

State Board of Chiropractic Examiners

To Whom It May Concern:

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

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

Josh Satterlee	Mark Charrette	Lisa Goodman	Chris Cantu
William E Morgan	Dana Hollandsworth	Irum Tahir	Robert Rosenbaum
Cindy Parks	William Li	Kyl Smith	James Demetrious
Alex Vidan	Ulrick Sandstorm	Steve Rallis	Cody Dimak
Robynne Chutkan	Gregg Friedman	Jenny Spicer	

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

Sincerely,



Phyllis Frase-Charrette  
Director of Professional Programs

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

1. **Name of course:** Parker Seminar Orlando 2024
2. **Organization sponsoring the course:** Parker University
3. **Course Objective:** To enhance the expertise of the Chiropractic Professional.
4. **Study hours required:** 41 DC overall hours and 17 physical hours.  
**Florida Chiropractors:** 44 DC overall hours and 20 physical hours.
5. **Instructor(s):**

Josh Satterlee	Mark Charrette	Lisa Goodman	Chris Cantu
William E Morgan	Dana Hollandsworth	Irum Tahir	Robert Rosenbaum
Cindy Parks	William Li	Kyl Smith	James Demetrious
Alex Vidan	Ulrick Sandstorm	Steve Rallis	Cody Dimak
Robynne Chutkan	Gregg Friedman	Jenny Spicer	

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



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**PARKER SEMINARS PRESENTS**

**THE PATH TO VICTORY REQUIRES MASTERY OF SKILL, GROWING THROUGH THE STORM OF CHANGE, AND EMBRACING COMPETITION. LEND YOUR EARS AND LEARN. SQUARE YOUR SHOULDERS AND ADVANCE YOUR PRACTICE. SHOW YOUR PATIENTS THEY ARE UNCONQUERED AND SO YOU WILL BE, TOO.**

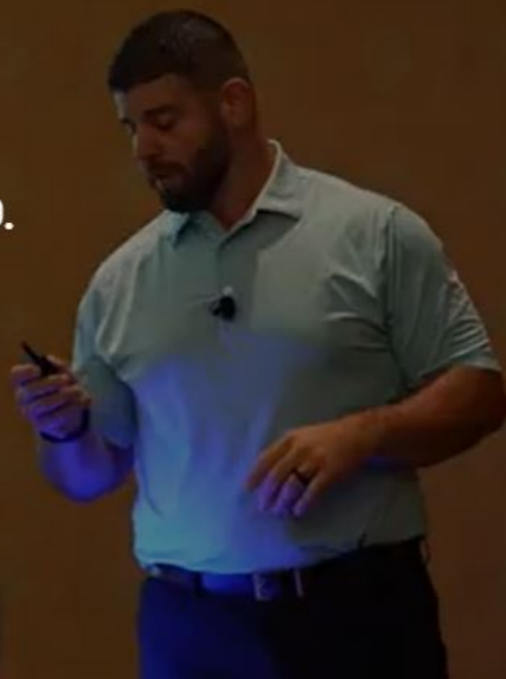
**DO NOT FEAR. PERSEVERE. INVICTUS.**

**Seminar Dates: June 7 - 9, 2024**

**Seminar Hours:**

**- Friday and Saturday: 8:00am - 6:30pm**

**- Sunday: 8:00am - 1:15pm**



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



# Orlando 2024

Friday, June 7, 2024

		Doctor and Patient Insights	Technique Insights	Chiropractic Assistant Insights	Clinical Applications
7 - 8AM		Registration Opens			
8:00 to 10:00 AM	2	Supercharge Your New Patient History Josh Satterlee DC CE	Diversified Spinal Adjusting A New Look Part I Mark Charrette DC CE	A Year in the Life of a CA: An Event-Centered Practice Lisa Goodman CA CE	Modalities Redefined Part I Chris Cantu DC CE
10:00 to 10:30		Break, Expo Opens			
10:30 to 11:30 AM	1	Mastering Patient Care: Effective Strategies for Complex Cases William E Morgan DC CE CA CE			
11:30 -12:30 PM		Lunch			
12:30 - 2:30 PM	2	Protect your Investment & Enhance Your Adjusting Dana Hollandsworth DC CE	Diversified Spinal Adjusting A New Look Part II Mark Charrette DC CE	Need title Irum Tahir CA CE	Modalities Redefined Part II Chris Cantu DC CE
2:30 - 3:00 PM		Break			
3:00 - 5:00 PM	2	Don't Misdiagnose Hypermobility Patients Upper Cervical Instability (CCI vs. AAI) Robert Rosenbaum DC CE	Diversified Spinal Adjusting A New Look Part III Mark Charrette DC CE	The Power of Communication: Optimizing the Patient Experience Cindy Parks CA CE	Modalities Redefined Part III Chris Cantu DC CE
5:00 to 5:30 PM		Break			
5:30 to 6:30 PM	1	Eat to Beat Your Diet William Li DC CE CA CE			

8HRS

# Orlando 2024

Saturday, June 8, 2024

		Doctor and Patient Insights	Clinical Management	Office Dynamics for CAs and DCs	Clinical Applications
7 - 8AM		Registration Opens			
8:00 to 10:00 AM	2	The Testosterone Switch: Three Science Based Steps to Improve Musculoskeletal Health and Vitality Kyl Smith DC CE	Fostering Trust: Recognizing Red Flags for Patient Well- being Part I James Demetrious DC CE	Office Management for the Productive Team: Core Values Part I Alex Vidan CA CE only	Unlocking the Secrets of Injury A Neurological Approach Part I Ulrik Sandstrom DC CE
10:00 to 10:30 AM		Break			

10:30 to 11:30 AM	0	<b>Turning Obstacles into Triumphs: Insights from Stoic Leaders</b> Ryan Holiday (NO CE)			
11:30 -12:30 PM		Lunch			
12:30 - 2:30 PM	2	Unraveling Pain as a Metabolic Disease: The Three Simple Tests That Improve Clinical Outcomes Steve Rallis DC CE	Fostering Trust: Recognizing Red Flags for Patient Well-being Part II James Demetrious DC CE	Office Management for the Productive Team: Core Competencies Part II Alex Vidan CA CE only	Unlocking the Secrets of Injury A Neurological Approach Part II Ulrick Sandstrom DC CE
2:30 - 3:00 PM		Break			
3:00 - 5:00 PM	2	Bulletproofing the Athletic Knee Cody Dimak DC CE	Fostering Trust: Recognizing Red Flags for Patient Well-being Part III James Demetrious DC CE	Office Management for the Productive Team: Procedures & Meetings Part III Alex Vidan CA CE only	Unlocking the Secrets of Injury A Neurological Approach Part III Ulrik Sandstrom DC CE
5:00 to 5:30 PM		Break			
5:30 to 6:30 PM	1	<b>The Gut-Brain Connection &amp; What It Means For You</b> Robynne Chutkan DC CE CA CE			

7 HRS

## Orlando 2024

Sunday, June 9 2024

		<b>Documentation and Florida Mandatory Hours</b>
		Registration Opens/Breakfast Provided
8:00 am - 10:00 AM	2	Medical Errors Gregg Friedman Florida DC CE and DC CE other states
10:00-10:15 AM		Break
10:15 to 1:15 PM	3	Risk Management and Florida Law Part I: Don't Risk it Part II: Laws and Rules for Florida Jenny Spicer Florida DC AND CA CE

5 hours



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

## Doctor of Chiropractic CE ATTENDANCE VOUCHER

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**Course Title:** Parker Seminars Orlando 2024  
**Course No.:**  
**Location:** Orlando, FL  
**Seminar Dates:** June 07-09, 2024  
**Friday:** 8:00am-6:30pm  
**Saturday:** 8:00am-6:30pm  
**Sunday:** 8:00am-1:15pm

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

Time	Instructors Name	Topic of Discussion	CE Hours
<b>Friday, June 09, 2023</b>			
8:00am – 10:00am	Josh Satterlee	Supercharge Your New Patient History	
8:00am – 10:00am	Mark Charrette	Diversified Spinal Adjusting A New Look Part I	
<del>8:00am – 10:00am</del>	<del>Lisa Goodman</del>	<del>A Year in the Life of a CA: An Event Centered Practice</del>	
8:00am – 10:00am	Chris Cantu	Modalities Redefined Part I	
10:30am – 11:30am	William E Morgan	Mastering Patient Care: Effective Strategies for Complex Cases	
12:30pm – 2:30pm	Dana Hollandsworth	Protect your Investment & Enhance your Adjusting	
12:30pm – 2:30pm	Mark Charrette	Diversified Spinal Adjusting A New Look Part II	
<del>12:30pm – 2:30pm</del>	<del>Irum Tahir</del>		
12:30pm – 2:30pm	Chris Cantu	Modalities Redefined Part II	
3:00pm – 5:00pm	Robert Rosenbaum	Don't Misdiagnose Hypermobility Patients Upper Cervical Instability (CCI vs. AAI)	
3:00pm – 5:00pm	Mark Charrette	Diversified Spinal Adjusting A New Look Part III	
<del>3:00pm – 5:00pm</del>	<del>Cindy Parks</del>	<del>The Power of Communication: Optimizing the Patient Experience</del>	
3:00pm – 5:00pm	Chris Cantu	Modalities Redefined Part III	
5:30pm – 6:30pm	William Li	Eat to Beat Your Diet	
<b>Saturday, June 10, 2023</b>			
8:00am – 10:00am	Kyl Smith	The Testosterone Switch: Three Science Based Steps to Improve Musculoskeletal Health and Vitality	
8:00am – 10:00am	James Demetrious	Fostering Trust: Recognizing Red Flags for Patient Well-being Part I	
<del>8:00am – 10:00am</del>	<del>Alex Vidan</del>	<del>Doctor and CA Team building</del>	
8:00am – 10:00am	Ulrik Sandstrom	Unlocking the Secrets of Injury Part I	
<del>10:30am – 11:30am</del>	<del>Ryan Holiday</del>	<del>Turning Obstacles into Triumphs: Insights from Stoic Leaders</del>	
12:30pm – 2:30pm	Steve Rallis	Unraveling Pain as a Metabolic Disease: The Three Simple Tests That Improve Clinical Outcomes	
12:30pm – 2:30pm	James Demetrious	Fostering Trust: Recognizing Red Flags for Patient Well-being Part II	
<del>12:30pm – 2:30pm</del>	<del>Alex Vidan</del>	<del>Doctor and CA Team building</del>	
12:30pm – 2:30pm	Ulrik Sandstrom	Unlocking the Secrets of Injury Part II	

