red flags, and determine when to treat, co-manage, or refer patients for immediate medical evaluation. Topics include musculoskeletal injuries, rheumatologic disease, vascular pathology, endocrine disorders, infections, neoplastic conditions, and an ultrasound-informed approach to clinical decision-making that enhances diagnostic confidence and patient safety.

Learning Objectives:

- Differentiate mechanical MSK disorders from pathologic processes.
- Utilize ultrasound as an extension of the physical examination.
- Recognize red flags requiring referral or co-management.
- Determine when chiropractic care is needed or when ultrasound can be used in guiding diagnosis. Identify vascular, endocrine, inflammatory, infectious, and neoplastic conditions that can mimic musculoskeletal complaints.

2-Hour Course Outline (15-Minute Increments)

0:00–0:15 | Core Question for Every Patient

- Differentiate between **mechanical, pathological, and combined presentations**.
 - Mechanical conditions:
 - Strains, sprains, tendinopathy, joint dysfunction, myofascial pain.
 - Pathological conditions:
 - DVT, infection, rheumatologic disease, vascular disease, neoplasm, endocrine disorders.
 - Mixed presentations:
 - Mechanical dysfunction with systemic disease, inflammatory enthesitis, neurovascular neck pain.
-

0:15–0:30 | The Role of Ultrasound in Chiropractic Practice

- Benefits of musculoskeletal ultrasound:

- Real-time tissue assessment.
 - Dynamic evaluation.
 - Doppler vascular analysis.
 - Improved diagnostic confidence.
 - Guidance for referral decisions.
 - Clinical decision categories:
 - Treat.
 - Treat and co-manage.
 - Refer immediately.
 - Common ultrasound findings in mechanical MSK conditions:
 - Muscle and ligament injuries.
 - Tendinopathy.
 - Bursitis.
 - Joint effusions.
 - Myofascial abnormalities.
-

0:30–0:45 | Mechanical vs. Inflammatory Disorders

- Appropriate chiropractic management:
 - Manipulation/mobilization.
 - Soft tissue therapy.
 - Rehabilitation and exercise prescription.
 - Load management.
 - Inflammatory and rheumatologic conditions:
 - Rheumatoid arthritis.
 - Psoriatic arthritis.
 - Ankylosing spondylitis.
 - Reactive arthritis.
 - Enthesitis and synovitis.
 - Ultrasound findings:
 - Synovial hypertrophy.
 - Doppler hyperemia.
 - Enthesitis.
 - Erosions and calcifications.
-

0:45–1:00 | Identifying Clinical Red Flags

- Clinical indicators of inflammatory disease:
 - Morning stiffness.
 - Multiple joint involvement.
 - Bilateral symptoms.
 - Persistent inflammation.

- Management strategies:
 - Co-management.
 - Rheumatology referral when indicated.
-

1:00–1:15 | Vascular Mimics of Musculoskeletal Pain

- Deep Vein Thrombosis (DVT):
 - Mimics calf strain, Baker's cyst rupture, bursitis.
 - Ultrasound findings: non-compressible vein, thrombus, abnormal Doppler flow.
 - Immediate referral.
 - Thoracic Outlet Syndrome:
 - Neurogenic, venous, and arterial presentations.
 - Conservative care vs. vascular referral based on presentation.
-

1:15–1:30 | Additional Vascular Pathology

- Carotid and vertebral artery pathology:
 - Neck pain, headache, dizziness, visual disturbances.
 - Sudden neurologic symptoms requiring immediate evaluation.
 - Peripheral Arterial Disease (PAD):
 - Mimics sciatica and lumbar stenosis.
 - Ultrasound findings include stenosis, plaque, and reduced arterial flow.
 - Abdominal Aortic Aneurysm (AAA) and Aortic Dissection:
 - Presentation, ultrasound findings, and emergency referral indications.
-

1:30–1:45 | Endocrine, Visceral, and Serious Pathology

- Thyroid disorders:
 - Goiter, thyroid nodules, Graves disease.
 - Symptoms, ultrasound findings, and referral considerations.
- Serious non-MSK pathology:
 - Septic arthritis.
 - Septic bursitis.
 - Cellulitis.
 - Abscess.
 - Soft tissue tumors.
 - Metastatic disease.
 - Suspicious masses.
- Ultrasound red flags requiring immediate referral.

1:45–2:00 | Ultrasound-Informed Referral Model & Case Applications

- Clinical referral model:
 - **Green Light:** Treat (mechanical conditions).
 - **Yellow Light:** Co-manage (stable inflammatory/systemic disorders).
 - **Red Light:** Immediate referral (vascular pathology, infection, neoplasm, fracture, significant thyroid pathology).
- Case-based applications:
 - Lower extremity swelling.
 - Overhead athlete with thoracic outlet syndrome.
 - Chronic heel pain.
 - Neck pain with headache.
 - Anterior neck fullness.

Ashley Ragsdale Ed.D, MBA, RDMS, RVT
Assistant Dean of the College of Health Sciences
Associate Professor

Grapevine, TX 76051 ■ 2147691749 ■ ashleydelaine82@gmail.com

PROFESSIONAL EXPERIENCE

Parker University, Dallas, TX (2024 – current) – Assistant Dean of College of Health Sciences/*Director of Sonography Programs/Associate Professor*

- Assist in overseeing academic programs within the College of Health Sciences, ensuring high standards of education, quality, and compliance with accrediting bodies
- Collaborate with administration in the design and implementation of new programs
- Founded the Electrocardiograph technician program in 2024
- Founded the Medical Assisting program in 2025
- Oversee program faculty and develop strategies for their professional growth
- Support the development, implementation, and evaluation of curricula for various health science programs
- Supervise, support, and mentor faculty and staff within the College
- Ensure the implementation of student support services, including academic advising, career counseling, and mentorship
- Assist the Dean in budget planning, allocation, and resource management for the College
- Represent the College in various internal and external committees, initiatives, and collaborations with healthcare organizations, industry partners, and other academic institutions
- Program marketing and promotion by being the representative for Health Sciences on Good Morning Texas
- Emcee for Parker Power Event
- Increased enrollment by developing several TikTok videos about health science programs
- Participated in commercials for the university
- Speaker for Cardiovascular Credentialing International

Parker University, Dallas, TX (2020 – 2024) – *Director of Sonography Programs/Assistant Professor*

- Collaborate with administration in the design and implementation of the Diagnostic Sonography Program
- Lead the accreditation process and acquired programmatic accreditation
- Founded the Diagnostic Cardiac Sonography program 2021
- Establish, manage, and administer the program, including strategic planning, program assessment/evaluation, budget oversight, selection of faculty and staff, maintenance of accreditation
- Supervision of program faculty, create strategies for professional development
- Determine, establish, implement, and assessment of student outcomes and departmental goals
- Develop and maintain, quality didactic and clinical education according to approved design
- Facilitate community outreach incentives
- Program marketing and promotion by representing the health science department on Good Morning Texas
- Collaborate with various university departments to facilitate student success and retention
- Spotlight speaker for the International Foundation for Sonography Education and Research
- Speaker for International Foundation for Sonography Education and Research