3:00pm – 5:00pm	Cody Dimak	Bulletproofing the Athletic Knee	
3:00pm – 5:00pm	James Demetrious	Fostering Trust: Recognizing Red Flags for Patient Well-being Part III	
<del>3:00pm – 5:00pm</del>	<del>Alex Vidan</del>	<del>Doctor and CA Team building</del>	
3:00pm – 5:00pm	Ulrik Sandstrom	Unlocking the Secrets of Injury Part III	
5:30pm – 6:30pm	Robynne Chutkan	The Gut-Brain Connection - & What It Means For You	
<b>Sunday, June 11, 2023</b>			
8:00am – 11:00am	Gregg Friedman	Medical Errors	
11:15am – 1:15pm	Jenny Spicer	Risk Management and Florida Law	
			<b>TOTAL CE HOURS</b>

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

*Phyllis Frase Charrette*

**Phyllis Frase Charrette**, Director Parker Professional Programs

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

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

**Course Description:**

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

**Learning Objectives:**

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

**Course Outline:**

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



# **Joshua Satterlee, DC**

## **Chiropractor**

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

### **Personal Data:**

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

### **Education:**

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

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

### **Board Certification:**

**Nevada Board of Chiropractic Examiners**  
March, 2007  
License: Active

### **Additional Training:**

**Active Release Techniques**  
Full-Body Certification  
2008

**Titleist Performance Institute**  
Medical Level 3 Certification  
2011

**Functional Movement Systems**  
SFMA Certified  
2012

### **Teaching Positions:**

**Titleist Performance Institute**  
Instructor, 2012- Present

**Functional Movement Systems**

SFMA National Instructor, 2012- Present

**North American Institute of Sports Medicine**

National Instructor, SFMA, Foundation to Function  
2012 to Present

**Active Release Techniques**

Assistant Instructor, 2011-2015

**Course Title: Diversified Spinal Adjusting- A New Look Part I**

**Course Instructor: Mark N. Charrette**

**Class duration: 2 hours**

**Course Description:** These three 2-hour courses cover basic neurology, indicators, and adjustments for the cervicothoracic, thoracolumbar, mid-thoracic, lumbar, ilium, and transverse-rib (T3-T9) diversified spinal adjustments. This lively presentation will be presented in a workshop format.

**Learning Objectives:**

- Understand and Explain the concepts of Joint Dysfunction and Dysafferentation.
- Understand and Demonstrate the Cervico-Thoracic and Thoraco-Lumbar Diversified Adjustments.
- Understand and Demonstrate the Mid Thoracic Diversified Adjustment.
- Understand and Demonstrate the Cervical 3-Point Tension Supine and Prone Diversified Adjustments.
- Understand and Demonstrate the Diversified Adjustment.
- Understand and Demonstrate the Diversified Transverse Process-Rib Adjustment T3-T9.
- Understand and Demonstrate the Diversified Lumbar and Ilium Adjustments.

**Joint Dysfunction**

**0-15 minutes**

- Dysafferentation
- Mechanoreception
- Nociception

**Transitional Adjustments**

**15-30 minutes**

**Cervico-Thoracic Adjustment Explanation**

**30-45 minutes**

1. Workshop – Group 1 Demonstration

**45-60 minutes**

2. Workshop – Group 2 Demonstration

**60-75 minutes**

**Thoraco-Lumbar Adjustment Explanation**

**75-90 minutes**

1. Workshop – Group 1 Demonstration

**90-105 minutes**

2. Workshop – Group 2 Demonstration

**105-120 minutes**

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

## **CAREER OVERVIEW**

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

## **SKILL HIGHLIGHTS**

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

## **EDUCATION:**

Palmer College of Chiropractic

Doctor of Chiropractic - Salutatorian

Summa Cum Laude - GPA 3.97

Graduation - December 13, 1980

Illinois State University

Normal, Illinois

Bachelor of Science in Education - High Honors

Summa Cum Laude - GPA 3.96

Graduation - May 1976

Oakland Community College

Associate of Arts- High Honors

Summa Cum Laude - GPA 3.96

Graduation - May 1974

## **EMPLOYMENT**

- **Foot Levelers** – Roanoke, Virginia

**Seminar presenter-Independent Contractor** - January 2016 to present

- **Foot Levelers** – Roanoke, Virginia

**Director of Education** - January 2015 to January 2016

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

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

September 1987 to present

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

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

January 1999 – May 2000

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

May 1993 - December 1998

Full-time treating chiropractor and supervisor of office staff.

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

September 1989 – December 1992

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

**Course Title: Modalities Redefined Part I**

**Course Instructor: Chris Cantu, DC**

**Duration of course 2 hours**

**Course Description:** This course is designed to help educate providers on the proper usage and billing of modern-day modalities. In this course, you will be provided with correct procedures to help prevent misuse and risk associated with accidental incorrect usage of modalities such as shockwave, ultrasound, trap, electrical stimulation, and many others.

**Learning Objectives:**

- History of the modality
- Research-based evidence for usage
- Exam evidence to support the usage of the modality
- Common misuse
- Proper Billing Procedures

**Course Outline:**

Introduction	<b>0-15 minutes</b>
Superficial Heat Usage	<b>15-30 minutes</b>
Superficial Heat Research	<b>30-45 minutes</b>
Superficial Heat Misuse	<b>45-60 minutes</b>
Cryotherapy Usage	<b>60-75 minutes</b>
Cryotherapy Research	<b>75-90 minutes</b>
Cryotherapy Misuse	<b>90-105 minutes</b>
Proper Billing and coding	<b>105-120 minutes</b>

# Dr. Christopher-Andrew Cantu



325-864-9342

4107 Pine Glen Rd

Christopher.Cantu@Hotmail.com

Dallas, TX 76208

## OBJECTIVE

To effect a positive change to as many individuals' lives by leading by example

## EDUCATION

Parker University

Doctor of Chiropractic

Dallas, TX

25 April, 2014

Parker University

Bachelor of Sciences, Anatomy

Dallas, TX

25 April, 2014

Parker University

Bachelor of Science, Health and Wellness

Dallas, TX

25 April, 2014

## EXPERIENCE

- Parker University** Dallas, TX Oct 2019 – Present  
Assistant Professor
- Course director for Physiotherapy I
  - Educate Students in the proper usage of physiotherapy equipment
  - Create and maintain a university level course
  - Collaborate with fellow professors across multiple disciplines
  - Develop and online education process that is capable of matching in person requirements
  - Specialized in restoring function using Chiropractic adjustments and exercise.
- Get Right Chiropractic** San Augustine, TX Oct 2019 – Dec 2021  
Chiropractic Provider
- Chiropractic care specializing in acute and chronic pain physical rehabilitation
  - Manually adjusted patients' spines to correct neuro-musculoskeletal system problems
  - Educated patients in nutrition, diet, and weight loss overall health and wellness.
  - Health/Educational marketing and public speaking lectures.
  - Specialized in restoring function using Chiropractic adjustments and exercise.
- Baylor College of Medicine** San Augustine, TX Nov 2017 – Oct 2019  
Chiropractic Provider
- Chiropractic care specializing in acute and chronic pain physical rehabilitation
  - Manually adjusted patients' spines to correct neuro-musculoskeletal system problems
  - Educated patients in nutrition, diet, and weight loss overall health and wellness.
  - Health/Educational marketing and public speaking lectures.
  - Specialized in restoring function using Chiropractic adjustments and exercise.
- CHI St. Luke's** San Augustine, TX Aug 2014 – Nov 2017  
Chiropractic Provider
- Chiropractic care specializing in acute and chronic pain physical rehabilitation
  - Manually adjusted patients' spines to correct neuromusculoskeletal system problems
  - Educated patients in nutrition, diet, and weight loss.
  - Specialized in restoring function using Chiropractic adjustments and exercise.
- Parker University** Dallas, TX 2013 - 2014  
Internship Rotation
- Perform as a Chiropractic intern in the application of care and treatment for patients
  - Primary care intern responsible for patient diagnosis and care with emphasis on noninvasive musculoskeletal treatments
  - Military liaison for Parker University in effecting changes in policies and procedures as to the financial responsibility of the veteran patients and Parker clinic
  - Assist in patient acquisition and instruction on general health concepts
  - Organizer and presenter for patient specific community Health Fairs



**Instructor: William E. Morgan, DC**

**Title:** Mastering Patient Care: Effective Strategies for Complex Cases

**Class duration:** 1 hour

**Course Description:** This continuing education course is designed for chiropractors seeking to enhance their skills in managing challenging patient cases that fail to progress as expected. The course will focus on understanding and addressing musculoskeletal conditions, advanced diagnostic imaging techniques, and strategies for optimizing patient outcomes.

**Course Objectives:**

Identify common musculoskeletal conditions that may contribute to treatment resistance.  
Understand the pathophysiology and clinical implications of Modic changes, synovial cysts, facet effusion, annular tears, disc lesions, and hypermobility.  
Learn advanced diagnostic imaging modalities and their role in evaluating challenging cases.  
Develop effective treatment strategies tailored to individual patient needs and conditions.  
Explore the role of inflammation in musculoskeletal disorders and its impact on patient management.  
Enhance communication skills to educate patients and collaborate with other healthcare professionals for comprehensive care.

**Course Content:**

**Overview of Challenging Patient Cases**

**0-15 minutes**

Understanding treatment-resistant conditions  
Factors contributing to lack of progress

**Musculoskeletal Conditions**

**15-30 minutes**

Modic changes: Pathophysiology and clinical significance  
Synovial cysts: Diagnosis and management  
Facet effusion: Assessment and treatment approaches  
Annular tears and disc lesions: Imaging findings and treatment considerations  
Hypermobility: Identifying and managing joint laxity

**Advanced Diagnostic Imaging**

**30-45 minutes**

MRI, CT, and other imaging modalities  
Interpretation of imaging findings in challenging cases

**Treatment Strategies**

**45-60 minutes**

Individualized care plans based on patient presentation  
Integrating manual therapy, exercise, and other modalities  
Addressing inflammation and its role in treatment resistance  
Communication Diagnosis and treatment and progress

## Curriculum Vitae

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

**Address and Phone Number:**

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

(240) 750-3891, Mobile

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

SSN: XXX XX 6420

**National Provider Identification Number:** 1841251436

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

**Education:**

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

**Post-Doctoral Credentials:**

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

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

Graston Myofascial Release Certification Course 2002

### Employment History

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

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

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

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

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

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

Research investigator.

(2) United States Naval Academy Annapolis Maryland	From August 12, 2009	To June 8, 2016
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Worked Performed: Provide chiropractic care to elite athletes as the chiropractor to the United States Naval Academy football team; provide care for Naval Academy athletes after practices, prior to games, and on the sidelines of games. This position requires collaboration and integration with physicians, trainers, coaches, physical therapists, and nutritionists.

**Course Title: Protect your Investment & Enhance your Adjusting**

**Course Instructor: Dana Hollandaworth**

**Course Duration: 2 hours**

**Course Description:**

This two-hour in-person course will discuss how we learn, move, adjust, and train to improve adjusting efficiency. New technology allows the objective measurement of force production and speed of a High-Velocity Low-Amplitude (HVLA) impulse. Combining this technology with human biomechanics provides opportunities to revisit a chiropractor's approach to adjusting. The principles discussed will give any chiropractor applicable tools to harness their own power when delivering an HVLA adjustment.

**Learning Objectives:**

- Interpret a High-Velocity Low-Amplitude (HVLA) force-time graph.
- Understand and apply biomechanical movement strategies to modulate HVLA force output.
- Understand and apply biomechanical movement strategies to work with Newton's Laws.
- Understand biomechanical principles that are more prone to cause injury so they can be avoided.

**Course Outline:**

**Science of Learning**

**0-15 minutes**

- How we learn
- Motor learning
- Benefits of foundational skills

**Adjusting Biomechanics –**

**15-30 minutes**

- Biomechanics, subluxation, and normal spinal joint movements review
- Potential positions of doctor injury
  - o Close-packed vs. loose-packed joints
  - o Protected core vs unprotected core
- Discussion on positions and strategies to protect joints.
  - o Stability
  - o Considering the entire motion of the adjustment

**FSTT Table Introduction and Force Research-**

**30-45 minutes**

- Discuss LOD, Force, and Speed of adjustments in a force-time graph
- Orthogonal listing review
- Research review of forces used in HVLA adjusting

**Mechanical Forces and Newton's Laws**

**45-60 minutes**

- Types of forces and effects on connective tissues
- Application of Newton's Laws to adjusting

**Application of Forces in the Thoracic Spine**

**60-75 minutes**

- Set up variations to modulate force production in prone and supine thoracic
- Set up strategies to increase speed in prone and supine thoracic

**Application of Forces in the Lumbar Spine-**

**75-90 minutes**

- Set up variations to modulate force production in drops and kicks
- Set up strategies to increase speed in drops and kicks

**Patient position variations in HVLA adjusting-**

**90-105 minutes**

- Patient position strategies to make a patient smaller
- Patient position strategies to make a patient feel more secure
- Patient position strategies to help a patient relax

**Training in off time –**

**105-120 minutes**

- Exercises to help with speed
- Exercises to help with strength
- Exercises to help with core stability

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

**Education**

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

**Certifications and Course Completions**

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

**Awards/Honors**

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

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

**Work Experience**

September 2022-present	<b>Professor, Parker University, Dallas TX</b> Courses: Science and Philosophy of the Vertebral Subluxation Complex, Foundations of Chiropractic, and Full Spine Adjusting Labs
August 2019- August 2022	<b>Associate Professor, Parker University, Dallas TX</b> 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	<b>Chair, Department of Chiropractic Sciences, Parker University, Dallas TX</b>
June 2019-July 2019	<b>Interim Chair, Department of Chiropractic Sciences, Parker University, Dallas TX</b>
March 2017-Present	<b>Part-Time Faculty, Continuing Education Animal Chiropractic Program, Parker University, Dallas TX</b> Instructor and Lab Coordinator for FSTT labs related to the Animal Chiropractic program.
January 2016 – August 2019	<b>Assistant Professor, Parker University, Dallas, TX</b> 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	<b>Sole Proprietor, Functional Health Chiropractic, LLC, Schaumburg, IL</b>
January 2011- January 2016	<b>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</b>

**Course Title: Diversified Spinal Adjusting- A New Look Part II**

**Course Instructor: Mark N. Charrette**

**Class duration: 2 hours**

**Course Description:** These three 2-hour courses cover basic neurology, indicators, and adjustments for the cervicothoracic, thoracolumbar, mid-thoracic, lumbar, ilium, and transverse-rib (T3-T9) diversified spinal adjustments. This lively presentation will be presented in a workshop format.

**Learning Objectives:**

- Understand and Explain the concepts of Joint Dysfunction and Dysafferentation.
- Understand and Demonstrate the Cervico-Thoracic and Thoraco-Lumbar Diversified Adjustments.
- Understand and Demonstrate the Mid Thoracic Diversified Adjustment.
- Understand and Demonstrate the Cervical 3-Point Tension Supine and Prone Diversified Adjustments.
- Understand and Demonstrate the Diversified Adjustment.
- Understand and Demonstrate the Diversified Transverse Process-Rib Adjustment T3-T9.
- Understand and Demonstrate the Diversified Lumbar and Ilium Adjustments.

**Mid Thoracic Adjustment**

- Understanding the region of the Thoracic spine **0-15 minutes**
- Explanation of the diversified technique

**Mid Thoracic Adjustment Explanation**

- 1. Workshop – Group 1 Demonstration **15-30 minutes**
- 2. Workshop – Group 2 Demonstration **30-45 minutes**

**Transverse Process-Rib Adjustment T3-T9**

- Explanation of Transverse Process Rib **45-60 minutes**

- 1. Workshop – Group 1 Demonstration **60-75 minutes**
- 2. Workshop – Group 2 Demonstration **75-90 minutes**

**Other Thoraco-Lumbar Variations**

- Three Optional Hand Positions **90-105 minutes**
- Three Optional Patient Breathing Instructions **105-120 minutes**

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

## **CAREER OVERVIEW**

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

## **SKILL HIGHLIGHTS**

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

## **EDUCATION:**

Palmer College of Chiropractic

Doctor of Chiropractic - Salutatorian

Summa Cum Laude - GPA 3.97

Graduation - December 13, 1980

Illinois State University

Normal, Illinois

Bachelor of Science in Education - High Honors

Summa Cum Laude - GPA 3.96

Graduation - May 1976



Oakland Community College

Associate of Arts- High Honors

Summa Cum Laude - GPA 3.96

Graduation - May 1974

## **EMPLOYMENT**

- **Foot Levelers** – Roanoke, Virginia

**Seminar presenter-Independent Contractor** - January 2016 to present

- **Foot Levelers** – Roanoke, Virginia

**Director of Education** - January 2015 to January 2016

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

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

September 1987 to present

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

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

January 1999 – May 2000

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

May 1993 - December 1998

Full-time treating chiropractor and supervisor of office staff.

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

September 1989 – December 1992

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

**Course Title: Modalities Redefined Part II**

**Course Instructor: Chris Cantu, DC**

**Duration of course 2 hours**

**Course Description:** This course is designed to help educate providers on the proper usage and billing of modern-day modalities. In this course, you will be provided with correct procedures to help prevent misuse and risk associated with accidental incorrect usage of modalities such as shockwave, ultrasound, trap, electrical stimulation, and many others.