Parker University, Dallas, TX (2017 – 2020) – *Director of Diagnostic Sonography Program/Clinical Coordinator*

- Oversight and management of the Diagnostic Sonography Program operations including strategic planning, program assessment/evaluation, budget oversight, selection of faculty and staff, maintenance of accreditation
- Development of program and clinical policies and procedures
- Established partnerships with clinical affiliates, clinical preceptors, and community partners
- Procurement of clinical affiliate contracts
- Led program improvement and growth incentives
- Provided academic instruction and facilitated academic achievement of diverse student learners
- University Faculty Senate member

Texas Health Resources, Plano, TX (2014-2017) – *Lead Sonographer/Supervisor*

CAREER PROFILE

- Successful oversight of Diagnostic Sonography and Diagnostic Cardiac Sonography Programs
- Proven ability to hire, develop, retain, & lead a team of employees (including multi-site/culture)
- Ability to partner & positively influence across the organization
- Variety of clinical experiences

STRENGTHS

- Communication & Presentation
- Professional Collaboration
- Program Development, Implementation, and Evaluation
- Leadership
- Quality Assurance

CURRENT EDUCATION

Abilene Christian University (Abilene, TX) Doctor of Educational Leadership

FORMAL EDUCATION

- **Texas Woman's University** (Denton, TX) master's in business with a concentration in Healthcare Administration
- **Texas Woman's University** (Denton, TX) bachelor's in health studies
- **El Centro College** (Dallas, TX) Associate in Applied Science Diagnostic Medical Sonography
- **El Centro College** (Dallas, TX) Associate in Liberal Arts

Ashley Ragsdale Ed.D, MBA, RDMS, RVT
Assistant Dean of the College of Health Sciences
Associate Professor

Grapevine, TX 76051 ■ 2147691749 ■ ashleydelaine82@gmail.com

- Evaluation and diagnosis of patients at a level II Trauma hospital
- Provided sonographic exams to a diverse patient population
- Assist radiologist in procedures using real-image gray scale and Doppler imaging
- Confirm and process paperwork and orders; adhere to HIPPA requirement always
- Selected to serve as team lead in supervisor's absence for demonstrated leadership skills
- Became team lead in February 2017
- Family training and patient education
- Oversaw fast scans and trained ER physicians
- In charge of Ebola task force in 2015
- Recognized by El Centro College for training new students to use sophisticated medical equipment

PRIOR EXPERIENCE

Academic experience includes design, development, implementation, and accreditation of Diagnostic Sonography program and founded Diagnostic Cardiac Sonography program. Responsible for daily program implementation and oversight. Experience in Diagnostic sonography instruction. Clinical management experience when clinical coordinator. Clinical experience working as a diagnostic sonographer at a Level I and II Trauma hospital. As a Doctor of Education candidate my research topics include, first time college attendees/graduates and educational support for underserved communities.

Instructor: Andrea Diaz

Beyond the Bump: Adapting Chiropractic Care During Pregnancy

Course Description

This course provides chiropractors with an evidence-informed approach to the evaluation, management, and chiropractic care of pregnant patients. Participants will learn pregnancy-specific history and examination procedures, recognize red flags requiring referral, understand physiologic and biomechanical adaptations, apply pregnancy-specific adjusting protocols, including the Webster Technique, and safely modify patient positioning and treatment throughout each trimester.

Learning Objectives

- Describe the normal physiological and biomechanical adaptations that occur throughout pregnancy.
- Perform a pregnancy-specific history and physical examination.
- Recognize contraindications and red flags requiring co-management or medical referral.
- Differentiate common pregnancy-related musculoskeletal conditions from serious pathology.
- Apply evidence-informed chiropractic management strategies for pregnant patients.
- Demonstrate safe patient positioning and modifying chiropractic adjustments throughout pregnancy.
- Explain the biomechanical rationale and clinical application of the Webster Technique.
- Integrate exercise, rehabilitation, ergonomic recommendations, and patient education into pregnancy care.

Course Outline

0:00–0:15 | Introduction to Pregnancy Care

- The Chiropractor's Role During Pregnancy
 - Scope of practice
 - Collaborative care with OB/GYNs, midwives, doulas, and primary care providers
 - Current evidence supporting chiropractic care during pregnancy
 - Goals of conservative management
- Pregnancy Physiology Overview
 - Maternal physiological adaptations
 - Hormonal influences, including relaxin
 - Biomechanical changes affecting spinal function
 - Clinical implications for chiropractic care

0:15–0:30 | Pregnancy History, Examination & Clinical Decision Making

- Pregnancy-Specific History

- Estimated due date and gestational age
 - Previous pregnancies and obstetric history
 - High-risk pregnancy screening
 - Previous pregnancy complications
 - Current symptoms and musculoskeletal complaints
- Examination
 - Blood pressure assessment
 - Weight changes
 - Observation and gait analysis
 - Neurological and orthopedic examination
 - Musculoskeletal assessment modifications
- Clinical Red Flags
 - Vaginal bleeding
 - Severe headache
 - Visual disturbances
 - Preterm labor
 - Preeclampsia
 - Systemic disease
 - When referral is indicated

0:30–0:45 | Common Pregnancy-Related Musculoskeletal Conditions

- Lumbar Spine Disorders
 - Mechanical low back pain
 - Discogenic pain
 - Facet syndrome
 - Sacroiliac dysfunction
- Pelvic Disorders
 - Pelvic girdle pain
 - Symphysis pubis dysfunction
 - Ligamentous laxity
 - Gait alterations
- Clinical Management
 - Differential diagnosis
 - Conservative chiropractic management
 - Patient education

0:45–1:00 | Evidence-Based Conservative Management

- Exercise During Pregnancy
 - Current exercise guidelines
 - Benefits of physical activity
 - Contraindications
 - Modifications by trimester
- Rehabilitation
 - Core stabilization

- Balance training
 - Pelvic floor considerations
 - McKenzie principles
 - Soft tissue techniques
- Lifestyle Recommendations
 - Sleep positioning
 - Ergonomics
 - Activity modification
 - Nutritional considerations
 - Home exercises