**Learning Objections:**

- History of the modality
- Research-based evidence for usage
- Exam evidence to support the usage of the modality
- Common misuse
- Proper Billing Procedures

**Course Outline:**

Introduction	<b>0-15 minutes</b>
Electrical Stimulation History	<b>15-30 minutes</b>
Electrical Stim Usages	<b>30-45 minutes</b>
Electrical Stimulation Research	<b>45-60 minutes</b>
Electrical Stimulation Misuse	<b>60-75 minutes</b>
Electrical Stimulation Billing	<b>75-90 minutes</b>
Example Cases	<b>90-105 minutes</b>
Proper Billing procedures	<b>105-120 minutes</b>

# Dr. Christopher-Andrew Cantu



325-864-9342

4107 Pine Glen Rd

Christopher.Cantu@Hotmail.com

Dallas, TX 76208

## OBJECTIVE

To effect a positive change to as many individuals' lives by leading by example

## EDUCATION

Parker University

Doctor of Chiropractic

Dallas, TX

25 April, 2014

Parker University

Bachelor of Sciences, Anatomy

Dallas, TX

25 April, 2014

Parker University

Bachelor of Science, Health and Wellness

Dallas, TX

25 April, 2014

## EXPERIENCE

- Parker University** Dallas, TX Oct 2019 – Present  
Assistant Professor
- Course director for Physiotherapy I
  - Educate Students in the proper usage of physiotherapy equipment
  - Create and maintain a university level course
  - Collaborate with fellow professors across multiple disciplines
  - Develop and online education process that is capable of matching in person requirements
  - Specialized in restoring function using Chiropractic adjustments and exercise.
- Get Right Chiropractic** San Augustine, TX Oct 2019 – Dec 2021  
Chiropractic Provider
- Chiropractic care specializing in acute and chronic pain physical rehabilitation
  - Manually adjusted patients' spines to correct neuro-musculoskeletal system problems
  - Educated patients in nutrition, diet, and weight loss overall health and wellness.
  - Health/Educational marketing and public speaking lectures.
  - Specialized in restoring function using Chiropractic adjustments and exercise.
- Baylor College of Medicine** San Augustine, TX Nov 2017 – Oct 2019  
Chiropractic Provider
- Chiropractic care specializing in acute and chronic pain physical rehabilitation
  - Manually adjusted patients' spines to correct neuro-musculoskeletal system problems
  - Educated patients in nutrition, diet, and weight loss overall health and wellness.
  - Health/Educational marketing and public speaking lectures.
  - Specialized in restoring function using Chiropractic adjustments and exercise.
- CHI St. Luke's** San Augustine, TX Aug 2014 – Nov 2017  
Chiropractic Provider
- Chiropractic care specializing in acute and chronic pain physical rehabilitation
  - Manually adjusted patients' spines to correct neuromusculoskeletal system problems
  - Educated patients in nutrition, diet, and weight loss.
  - Specialized in restoring function using Chiropractic adjustments and exercise.
- Parker University** Dallas, TX 2013 - 2014  
Internship Rotation
- Perform as a Chiropractic intern in the application of care and treatment for patients
  - Primary care intern responsible for patient diagnosis and care with emphasis on noninvasive musculoskeletal treatments
  - Military liaison for Parker University in effecting changes in policies and procedures as to the financial responsibility of the veteran patients and Parker clinic
  - Assist in patient acquisition and instruction on general health concepts
  - Organizer and presenter for patient specific community Health Fairs

**Instructor name: Dr. Robert Rosenbaum**

1-hour lecture

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

**Course Description:**

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

**Learning Objectives:**

- Be able to identify symptoms that might be an unstable upper cervical spine.
- Know the proper history to qualify the patient further.
- Learn exam findings that point to a hypermobile craniocervical junction.
- Be able to order the correct confirmatory studies.
- Know when to refer

**Patient outcomes:**

- Fewer missed diagnosis
- less disability due to more quickly and accurately treated patients
- less risk in your practice

Course outline:

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

# Robert E. Rosenbaum MD FAANS FACS

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

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

## Education

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

## Licenses

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

## **Military Service**

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

## **Military Medals and Awards**

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

**Course Title: Diversified Spinal Adjusting- A New Look Part III**

**Course Instructor: Mark N. Charrette**

**Class duration: 2 hours**

**Course Description:** These three 2-hour courses cover basic neurology, indicators, and adjustments for the cervicothoracic, thoracolumbar, mid-thoracic, lumbar, ilium, and transverse-rib (T3-T9) diversified spinal adjustments. This lively presentation will be presented in a workshop format.

**Learning Objectives:**

- Understand and Explain the concepts of Joint Dysfunction and Dysafferentation.
- Understand and Demonstrate the Cervico-Thoracic and Thoraco-Lumbar Diversified Adjustments.
- Understand and Demonstrate the Mid Thoracic Diversified Adjustment.
- Understand and Demonstrate the Cervical 3-Point Tension Supine and Prone Diversified Adjustments.
- Understand and Demonstrate the Diversified Adjustment.
- Understand and Demonstrate the Diversified Transverse Process-Rib Adjustment T3-T9.
- Understand and Demonstrate the Diversified Lumbar and Ilium Adjustments.

**Course Outline:**

<b>Cervical (C2-C7) Adjustment</b>	<b>0-15 minutes</b>
• Supine 3-Point Tension Explanation	
<b>1. Workshop – Group 1 Demonstration</b>	<b>15-30 minutes</b>
<b>2. Workshop – Group 2 Demonstration</b>	<b>30-45 minutes</b>
• Prone 3-Point Tension Explanation	<b>45-60 minutes</b>
<b>1. Workshop – Group 1 Demonstration</b>	<b>60-75 minutes</b>
<b>2. Workshop – Group 2 Demonstration</b>	<b>75-90 minutes</b>
<b>Lumbar and Ilium Adjustments</b>	<b>90-105 minutes</b>
• Lumbar and Ilium Explanation	
<b>1. Workshop - Demonstration</b>	<b>105-120 minutes</b>



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

## **CAREER OVERVIEW**

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

## **SKILL HIGHLIGHTS**

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

## **EDUCATION:**

Palmer College of Chiropractic

Doctor of Chiropractic - Salutatorian

Summa Cum Laude - GPA 3.97

Graduation - December 13, 1980

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Normal, Illinois

Bachelor of Science in Education - High Honors

Summa Cum Laude - GPA 3.96

Graduation - May 1976

Oakland Community College

Associate of Arts- High Honors

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Graduation - May 1974

## **EMPLOYMENT**

- **Foot Levelers** – Roanoke, Virginia

**Seminar presenter-Independent Contractor** - January 2016 to present

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

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

September 1987 to present

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

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January 1999 – May 2000

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May 1993 - December 1998

Full-time treating chiropractor and supervisor of office staff.

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September 1989 – December 1992

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

**Course Title: Modalities Redefined Part III**

**Course Instructor: Chris Cantu, DC**

**Duration of course 2 hours**

**Course Description:** This course is designed to help educate providers on the proper usage and billing of modern-day modalities. In this course, you will be provided with correct procedures to help prevent misuse and risk associated with accidental incorrect usage of modalities such as shockwave, ultrasound, trap, electrical stimulation, and many others.

**Learning Objections:**

- History of the modality
- Research-based evidence for usage
- Exam evidence to support the usage of the modality
- Common misuse
- Proper Billing Procedures

**Course Outline:**

Introduction	<b>0-15 minutes</b>
Kinesio tape Usages/Research	<b>15-30 minutes</b>
Kinesio Tape Misuse/Billing	<b>30-45 minutes</b>
Shockwave/Ultrasound History/Usages	<b>45-60 minutes</b>
Shockwave/Ultrasound Misuse/Billing	<b>60-75 minutes</b>
Traction/Decompression History/Usages	<b>75-90 minutes</b>
Traction/Decompression Misuse/Billing	<b>90-105 minutes</b>
Discussion Q and A	<b>105-120 minutes</b>

# Dr. Christopher-Andrew Cantu



325-864-9342

4107 Pine Glen Rd

Christopher.Cantu@Hotmail.com

Dallas, TX 76208

## OBJECTIVE

To effect a positive change to as many individuals' lives by leading by example

## EDUCATION

Parker University  
Doctor of Chiropractic  
Dallas, TX  
25 April, 2014

Parker University  
Bachelor of Sciences, Anatomy  
Dallas, TX  
25 April, 2014

Parker University  
Bachelor of Science, Health and Wellness  
Dallas, TX  
25 April, 2014

## EXPERIENCE

- |  |                   |                     |
|--|-------------------|---------------------|
| <b>Parker University</b>   | Dallas, TX        | Oct 2019 – Present  |
| <u>Assistant Professor</u>   |                   |                     |
| <ul style="list-style-type: none"><li>- Course director for Physiotherapy I</li><li>- Educate Students in the proper usage of physiotherapy equipment</li><li>- Create and maintain a university level course</li><li>- Collaborate with fellow professors across multiple disciplines</li><li>- Develop and online education process that is capable of matching in person requirements</li><li>- Specialized in restoring function using Chiropractic adjustments and exercise.</li></ul>  |                   |                     |
| <b>Get Right Chiropractic</b>  | San Augustine, TX | Oct 2019 – Dec 2021 |
| <u>Chiropractic Provider</u>   |                   |                     |
| <ul style="list-style-type: none"><li>- Chiropractic care specializing in acute and chronic pain physical rehabilitation</li><li>- Manually adjusted patients' spines to correct neuro-musculoskeletal system problems</li><li>- Educated patients in nutrition, diet, and weight loss overall health and wellness.</li><li>- Health/Educational marketing and public speaking lectures.</li><li>- Specialized in restoring function using Chiropractic adjustments and exercise.</li></ul>  |                   |                     |
| <b>Baylor College of Medicine</b>  | San Augustine, TX | Nov 2017 – Oct 2019 |
| <u>Chiropractic Provider</u>   |                   |                     |
| <ul style="list-style-type: none"><li>- Chiropractic care specializing in acute and chronic pain physical rehabilitation</li><li>- Manually adjusted patients' spines to correct neuro-musculoskeletal system problems</li><li>- Educated patients in nutrition, diet, and weight loss overall health and wellness.</li><li>- Health/Educational marketing and public speaking lectures.</li><li>- Specialized in restoring function using Chiropractic adjustments and exercise.</li></ul>  |                   |                     |
| <b>CHI St. Luke's</b>  | San Augustine, TX | Aug 2014 – Nov 2017 |
| <u>Chiropractic Provider</u>   |                   |                     |
| <ul style="list-style-type: none"><li>- Chiropractic care specializing in acute and chronic pain physical rehabilitation</li><li>- Manually adjusted patients' spines to correct neuromusculoskeletal system problems</li><li>- Educated patients in nutrition, diet, and weight loss.</li><li>- Specialized in restoring function using Chiropractic adjustments and exercise.</li></ul>  |                   |                     |
| <b>Parker University</b>   | Dallas, TX        | 2013 - 2014         |
| <u>Internship Rotation</u>   |                   |                     |
| <ul style="list-style-type: none"><li>- Perform as a Chiropractic intern in the application of care and treatment for patients</li><li>- Primary care intern responsible for patient diagnosis and care with emphasis on noninvasive musculoskeletal treatments</li><li>- Military liaison for Parker University in effecting changes in policies and procedures as to the financial responsibility of the veteran patients and Parker clinic</li><li>- Assist in patient acquisition and instruction on general health concepts</li><li>- Organizer and presenter for patient specific community Health Fairs</li></ul> |                   |                     |