1:00–1:30 | Webster Technique

- Clinical Rationale
 - History and development
 - Biomechanical principles
 - Indications
 - Contraindications
- Assessment
 - Webster leg resistance analysis
 - Alternative assessment methods
 - Identification of pelvic imbalance
 - Clinical interpretation
- Technique Procedures
 - Sacral adjustment
 - Piriformis release
 - Sacrotuberous ligament contact
 - Pubic symphysis evaluation
 - Psoas assessment and release
 - Round ligament contact
 - Clinical pearls and common errors

1:30–1:45 | Pregnancy Adjusting Protocols

- Patient Positioning
 - Prone modifications
 - Side posture modifications
 - Supine modifications
 - Seated techniques
 - Pregnancy support pillows
- Pregnancy-Specific Adjustments
 - Cervical spine
 - Thoracic spine
 - Lumbar spine
 - Sacroiliac joint
 - Extremity adjustments

- Patient Comfort
 - Position changes
 - Managing dizziness
 - Supine hypotensive syndrome
 - Communication during treatment

1:45–2:00 | Contraindications, Safety & Clinical Pearls

- Contraindications
 - Absolute contraindications
 - Relative contraindications
 - High-risk pregnancies
 - When not to adjust
- Risk Management
 - Documentation
 - Informed consent
 - Treatment frequency
 - Referral and co-management
- Questions and Clinical Case Discussion
 - Case-based application
 - Review of key concepts
 - Audience questions

Andrea M. Diaz Rivera, DC

Pronouns She / Her / Hers

(939) 642 – 4663

diazrivera_a@hotmail.com

Education	<i>Master of Science in Equity and Diversity in Education</i> <i>University of Nevada, Reno</i>	<i>December 2022</i>
	<i>Doctor of Chiropractic</i> <i>Life University, Marietta, GA</i>	<i>December 2015</i>
	<i>Bachelor of Science, Chemistry</i> <i>University of Puerto Rico, Mayagüez, PR</i>	<i>December 2006</i>

Career History & Accomplishment

Parker University (Dallas, TX)

Assistant Professor, Chiropractic Sciences

April 2022 - present

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

Life University (Marietta, GA)

Bilingual Support Professional

April 2016 – Aug 2021

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

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

Rubin Family Chiropractic (Marietta, GA)

Chiropractic Associate

Feb 2017 – Aug 2020

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

Blu Caribe Pharmaceuticals (Dorado, PR)

Laboratory Analyst

2011 - 2012

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

Walgreens (Vega Baja, PR)

Elizabeth Arden Beauty Consultant

2010 - 2011

- Provided customer service and promote products

Pfizer Pharmaceuticals (Vega Baja, PR)

Laboratory Analyst

2007 - 2010

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

Hard and Soft Skills

Ability to Work Under Pressure
Approachability
Bilingual (Spanish / English)
Communication
Creative Thinking

Problem-Solving Oriented
Self-motivated & Dynamic
Time Management & Organizational skills
Proficient in Microsoft Office and Google Suite

Volunteer/Leadership/Certifications Experience

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

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 205 Scarsdale Dr N - Hendersonville, Tennessee 37075

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



Instructor: Joe Lintz

Exploring the Impact of ChatGPT on Primary Care Practice: Implications for Chiropractic Professionals

Course Description

This course explores ChatGPT's impact on primary care, including providers' perceptions, concerns regarding the use of artificial intelligence (AI), effects on clinical workflow and patient interactions, ethical considerations, and implications for chiropractic professionals in an evolving healthcare environment.

Learning Objectives

- Identify primary care providers' perceptions of ChatGPT use in clinical practice.
- Examine the association between frequency of ChatGPT use and providers' attitudes toward artificial intelligence (AI).
- Discuss ethical considerations, responsible implementation strategies, and implications of AI use for chiropractic professionals.

Patient Outcomes

- Explore the potential impact of ChatGPT on patient care and clinical decision support.
- Discuss how AI-assisted tools may influence diagnostic support, treatment planning, and patient care delivery.
- Evaluate current evidence, limitations, and best practices regarding the responsible use of ChatGPT to support patient outcomes.

Course Outline

0:00–0:15 | Introduction to Artificial Intelligence (AI) in Healthcare

- Define artificial intelligence (AI), generative AI, and ChatGPT.
- Provide an overview of current applications of AI in healthcare.
- Discuss emerging trends in AI-driven healthcare technologies.
- Examine the opportunities, limitations, and ethical considerations associated with AI use in clinical practice.

0:15–0:30 | Background of the Study and Research Questions

- Introduce the primary care clinic setting, including its location and services provided.
- Describe the current challenges and needs identified within the clinical setting.
- Present the rationale for the study.
- Review the research questions guiding the investigation.

0:30–0:45 | Study Procedures and Participant Characteristics

- Explain the study design and data collection procedures.
- Review the survey questionnaires and their content areas.
- Describe participants' demographic characteristics.
- Provide an overview of respondents' backgrounds and clinical practice experiences.

0:45–1:00 | Provider-Perceived Benefits and Concerns Related to ChatGPT Use

- Identify providers' perceived benefits and concerns regarding ChatGPT use.
- Examine the association between the frequency of ChatGPT use in clinical practice and providers' perceptions of its benefits and concerns.
- Discuss providers' willingness to recommend ChatGPT to other healthcare professionals.

1:00–1:15 | Analysis of Open-Ended Responses

- Review findings from the open-ended survey questions.
- Discuss additional perspectives and concerns expressed by providers.

1:15–1:30 | Implications for Chiropractic Professionals

- Explore potential applications of AI in chiropractic practice, including:
 - Clinical decision support
 - Patient education
 - Clinical documentation and administrative tasks
 - Practice management
- Discuss the opportunities, challenges, and ethical considerations of AI integration in chiropractic practice.
- Recognize the limitations of AI and the importance of maintaining clinical judgment and professional accountability.

1:30–1:45 | Key Takeaways from the Study

- Summarize the major findings of the current study.
- Highlight important lessons regarding provider perceptions of ChatGPT.
- Identify practical considerations for healthcare professionals considering AI adoption.

1:45–2:00 | Conclusion and Practical Recommendations

- Summarize key concepts discussed throughout the course.
- Provide recommendations for responsible AI use in healthcare and chiropractic practice.
- Discuss future directions for AI research, education, and clinical implementation.