**Speaker Name:** Dr. William Li

**Course Title:** Eat to Beat Your Diet

**Course Description:** In this course Dr. Li introduces the surprising new science of weight loss, revealing healthy body fat can help you lose weight; your metabolism at 60 can be the same as when you were 20; yo-yo dieting can be good for your health; 8-hour fasting windows can be as effective as 12-hour fasting windows; and losing just a little bit of weight can have big impacts on your health. Eat to Beat Your Diet shows readers how adding the right foods to your diet can heal your metabolism, reduce unhealthy body fat, and result in the kind of weight loss that can increase your lifespan and help you thrive.

**Course Objectives:**

- Phases of the metabolism and how we create body fat
- Discuss how oxidative stress and inflammation lead to a decrease in metabolism and weight gain.
- Antioxidant foods that reduce inflammation in the body
- Choose the right diet for your body and lifestyle

**Course Outline:**

**Section 1: (15 minutes) Phases of metabolism (15 minutes)**

1. Birth to 1 year old what we are born with high and very active
2. 1-20 years old metabolism declines slightly
3. 20-60 years old metabolism is solid and wired to not change
4. 60-90 years old slight decrease of up to 17%

**Section 2: What is body fat and how it affects your metabolism (15 minutes)**

- A. What is body fat and its function?
- B. Where does fat come from and how it protects your body?

- C. Why do we see it as unpleasant?
- D. What are the four functions of body fat?
- E. How stress and anger affect your metabolism.

**Section 3: (15 minutes) Ways the body regenerates**

1. Angiogenesis growing blood vessels bring nutrients to the body
2. Stem cells – regeneration and rejuvenation from inside out
3. Gut microbiome gut health and mental wellness lowering inflammation
4. DNA – protecting us from harm in the environment and things we eat
5. Immune system – protects from bacteria and viruses externally and internally from cancer and other diseases.

**Section 4: (15 minutes) Healing your metabolism and choosing the right diet.**

1. Good vs “bad” oxidative stress on the body.
2. Foods that protect us from oxidative stress and inflammation.
3. What is fasting and how it works. The 8-hour vs 12-hour fast
4. Introducing movement into your daily routine

CURRICULUM VITAE

Name: William W. Li

Address: The Angiogenesis Foundation  
One Broadway, 14<sup>th</sup> Floor  
Cambridge, MA 02142 USA

Date of Birth: July 1, 1962

Place of Birth: Pittsburgh, Pennsylvania

Nationality: U.S. Citizen

## Education:

1984 A.B. *Cum laude*, Harvard College, Cambridge, MA  
1991 M.D. University of Pittsburgh School of Medicine, Pittsburgh, PA

## Additional Education:

1984 Harvard University, Cambridge, Massachusetts, History of Science  
1984 Dumbarton Oaks Center for Byzantine Studies, Washington, DC

## Postdoctoral Training:

## Internship and Residency:

1991-92 Intern in Medicine, Massachusetts General Hospital, Boston, MA  
1994-96 Resident in Medicine, Massachusetts General Hospital, Boston, MA

## Fellowship:

1992-94 Clinical Fellow in Medicine, Massachusetts General Hospital, Boston, MA

## Licensure and Certification:

1997-present Board of Registration in Medicine, Commonwealth of Massachusetts

## Academic Appointments:

1991-96 Clinical Fellow, Harvard Medical School  
1996-2001 Instructor in Medicine, Faculty, Harvard Medical School  
1999-2000 Clinical Assistant Professor, Department of Clinical Sciences,  
Tufts University School of Veterinary Medicine  
2003-2009 Visiting Assistant Professor of Medicine, Dartmouth Medical School



## Hospital Appointments:

1996-99	Staff Physician, Veteran's Administration Medical Center, Manchester, NH
1996-97	Director, Emergency Room, Veteran's Administration Medical Center, Manchester, NH
1997-2001	Associate Physician, Beth Israel-Deaconess Medical Center, Boston, MA

## Other Professional Positions:

1982-86	President, Erymine Graphics
1991-96	Officer, Harvard University
1994-96	President, Cycladic Environments, Incorporated
1994	Founding Board Director, The Angiogenesis Foundation
1994-present	Medical Director, The Angiogenesis Foundation
1997	Visiting Professor, Department of Surgery, University of Pittsburgh
1997-99	Principal Consultant, Neovas, LLC
1999-2001	Advisory Board Member, Centers of Wound Healing Excellence
1999, 2000	Co-Chair, Angiogenesis Expert Panel (Cardiology)
2000-present	President, The Angiogenesis Foundation
2001	Co-Chair, Angiogenesis Expert Panel (Oncology)
2001-03	Wound Healing Advisory Board, Ortho-McNeil Pharmaceuticals
2001-04	Scientific Advisory Board, DOBI Medical Systems, Inc.
2002	Advisory Board, Johnson & Johnson Advanced Wound Care
2003-06	Board of Directors, DOBI Medical International
2002	Member, Avastin National Advisory Board
2002-04	Founding Director, International Fat Applied Technology Society
2004	Consultant, Medtronics
2005	Scientific Advisory Board, Genentech
2005-08	Scientific Advisory Board, Baxter Healthcare Corporation
2005	Scientific Advisory Board, Integra LifeSciences
2005-06	Scientific Advisory Board, Athenagen/Comentis
2007-08	Scientific Advisory Board, Molnlycke
2005-07	Scientific Advisory Board, Procyon/Ambrilia Biopharma
2008	Executive Board, Association for the Advancement of Wound Care
2008	Consultant, Ethicon, Inc.
2008-09	Committee Member, Cardiovascular Gene Therapy, ASGCT
2008-09	Consultant, EuroRSCG Life Catapult
2008-10	Consultant, Moma Therapeutics
2009-11	Consultant, Synapse Medical Communications
2009-16	Consultant, Bayer HealthCare
2009-13	Consultant, Circadian Therapeutics
2009-11	Consultant, Sanofi-Aventis
2009-10	Consultant, Kotinos Pharmaceuticals
2010	Founding Director, American College of Wound and Tissue Repair
2011-15	Advisory Board, Center for Medical Technology Policy
2011-13	Consultant, Virttu Biologics
2012-15	Member, Oncology Consortium, Green Park Collaborative
2012-20	Committee Member, Global Ophthalmology Awards Program
2012	Member, Global eHealth Ambassadors Program
2012-present	Medical Advisory Board, The Dr. Oz Show
2013	Expert Blogger, Doctor Oz Blog
2013-16	Consultant, MacroCure
2014-16	Member, Diabetes Consortium, Green Park Collaborative

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

**Kyl Smith, DC**

## **2 Hour Session Outline**

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

### **Outline:**

#### **1<sup>st</sup> 15-Minute Increment**

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

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

#### **Publications Cited:**

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

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

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

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

## **2<sup>nd</sup> 15-Minute Increment**

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

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

Publications Cited:

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

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

## **3<sup>rd</sup> 15-Minute Increment**

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

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

Publications Cited:

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

## **4<sup>th</sup> 15-Minute Increment**

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

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

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

### **5<sup>th</sup> 15-Minute Increment**

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

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

Publications Cited:

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

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

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

### **6<sup>th</sup> 15-Minute Increment**

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

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

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

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

### **7<sup>th</sup> 15-Minute Increment**

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

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

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

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

### **8<sup>th</sup> 15-Minute Increment**

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

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

Publication Cited:

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

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



## **Kyl L. Smith, DC**

### **CONTACT INFORMATION:**

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

### **EDUCATION:**

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

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

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

### **STATE LICENSE:**

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

### **AWARDS / RECOGNITION:**

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

## **ACCOMPLISHMENTS / PROFESSIONAL HIGHLIGHTS:**

### **Author of Four Books:**

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

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

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

## **TEACHING / PUBLIC SPEAKING EXPERIENCE:**

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



**Course Title: Fostering Trust: Recognizing Red Flags for Patient Well-being Part I**

**Course Instructor: James Demetrious, DC**

**Course Duration: 2 Hours**

**Course Description:**

A crucial responsibility for chiropractors is to recognize and address risks linked with conditions needing thorough assessment and clinical oversight. Dr. James Demetrious will deliver a lecture focusing on the vital assessment of contraindications in chiropractic practice.