JOE LINTZ, DHA, MS, RHIA, CHDA

214.496.0457

cclintz@hotmail.com

Education

- **Doctor of Health Administration (DHA)**, Central Michigan University, Mount Pleasant, Michigan, 2018
- **M.S., Allied Health Management**, Ohio State University, Columbus, Ohio 2007
- **B.S., Health Information Management & Systems**, Ohio State University, Columbus, Ohio 2003
- **A.A.S., Health Information Management**, Columbus State Community College, Columbus, Ohio 2001

Honors/Awards

- Honorable Mention, Association of Chiropractic Colleges Research Agenda Conference (*ACC-RAC*), 2026
- *Innovative Faculty Award* - August 2025
- *Recognized Educator of the Year Award* - August 2024
- Parker University Research Awards
 - May 2024; April 2023; May 2022; June 2020; December 2017
- *Blue Cross and Blue Shield (BCBSM) Student Research Award* – August 2017
- Graduated with Honors (Cum Laude), The Ohio State University - August 2003
- Honors Award, School of Allied Medical Professions, The Ohio State University- Winter 2003

Experience

HIM Programs Director and Professor: Health Information Management (HIM) Program. Parker University, Dallas, Texas. November 2012 – Present

- Teach four different HIM courses each semester using the Brightspace learning management system
- Facilitate the College of Business and Technology (CBT) Advisory Board annual meeting
- Collaborate with admissions and career advisors to promote the program and recruit prospective students
- Founded and advise the Student Chapter of Health Information Association (SCHIA) on campus and serve as the chapter's faculty advisor
- Serve on the Student Persistence Team supporting retention initiatives
- Mentor and evaluate adjunct faculty in teaching and curriculum development
- Advise students on Registered Health Information Administrator (RHIA) and Registered Health Information Technician (RHIT) certification preparation
- Led successful accreditation effort with Commission on Accreditation for Health Informatics and Information Management Education (CAHIIM) accreditation for the HIM program

HIT Program Coordinator: Health Information Technology Program. Devry University, Cleveland, Ohio. January 2010 – October 2012

- Taught assigned courses in accordance with the course syllabus and college policy through e-Learning management system

- Informed students about course requirements, evaluation procedures, class participation, and attendance requirements according to the course syllabus
- Evaluated and returned student work promptly at the next class session to provide students with effective feedback

Quality Improvement Analyst: Nationwide Children's Hospital, Columbus, Ohio. October 2008 – December 2011

- Extracted data and prepared reports from EPIC and Enterprise Data Warehouse for pediatric age-group patients
- Collected and analyzed data for the quality scorecard and other quality performance metrics
- Aggregated patient satisfaction data and identified opportunities for improvement using patient satisfaction survey data

Adjunct Faculty: Allied Health Technologies Department. Sinclair Community College, Dayton, Ohio. December 2008 – December 2010

- Lectured on topics related to the use of technology in healthcare systems through Angel learning management system
- Created materials and course lessons for a healthcare delivery systems course

Research Assistant: Mount Carmel College of Nursing, Columbus, Ohio, August 2008 – August 2010.

- Maintained a database of the College of Nursing's student report system
- Analyzed and responded to data requests from the College of Nursing
- Updated, edited faculty lists within the College of Nursing through an Excel spreadsheet

Research Assistant: Fisher College of Business, The Ohio State University, Columbus, Ohio, June 2004 – July 2005

- Organized and interpreted of business data using appropriate statistical testing methods to generate findings for interpretation
- Evaluated and gathered business data through Web-based research

Committee and Volunteer Work:

- Subject Matter Expert, *Registered Health Information Administrator (RHIA) Exam Development Committee (EDC)*, February 2024 – Present
- Subject Matter Expert, *Certified Health Data Analyst (CHDA) Exam Development Committee (EDC)*, February 2022 – Present
- Volunteer, Heart to Heart Belize, San Ignacio, Belize, March 5 - March 11, 2017.
 - Provided medical services to over 200 individuals
 - Distributed 150+ diabetes awareness flyers to local high school students in a rural village with a high prevalence of diabetes

Publications & Presentations

Peer-Reviewed Journals

- Lintz, J. (2025). Exploring the impacts of artificial intelligence interventions on providers' practices: Perspectives from a rural medical center. *J Med Artif Intell*, 8(39).
<https://doi.org/10.21037/jmai-24-422>
- Lintz, J. (2024). Exploring the impacts of artificial intelligence interventions on provider

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

Joshua Satterlee, DC

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

2949 Green Falls Ave

Henderson, NV 89052

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: Dr Greg Rose

2 Hours

Course Title:

Maximizing Athletic Performance Through Sport Science

Course Description:

In this lecture Dr. Rose will cover the latest discoveries through Sport Science and how they are changing the way we treat athletes. Over the past 5 years there has been a major influx on new technologies in the field of sports, from markerless 3-D motion capture to force plates to AI/machine learning apps. Dr. Rose will highlight both the positives and negatives and help you make better decisions with the players you treat.

Learning Objectives:

- Understand the latest technology being used by elite sports performance centers and teams to evaluate their players physical abilities.
- Understand how these insights are used to drive player development decisions.
- Learn where chiropractic helps solve many of the issues identified in these new sports performance tests.
- Learn some of the new training techniques being implemented in high level sports that can be used on your everyday patients.

Outline:

1. Introduction to the new sports science (15 min)

- This dives into the new technologies and metrics being used to evaluate players at the highest level in sports today.

2. The What, Why and How of diagnostics - Part 1 (15 min)

- This goes into the technologies that help us understand What a player is doing in their sport. From high speed video to 3-d kinematics to launch monitors.

3. The What, Why and How of diagnostics - Part 2 (15 min)

- This goes into the technologies that help us understand How a player is moving in their sport. From force plates to 3-d kinematics.

4. The What, Why and How of diagnostics - Part 3 (15 min)

- This goes into the technologies that help us understand Why a player is performing or moving the way they do. From physical testing, mental testing and equipment testing.

5. Training implication (15 min)

- We will now dive into training and treatment modifications that have happened due to the new information being collected today.

6. Summary (15 min)

- We will close by reviewing the main takeaways from the lecture and discuss what's next in the world of sport science.

Greg Rose, DC

Bio

Dr. Rose is a board-certified Doctor of Chiropractic and holds an engineering degree from the University of Maryland. Greg is a co-founder of the Titleist Performance Institute, one of the top sport science centers in the world. The TPI golf certification seminar series has made Greg one of the most requested speakers in golf health and fitness. He has lectured in over 24 countries and has been featured in many golf and news publications.

Through the past 26 years, Greg has helped thousands of athletes of all skill levels reach peak athletic performance. His cutting-edge form of functional training combined with sport-specific motor learning drills have made Greg one of sport's top strength and conditioning professionals.

Greg is also a partner in Functional Movement Systems (FMS) and helped develop the Selective Functional Movement Assessment (SFMA), a revolutionary movement assessment that helps identify altered motor control and guides medical practitioners on how to treat patients more efficiently. Greg also founded OnBase University and RacquetFit which teach baseball/softball professionals and tennis professionals respectively how to improve their overall skills by enhancing their physical performance. Greg and his family live in San Diego.

Company Ownership

Co-Founder and President of TPI EDU, LLC – Oceanside, CA
Co-Founder and President of OnBase University, LP – Oceanside, CA
Founder and President of RacquetFit, LP – Oceanside, CA
Co-Founder and President of Sporttree, LP – Oceanside, CA
Co-Owner of Functional Movement Systems (FMS) - Chatham, VA

Personal Data

Address: 6006 Calle Camposeco;
Rancho Santa Fe, CA 92067
Phone: Cell (760) 594-2366
E-mail: greg.rose@mytpi.com

Licenses and Certifications

Doctor of Chiropractic License California #DC 29583

Education

Palmer College of Chiropractic	1996 Doctor of Chiropractic
University of Maryland	1993 B.S. Civil Engineering

Peer-Reviewed Publications

Cheetham P., **Rose GR**, Hinrichs R, Net al. Comparison of kinematic sequence parameters between amateur and professional golfers. Science and Golf V: In: Crews DLutz R. (eds): Proceedings of the world scientific congress of golf. Energy in Motion, Mesa, AZ, 2008

Books

Cook, E. G., Kiesel, K., **Rose, G.**, Burton, L., Bryant, M. Contributing author: *Movement On* Target Publications, Aptos, CA; 2010

Liebenson, C., Contributing Author: **Rose G.**, *Functional Training Handbook / Edition I* LWW Publications, 6/27/2014

Employment/Positions Held

2017-present	President of OnBase University, LP
2016-present	President of RacquetFit, LP
2014-present	President of Sporttree, LP
2014-present	President of TPI, LP
2003-2014	Co-Founder of Titleist Performance Institute, Acushnet Company
1999-2003	Founder and President of ClubGolf, Gaithersburg, Maryland
1996-1999	Founder of Advantage Golf, Rockville, Maryland

Instructor: John Cho

2 Hours

Course Title:

Elevating Lower Extremity Diagnosis: Diagnostic Insights & Live MSK Ultrasound Scanning

Course Description:

This two-hour presentation delivers an in-depth review of knee and ankle ultrasound anatomy alongside a comprehensive discussion of complex lower extremity injuries and pathologies. The session features a live demonstration highlighting optimal scanning techniques.

Learning Objectives:

- Review ankle/knee ultrasound anatomy
- Discuss ultrasound scanning technique of the ankle/knee
- Discuss complex ankle/knee injuries and pathologies
- Apply optimal scanning techniques (ankle and knee) and patient positioning using live MSK ultrasound protocols

Outline:

1. Review of Ankle Ultrasound Anatomy (15 min)

- Anterior compartment: AITFL, joint recess
- Lateral compartment: Anterior process, ATFL, CFL, peroneus brevis/longus
- Medial compartment: Tarsal tunnel anatomy
- Posterior compartment: Achilles tendon/paratenon

2. Scanning Technique (15 min)

- Anterior, lateral, medial, posterior compartments

3. Cases – Complex Ankle Injuries/Pathologies (30 min)

- Anterior compartment
- Anterior impingement syndrome
- Lateral compartment
- Anterior process of calcaneus fracture
- Peroneus brevis split tear
- Salter Harris 1 of lateral malleolus
- Distal fibular fracture-occult
- Leiomyoma

- Medial compartment
- Tennis leg
- Post-op saphenous nerve impingement
- Schwannoma
- DVT

- Posterior compartment
- Achilles tear
- Achilles paratenonitis

4. Live Scanning Demonstration of the Ankle (15 min)

- Live MSK ultrasound demonstration

5. Review of Knee Ultrasound Anatomy (15 min)

- Anterior compartment
- Medial compartment
- Lateral compartment
- Posterior compartment

6. Scanning Technique (15 min)

- Knee scanning technique

7. Cases – Injuries/Pathologies (30 min)

- Anterior compartment
- Painful bipartite synchondrosis
- Patellar fracture
- Anterior parameniscal cyst
- Patellar tendon rupture
- Pre-patellar bursitis
- Medial compartment
- Meniscal tear only visible with weight-bearing
- Parameniscal cyst
- Medial tibial plateau fracture with hemarthrosis
- Meniscal dislocation
- Lateral compartment
- Osteochondroma with ITB friction syndrome
- Posterior compartment
- Baker's cyst

8. Live Scanning Demonstration of the Knee (15 min)

- Live MSK ultrasound demonstration

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

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

2982 Marsann Ln - Farmers Branch, TX 75234
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
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After graduation, I moved to Peru and opened up a private chiropractic clinic which included all the responsibilities of ownership, management, and patient care. Although I was operating in a country with no government regulation for chiropractors, I ran my business to the highest scrutiny as if I were being audited in the US. I am proud to say that my standards for documentation, ethical patient care, and evidence-based guidelines never faltered and I was able to run one of the only evidence-based practices in the whole country. Due to unfortunate

political circumstances, Peru became unstable and unsafe to live in after the pandemic, therefore I decided to close the business and move back to the US in 2023.

Assistant Professor – University of San Ignacio de Loyola,
La Molina, Peru

March 2022 – March 2023

During my time in Peru, I sought out the opportunity to teach at one of the local universities. I was responsible for teaching one class, Total Health and Wellness, which was intended to be an elective for students wanting to transfer their college credit to a US degree program. I taught this class for 1 academic year consisting of two semesters. Each class had an average of 20 students and my class was consistently rated by the students as their favorite, and most informative class.

PRESENTATIONS

Injury-Proof Your Students; Modern Strategies for Diverse Athletic Populations (October, 2024).

I gave this presentation at the American Circus Educators (ACE) annual conference EdCon. This was an international meetup of circus teachers, coaches, and performers in Dallas, TX acting as a time for collaboration, education, and discussion about the future of circus education and sustainability. I was the primary healthcare representative acting both as a speaker and as a panel contributor about the health concerns and considerations that go into circus apparatus training.

Injury Prevention and Athletic Sustainability Panel

(September, 2025)

I was invited as a panelist to speak on health and sustainable athleticism at the International Pole Convention in Denver, CO. This event is the largest convention centered around pole and aerial sport, drawing thousands of athletes from around the world. This 3 person panel included me and two other healthcare specialists where we discussed common injury patterns, prevention strategies, sustainability techniques, and so on for a 2 hour session. This was an honor to be invited to this event to represent the chiropractic profession as one of only 3 healthcare speakers for the entire conference.

COMMITTEES

Hiring Committee

June 2023 – July 2023

Chaired by Dr. Colin Runyun. Responsibilities included reviewing CVs, asking interview questions, attending the teaching presentations, and giving my input on the selection.

Hiring Committee Co-Chair

February 2024 – March 2024

Responsibilities included reviewing CVs, asking interview questions, attending the teaching presentations, and giving my input on the selection.