Interactive, grand learning opportunities will be presented utilizing actual clinical cases. A careful review of current evidence-based practices and appropriateness criteria will be combined with clinically intuitive rationales. Discussion topics will include salient historic assessments, vetted examination procedures, clinical reasoning, and more. Emphasis will be placed on risk management and improving clinical outcomes.

**Learning Objectives:**

1. Attendees will receive a review of the epidemiology of relative and absolute contraindications to chiropractic care.
2. Attendees will improve their recognition of historic, symptomatic, and examination findings that may provide insight into yellow and red flag issues.
3. Attendees will better recognize clinical appropriateness criteria established by exhaustive systematic reviews.
4. Attendees will gain diagnostic confidence in assessing clinical cases focusing on common and important regional issues.
5. Careful review of documentation and risk management will be provided.

**Cervical Artery Dissection and Stroke**

- Epidemiology **0-15 minutes**
- Current research – good and bad science **15-30 minutes**
- Heritable risk factors **30-45 minutes**
- Acquired risk factors **45-60 minutes**

**Stroke Risks**

- Epidemiology **0-15 minutes**
- Signs and symptoms **15-30 minutes**
- Imaging **30-45 minutes**
- Diagnosis and Referral **45-60 minutes**



**James Demetrious, DC, DABCO**

3308 Aster Court  
Wilmington, NC 28409

910.612.4768  
[dr.demetrious@gmail.com](mailto:dr.demetrious@gmail.com)

## **CURRICULUM VITAE**

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

### **EDUCATION**

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

### **BOARD CERTIFICATION/FELLOWSHIPS**

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

### **HONORS**

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



**James Demetrious, DC, DABCO**

3308 Aster Court  
Wilmington, NC 28409

910.612.4768  
[dr.demetrious@gmail.com](mailto:dr.demetrious@gmail.com)

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

### **FACULTY / ACADEMIC / EDITORIAL / PROFESSIONAL ACCOMPLISHMENTS**

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

### **AUTHORED PUBLICATIONS**

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

**Course Name:** Unlocking the Secrets of Injury: A Neurological Approach Part I

**Instructor:** Ulrik Sandstrom, DC

**Class Duration** 2hours

**Course Description:**

Injuries often happen during simple movements like bending down or reaching. Traditionally, we've explained injuries based on old ideas about posture and biomechanics, but new research challenges these views. Our nervous system controls movement, and dysfunction can lead to injury. Ulrik will introduce a modern neurological model for understanding injuries, explaining how testing muscle strength and range of motion can reveal underlying issues. This approach offers practical tools for chiropractors of any style to create positive changes in their patients' health.

**Learning Objectives:**

- Questioning the old model of postural/structural/biomechanical causes of injury
- Introduce the test-treat-retest model to check immediate functional changes post-treatment
- Describe the concept of adaptive range and reduced adaptive capacity as the overall cause of injury
- Explain the neurological mechanisms of stability and control
- Question muscle length and flexibility as injury predictors
- Link these to adaptive range and robustness

**Outline:**

Introduction	0-15 minutes
The fall of the mechanical structure of injury	15-30 minutes
Adaptive range and robustness	30-45 minutes
The role of muscles in protection and adaptation	45-60 minutes
The myth of stretching	60-75 minutes
Neurological control and stability	75-90 minutes
Introduction of the test-treat-retest model	90-105 minutes
Why do patients injure themselves doing trivial tasks	105-120 minutes

# Curriculum Vitae

Name: Ulrik Sandstrøm BSc DC ICCSD FRCC FBCA FEAC

Profession: Chiropractor

DOB: 27/03/1966

Contact: Sheffield Chiropractic Clinic  
789 Chesterfield Road  
Sheffield  
S8 0SP  
Tel: 0114 2745656  
Mob: 07940 537492

e-mail: [ulrik@sandstrom.com](mailto:ulrik@sandstrom.com)

Qualifications and awards: BSc (chiropractic) degree from AECC, Bournemouth (1991)  
Fellow of the Royal College of Chiropractors (Sports Faculty)  
Fellow of the British Chiropractic Association  
Fellow of the European Academy of Chiropractic  
International Chiropractic Sports Science Diploma

Sports Experience Athletes Village Polyclinic Chiropractor to the 2012 London and 2016 Rio de Janeiro Olympic Games  
2020 – present: 1<sup>st</sup> team chiropractor to Leicester City FC  
2009 – 2020: 1<sup>st</sup> Team Chiropractor to Leicester Tigers Rugby Club  
2015-2017: 1<sup>st</sup> Team Chiropractor to Derby County Football Club  
Previous work includes Chelsea Football Club, Sheffield Wednesday Football Club, Sheffield Sharks Basketball Team, England Rugby Team, Great Britain Basketball Team, UK Athletics.

Lecturing Has lectured extensively both nationally and internationally on Sports Chiropractic, Manual Muscle Testing, Taping, Patient Communication amongst many and is a senior lecturer for the FICS ICCSP Programme. Lecture invitations include National Association Chiropractic Conferences in Denmark, Norway, UK and South Africa; ECU conferences in Oslo 2016, Cyprus 2017 and Budapest 2018 and the 2017 WFC Congress in Washington DC as well as the WFC/ECU congress in Berlin 2019.

Affiliation 2015 – 2023: Board member of the British Chiropractic Association  
2023 - : Vice-president of the British Chiropractic Association

**Course Title: Unraveling Pain as a Metabolic Disease: The Three Simple Tests That Improve Clinical Outcomes**

**Course Instructor: Steve Rallis, DC**

**Course Duration: 2 Hours**

**Course Description:** This 2-hour clinical journey will explore the emerging link between metabolic disease and chronic pain (i.e., OA, etc.) and the clinical tests and therapeutic strategies that most directly impact this condition. Literature reviews and clinical cases will be presented, and practical clinical strategies will assist learning. Overlapping comorbidities associated with these risk factors will also be explored. From there, novel integrative therapies and clinical pearls will be shared to help the provider improve outcomes and patient compliance with care.

**Learning Objectives:**

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

-Understand the scientific evidence implicating pain as a metabolic disease and the broader context of the interrelationship between metabolic disease and other significant chronic diseases.

-Learn how to accurately assess metabolic disease via laboratory and biometric assessments and communicate these effectively to patients.

-Learn new clinical and practice management pearls in the integrative management of metabolically-driven chronic pain. Included in this are targeted dietary and lifestyle strategies and nutritional supplementation.

**Introduction:**

High level of overview of didactic lecture **0-15 minutes**

Key learning points

**Literature review** **15-30 minutes**

Primary drivers of pain in ambulatory care,

Burden of OA

Management of OA in primary care

**Understanding the relevance of metabolic disease** **30-45 minutes**

review of present clinical and biometric markers of metabolic disease assessment (MetS), Understanding upstream metabolic initiators

Insulin regulation, glucose metabolism, inflammation and inflammatory cell-signaling, and tissue pathology.

**Three simple tests for assessing metabolic disease** **45-60 minutes**

Upstream paradigm, consistent with the present literature

How can insulin resistance and inflammation be best assessed

**Pathophysiology of pain as a metabolic disease** **60-75 minutes**

Old model

New Model

**Exploration of targeted therapies for metabolically maintained joint pain** **75-90 minutes**

Modalities- nutritional therapies- berberine, alpha lipoic acid

Dietary therapies- intermittent fasting, med-Di, ketogenic diets.

**Clinical case study reviews** **90-105 minutes**

**Clinical Q&A and open forum discussion of clinical teaching** **105-120 minutes**



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

## EDUCATION

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

## LICENSURE AND CERTIFICATION

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

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

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

Successful completion of Canadian Licensure –Canadian Chiropractic Examining Board

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

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

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

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

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

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

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

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

#### CLINICAL FOCUS

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

#### PEER REVIEW PUBLICATIONS

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

#### EMPLOYMENT

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



## **Course Title: Fostering Trust: Recognizing Red Flags for Patient Well-being Part II**

**Course Instructor: James Demetrious, DC**

**Course Duration: 2 Hours**

### **Course Description:**

A crucial responsibility for chiropractors is to recognize and address risks linked with conditions needing thorough assessment and clinical oversight. Dr. James Demetrious will deliver a lecture focusing on the vital assessment of contraindications in chiropractic practice.

Interactive, grand learning opportunities will be presented utilizing actual clinical cases. A careful review of current evidence-based practices and appropriateness criteria will be combined with clinically intuitive rationales. Discussion topics will include salient historic assessments, vetted examination procedures, clinical reasoning, and more. Emphasis will be placed on risk management and improving clinical outcomes.

### **Learning Objectives:**

1. Attendees will receive a review of the epidemiology of relative and absolute contraindications to chiropractic care.
2. Attendees will improve their recognition of historic, symptomatic, and examination findings that may provide insight into yellow and red flag issues.
3. Attendees will better recognize clinical appropriateness criteria established by exhaustive systematic reviews.
4. Attendees will gain diagnostic confidence in assessing clinical cases focusing on common and important regional issues.
5. Careful review of documentation and risk management will be provided.