Duration: 2 Hours

Course Title: Understanding Golf Swing Biomechanics for Injury Prevention & 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@winspineandsport.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: Dr. Celia Maguire

Title: The Right Angle: Radiologic Positioning Lessons from Challenging Diagnostic Cases

Description:

Through challenging cases from chiropractic practice, this presentation demonstrates how accurate radiographic positioning can be the key to diagnosis. Attendees will learn how collimation, central ray placement, patient positioning, tube angle, and specialized projections influence image quality and reveal pathologies that may otherwise go undetected.

Learning Objectives:

- Identify radiographic examinations and clinical scenarios in which specialized projections or precise positioning are essential for accurate diagnosis.
- Evaluate the effects of collimation, central ray placement, patient positioning, and tube angulation on image quality and diagnostic accuracy.
- Recognize common positioning errors that may obscure pathology or lead to missed diagnoses.
- Apply positioning principles and specialized radiographic views to improve visualization of musculoskeletal conditions encountered in chiropractic practice.
- Differentiate between standard and specialized projections when selecting the most appropriate imaging approach for a clinical question.

Outline:

0:00–0:15 | Housekeeping, Announcements, and Introduction

- Housekeeping and Announcements
 - Introduction and polling the room for chiropractors, radiologic technologists, and prospective students for either career
-

0:15–0:25 | Lumbar Isthmic Spondylolisthesis

- Discussion of oblique and Ferguson's view
-

0:25–0:35 | Degenerative Spondylolisthesis

- Correct positioning of Cervical Spine oblique views
-

0:35–0:45 | Abdominal Aortic Aneurysm

- Sensitivity of CT and ultrasound for correct diagnosis
-

0:45–0:55 | Post-Traumatic Osteolysis of the Clavicle

- Discussion of AC joint views vs traditional shoulder views and specialized views
-

0:55–1:05 | Hereditary Multiple Exostoses

- Importance of correct positioning of long bone studies
 - Discussion of EOS low radiation studies
-

1:05–1:15 | Triquetral Fracture

- Importance of lateral view in making the diagnosis
-

1:15–1:25 | Torus Fracture, Forearm

- Special considerations for peds cases
-

1:25–1:35 | Renal Cancer Metastasis to the Lumbar Spine

- Discussion of collimation, taking perpendicular views, and analyzing movement of gas with tube tilt
 - Sensitivity of MRI for soft tissue
-

1:35–1:45 | Insufficiency Fracture of Tibia

- Emphasizes the sensitivity and specificity of CT and MRI over plain film
 - Review of physics of each
-

1:45–1:55 | Ovarian Teratoma Found on Lumbar X-rays

- Discussion of current concepts in gonadal shielding and Ferguson's view
-

1:55–2:00 | Bonus Cases and Wrap-up

- Bonus cases if there is time: Adult and pediatric elbow fractures positioning basics and special radial head views
- Wrap-up

Celia Plattner Maguire, DC, DACBR
6320 Aspen Estates Dr. Sachse, TX, 75048
Phone: 972-898-6309 email: cmaguire@parker.edu

Education:

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

Licensure and Certification:

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

Honors and Awards:

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

Professional Experience: Parker University 2000-Present

Dean of Academics, College of Chiropractic 2019 to Present

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

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

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

Interim Director of the Radiology Residency 2017-2018

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

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

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

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

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

Associate Professor of Clinical Sciences 2008-2015

Assistant Professor of Clinical Sciences 2003-2008

Provided students with foundational knowledge in radiology and related health sciences to prepare them as primary care physicians and leaders in chiropractic wellness. Remediated interns in Associated Clinical Sciences for the inaugural National Boards Success Strategies course.

As Course Director for Radiographic Examination and Applications of Diagnostic Imaging, and Lab Instructor for various courses including Fundamentals of Diagnostic Imaging, Normal Radiographic Anatomy, Bone Pathology I and II, and Soft Tissue Radiology, I enhanced curricula to strengthen clinical radiology skills. Redesigned the Applications of Diagnostic

Instructor: Cody Dimak

Title: Lumbar Spine Rehabilitation Through Strength Training

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

Learning Objective:

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

Outline:

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

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

0:15–0:30 | Why Strength Training is Important for Lumbar Spine Rehabilitation (Continued)

- Minimal physical activity guidelines
 - Patient-centered goal setting
-

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

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

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

- Compression sensitivity test

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

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

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

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

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

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

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

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

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

Cody A. Dimak, DC

Curriculum Vitae

2540 Walnut Hill Ln. Dallas, TX 75229 | 504-415-3418 | cdimak@parker.edu

EDUCATION:

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

RESEARCH IN PROGRESS:

Malaya, C., Cho, J., Parker, A., **Dimak, C.**, Dimak, M., McAlinn, A. (5/2024-Present). Investigating the Impact of an Abdominal Expansion Cue on Lumbar Multifidus Morphology in Healthy Adults: A Randomized Clinical Trial. (IRB Approved, Collected Data, Writing)

Malaya, C., **Dimak, C.** (6/2024-Present). Focus of Attention and Its Impact on EMG Activity and Force Production. (IRB Approved, Collecting Data)

PROFESSIONAL PRESENTATIONS:

06.2026 Invited Speaker, Parker Seminars - Miami, FL, "Strength Training for Golf:
Improving Force Production and Building Capacity"
03.2026 Invited Co-Presenter with Brett Winchester, Mark King, and David Seamen;
"Motion Palpation Institute Sports Summit: The Low Back and Hips:
Mobility and Stability", Daytona Beach, FL
02.2026 Invited Speaker, Parker Seminars - Las Vegas, NV, "Lumbar Spine
Rehabilitation Through Strength Training"
12.2025 Presenter, 12-hour 2-Day Seminar, Costa Mesa, CA, "New Standards of
Care for Low Back Pain Assessment and Rehabilitation"
10.2025 Invited Speaker, Parker Seminars - Dallas, TX, "Lumbar Spine
Rehabilitation Through Strength Training"
08.2025 Invited Keynote Speaker, Rehab2Performance Summer Retreat - 2-day Doctors
Track "Bulletproofing the Athletic Knee", St. Louis, MO
07.2025 Invited Keynote Speaker, Parker Seminars Adjusting Workshop - OKC -
"Loading the Painful Patient" - 4-hour talk, Oklahoma City, OK
07.2025 Invited Keynote Speaker, Arkansas Chiropractic Physicians Association -
Northwest Regional Conference - "Loading the Painful Patient" - 6-hour
talk, Fayetteville, AR