### **Course Outline:**

#### **Tumors**

Epidemiology	<b>0-15 minutes</b>
Spine	<b>15-30 minutes</b>
Extremities	<b>30-45 minutes</b>
Systemic	<b>45-60 minutes</b>

#### **Infections**

Epidemiology	<b>60-75 minutes</b>
Spine	<b>75-90 minutes</b>
Extremities	<b>90-105 minutes</b>
Systemic	<b>105-120 minutes</b>



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Wilmington, NC 28409

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[dr.demetrious@gmail.com](mailto:dr.demetrious@gmail.com)

## **CURRICULUM VITAE**

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

### **EDUCATION**

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

### **BOARD CERTIFICATION/FELLOWSHIPS**

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

### **HONORS**

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



**James Demetrious, DC, DABCO**

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910.612.4768  
[dr.demetrious@gmail.com](mailto:dr.demetrious@gmail.com)

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

### **FACULTY / ACADEMIC / EDITORIAL / PROFESSIONAL ACCOMPLISHMENTS**

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

### **AUTHORED PUBLICATIONS**

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

**Course Name:** Unlocking the Secrets of Injury: A Neurological Approach Part II

**Instructor:** Ulrik Sandstrom, DC

**Class Duration** 2hours

**Course Description:**

Injuries often happen during simple movements like bending down or reaching. Traditionally, we've explained injuries based on old ideas about posture and biomechanics, but new research challenges these views. Our nervous system controls movement, and dysfunction can lead to injury. Ulrik will introduce a modern neurological model for understanding injuries, explaining how testing muscle strength and range of motion can reveal underlying issues. This approach offers practical tools for chiropractors of any style to create positive changes in their patients' health.

**Learning Objectives:**

- Show how ROM is a function of control - not muscle length
- offer a simple model of neural integration and control
- suggest sources of poor proprioceptive input that can scramble neural control mechanisms
- link this to neuro-muscular inhibition and subsequent loss of adaptive range
- show research evidence for this model
- explain and demonstrate make/break combo of muscle testing

**Outline:**

ROM as a function strength and control	0-15 minutes
The black box of neurological control	15-30 minutes
Sources of disturbed afferent input causing efferent inhibition	30-45 minutes
Evidence for weakness as an injury predictor	45-60 minutes
Manual muscle testing	60-75 minutes
Eccentric vs concentric loads	75-90 minutes
Demonstration of manual muscle testing (2 x 15 mins)	90-105 minutes
Model of neural integration and muscle control	105-120 minutes

# Curriculum Vitae

Name: Ulrik Sandstrøm BSc DC ICCSD FRCC FBCA FEAC

Profession: Chiropractor

DOB: 27/03/1966

Contact: Sheffield Chiropractic Clinic  
789 Chesterfield Road  
Sheffield  
S8 0SP  
Tel: 0114 2745656  
Mob: 07940 537492

e-mail: [ulrik@sandstrom.com](mailto:ulrik@sandstrom.com)

Qualifications and awards: BSc (chiropractic) degree from AECC, Bournemouth (1991)  
Fellow of the Royal College of Chiropractors (Sports Faculty)  
Fellow of the British Chiropractic Association  
Fellow of the European Academy of Chiropractic  
International Chiropractic Sports Science Diploma

Sports Experience Athletes Village Polyclinic Chiropractor to the 2012 London and 2016 Rio de Janeiro Olympic Games  
2020 – present: 1<sup>st</sup> team chiropractor to Leicester City FC  
2009 – 2020: 1<sup>st</sup> Team Chiropractor to Leicester Tigers Rugby Club  
2015-2017: 1<sup>st</sup> Team Chiropractor to Derby County Football Club  
Previous work includes Chelsea Football Club, Sheffield Wednesday Football Club, Sheffield Sharks Basketball Team, England Rugby Team, Great Britain Basketball Team, UK Athletics.

Lecturing Has lectured extensively both nationally and internationally on Sports Chiropractic, Manual Muscle Testing, Taping, Patient Communication amongst many and is a senior lecturer for the FICS ICCSP Programme. Lecture invitations include National Association Chiropractic Conferences in Denmark, Norway, UK and South Africa; ECU conferences in Oslo 2016, Cyprus 2017 and Budapest 2018 and the 2017 WFC Congress in Washington DC as well as the WFC/ECU congress in Berlin 2019.

Affiliation 2015 – 2023: Board member of the British Chiropractic Association  
2023 - : Vice-president of the British Chiropractic Association

**Speaker Name:** Cody Dimak

**Course Title:** Bulletproofing the Athletic Knee

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

**Course Objectives:**

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

**Course Outline:**

I. Why the knee? (15 minutes)

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

II. Enemies of the knee? (15 minutes)

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

III. Therapeutic Approach (15 minutes)

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

c. Movement variability

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

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

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

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

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

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

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

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

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

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

# Cody A. Dimak, DC

# Curriculum Vitae

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

## EDUCATION:

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

### Techniques

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

### Research:

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

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

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

## LICENSURES AND CERTIFICATIONS:

**Doctor of Chiropractic, Texas (License # 13841)**

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

**Rehab 2 Performance - The Functional Approach**

**National Board of Chiropractic Examiners, Parts I-IV**

**Physiotherapy of the National Boards**

**Active Release Technique- Spine (2011-2012)**

**CPR Basic Life Support Certification**

## CONTINUING EDUCATION:

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

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

2013 **Perform Better Functional Training Summit**, Long Beach, CA

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

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

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

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

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

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

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

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

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



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

**Course Title: Fostering Trust: Recognizing Red Flags for Patient Well-being Part III**

**Course Instructor: James Demetrious, DC**

**Course Duration: 2 Hours**

**Course Description:**

A crucial responsibility for chiropractors is to recognize and address risks linked with conditions needing thorough assessment and clinical oversight. Dr. James Demetrious will deliver a lecture focusing on the vital assessment of contraindications in chiropractic practice.

Interactive, grand learning opportunities will be presented utilizing actual clinical cases. A careful review of current evidence-based practices and appropriateness criteria will be combined with clinically intuitive rationales. Discussion topics will include salient historic assessments, vetted examination procedures, clinical reasoning, and more. Emphasis will be placed on risk management and improving clinical outcomes.

**Learning Objectives:**

1. Attendees will receive a review of the epidemiology of relative and absolute contraindications to chiropractic care.
2. Attendees will improve their recognition of historic, symptomatic, and examination findings that may provide insight into yellow and red flag issues.
3. Attendees will better recognize clinical appropriateness criteria established by exhaustive systematic reviews.
4. Attendees will gain diagnostic confidence in assessing clinical cases focusing on common and important regional issues.
5. Careful review of documentation and risk management will be provided.

**Course Outline:**

**Fractures**

Epidemiology **0-15 minutes**

Spine **15-30 minutes**

Extremities **30-45 minutes**

Systemic **45-60 minutes**

**Orthopedic Instability**

Epidemiology **60-75 minutes**

Genetic **75-90 minutes**

Traumatic **90-105 minutes**

Post-surgical **105-120 minutes**



**James Demetrious, DC, DABCO**

3308 Aster Court  
Wilmington, NC 28409

910.612.4768  
[dr.demetrious@gmail.com](mailto:dr.demetrious@gmail.com)

## **CURRICULUM VITAE**

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

### **EDUCATION**

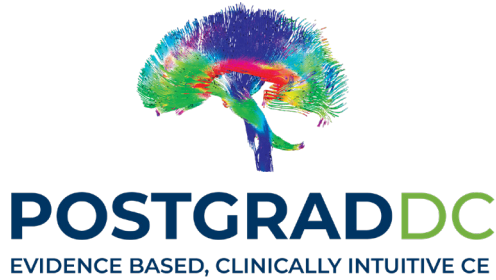
- B.S. (Biology) – Excelsior College
- D.C. (Doctor of Chiropractic) – Northeast College of Health Sciences (formerly New York Chiropractic College) -1986
- Chiropractic Orthopedics – National University of Health Sciences (formerly National College of Chiropractic)

### **BOARD CERTIFICATION/FELLOWSHIPS**

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

### **HONORS**

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



**James Demetrious, DC, DABCO**

3308 Aster Court  
Wilmington, NC 28409

910.612.4768  
[dr.demetrious@gmail.com](mailto:dr.demetrious@gmail.com)

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

### **FACULTY / ACADEMIC / EDITORIAL / PROFESSIONAL ACCOMPLISHMENTS**

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

### **AUTHORED PUBLICATIONS**

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

**Course Name:** Unlocking the Secrets of Injury: A Neurological Approach Part III

**Instructor:** Ulrik Sandstrom, DC

**Class Duration** 2 hours

**Course Description:**

Injuries often happen during simple movements like bending down or reaching. Traditionally, we've explained injuries based on old ideas about posture and biomechanics, but new research challenges these views. Our nervous system controls movement, and dysfunction can lead to injury. Ulrik will introduce a modern neurological model for understanding injuries, explaining how testing muscle strength and range of motion can reveal underlying issues. This approach offers practical tools for chiropractors of any style to create positive changes in their patients' health.