06.2025	Invited Speaker, Parker Seminars - Miami, FL - "The Quest for Club Head Speed"
03.2025	Invited Speaker, Parker Seminars - Las Vegas, NV - "Strength Training for Athletic Shoulder Rehabilitation"
10.2024	Invited Speaker, 99th British Chiropractic Association Conference 2024, Burton-upon-Trent, England, "Integrating Exercise into Patient Care"
10.2024	Invited Speaker, Parker Seminars - Dallas, TX, "Integrating Strength Training into Shoulder Rehabilitation"
08.2024	Invited Speaker, Parker University - Faculty Convocation, "An Ecological Approach to Skill Acquisition"
07.2024	Presenter, 2-Day Seminar, Costa Mesa, CA, "Bulletproofing the Athletic Knee"
06.2024	Invited Speaker, Parker Seminars - Orlando, FL, "Bulletproofing the Athletic Knee"
02.2024	Invited Speaker, Parker Seminars - Las Vegas, NV - "Bulletproofing the Athletic Knee"
11.2023	Invited Co-Presenter with Brett Winchester DC, Dallas, TX, Motion Palpation Institute Disc Seminar
10.2023	Invited Speaker, Parker Seminars - Dallas, TX, "Bulletproofing the Athletic Knee"
10.2023	Invited Speaker, Parker Seminars - Dallas, TX, "From Table to Tee Box: How to Maximize Results in Golf Performance Care - Part 1 & 2"
08.2023	Invited Presenter, 2023 Southern Chiropractic Conference - Tennessee Chiropractic Association - Murfreesboro, TN, "Using Exercise to Maximize Patient Outcomes in the Chiropractic Office" 1-Day Workshop
06.2023	Invited Speaker, Parker Seminars - Orlando, FL, "From Table to Tee Box: How to Maximize Results in Golf Performance Care - Part 1 & 2"
06.2023	Invited Speaker, Parker Seminars - Orlando, FL, "Loading the Painful Patient: Exercise Coaching Strategies That Get Results"
03.2023	Invited Speaker, SABCA Central/Western Regional Conference - Dallas, TX, "Patient Centered Care: Does Communication Impact Outcomes when Coaching Exercise"
02.2023	Invited Speaker, Parker Seminars - Las Vegas, NV, "Loading the Painful Patient: How Coaching Can Maximize Results"
09.2022	Invited Speaker, Parker Seminars - Dallas, "Loading the Painful Patient: Using the Barbell as Medicine"
07.2022	Presenter, 2-Day Seminar, Costa Mesa, CA, "Upper Quarter Loading"
06.2022	Co-Presenter, Clinic Gym Hybrid Live Event, Parker University, Dallas, TX
02.2022	Invited Co-Presenter, R2P Symposium - Dallas 2-Day Seminar, "Loading the Painful Patient"
01.2022	Presenter, One Day Workshop, Costa Mesa, CA, "Lower Extremity Loading: Part 2"
11.2021	Presenter, One Day Workshop, Costa Mesa, CA, "Lower Extremity Loading"
05.2020	Invited Co-Presenter, R2P Virtual Symposium - "Skill Acquisition"

Instructor: Louisa Nicola

Title: The Cognitive Edge: How the World's Highest Performers Protect & Train Their Brains

Course Description: A data-driven talk making the business case for investing in employee brain health. Louisa could quantify how sleep deprivation, sedentary work, and chronic stress erode cognitive output — and present actionable protocols companies can implement to measurably improve focus, creativity, and retention.

Upon completing this session, participants will be able to:

- Understand the relationship between brain health and cognitive performance. Identify how sleep, stress, physical activity, and recovery influence executive function, memory, attention, and decision-making.
- Recognize lifestyle factors that contribute to cognitive decline and reduced workplace performance.
- Apply practical, evidence-based protocols to improve brain function, and productivity.
- Develop strategies to foster healthier, higher-performing individuals and organizations.

Introduction & The Business Case for Brain Health (10 minutes)

- Current state of employee cognitive health and workplace performance
- Why brain health is becoming a competitive advantage for organizations
- The neuroscience of high performance
- How cognitive performance impacts leadership, innovation, productivity, and retention

The Hidden Performance Killers (15 minutes)

- Sleep deprivation and its effects on attention, judgment, creativity, and emotional regulation
- Chronic stress and the physiology of burnout
- The cognitive consequences of sedentary work
- Nutrition, metabolic health, and brain function
- Identifying common workplace behaviors that accelerate cognitive decline

Training the Brain Like a High Performer (15 minutes)

- Neuroplasticity: how the brain adapts and improves.
- Building cognitive resilience through evidence-based habits
- Exercise and movement as performance enhancers
- Recovery protocols for sustained mental performance
- Optimizing focus, memory, learning, and decision-making under pressure

Practical Strategies for Individuals & Organizations (10 minutes)

- Daily habits that produce measurable improvements in cognitive performance
- Creating healthier workplace environments that support brain health
- Leadership behaviors that improve employee focus, engagement, and resilience

Key Takeaways & Q&A (10 minutes)

- The future of brain health in workplace performance
- Action plan for implementing brain-healthy practices

- Summary of key research and practical applications

PROFESSIONAL SUMMARY

Clinical neurophysiologist and research scientist with over a decade of experience across neurology, neurosurgery, and translational brain health research. My work investigates sex-specific and genotype-dependent modifiable risk factors for cognitive decline, with particular emphasis on the menopausal transition and APOE ε4-lifestyle interactions. I integrate large-scale epidemiologic datasets, systematic review and meta-analytic methodology, and clinical neurophysiology to examine how behavioral and physiological variables influence cognitive trajectories. My research aims to advance precision-based prevention models for Alzheimer’s disease by bridging population data, clinical biomarkers, and translational intervention frameworks.

RESEARCH INTERESTS

- Modifiable risk factors for cognitive decline and Alzheimer’s disease
 - Sex-specific risk modeling and the menopausal transition
 - Lifestyle × genetic interactions (APOE ε4)
- Longitudinal cognitive trajectory analysis
 - Translational dementia prevention frameworks

PEER-REVIEWED PUBLICATIONS

1. Nicola L, Loo SJQ, Lyon G, Turknett J, Wood TR.

Does Resistance Training in Older Adults Lead to Structural Brain Changes Associated with a Lower Risk of Alzheimer’s Dementia? A Narrative Review.

Epub 31 May 2024.

2. Nicola L, Ferreira M, Ben-Shalon N.

The Overlooked Role of Nutrition in Recovery after Cranioplasty Surgery.

Journal of Craniofacial Surgery. Accepted December 2025.