**Learning Objectives:**

- Demonstrate four simple screening tests for neurological-muscular control
- Understanding how to find the source of poor afferent input leading to muscle weakness and reduced adaptive range
- Offer treatment options based on findings of muscle inhibition
- Demonstrate a lower limb screening routine and how to find sources of inhibition
- Demonstrate an upper limb screening routine and how to find sources of inhibition

**Outline:**

The "Flying 4" tests	0-15 minutes
Weakness as an indicator of aberrant sensory input	15-30 minutes
Changing proprioception to find sources of inhibition	30-45 minutes
Treatment options	45-60 minutes
Upper Limb Screening routine	60-75 minutes
Lower Limb Screening Routine	75-90 minutes
Reduced Adaptive Range	90-105 minutes
Limbs hands-on demonstrations	105-120 minutes

# Curriculum Vitae

Name: Ulrik Sandstrøm BSc DC ICCSD FRCC FBCA FEAC

Profession: Chiropractor

DOB: 27/03/1966

Contact: Sheffield Chiropractic Clinic  
789 Chesterfield Road  
Sheffield  
S8 0SP  
Tel: 0114 2745656  
Mob: 07940 537492

e-mail: [ulrik@sandstrom.com](mailto:ulrik@sandstrom.com)

Qualifications and awards:

BSc (chiropractic) degree from AECC, Bournemouth (1991)  
Fellow of the Royal College of Chiropractors (Sports Faculty)  
Fellow of the British Chiropractic Association  
Fellow of the European Academy of Chiropractic  
International Chiropractic Sports Science Diploma

Sports Experience

Athletes Village Polyclinic Chiropractor to the 2012 London and 2016 Rio de Janeiro Olympic Games  
2020 – present: 1<sup>st</sup> team chiropractor to Leicester City FC  
2009 – 2020: 1<sup>st</sup> Team Chiropractor to Leicester Tigers Rugby Club  
2015-2017: 1<sup>st</sup> Team Chiropractor to Derby County Football Club  
Previous work includes Chelsea Football Club, Sheffield Wednesday Football Club, Sheffield Sharks Basketball Team, England Rugby Team, Great Britain Basketball Team, UK Athletics.

Lecturing

Has lectured extensively both nationally and internationally on Sports Chiropractic, Manual Muscle Testing, Taping, Patient Communication amongst many and is a senior lecturer for the FICS ICCSP Programme. Lecture invitations include National Association Chiropractic Conferences in Denmark, Norway, UK and South Africa; ECU conferences in Oslo 2016, Cyprus 2017 and Budapest 2018 and the 2017 WFC Congress in Washington DC as well as the WFC/ECU congress in Berlin 2019.

Affiliation

2015 – 2023: Board member of the British Chiropractic Association  
2023 - : Vice-president of the British Chiropractic Association

**Instructor: Dr. Robynne Chutkan 1 hour**

**Title: The Gut-Brain Connection – & What It Means For You**

**Course Description:** A comprehensive review of the bi-directional relationship between the central nervous system and the enteric nervous system - often referred to as the “second brain” in the gut. We’ll explore the role of gut bacteria in synthesizing neurotransmitters such as serotonin, dopamine, and others, and the impact of the CNS on gut motility, secretion of digestive enzymes, absorption of nutrients, and other essential gut functions. We’ll also discuss how the GI tract affects mood, cognition, and memory, and the link between dysbiosis and neuropsychiatric disorders. We’ll conclude with the science behind new areas of study such as psychobiotics and nutritional psychiatry.

**Learning Objectives:**

- Participants will master the concept of the enteric nervous system.
- Participants will become familiar with the bidirectional communication pathways between the gut and the brain.
- Participants will understand gut dysbiosis and learn how it contributes to neuropsychiatric conditions.
- Participants will learn about the fields of nutritional psychiatry and psychobiotics.

**Outline:**

**0-15 minutes: Introduction to the microbiome and enteric nervous system**

- Defining the microbiome and the enteric nervous system
- Understanding the role of the microbiome and enteric nervous system in human health

**15-30 Minutes: Impact of the central nervous system on gut function**

- CNS influence on secretion of digestive enzymes, gut motility, & absorption
- Connection between neuropsychiatric disorders and gut health

**30-45 Minutes: Impact of gut health on mood, memory, and cognition**

- How dysbiosis causes premature aging of the brain and neuropsychiatric disorders
- Mental health and gut health - two sides of the same coin?

**45-60 Minutes: The new field of nutritional psychiatry**

- Introduction to nutritional psychiatry
- The science behind psychobiotics

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

**EDUCATION:**

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

**POSTDOCTORAL TRAINING:**

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

**FACULTY APPOINTMENTS:**

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

**CERTIFICATION:**

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

**HONORS:**

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



## **Robynne Chutkan, MD, FASGE**

- 1997 Teaching Fellow Award; “Fellow of the Year”  
The Mount Sinai Medical Center, New York.
- 1996 Recipient of the ACG/Astra Merck Senior Fellow Award, ACG meeting Seattle  
“Best Abstract by a Fellow-In-Training”

### **CONSULTING:**

- 2016-2019 uBiome  
Medical Advisory Board
- 2010-2019 Dr Oz Show  
Medical Advisory Board, Featured GI expert
- 2010-2017 Sharecare.com  
Medical Expert
- 2010-2014 Ladies Home Journal  
Medical Advisory Board
- 2007 National Geographic  
Medical Consultant
- 2004-2005 Discovery Health Channel  
Medical Consultant
- 2001-2002 National Institutes of Health Clinical Roundtable  
Moderator (CME satellite broadcast program)

### **COMMITTEES & BOARDS – EXTRAMURAL:**

- 2021-2022 Director  
Squash and Education Alliance
- 2010-2012 Chair, Public & Member Outreach Committee  
American Society for Gastrointestinal Endoscopy
- 2009-2011 Practice Management & Economics Committee  
American Gastroenterological Association
- 2009-2015 Founder and President  
Gutrunners Foundation (non-profit)
- 2006-2009 Councilor, Governing Board  
American Society for Gastrointestinal Endoscopy

**Instructor Name:** Gregg Friedman, D.C.

**Course Name:** Medical Errors

**Course Description:** In this presentation, Dr. Friedman will discuss the various ways in which documentation oversights can lead to issues and what chiropractors can do to minimize these errors. Real-world case studies will be discussed regarding how to successfully navigate through the various documentation procedures.

**Course Objectives:**

- . Discuss the definition of malpractice
- . Illustrate the documentation oversights that can lead to errors
- . Discuss history findings that may alert the doctor to potential issues
- . Discuss how experts defend chiropractors
- . Illustrate the thought process of malpractice attorneys
- . Illustrate how social media can be used by attorneys
- . Discuss what doctors can do to minimize errors
- . Discuss the need for proper documentation after poor outcomes

**Course Outline:**

Hour 1:

**1. Case Study - Coronary Symptoms – 20 minutes**

A. The Story, What the Doctor Did, The Outcome, What We Can Learn

**2. Case Study — Vertebral Artery Dissection – 20 minutes**

A. The Story, What the Doctor Did, The Outcome, What We Can Learn

**3. Case Study — Poor Documentation for Defensible Case – 20 minutes**

A. The Story, What the Doctor Did, The Outcome, What We Can Learn

Hour 2:

**1. Case Study — Mis-Diagnosis/Failure to X-Ray or Refer – 30 minutes**

A. The Story, What the Doctor Did, The Outcome, What We Can Learn

**2. Case Study — Social Media Failure – 30 minutes**

A. The Story, What the Doctor Did, The Outcome, What We Can Learn

**Gregg Friedman, D.C.**  
4203 E. Indian School Road, Suite 210  
Phoenix, Arizona 85018  
(480) 947-8381

## **EDUCATION**

1979 – 1983 Arizona State University  
BS  
1983 – 1986 Los Angeles College of Chiropractic  
DC

## **PROFESSIONAL WORK EXPERIENCE**

1987 – present - Doctor of Chiropractic – Phoenix/Scottsdale, Arizona  
2006 – present - Got Documentation Seminars  
2018 – present - BulletProof Chiro, Inc.

## **PROFESIONAL AFFILIATIONS AND POSITIONS**

2012-2017 Member – Arizona Association of Chiropractic  
2000 - 2015 Board of Directors, Arizona Chiropractic Society  
2017 - present - Member, American Chiropractic Association  
2019 – present - Member, American Academy of Professional Coders  
2020 – present - Advanced Medicine Integration Group, LP – advisory board  
2022 – present – ACA Medicare Advisory Board  
2022 – present – member of Delphi panel, Council on Chiropractic Guidelines and Practice Parameters

## **POST-GRADUATE INSTRUCTOR**

University of Bridgeport/HSPED 2010 – present

ChiroCredit 2010 – present

Parker University 2017 – present

Palmer University 2022 – present

## **LECTURES GIVEN**

2001 - 2005 Bulletproof Seminars

2006 – present Got Documentation - Clinical and Practical Documentation of Chiropractic

**Gregg Friedman, D.C.**  
4203 E. Indian School Road, Suite 210  
Phoenix, Arizona 85018  
(480) 947-8381

2008 Macomb County Chiropractic Association

2010 Practice Perfect  
2012 Oklahoma State Chiropractic Independent Physicians Association

2013 New Mexico Chiropractic Association Convention

2014 Arizona Association of Chiropractic Convention  
Alaska Chiropractic Society Convention

2015 Wyoming Chiropractic Association Convention

2016 Oregon Chiropractic Association Convention  
Connecticut Chiropractic Society Convention  
Nutri-West Symposium

2017 Florida Chiropractic Physicians Association Convention

2018 Alaska Chiropractic Society Convention  
Forward Thinking Chiropractic Alliance Convention  
Parker University Homecoming  
Nutri-West Symposium

2019 Forward Thinking Chiropractic Alliance Convention  
Parker Convention-Las Vegas  
Parker University Convention – Dallas

2020 Nutri-West Symposium  
Parker Convention-Las Vegas  
Parker University-Dallas  
American Specialty Health  
Got Documentation – 2 webinars per month

2021 Parker Convention – Virtual  
Parker Convention - Orlando  
Parker University Convention – Dallas  
Texas Chiropractic College Convention – Galveston  
NCMIC New Doctors – Virtual  
Western States University – Virtual  
Palmer West University – Virtual  
Got Documentation – 2 webinars per month