Manuscripts Under Preparation (2025–2026)

- Interventions to Improve Cognitive Function During the Menopausal Transition: Systematic Review & Meta-Analysis (PRISMA-guided protocol)
- Modifiable Risk Factors × APOE ε4 Interaction on Cognitive Outcomes (Population dataset modeling)
- NHANES Analysis: Lifestyle Factors, Menopausal Hormone Therapy & Cognitive Performance
- Longitudinal HRS Analysis: Lifestyle × Genetic Risk and Cognitive Trajectories

RESEARCH EXPERIENCE

Research Scientist – Neurosurgery & Neurophysiology

Lenox Hill Neurosurgery, New York, NY

2023–Present

- Conduct clinical and translational research within a high-volume neurosurgery department, focusing on cranioplasty outcomes, scalp healing, skull reconstruction, and neurological recovery.
- Design and execute statistical analysis plans for retrospective surgical datasets evaluating postoperative recovery, complication rates, and long-term functional outcomes.
- Lead neurophysiological assessments and perioperative brain monitoring protocols where indicated.
- Develop and implement IRB-aligned research protocols in collaboration with neurosurgeons and multidisciplinary clinical teams.
- Author peer-reviewed publications examining surgical recovery, nutrition, and neurological outcomes.
- Coordinate departmental research programming and oversee the annual research symposium.

Clinical Neurophysiologist

Hudson Medical, New York, NY

2017–2020

- Designed and implemented an Alzheimer’s disease prevention and diagnostic program integrating EEG-based neurophysiological assessment with metabolic and lifestyle evaluation.
- Developed standardized EEG acquisition and interpretation protocols aimed at early neurodegenerative detection.
- Conducted comprehensive neurophysiological and physiological testing across cognitive and performance domains.
- Established clinical testing standards and research-informed diagnostic pathways.

EDUCATION

Doctor of Philosophy (PhD) – Neuroscience Flinders University	2026–Present
Master of Science in Medicine (MMed) – Clinical Neurophysiology University of Sydney	2020–2023
Research focus: neurodegeneration, and clinical neurophysiology. Advanced training in electrophysiology, neuroscience research methodology, and translational clinical application.	
Master of Mathematics University of Notre Dame Australia	2011–2013
Advanced quantitative training including stochastic calculus, dynamical systems, multivariate analysis, and mathematical modeling.	
Bachelor of Teaching / Bachelor of Health & Physical Education University of Newcastle	2008–2011

SCIENCE COMMUNICATION & PUBLIC ENGAGEMENT

Host, The Neuro Experience	2016–Present
• Founder and host of a neuroscience-focused educational platform featuring interviews with leading neuroscientists and dementia researchers. • Translate peer-reviewed research into clinically relevant and publicly accessible frameworks focused on Alzheimer’s disease prevention, neurology, and translational brain health. • Engage in public education initiatives in collaboration with dementia-focused organizations, including the Alzheimer’s Association. • Facilitate interdisciplinary dialogue between academic researchers, clinicians, and broader audiences to improve evidence-based brain health literacy.	

ELECTED ATHLETIC ACHIEVEMENTS

Australian Competitive Triathlete	2006–2016
• Represented Australia in international competition. • Qualified for the Beijing World Championships. • Competitor at the Auckland World Championships (2012). • Completed over 10 years of structured high-performance endurance training.	

METHODS & TECHNICAL SKILLS

• Systematic review & meta-analysis (PRISMA methodology) • Large-scale population dataset analysis (NHANES; Health and Retirement Study) • Multivariable regression modeling and interaction analysis • Longitudinal data analysis and cognitive trajectory modeling	• Neurophysiological assessment (EEG acquisition and interpretation) • Clinical research design and protocol development • Statistical analysis and interpretation of epidemiologic and clinical datasets • Data harmonization and variable construction for population-based research
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Instructor: DR Patrick Bodnar

2 Hours

Course Title:

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

Course Description:

Would your clinical decisions stand up to scrutiny?

Every chiropractor will eventually encounter a difficult patient, an unexpected outcome, or a challenging diagnosis. The difference between a routine case and a professional crisis often comes down to clinical judgment, documentation, and the decisions made before, during, and after treatment.

Through compelling real-world cases, this fast-paced course explores the medical errors, documentation failures, and decision-making pitfalls that most commonly place chiropractors at risk. Learn how to recognize red flags, know when to modify care or refer, strengthen informed consent, and create documentation that accurately reflects your clinical reasoning and supports medical necessity.

Whether you're looking to improve patient outcomes, reduce liability, or simply become a stronger clinician, you'll leave with practical strategies you can implement in practice the very next day.

"The best way to survive a board investigation is to never give the Board a reason to question your clinical judgment."

Learning Objectives:

- Differentiate between common adverse events, documentation deficiencies, and true medical errors encountered in chiropractic practice.
- Recognize clinical red flags that warrant modification of care, additional diagnostic evaluation, or referral to another healthcare provider.
- Apply a structured clinical decision-making framework to improve patient safety and reduce professional risk.
- Identify common diagnostic, treatment, and documentation errors that contribute to malpractice claims and regulatory action.
- Construct documentation that supports clinical reasoning, medical necessity, informed consent, diagnosis, treatment, and patient outcomes.
- Demonstrate the relationship between examination findings, diagnosis, ICD-10 coding, CPT coding, and defensible clinical documentation.
- Integrate risk management principles into daily practice to improve patient outcomes while reducing professional liability.

- Evaluate clinical cases using evidence-informed reasoning to determine appropriate treatment, referral, reassessment, or modification of care.

Outline:

1. Introduction & Understanding Medical Errors (15 min)

- Presenter introduction
- Course objectives
- What creates professional risk?
- Medical errors versus documentation failures
- Can excellent care still become indefensible?

2. Thinking Like a Regulator (15 min)

- How regulatory boards evaluate cases
- Intentions versus evidence
- The five questions asked during an investigation
- Clinical judgment as the foundation of defensible care

3. Common Clinical Errors & High-Risk Red Flags (15 min)

- Failure to recognize red flags
- Failure to refer appropriately
- Excessive or inappropriate treatment
- Treating outside competency
- Neurological findings requiring immediate action
- When imaging or referral is indicated

4. Real-World Case Studies (15 min)

- Rib fracture
- Delayed cancer diagnosis
- Vertebral artery dissection
- Lessons learned from each case

5. Reconsidering the Diagnosis (15 min)

- Recognizing lack of clinical progress
- Progressive or unexpected symptoms
- Reassessment strategies
- Clinical reasoning before continuing care

6. Documentation That Protects Patients and Providers (15 min)

- Why documentation matters
- Medical necessity
- Supporting clinical reasoning
- Common documentation deficiencies
- Building defensible clinical records

7. Connecting Clinical Judgment to Documentation (15 min)

- Report of Findings
- Diagnosis
- Informed consent
- ICD-10 and CPT coding
- Documentation workflow
- Practical documentation examples

8. Risk Reduction Through Better Decision-Making (15 min)

- Six elements of informed consent
- Effective patient communication
- Practical risk management strategies
- Key takeaways
- Questions and discussion



PATRICK BODNAR DC, cAVCA
4932 Paddock Dr Keller, TX 76244

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 an 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